

FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

MUSHROOMS IN THE CHINESE CULINARY;
SHIITAKE, BAMBOO FUNGUS,
WOOD EAR; AND POM POM MUSHROOMS



BIRDS NESTS;
AH BING AND THE BING CHERRY;
BOOK AND RESTAURANT REVIEWS, AND MUCH MORE.

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FOOD FOR THOUGHT

About The Publisher

THE INSTITUTE
FOR THE
ADVANCEMENT
OF THE
SCIENCE & ART OF CHINESE CUISINE

促進中國烹飪科學與藝術研究所

The institute was conceived and established in the early 1990s in response to the growing interest in Chinese food and the need for collaboration between professionals and the public at large. Its purpose was and continues to be as an important source of information about the scientific and the artistic significance of Chinese and other Asian foods and cuisines.

The Mission and Goals include:

- 1 To encourage the exchange of ideas and information about all aspects of the science and art of Chinese cuisine
- 2 To foster the study of foods, herbs, diet, cuisines, customs, habits, health, nutrition, technology, and other scientific and culinary applications as they relate to Chinese and other Asian cuisines
- 3 To consult, advise, share and in other ways assist individuals and groups, corporations, associations, government agencies, and private individuals about Chinese and related cuisines

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*The cover shows five of the many mushrooms Chinese love;
They and other pictures are from the files of the editor;
Articles ending with a (JMN) were written by her.*

FLAVOR & FORTUNE

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Dear Reader:

For those watching or counting, this is our 100th issue, one we never dreamed of reaching. For those remembering, think we did tell you it was on its way! Sorry for this redundancy, a problem of being a golden oldie with an eye operation or the alternative is not getting here at all, so really we should not complain.

This issue has many goodies but not to bore you, just read the Table of Contents. For those who never did play or practice being an Editor, it means working on the next issue while readers get to enjoy the current one, also to think about the one after that.

For this one, we did work with one blurry eye, the other clear as can be. We were a mess, but by the time you read this, the needed operation should be history. To amuse us under this mantle of frustration, we did feel we were accomplishing something, and while doing so even organized last year's bills and other paper work and did clean our very messy desk. Hope our mind was operating, while our brain was a bit muddled. Matters not, our desk became cleaner by the hour. That was the length of time we could remain on task. Looking at what you are holding, does look OK. Now we are smiling seeing the desk's top the first time in weeks. Needs a bit of cleanser to be white again; next week's task.

We have an important question many editors are now pondering, one we need your input about. It is: Should this magazine go completely digital and give up its hard copy? Economically, needs to be one or the other.

Why you ask? Many readers have asked for digital copy: are you one of them? Postage and printing are getting out of sight, time needed to put a print copy of forty pages solo is increasing. Doing so on the keyboard needs much redoing to fit into the forty pages in each issue. Young folk now-a-days do everything on the web, computer, e-mail, telephone, or using a similar tool. I know because most of our grandchildren do not hold the pages of a newspaper, book, or magazine, ever. They probably read more than we do (though that is hard to believe), and they do so on one or more of their screens. Do they miss turning pages; we would. Are we the only dinosaur in town? Please let us know what you think, and soon.

We will appreciate your thoughts by any mail you prefer, snail, e-mail, or any other. Advise sooner than later, and in some detail. We will appreciate all thoughts.

In the meantime, enjoy 2019.

The Editor,

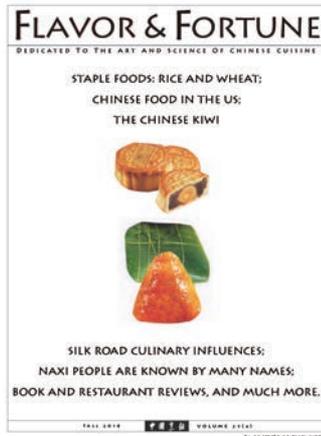


LETTERS TO THE EDITOR

EDITOR:

This is for your 100th issue; and the question is: My American minority friends are Spanish-speaking, some Black, others Asian and Pacific Islanders, some called Spanish-X: all are minorities in China. What do the Chinese call them?

GARCIA, WHITE, AND LIN: The largest, according to the most recent Chinese 2010 census report, the Han are the largest ethnic group who once were a mixed ethnic population hundreds of years ago. The next nine the government says are members of their country's fifty-five ethnic populations are in decreasing order, most to least, they are Zhuang, Hui, Manchu, Miao, Uyghur, Yi, Tujai, Tibetan, and Mongol populations; then Dong, Bouyei, Yao, Bai, Koreans, Hong, Li, Kazak, Dai, and She populations, and following them are Lisu, Dongxiang, Gelao, Lahu, Va, Shui, Naxi, Qiang, Tu, and Mulao people. The smallest group are Tartars, followed by those growing in size: Lhoba, Gaoshan, and Hezhan. There are, you can see, no Hispanics with or without an X.



HANNAH IN HAWAII SAYS:

Loved the goose and duck articles and the entire super issue with great recipes for preserved eggs which we never tried before but will now.

AN WEN: Your state has the sixth largest Chinese population so finding where to purchase them should be no problem. The largest Asian populations are in California, Texas, New York, New Jersey, and Illinois. In Chinese markets in all of them you can purchase duck eggs, tongues and other popular Chinese delights.



MIN LUM:

Did check the web and Chinese minority information, but it was in short supply, particularly for those living in the Yunnan Province. What groups are they?

SIR: Read the answer to the above response; overall, the last data we saw said Chinese minorities in that province are about one-third. The Yi are the largest ethnic group followed by the Bai, Hani, and Dai in that order. Each have more than one million people, then between half million and a million each are the Lisu, Va, and Jingpo. The Jiniu have eighteen thousand people in Yunnan. The Va are one of China's oldest minorities. Their men wear red or black cloths around their head, their women wear lots of silver jewelry. And yes, girls do comb the hair of boys they fancy, and they sing to them. If they like each other, he can spend a night at her home but no sex as it is forbidden before marriage.

JMN:

Just got the Fall issue; "it is a doozey, chockablock with good stuff, minority info, duck tongue recipes, and more. Thanks to you.

HS: You and others do appreciate it; so we thank you all for telling us so.

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LETTERS TO THE EDITOR

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EDITOR NEWMAN:

Can you advise about loofah and its relatives? I do love that member of the squash family but know little.

LUCILLE: We also love those *Curbitaceae*. Why are their names different botanically? There are two large varieties of loofah, both climbing gourds, both originating in Asia, not all in China. The earliest grew in China's south, such as in Guangdong in the 6th century CE. The angle one you wrote about has nine to eleven ridges and is the most popular family member, *Luffa acutangula* from the Guangdong Province growing there about one hundred years. Did you know it flowers at sunset? Its closest relative is short and spotted, and we never saw it. Another relative is *Chieh-guo* also known as *Benicasa hispida* which many Chinese call 'Mao gourd' but no one we spoke to knew why. One chap said it has been grown in his province lots longer. The bottle gourd which some call a calabash or trumpet gourd is botanically called *Lagenaria siceria*. This information is from a volume called *The Vegetables* that was edited by Liu Zizhu and Zhang Hua, its ISBN 978-7-5359-6512-7, its copyright is 2016.

FROM WONG HI:

You have written about mushrooms before, but please share more about those that are healthy.

WONG: We are not doctors, not experts in TCM, nor in healthy mushrooms, but we did ask several that are. Here is some general health information from them and our mushroom pile. We know to keep all of them cool and in paper bags to reduce their spoilage. We do not wash any of them, do remove dirt with a soft brush or damp cloth.

STRAW mushrooms, botanically *Volvariella volvorea*, are mostly grown in sub-tropical regions, they love damp soil and do help reduce cancer.

SHIITAKE grow on decaying wood, particularly chestnut, oak, beech, poplar, mulberry, and other broad-leaf hardwoods. They are revered in China and all of Asia, are loved as food and medicine, and are tumor-inhibitors, some are immuno-simulators.

OYSTER mushrooms are *Pleurotus ostreatus*; they are found in many colors, their texture resembles their namesake, and medicinally, they benefit cardiovascular- and cholesterol-causing issues.

PORTABELLA, CRIMINI, and BABY BELLA are *Agaricus bisporus*, cousins of white button mushrooms best picked with closed veils. They are good for breast cancer and coronary heart diseases.

MAITAKE are *Grifola frondosa* and known as the 'Hen of the Woods' mushroom. They have a central stalk, positively impact some cancers and reduce high blood pressure and high cholesterol.

ENOKI are *Flammulina velutipes* mushrooms that can contain anti-tumor substances to reduce cancers.

POM POM mushrooms are *Hericium erinaceus* known to reduce stomach, digestive, and nervous system disorders.

BEECH mushrooms are *Hypsizygus tessulatus* with strong anti-oxidant activity.

WOOD EAR and cloud ear mushrooms are *Auricularia polytricha*, and they reduce heart problems.

NEWMAN PLEASE:

Were the Exclusion Acts targeted only for the Chinese?

SUE LEE: One brochure at the Stony Brook University Wang Center says "For sixty-one years Chinese people were barred from immigrating to the US and denied citizenship. These Exclusion Laws were eventually expanded to bar all Asians." The illustration in its brochure does show an early picture of Chinese and does tout they were not specifically just for the Chinese.

EDITOR:

Can you advise about the contents of: 'An Introduction to Chinese Food Culture?' The ISBN number I have seems incorrect?

LOU: The correct ISBN is 978-7-04049451-8, and this book costing 49.80 Yuan is published in China, its cover in English and Chinese. The text is 100% Chinese.

TO ONE OF YOUR EDITORS:

How old are the exclusion laws?

TO YOUR QUESTION: Read above and do see a fine film with answers to this and its food-related questions. The answer needs more space than we have. Do check with Netflix and other sources for the story behind this 1882 law, and do see the question and response above and more about issues for Asians including immigration, globalization, civil rights, etc explored in it.

NEWMAN:

Will you be reviewing the 'An Introduction to Chinese Food Culture' book you were given at the 8th Asian Food Culture Meeting?

BING: Sorry to disappoint you, but as it is all in Chinese, and I can not read or speak this language which I did try to do three times but was a failure so doing.

**WELCOME
TO THIS
100TH ISSUE**

MUSHROOMS ARE MAGNIFICENT

The most common mushroom, worldwide, is the button mushroom. A Chinese poet, Yang Wanli, wrote "After a rain, round mushrooms pop up from the steamy soil....are as sweet as honey....with a fragrance that lingers between the teeth." TCM medical practitioners say eating these mushrooms can reduce blood pressure, increase appetite, shrink tumors, help those with hepatitis, and numbness.

Would that all this were true. In the culinary realm, all mushrooms are magnificent and go well with virtually all foods, make everything taste better; and they are loaded with many glutamates, provide *umami* which is a basic sense to taste buds. The other tastes, in case you forgot, are sweet, sour, salty, and bitter. If you are Chinese, they add another one they call 'pungent' or 'flavor enhancing.' Matters not what you call it, every mushroom has lots of glutamates; they increase enjoyment of all tastes.

More than a hundred countries grow edible mushrooms above ground, many but we know not how many are grown at ground level, and others are grown under ground. Now, more than twenty different mushroom varieties grow indoors on various kinds of compost or logs made grinding various different woods. They are productive and easily available, and if you never grew any, try doing so.

My husband did so starting a long-term undertaking when I went to China on sabbatical. He drilled hundreds of holes in freshly cut six foot sections of oak logs and filled them with spores. Then, he did need to cover them with beeswax so the spores would

stay in the holes of a half-inch drill bit. He told me it took him days to do this. He did not start small when I was not home. He figured he has months to complete this task as there were about a hundred logs, and each log needing fifty or more holes in it. I never counted them and I am not sure he did either.

Next, he stacked the logs and put a soaker hose on top; it had many tiny holes and did keep the logs wet using very little water. It was always on for about six months. Then, he leaned them alternating, front and back, on a thick iron pipe acting as a cross bar. These he watered about once a week if it did not rain that week, and did for a few months. Enjoy the pictures of them. We enjoyed the hundreds of pounds they produced every fall, fewer each Spring, for about five years. This process was repeated several times until we moved to a Life-care Retirement Community as it could

not be done there. I miss the tiny buds and the many mushrooms generated from the drilled holes, and then from the cracks up and down most logs.



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MUSHROOMS ARE MAGNIFICENT

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They stayed leaning on those cross bars in the shade under other live oak trees all that time. We did enjoy them the first and subsequent years as they produced handsomely and we harvested more than their initial investment each and every year until there were no spores to produce more mushrooms.

Produce they did, every tiny round protuberance growing larger until a recognizable mushroom appeared. We did cut a few when small, left most to get big, and some did that overnight. When a size we wanted or appreciated, we cut the mushroom away from the log and either cooked it fresh or dried it in a six layer plastic fruit and vegetable drier rotating the layers to allow these wonderful shiitake mushrooms to dry evenly. When very dry, we stored them in large plastic jars in our cool dry basement. They produced every fall and spring, more the former months, until the logs became spongy holding no more spores.

My husband, six years later, cut down fresh oak trees into six foot lengths, drilled hundreds of holes in them, I could watch as I was no longer on sabbatic, and began the process started again from stacking, wetting, leaning on the iron cross bars, etc. until these logs began producing more shiitake mushrooms. We tried oyster mushrooms on composite logs outside and inside, but they were less productive.

Fossil records did show us that shiitake and other mushrooms grew more than a million years ago in China. We read about them in *Taishang Lingbaozhi Caopin* in the closing years of the Eastern Jin Dynasty (circa 420 CE) and elsewhere. They discussed their flavor, texture, medicinal, and tonic attributes.

The shiitake mushrooms had great aroma, and they enhanced every dish we prepared with them. Restaurateur chefs know that fresh ones are tender and easily damaged, and if aroma-free at room temperature are probably immature or past their prime. That said, do smell them before using or purchasing yours.

Many different mushrooms are popular in Asia, some enjoyed fresh, others dried, canned, or pickled. In China, the black shiitake ones, also called 'black forest mushrooms, fragrant mushrooms, flower mushrooms, Chinese black mushrooms;' and called 'shiitake mushrooms' are most loved. That is their Japanese name, and they have been used for thousands of years, always produced in shady areas, best grown on hardwoods, and very productive. Below we discuss eight common mushrooms the Chinese adore.

SHIITAKE botanically known as *Lentinula edodes*, have been revered for thousands of years and used for food and medicine throughout Asia. We know them well, grew them successfully in the shade in our north shore Long Island backyard.



It was time consuming to drill the many holes in freshly cut oak logs, but only necessary every five or six years, then stacked them, soaked them, and kept them wet for some months, then they sat on an iron crossbar, leaning side by side in opposite directions, and they were very productive for five or six years.

We were rewarded with two crops each year after just a few their very first year with lots of mushrooms in the Fall, a smaller batch in the Spring. The only work needed was grabbing a knife and cutting them off the logs, many more than we could use at any one time. The box and its cover (on page 8) are one cutting's worth one Fall, more that a hundred pounds each fall from six dozen logs. We did need to remove their stems, and put most in our fruit and vegetable dryer. re-arranging its layers to dry them evenly.

We did read that spores can also be grown on sawdust logs, but we never tried that as we heard they were not as productive as fresh logs would be. Cooking and consuming these mushrooms have a long history, few are allergic to them, and growing them was fun and a delight to savor our efforts. We want to share that if you cook them with an American quarter and it turns black then they are poisonous is an old wife's tale. Do not test it, as you can die doing so. In Asia and in our home, shiitake mushrooms are food, tonic, and great tastes! TCM colleagues tell us they are also medicines as indicated above.

Be aware that every mushroom variety has many different names, and learn them and learn ways to prepare them. Mushrooms are low in fat, have many B vitamins, and very few calories. Simply brush them clean with a soft mushroom brush. Do not wash them, and cook them, fresh, soaked if dried, drained, and then cooked to enjoy them.

Black forest shiitake mushrooms are most popular in Asia, are brown when fresh, black when dried and the best have many cracks on their cap's surface. They are the most expensive, and the most flavorful. They can

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MUSHROOMS ARE MAGNIFICENT

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enhance one's *qi*, improve one's immune activity, treat one's heart condition, and enhance circulation.

OYSTER

mushrooms are referred to by many as 'shellfish of the woods' and are botanically known by many names in the *Pleurotus* family. Some know they have convex caps with frilly edges, and can be white, colorless, some gray or pinkish; while newer varieties are silver colored or a newer tint. Their texture is soft, resembles their seafood namesake, are mild, and have a pleasant taste. Best known for their cardiovascular and cholesterol lowering abilities, and they can inhibit tumors. Doing so does seem to take time, and TCM practitioners tell us this requires two or three months to do so. The Chinese use them for joint and muscle relaxation, and like them as they are easy to grow at home, are excellent blood builders and they contain lots of amino acids, and reasonable amounts of B vitamins and iron.



PORTABELLA mushrooms, also known as Baby Bella or Crimini, are actually cousins of the common white button mushroom. They are tan or brown and with more intense flavor. Botanically known as *Agaricus bisporus*, they are buttery in texture, and best cut when their veils and gills are closed. One writer said the texture of these expensive mushrooms reminds him of a fine filet. We find that a stretch. He also says to rinse them and we say that is a no-no and we barely brush them or wipe them with a damp paper towel. When big, beautiful, and meaty, they are great grilled, broiled, or sauteed, and a wonderful meat replacer. Reported to play a role in breast cancer prevention, they also modulate coronary heart disease.

MAITAKE

mushrooms, the Japanese say are 'dancing' or 'flying' in the wind as the overlapping ends of these *Griřala frondosa* do look that way. Large ones can be as big as old-fashioned watermelons. These frilly mushrooms



have an additional moniker of 'the fungus among us' thanks to this frilly look. Best breaking off pieces of their clumps near the stem, smaller pieces are best cooked just a little and said to improve the immune system's ability to fight infection. Researchers track their ability to reduce lung, liver, and breast cancers as they support general health, attack HIV, ulcers, and other disease-attacking cells. They are immune-enhancing and immune-boosting. Some say these hen-of-the-woods should never be washed, just sliced, dusted, and sauteed in oil or another fat, or stewed in any one sauce. Wonderful with eggs, pasta, in soup or a stew, every one should enjoy them for their many health-related benefits including that they have very few calories, many essential B vitamins, and large amounts of selenium and potassium.

ENOKI

mushrooms used to be botanically known as *Hericiu m erinaceu s* but are now commonly called *Flammulina*



velutipes. Once called pom pom mushrooms, these days most have long thin stems, small white balls on top, and are also known as Lion's Mane, Monkey Head, Hedge Hog, or Old Man's Beard. Some say they taste like lobster, and are useful treating stomach cancers. One should reduce the humidity of the area they grow in, particularly a few hours before breaking them off for use, so they do not bruise.

CLOUD OR WOOD EAR

mushrooms are botanically known as *Auricularia auricula*.

TCM practitioners know they benefit a persons *qi*, nourish their blood, stop bleeding, and ease pain. However, there are many look-a-likes so they urge us to remind readers there are many other mushrooms that mimic them and are toxic. Do purchase yours from reputable dealers and know that they can reduce cholesterol, reduce diarrhea from a weak spleen, reduce blood in the stool, and are good after childbirth when soaked in vinegar or honey and brown sugar. Eating them can reduce heart disease, reduce atherosclerosis and do likewise to fatty deposits in blood vessels that could cause heart attacks or strokes.



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MUSHROOMS ARE MAGNIFICENT

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LING ZHI mushrooms, are known as the Reshi mushroom. They are hard and woody, and are botanically known as *Ganoderma lucium*. They can be found whole or sold powdered, as granules, or as extracts, and as such are used to treat liver disorders, hypertension, arthritis, relieve heart palpitations, pain, edema, lung disorders, high blood pressure, high cholesterol and other serious ailments. Originally rare and expensive, now they can be artificially cultivated, are more accessible and are affordable. That is great as their anti-allergic effects lower blood sugar levels, boost immunity, and surround cholesterol in the small intestine preventing its absorption. This general tonic mushroom was once called 'phantom mushroom.' They are now mass produced, easily available, and believed to positively impact strength, vigor, and longevity.



BAMBOO FUNGUS

has, since 1984, been bred artificially. It has a net-like veil and is botanically known as *Phallus indusiatus* and seen on the cover when fresh. Once one of three mushrooms reserved for royalty, several hundred were transplanted to Empress Cixi's royal garden where they produced not a single one. The Empress was infuriated and ordered the official in charge decapitated and he was.



Now, they are found dry and in cellophane bundles. That Empress preferred hers fresh and with pigeon eggs and called 'Moon in Gauze.' No chef we talked to even heard of this dish even when we told them it was made with Bamboo Pith, Long Net Stinkhorn, or Veiled Lady mushroom. We heard they need rich soil and a well-rotted woody location for growth, have been known for their medical effects since the 7th century CE, grow only in tropical areas, attract hundreds of flies and other insects, and are known for their anti-microbial properties; still they knew them not.

OVERALL, the recipes that follow, and others in cookbooks and magazine articles are often not easily located. They can be listed under one of many headings and often not by the name of their mushroom. So begin looking for them in the meat, seafood, vegetable or soup sections. Readers tell us they are delightful in so many dishes, have a wonderful aroma, and they entice all at your table to enjoy them; and you should, too (JMN)

STUFFED BLACK MUSHROOMS

Ingredients:

6 ounces minced or ground pork
6 water chestnuts, minced
½ teaspoon granulated sugar
½ teaspoon Chinese rice wine
2 slices peeled fresh ginger, minced
1 teaspoon dark soy sauce
2 Tablespoons oyster sauce
1 Tablespoon cornstarch or tapioca starch
20 large Chinese black mushrooms, soaked, stems discarded, mushroom water set aside
20 leaves of fresh coriander
1 teaspoon vegetable oil

Preparation:

1. Mix pork, with the minced water chestnuts, sugar, rice wine, minced ginger, and the soy and oyster sauces.
2. Dust the underside of the mushrooms with the selected starch and wet hands before putting two tablespoons of the pork mixture onto each mushroom cap. Dust any remaining starch on top of the meat mixture, then put a coriander leaf on top of each mushroom.
3. Heat wok, add the oil, and put the mushrooms filling side down in the wok, and lightly brown them. Turn them over and add half cup of the mushroom water with t without some broth. Cover the wok and simmer for fifteen to twenty minutes, until the pork mixture is thoroughly cooked.
4. Remove the cover, put the mushrooms on a pre-heated platter, pour any juices over them, and serve.

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MUSHROOMS ARE MAGNIFICENT

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BAMBOO PITH DUMPLINGS

Ingredients:

2 cups flour
½ cup fresh lily bulb pieces, minced
½ cup water chestnuts, minced
¼ cup hollow stem vegetable, coarsely minced
¼ cup soaked bamboo pith mushrooms
6 Chinese black mushrooms, soaked, stems discarded, and minced
1 teaspoon salt
2 teaspoons granulated sugar
1 egg white
1 teaspoon vegetable oil

Preparation:

1. Mix flour with one cup boiling water, stir well, cover, and allow to rest for ten minutes before kneading into a soft dough. Divide into twenty pieces and roll each one out. Cover them with a cloth and set aside until the filling is made.
2. Mix minced lily bulb, water chestnut, hollow stem vegetable, and both kinds of mushrooms, then add egg white, salt, and sugar, and stir this filling well.
3. Wet one piece of the dough around its edges, fill the center with two teaspoons of the filling and pinch closed, then set the dumpling on a dry plate and continue until all are made.
4. Put a piece of parchment paper on the steamer rack and put all the dumplings on it leaving half-inch between them. Steam over rapidly boiling water for five minutes, remove to a lightly oiled platter, and serve.

MUSHROOM FANS

Ingredients:

1 pound button mushrooms brushed but not washed, their stems removed level with the bottom of their caps
2 cups vegetable oil
1 teaspoon soy sauce
1 Tablespoon minced Sichuan cabbage
1 teaspoon sugar and salt, mixed
1 teaspoon Chinese rice wine
½ teaspoon sesame oil

Preparation:

1. Slice each mushroom into fans not cutting all the way through from one end to the other.
2. Heat oil and deep-fry the mushrooms, they will fan out, until golden brown. Drain on paper towels and set aside on a pre-heated platter.
3. In a very small pot, heat soy sauce, minced Sichuan cabbage, salt and sugar, the rice wine, and the sesame oil until just below the boil. Pour this over the mushrooms, and serve.

CRISPY MONKEY HEAD MUSHROOMS

Ingredients:

6 to 8 dried monkey head mushrooms, soaked for one hour in tepid water
1 Tablespoon ginger juice
3 tablespoons Chinese yellow rice wine
1 egg white
salt and sugar to taste
3 tablespoons lotus root flour
1 cup vegetable oil
2 cloves fresh garlic, peeled and sliced
1 Tablespoon fermented black beans, rinsed then chopped
3 small hot pickled chili peppers
a few lettuce leaves spread onto a platter

Preparation:

1. Gently squeeze water out of the monkey head mushrooms, then slice them thinly and soak these slices in the ginger juice, rice wine, egg white, salt, and the sugar for half an hour, stirring two or three times.
2. Toss the mushrooms with lotus root flour.
3. Heat a wok or a fry pan, add oil, and stir-fry the mushrooms until crisp. Then remove them and drain on paper towels.
4. Fry the garlic, black beans, and the chili peppers in the oil and when hot, add the mushrooms and stir gently for one minute before putting them the lettuce leaves, then serve.

ANY OTHER

MUSHROOMS

YOU WANT TO

KNOW ABOUT?

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MUSHROOMS ARE MAGNIFICENT

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CLOUD EAR MUSHROOM SOUP

Ingredients:

1 skinless and boneless chicken thigh
3 chicken wings, bones removed, each wing turned inside out, then cut in half on an angle
3 tablespoons dry cloud ear mushrooms, soaked for twenty minutes in warm water
1 tablespoon vegetable oil
1 small chili pepper
3 slices peeled fresh ginger
1 scallion, cut into one-half inch pieces
1 tablespoon *Shao Xing* wine
1 tablespoon thin soy sauce
1 tablespoon mushroom soy sauce
1 tablespoon Chinese black vinegar
2 tablespoons cornstarch mixed with one tablespoon cold water
6 cups chicken broth

Preparation:

1. Cut chicken thighs and inside out wings into one-inch pieces.
2. Remove the very thick parts of the cloud ear mushrooms, then cut them into one-inch pieces.
3. Heat oil and stir-fry the chili pepper and ginger for two minutes, then discard them.
4. Add the pieces of chicken into the oil and stir-fry for two minutes, then add the scallion pieces, wine, soy sauce, and vinegar and the cornstarch mixture and broth and bring to the boil stirring all the time. Serve in a pre-heated soup tureen or ladle into individual soup bowls and serve.

YIN YANG HEALTH SOUP

Ingredients:

1 pound pork shin meat, cut into one-inch cubes
2 Tablespoons minced ginseng root
5 cordyceps mushrooms, scalded in boiling water
5 pitted Chinese black dates, each cut in four pieces
10 canned lotus seeds
3 slices fresh ginger, cut into thin pieces
1/4 teaspoon salt

Preparation:

1. Put cubes of pork shin into boiling water and boil them for two minutes, then drain and return them to a clean pot.
2. Add two cups of boiling water, the ginseng, dates, lotus seeds, ginger, and salt and simmer for ninety minutes. Taste and add more salt, if needed. Then serve.

SAUTEED OYSTER MUSHROOMS

Ingredients:

3/4 pound oyster mushrooms
1/2 cup chicken broth
3 scallions, thinly angle sliced
3 Tablespoons chicken fat
1 Tablespoons water chestnut flour
salt and pepper, to taste

Preparation:

1. Break oyster mushrooms into small pieces.
2. Heat chicken fat in a wok or fry pan, then add the broth and bring this to the boil.
3. Next, add the mushrooms and stir-fry them until most of the liquid evaporated, then add salt and pepper and the water chestnut flour and stir for one minute until it thickens. Then serve in a pre-heated bowl.

VEGETARIAN EEL

Ingredients:

10 large black mushrooms, soaked until soft, water squeezed out and set aside, if needed, the mushroom stems discarded
3 Tablespoons cornstarch
1 egg
2 Tablespoons Chinese rice wine
1/2 teaspoon mixed salt and pepper
1 cup vegetable oil

Preparation:

1. Cut mushrooms in thick spiral slices, then put them in a paper bag with the cornstarch and shake well for two minutes, then remove the mushrooms and set them aside for an hour.
2. In another bowl, mix egg and rice wine, then mix this with the mushroom spirals, and toss in the salt and pepper and mix. Add extra cornstarch if any of the mushrooms look uncoated, and toss them well, then set them aside. For another half an hour.
3. Heat the oil in a three quart pot, add the mushrooms, and deep fry them until golden. Drain them with a spider and put them on paper towels for a few minutes. Serve them in a pre-heated bowl.

CHICKEN IS 乚

The Chinese adore chicken and all its parts. They like it whole the head pointing to an honored guest or to the most senior person, or to a birthday gal or guy, or any other important person at their table. After this presentation, they cut it up, reassemble the bird on a platter, again pointing its head to the recipient of honor, and then serving it. Called *ji*, this bird symbolizes togetherness. It is symbolic of what they want their family to be every year starting at their Reunion Dinner on New Year's Eve. Every night, most parents like their family together, but often that is not realistic.

The cock or male chicken is esteemed, as are whole chickens, also ducks, geese, pigeons, quail and every bird, head to tail, their feet, too. Their eggs and their offspring are beloved steamed, boiled, broiled, baked, roasted, deep-fried, and prepared in any and every way. When pressed, chickens are Nanjing style. They like them, too, and feel the same way if fermented; staying for weeks without refrigeration and at room temperature. What is not to like? There are many ways to prepare every type of poultry, and most Chinese know Cheng Sien, in the 1st century CE, he described many of them.

The Chinese know that cooking chicken and all poultry is a gentleman's job. They believe every cook is equal to the best physician, surgeon, or most important doctor. That is why so many men work woks at home to show off their expertise. The lowest in the medical community might be a veterinarian but even their prowess behind the wok is better than playing with a pouch. All men like to show off at their woks.

Before and during the Han Dynasty (202 BC - 220 CE), northern Chinese consumed lots of millet and they liked their chicken with wine lees and polished rice. They did not want to get beri-beri, a disease of thiamin deficiency. They knew about it because in 548 CE, one hundred thousand folk living in the inner castle in Nanjing during a six-month siege, had an eighty percent chance of tachycardia and edema; they did not die if their food supply was cut off and ate millet and no milled rice. Four thousand soldiers took ill and five times that number died during the siege of Loyang because polished rice was saved for them.

In the *Essential of Dietetics* and in *Wide Descriptions of Every Day Life*, many Chinese learned about these terrible times; and this knowledge influenced food preparation and dietetic practices from then on. In the second book above reprinted several times since, they learned about this health problem so when the capital did move to Loyang in 770 BCE, they knew to pay attention to saving many lives.

Wooden plates and silk fabrics with words from these books encouraged the Chinese to eat millet and not polished rice at their meals. Millet, indigenous to China's north, was their savior. Rice came from far away and it was thought to be a lucky crop from heaven needing polishing. But they learned this was not so. While horses were reared for chariots and not eaten if deceased, dogs thought superior to pork or fish, millet was then steamed, if ground, and rice was not milled. This did help them have fewer problems.



The Han Dynasty flourished eating lots of chicken and other poultry, some roasted over an open fire, some dried, others salted, pickled, or wrapped in clay or mud before cooking. While rice culture did become more popular in China's north as did the soy bean, after Chang Chien's expedition to Turkestan when he was sent by Emperor Wudii and returned in 26 BCE, he brought lots of wheat so their millet-based diet was enhanced with yet another healthy staple food.

Out of necessity, people ate more game and decreased their staple food intake ingesting more chicken, pheasant, and other poultry in place of their staple foods. The country's unification in 281 CE moved the capital to Nanjing in 317 CE and this, too, made a dietary impact, poultry use yet increasing again.

Many learned to substitute one bird for another simply changing the amount of time needed to cook it. They did not have, but you do, recipes to do so. You have some below. (JMN)

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CHICKEN IS JI

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CHICKEN WITH JELLYFISH

Ingredients:

½ pound boneless chicken breast, thinly sliced, then cut into thin strips
1 egg white
½ teaspoon coarse salt
2 teaspoons cornstarch, divided
½ pound jellyfish, soaked in hot water for ten minutes, rinsed, then thinly sliced
½ cup chicken broth
1 scallion. Slivered on an angle
3 slices fresh ginger, slivered
1 teaspoon cider vinegar
1 Tablespoon Chinese rice wine
dash of ground white pepper
2 sprigs fresh coriander, coarsely minced

Preparation:

1. Mix minced pork, shrimp, mushrooms, onion, and water chestnuts.
2. Shape this mixture into ten balls, and fry them until they are lightly brown, then cover and simmer them for five minutes.

MANY MUSHROOM CHICKEN CONGEE

Ingredients:

2 cups rice, cooked for two hours in two cups of water
2 ounces enoki mushrooms, coarsely chopped
1 small fresh *lingzi* mushroom, coarsely minced
3 fresh black mushrooms, minced
3 scallions, thinly angle cut
2 teaspoons Chinese rice wine
2 teaspoons thin soy sauce
2 boneless and skinless chicken breasts, chopped
1 boneless and skinless chicken thigh, chopped
½ cup roasted skinless peanuts
5 slices fresh ginger, slivered
1 Tablespoon black sesame seeds

Preparation:

1. Bring six cups cold water to the boil, add the rice and its water, then reduce the heat and add the mushroom pieces, scallion pieces, rice wine, soy sauce, both chicken pieces, ginger, and the black sesame seeds and reduce the heat to simmer these ingredients until the chicken is barely cooked (about fifteen minutes).
2. Add the peanuts, ginger, and the sesame seeds and simmer another five minutes, then serve into the individual soup bowls.

CHICKEN ROLLS

Ingredients:

2 boneless skinless chicken breasts, thinly sliced, then pounded flat
2 dried seaweed sheets, each cut in quarters
1 red dragon fruit, peeled and sliced thinly
3 large kiwi, peeled and thinly sliced
½ teaspoon salt
3 cloves garlic, peeled and minced
½ teaspoon five-spice powder
1 egg, beaten
1 Tablespoon cornstarch
2 cups vegetable oil

Preparation:

1. On a seaweed sheet, add a piece of chicken then one of dragon fruit and then one of kiwi and some salt, garlic, and five spice powder. Fold in the ends and seal with some egg and cornstarch, then lay each one seam side down on a platter or cookie sheet.
2. Heat the oil in a pot, and deep-fry half the rolls, until golden, then drain on paper towels and put them in a preheated bowl. Repeat with the rest of the rolls; then serve them whole or cut in half on an angle.

ALMOND-CRUSTED CHICKEN

Ingredients:

½ pound boneless chicken breasts, cut into one-inch cubes
1 Tablespoon dark soy sauce
1 Tablespoon white wine
¼ teaspoon each ground white pepper, ground ginger, and garlic powder mixed together
1 scallion, minced
5 sprigs fresh Coriander, minced
½ cup almond slivers
1 cup vegetable oil

Preparation:

1. Mix chicken pieces with soy sauce, wine, sugar, and the spice mixture and marinate for twenty minutes. Then toss with the almond pieces and set aside for half an hour.
2. Roll the chicken in the almonds and let it rest another half an hour.
3. Heat a medium-size pot with the oil, and fry the chicken rolls until golden, and then drain them on paper towels. Serve on a pre-heated platter, each chicken cut in half on an angle.

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CHICKEN IS JI

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TAIWANESE CHICKEN

Ingredients:

3 Tablespoons vegetable oil
5 slices fresh ginger, slivered
10 cloves garlic, peeled and each one cut in half
3 scallions, angle-cut in half-inch pieces
1 large piquant pepper, seeded and slivered
5 chicken boneless thighs, cut in half-inch pieces
1 Tablespoon brown sugar
½ cup Chinese rice wine
5 Tablespoons thin soy sauce
1 cup fresh basil leaves, torn into sections
2 Tablespoons sesame oil

Preparation:

1. Heat a wok or fry pan, add the oil and when it is hot, add the oil, and the ginger, garlic, scallions, and pepper pieces and stir-fry them for two minutes.
2. Next, add the chicken pieces and continue stir-frying for five minutes until the chicken is crisp; and then add the sugar, rice wine, and the soy sauce and reduce the heat and simmer for five minutes.
3. Add the basil leaves, stir once, and serve.

PUMPKIN CHICKEN

Ingredients:

½ pound skinless and boneless chicken thighs
1 small pumpkin, seeds removed, toasted, and put in a small serving bowl
2 teaspoons brown sugar
2 slices fresh ginger, slivered
2 Teaspoons sweet bean paste
1 teaspoons chili paste with garlic
½ teaspoon crushed or ground Sichuan peppercorns
1 three-inch square red fermented *doufu*, mashed

Preparation:

1. Cut the chicken thighs into one-inch cubes.
2. Mix brown sugar, ginger, sweet bean sauce, chili paste, and the crushed Sichuan peppercorns with half cup cold water, stir in the *doufu* and chicken thighs and steam covered for ten minutes.
3. Pour this into the pumpkin, cover it with the pumpkin top, and steam over boiling water for thirty minutes or until a toothpick comes out of the pumpkin soft and clean.
4. Serve with two large spoons so everyone can help themselves to the pumpkin flesh and its contents.
5. Make sure the pumpkin is in a bowl that will not tip over, serve the seeds in their own small bowl.

CHICKEN AND EGG WHITES

Ingredients:

1 whole boneless and skinless chicken breast
1 boneless and skinless chicken thigh
½ teaspoon coarse salt
½ teaspoon granulated sugar
3 dried Chinese black mushrooms, soaked in one cup warm water until soft
5 egg whites, lightly beaten
1 teaspoon piquant hot sauce
2 teaspoons thin soy sauce
1 teaspoon oyster sauce
1 teaspoon cornstarch mixed with two teaspoons of cold water
1 teaspoon sesame oil
½ cup defrosted frozen peas

Preparation:

1. Cube both chicken meats, then mix them with salt and sugar and set them aside for half an hour.
2. Discard or use soaked mushroom stems for making a stock, squeeze out and save the mushroom water, then coarsely dice the mushroom caps.
3. Stir mushroom pieces with the piquant sauce and steam this in a heat-proof bowl over boiling water for ten minutes.
4. Next, gently stir in the egg whites, add the soy and oyster sauces, and steam together for three minutes more before adding the cornstarch mixture and stirring until it thickens (about two minutes); then add the sesame oil and the peas and stir for one or two minutes until the peas are heated through, then serve.

CHICKEN LIVERS AND BITTER MELON

Ingredients:

1 bitter melon, discard seeds, cut in half, thin sliced
½ pound chicken livers, each cut into three pieces
1 Tablespoon fermented black beans, mashed
1 Tablespoon vegetable oil
1 large cove garlic, peeled and smashed
1 scallion, angle sliced
1 small red chili pepper, seeded and slivered
1 Tablespoon oyster sauce
2 Tablespoons thin soy sauce
1 Tablespoon cornstarch and one of cold water

Preparation:

1. Mix prepared bitter melon with chicken liver pieces and black beans.
2. Heat oil in wok or fry pan, add prepared chicken liver mixture, and stir-fry for two minutes.
3. Add the bitter melon mixture, the garlic pieces, and oyster and soy sauces, and stir-fry for two minutes, then add the sugar and cornstarch mixture, and stir fry until thick, then serve.

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CHICKEN IS JI

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CHICKEN, HAZEL NUTS, AND EGGS

Ingredients:

1 pound skinless and boneless chicken thighs
½ teaspoon cayenne powder
¼ cup hazel nuts, coarsely chopped
½ cup all-purpose flour
2 Tablespoons vegetable oil
2 Tablespoons sesame oil
5 eggs, beaten
2 cup torn napa cabbage leaves, divided in half
1 Tablespoon vegetable oil
1 teaspoon honey
1 Tablespoon thin soy sauce
1 Tablespoon oyster sauce
1 Tablespoon Chinese black vinegar
¼ teaspoon ground white pepper

Preparation:

1. Pound the thigh meat until thin, and mix cayenne powder, chopped nuts, and the flour, and toss this with the chicken pieces.
2. Heat wok or fry pan, add the oil, then add the chicken mixture and stir-fry for two minutes, then remove them to a platter.
3. Put half the napa greens around the outside of a platter, scramble the eggs until very soft and add the other half of the cabbage and cook until it starts to wilt, then mix with the cooked chicken pieces and put this in to the center of the platter.
4. Mix the honey, soy and oyster sauces and the black vinegar and ground pepper, and bring this to the boil and pour it on the greens, and serve.



CHICKEN AND SNOW PEAS

Ingredients:

1 pound snow peas, strings and ends discarded
2 Tablespoons vegetable oil
1 pound boneless chicken breasts, cut into one- to two inch cubes
3 Tablespoons thin soy sauce
2 Tablespoons Chinese rice wine
1 Tablespoon granulated sugar
1 Tablespoon Chinese red vinegar
½ Tablespoon Chinese black vinegar
1 Tablespoon cornstarch
1 teaspoon *sa cha* sauce
3 shallots, peeled and thinly sliced
3 cloves garlic, peeled and thinly sliced
1 Tablespoon toasted white and black sesame seeds
1 teaspoon sesame oil

Preparation:

1. Cut snow peas in half the long way, then in half the other way, and set them aside.
2. Heat wok or fry pan, add the oil, and the chicken, and stir-fry for two minutes, then add the soy sauce, rice wine, sugar, both vinegars, corn starch, and *sa cha* sauce, and stir-fry for one more minute.
3. Add snow pea pieces, shallots, and the garlic slices and toss for two more minutes, then transfer to a pre-heated bowl, sprinkle the sesame seeds and the sesame oil on top, and serve.

STEAMED CHICKEN WITH FUYU

Ingredients:

1 pound skinless boneless chicken thigh meat, cubed
3 one-inch squares fermented bean curd (*fuyu*)
1 Tablespoon sesame oil
1 teaspoon thin soy sauce
1 teaspoon granulated sugar
3 Tablespoons coarsely chopped soaked white fungus
1 teaspoon chopped dried tangerine peel
2 Tablespoons vegetable oil
1 Tablespoon minced fresh ginger
3 chili peppers, seeded and minced
1 Tablespoon cornstarch

Preparation:

1. Mix chicken with mashing the beancurd, the sesame oil, light soy sauce, and the sugar, and set aside for five minutes.
2. Mix white fungus, red chilies, tangerine peel, oil, fresh ginger, chili peppers, and cornstarch with two tablespoons cold water, and stir this well.
3. Mix all the ingredients together in a heat-proof serving bowl, and steam over boiling water for twenty minutes; then serve it.

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CLAY POT CHICKEN WITH MUSHROOM RICE

Ingredients:

- ½ Tablespoon vegetable oil
- 1 large fresh chili pepper, seeded and coarsely chopped
- 3 clove fresh garlic, peeled and smashed
- 5 Tablespoons dark soy sauce
- 1 Tablespoon granulated sugar
- ½ pound boneless and skinless chickens breasts, coarsely sliced
- 5 dried shiitake mushrooms, soaked, stems discarded, water squeezed out, then sliced
- 2 cups cooked long-grain rice
- 3 slices fresh ginger, slivered
- 1 scallion, angle slivered
- 2 teaspoons sesame oil
- 3 Tablespoons thin soy sauce
- 2 Tablespoons Chinese rice wine
- 1 teaspoon granulated sugar
- 1 Tablespoon cornstarch

Preparation:

1. Mix vegetable oil, seeded chopped chili pepper, smashed garlic cloves, soy sauce, and sugar, and set this aside.
2. Heat a clay pot, add the vegetable oil and the mushroom slices and stir-fry for one minute, then add the ginger and scallion pieces and the rice and stir until these grains are separated and coated.
3. Then add the chicken and mushroom pieces and stir-fry this for two minutes.
4. Now add the sesame oil, thin soy sauce, rice wine, sugar, and the cornstarch and cover and simmer with half a cup boiling water for twenty minutes.
5. Uncover and stir, and serve from the claypot.

CHICKEN THIGHS AND LYCHEES IN LOTUS LEAF

Ingredients:

- 2 Chicken thighs, cut into one-inch pieces
- 1 Tablespoon thin soy sauce
- 1 Tablespoon oyster sauce
- 1 teaspoon each cornstarch, sugar, and salt
- 10 lychee fruit, skins and seeds discarded, each fruit cut in half
- 1 lotus leaf, blanched in hot water
- 3 slices fresh ginger, slivered
- 1 scallion, angle sliced
- ½ teaspoon sesame oil
- dash of ground white pepper

Preparation:

1. Marinate chicken thigh for fifteen minutes in soy and oyster sauces, cornstarch, sugar, salt, sesame oil, and the ground pepper.
2. Cut away the thick center stem of the lotus leaf and put the chicken pieces and lychee halves on it wrapping like a package. Tie it with lotus leaf center strip.
3. Steam the packages seam side down over boiling water for twenty minutes, then remove them and cut an 'X' to open each package part way.
4. Insert ginger and scallion pieces and the sesame oil; and gently stir the top of the package contents. Then let the diners help themselves to its contents.

**WHAT OTHER
POULTRY
DO YOU WANT
EXPLORED?**

ON A LOCAL MENU



FAN; 534 Commack Road; Deer Park NY 11729; phone: (631) 586-6888. Another Sichuan eatery, this one has chef Zhang Yue and his crew from China manning woks cooking here. They are timid compared to most, tuned to American tastes, mildly piquant, and perfect. They are visually beautiful, many with an orchid gracing any empty space on its plate enhancing their basic good looks.

The menu is a large plastic place mat, two-sided, so do remember to see its other side, one of which has pictures and tiny words under them, larger type in the minimal lighting benefitting when using your cell phone light to peruse the nine cold appetizers and the dozen hot ones, most in the dumpling department.

As we often do, we love beginning with Sliced Beef and Ox Tendon in Chili Sauce. Here, it comes crunchy with sesame seeds and chopped nuts, and so is more special than at other places. The beef and tendons are tender and terrific. A Chinese friend did tell us that many of their



appetizers have a touch of sweetness. As do their large luscious Snow Mountain Spare Ribs and the Yam with Blueberry Sauce. We adore the former, less so the latter because we are not big fans of overly sweet dishes.

Soft-shelled crab is also a mountain, loaded with lots of big pieces of crab and crispy oodles of small noodles around them. Looking great is the tender Stir-fried Lamb with Scallions and Red Onions; its pieces of meat large and tender, though largely tasteless.

Special was the Pea Sprout in House Special Soup; a dish new to us. Made with large pieces of preserved hundred-year eggs, their soft duck yolks enrich the lovely soup, the piles of pea shoots tender enhancements. We did appreciate them in this yummy soup. We loved them and the *goji* berries coloring this soup enhancing it with the most vitamin C of any fruit we know of.

Everything here is made with fewer piquant peppers than most US Sichuan eateries. The hotness is just right for Westerners; and one table nearby with a family of five boys under nine told us they devour every dish because they are. These fans of this 'FAN' also loved two delicious desserts, one a Chilled Mango Sago Cream with Pomelo, the other Mixed Fruits with Coconut Cream, and their four Bubble Teas and seven Fresh Juices and their Thai, Taro, and Jasmine teas.

Lest we forget, you will devour their Grandma Stewed Pork Cubes, the Prawns with Broccoli, their Shredded Pepper and Potato, and the Steamed Ginger and Scallion Fish Fillets. These and others in their twenty main meat dishes and fifteen vegetable ones are truly winners.



CHINESE SNACK FOODS

Dim Sum is Chinese snack food and since the 10th century, if not before, the Chinese have delighted in devouring dumplings. They are just one of their many snack foods, also known as *dim sum*, if they are Southern Chinese. Their Northern relatives call them *dien tsin*; and they love them, too. Over many centuries, the numbers and different kinds have increased. So have their deliciousness, and the tradition of enjoying them earlier rather than later in the day.

And in China's North, many use wrappings made with wheat or another grain or grains, some seasoned or dipped in vinegar or in a more complex sauce to be appetite stimulants. More so in the north, many look like or taste like a bread, bun, cake, noodle, or a pancake. These are heavier than those in the South of China, can have a more meatier filling, and can be made with less finesse. In China's West, they also like them heavier, spicier and more complex, too. Some are filled with hot green or red peppers to make them piquant stimulating the appetite increasing the desire to eat more of them.

In China's south, these snacks are more delicate, more often steamed, some slow-cooked, grilled, or served with or in a soup. The most popular ones in Shanghai are called Soup Dumplings. They are made with cold gelled soup that melts when steamed. There, diners need to be careful when biting into them as they can scald lips, tongue, and mouth very easily.

All regions can have some *doufu* (which will be featured in a future issue) in them or look that way. They might feature duck, goose, seafood, or fish in them, there they are smaller, some even tiny, many three to a steamer basket. They are cooked quickly, some pan fried then steamed, even deep-fried. They might also be three on a plate, hot or warm, rarely cold, and always yummy.

Cantonese brought these delights to the US and the western world about the mid 1850s. They quickly caught on and were served in larger and larger restaurants just featuring these snack foods. The kinds and numbers did keep increasing, as did the number of folks in the kitchen making them. Not uncommon these days are dozens making them, dozens serving them from wheeled wagons or trays, and dozens eating them.

There are regional differences, if from Nanjing they might have originated in the Temple of Confucius or feeding local merchants in local tea houses, wine taverns, or various other eateries in their local neighborhoods. All are commonly considered 'snack foods' that are most often served from early morning to some time after two or three in mid-afternoon. A few appear do appear

before or in the middle of main meal time or when groups gather any time.

From Guangzhou to Beijing can be large restaurants touting fifty or more varieties available on week-ends and holiday in particular. One finds them wherever Cantonese and other Southern Chinese live, visit, or gather to eat. They are in Singapore, London, San Francisco, New York, and other large cities, and they are very popular. Going to one, people can wait an hour for a table, come with a newspaper and save seats for late-arriving family or friends, and be there for an hour or more, eating, talking, reading, and relaxing. We know this as we go as often as we can to do all three.

These delicacies come around the establishment carried on trays or pushed in wagons by waitresses. Those younger than this more than eighty-year-old lady do not remember the empty plates counted and the bill tallied at them in years gone by. That was done when someone on the wait staff tallied them and advised of the payment needed. Nowadays, the system is lots different. Then, some did reduce the cost secreting several empty plates in a big purse or bag they arrived with. These days, a waiter or waitress stamps foods delivered and when finished eating those selected, they tally the tariff on what began as a blank check. Some places have even more sophisticated systems.

Customers can order the tea they want to accompany these delights, even noodle or rice dishes, too, though often not before the noon hour. Large places can have several sections cooking them for customers to walk to, ticket in hand, to choose heated foods or those to be cooked for them. Most larger restaurants have green, black, chrysanthemum, *pu-er*, or an other special tea available; they cost more than the setting or simple oolong or wulong offered at a modest price.

Many books about these large tea-houses explain many things available, some even have recipes to make them at home, or know what they are made of should you want to know about some of the less well-known selections available such as Beef Soup with Stuffed Dumplings, Sesame Seed Cakes with Dried Noodles, Jellied Bean Curd with Scallion Pancakes, Osmanthus Flower-stuffed Yuanxiao with Five-colored Cakes, Layered Duck-oil Sesame Seed Cakes, Spiced Beans and Spiced Eggs, Pork and Pent Dumplings, Smoked Fish with Silver Threads, Jade Dumplings with Asparagus, Crab Meat Buns, Fujianese Rice-flour Rolls, or other things beyond simple Scallion Pancakes, *Shao Mai*, Taro or Turnip Cakes, Pork Buns, Egg Rolls, *Har Gao*, etc.

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CHINESE SNACK FOODS

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One does not need to spend a fortune at these big eatery places. My husband says that lots less than twenty dollars a person is what he shells out when going to one with all of us. He says their pastries, buns, and other things in bamboo baskets most often cost him fifteen or up to twenty dollars a person, more at the table can cost even less. He should know as our family leaves stuffed to the gills these many years we indulged in them.

Each person in our varied size party usually picks out a few choices after seeing them arrive on trays or wagons when coming to our table. We know they cost only a few dollars each, and he says he never spends a fortune, rarely has left-overs, and he deems these dim sum meals a bargain. Most of us select from the food that comes around, once in a while, we get up to order something that did not, Shanghai Soup Dumplings often among those items that we want and did not make it to our table. Scallion Pancakes is another item often failing to appear. Over the years, we have learned to try to order slowly so things do not get cold. If someone has a favorite, they ask a server for it soon after thinking of it. We still try to eat slowly but often are not successful so doing as we arrive starved and the aromas do get our appetites working. Though small, if an item looks big, we ask the server to cut it in half, and they oblige, and still we over eat when having *dim sum*.

For those who are serious about enjoying such an event, think cocktail party, big buffet, or another feast, go to your local library to borrow some books about this special Chinese meal, those with pictures work best as then you can recognize their shapes as these are classic. Then you will be prepared to identify them. Try them and then you can know what they will taste like.

Some advise before you go. Do not eat breakfast beforehand, go early but not before ten in the morning or the selection can be limited, the best time is about 11:00 or thereafter, eat slowly, go to the bigger more popular places, and do be prepared to wait for a table. There are some articles about these snack foods on many a web site, read them and get yourself educated, and enjoy these snack meals. You can read about them on this magazine's web site at www.flavorandfortune.com (JMN)

SCALLION PANCAKES

Ingredients:

3½ cups all-purpose flour
1/4 cup vegetable oil
1 cup scallions, slivered on an angle
2 teaspoons sesame oil
1 teaspoon coarse salt
½ teaspoon ground white and black pepper, mixed

Preparation:

1. Mix flour with one and a quarter cup warm water and knead until smooth (about five minutes), then let the dough rest for an hour before rolling it into a snake, and cutting it into ten pieces, and rolling each into a half-inch thick circle.
2. Brush with the oil and sprinkle with scallions, salt, and ground peppers. Gently roll these into the dough, and roll the circles into a snake and coil them into a round tucking each end into the coil, then roll this coil again to about an eighth of an inch thickness, brush each with come sesame oil, and stack them.
3. Heat a fry pan, brush some oil on it, then fry each one on both sides until golden. Repeat until all are fried; drain each one and put them on paper towels. Serve while hot or very warm.

CRAB MEAT BUNS

Ingredients:

½ pound ground pork
½ pound crab meat, cartilage removed
1 teaspoon grated ginger
2 teaspoons sesame oil
1 teaspoons thin soy sauce
1 teaspoon ground white pepper
2 teaspoons Chinese rice wine
1 egg white, mixed with 1 teaspoon cool water
2 teaspoons cornstarch
30 to 40 round dumpling wrappers
6 lettuce leaves, divided

Preparation:

1. Mix all ingredients and put them in a strainer over a deep bowl; set this aside for twenty minutes.
2. Wet edges of the wrappers and fill each one with scant two teaspoons of minced pork-crab meat mixture.
3. Fold dough in half, and seal or pleat the wrappers
4. Put half lettuce leaves on a steamer basket, put buns no touching each other on half the lettuce leaves and steam for twelve minutes, then serve on a lettuce leaf-lined flat plate.

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CHINESE SNACK FOODS

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BAO BING SPRING ROLLS

Ingredients:

½ pound shrimp, put into a pot of three cups of water, veins discarded, shrimp cut into slivers
1 Tablespoon vegetable oil
½ pound firm *doufu*, slivered, and fried until almost crisp
1 small can bamboo shoots, drained and slivered
1 carrot, peeled and slivered
4 cups fresh cabbage. Slivered then cut into one-inch pieces
½ cup snow peas, strings and ends discarded, slivered
¼ cup slivered dried seaweed sheets
1 large garlic clove, peeled and slivered
1 teaspoon salt
½ teaspoon granulated sugar
1 Tablespoon Chinese rice wine
10 round spring roll pieces of dough
1 Tablespoon chili paste
1 Tablespoon coarse mustard
2 cilantro sprigs, minced

Preparation:

1. Simmer shrimp heads and shells in two cups of water for ten minutes, then strain and set the liquid aside.
2. Heat oil and fry shrimp bamboo shoot, carrot, cabbage, snow pea, seaweed, and garlic slivers stirring them for five minutes, then sprinkle with salt, sugar, and rice wine.
3. On a spring roll, lightly brush a little chili paste and mustard, put two Tablespoons of the shrimp and vegetable filling, fold in the ends and roll, putting a little water on the end to seal them, and put each one seam side down on a clean plate.
4. Brush a fry pan with oil, and fry the rolls until a very light golden color. Cut each in half on an angle, put them closed ends down in a shallow soup bowl and serve.

PORK AND PEANUT DUMPLINGS

Ingredients:

1 pound ground pork
1 Tablespoon cornstarch
1 cup vegetable oil
1 large clove garlic, peeled and minced
2 ribs Chinese celery, minced
5 water chestnuts, minced
½ teaspoon mixed salt and black pepper
1 teaspoon sesame oil
½ cup minced coriander leaves and stems
½ cup chopped roasted peanuts
30 - 40 dumpling skins
1 egg white mixed with a tablespoon of cold water

Preparation:

1. Mix pork and cornstarch and two tablespoons of water.
2. Heat one Tablespoon oil in a deep pot, and fry garlic for half minute, then add the celery, water chestnuts, and salt and pepper and stir-fry for two minutes; then set this aside in a strainer over a deep bowl.
3. Put the rest of the oil in this pot, add the pork mixture, and stir-fry for two minutes until no longer pink, then using a slotted spoon set this into the strainer with the celery mixture adding the coriander pieces and peanuts, and mix this well.
4. Take one dumpling skin, put a heaping Tablespoon or two of the pork mixture on it, fold the dough over it and seal its edges or pleat them with the egg white.
5. Bring water to a boil, put the dumplings into a steamer basket, and steam them all for five minutes; then serve.

JADE DUMPLINGS

Ingredients:

1 Tablespoon minced ginger
1 small clove garlic, peeled
15 asparagus, minced
5 canned water chestnuts, minced
3 scallions, minced
1 teaspoon sesame oil
1 teaspoon dark soy sauce
30 wonton wrappers
a handful of lettuce leaves. Divided

Preparation:

1. In a blender, mix ginger, garlic, asparagus, water chestnuts, scallions, and the sesame sauce until coarsely blended, then add the sesame oil and dark soy sauce, and gently stir this in.
2. Put two scant teaspoons of the asparagus mixture on a wrapper, and twist all four corners of the dough together keeping all the filling inside the dough. Repeat until all dumplings are made and filled.
3. Put the dumplings into a steamer basket on lettuce leaves, do not let them touch each other, and do cover and steam for ten to twelve minutes over boiling water. Then, remove them to a lettuce-leaf-lined platter and serve.

BIRD'S NESTS: AN EXPENSIVE TONIC FOOD

Chinese believe this life-prolonging anti-aging tonic food aids the pancreas and the lungs, and many other body parts by nourishing and stimulating cell growth. They believe it good for the eyes and the lungs, and that it helps the elderly recover from many an illnesses and the effects of aging.

Often served at feasts and to folks needing nutrition, these nests are made from the saliva of a swallow, most found in caves or houses where these birds are raised. The former are more firm, the latter more smooth. They are sold in oval shapes moistened and dried in forms to make these shapes, reddish ones called 'blood nests.'

Bird's nests are a billion dollar industry with sales centered in Hong Kong. The birds are mostly swiftlets whose saliva makes the nests, and they are most often raised in Indonesia, Borneo, or Thailand in concrete houses constructed for them. Most are near the sea where these gelatinous producing birds live in large houses. The males of these *Aerodramus fuciphagus* are a five billion dollar industry most used by Chinese who love them in soups particularly for honorific occasions such as weddings. A few are *Aerodramus maximus swiftlets*, small and black, whose saliva produces white nests popular with the Chinese.

This most expensive world food, a delicacy, the Chinese call *yan wo*, can cost thousands of dollars a pound. Some places require certification of their origin for health reasons, such as harboring bird flu virus, others just being assured they are legal and not fake. And not with some other problem. Many places forbid their sale, the reasons vary other than those already discussed.

The Chinese do believe they are nourishing, appetizing, and delicate, and those made with small pieces of these dried nests can be used for main dishes, desserts, congees and rice dishes, as well as in soups and for dim sum items.

According to an ancient *Compendium of Marteria Medica*, they are also used for nourishing the kidneys, stomach, spleen, and the lungs. Cleaning those where the birds were raised in caves, though more expensive, can be priced at higher levels because they have more dirt and feathers, and so cleaning them is time consuming.

Thin ones often get crushed in shipping and is one reason though still called 'superior' these oval cakes can be less costly. The highest quality are called 'premium' lower classes called First Class, Superior, White, Yellow, and Grade B Nests. The broken ones can be called balls or

strips, and their cooking times do vary. The bird's nests raised in houses can need more time when cooking them.

All bird's nests need to be checked for cleanliness; not soaked until they are cleaned of feathers, dirt, and any other debris. Then, they need to be soaked for up to three hours, then stewed for three or more hours longer. The size of the nest, also called its 'cake' determines how much longer will be needed. Some chefs tell us they need to know the country of origin, and the type of nest, its thickness, too, to determine that, but no chef could tell us the time for a nest from a particular country; can you? As these times do vary, experience seems to dictate these time differences, but no chef could attach a time to a country or bird's nest type. Several chefs did tell us that one oval cake can swell and be ten times heavier when fully swollen, weight-wise. (JMN)

BIRD'S NEST, MELON, AND SEAFOOD

Ingredients:

1 soaked bird's nest cake, excess water discarded
1/4 pound fresh shrimp, shells and veins discarded
1/4 pound crab meat, cartilage and shell discarded
1 cup chicken stock
1 egg white
1 pound winter melon, peel and seeds discarded, then sliced into rounds
1/4 teaspoon salt
1 Tablespoon cornstarch, divided
1 egg white
1 teaspoon sesame oil, divided
dash of ground white pepper

Preparation:

1. Soak bird's nest three hours or overnight, then drain and discard excess water
2. Mince shrimp and crab meat, the bird's nest, too.
3. Cut melon into half-inch thick circles and steam then in half the stock and half the sesame oil for five minutes, then drain them on paper towels, and dust their tops with half the cornstarch.
4. Mix bird's nest pieces with the shrimp and crab meat, stir in the salt, and half the cornstarch and half the sesame oil, then put bird's nest and seafood mixture, and half teaspoon in the center of each melon slice.
5. Heat the rest of the sesame oil in a wok or small fry pan, add the seafood-egg white mixture, and stir-fry it for one minute then pour it over the winter melon circles, and steam them covered for three minutes, then serve.

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BIRD'S NESTS: EXPENSIVE TONIC FOOD

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BIRD'S NEST PUDDING

Ingredients:

1 soaked any kind of bird's nest, soaked three hours
5 eggs
1 cup milk
1 cup stock
1 teaspoon ginger juice
½ teaspoon granulated sugar

Preparation:

1. Drain bird's nest, and then simmer it for fifteen minutes.
2. Beat eggs until light yellow, mix the milk, stock, ginger juice, sugar, and a dash of sesame oil, and steam for twelve minutes.
3. Cover, add the milk mixture, and steam for twelve minutes more, uncover, and then serve.

SHRIMP AND BIRD'S NESTS

Ingredients:

3 Tablespoons bird's nests, soaked for an hour, then drained, the water discarded
12 ounces fresh shrimp, shells and veins discarded
1 Tablespoon sugar
3 egg whites
dash of salt
3 Tablespoons vegetable oil, divided
1/4 teaspoon granulated sugar
½ teaspoon thin soy sauce
1 teaspoon cornstarch
1/4 cup chicken stock (optional)

Preparation:

1. Dry shrimp with paper towels, mince them and the soaked bird's nests, then mix in the egg whites, sugar, cornstarch, and salt.
2. Use a little of the oil, grease ten ceramic spoons, and put some of the well-mixed shrimp mixture into each of them and steam over boiling water for five minutes then cool slightly and ease the shrimp

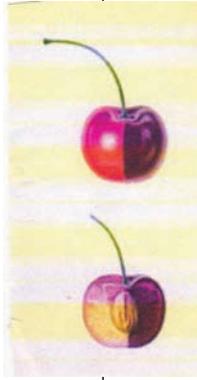
**BIRD'S NESTS
ARE HONORIFIC,
AND OFTEN SERVED
ON SPECIAL OCCASIONS**

AH BING AND HIS CHERRIES

In my inbox and in the public domain, is a story about a Chinese immigrant and a fruit named for him that we love. Thanks to a Chinese friend who sent it on to us, coming via Florence Olson Ledding to my friend. She was a lawyer and step-daughter of his employer named Seth Lewelling. This rather unknown piece of Chinese history always comes to mind as we enjoy Bing cherries. Ah Bing was the first to tend them in the US yet his life here was cut short because of American racism. How did this Chinese foreman tending his beloved cherries and then left the country to visit his wife and children could not or would not return; we'll never know which.

He was six feet tall and a Northern Chinese, the foreman who worked for the Lewelling and family who were Quakers with strong abolitionist sentiments. The story about them starts before the Civil War when their brother, Henderson came to build a home in Iowa. He was known as the "main ticket office for the underground railroad." In the mid-1800s, his family headed west with seven hundred fruit trees arriving in Milwaukie, Oregon establishing the West Coast's first nursery. Seth soon joined him there.

At that time, Oregon's population was booming and some settlers were looking for post-Gold Rush opportunities while others had their eyes on the Pacific Northwest's rich farmland. With these hundreds of trees, the Lewellings established a thriving nursery business. Henderson Lewelling soon peeled off to Honduras to start an ill-fated utopian colony, but Seth put down roots with orchards of plums, apples, and other fruits. He kick-started Oregon's fruit-growing industry, and this story is thanks to that effort because Oregon was flourishing but needed labor.



All across the West, Chinese workers were building train tracks and working mines, orchards, and farms, were paid less while their industriousness was put down because it hurt Americans wages stealing their jobs. It was in the American West, writes immigration historian Erika Lee, that "arguments in support of Chinese exclusion arose."

In 1892, the federal government passed the Chinese Exclusion Act barring immigration of Chinese laborers for decades to come. Meanwhile, violence against Chinese immigrants

flourished in the Pacific Northwest, and in 1885, city leaders in Tacoma, Washington became local leaders driving Chinese populations out of town. Many of their homes were burned during this time and after it. Two years later in Oregon, thirty-four Chinese miners were murdered. Called the Hells Canyon Massacre, the culprits never punished.

It was then that Ah Bing worked on Seth Lewelling's farm. This man of Manchu descent, hailed from the north of China. His height and his background made him very unlike the majority of Chinese immigrants. They were mainly from the Guangdong Province and he did work for Lewelling for more than thirty years sending money back to his wife and Children in China. Ledding remembered him singing a popular song of the day always in a mournful minor key.

Seth's house was where Ah Bing and others were sheltered for years, it was then demolished in 1940. As the foreman of Lewelling's orchard crew, he supervised more than thirty men, and worked closely with Seth Lewelling grafting, propagating, and caring for his trees.

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AH BING AND HIS CHERRIES

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The Bing cherry, Ledding recalls, surfaced one day when Lewelling and Ah Bing walked through Seth's rows of cherry trees. Each of these men did maintain separate rows, and in Ah Bing's there was a marvelous new type of cherry. Someone suggested to Lewelling that he should name the cherry after himself, but he protested. He said he already had one named for himself, and said, "I'll name this one for Bing," Ledding recalls, and continued, "it a big cherry and Bing is big and it is in his row, so that will be its name."

Other stories portray Ah Bing as more central to the development of this particular cherry. In 1992, the agricultural journal *The Oregon Grower*, relates that Lewelling assigned a collection of 'Black Republican' cherry seedlings to Ah Bing to care for; and that was in 1875. Bing's cultivation resulted in the Bing Cherry; it did pass his name down in horticultural history.

The Bing cherry went on to win prizes and did sell for the princely sum of a dollar a pound. Still Ah Bing's contribution could not save him from American racism. During the years of violent ant-Chinese riots, Lewelling sheltered Ah Bing and many of his Chinese crew in Lewelling's home. Perhaps it was the fevered environment that spurred Ah Bing to return to China to visit his family. He was longing to go home to visit them; he always talked about them, Ledding said. So in 1889 he did return to China for a visit. The Chinese Exclusion Act had already passed and legislators actively plugged loop holes to make it more restrictive. Ah Bing never returned to the US, and years later Ledding did say the Chinese Exclusion Act was why he did not come back to the US.

The rest of Ah Bing's story is lost to history. After working for decades in the US, perhaps he wanted to stay in his homeland as there he would not be threatened due to his race. Maybe he did try to return to the US but was rejected. Americans encounter his legacy every day, seeing the name 'Bing' on their bags of cherries.

THE CHINESE EXCLUSION ACTS DID IMPACT MANY CHINESE AND OTHER ASIANS IN THE US.

SOUP AND THE CHINESE CUISINE

In China, no meal is complete without a soup, though in the Fujian Province, at least two soups are part of every main meal. Frequently mentioned in articles about soup or about this province, they can be thick or thin and if more than one both kinds are at every main meal. They show the versatility of this cuisine and their cooks. Hearty ones, that is thick savory and satisfying soups can also come more than once during a main meal in various locations. This article includes a spectrum of Chinese soups, some Sichuan, some Fujianese, some from other parts of China. All are delicious, most are modest, and readers should try them as is, then vary them as desired, and always enjoy them.

There are soups the Chinese consider medicinal and some local comfort foods. Some are basic and ordinary, some are refined, some reviving. Some add peanuts, ginger, soy, cilantro, star anise, dried tangerine peel, and/or wonton or other dumplings. Whether they do or not, a cook can always add some or all of these ingredients, for taste or texture.

We suggest readers try them one at a time to see how they improve the taste or texture of a soup, how they make you feel, and how you do enjoy taste or texture, or both. One can always add left over dipping sauce, extra meat, fish, seafood, seeds, and bones. We let nothing go to waste and believe all extras, large or small, can be added to a soup before serving it. That or add them when making a broth or a soup that will please you. We suggest you make soups with all leftovers, enjoy them often, and serve them to family, friends, and other guests, and do so often. You and they will benefit when you do so and you will enjoy them. The more you make and consume them, the more you will learn to love them; and love them you will!

So try them and try using leftovers to enhance soups you made or will make. Be imaginative and do enjoy adding leftovers often. Cut them small, add them to your soups, your stews, too, and learn what leftovers work best, and where.



BEEF NOODLE SOUP

Ingredients:

- 2 pounds beef brisket, cut in one-inch cubes
- 10 to 12 cups chicken stock
- 3 Tablespoons Chinese rice wine
- 2 Tablespoons dark soy sauce
- 1 Tablespoon thin soy sauce
- 1 Tablespoon granulated sugar
- 3 whole star anise
- ½ teaspoon ground black peppercorns
- ½ teaspoon coarse salt
- 3 ounces mung bean noodles, soaked until soft, then cut into two-inch pieces
- ½ pound spinach leaves, rinsed, its stems minced
- 3 scallions, coarsely chopped

Preparation:

1. Blanch the beef cubes for five minutes in the chicken stock in a large pot. Remove the meat and strain the liquid discarding fat and scum, then returning the beef and the strained liquid to the pot.
2. Add the rice wine, both soy sauces, the sugar, star anise, peppercorns, and salt to the pot, cover it, and simmer for an hour or two until the meat is as tender as desired, then discard the star anise.
3. While this cooks, soak the mung bean noodles until soft, then drain them, and when the beef is done, add them, skim again if needed, and add them to the pot and add the minced spinach stems. And simmer uncovered for ten minutes.
4. Now, add the spinach leaves and the chopped scallions, and simmer two minutes more, then ladle into a large soup tureen or individual soup bowls, and serve.

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SOUP AND THE CHINESE CUISINE

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OXTAIL SOUP WITH WONTONS

Ingredients:

5 Tablespoons thin soy sauce
1 teaspoon minced chili pepper, with no seeds
1 Tablespoon minced cilantro
4 to 5 pounds of oxtails, cut into segments
10 quarts of stock or water
5 scallions
1 onion, chopped
1 head of garlic, cut in half, cross-wise
1 three-inch piece fresh ginger, smashed
peel of one tangerine
3 star anise
2 teaspoons coarse salt
20 peanuts, peeled and chopped, shelled, their paper exteriors discarded
1/4 pound minced pork
2 shiitake mushrooms, minced
1 egg, beaten until light in color
3 scallions, green parts only
20 wonton skins

Preparation:

1. Mix soy sauce, ginger, and chili pepper and set aside.
2. In a large stock pot, add two to three gallons water or chicken stock, the scallions tied in knots, the onion, garlic, ginger, tangerine peel, star anise, salt, and the peanuts, cover the pot, and simmer for three hours, then remove the oxtails and remove the meat from their bones.
3. Remove the paper skins from the peanuts and set them aside. Discard the star anise and the garlic head pieces, and skim or strain the liquid, rinse out the pot, and return the liquid and the ox-tail mea and onion to the pot and the strained liquid, as well.
4. Mix pork, minced mushrooms, peanuts, and the scallion pieces and put one tablespoon of this mixture into each wonton skins, wet their edges, pleat them shut, and set them aside for fifteen or twenty minutes.
5. Reheat the stock and oxtail mixture, keep it at a simmer add one or more dumplings, and simmer them for eight minutes. Then put two or more in everyone's bowl or dish, add the oxtail meat, the liquid, peanuts, and serve.

NIGHT-BLOOMING CEREUS SOUP

Ingredients:

3 night-blooming cereus flowers, cut in a few places
1 pound pork shin, thinly sliced
1 teaspoon salt
2 Tablespoons regular almonds, paper-thin peels removed, each cut in quarters or eighths
1 teaspoon bitter almond, peels removed and chopped

Preparation:

1. Soak night-blooming cereus flower pieces, then squeeze out any excess water.
2. Put pork shin in three quart pot, and blanch for five minutes, rinse and drain, then add the salt, two quarts of boiling water, both almond pieces, and simmer covered for two hours.
3. Add cereus flower pieces during the last ten minutes, then serve in pre-heated soup bowls or a large tureen.

WINTER MELON SOUP

Ingredients:

1/2 pound piece winter melon, peeled and cut in half-inch pieces
1/4 pound cooked half-inch pieces chicken breast
1 cooked half boneless duck breast, diced
8 cups chicken stock
1 thin slice Smithfield quarter-inch diced ham pieces
1 ounce crab meat. Cartilage and bone discarded, coarsely chopped
2 ounces peeled baby shrimp, veins discarded
5 canned baby corn, each cut in five pieces
10 straw mushrooms, each quartered
3 Tablespoons frozen peas, defrosted
1 teaspoon salt
1 teaspoon granulated sugar
1 Tablespoon Chinese rice wine
1 Tablespoon thin soy sauce
1 teaspoon sesame oil
dash of ground white pepper

Preparation:

1. Simmer winter melon and chicken pieces in a three quart covered with the stock for fifteen minutes, and strain, if necessary, discarding any scum.
2. Add the ham, and simmer covered for an hour, and strain again, if needed.
3. Add all the other ingredients, and simmer uncovered for ten more minutes, then serve in pre-heated soup bowls or a big soup tureen.

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SOUP AND THE CHINESE CUISINE

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SICHUAN SOUP

Ingredients:

1 Tablespoon vegetable oil
1-inch piece fresh ginger, chopped
3 large cloves fresh garlic, peeled and chopped
½ pound minced pork
5 shiitake mushrooms, stems and caps minced
3 scallions, minced
1 pound thin egg noodles
5 cups chicken stock
5 Tablespoons sesame sauce
5 Tablespoons thin soy sauce
1 Tablespoon chili oil

Preparation:

1. Make a sauce heating the oil in a wok, and stir-frying the ginger, garlic and the pork for two minutes, then adding the mushrooms and the scallions for two more minutes, then set this aside.
2. Boil two quarts of water and cook the noodles for two minutes, then drain them, and put them into five or six individual soup bowls.
3. Heat the chicken stock, have diners add some of the sauce to their bowls over their noodles, then some of the stock, and serve themselves this spicy soup.

BAMBOO FUNGUS SOUP

Ingredients:

5 pieces of dried bamboo fungus
5 cups chicken stock or water
½ pound soft *doufu*, cut in half-inch squares
1 small carrot, peel discarded, carrot chopped
1 Tablespoon cornstarch
1 Tablespoon thin soy sauce
2 or three kale stems, coarsely chopped
1 teaspoon sesame oil
½ teaspoon coarse salt

Preparation:

1. Soak bamboo fungus until soft, then squeeze out its water and coarsely chop it.
2. Bring stock or water to the simmer, add the bamboo fungus, *doufu* cubes, carrot pieces and the cornstarch and mix well, then add the cornstarch, soy sauce, kale pieces, sesame oil, and the salt, and simmer for ten minutes.
3. Serve in pre-heated individual soup bowls or a soup tureen.

PUMPKIN SOUP

Ingredients:

6 cups chicken stock
1 pound pumpkin, peeled and chopped coarsely
1 Tablespoon preserved Sichuan vegetables
1 teaspoon ground white pepper
3 baby *bok cai*, minced
½ teaspoon salt

Preparation:

1. Boil the stock in a three quart pot with the chicken and duck cubes and the pumpkin for ten minutes; mash the pumpkin. if desired.
2. Mince, then add the preserved vegetables, the ground pepper, *bok cai*, and the salt, and simmer three to five minutes more, then serve in pre-heated soup bowl or a large soup tureen.

SQUASH AND SHRIMP SOUP

Ingredients:

½ pound shrimp, peeled, veins and shells discarded, each one cut in quarters
1 loofah squash, cut in quarters the long way, then angle cut, then blanched for one minute
8 cups chicken stock
5 canned water chestnuts, sliced thin
1 Tablespoon cornstarch mixed with same amount of stock
1 Tablespoon thin soy sauce
1 Tablespoon sesame oil
dash of ground white pepper
½ small chili pepper, minced finely

Preparation:

1. Blanch and drain cut up shrimp and loofah and set them aside.
2. Heat soup in a large saucepan.
3. Add water chestnuts to the stock and bring it to the boil, then stir in the cornstarch mixture, shrimp, and loofah pieces, and the soy sauce, sesame oil, ground white pepper, and the chili pepper pieces, and return to the boil, then serve in preheated soup bowls or from a large soup tureen.

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COOKING IN WATER

Several have queried if the ancient Chinese cuisine has more ways to prepare foods than any other? We know not about others and can only advise that we once read about forty different Chinese ways to cook Chinese foods by Benita Wong. She advises that when this 'fire control' includes Chinese minority population techniques, it would be twice as long. We are convinced it is important to understand them all.

Also important is flavoring foods is the quality of their raw ingredients before starting to heat them. Western cooking says this quality is most important, while Chinese cooking says raw materials, fire control, and flavoring have equal value. In a Chinese cooking class we attended, that teacher agreed.

We leave relative importance to you, so reach your own conclusions. The Chinese are master cooks who use specific instructions to describe how they control heat more specifically than other cultures, we say Benita Wong's are not alphabetical nor in order of importance, but should be. Here are some of them.

CHU is probably the earliest and simplest food-heating process; it is cooking in water and is well-controlled, well-timed, and generally simply boiling in water.

TANG is steeping or quick boiling, a variation of the previous one bringing the boiling of sliced or thin-cut foods dipped into a hot liquid to seal and cook them by quickly after cutting the ingredients and sealing them cooking them quickly.

SHUAN is cooking pieces of food in boiled liquid on charcoal or spirit-heated pot at one's table.

CHIN is cooking food in boiled liquid and then immediately reducing the heat or removing the heat source.

CHUAN is bringing water or stock to a rolling boil, putting the food in it, re-boiling it and when at the rolling boil, removing the food deeming it ready. (JMN)

SOUP AND THE CHINESE CUISINE

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HERB SOUP

Ingredients:

1 pound pork ribs
1/4 cup angelica root pieces
1 star anise
5 whole cloves
3 Tablespoons *goji* berries
2 Tablespoons lovage (as dried rhizome or granules)
1 head garlic, cloves peeled, each clove smashed
1 one-inch piece cinnamon stick, broken into pieces
8 dried shiitake mushrooms, soaked until soft
2 Tablespoons dark soy sauce
2 Tablespoons thin soy sauce
1 teaspoon coarse salt
1 Tablespoon granulated sugar
1 cup rice, cooked with two cups of water until almost soft (optional)

Preparation:

1. Cook pork ribs in ten cups of water for half an hour, skin as needed.
2. Add the rest of the ingredients and simmer for an hour or more.
3. Remove pork, cut their meat from the bones into half-inch pieces, discard the bones, and return the meat to the pot, then serve in small cups.
4. Serve with cooked rice, if desired.

MORE OF BENITA WONG'S THOUGHTS IN A FUTURE ISSUE

FOOD STUDY DISTINGUISHED CONTRIBUTION AWARDS

8TH ASIAN FOOD STUDY CONFERENCE, OCTOBER 2019

by Wang Si

In alphabetical order they were:

E. N. ANDERSON (1941 –) a human ecologist working on how humans use plant and animal resources is concerned about conservation and sustainability, food production and consumption, and historical relations between China and Central Asia. He has worked on Chinese food and Yucatan-Mayan food, forestry, and general ethnology in Mexico. As Emeritus Professor of Anthropology at the University of California---Riverside., he received his Ph.D. in anthropology from the University of California, Berkeley, in 1967, and in the 1970s, joined Professor Kwang-chih Chang's food research group at Yale University in New Haven CT. K.C Chang (1931 – 2001), commonly known as K. C. Chang, pioneered the study of Taiwan Archeology and Chinese food history and Anderson was encouraged and influenced by him. He did six fieldwork years in Hong Kong, Malaysia, British Columbia, Southeast Mexico, Oceania, and other areas and did focus on ethnobiology, cultural ecology, political ecology, and medical anthropology. His books include *The Food of China* (Yale University Press, 1988), *A Soup for the Qan: Chinese Dietary Medicine of the Mongol Era* (Kegan Paul International, 2000), *Everyone Eats: Understanding Food and Culture* (2005), and *Food and Environment in Early and Medieval China* (University of Pennsylvania Press, 2014). Chinese readers mostly know the first of these, and his comprehensive, historical, and ethnographic account of Chinese food from the Bronze Age to the twentieth century. He has shown how food was central to Chinese governmental policies, religious rituals, and health practices from earliest times on. He says the story is one of remarkable success in feeding maximum populations over millennia. He has reported about regional varieties in Chinese diet, food preparation, and rituals of eating and drinking; these make it a prime resource for everyone with an interest in Chinese food history; they can learn from his webpage at <http://www.crazykioti.com>

JI HONGKUN (1931 – 2017) was a researcher and educator who specialized on Chinese culinary science and food culture, served as professor in Tourism at the Culinary College at Yangzhou University in Jiangsu, China, and before that, in 1951 became a college student in Department of Chemistry of Yangzhou University, and after graduation, worked at the same university as a teacher. There, he taught organic chemistry, general biochemistry, chemical history, scientific literature, culinary education, cooking theory and science, food culture, food research, theoretical foundations of Chinese cooking technology, and foundations of Chinese culinary higher education science systems. He was a main representative of Chinese food culture research, his direction and achievements are unique, and he was an important pioneer in Chinese food research. In 1987, he was transferred to the first institution of Chinese culinary education, became Director of the Chinese Cuisine Department of Jiangsu Business College which was founded in 1983, and then became Yangzhou University Tourism Culinary Institute, and then the Director of the Jiangsu Provincial Cuisine Research Institute. He made three major contributions to food studies; the first included combining science and history and relationships between traditional Chinese cooking and modern nutrition; the second he pioneered the scientific practice of Chinese culinary higher education, and the third, was the first to combine connotation, extension, raw materials, knife skills, heating, seasoning, staple foods and noodles from the perspective of science, technology, history, and social history eliminating the gap between Chinese culinary traditions and industrial modernizations, and the path to culinary science. His books include: *Food in China: from a view of food consumption* (2008); *The History of Chinese Food Science and Technology* (2015), and *Basic Principles of Culinary Science*.

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FOOD STUDY DISTINGUISHED CONTRIBUTION AWARDS

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NAOMICHI ISHIGE (1937 –), a Japanese food scholar is well-known for his East Asian food studies. He spent his childhood during World War II as a boy thinking of food shortages. As a teen, he wanted to own a soba noodle restaurant, and during middle school was obsessed with archeology. In 1958, he became a student in Kyoto University, majored in history, and was attracted to archeology. He not only went to lectures, he also participated in excavations; and after attending one in Tonga, showed great interest in Anthropology choosing it as his major for his postgraduate education. Then, he went on many fieldwork trips to Africa, and trained professionally. In 1971, employed by Konan University, by 1974 was instrumental in the founding National Museum of Ethnology which opened in Kyoto in 1977 at the Osaka Expo grounds. Then in 1986, he obtained his doctorate in agriculture, was promoted as a professor the same year, and from 1994 to 2003, he was curator of this museum. Ever since, he worked there, organized food study seminars and other symposia, planned then, and was considered a key person gathering many food scholars with different backgrounds. Compared with other scholars, he emphasized comparative studies and fieldwork world-wide, initiated collaborative studies, and worked, published, and edited monographs advocating, sharing, brain-storming, and advancing food research in Japan. His writings include the study of kitchens, noodles, sauces, etc. and are valued references. His books include the (Exploration of Food Life (1969), the Ethnology of A Gastronome (1978). (Eating as A Job, (1996), the Culture of Kitchens (1976), a Collection About Food in twelve volumes, (2011-2013, and more.). Read about him at <https://www.syokubunka.or.jp/ishige/about/>

MENU COVER

FOR AWARDS BANQUET

IS ON PAGE 33

MENU IS ON PAGE 34



JACQUELINE M. NEWMAN (1932 –), a Professor Emeritus at Queens College-CUNY in New York City, was the past Chairperson of the Family, Nutrition, and Exercise Sciences Department teaching Experimental Food Science courses, Research Techniques, Ethnic Foods, Writing for Professionals, and many other classes. Her research, known locally, nationally and internationally, is primarily about Chinese foods and food habits lecturing about them and other dietary and historical foods in the US and on three other continents, China included. She speaks and shares knowledge, wrote eleven books and monographs, eight chapters in others, more than six hundred research and trade articles, more than two hundred book and restaurant reviews, and served as guest editor for several journals. Two of her most important ones are Food Culture in China (Greenwood Press, 2004), and Cooking from China's Fujian Province (Hippocrene 2008). Chinese scholars and general readers know her thanks to her many contributions to the study of Chinese food, and her donation of more than six thousand English-language Chinese cookbooks to Stony Brook University, most are Chinese cookbooks in English or English and another language, herbal books, background volumes about Chinese food culture and history; several thousand food slides, some seventy CDs and DVDs, and more than twelve hundred magazines, most about food cultures. All the books she annotated and as such they are available at the Newman Chinese Cookbook Collection at <http://sunysb.libguides.com/chinese-culinary-history> and she keeping adding to them. She has been editor-in-chief of Flavor and Fortune for 25 years; this, the only English-language magazine about Chinese food published in the US dedicated to the science and art of Chinese cuisine for more than twenty-six years. Reviewers call it "outstanding" and "exemplary, and you can read its articles at www.flavorandfortune.com and contact her there.

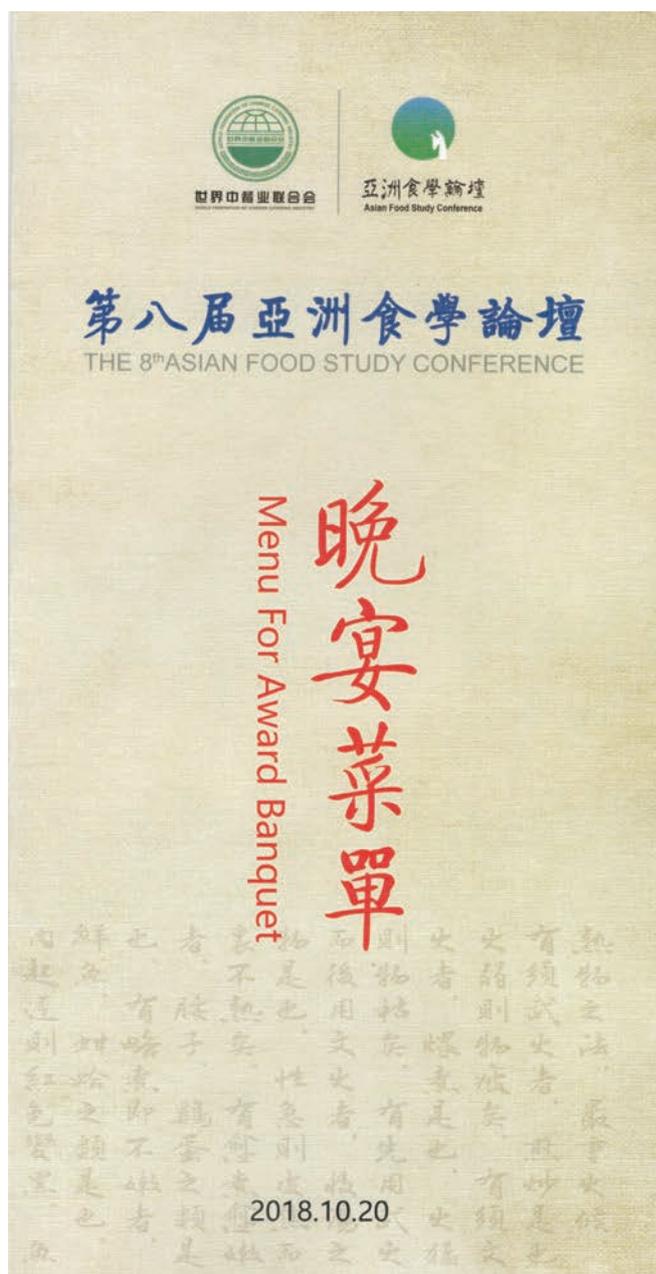
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FOOD STUDY DISTINGUISHED CONTRIBUTION AWARDS

continued from page 32

FRANÇOISE SABBAN (1947 -), sinologist and Professor at the École des Hautes Etudes en Sciences Sociales (EHESS) in Paris France researches in Anthropology and Food History, and the technology of Asia, mainly China, looking at comparative perspectives with Europe but mainly France and Italy. She is one of the few European researchers looking in-depth at efforts about Chinese Food. She went to China in the

1970s, gained speaking Mandarin skills there in language and food culture, read lots of Chinese food literature, and did fieldwork in different Chinese cities. As a major contributor to the Cambridge World History of Food, in particular the Chinese chapter, she has also published books about food history including *The Story of a Universal Food* with Silvano Serventi (Columbia University Press (2002), *The Medieval Kitchen: Recipes from France and Italy* with Odile Redon and Silvano Serventi (Chicago University Press (1998), and written many articles on the anthropology and history of food in China. She also has introduced contemporary Chinese food research to the European academic world community.



Shrimp Balls with Pesto and Green Onion

Main Ingredients: Shelled Shrimp, Green Onion, Mustard

Faihong Beef Granules

Main Ingredients: Pepper, Beef

Shanghai-style Duck Roll

Main Ingredient: Duck

Litchi Flavour Small yellow croaker

Main Ingredient: Small yellow croaker

Sweet sour Red Ginseng

Main Ingredient: Carrot

Amaranth with Sesame

Main Ingredient: Amaranth Leaves

Braised Spring Bamboo Shoots

Main Ingredient: Spring Bamboo Shoots

Braised Pleurotus Eryngii with Thai Sauce

Main Ingredient: Pleurotus Eryngii

Native Chicken Soup with Matsutake

Main Ingredients: Dried Matsutake, Chicken

Tan's Cuisine Shredded Meat with Fish Maw

Main Ingredients: Hen, Fish Maw, Fish Lips, Dried Scallop

Australian Beef Rib with Black Pepper

Main Ingredients: Black Pepper, Beef Rib

Crispy Duckling

Main Ingredient: Duck

Steamed Scallop with Chopped Garlic

Main Ingredient: Scallop

Braised Sea Cucumber with Scallion

Main Ingredients: Sea Cucumber, Green Onion, Rape

Spicy Roast Mutton Chops

Main Ingredient: Mutton Chops

Seafood Tofu Pot

Main Ingredients: Mussel, Shrimp, Fresh Scallop, Tofu

Australian Scallop with X.O. Sauce

Main Ingredients: Scallop, Honey Pea, Sweet Pepper

Stir-fried Vegetable

Main Ingredients: Chinese Yam, Fungus, Snow Broad Pea, Broccoli

Steamed Sea Bass

Main Ingredients: Sea Bass

Fried Rice with Seafood

Main Ingredients: Green Beans, Carrot, Shelled Shrimp, Corn Kernels, Rice, Egg

Dessert

Fruit Plate

SUI YUAN BOOK AWARDS

by Wang Si

At the 8th Asian Food Conference in Beijing October 2018, there were forty serious books published in China about that country's food studies. Selected by the Awards Committee of three professors and five young scholars who received their Doctorates recently, they did focus on Chinese Food Studies. These awards were from about one thousand books about Chinese food history and food culture. In upcoming years, one book will be selected annually from those published the previous year.

Why this number and name of Sui Yuan? Forty is the number of years since the opening of China. The Committee named them the Sui Yuan Awards as that was the name of Yuan Mei's garden at his home. Yuan Mei's book is known by culinary folk world-wide, and until now was only translated into German, French, Japanese, Korean, and Italian. However, recently it was translated into English by Sean Chen, a Chinese scholar and published in this bi-lingual edition. Yuan Mei's book is known by chefs, China scholars, linguists, historians, and anthropologists. His contributions are now celebrated on his birthday, March 25th and that is called International Chinese Food Day.

Flavor and Fortune wrote about Yuan Mei's book in several issues including in Volumes 14(4), 16(3), 17(1), and in the previous or ninety-ninth issue. He is referred to as China's Brilliat-Savarin. Now English readers can enjoy and learn from this The Garden of Contentment: Yuan Mei's Manual of Gastronomy in this newest translation. Located by E. N. Anderson, a historical anthropologist on Sean Chen, the translators blog, Anderson had help from Jeffrey Riegel, a Chinese literature professor and Nicole Mones, a writer about Chinese food. This bilingual edition was published in 2018 by Berkshire Publishing of Great Barrington MA. Due to space and eye limitations, the forty books will be listed in this magazine's next issue.

NOTE:
WANG SI
IS THIS MAGAZINE'S
CHINA
CORRESPONDENT
AND
TOO MANY COMMENTS,
EYE STILL A PROBLEM.
IN NEXT ISSUE,
CONTENT REPLACES
THEM.

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WILL BE LISTED
IN THE NEXT ISSUE
WITH THEIR
ISBN NUMBERS
AND MORE**

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促進中國烹飪科學與藝術研究所

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