

FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

CHINA'S ANCIENT 'BOOK OF SONGS';
FOOD AND ANCIENT THERAPY;
PORK FLOSS IS *PORK SUNG*;



SUGAR: A HIDDEN INGREDIENT;
GELO: MINORITY FOLK AND THEIR FOOD;
DUMPLING BOOKS, RESTAURANT REVIEWS, AND MORE.

FALL 2016

中國烹飪

VOLUME 23(3)

\$6.95 US/\$9.95 ELSEWHERE

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

Board of Directors

Honorary Chairperson:

Ken Hom, OBE, author, consultant, chef, and expert on Chinese cuisine.

Chairperson, and Editorial Director:

Jacqueline M. Newman, Ph.D., Dietitian/Nutritionist (CDN), author of dozens of articles, chapters and books about Chinese foods and food habits, Professor Emeritus of the Family, Nutrition, and Exercise Sciences Department at Queens College, CUNY, Flushing NY

Test Kitchen Advisor:

Irving Beilin Chang, food chemist, recipe developer, and co-author with Wonona W. Chang and others of many Chinese cookbooks

Business Manager:

Charles F. Tang, consultant, restaurateur, and producer of Chinese culinary TV programs

FLAVOR & FORTUNE

Volume 23, Number 3

Fall 2016

FOOD FOR THOUGHT.	2
About the publisher; Table of Contents; Dear Reader	
CHINA'S ANCIENT 'BOOK OF SONGS'	5
By Lu Ying	
FRUITS ARE VERY POPULAR--PART I	7
LETTERS TO THE EDITOR	8
Correct past issue info; Ketchup pronunciations; Crabs and malaria; Zheng He; About Taiwan; Naming dishes; Donating a cookbook; First American Chinese restaurant; Tea colors; Two omitted recipes; Hezhen fish-skin clothes	
GINSENG	11
GELU: MINORITY FOLK AND THEIR FOODS	13
SQUID, SNAILS, SALAMANDERS, AND SEA VEGETABLES	15
ON OUR BOOKSHELVES	20
Katie Chin's <i>Everyday Chinese Cookbook</i> by Katie Chin Hunan by Y.S. Peng and Qin Xie <i>History of Food Culture in China</i> by Rongguang Zhao <i>Hey There, Dumpling!</i> by Kenny Lao and Genevieve Ko <i>Modern Dim Sum</i> by Loretta Liu <i>The Dumpling Sisters</i> by Amy Zhang and Julie Zhang China: <i>Land of the Emperor's Great Wall</i> by Mary Pope Osborne and Natalie Pope Boyce <i>Yum, Yum Dim Sum</i> by Amy Wilson Sanger	
FOOD AND ANCIENT THERAPY	25
CHINESE FOOD RESEARCH IN JAPAN	26
By Zhengyu Liu	
ON MANY MENUS	28
Golden Dynasty in Saint James NY Li's Garden in Flushing NY Nancy Chang in Worcester MA	
PORK SONG IS PORK FLOSS	31
SUGAR: A HIDDEN INGREDIENT	32
QUESTIONS ABOUT CONFUCIUS	34
THANKS TO OUR DONORS, SPONSORS, AND SUPPORTERS	38
RENEWAL FORM	39
RECIPE INDEX, AND SUBSCRIPTION INFORMATION	40

Pictures are from the files of the editor except those in articles by other authors; they may be from their cameras or files.
Cover picture illustrates one of the many dumplings loved by the Gelo minority folk.
All articles ending with (JMN) are written by the editor.

FLAVOR & FORTUNE

Editor-in-chief
Jacqueline M. Newman

China Correspondent
Wang Si

Business Manager
Charles Tang



Flavor & Fortune is published quarterly by:
by the Institute for the Advancement of the
Science and Art of Chinese Cuisine (ISACC) which
holds its copyright © with all rights reserved.

ISSN 1078-5361

For subscription,
membership information, and forms
see page 39

SUBSCRIPTIONS (four issues postpaid) are:
\$25.00 in the USA,
\$45.00 in Canada,
\$60.00 for all other locations

INDIVIDUAL ISSUES, also postpaid are:
\$15.00 each in USA,
\$20.00 each in Canada,
\$25.00 each elsewhere

PAYMENT is required in:

- 1) US dollar bank checks ,
or
- 2) US dollar traveler checks,
or
- 3) Canadian US dollar
postal money orders

All checks must be made
payable to ISACC
and mailed to:

FLAVOR AND FORTUNE
Subscription Division
P.O. Box 91
Kings Park NY 11754

Mail other queries to
the above address,
fax them to (631) 265-9126,
e-mail them to

flavorandfortune@hotmail.com

or send them via the web to:

www.flavorandfortune.com

Dear Reader:

This issue, the third in our twenty-third year, brings Lu Ying back to our pages. She has done yeoman's work researching the ancient Book of Songs. We show one page written by Emperor Qian Long and a picture from that edition and give thanks to the worldwide web for that, a cover of a famous translation by Arthur Waley, several verses Lu Ying has translated for us from the Chinese, and a painting she found and shared, as well. There is also an article about some foods that are ancient therapy, some from that book, others from folks who use their thoughts.

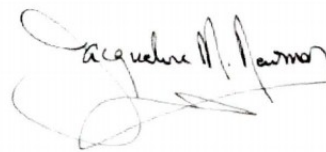
Do check out the Letters to the editor; one has a corrected update on the first twenty-two years of this magazine. Also in this issue, something rarely written about, the Gelo, a small but fast growing Chinese minority population who now have more than half a million from the less than half a hundred thousand forty years ago.

See the eight books reviewed, one is phenomenal volume by a recently retired Hangzhou professor who shares some of his research, information never before seen in the English language. Seven other books are reviewed, including one titled Hunan but not about the foods of that province. Learn why it's so named. One book is by the daughter of the Betty Crocker Chinese Cookbook author, Katie Chin. She shares some of her Mom's recipes, ones that she loved growing up in Middle America that never made it into that popular item. In addition, to these fine items, there are five reviews of books about Chinese dumplings, and if you, like others, are on a dumpling jag, you will want to know about them all, even own them as we do.

One article in this issue is about sea creatures and a bit about the vegetables they swim around, and items that some of them eat. Most are loved swimmers, namely squid, snails, and salamanders.

Another hot topic these days is sugar, a hidden ingredient in not only Shanghai Cookery, but in lots of other Chinese foods, as well.

Enjoy all of the above, and more; look forward to the last issue of this year, which will include Yuzur minority folk and their foods.

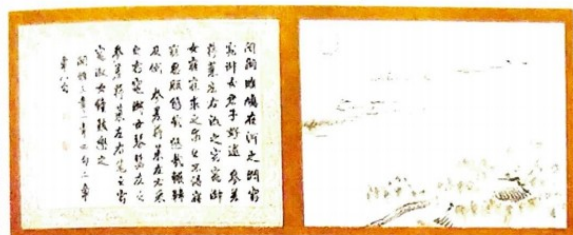


The Editor

CHINA'S ANCIENT 'BOOK OF SONGS'

BY LU YING

The *Book of Songs* is *Shi Jing* in Pinyin. This collection has songs by people from all walks of life some three thousand years ago. It is called 'songs' because they were passed down mouth to mouth. Some had rhymes and tones, many lost over time. One famous hand written copy was written by Emperor Qianlong; who did the illustration is not known.



In the Chinese tradition, poetry and music are related and often performed simultaneously. As time went on, people gradually lost the rhymes but remembered the lyrics. They are said to be divided into lines of four or eight characters in eleven-line sets; the first sentences, translated, are:

*Guan-guan go to the ospreys,
On the islet in the river.
The modest retiring virtuous young lady:
For our prince, a good mate she.*

【原文】
七月流火^①，
九月授衣^②。
一之日觴发^③，
二之日栗烈^④。
无衣无褐^⑤，
何以卒岁^⑥？
三之日于耜^⑦，
四之日举趾^⑧。
同我妇子^⑨，
饁彼南亩^⑩；
田畯至喜^⑪。

As the oldest collection of poems in the pre-Qing era, The *Book of Songs* is regarded as the very beginning of Chinese poetry. It includes 305 ancient poems from between the 11th century to the 6th century BCE. They relate to areas now named: Shaanxi, Shanxi, Henan, Hebei, Shandong, and Northern Hubei.

This *Book of Songs* records many activities from ancient times including farm work, marriages, wars, fights, corvee, customs, rituals, ancient worship, banquets, and celestial phenomena. It

reflects social conditions of five hundred years from the early Western Zhou Dynasty to the middle of the Spring and Autumn Period, from 770 to 476 BCE.

According to statistics in *Mao Shi Lei Shi* by Donggao Gu, a scholar in the Qing Dynasty, there are twenty-four kinds of staple foods we call cereals, thirty-eight kinds

of vegetables, seventeen medicines, thirty-seven grasses, and fifteen kinds of flowers.

As to the authors of these poems, and how they were collected, that is a long story. According to ancient literary materials, there was a system of collecting them with the Emperor of Zhou having special officers called Qiu Ren or Xing Ren to collect these common songs. Gou Yu said higher officials such as the Duke or Prime Minister had rights to offer beautiful songs to the ruler. These professional officers were to take care of the poems and teach them and their music in the Royal Palace. Generally speaking, many believe Confucius edited and checked them; but that is not guaranteed.

Until the time of Emperor Wu of the Han Dynasty (220 BCE to 220 CE), this collection was called the *Classic of Poetry* and was listed as one of *The Five Classics*. The others were: *Book of History*, *Book of Changes*, *Book of Rites*, and *Spring and Autumn Annals*.

This *Book of Songs* has three sections; *Feng*, *Ya*, and *Song*. Each includes several chapters with several songs in each of them. *Feng* includes songs sung by the common people in different states or places during the Zhou Dynasty such as those of *Bei*, *Bin*, and *Yong* which were the names of three of the states. *Ya* is honored as 'songs for the Emperor' and these are songs sung by upper classes in royal and imperial courts. This section is in two parts, *da ya* and *xiao ya*. The former is more formal, the latter more similar to *Feng*. The *Song* section is more sacred and was played in ancestral temples during worship. Some do make fun saying that *Feng*, *Ya*, and *Song* are equivalent to pop music, elegant music, and serious music.



Throughout history, there has been much research and many translations of this poem; one famous one in English is by Arthur Waley (shown on the next page). Many generations have made comments and notes, and different versions were done over the ages as just one Chinese character can lead to a totally different interpretation. That is why many have dedicated themselves to these translations.

The poem on this page, is the longest in the book. Its title means July and it mentions eating, living, and the clothes of the common people during this Western Zhou Dynasty. Each set has eleven lines, four Chinese characters per line. Here is my translation:

continued on page 6

CHINA'S ANCIENT 'BOOK OF SONGS'*continued from page 5*

In the days of the 4th month, the wind blows cold,
 In the days of the 2nd one, the air is cold.
 Without the clothes and garments of hair,
 How could we get to the end of the year?
 In days of the 3rd month, they take
 ploughs in hand,
 In days of the 4th, they make their way
 to the fields.
 Along with my wife and children,
 I carry food to them in those south-
 lying acres,
 The surveyor of our fields comes, and
 is glad.

In the 7th month, the Fire Star passes
 the meridian,
 In the 9th month, clothes are given out
 With spring days the warmth begins,
 And the oriole utters its song.
 The young women take their deep
 baskets,
 And go along the small paths,
 Looking for the tender (leaves of)
 mulberry trees.
 As the spring days lengthen out,
 They gather in crowds the white
 southernwood.
 The young lady's heart is wounded with
 sadness,

She will be going with one of our princes
 as his wife.
 In the 7th month, The Fire Star passes the meridian,
 In the 8th month are the sedges and reeds.
 In the silkworm month they strip the mulberry
 branches of their leaves,
 And take axes and hatchets,
 To lop off those that are distant and high,
 Only strip the young trees of their leaves.
 In the 7th month, the shrill is heard,
 In the 8th month, they begin their spinning.
 They make dark fabrics and yellow,
 The red made is very brilliant,
 It is for the lower robes of our young princes.

In the 4th month, the small grass is in seed,
 In the 5th, the cicada gives out its note.
 In the 8th, they reap,
 In the 10th, the leaves fall.
 In the days of the 1st month, they go after badgers,
 And take foxes and wild cats,
 To make furs for our young princes.
 In the days of our 2nd month, there is a general hunt,
 And they proceed to keep up the exercises of war.
 The boars of one year are for themselves,
 Those of three years are for our prince.
 In the 5th month, the locust moves its legs,
 In the 6th month, the spinner sounds its wings.
 In the 7th month, in the fields,
 In the 8th month, under the eaves,

In the 9th month, about the doors,
 In the 10th, the cricket enters under our beds.
 Chinks are filled up, and rats are smoked out.
 The windows facing north are stopped up, doors
 are plastered.

Ah! Our wives and children,
 Changing the year requires this:
 Enter here and dwell.

The 6th month they eat sparrow-plums and grapes,
 In the 7th, they cook the Kui and pulse,
 In the 8th, they knock down the dates,

In the 10th, they reap the rice,
 For the benefit of bushy eyebrows,
 In the 7th month, they eat the melons,
 In the 8th, they cut down the bottle-
 gourds,
 In the 9th, they gather the hemp seed.
 They gather the sow thistle
 And make firewood of the fetid tree,
 To feed our husbandmen.
 In the 9th month, they prepare
 vegetable gardens for their stacks.

In the 10th they convey the sheaves to
 them.
 The millet, both the early sown and the
 late,
 With other grain, hemp, pulse, and
 wheat.

O my husbandmen,
 Our harvest is all collected.
 Let us go to town, and be at work on
 our houses:

In the daytime collect the grass,

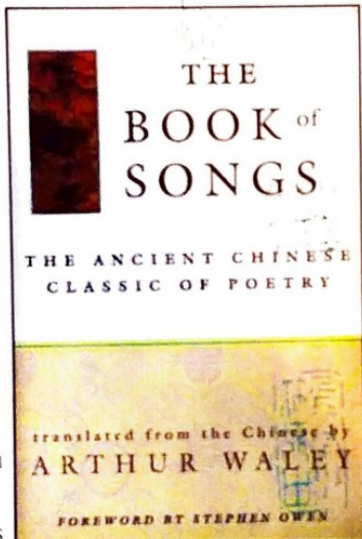
And at midnight twist them into ropes,
 Then get up quickly on our roofs,
 We shall have to recommence our sowing.
 In the days of our 2nd month, they hew ice with
 harmonious blows,

And in our 3rd month, they convey it to ice-houses.
 Which they open in the 4th, early in the morning,
 Having offered in sacrifice, a lamb with scallions.
 In the 9th month, it is cold with frost,
 In the 10th, they sweep clean their stack-sites,
 The two bottles of spirits are enjoyed,
 And they say 'Let's kill our lambs and sheep,
 And go to the hall of our prince,
 There raise the cup of rhinoceros horn,
 And wish him long life; may he live forever.

■ ■ ■

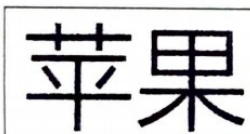
Most paintings, as was the one on the first page of this
 article, are based on the contents of this book, but many
 made in later times. They are worthy of your attention
 and one can learn from them, but do keep in mind that
 there are parts missing, others ruined over time.

Emperor Kangxi, in the Qing Dynasty, had official painters
 make a series of them. They can be found in the Palace
 Museum in Taipei. The Royal Library in Japan has other

continued on page 23

FRUITS ARE VERY POPULAR: PART 1

The Spring issue of 1996, way back in Volume 3(1), did discuss a little about more than a dozen Chinese fruits and included some of their symbolism. This article is available to all as it is on this magazine's website. In it we point out that the Chinese adore fruits and that sugared ones are popular at the Chinese New Year holiday they call 'Spring Festival.' They like their fruits big and beautiful. Fruits symbolize life and wishes for new beginnings and are also wishes for a sweet year. This article begins a series of more in depth discussions about many different fruits. Most follow in alphabetical order, and are in several articles, one following another.



APPLES are fruits with meaning, these deciduous tree fruits are botanically known as *Malus domestica*, and to the Chinese, they symbolize peace.

Also, at the Spring Festival which is their New Year, when fresh, they symbolize life and new beginnings. In Chinese, they are called *ping* or *ping guo*, their Chinese name a homonym for the word peace. Apple blossoms stand for beauty; a picture with an apple and a magnolia stand for family. When you see them together, their house will be honored with riches and beauty.

There are more than seven thousand different apple cultivars. Most ripen in late summer or early fall, and all together, apples in China means more than eighty million tons, that is how much China produced just in 2013 alone. China produced almost half the world's apples. The United States produces the second largest number, and Turkey, Italy, India, and Poland follow after them.

Generally, these days most apple trees are propagated by grafting, though wild apple trees can grow from seed. Wild trees can grow to fifty feet tall, their dwarf relatives only about ten feet tall. Most apple trees are deciduous, and that means they lose their leaves once a year with climate being one factor. Depending upon their genus and species, their fruit ripens in a variety of colors, usually one or two per species depending on how ripe they are. Most apples ripen to red, yellow, or green. Most apples are eaten raw, those not consumed raw can be prepared in a variety of ways. Some are made as beverages others in sweet dishes such as in pies and other fruit dishes.

Apples are fragrant when ripe and most have several seeds. The Chinese believe apples invigorate and promote

vital energy, that energy is known as *qi*. Apples also benefit the spleen, increase secretion of saliva, reduce or even stop vomiting or diarrhea, and they can help elders when convalescing. These fruits contain carbohydrates, starches, and sugars, and many vitamins, acids, and esters, too.

For those suffering with indigestion, the Chinese recommend eating half-ripe apples without their skin known as their peel. They say to crush the apple, squeeze out their juice and consume some crushed fresh apple several times a day. For those with low blood sugar, traditional Chinese practitioners encourage eating two apples every day. For those vomiting, they also recommend several tablespoons of the skin of apples stir-fried with an equal amount of cooked rice prepared with some water. They say to simmer them, cool them, and drink some of this crushed apple pulp as if having some tea.

CANDIED APPLES

Ingredients:

- ½ cup sugar or ½ cup honey
- ¼ cup peanut oil
- 1 cup flour
- 1 egg, beaten well
- 2 crisp apples, peeled and cored, and cut into half-inch slices
- 1 cup vegetable oil
- 2 teaspoons peanut oil, one brushed on a platter, the other on a bowl

Preparation:

1. Heat sugar or honey with the peanut oil until very hot and syrup-like; then set aside until needed.
2. Mix flour with the egg and set this batter aside.
3. Deep fry the apple slices until they are golden in color, then mix them with the hot syrup.
4. Brush peanut oil on a platter to prevent apple slices from sticking and put them on that platter. Then dip them a few at a time into ice water until the syrup hardens, then put them in the bowl and serve.



continued on page 36

LETTERS TO THE EDITOR

F&F CORRECTION:

Flavor and Fortune from 1994 through 2015 includes:
 85 published issues.
 24 pages in each early issue,
 40 pages each for many years now.
 There were
 896 articles by 137 different contributors,
 10 wrote five or more articles each,
 529 were written by the editor, and
 472 Chinese cookbooks were reviewed;
 so were 280 restaurants; and
 2194 recipes were published, tested too.

■ ■ ■

FROM LPJ VIA E-MAIL:

During extended travels including my last fifteen winters in Java, Indonesia, I have learned about 'ketchup' in the local dialect. You and your readers might appreciate knowing that their 'ketchup asin' which is pronounced 'ketchup ah-seen' is the salty soy sauce while the 'kecap manis' pronounced 'ketchup mah-knees' is their thicker sweet dark soy sauce. Many know that the Dutch owned Indonesia for some four hundred years and that their spice monopoly spread to many colonies including New Amsterdam. In 1667, the English traded this colony in return for what was subsequently renamed New York. The condiment we call 'catsup' whose name 'ketchup' is owned by the Heinz folk, did get to the northeastern US thanks to these immigrants.

THANKS, we do appreciate this education.

■ ■ ■

FROM JAMIE IN HONDURAS:

Heard many Chinese believe crabs cause malaria: but we do know this is not true.

JAMIE: What we know relates to what was said earlier, that many Chinese do believe malaria is due to the haunting of ghosts. To keep them at bay, hanging a deceased crab over their doorway they feel will frighten them so they will not enter. We do not know when or where this started, do you?

■ ■ ■

FROM DUB IN ISRAEL:

Thanks for some info about Zeng He including that he sailed for China's emperor; can you expand our limited knowledge about him?



DUB: More than ninety percent of you agreed, Zeng He was a sailor, eventually became an admiral in China's navy. He was born in 1371 the second son in a Muslim family from Kunyang in the Yunnan Province. His family was named 'Ma' and many say this name is an abbreviation for Mohammed. His grandfather made pilgrimages to Mecca

and his father died fighting Ming armies and Mongol forces.
 At age fourteen he became a close friend of the future Yongle Emperor. In later life he became one of his trusted advisors. We read he was castrated, probably in his teens, before he became a servant, soldier, and eventual diplomat for this Prince of Yan. Afterwards, he went on many military campaigns for him, and as his admiral, commanded his treasure ships and supervised their more than thirty thousand sailors. One of those ships was longer than a US football field; not sure which one. Do know his first voyage was in 1405 and it brought gold, silver, porcelain, and silk as gifts to the Arab world and Africa. The last trip brought ivory, ostrich, camels, zebras, and a giraffe back to China. His tomb is in China, and we read it is empty.

■ ■ ■



ABOUT TAIWAN:

Is this island still an all day and all night food lover's paradise?

TO ALL: All day, yes; all night, much of it. There are oodles of good places to eat. There are many night markets, each with different specialties. There are more than twenty-five million Chinese specializing in eating or

making their own and other different Chinese foods. This magazine wrote about many of them in Volume 13(4) and Volume 18(1), in 2006 and 2011, respectively, both listed in our Index. Read more in a great Taiwanese cookbook reviewed in Volume 23(2), *The Food of Taiwan* by Cathy Erway, and do read more in this and in other magazines.

■ ■ ■

continued on page 9

LETTERS TO THE EDITOR*continued from page 8***TO THE EDITOR:**

Chinese cuisine seems to have many dishes named by their ingredients, others for how or where they were first made. Here are a dozen we would like to know about including their main ingredients. Also, can you tell us where they come from?

LONNY: Here are the dishes you asked about plus a handful of others. We advise the city or the province they came from, if known:

Ants Climbing a Tree:

Minced pork and rice noodles; from Sichuan

Buddha's Navel:

This is a sesame-covered sweet stuffed with ten fruits and other sweets; from Wuxi.

Bright Pearl in the Hand:

Deboned duck feet topped with shrimp paste and a quail egg; from Anhui

Buddha Jumps the Wall:

A many ingredient soup, some say has eighteen of them; from Fujian

Cats Ears:

Stir-fried flat pieces of wheat or sorghum pasta often stir-fried; from Shaanxi

Dragon Plays with a Pearl:

Breaded whole shrimp wrapped with fish; from Shandong

Dragon Playing with Gold Coins: Eel and shrimp patties with oil; from Beijing

Dragons Fight Tigers:

Snake, cat, chicken, and fish-maw in a soup; from Guangdong

Four Stars longing for the Moon:

Carp in a spicy sauce surrounded by four other dishes; from Jiangxi

General Takes Off His Cape:

Eel stir-fried with mushrooms and bamboo shoots; from Hunan

Hundred Birds Bowing to Phoenix:

Chicken and soup with dumplings; from Hunan

Lady's Jade Haripin:

Green stuffed chili peppers with pork and shrimp; from Guizhou

No More Time:

Banana, candied orange, and melon batter-fried; from Chaozhou

Red Cliffs Burning:

Turtle with chicken, ham, and Steamed egg cake; from Shanghai

Toad Spits Honey:

Sesame wrapped biscuit stuffed with red bean paste; from Beijing

Wok Brushes:

Open-topped pork dumplings with frilly edges; from Guiyang

Xixi's Tongue:

Dough filled with date and nut paste and seeds; from Hangzhou.

■ ■ ■

A NATIVE AMERICAN SAYS:

Hello from Oklahoma where I bought a little book at a garage sale for a dollar. It said to wash a vegetable fifty times, drain rice until the water is clear enough to drink, and slice an egg with a thread. Reading it was worth more than the buck I paid. I learned many techniques, some close to the cooking of Creek and Choctaw Native American elders. Now, I want to donate this book to someone who can use it to teach: any ideas?

TRISH: I retired from teaching a dozen years ago. I do hope a needy reader can advise you at: tiptoechaney@gmail.com

■ ■ ■

A PROVINCIAL QUERY:

Which ten provinces have the most folk and which minorities are the smallest populations? Any other data you think we should know about?

NADINE: Your query was typed so we assume you have no computer nor access to the internet. The largest province is the 104 million people living in Guangdong. In decreasing order and in millions, also from the 2010 Chinese census, are Shandong (96), Henan (94), Sichuan (80), Hebei (80), Shanghai Municipality (78), Hubei (57), Anhui (60), Hubei (57), and Jiangsu (54). As to Chinese ethnic minority populations, the three largest, also in the millions, are Zhuang (17), Hui (11), and Manchu (10). The smallest minority groups, in the same direction, are Gaoshan (4 thousand), Lhoba (just over 3½ thousand), and Chinese Tartars (one hundred fewer than the Lhoba).

To complete the picture, there are almost ¼ million folk from Hong Kong, and a total of 600,000 from elsewhere, 171,000 from Taiwan, 121,000 from South Korea, 71,000 from the US, and 66,000 from Japan. All other populations have fewer than fifty thousand including people from Burma, Vietnam, Canada, France, India, Germany, and Australia (in reducing numbers).

■ ■ ■

FROM KELLY IN MICHIGAN:

When and where did the first Chinese restaurant open in the US?

KELLY: In San Francisco in 1849, and was called Canton. Many of the first immigrants came from there. Are you aware that in 1893 at the Chicago World's Fair, an exhibit opened a Chinese village and a Chinese café?

■ ■ ■

FROM ANA IN CA::

I know green tea is the one most common in China, but are all green teas really the same?

ANA: Yes and no. Yes, green tea is the most produced tea in China. It is also a growing type of tea now consumed in the US and the rest of the world. To produce

continued on page 10

LETTERS TO THE EDITOR

continued from page 9

green tea, high heat is applied to fresh tea leaves rolled and/or twisted and eventually dried either by roasting, baking, steaming, sun-drying, or a combination of these techniques. Each technique gives the leaves, when brewed, a different taste, as does the length of time processed. Oolong tea, sometimes called 'blue tea,' is named because the tea leaves are blue-green on their way to becoming brown. This first step is on the way to creating black tea, called by the color of their leaves. The Chinese call this tea red tea naming it for the color of its brewed liquid. There is also a yellow tea, made by wet-smothering or dry-smothering tea leaves. When and for how long this process is used makes differences in tastes. Some teas are named for place of origin, others for their appearance, some for how they are processed, and still others for any combination thereof.

■ ■ ■

FROM SEVERAL READERS:

Where is the recipe for Ginger-pickled Walnuts?

READERS: Apologies, here are two recipes that were intended for the last issue.

SPARERIBS WITH GINGER

Ingredients:

- 3 to four pounds spare ribs, cut into individual one-inch pieces
- 2 cups vegetable oil, reserving one tablespoon to oil a serving platter
- ¼ cup fresh ginger, peeled and finely chopped
- ½ cup Ginger liqueur
- ½ cup granulated sugar
- ½ cup red wine vinegar
- 2 Tablespoons soy sauce, one dark, the other thin
- 1 teaspoon salt

Preparation:

1. Blanch spare ribs for two minutes in boiling water, then very quickly rinse in cold water.
2. Heat oil in a soup pot and deep fry half the spare ribs until crisp, about five minutes, then drain them on paper towels and fry the second half the same amount of time, then return them to mix with the first batch and fry them all for another two to three minutes, then drain all but two tablespoons of the oil, and discard it.
3. Stir-fry the ginger in this remaining oil, then add the liqueur, sugar, vinegar, soy sauce, and salt until it thickens and is like syrup, then add the spare ribs, toss well, and plate them on the pre-oiled platter, and serve hot or warm, as desired, with Ginger Pickled Walnuts sprinkled on them.

GINGER-PICKLED WALNUTS

Ingredients:

- 1 cup granulated sugar
- 1 cup walnuts, each walnut cut into halves or quarters
- 1 large piece fresh ginger, cut into thin strips

Preparation:

1. Stir sugar and two cups of water and let this simmer until sugar is melted, then raise heat to high until it boils, then reduce it again to low, add the ginger pieces and let it simmer for five minutes, then remove the pan from the heat and let it stand uncovered for half an hour.
2. In a separate pot. Bring two other cups of water to the boil, add the walnuts and let them also soak for half an hour. Now drain them and mix them with the liquid in the other pot. Let this rest for an hour, then drain and sprinkle the walnuts on whatever they are being used for, such as the spareribs. Store the remaining syrup covered and in the refrigerator. It can be reused.

■ ■ ■

EDITOR:

Some issues back you wrote about a Hezhen man, even showed a picture of him, but said nothing about fish-skin clothing. Can you share something about this rare clothing?

SOTOU: Thank you for asking about this very small ethnic population, maybe five to ten thousand people remaining, fewer still who know how to make this fish skin clothing. This knowledge is passed down by word of mouth as these people have no written language nor could anyone tell us where to find written information about how make them.

Hezhen people did and may still live in northeastern China, and they are sometimes called the 'Fish Skin Tribe.' Years back they wore clothes of fur in winter, of fish skins in warmer weather, and they did hunt in clothes made these ways. The Ethnic Costumes Museum which is part of the Beijing Institute of Fashion Technology often shows their clothing. Contact them to see if any are on display now. There was a display of this national intangible cultural heritage some time back, and may still be there. There also was a blue and white striped coat with clouds and waves on the cuffs made with this unusual material at the 2010 Shanghai World Expo. We read that fifty chum salmon skins were needed to make it, collected at a dock as some fishing boats arrived. Nowadays, they get their fish skins at markets and grocery stores, sew them together with thread made of Siberian buso sturgeon skin mixed with glue extracted from the bladders.

GINSENG

This herb, many Chinese consider a panacea, is one they believe a major cure-all. Not a new belief, they have said this for more than two thousand years. Written about and touted long before the Han Dynasty which began in 202 BCE, it is a Chinese treasure and an expensive cure.

Called the 'king of all herbs,' one can find it written about in the *Shen Nong Materia Medica*. Related to Siberian ginseng, it is touted to prolong life, invigorate the body, cure digestive ills, and relax nervous disorders. It is also said to heal the heart, maintain appropriate blood pressure levels, regulate the pulmonary system, even useful as an aphrodisiac.

Used and processed in China before elsewhere in the world, it has become more popular there and elsewhere year by year, its two major species are in the *Araliaceae* family. The primary difference between them lies in their growth and distribution. *Panax ginseng* is from eastern Asia, most from China, Manchuria, and Korea, while *Panax quinquefolium*, once known as *Aralia canadensis*, is from southern Canada, Nova Scotia, and the United States. Both are said to reduce stress, boost the immune system, and help stave off infection. If taken daily, both are said to provide energy and boost one's vitality.

Propagated by seed, about five years are needed from germination to maturity. In the first season or two, they vary in height and the number of leaves. When mature, they are usually eight to fifteen inches tall with three petioles. Each has five leaves and vermilion berries. Most often they flower in June or July and grow until the first frost. Their seeds usually germinate eighteen months after they fall off the plant and have roots two to six inches long. They primarily grow in mixed hardwood forests, often on the shady side of a mountain, and do grow faster if fertilized. But doing that, they can have a different aroma, taste, and texture from unfertilized ones.

Ginseng has six constituents, each said to stimulate a different part of the body. The roots are for any body part, they have many scars on their surfaces. They like shady well-drained soil, and are often found around trees. This herbal has many early folk traditions including restoring and balancing the body's *Yin* and *Yang*.

Mix some with orange peel and honey. They can cure insomnia best if one powders these roots, three ounces of them mixed with one ounce of milk sugar. Together, that is known as lactose, and together this mixture does best with sixty drops of wintergreen stirred into a cup of boiling water. An herbal doctor told us to consume it three times a day.

We once read that Marco Polo did introduce ginseng to the west, but many he touted it to have remained non-believers. That was in the late 1300s when it was already popular in Korea, a province of China then and in other times.

Herbalists have touted it for generations, modern ones knowing that much of the research about it has findings that are not absolute. None the less, many Chinese say it has lots of promising uses such as lowering blood sugar when taken before a meal. In 1975, Beth Goldstein of Yale University, did write about its historical traditions in Asia and North America in a well-quoted treatise in *American Journal of Chinese Medicine*.

Flavor and Fortune wrote about *Panax ginseng* in 2010, and before and since. Still many readers do query this editor about this root that when cleaned and trimmed can often look like a man. They tell us it is found in some sodas, chewing gum, candy, alcoholic beverages, and in virtually every herbal emporium.

The Chinese variety is almost red when peeled while its American relative is more white. Both are named from the Greek word *panakos*, which means 'all-cure.' There are many folk in almost every country who snack on it as one would on a peeled carrot while others use it in tea with or without honey, in



continued on page 12

GINSENG*continued from page 11*

soup, stir-fried with vegetables, in stuffing, and/or in a bakery product

Those who grow it tell us it will not grow well if transplanted in the same location a second year, and that its price is high because demand far exceeds supply. They also say that American ginseng is most often grown in Wisconsin at Hsu's Ginseng Enterprise in Wausau, and has been grown there since 1974, and this state has a thousand acres under cultivation, almost all picked by hand in Spring and in Fall.

Many westerners say they take it daily because it increases their body's ability to fight adverse influences, increases their body's physical and mental activities, and does strengthen them. The Chinese say it provides energy, offers relief from stress, enhances their immune system, increases their endurance, and keeps them from getting other illnesses.

All believe ginseng is a tonic for all ages, most believe it normalizes their bodily functions, allows utilization of other substances, has anti-toxic effects, and aphrodisiac ones, too. They say it works if they are taking an extract, pill, powder, or a liquid. They also report it is known to have anti-cancer effects and makes other anti-cancer medications more effective. These reasons may be why there is a large market for its roots, particularly those two to five years of age.

Many who grow it and those who do not, tell us they slice it, put some in a cup of boiling water every day, and that they reuse these slices several times steeping them for about ten minutes. Sales are booming, and even in capsule form some companies say they produce and sell more than one hundred million each year.

There are those who say this is much a-do about nothing, but most Chinese disagree. They are the world's largest believers and the world's largest users. They tout it often and for many reasons. Native American doctors, particularly those treating folks in the Seneca Nation, say it will benefit those with rheumatism, reduce their pains, and help all who are aging. The Chinese agree and have used it for dozens of centuries. They do not understand why Americans ignore this advise.

Earlier issues of this magazine have recipes for it as a broth, in a soup, and as a restoration tea. These can be located in this magazine's index listings, and below are popular ones for use with other poultry or meats.

These are other popular ginseng recipes for this highly tonic sweet and neutral herb also called 'fairy herb.' This herb does impact the spleen, lungs, and heart; and some advise avoiding turnips and tea when eating it. Many know it promotes sexual hormones in men and women as it tones the *qi*, particularly if when given with *yang* tonics. Chinese traditional medical practitioners tout it and recommend using a quarter to a half a teaspoon two or three times every day, many preferring dry ginseng, though they say fresh roots work, too, though not as energetically. (JMN) ■

GINSENG AND CHICKEN**Ingredients:**

- 2 large fresh ginseng roots, peeled and sliced
- 20 goji berries
- 10 Chinese red dates, cut in half, pits removed and discarded
- 10 Chinese black dates, cut in half, pits removed and discarded
- ½ large chicken, with bones and skin, cut into four large pieces

Preparation:

1. Mix ginseng, half the goji berries, the cut red and black dates, and the pieces of chicken into a medium-size pot and simmer for two hours.
2. Add the rest of the dates and the goji berries and simmer for another half hour, skim as needed, remove the bones, cut the chicken pieces into half-inch pieces, and serve.

EIGHT TREASURE QUAIL**Ingredients:**

- 5 to 10 quail, whole or each one cut in half
- 2 Tablespoons Jinan ham
- 20 canned lotus seeds, each one cut in half
- ¼ pound fresh pork leg, slivered
- 3 Tablespoons canned bamboo shoots, slivered
- 2 Tablespoons goji berries
- 1 Tablespoon cornstarch
- ½ cup strips of ginseng, each with its thin root
- 2 teaspoon coarse salt
- 1 Tablespoon Shao Xing wine
- 1 Tablespoon peeled and minced shallots
- 1 Tablespoon minced fresh ginger
- 10 whole cloves
- 2 Tablespoons minced fresh lobster
- ½ cup cornstarch
- 1 cup vegetable oil

Preparation:

1. Steam quail for ten minutes over boiling water, then cut each in half and toss with cornstarch and shake off excess.
2. Put quail in a bowl, add all other ingredients except the oil, and toss well.
3. Add oil to a large pot, heat, then add quail and all in the bowl. Deep fry until golden, then remove all from the oil and serve on a large platter.

GELO: MINORITY FOLK AND THEIR FOODS

This Chinese minority population, now more than ten times larger than it was forty years ago, live in twenty western counties in the Guizhou Province, mostly Liupanshui, Anshun, Dafang, and Bijie. A smaller number live in the Wenshan Zhuang-Miao Autonomous Prefecture in the Yunnan Province, in the Guangxi Autonomous Region, and fewer elsewhere in this Province

How many Gelo there are may be unknown because when the 2010 census was taken they said no one is sure because the Chinese government classifies some Gelo as Yi, Miao, or Zhuang, we know not why. Maybe it is because during the Ming Dynasty, some of their ancestors were called Liao and descended from the Yelang tribe.

Very strong and known to make metal spears and copper cooking vessels, these folk did fight to overthrow feudal groups and foreign invaders along China's southeastern sea-coast and then moved around a lot. That also can be why their language differs from place to place, and why some do not understand other Gelo.

Except for these language differences, Gelo are mostly assimilated and more like the Han than not. However, they do have some unique customs including that men and women extract one or two canine teeth when they come of age. When they first Anglicized their name, some did spell it Gelao and they do not use that name but call themselves 'Klau'.

Some say the native language of Gelo is in the Chinese-Turkish language family, others report it in the Kadai language family. Few still speak this native tongue, because Mandarin is the language most used for them to understand each other. There are some who speak Yi, Miao, or Buyei, depending upon where they live and who lives near them.

These people are known for their 'suspended coffin' burials, and their 'drinking with the nose.' Different practices include that the bride goes to the groom's house in sandals before their wedding, and brings grains, tea, and salt placing them at the shrine of his ancestors. After she does this, his family sets off firecrackers to welcome her. Nowadays that can only be done where allowed.

Most Gelo are Taoists, lesser numbers Buddhists. One can recognize them by their long black and white scarves, or all white ones. Many wear them as turbans around their head, though this practice is declining.

Their staple diet is corn supplemented with rice, wheat, millet, sorghum, buckwheat, and sweet potatoes. They enjoy all of these no matter how they are made as long as they taste sweet and sour. The women in their families make many dumplings and glutinous rice cakes; they flavor them sweet and sour, too.

In addition, they make a condiment called 'chili bone.' It is actually ground pork bones mixed with chicken meat, lots of chili powder, sugar, wine and/or vinegar, and Sichuan pepper and salt. This they seal in jars for two weeks or more, and when opened, it is a sweet and sour sauce-like item used as a dipping condiment or spread on dumplings or rice cakes.

Gelo worship the Ox God and celebrate his birthday on the first day of the tenth lunar month. On that day, they kill and eat a chicken, drink wine, and polish the horns of their oxen, even decorate them with the polished glutinous rice cakes. Later that day, they feed these cakes to them before eating any themselves.

This minority recognizes ten main subgroups, and as farmers, most grow lots of soybeans and other staple foods. They used to live in mud huts, but now live in brick houses with indoor plumbing and spacious kitchens. They also used to pledge their children in marriage to cousins, other relatives, or neighbors, but rarely do so nowadays.

One thing unique to them is loving a game called *miejidan*. In English it can be called 'Bamboo Egg.' Some play it in teams, others not, and all toss an oval ball not much larger than a ping pong ball. It is made using thin bamboo strips and stuffed with rice straw and copper coins. The object is to hit those on the other team to gain points. The team with the highest score is the winner.



continued on page 14

GELO

continued from page 13

Gelo people love to sing and dance, and at burials do a *caiting* dance before the burial ceremony. When singing or dancing, someone will play the *lusheng* which is a reed pipe, others might beat on bamboo poles, still others play with swords while they dance. During these times, a Shaman can be chanting, many others planting a tree to mark where the deceased is actually entombed.

On the sixth day of the seventh Lunar month, Gelo celebrate ancestor worship with a festival where a huge



rice cake, sometimes mixed with corn, is made. It is set aside for three days before they eat it, then do so with other foods including many dumplings. For this festival, they might slaughter an ox, sheep, or pig and make sacrifices with it. These meats, are often prepared sweet and sour, their favorite flavor. (JMN) ■

CORN AND SHRIMP CONGEE**Ingredients:**

- ½ pound fresh shrimp, veins and shells discarded
- 1 teaspoon sugar
- 2 teaspoons black rice vinegar
- 2 teaspoons cornstarch
- 1 ear fresh corn, kernels cut away from the cob
- ½ cup rice, soaked for half an hour
- ½ teaspoon coarse salt
- 5 slices fresh ginger, peeled and slivered
- 2 Tablespoons rice vinegar

Preparation:

1. Cut each shrimp into four pieces and mix with the sugar, rice vinegar, and cornstarch.
2. Put the corn kernels and the rice into four cups of boiling water, reduce the heat and simmer for half an hour, then add the salt and the ginger, and simmer another fifteen minutes. Next, add the shrimp and their marinade.
3. Stir well, add another three cups of boiling water, cook for half an hour longer, then serve.

GLUTINOUS RICE CAKES**Ingredients:**

- ½ pound glutinous rice, soaked overnight, then rinsed and drained
- 5 Tablespoons regular rice, also soaked overnight and drained
- 1 Tablespoon vegetable oil
- 2 Tablespoons meat floss
- 1 teaspoon coarse salt
- 2 Tablespoons brown sugar
- 2 Tablespoons Chinese black vinegar
- 1 teaspoon sesame oil
- 1 deep-fried dough stick, diced
- 5 Tablespoons preserved vegetable, diced fine

Preparation:

1. Steam both rices for thirty minutes over boiling water, and do test that the glutinous rice is soft, if not steam another fifteen minutes.
2. Heat a wok or fry pan, stir the vegetable oil and meat floss together and fry both rices with this meat floss, then add the salt, sugar, vinegar, sesame oil, the dough stick pieces, and the preserved vegetable. Remove any oil in the wok or fry pan and mix this rice mixture with it and divide it in two parts.
3. Using half the rice, make a four-inch pancake, pat the preserved vegetable mixture on it, then add the rest of the rice mixture and pat together tightly making a stuffed rice cake. Next, fry it on each side for two minutes each and serve it hot or cold.

PRESSED TOFU AND RICE CAKES**Ingredients:**

- 2 cups hot cooked glutinous rice
- 1 pound firm tofu
- 2 Tablespoons light soy sauce
- 2 Tablespoons cornstarch
- ½ teaspoon finely minced chili pepper pieces
- 2 Tablespoons minced fresh ginger
- 2 Tablespoons black Chinese vinegar
- 2 Tablespoons granulated sugar
- ¼ cup vegetable oil

Preparation:

1. Slice tofu into three layers, and cut each piece into two pieces, then brush them with the soy sauce.
2. Mix the hot rice with the cornstarch, chili pepper pieces, and the fresh ginger and press this mixture into each side of each piece of the tofu.
3. Mix vinegar and sugar, and sprinkle this on every side of the rice-coated tofu cakes, and set them aside on a wire rack to dry for about half an hour.
4. Heat a wok, then add the oil, and when very hot, fry each side of the rice-coated tofu pieces for one minute; then put them back of the wire rack for half an hour; and then serve them.

SQUID, SNAILS, SALAMANDERS, AND SEA VEGETABLES

Volume 22(1) briefly discussed nine sea creatures with a single recipe for each one. More recent issues went into detail a few at a time. In this issue we explore squid, snails, salamanders, and sea vegetables, too. For others, check this magazine's Index under Fish and Seafoods.

乌贼

SQUID are Cephalopods in the *Teuthida* order, more than three hundred of them each with four pairs of arms and a longer pair commonly referred

to as their tentacles. They are strong swimmers who do look like they are flying; but do that only for short distances as they jump above the water. Some call them 'flying fish' but fly they do not. In Chinese, squid are *wu zai*.



Not all squid look alike. All are different from their ancestral relatives, most can change colors, their undersides are almost always lighter than their top sides. They are highly

intelligent, can hunt cooperatively, and can communicate with each other. Like all in this order they have complex digestive systems, three hearts, two feeding their gills, the systemic heart has three chambers and their mouths have sharp horny beaks used to tear prey into pieces. Also, many have limited hearing.

The Chinese call squid *you yu*, and while some say they lack food value, that is not true. What is true is that they have no red blood, no tears, and no emotions. Also true is that many Chinese females will not eat them when pregnant; their reasons vary, but most often it is because they believe their babies will be born with extra appendages as they believe when ingesting octopus. We find that odd. My grandmother had six toes on each foot, five fingers on each hand, yet neither she nor her forbears ever ate squid and they never heard of this.

World-wide, the catch of these creatures is huge. Some say Japanese eat half of them, the Chinese consume the next largest amount. These are amazing numbers as they are more than Americans, Basque, Canadians, Chinese, English, Greeks, Turks, Portuguese, Italians, Spanish, Vietnamese, Japanese and Chinese together.



While not everyone agrees with their nomenclature, experts now call squid members of the *Decapodiformes teuthida*. We assume all will soon use this new correct name for these members who squirt brownish-black liquid when frightened. Many Asians try to capture that liquid but most are unsuccessful.

Their arms, no matter what you call them, include one pair used for reproductive purposes, all pairs have suckers to hold their prey, and they use them to hold on to things they are climbing on or over. The eyes of these animals are the largest in the animal kingdom, those known as *Ommastrephidae* are usually the ocean swimmers while *Longinidae* more often are found near the shore in less salty waters. The two largest squid families have wide triangular tail sections that some say look like fins.

People in several countries refer to squid as calamari, many stuff them and cut their arms to make rings of their meat. They and others also cut their bodies into flat pieces and score them to tenderize them as they do other sea creatures. All cook them for very short times and know that except for their beaks, every part of these animals are edible.

Nutrition professionals say they have lots of zinc, manganese, copper, selenium, Vitamin B12, and riboflavin, and that they are a very healthy food. Many other swimming creatures love them including salmon and whales, among others, however, most squid are clever enough to get away when they see a predator. They disperse their ink or swim close to the surface where few seem to follow.

Big or small, squid take little time to cook, most often a minute or two. Very large ones can be simmered for up to half an hour, but we recommend not. Do test their texture frequently, as often as every few minutes. When tender, remove them promptly.

Squid can be purchased fresh, frozen, or dried, and each needs different handling. Dried ones are best soaked overnight. In the morning, change the water, and do so hourly thereafter. Do wait until they feel soft and pliable,

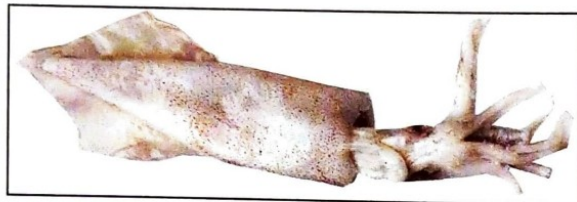
continued on page 16

SQUID, SNAILS, SALAMANDERS, SEA VEGETABLES

continued from page 15

then make crisscross cuts not all the way through at angles close to each other, and only on one side. This does tenderize them; and they will curl up when cooked.

In an earlier issue, namely Volume 12(I), there was an article titled: Squid. It did have several recipes and was well received but with requests for more information. Try the ones that follow



FRESH SQUID STIR-FRIED

Ingredients:

- 2 pounds fresh squid, heads and cartilage removed and discarded, cut open and cleaned
- 2 Tablespoons Chinese rice wine
- 1 Tablespoon mushroom soy sauce
- 1 Tablespoon cornstarch
- 4 Chinese black mushrooms, soaked, stems removed and discarded, caps sliced
- ½ cup chicken broth
- 2 Tablespoons vegetable oil
- 3 cloves fresh garlic, peeled and chopped
- 2 Tablespoons fresh ginger, peeled and minced
- 3 shallots, peeled and minced
- 1 boneless pork chop, chopped finely or ground
- 3 scallions, sliced on an angle
- ½ cup bamboo shoots, thinly sliced
- ½ teaspoon coarse salt
- ¼ teaspoon ground white pepper
- 1 Tablespoon Chinese white vinegar

Preparation:

1. Cut each squid body into rings, chop the tentacles, and cross-hatch the outer side of the squid body.
2. Immerse the squid pieces in boiling water for up to one minute, and then drain quickly.
3. Mix rice wine, soy sauce, mushrooms, and the cornstarch, then add the squid.
4. Heat wok or fry pan, add the oil, and stir-fry the garlic and the ginger for one minute, then add the shallots and the pork, and stir-fry until the pork is no longer pink before adding the scallions and bamboo shoots. Now add the salt and pepper and the chicken broth mixture and stir for one minute; then add the vinegar and the squid, stir for one minute, and serve.

SQUID IN CURRY SAUCE

Ingredients:

- 2 fresh squid, heads removed and discarded, cartilage likewise.
- 1 carrot, peeled and minced
- 1 onion, peeled and minced
- 3 clove fresh garlic, peeled and minced
- 1 cucumber, peeled, seeded, and diced
- 2 Tablespoons vegetable oil
- 2 Tablespoons curry powder
- 1 Tablespoon Chinese rice wine
- 1 teaspoon coarse salt
- 1 teaspoon granulated sugar
- 2 dragon fruit, peeled and diced into one-inch pieces
- 2 Tablespoons cornstarch mixed with a like amount of cold water

Preparation:

1. Prepare the squid removing and discarding the beak and any cartilage.
2. Toss the carrot, onion, garlic, and cucumber pieces.
3. Heat a wok or fry pan, add the oil, then the carrot mixture, and stir-fry for one minute before adding the squid, curry powder, rice wine, salt, and sugar. Stir two or three times before adding dragon fruit pieces and cornstarch water. Stir for one minute until thickened. Serve in a pre-heated bowl.

SQUID IN OYSTER SAUCE

Ingredients:

- 3 Tablespoons vegetable oil
- 4 dried squid, soaked overnight, then head and cartilage discarded
- 2 Tablespoons oyster sauce
- ½ cup chicken stock
- 1 Tablespoon Chinese rice wine
- 2 slices fresh ginger, peeled and minced
- 1 scallion, cut on an angle
- 1 teaspoon baking soda

Preparation:

1. Cut squid tentacles into thin rings and the body into one-inch squares, and do discard their beaks and any cartilage.
2. Heat a wok or fry pan, and add the vegetable oil, then the dried squid, the chicken soup, oyster sauce, rice wine, and the ginger, and stir-fry for one minute. Next add the scallion pieces and the baking soda and stir-fry another minute, then serve.

continued on page 17

SQUID, SNAILS, SALAMANDERS, SEA VEGETABLES

continued from page 16

BRAISED SQUID WITH CHICKEN

Ingredients:

- 3 dried squid, soaked overnight, beak and cartilage discarded, the soaking water, as well.
- 2 Tablespoons vegetable oil
- 2 chicken legs, meat removed from the bone, and simmered for fifteen minutes
- 3 scallions, knotted
- 6 slices fresh ginger, peeled
- 2 Tablespoons thin soy sauce
- 1 teaspoon granulated sugar
- 2 Tablespoons Chinese rice wine
- 6 Chinese mushrooms, soaked, stems discarded, caps into quarters
- ½ cup bamboo shoots, diced
- 1 Tablespoon cornstarch mixed with a dash of salt, and one tablespoon cold water
- ½ teaspoon baking soda

Preparation:

1. Heat wok or fry pan, add the oil, then stir-fry the squid, chicken, scallions, ginger, soy sauce, sugar, and the rice wine for five minutes, then boil it for one minute before adding the chicken and allow this to simmer for five minutes.
2. Now add the squid and boil for one more minute before adding the rest of the ingredients. Stir until thickened, probably no more than another minute. Then serve in a pre-heated serving bowl.

SQUID AND RED BEAN SQUARES

Ingredients:

- ½ pound fresh squid, head and cartilage removed, then mixed with two tablespoons thin soy sauce
- 2 Tablespoons vegetable oil
- ½ pound ground pork
- 2 Tablespoons Chinese rice wine
- 6 slices fresh ginger, peeled and sliced
- 1 square or 1 Tablespoons fermented red bean paste, mashed with the same amount of cold water
- ½ cup chicken stock
- 1 Tablespoon cornstarch mixed with an equal amount of cold water
- 1 egg white

Preparation:

1. Mix squid and soy sauce and set aside for twenty minutes. Cut squid as one in recipe on page 16.
2. Heat wok or fry pan and add the oil and stir-fry the pork until no longer pink, then add the rice wine, ginger, fermented red bean paste and water, and the stock and stir-fry for two more minutes.
3. Now add the squid and the stock and the cornstarch mixture and stir-fry for another minute or until thick; then serve

蜗牛

SNAILS are in the Mollusc family and a delicacy in China as they are in France. In Chinese, snails are *wo niu*. Most but not all are in the *Genus Helix* and are

herbivores. There are more than forty thousand species, a bit more than half are edible. The Chinese consider many delicious, those without a shell, more commonly called slugs, neither related nor relished.



Like the Romans, the Chinese cultivate them for food. Folks in both countries fatten them on wine and/or grains, and when ready for the pot, rinse them in salt or vinegar water. Those having trouble removing them from their shells need to know

to sand off their pointed ends, then cook them. Insert a toothpick, pin, nail, or pointed chopstick to remove and discard the flat bony edge at the wide end, then take them out to eat. These curly animals are best consumed after a dip in chicken fat or a dipping sauce.

Ni Zan (1301 - 1374), a famous Chinese landscape painter, touted them as the 'Food of the Yulin House.' He lived near Suzhou in Wu Xi and thought snail juice a prized liquid; he often drank some from the cooking pot. One current non-artistic fellow says to eat them quickly as he eats popcorn; he loves them, too.

Totally aquatic snails are called limpets and are round or conical, their shells not coiling. Cook them like their land-loving relatives, the recipes below work for dry-land snails and water-living snails.

SNAIL PANCAKES

Ingredients:

- ½ pound snail meat, sliced and pounded
- 2 stalks celery, slice thinly on an angle
- 1 onion, minced
- 1 hot red pepper, seeded and minced
- 1 egg, beaten
- 1 cup all-purpose flour
- 1 teaspoon salt
- ½ cup vegetable oil
- hot sauce or oyster sauce for dipping

Preparation:

1. Finely mince pounded snail meat, or grind it in a meat grinder using the medium setting. Then mix it with the celery, onion, and red pepper.
2. Add the beaten egg, flour, make a medium-thick batter.
3. Heat oil in a wok or fry pan and using a small ladle, make a pancake with some batter and allow it to set before turning it over. Cook until almost done. Make a second pancake, and turn it over. When both sides are equally tan, remove it to paper towels. Continue until all batter is used. Keep the pancakes in a warm oven until all are finished, then serve.

continued on page 18

SQUID, SNAILS, SALAMANDERS, SEA VEGETABLES

continued from page 17

SNAILS WITH VEGETABLES

Ingredients:

1 pound snail meat, sliced and minced
2 Tablespoons lemon juice
1 Tablespoon Chinese rice wine
1 teaspoon hot sauce
1 cup finely minced dark green vegetables
½ cup all-purpose flour
4 eggs, well-beaten
1 Tablespoon vegetable oil
½ teaspoon sesame oil

Preparation:

1. Mix snail meat and the lemon juice and set aside for twenty minutes, then drain and discard all liquid.
2. Add the wine, hot sauce, and the minced vegetables and let this rest for ten minutes.
3. Mix the eggs, stir them into the snail mixture.
4. Heat the wok or fry pan, add the oil, and then put the entire snail mixture into the wok or fry pan and allow to it to set and brown on one side before turning it over and allowing it to brown on the other side. Check with a toothpick to be sure it is set in the center. When done, turn it out onto a paper towel, then put it onto a pre-heated platter, and cut it into pie-shaped wedges, and serve.

SNAILS, CANTONESE STYLE

Ingredients:

2 Tablespoons vegetable oil
1 clove garlic, peeled and smashed:
1 teaspoon fermented black beans, coarsely chopped
¼ pound ground pork
1 cup tenderized snail meat, grinding it is one way to do so
3 Tablespoons chicken stock
5 slices fresh ginger, peeled and slivered
1 teaspoon dark soy sauce
2 teaspoons cornstarch mixed with 1 Tablespoon cold water

1 egg, beaten

Preparation:

1. Heat wok or fry pan, add the oil, garlic, and the fermented beans, and stir for on minute or until pork is no longer pink.
2. Now add the snail meat and stir once or twice before adding the chicken stock, ginger, and the soy sauce. Bring this to the boil; add the cornstarch mixture and stir until this thickens.
4. Put this mixture into a pre-heated bowl, put the egg on top, and stir, then cover for one minute before removing the cover, then serve.



SALAMANDERS, giant or otherwise, are amphibians, in the order *Caudata*, all are lizard-like in appearance with four toes on their front legs, five on those in the rear. They breathe differently from other sea creatures,



some have gills, others have lungs, and still others breathe through their skin or through membranes in their mouth.

Some salamanders have no rear legs, a few do not even have front ones. They are in the order *Urodela*, and sometimes their legs get lost. Some do regrow them and some can be very short and mostly

in the rear. They can have one more toe on each front leg.

Chefs tell us with or without legs, they all taste the same, and are considered yummy. About one-third of them lay their eggs in the water, others on land, and both roe are appreciated. People raising them are called heliculturalists. All salamanders have variations in their life cycles, and we are no experts on that.

Most look like small lizards, and young folk often confuse them with eels, particularly those without or with very tiny legs. Males and females look alike when grown, but when young the males can have external gills. Almost all fertilize their eggs internally and in unusual ways. Females are known to pick up male sperm with their vents and store them there until they lay their own eggs. Only then do they fertilize them.

The Giant Salamander, also called the Hellbender or *Cryptobranchus alleganiensis*, is the largest amphibian in the world. Most Chinese love to eat them and smaller ones, but they no longer can because they are considered an endangered species. They have been over-gathered and over-used, particularly in Chinese medicine as they are thought to be aphrodisiacs, and they have other medicinal uses, and also cure rheumatism.

Some people believe salamanders are snakes and use them as such. One chef told us that he cooks them as if they were, and we should, too. He says they have a strong aroma and we need to cook them in a stock made with chicken, ham, sugarcane, ginger, and tangerine peel. He suggests slivering them and adding them with half dozen dried longan fruit, twice that many Chinese dates, a few sliced Chinese black mushrooms, a handful of soaked wood-ear fungi, and some winter bamboo. He says to cut all their parts into thin strips, and to start them cooking in cold water, bring that water and all ingredients to a simmer, remove any scum, and then cook them for just a few minutes. Another chef said to add a lot of fresh ginger and serve them with fish maw, slivers of lemon leaf, chrysanthemum petals, fried flour, and egg dough. We have yet to do so as we have not located a giant salamander.

continued on page 19

SQUID, SNAILS, SALAMANDERS, SEA VEGETABLES

continued from page 18

SALAMANDER, CANTONESE STYLE

Ingredients:

- 2 Tablespoons vegetable oil
- 1 clove garlic, peeled and smashed:
- 1 teaspoon fermented black beans, coarsely chopped
- ¼ pound ground pork
- 1 cup tenderized conch or salamander
- 3 Tablespoons chicken stock
- 5 slices fresh ginger, peeled and slivered
- 1 teaspoon dark soy sauce
- 2 teaspoons cornstarch mixed with 1 Tablespoon cold water
- 1 egg, beaten

Preparation:

1. Heat wok or fry pan, add the oil, garlic, and the fermented beans, and stir for one minute or until pork is no longer pink.
2. Now add the conch or salamander, and stir once or twice before adding the chicken stock, ginger, add the soy sauce, and bring to the boil; then add the cornstarch mixture and stir until this thickens somewhat.
4. Put in a pre-heated bowl, put the egg on top, and stir, then cover for one minute, then uncover and serve.

SALAMANDER OMELET

Ingredients:

- 1 small salamander, diced coarsely, and soaked in cold water. Then drained and dried with paper towels
- 3 Tablespoons vegetable oil
- 6 eggs
- 2 scallions, angle-sliced

Preparation:

1. Heat wok or fry pan, add the oil, then the eggs, and stir them until they start to set.
2. Add the salamander pieces and the scallion pieces and when this starts to set, gently turn it over and complete the setting and slide this on to a pre-heated platter, cut in wedges, and serve while the eggs are still setting.

SALAMANDER WITH VEGETABLES

Ingredients:

- 3 tablespoons vegetable oil
- 1 medium salamander or four or five conch, diced
- 2 Tablespoons cornstarch
- 2 Tablespoons water chestnut flour
- 1 pound spinach
- 2 Tablespoons hoisin sauce
- 1 cup mixed root vegetables, peeled and diced
- 3 cups spinach, coarsely chopped

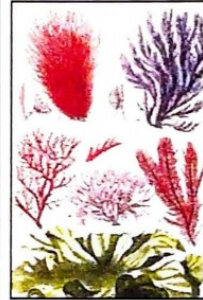
Preparation:

1. Heat wok or fry pan, add the oil, then the salamander or conch and stir-fry for two more minutes then add the cornstarch and water chestnut flour, and stir-fry for two minutes.
2. Next, add one cup cold water and the vegetables, and stir-fry for three minutes. Then serve.

海菜

SEA VEGETABLES, are often marine algae, and can be tangled with items swimming in the sea. History tells us that in the past they were wet and

dried many times and were major means of collecting salt. They were also a major means of healing, though some did have unrecognized amounts of arsenic in them. Therefore, we recommend only purchasing organic sea vegetables.



In Chinese, these vegetables are *hai*. Known as seaweeds or sea vegetables, these blue-green, brown, or red items were used for their ashes. As did Vikings, Aztecs, and other early peoples for reasons already mentioned; they used them to treat swellings, other circulatory ailments, osteoarthritis, cardiovascular benefits, and to lower estrogen-related cancers.

We suggest their use ground and on the dinner table instead of salt. They can be used with no cooking, and offer a broad range of minerals. Some research says they may have anti-coagulant and anti-thrombotic benefits, and may lower total cholesterol and LDL cholesterol levels, as well. Try drying then grinding them and adding them to an empty salt shaker that seals tightly; they can remain useful for months.

HOT AND SOUR SOUP WITH SEA VEGETABLES

Ingredients:

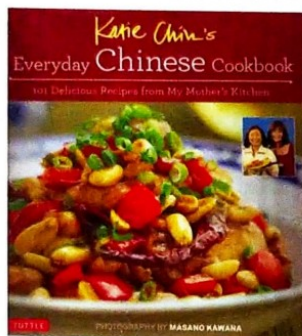
- 4 cups chicken broth or stock
- 3 large shiitake mushrooms, stems discarded, tops soaked and sliced
- ¼ cup Chinese rice vinegar
- 2 Tablespoons cornstarch mixed with two Tablespoons cold water
- 2 Tablespoons sesame oil
- 2 Tablespoons fresh peeled and minced ginger
- ½ pound firm doufu, diced
- 1 ounce bean thread noodles, soaked and broken into two-inch pieces, then drained
- 1 Tablespoon thin soy sauce
- 1 Tablespoon granulated sugar
- 1 teaspoon dried crushed sea vegetables

Preparation:

1. Heat broth or stock, mushrooms, vinegar, cornstarch mixture, sesame oil. Ginger, doufu, and the drained bean thread noodles, and simmer for five minutes.
2. Add soy sauce, sugar, and the ground sea vegetables, mix well, and simmer three minutes more. Then pour into a pre-heated large soup bowl, and serve.

continued on page 30

ON OUR BOOKSHELVES:



Chin, Katie. *Katie Chin's Everyday Chinese Cookbook*. North Clarendon VT: Tuttle Publishing, an imprint of Periplus Editions (HK) Ltd., 2016. 160pp., 26x24cm., hardbound. ISBN 978-0-8048-4522-9. 24.95US\$.

Subtitled: 101 Delicious Recipes From My Mother's Kitchen, this author

honors her mother, LeeAnn Chin, a legendary mid-America restaurateur, TV and radio hostess, Chinese cooking teacher, and a cookbook author long before this daughter grew up. LeeAnn wrote the *The Betty Crocker Chinese Cookbook*. It was first published in 1980, and revised in 2000. Her mother's restaurant was favorably reviewed in this magazine in Volume 8(4); also in dozen's of other publications. The seeds she planted did not fall far from this author's tree.

Her Mom pioneered and popularized Chinese cuisine, her book was exceptionally popular and sold coast to coast. Her foods were popular, too. They sold in supermarkets in and around Minneapolis. Katie learned lots from her, probably more than she realized. Raised in Minneapolis, this book tells about many experiences with her Mom and shows off her own talents. It is a joy to read.

Katie quickly learned that eating in a restaurant takes more time than cooking a meal, and that preparing foods at home does allow the cook to control what goes into every dish.

Every recipe begins with an experience or a food anecdote, all are worth reading. Most show mother-daughter love as one sees and understands how and why they bonded, and why this daughter can prepare such popular, quick, tasty Chinese dishes.

In just more than a hundred recipes, she demystifies Chinese cuisine. The many step-by-step photos, when needed, do too. They help the reader visualize the dishes from her Firecracker Shrimp to the last one called Five-Spice Chocolate Cake. Katie calls that shrimp recipe her signature dish; we call it simply delicious.

All ingredients used in this volume are widely available in most markets. We suggest picking a large handful of all the staples, shop for them, and be able to treat family and friends to many quickly-prepared wonderful Chin family favorites. Bet they will become your family's, too. They are healthy, varied, and more flavorful than the usual Chinese restaurant dishes. They should help you understand why this daughter's recipes are touted by Martha Stewart, Kate Workman, Andrew Zimmern, and others; by me, too!

Enjoy them all and any others you can make from the cupboard of ingredients and the common ingredients already at your home. They will help you make dim sum, salads, soups, poultry, beef, pork, and lamb, also seafood, vegetables, tofu, noodles and rice, and drink and dessert dishes, too. They will become family favorites for years to come!

FIRECRACKER SHRIMP

Ingredients:

12 large shrimp, shelled but with tails left on, veins removed
 ½ teaspoon garlic salt, divided
 2 spring roll wrappers
 1 large carrot, cut into 3 x ¼ inch matchstick shaped pieces
 1 egg, beaten
 oil for deep frying
 4 Tablespoons mayonnaise
 2 Tablespoons Sriracha sauce

Preparation:

1. Cut each spring roll into thirds making twelve narrow strips.
2. Place carrot pieces into a small bowl and sprinkle them with ¼ teaspoon garlic salt and set them aside, sprinkling the remaining garlic salt with the shrimp.
3. Brush the top third of each spring roll strip with egg, and place a piece of shrimp at its bottom, put a carrot strip on top of the shrimp, and roll tightly. The egg will hold them together, and let the tail and some of the carrot protrude resembling a firecracker.
4. Mix the mayonnaise and chili sauce and set aside as a dipping sauce.
5. Heat oil in a wok or deep pan to 350 degrees F, and fry until golden brown, about two or three minutes, turning them a few times, then drain on paper towels; and serve with the dipping sauce.

continued on page 21

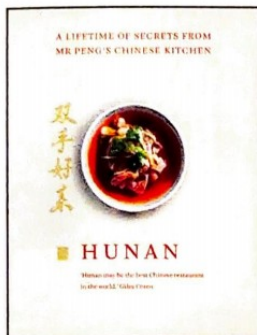
FUTURE ISSUES

WILL DISCUSS

MORE BOOKS

ON OUR BOOKSHELVES

continued from page 20



Peng, Y.S. and Qin Xie.
Hunan. London, UK: Preface Publishing, 2014. 274pp., 25.8x17.8cm., hardbound. ISBN 978-1-848-09434-5. 25.00¥.

This with its fifty-nine recipes looks hand sewn. They are written in standard style, in chapters titled: Poultry; Pork; Lamb; Beef; Offal; Seafood; Fish; Vegetables; and Sauces.

Before them, six pages with words from chef Peng, who Giles Coren says on the book's cover, may have "the best Chinese restaurant in the world." They are with many professional color photographs by Paul Winch-Furness. These pages are followed by others by his son Michael; and still others about critical cooking temperatures called *wei hou*, *zhong huo*, and *da hou*; and still others about the wok, steamer, vinegar, and oils, and twenty-eight foods in the Chinese cupboard. They are in fresh, fermented, wet, and dried sections; each titled in English and Chinese.

These are accompanied by more color photographs in this book subtitled: A Lifetime of Secrets from Mr. Peng's Chinese Kitchen. He and his son Michael write introductory material, and Michael calls his Dad focused, creative, tireless, an uncompromising traditionalist, a man of few words, and someone who does not do change well. However, that did happen quickly as he no longer serves only Hunan dishes as when the restaurant was first opened in 1982. Michael also tells their chefs work has changed little over the years other than the restaurant is now open six days a week instead of seven, his Dad still there all of them. Now, the menu is rarely used because most patrons like what Chef Peng selects for them.

The book is the culmination of Chef Peng's work; and it clearly discusses flavor, ingredients, and so much more. Readers can learn from it and his wonderful recipes. The gorgeous pictures beg consumption. And the rear cover tells us that *Zagat* in 2013 said his was "the best Chinese restaurant in London." Another review is from Harden who calls it "Simply the best Chinese Restaurant in town." *Time Out* says it is "held in high esteem, yet absolutely under the radar...anything but ordinary." These reviews appear on the rear cover, others are most often in press sources elsewhere.

From his son one learns Mr. Peng is a staunch believer in what he does, had many opportunities to expand but did not, and folks keep coming back to enjoy his great food. Readers can enjoy his thoughts detailed in this volume. Those of us from 'across the pond' can make and love his dishes. They are easy to find in the recipe index and also are alphabetized by main ingredient.

This book's food and drink are written in cooperation with the food, drink, and travel journalist, Qin Xie, who did help put it together. Enjoy it and those gorgeous color photographs and do note that Chef Peng's eatery honors the place of the chap who trained him and the food he did serve in its early years.

The recipes are easy to prepare, and one does get hooked making and eating them. One quickly learns what makes this restaurant great. The recipe that follows begins by telling that marinating the meat tenderizes it and allows it to absorb flavors more easily. It reminds all to dress it at the last minute so it is still crispy when eaten. We love its ease and deliciousness.

PORK WITH CHILI SAUCE

Ingredients:

1 pork chop
 3 Tablespoons garlic juice
 1 teaspoon Shao Xing wine
 1 teaspoon white wine vinegar
 ½ teaspoon Chinese five spice
 1 Tablespoon cornstarch, to coat the meat
 1 cup vegetable oil
 1 red chili, finely sliced
 1 garlic clove, minced
 1 scallion, cut into medallions
 salt and crushed Sichuan peppercorns, to taste
 ½ teaspoon Sichuan chili sauce*

Preparation:

1. Cut the pork into strips, put in a bowl, and pour the garlic juice, wine, vinegar, and Chinese five-spice powder over the meat and marinate for about ten minutes, then remove pork from this marinade and coat with the cornstarch.
 2. Heat oil in wok or deep pan and fry the pork until golden, remove most of the oil and drain the pork on paper towels.
 3. Stir-fry the chili, minced garlic, and scallion pieces for a minute, then return pork to the pan, and season with the salt and Sichuan peppercorns.
 4. Transfer to a serving dish and drizzle with the Sichuan chili sauce, and serve.

Ingredients for the sauce are:

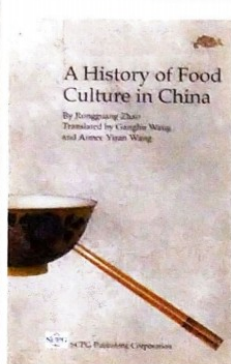
2 Tablespoons crushed Sichuan peppercorns
 4 Tablespoons chili flakes
 2 teaspoons *tian mian jiang*
 2 teaspoons tomato puree
 7 Tablespoons oil
 1 teaspoon white wine vinegar
 6 Tablespoons chicken stock.

Preparation: Heat one tablespoon oil in a wok, then add chili flakes and stir to make a paste, adding more oil as needed. Next add crushed Sichuan peppercorns and remove from the heat. Then add half the stock, stir well, and return the wok or pan to the heat. Immediately add the *tian mian jiang*, the tomato puree, and remaining stock, plus salt and sugar. Stir, then remove from heat and add wine vinegar. Use, then refrigerate the rest in a glass jar.

continued on page 22

ON OUR BOOKSHELVES

continued from page 21



Zhao, Rongguang. *History of Food Culture in China*. A. New York NY: SCPG Publishing Corporation, 2015. 178pp., 24x15.7cm., hardbound. ISBN 978-1-938318-16-5; no price given.

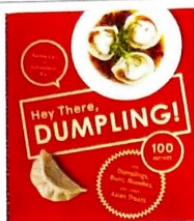
Not a cookbook, there are no recipes in its fourteen chapters that discuss China's long history and love affair with and for their cuisine since the Xia Dynasty, circa the 21st to the 16th centuries BCE. Read about the many interactions with Asian nations and those further afield, with the world's many religions along the Silk Road, foods, fancies, and fallacies that are part of the thinking of this cuisine.

Broad connections with the international community has expanded the Chinese food culture from prehistoric times through many plant-based and small animal remains, burnt debris, and other finds from Neolithic times when people ate small and big animals, millet and rice, hemp, roots, barley, beans, wheat, and more. Learn about them from traditional foods to celebrations, to festivals, to etiquette and its origins, seating arrangements, daily and banquet meals, cooking techniques, tea and wine culture, their ceremonies, the cuisine's spices and seasonings, sauces, sweets, and chopsticks and their combined histories.

The last chapters are about perfections of this cuisine, its food and medicine as one, the cultural exchanges on the Silk Road from Buddhist merchants and missionaries, their many gastronomic theories, foods to and from the rest of the world, and their emigres running restaurants or being in restaurant-related businesses.

Included is information about traditional Chinese food and cooking methods, medicinal diets, culinary and dining etiquette, food exchanges with other nations, and more. This volume is written by a well-known Chinese food scholar, and translated by Gangliu Wang and Aimee Yiran Wang.

Do not miss a single page from the three in the introduction that begin "As early as 3,000 years ago, the Chinese left a written text about the five grains for nourishment, the five fruits for assistance, the five meats for benefit, and the five vegetables" to the last pages about the dinner tables of the masses, women and their household meals, and the growing popularity of modern Chinese chow. All of them overview China's history and food culture; all are 'must reads.'



Lao, Kenny and Ko, Genevieve. *Hey There, Dumpling!* New York: Stewart, Tabori & Chang, 2015. 208pp., 24.7x22.5cm., hardbound. ISBN 978-1-61769-156-0. 29.95US\$.

This book has its recipes in chapters titled: Dumplings; Dips; Mix and Match Dumplings; Buns & Noodles; Salads & Sides; Finger Foods & Snacks; Drinks; and Desserts. Every recipe is preceded with a paragraph about it. Many have a color photograph of the completed dish; these taken by Lucy Schaeffer. They are interspersed with pages titled: Mix & Match Dumplings, Dip Chart, Party Menus; and Party-Planning Tips.

Before them check out the eight-page Introduction about Mr. Lao and how he entered into the dumpling business. A few pages show seventeen dumplings; a few others detail nineteen ingredients, yet others show how to fold them. After the recipes, is one page each about each of these authors. The book ends with ten pages titled: Index, each with three columns of items in them. Lao founded and owns an eatery called Rickshaw Dumplings where his dumplings generated much enthusiasm, as did his buns, noodles, and other Asian treats called 'snack foods.' One of our favorites are the 'Pearl Dumplings' encased in sticky rice, not typical wrappers. There are lots of others we love but this magazine only prints one recipe from each book. Hope you like them, as much as we do.

PEARL DUMPLINGS

Ingredients:

- 1 cup raw sweet rice, covered with two inches of cold water, and soaked for two hours.
- 1 pound ground fatty pork
- 2 large eggs, beaten well
- 2 Tablespoons and ½ teaspoon soy sauce
- 2 Tablespoons finely chopped canned water chestnuts
- 2 and ¼ teaspoons sesame oil
- 2 teaspoons granulated sugar
- 2 teaspoons cornstarch
- 2 teaspoons Shao Xing wine
- 2 teaspoons peeled minced fresh ginger
- 2 or 3 large cabbage leaves
- a mixture of: ½ cup Chinese black vinegar and 1 teaspoon granulated sugar, and 2 Tablespoons peeled slivered fresh ginger

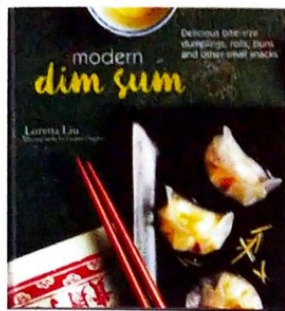
Preparation:

1. In a large freezer-safe bowl, using your hands, mix the pork, eggs, soy sauce, water chestnuts, 2 teaspoons of the sesame oil, the sugar, cornstarch, wine and the ginger.
2. Freeze this for half an hour just until firm.
3. Now drain the rice and stir in the remaining soy sauce and the ¼ teaspoon sesame oil.
4. Now, wet your hands, and roll one heaping tablespoon of the meat mixture into balls; and roll each one not the rice mixture gently pressing these balls until the rice sticks; and freeze them if they feel too soft.
5. Line a bamboo steamer with the cabbage leaves, put the pearl dumplings on it not touching each other, and steam over boiling water for fifteen minutes, then serve with the black vinegar mixture as their dipping sauce.

continued on page 23

ON OUR BOOKSHELVES

continued from page 22



Liu, Loretta. *Modern Dim Sum*. London, UK: Ryland Peters & Small, 2016. 64pp., 19.7x19.7cm., hardbound. ISBN 978-1-84975-708-9. 16.95US\$.

Each of the twenty-seven recipes in this book has a long detailed method.

They follow five basic dough wrappers, then the other chapters titled: meat; poultry; fish and seafood; vegetables; sweet (the lack of capitalization is theirs).

The egg dough needs the fewest ingredients but does need twenty to twenty-five minutes of kneading, before rolling it thinly and resting for half an hour. Its ingredients are: a cup and two tablespoons white flour; three tablespoons of water, and one egg. This makes sixteen skins.

The author thanks her eighty-five year old granny who was born in China and was the daughter of a magistrate. After she was married granny moved to Malaysia, for her culinary education and exposure to yummy snack foods.

The color photographs of every recipe, taken by Louise Hagger show what the finished dumplings will look like, and are a great help when following the recipes.

After them, there is a single-page four-column recipe index; and the inside rear cover tells that this author is an award-winning chef who grew up in Singapore, learned French cooking there in the Raffles Hotel with Alain Ducasse, and taught cooking in London. She also supplied macaroons to retailers in that country. This book is edited by Alice Sambrook, its food stylist was Emily Kydd.

PUMPKIN AND LEEK DUMPLINGS

Ingredients:

1 batch egg dough (in the second paragraph of review)
 3 1/2 ounces firm doufu, drained well and cut into small cubes
 a pinch of salt
 1/4 cup steamed pumpkin
 1 small leek, finely chopped
 2 Chinese chives, white parts discarded, green parts chopped
 1/4 cup fresh coriander chopped
 1 teaspoon minced fresh ginger
 1 Chinese cabbage leaves, finely chopped
 1 teaspoon ground Sichuan peppercorns
 1 teaspoon ground black pepper
 2 Tablespoons vegetarian stir-fry sauce
 2 Tablespoons sesame oil
 2 Tablespoons flour
 black vinegar, for dipping

Preparation:

1. In a large freezer-safe bowl, using your hands, mix the pork, eggs, soy sauce, water chestnuts, 2 teaspoons of the sesame oil, the sugar, cornstarch, wine and the ginger.
2. Freeze this for half an hour just until firm.
3. Now drain the rice and stir in the remaining soy sauce and the 1/4 teaspoon sesame oil.
4. Now, wet your hands, and roll one heaping tablespoon of the meat mixture into balls; and roll each one not the rice mixture gently pressing these balls until the rice sticks; and freeze them if they feel too soft.
5. Line a bamboo steamer with the cabbage leaves, put the pearl dumplings on it not touching each other, and steam over boiling water for fifteen minutes, then serve with the black vinegar mixture as their dipping sauce.

continued on page 24

CHINA'S ANCIENT 'BOOK OF SONGS'

continued from page 6



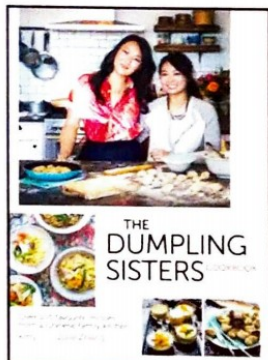
versions. Paintings, drawn during the Song Dynasty, has three versions in the United States. One drawn by Li Gonglin is at the Metropolitan Museum of Art in Manhattan, one by Ma Hezhi at the Freer Gallery of Art in Washington D.C., and a third set by Ma Yuan is at Ohio's Cleveland Museum of Art.

Lu Ying, born in Hangzhou is a PhD candidate in the School of Humanities at Zhejiang University. Her research focuses on the aesthetics of literature and art; and if you have a question, ask her at: 11404027@zju.edu.cn

**MORE BOOKS
 WILL BE REVIEWED
 IN FUTURE ISSUES**

ON OUR BOOKSHELVES

continued from page 23



Zhang, Amy and Julie. *The Dumpling Sisters*. London, UK: Weidenfeld & Nicolson of Orion Publishing Group Ltd., An Hachette Company, 2015. 271pp., 25x19.5cm., hardbound. ISBN 978-0-297-60906-3. 20.00£.

This book is by two well-known 'you-tube' sisters with a large following. Its one hundred recipes are in chapters titled: Yum cha;

Chineseasy; Sharing menu; Oodles of noodles; Banquet; Chinese bakery; Sweet tooth; Basics (capitalizaion theirs); which is more than just yum cha.

The front cover says their recipes are "from a Chinese family kitchen; the rear one says it shares their greatest hits, and mentions more than a handful of them, including the recipe that follows. After them, there are eight pages, half with full-page color photographs of fifty-three ingredients separated in eight category groups such as sauces and pastes, seeds, oils, etc. and a single page with three of their suppliers. Many recipes have a full-page color photograph of their completed dish, all are titled in small letters. This book ends with four Index pages, each includes many cross-referenced items, then two pages with many Acknowledgements (their spelling).

The recipe below is exactly as given; other recipes appear similarly.

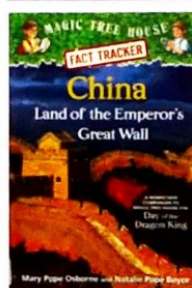
ONE-POT CHICKEN RICE

Ingredients:

2 dried Chinese mushrooms
pinch of granulated sugar
1 skinless boneless chicken breast cut into slivers
75 grams jasmine rice
60 g pak choi or choi sum, sliced
light soy sauce, to serve
for the marinade:
¼ tsp bicarbonate of soda
1 tsp cornflour
2 pinches salt
2 pinches granulated sugar
2 pinches ground white pepper
¼ tsp sesame oil
½ tsp light soy sauce
½ tsp finely diced ginger

Preparation:

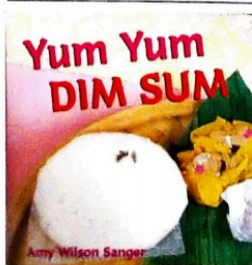
1. Soak the mushrooms in a bowl of hot water with the sugar for 30 minutes, then drain. Remove and discard the stalks and chop the caps into a fine dice.
2. Put the chicken in a boil, add the marinade ingredients and 1 Tablespoon water and mix well. Cover and set aside.
3. Put the rice in a small saucepan and rinse twice under cold water, discarding the cloudy water each time. Pour in 80 ml boiling water and bring to the boil over a high heat. Cook the rice for 4-5 minutes or until most of the water has evaporated, and there are small craters on the surface. Reduce the heat to the lowest setting.
4. Add the mushrooms to the marinated chicken and stir to combine, then arrange the chicken on top of the rice in a single layer.
5. Sprinkle the chopped pak choi directly on top of the chicken, cover and cook until the pak choi has softened slightly. Remove from the heat and leave the rice to stand 3 minutes above before drizzling soy sauce on top and digging in.



Osborne, Mary Pope and Boyce, Natalie Pope. *Magic Tree House Fact Tracker: China*. New York NY: Random House 2014. 120pp., 19.3x13.2cm., paperback. ISBN 978-0-385-38635-7. 5.99US\$.

This non-fiction companion has seven chapters, the companion volume to Magic Tree House #14's: Day of the Dragon King book. Intended for ages 7-10, lots of questions need answers, there are fun things to check out with answers in words or the many b/w pictures on almost every page. This reading tool follows Jack and Annie in yet another exciting adventure, this one about China.

Not only are there questions to answer, but other books to explore, places to check out on the internet, its own fine cross-referenced index and more to see if this is correct. This book helps children learn to do research, check other books, DVDs, museums, places on the internet, and more in this newest stepping-stone book.



Sanger, Amy Wilson. *Yum Yum Dim Sum*. Berkeley CA: Tricycle Press, 2003. 10 cardboard leaves, 14x13.5cm., hardbound. ISBN 978-1-58246-108-3. 6.99US\$.

This young children's book is not a cookbook, and has no recipes. Every page, in color, tells about these Chinese snack foods in a few short sentences. The rear cover has eleven glossary word, and indicates this is: A World Snacks Book, designed by Nancy Austin. In a western-looking teacup, there is its dedication.

FOOD AND ANCIENT THERAPY

The Chinese have long known that what one eats impacts one's health. They know and discuss this at dinner parties and various other social occasions. This interest can be traced back more than three thousand years when during the Zhou Dynasty (1045 - 221 BCE) there were imperial jobs to plan the diets and foods of the Imperial household.

The *Huang Di Nei Jing Su Wen* suggests and says "man recognizes the five atmospheric influences of wind, heat, humidity, dryness, and coldness five flavors of sour, bitter, sweet, pungent, and salty." Health practitioners know that "food is the source of energy or *qi*, bodily nourishment is physically expressed as flesh, marrow, blood, bones, and fatty tissue." It amazes me that they knew that a healthy body needed to be in balance with nature; knew illness was when the body was out of balance with the environment internally or externally. That they knew everything in nature was either *Yin* or *Yang*, and knew these opposites repel and attract and were not absolutes just things constantly changing.

In 1307 CE, Cou Yuan said physicians need to recognize the reservoirs of *Jing* as the cause of illness. He talked about how to fix diets. To this day we are still attempting to fix them. In the Middle Ages in China, numerous nutrition manuals were written, including one called the *Shi Jing*. Though many references may have been lost as have quite a few pharmacopoeias, they could and did identify dangerous foods, cures for what we now call deficiency diseases, and other diet and health issues. They were aware of what was good to eat but offered no real specifics passed down one generation to the next.

Some thoughts did include that people should not eat hastily nor in excess, that the manner and times of eating were important though none specified exactly. None have been followed to this day; did you ever wonder why not? Ancient health practitioners believed the stomach and intestines were related to the nervous system. Their thinking included resting before and after eating. Unknown was for how long.

Many Southern Chinese did believe that soup was good for the body. Which ones and when was not specified for maintaining health. Tea was served to clear the palate and quench thirst. They did believe that after meals rest was needed to dissolve fats consumed during the meal to help digestion. They never said which fats, how much, and for how long.

In early times advice to 'eat a little of everything' and 'stimulating foods should be curtailed' was as specific as it got. Manual laborers were told to eat their biggest meal during midday, and to have a modest breakfast. Everyone was advised to ingest cold foods in hot summer months, and eat supplementary foods when colder temperatures prevailed; also that large amounts of meat were harmful to the body. That was as specific as it got. In general all people were told to carefully adjust their foods to their body constitution; how to do this was never detailed; there were very few specifics.

Many folks were told that eggplant and pumpkin would disturb their nerves, that there was a relationship between temperament and diet, and they should pay attention to it. More details never emerged. Another suggestion was to consume milk vetch for weakness and to rid them selves of the common cold.

The Chinese did believe that a balanced diet should contain foods of various flavors (pungent, sweet, sour, bitter, and salty) and energies (cold, hot, warm, cool, and neutral). They heard from their medical folk that body movements (outward, inward, upward, and downward) were to nourish deficiencies, tone the body, generate energy, and strengthen their weaknesses. The questions one might ask were: Is your diet balanced; Are you doing all these things? Also, is your *yin* and *yang* in balance? They may have been told what was cold, bitter, inward, damp, deficient, and feminine and *yang* is hot, pungent, outward, dry, excessive, and masculine. But did they know that hot and cold was a food's 'nature' and not its temperature?

People may have been told that if they are nervous and too active they may have inadequate blood and *qi* circulation, suffer from weak digestive systems, and have underactive internal organs. They may have been told that if they tire easily, their *huo qi* originates from their heart, their spleen makes them irritable because they have too much *pi qi*. Did they understand that if they have too little *huo qi* they can be underactive, lethargic, and fatigued, their behavior influenced by too little sleep and an unregulated diet?

Did they know that to keep their *huo qi* in check they needed to eat fewer hot foods such as liquor, fatty meats, fried foods, and eggs, also that they needed to reduce their use of cigarettes? One Cantonese lady told us to tell our readers that they should take the back of

continued on page 27

CHINESE FOOD RESEARCH IN JAPAN

BY ZHENGYU LIU

Research on food studies was started earlier in Japan than in China. There are many excellent studies about Chinese food done by Japanese historians and ethnologists. Among them are works by Shinoda Osamu (1899 -1978) who was considered a pioneer in this field. He was best known for his efforts on Chinese food history. One important item, his *Food History of China*, published in Japanese in 1974 was translated into Chinese in 1987. There were others, including Tanaka Seiichi, Nakayama Tokiko, and others who studied Chinese foods.

The influence of many researchers, studying Chinese food culture has increased since. A most important Japanese research institute is the National Museum of Ethnology Minpaku. It is located on the former grounds of Expo '70 in Suita in the Osaka Prefecture. Founded in 1974, it continues to provide graduate level training in anthropology and ethnology, research on societies, cultures, and changes brought about

by globalization including those of the Chinese. Food and foodways are useful symbolic lenses to look into, understand, and analyze groups, communities, and regions around the world. Lots of valuable research on many Chinese topics were done under the leadership of Prof. Ishige Naomichi. He has studied China, Japan and Korea. For centuries, China has played a dominant role in shaping Asian foods with the use of chopsticks, the duality structure of *han* and *cai*, and so much more.

There are many cultural differences among these countries. When comparing them, Ishige has shown important characteristics of their food styles and eating behaviors. His work and that of others including Prof. Shu Tassei (1931-2014) have focused on Han and minority cultures in China. As an Inter University Research Institute scholar committed to fostering cultural anthropology and related fields, there are many Ph.D. programs here that sponsor these areas of study. One can locate some of this information at: <http://www.soken.ac.jp/en/rcourse/bunka>. Since it was inaugurated in 1988, many Ph.D. students from different countries have come to use food

or eating behaviors as their lens observing them around the world. Following in their footprints, I am enrolled in the Regional Studies Department at this school, and have been since 2013.

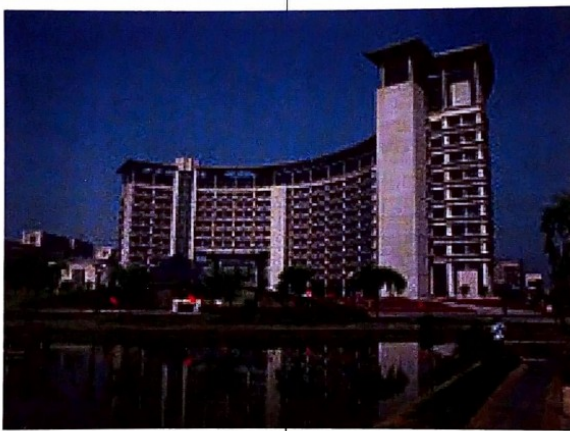
My masters course studies included Chinese food and its history. Since, I have addressed continual concerns most specifically to researching the daily food lives of urban Chinese and their consumption. I am particularly focused on theoretical historical anthropological studies since the formation of the PRC. I note that since 1955 and until

recently, urban residents have used coupons to get food materials or find other ways to solve any possible nutrition deficiencies and food problems. Some did dig wild herbs, others bought or exchanged foods including meats and/or eggs in black markets, or they used personal relationships to acquire special foods.

With these thoughts in mind, my PhD research aims to outline sociocultural perspectives of their daily food lives under food rationing, specifically what and how were they used *han-cai* principles to get foods they deemed necessary, with whom they ate, and what they thought about their foods during these times. I hope to link their practices and concepts to what they do currently and trace what has changed and what behaviors remain.

At this ethnological museum, exhibitions present the latest achievements of anthropological, ethnological and related scientific food research. Main ones are mostly permanent and designed to deepen understanding among visitors of their cultural diversities and their commonality. Special exhibitions highlight special topics and are held several times annually for a limited time period. Among them, regional cultural exhibits of China introduce diverse ranges of Chinese ethnic life, and take into account historical and local characteristics, livelihoods, costumes and customs, musical instruments, dwellings, crafts, religions, writings, even marriage ceremonies, ancestor worship, Chinese minorities, and indigenous Taiwanese peoples. You can find out about many of them at this institution's homepage: <http://www.minpaku.ac.jp/english>

continued on page 27



FOOD AND ANCIENT THERAPY

continued from page 25

a tablespoon and rub their face and shoulders and that when these become red, their hotness will be reduced. Did they understand this?

This lady went on to say that salty foods were cooling as were citrus fruits, that cooling the blood, moistening the body, strengthening the bones and viscera, and calming the nerves were good things to do; and did they know how to do them?

White sugar and honey, she said, have cooling properties while brown sugar and rock sugar help warm it. Bitter foods, she added, are cold, the more bitter also means the colder. Therefore, bitter tea, bitter melon, and bitter greens are good examples as is cold water. Water at room temperature, she went on, is neutral How many people knew that? (JMN) ■

**WE PLAN TO
REPORT ON THIS MEETING
AND SHARE
MUCH MORE ABOUT IT.**

CHINESE FOOD RESEARCH IN JAPAN

continued from page 26



It will not take long to hold an exhibition of Chinese food culture with lectures and symposia for both the general public and academic scholars. One international symposium titled: 'Gastronomic Science and Food Museums of the World' has already been held with academic speeches on dietary research and the food museums of China, Japan, Korea and Italy. This was a two day symposia in 2014; others will follow, such as in cooperation with ongoing annual Chinese Food Conferences, that next one will be held in Kyoto December 2016. There will be others in the future. This one just mentioned will be the 6th Asian Food Study Conference (AFSC). It was started in 2011 in China and will be jointly organized this December by Ritsumeikan University, the National Museum of Ethnology and Zhejiang Gongshang University of China. The topic and target is cultural food exchanges. Scholars from around the world will gather to discuss and exchange relevant issues and information continuing their worldwide network of food studies and collaboration. The future of these meetings is anticipated by all who are interested in Chinese food culture. So on behalf of researchers studying Chinese food culture, you are welcome to attend.

Zheng Liu, a PhD candidate in the Department of Comparative Studies of the School of Cultural and Social Studies, Graduate University for Advanced Studies, Sokendai, Japan, and is a Chinese exchange student here; he welcomes your attending and sharing your interests in Chinese food culture with him.

ON MANY MENUS

GOLDENDYNASTY; 416 NORTH COUNTRY ROAD; ST. JAMES NY 11780; phone: (631) 250-9888 looks new, and was recently redone, floor to



ceiling, inside and out. This ambiance upgrade has a much improved look, better food, too. *Newsday* and other critics tout it, one says: "People are Talking!" Another says: "Critics Agree!"

The main *Newsday* restaurant critic, Joan Reminick says its service is very good, too, as is its food. We call it 'retro', it is reminiscent of the good Chinese restaurants of our youth.

One chap at a nearby table, too busy to talk, was chomping on an appetizer of one huge spare rib. It was on the bone, though boneless ones are available though smaller. He cleaned it to the bone and much delight shown on his face. We could see the huge smile from two tables away and were jealous. We will have one or more of those ribs on our next visit, but at this one, the six of us had already ordered seven dishes. Dishes that went to other tables told us they were large, luscious-looking, and that we had ordered too much. At our meal's end that proved to be true, one in our party took left-overs home, enough for two at their next dinner. We left several uneaten dishes, could not finish everything.

We asked that the Clams in Black Bean Sauce be served as an appetizer, Mu Shu Pork, likewise. We did order them with six pancakes, not the four on the menu. When this dish arrived, staff rolled them at our table filling them and leaving half on the serving platter. Many in our group opened theirs and filled them even more full. Some of us, myself included, grabbed chopsticks and ate the left-overs before downing the filled wrap. We did have many leftovers after all the free fried noodles we had already consumed. We left here more than full.

After ordering, we did see a fried flounder hanging over its platter going to another table. Our mouths watered, but we needed and did exercise restraint. That was difficult because the aroma and looks made everyone salivate.

Yes, we did over-indulge in those free fried noodles; two big bowls of them had been set on our table, one refilled at our request. They reminded us of similar ones at Homer's place before he died of pancreatic cancer years ago. They

were absolutely yummy. Eddie Liu, the manager here, did work for Homer before starting this restaurant. We did know it became Mara or something else and that was before he took it back and redid it.

Roast Crispy Duck came as the next course. This meat on the bone was being chomped on very quickly. This dish was a winner, the meat simply super. Those who are bone-phobic can order it boneless, something we and all Chinese prefer never to do. We know meat next to any bone is the sweetest; and we did adore this dish. It was one of the twenty-five 'Dynasty Gourmet' dishes deserving of that accolade; most were under twenty bucks.

We did want to order one or both Lamb Chop dishes, both of them are closer to twenty-five dollars and the most expensive items on this part of the menu. You and we already knew we had ordered more than needed, also more than we could finish. Most of these Gourmet goodies are Cantonese or Hong Kong style, a few are Szechuan (their spelling). However, if you like piquant dishes, tell the wait-staff not to tone them down, which they surely do. This kitchen is on top of their game and do that quickly as your dishes will appear before you know it.

Prices are retro here, too. Our bill for six was one hundred and two dollars, not counting the tip; and remember we had left-overs that half or more could make into another meal. If we had ordered just one dish per person, fewer from that special area which they call 'Dynasty Gourmet,' it would have been many bucks cheaper.

Seafood Delight was one of our gourmet indulgences. Its large amount of seafood came on a large pile of fried noodles and did include several sea scallops, a mite more than half a good-size lobster tail, crab claws, several large whole shrimp, and many different vegetables. At \$17.95 it was a steal.

Lots of folk have discovered this new Dynasty, many were waiting for a table throughout our dinner. We make a reservation before each visit, and they honor them. Others do stand in the entry-way or outside waiting for their table. Some take a seat at the bar. Did they know that Monday through Friday from 4:30 to 7:00 pm, one can order from their bar menu that includes five bucks for every drink and every dish, with more than a dozen of the latter to choose from.

continued on page 30

ON MANY MENUS

continued from page 28

**LI'S GARDEN; 42-87 MAIN STREET; FLUSHING NY 11355; phone: (718) 359-2108**

turns out not to be the restaurant we thought we were going to. That one we thought was an Andy Coe undated item about Qingdao food with eight sea cucumber dishes, several dozen lunch selections at four bucks, and more. At its web information, we saw a yellow awning to the curb and jotted down this address and their name, Lu Xiang Yuan. But when we got there, it was something else.

After spending twenty minutes looking for a parking place we noted it had a white awning with lunch items on the window priced at \$5.75. We also noted no English on the awning. After going in, we quickly learned that no staff spoke English. There also was no English on the take-out, very little on the regular menu, none on their business cards either.

One customer did speak a little English. He did tell us the new chef/owner was young and from Tainan. That is a large industrial city some forty minutes from Beijing. He said the owner was at the wok here just a few weeks, that the menu and business card said "South North Cuisine, Genuine Fine Gourmet; Your Tastes, Our Fine Cuisine." Some weeks later, a friend agreed with his translations, and added "catering all kinds of banquets, birthday parties, welcome phone inquiries."

So on that first visit, after carefully perusing the menu and dishes seen on other tables, we decided to stay. We did note the little English did tell us they were serving foods from all over China. After we sat down, we selected some we knew and others that were new to us.

As we often do, we began with a beloved appetizer, Ox Tongue & tripe w/roasted chili, as it was written on their menu. This cold appetizer, at almost ten bucks, was outstanding. The tripe was from pig, as I explained to one in our group, and some said the ox needed more time in the pot; we thought not. The dried chili peppers minced in tiny pieces, tasted terrific. Overall, it was a good beginning. On another visit a couple of weeks later, we ordered Crystal Skin Jelly and it was the best we ever had. So was the Pig ear w/scallion (as their menu capitalized).

On these two visits, Braised Pork was very good, and this long-cooked belly pork made Beijing style which

the menu called Braised Pork in Brown Sauce was very good. Always good to try a simple item, it came with a few pieces of baby bok cai and lots of thin brown sauce. We put that over our rice and it flavored it beautifully, though our Chinese friends would chastise us for 'dirtying the rice.'

We did have a phenomenal Fish Fillet with Cumin., its small pieces coated and colored with ground cumin, a few seeds left whole. Its taste was terrific, too, and on half its platter were one-inch pieces of piquant dried chili peppers and similar-size ones of stir-fried onions. The fish was super tender, super tasty, and simply super!

We did see a huge scallion pancake on the next table and were amazed it was only six bucks. This one was larger than the biggest of pizzas and was crisp on the outside. It could have been baked or fried, we could not tell from the distance, but it looked yummy enough so we ordered one. It was in layers; and we will always order one on every visit.

On one visit we had Sauteed Potato, green pepper and eggplant (again their odd capitalization). It came with gorgeous color, no sauce, and its taste was very good even though nothing held these vegetables together. The texture did change piece to piece, the potatoes were soft and the fine eggplant and green peppers were very good.

Overall, portions at this place were huge, the about two hundred selections sounded as though we should taste them all. We do need to go back often as we believe this young chef is just hitting his stride, and has great potential. We saw several dishes going to other tables in small woks over Sterno loaded with creatures and vegetables or tofu that smelled terrific. One lobster dish we wanted to grab and put on our table, likewise their pumpkin pie dish. Many were most tempting, as were two of the five dessert items.

We did not get to try any of the eight soups because it was an unusually warm day, the front door was left open, air conditioning not available or not turned on. We did not see a single one of the nineteen Sizzling Iron Plate Casserole dishes served to anyone else. More than half we yearned for, their names translated by a Chinese friend there on our second visit. A few included Tea Plant Mushroom in Casserole, Fish Head with Pancake in Casserole, Beef Ribs on Sizzling Iron Plate, and the one called Spicy Needle Mushroom with Beef & Vegetables. All are served from eleven in the morning along with many other things to try, and we will.

On our first visit, a Saturday evening, the bar menu did not exist but every stool was occupied throughout the time we were there. Guess that beats waiting for a table.

recipes are on page 30

SQUID, SNAILS, SALAMANDERS, SEA VEGETABLES

continued from page 19

GRASS CARP AND SEA VEGETABLES

Ingredients:

- ½ pound grass carp fillet
- ¼ cup dried sea vegetables, soaked for ten minutes, then chopped
- 6 slices fresh ginger, shredded
- 1 Tablespoon vegetable oil
- 2 Tablespoons thin soy sauce

Preparation:

1. Place grass carp on a heat-proof plate and put the sea vegetables and the shredded ginger on top.
2. Mix the heated oil and the soy sauce, and sprinkle of top of the fish fillet. Cover with plastic wrap and steam for five to six minutes, then serve.

CRABS, SEA VEGETABLES, AND YELLOW BEAN PASTE

Ingredients:

- 3 crabs, scrubbed, the tops removed, then chop the bodies into four pieces, and separate and lightly smash the claws
- 6 shallots, peeled and sliced
- 5 cloves fresh garlic, peeled and sliced
- 1 red chili pepper, seeded and chopped
- 5 slices fresh ginger, slivered
- 3 Tablespoons vegetable oil, divided in half
- 3 Tablespoons spicy yellow bean paste
- 1 Tablespoon granulated sugar
- 1 Tablespoon Chinese vinegar
- 1 Tablespoon dried ground sea vegetables
- 1 Tablespoon thin soy sauce
- 2 scallions, cut into half-inch pieces

Preparation:

1. Put shallots, garlic, chili pepper, and ginger in a blender, add half the oil and blend, then transfer this to a small pot, add the bean paste, sugar, vinegar, sea vegetables, and the soy sauce and simmer for three minutes, then set aside.
2. Heat wok, and add the rest of the oil and stir-fry the crab legs and claws for two minutes, then add the crab shells and half cup of water, cover, and simmer for ten minutes until the crabs are cooked through before stirring in the seasoning mixture and stir-fry this for three minutes. Transfer to a pre-heated bowl, sprinkle the scallions on top, give one stir, then serve.

GOLDEN DYNASTY, CONTINUED:

continued from page 28

The main menu shows off 'designer' cocktails, ones not seen for years, and as we looked around, many were enjoying them.

The menu has Szechuan, Cantonese, and Hong Kong dishes, and every table many of them were enjoyed. Folks told us they love the food and the prices.

ON MANY MENUS, CONTINUED

continued from page 29



NANCY CHANG; 372 CHANDLER STREET; WORCESTER, MA 01602;

(508) 752-8899. If visiting Worcester and/or the American Antiquarian Library, or you live nearby or go for any reason, do stop here. We did for an inexpensive buffet lunch before giving a talk at WPI (Worcester Poly Tech) to their culinary crowd. Sure glad we did.

This restaurant's regular menu says: Healthy Asian & Specialty Cuisine; and there are many such selections. Most in our crowd did opt for the buffet. It smelled wonderful and tasted good, most said. In small metal containers and on the steam table, refilled often, looked hot and hearty, and two of us opted for regular menu dishes.

A trip from our table to their steam table, the sixteen choices were worth several trips that many in our party did. While that may be the least healthy way for lunch here, mealtime is the only time it is offered, but it had too many fried foods for me. Enjoyed a stir-fried shrimp dish instead, its shortfall, too little ginger and garlic.

Other choices were delicious, and all at our table did like what they ate. So did more than a dozen office workers at nearby tables. It was not even a Friday when buffet lunches can be jammed, not a payday either. One chap in that group said they come often; and they looked like they knew this place and did just that. This find is well worth the visit; buffet or not, has lots to offer, and all at our table said they recommend it.

Open for lunch and dinner seven days a week, this Golden Dynasty shines. It is popular day and night; and has been discovered. Is that because all chicken dishes come only with white meat? If you like yours with dark meat, stick to those made with duck, as that bird only has dark meat. Management tells us they do their best to honor special requests, and like to be challenged. They can accommodate most of them, so help them step up to them.

PORK SUNG IS PORK FLOSS

As a lover of cotton candy, spun sugar that melts in your mouth, I always bought some at the circus. The kid in me was thrilled to locate this shelf-stable Chinese yummy that resembles it in texture but not in taste.

That is why I bought this pork product when I learned about it. Yes, I did so on a first visit to a new Chinese coffee shop after I took a tray and put a pork bun with some on top on it. Paid and located a table in a corner where a *China Daily* newspaper in English was left behind. There I settled down to eat it with the cup of tea I paid for, as well. Early to meet a friend for food and feast shopping trip in Flushing, I was ready to bite into this bun. Ready for a 'eureka' moment or a huge disappointment, I was ready to see if what I had was true. I had never seen nor tasted this food.

The bun I bought had no single piece of pork in or on it to chew on. But it did have some topping that did melt in my mouth as cotton candy does. It had a lot of that umami feeling. As a meat lover, after one bite, I knew this beautiful bun was similar to my childhood circus food. I quickly bit into

the top on the dough and had a 'eureka' moment! As it was dissolving in my mouth I enjoyed that it was sort of salty, sort of meaty. This was meat cotton, if ever there was such a thing.

Intellectually, I had read about pork hocks, pork sung, soy sauce, brown sugar, and more, but at that moment, I could not picture it, nor did I know what the bag, box, or container it came in looked like.

I had no idea it was dried in an oven then shredded. I did not know it looked like brown hair. I surely did not know it tasted so great.

Later that day, when a clerk helped me find it on a supermarket shelf, I bought it. Before paying, I was already snacking on it from the round plastic container as I walked to the cashier.

When I got home and made dinner, I used it in a dish, a waste, as it is better alone or topped on a dish, not in it. A few months later, I found beef floss. When bragging of this find by e-mail to a Muslim-Chinese friend, she told me her family uses this 'beef wool.' Weeks later, when looking in several breakfast bakery places, I never saw any made with beef but did find a pastry made with fish wool. It was awful and fishy.

Now I do go early for a pre-breakfast snack before shopping or meeting a friend in Flushing. I do wonder what the caloric count may be, but not enough to check it out on the web; I just eat lots of it and enjoy every bite. I am sure it is less than cotton candy, and when stuffing my face with pork floss, I just tell myself that I love it! (JMN) ■



MUSHROOMS AND PORK FLOSS

Ingredients:

2 sheets frozen puff pastry, unwrapped and defrosted in refrigerator
2 shallots, peeled and minced
2 cloves fresh garlic, peeled and minced
2 teaspoons fresh ginger, minced
5 Chinese mushrooms, soaked until soft, stems discarded, and minced
3 oyster mushrooms, minced

salt and pepper, to taste
1 egg, beaten
1 teaspoon black sesame seeds
1/3 cup pork floss

Preparation:

1. Open one sheet of the puff pastry, and cut into six rectangles (about 2x4 inches).
2. Stir-fry the minced shallots, garlic, and ginger for one minute, then add both minced mushrooms and the salt and pepper, and stir-fry for two minutes more. Put this mixture in a strainer over a bowl and allow to cool.
3. Put a tablespoon of the cooled mushroom mixture on each piece of puff pastry, and brush the edges with the beaten egg, then fold in half and seal by crimping the edges with a fork.
4. Brush the tops with a thin coating of the egg mixed with an equal amount of cool water and sprinkle half the pork floss on their tops.
5. Bake in a pre-heated 350 degree oven for fifteen minutes, brush the rest of the egg on the pork floss and put the rest of it on top and bake another five minutes. Then serve

SUGAR: A HIDDEN INGREDIENT

This chemically pure substance is often used in Chinese cuisine in small amounts, yet many do not know it is there; they should be able to taste it, but do not. If they knew, would they love it as much?

Infants adore the taste of sweet, that is an innate taste, one people are born with. They enthusiastically suck it off a spoon within hours of birth, and soon thereafter learn to smile when so doing. This gets a positive reaction from the person feeding it to them. Not so with the other most common taste, that of salt. That pure white substance has them making unpleasant faces when first tasting it. They scrunch up their faces and often refuse to taste it again.

When an adult, they know that sugar is loved. They often like it best the three most popular hot beverages they might use it in, namely coffee, tea, and cocoa. This sweet masks bitter tastes such as those found in many medications. Using myself as an example, the only way I will drink coffee, the most bitter of these three popular hot beverages, is when it has lots of sugar in it. Cream helps, too. Very few people drink their coffee black because it is most bitter that way. Made with sugar or another sweetener does make it more palatable for most of them.

We believe the two foods most adored are sugar and meat. One is sweet, the other loaded with umami, which is a savory sensation. There is no relationship between these two except that they are both adored. We once read that those that accept and love Chinese food often speak to the fact that this cuisine has no sweetener in it. Wrong! They are not aware that many Chinese dishes have small amounts of sugar in them, Shanghai cuisine having the most.

The Chinese use many different sweeteners, plain white sugar, maltose, or another sweetener. Do they like sugar the most because it is pure and white? We doubt that. We believe it is because of its pleasant taste, one learned early in life.

Historically, sugar was scarce and expensive. Is that why it is adored and over-consumed or is it because it brings pleasure thanks to its taste? Some of us do watch our weight so maybe we like it more because it is something

we should not eat or should not eat a lot of? Maybe many like Chinese food because it is cut up and one can be lazy and chew less when eating it. Do some like it because of that small amount of sugar in it?



In the last five hundred years, sugar has influenced history. To learn more, read articles and books authored by Sidney Mintz or Paul Rozin. Both did research sugar use, Sid more than Paul, about its influences and uses. He has written *Sweetness and Power*, a fantastic book that shares lots of background on this topic. Both authors books and articles are worth your time. We strongly suggest reading one or more of their printed materials. Below are a few common Chinese recipes showing the small but important use of sugar. Be it white or brown, solid or liquid such as honey, molasses, maltose, or other sugars, do learn and enjoy from these two men; and learn about Chinese recipes that use sugar. (JMN) ■

CHICKEN CASSEROLE

Ingredients:

- 4 to 6 chicken thighs, each chopped into six pieces
- 1 Tablespoons thin soy sauce
- 1 teaspoon salt
- 2 Tablespoons granulated sugar
- 1 Tablespoon cornstarch
- 2 cloves fresh garlic, peeled and grated
- 2 slices of fresh ginger, grated
- 3 shallots, peeled and grated
- 1 red chili pepper, seeded and minced
- 2 Tablespoons vegetable oil
- 1 Tablespoon Chinese rice wine
- 2 teaspoon dark soy sauce
- 1 Tablespoon sesame oil

Preparation:

1. Wipe chicken thighs with paper towels, then mix them with the thin soy sauce, salt, sugar, cornstarch, garlic, ginger, and shallots with the minced chili pepper pieces into a claypot or another type of casserole and stir well. Stir again and every ten minutes for half an hour.
2. Add the vegetable oil, rice wine, and the soy sauce and continue to simmer on low heat stirring every five to ten minutes until the chicken browns and is cooked; that can be about half an hour or more.
3. Next, add the sesame oil, stir, and serve.

continued on page 33

SUGAR: A HIDDEN INGREDIENT*continued from page 32***PORK TROTTERS WITH
CHU HOU SAUCE****Ingredients:**

- 1 pound pork trotters, scalded, all hairs removed, and chopped into two- to three-inch pieces
 3 Tablespoons vegetable oil
 8 slices fresh ginger, each one smashed
 3 cloves fresh garlic, peel discarded, then slivered
 2 shallots, peeled, then grated
 1 teaspoon freshly grated black pepper
 ½ teaspoon whole peppercorns, smashed with the side of the cleaver
 1 scallion, angle sliced, green and white parts separated
 ½ carrot, peeled and grated
 2 Tablespoons Shao Xing rice wine
 1 Tablespoon chu hou sauce (it can be sold as chee hou, che hau, or chu hu sauce)
 2 Tablespoons brown rock sugar, smashed
 ½ teaspoon coarse salt
 2 Tablespoons sesame oil

Preparation:

1. Blanch pork trotter pieces in boiling water for two minutes, then drain and set aside.
2. Heat wok or large pan, add the oil, then add the ginger, garlic, shallot, and white scallion pieces and stir for one minute then add the grated pepper, and stir for one more minute, then add the smashed peppercorns.
3. Now add the pork trotter pieces, the grated carrot, rice wine, and the chu hou sauce and stir well before adding the rock sugar, and the salt, cover, and simmer for one hour. Then add the recommended salt amount or more to taste.
4. Put into a preheated bowl, add the green scallion pieces, and serve.

DRY SCALLOPS AND EGGS**Ingredients:**

- 2 dry scallops, steamed over boiling water for fifteen to twenty minutes, drained, then torn into thin strips
 2 Tablespoons rice wine
 2 teaspoons black vinegar
 3 Tablespoons sugar, half white and half brown
 1 one-hundred year preserved duck egg, peeled, diced, and set aside
 2 salted duck egg yolks, steamed for ten minutes over boiling water, then peeled and smashed
 3 large eggs, beaten well
 1 Tablespoon vegetable oil
 1 scallion, green part only, slivered on an angle
 salt and pepper to taste
 1 teaspoon sesame oil

Preparation:

1. Mix dry scallop strips with the rice wine, black vinegar, and the sugars and set this aside for ten minutes.
2. Heat wok or fry pan, add the oil, and when hot, add the beaten fresh eggs, stirring continuously.
3. When about half set, add the duck egg pieces and the smashed duck yolks, the scallop strip mixture, and its liquid, then the green scallion pieces and any desired salt and pepper. Keep stirring, and when set to the doneness preferred, stir in the sesame oil and serve immediately.

FIVE-SPICE CHOPS**Ingredients:**

- ½ cup soy sauce
 ¼ cup ketchup
 ¼ cup light brown sugar or brown sugar crystals
 ⅓ cup Chinese rice wine
 ¼ cup honey
 3 Tablespoons hoisin sauce
 1 Tablespoon Chinese five-spice powder
 ½ cup fresh pineapple, peeled and cut into a few chunks
 4 slices fresh ginger, each cut in pieces
 6 bone-in pork chops or lamb chops, or spare ribs
 2 Tablespoons vegetable oil

Preparation:

1. In a blender or food processor, pulse the soy sauce, ketchup, brown sugar, rice wine, honey, hoisin sauce, five-spice powder, pineapple, and ginger until all is made into a liquid.
2. Pour this into a wok or saucepan, and simmer for three minutes, then remove from the heat source, and cool to room temperature.
3. Add the meat, and soak overnight, or at least four or five hours, then drain and let rest for half an hour, and return the liquid to the pot and simmer until reduced by half.
4. Grill the meat, about three minutes per side or until cooked to desired doneness, then serve with sauce on the side

**FUTURE ARTICLES
 WILL BE ABOUT
 BERRIES, SAUCES,
 A LIAONING EATERY,
 PLUS
 MORE BOOK
 AND RESTAURANT REVIEWS.**

QUESTIONS ABOUT CONFUCIUS

HIS BIRTH AND YOUTH: This sage, born in 551 BCE in the State of Lu near Qufu, was known in China as Kong Qui, Kong Zi, and later as Master Kong. Westerners know him now by his Latinized name of Confucius given to him by the Jesuits in the late 1600s. His father, Kong He, was seventy when he was born; and he died when Confucius was three. His mother was his father's concubine named Yan Zhengzai. She was fifteen at his birth and he had nine older sisters and a crippled brother.

As a boy, he lived on rice and cabbage, and did follow the local custom of wearing a plain metal necklace to fool evil spirits into thinking he was a dog. He married at age nineteen, and had a son a year later named Kong Li. His mother died in 527 BCE, and three years after no longer officially mourning for her, in 524 BCE he did begin work as a state administrator in the State of Lu.

Always pictured as an elderly man, never as a young one, he is often shown accompanied by his beloved disciple, Yan Hui, rarely with his wife who was later known as Qi Guan, or with his son. There are very few pictures of him. There are also few pictures with any of the more than thirty thousand students he had.

Here are two, a picture and a statue. Many of his descendants are buried behind this statue under mounds in these woods. Many dispute if his actual remains are here.

WHY HE IS REMEMBERED SO MANY YEARS AFTER HIS DEATH: There are many reasons including he was a great teacher one who broke tradition and educated students from every walk of life. And, he touted and advanced important thoughts and beliefs about man and life. Confucianism became the state religion in 136 BCE, and technically it still is, though not practiced as other religions were or are.

He is remembered thanks to the writings of Sima Qian, the *Analekts* compiled by his disciples and their disciples centuries after his death, by Mencius (372 - 289 BCE) in a

volume titled: *Mengzi*, and a narrative called *Zhouzhuàn* written in the 4th century CE from earlier sources. Years ago, when Chinese students trained for the imperial examinations, they needed to learn his sayings; they no longer do.



There were two version of *The Analects*, the *Lu* and the *Qi*; a third version, the 'Old Text' was discovered hidden in his home a century after the first two. This is what is recognized as *The Analects* today.

There are very few reliable sources about this sage known today other than a fundamental theme is his importance on education, and of finding a balance between formal study and self-reflection. Credited with teaching three thousand students, only some seventy are said to have mastered all that he taught.

WHERE IS HE MOST REMEMBERED:

In Qufu, and in all of China, and in Asia. There are special dinners at the Kong Mansion where his direct descendants often serve elaborate meals.

THE KONG MANSION,

spoken as the home of Confucius, is a museum, a World Heritage site, and one of the three largest ancient architectural complexes in China. It is the largest Ming Dynasty style set of buildings, located east of the Temple of Confucius but no longer connected to it. It has offices in the front, residential quarters in the rear, and a garden out back. First constructed with more than four hundred rooms, it is the tallest place with the Dacheng Hall, a tower designed to be a shelter should it ever be attacked. However, it never was. In addition, it holds more than sixty

thousand documents related to this sage.

First built in 1030 CE to honor him, in 1377 it was relocated to its present site and expanded in 1503 to three large buildings with five hundred and sixty rooms. The Temple of Confucius is nearby, with large spaces behind divided into nine three-by-three courtyards, each. The most

continued on page 35

QUESTIONS ABOUT CONFUCIUS

continued from page 34

senior descendant can reside here, but no one does at present. Its eastern part has a study and is where official guests are greeted and they can worship him. The western part is for family meals.

DESCRIBING THESE BUILDINGS includes advising that they had a fire in 1886 which totally destroyed the women's quarters. It is interesting to note that no men were allowed to fight that fire. The premises were used for the sage to preach and teach in the Apricot Hall before that event and in the Kui Wen pavilion, in the library of the temple, and in other places on the property. Those coming here note that it now has a gate for ceremonial purposes at the main entry with a plaque saying: *Shengfu* or Holy Mansion. There is another one, *Chongguang Men* or Gate of Double Glory for other needs. The first one was erected in 1503 as was the Great Hall for all official business and the reading of all edicts. The third largest hall, The Hall of Withdrawal is where people are greeted as they leave the grounds. There are many other small and large rooms for various purposes.

MEALS SERVED here are only for family and formally invited guests. One typical meal made for a few such guests, this author included, does resemble the table set for same, the most important among them, the Bird's Nest or *Gaobai* Feast. The most recent time this one was served was to Emperor Qianlong. This feast had and always has one hundred thirty courses, all served on special silver-surfaced porcelain plates and platters. Four of them were made with bird's nests and that time, it was done to celebrate and appreciate his long life and service to the country. We had a meal here as seen at the end of the next column.

The next level of important meals was called the Four Sharkfin Dinner, with four dishes made with these sea creatures, and many other dishes. How many, we know not. The next level was the Three Sea Cucumber Dinner. We have never seen a list of these dishes but are willing to say there is a record somewhere, also of where the food came from and who prepared each dish as the Chinese have kept these kinds of records for every such occasion of feeding their royalty.

WHAT CONFUCIUS ATE AND TAUGHT was not of this type. He did not believe in these types of elaborate meals but did believe in animal sacrifices done to appropriate standards. He followed rules for diet, integrity, food hygiene, its preparation, etc., and he taught these to his students. He practiced eating a moderate diet, did consume some ginger before each of them, and said everyone should eat some ginger to remove excess wind and dampness in the stomach and aid their digestion.

SOME CONFUCIAN FOOD THOUGHTS;

- 1) Rice should be cleaned well, and not injured by heat or dampness; and not eaten if sour;
- 2) Meat needs to be minced well, not discolored, nor ill-cooked or with bad flavor;
- 3) Foods should be eaten only in season;
- 4) Foods should not be overindulged in, even during festive seasons;
- 5) Meat should be cut properly, eaten with a proper sauce, and in smaller quantities than rice;
- 6) Meat is hard on the digestive system, so only take it in reasonable amounts;
- 7) Too much drink (and he meant wine) can confuse the mind;
- 8) Dried meat from the marketplace needs to be clean;
- 9) No foods should not be overcooked;
- 10) A balanced diet should include rice, meat, and vegetables;
- 11) Rice should be the largest portion at every meal, meat should never exceed it;
- 12) Diet should be balanced at all meals;
- 13) Never talk at meals as it is unsafe to do so;
- 14) Do not eat too much as it puts a burden on the spleen, the stomach, and the heart.

He followed these and other rules, and he taught others to do likewise. He also taught them the art of cooking which he believed was in its taste. He said foods need color, aroma, flavor, and texture; and that one should eat a moderate diet after eating raw ginger before each meal. He believed the ginger would remove excess wind and dampness in the stomach and aid the digestion of all foods. He had no objection to his rice being of the finest quality; and he was a staunch supporter of ritual, and instrumental in shaping Chinese social relationships and moral thought. He taught his students much of what was in the *Analects*. We know of only one food created in his memory, not anything he actually ate. Nonetheless, we share that recipe with you on page 36. (JMN) ■



continued on page 36

QUESTIONS ABOUT CONFUCIUS

continued from page 35

EIGHT IMMORTALS CROSSING THE SEA

Ingredients:

- 1/2 pound cooked boneless and skinless breast of chicken, finely minced
- 1/4 cup shark's fin, cooked and finely minced
- 1/2 pound sea cucumber, cooked and finely minced
- 1/8 pound canned cooked abalone, finely cut
- 1/2 cup fish maw, soaked and cut into thin strips
- 1/4 cup shrimp, cooked, veins removed and discarded, then minced
- 1/4 pound and white fish, skinless and boneless, then minced
- 1/8 pound asparagus, cut into one-quarter-inch pieces
- 2 Tablespoons minced fresh-peeped ginger
- 3 Tablespoons Chinese rice wine
- 1 few leaves of bok cai cut into small cubes
- 3 cups chicken stock
- 2 Tablespoons lard or chicken fat, melted

Preparation:

1. Prepare all the solid ingredients and arrange artfully at the bottom of a large soup bowl, then put the ginger and the bokcai neatly over them.
2. In a small pot, boil the stock and rendered fat and carefully pour this over the solid ingredients not disturbing them. Now allow the diners to take both solids and liquid into their own soup bowls and enjoy this soup.

FRUITS ARE VERY POPULAR

continued from page 7



APRICOTS, like many fruits, have many meanings. The Chinese like them fresh, dried, and/or sweetened, and they call them *xing*. Their kernels, that is the seeds within their pits often are used instead of almonds, though they are a mite more bitter. Prepared in soups or stews, fresh or dried, they can also be ground and used as a flour.

The word for the apricot was found thousands of years ago written on bamboo strips. As fruits, they can mean beautiful women, and when an apricot appears on a painting near a lady, the Chinese believe she represents beauty. The Western world knows the apple was mentioned in the Bible, some believe it was really the apricot.

Called *xing* or *wing guo* in Chinese, like apples, they grow on deciduous trees most often on those thirty to thirty-five feet tall unless they have been grafted on dwarf root stock. The same is true of apples found on dwarf trees about eight or ten feet tall.

Botanically known as *Prunus armeniaca*, apricots produce small round fruits that ripen in the Fall. When ripe, they can be yellow, orange, blushed with red, or a combination of all of these colors. Apricots have a kernel or bitter seed inside their pit, their fruit is sweet, their nature is neither hot nor cold.

The Chinese believe this fruit when fresh moistens the lungs, relieves asthma, promotes saliva production, quenches thirst, moistens the intestines, eases coughing, and invigorates a person's *qi* which is their vital energy. They recommend eating apricots for those with a chronic cough, dysentery, hot flushes, fever, and general weakness; and they say to eat them fresh, dried, or preserved. They also give apricots in any form to those who are constipated. One does need to know that if someone openly gives a husband a red apricot, they are telling him his wife is having an affair outside of the marriage.

This fruit was taken to Armenia by the Chinese during the Han Dynasty; during Zhang Qian's mission to that country. The apricot seeds inside their pits are used there and by Chinese world-wide, their fruit peeled and used in pastries and in soups. These fruits when fresh are mostly eaten raw or dried and sugared.

APRICOT AND BEAN CURD SOUP

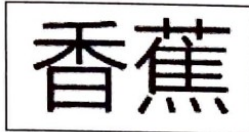
Ingredients:

- 2 bean curd cakes, one firm the other soft, sliced thin
- 2 quarts chicken stock
- 1 teaspoon coarse salt
- 6 ripe apricots, seeds discarded, each cut in eight slices
- 1 large Chinese black mushroom, soaked in half cup warm water for half an hour, stem discarded, then minced

Preparation:

1. Put bean cakes, stock, and salt up to boil, then reduce the heat and simmer for twenty minutes.
2. Add apricot slices and the minced mushrooms, and simmer for three minutes, then serve.

■ ■ ■



BANANAS used to be popular only for their fiber, but when they did become popular as edible, eaten raw and green or raw and ripe, or eaten after

preserved in honey. Banana leaves were popular as foods, but not to be eaten but rather for wrapping other foods or steaming foods in them.

Banana leaves have been mentioned as one of fourteen items used by scholars. They were also popular on temple and home offering tables. And as fruits, they were wishes for education, brilliant art work, and excellence at school and in other thoughts.

continued on page 37

FRUITS ARE VERY POPULAR

continued from page 36

These fruits, the Chinese call *xiang jiao*, were used early on in China's cuisine. We read they were taken to Xian in about 111 BCE. Before and afterward, they were used on altars and as offerings, and even before that, they were used to make fishing nets and various fabrics. In kitchens, some of early uses were for making flat breads and a few dishes.

Though the Chinese do call these fragrant large-leaf plants *xiang jiao*, they are also known as *gan jiao* and *gong jiao*. These are herbaceous plants that live for many years die back each year, they come back the following season. Their fruits begin green and then turn to yellow when ripe. The Chinese consider them cool in nature; and they are very rich in fructose, glucose, and sucrose, all increasing as they ripen.

The Chinese use them in many medical ways, some to ease constipation and relieve hemorrhoidal pain. Their skins are used to reduce high blood pressure and alleviate hangovers. Very ripe bananas are recommended to those who gasp and cough a lot as they reduce these symptoms.

These are botanically known as *Musa acuminata* dwarf or full-sized; and they are related to plantains which are hybrids. All are palm-like perennials with a pseudostem that some Chinese eat. Some also eat the seeds that some varieties do have, though not all have these seeds.

Plantains need to be cooked and they and bananas are used when making candied fruits; and many Chinese do just that. Bananas are popular prepared in gelatins or they can be made without fruit but with its extract. So are mangoes and cooked pieces of pineapple. Pineapples do not gel well, if at all, so only cooked or canned ones can be used this way.

BANANA GELATIN

Ingredients:

½ cup agar-agar softened in one cup of cool water
½ cup sugar
1 cup evaporated milk
1 teaspoon banana extract
three drops of yellow food coloring.

Preparation:

1. Bring three cups of cold water to the boil, add the agar-agar and the sugar and stir until it thickens.
2. Add the evaporated milk, the extract, and the food coloring and take the pan away from the heat and pour it into a shallow square or rectangular pan, cover, and refrigerate.
3. Cut the gelatin into squares, and serve alone or with preserved fruits between courses or at the end of a meal.

佛手瓜

CHAYOTE: This fruit is also known as the christophine. The Chinese call them *fo shou qua* or *zhun ren gua* and we heard they originated in Mexico or perhaps another tropical American country. We did read that they came to China in the early 1930s, though not all food writers agree. They resemble the Buddha Hand Citron and are botanically known as *Sechium edule*. Most are light green in color, their skins a bit darker, and when young, they can be sliced through their large seed; something we almost always do. They are most often cooked as a vegetable; though they technically really are fruits.

Climbers, these fruits have tuberous roots. They are rarely found in western markets unless they have large numbers of Hispanic customers. These fleshy fruits some call melons or closed palm melons; they are rare to find a recipe for them. They are rare to find in most cookbooks. We have never seen recommendations to eat them raw, they are not very sweet, and are best prepared in soups or when cooked as vegetables.

Traditional Chinese medical practitioners say they soothe the respiratory tract, and many say to stir-fry them, then eat them hot or cold.

CHAYOTE AND PUMPKIN SOUP

Ingredients:

2 chayote, each sliced then diced; seeded if old
½ pound Chinese pumpkin, peeled and diced
2 tomatoes, stems discarded, cut in half-inch pieces
3 dried scallops, soaked for two hours, then pulled apart, string-like
4 Chinese black mushrooms, soaked for half hour, stems discarded, then diced in ¼-inch pieces
1 pound pork ribs, scalded in 2 quarts of water, then strained
4 slices young ginger
½ teaspoon round white pepper
1 Tablespoon thin soy sauce

Preparation:

1. Put all ingredients except the soy sauce in two more quarts of tepid water, bring to the boil, reduce the heat, and simmer for two hours.
2. Remove meat from the bones, cut it into half-inch pieces, and discard the bones.
3. Add the soy sauce, stir, and serve.

MORE FRUITS FOLLOW IN UPCOMING ISSUES

THANKS TO OUR RECENT CONTRIBUTORS
DONORS, SPONSORS, AND ALL

DEEM SUM
INTERNATIONAL/YANK SING
427 BATTERY STREET
SAN FRANCISCO CA 94126

MANDARIN RESTAURANT
348 E 900 N
BOUNTIFUL, UT 84010

TEN REN TEA & GINSENG CO.
75 MOTT STREET
NEW YORK, NY 10013

YANG MING
1051 CONESTA ROAD
BRYN MAWR, PA 19010

WONTON FOOD
200- 222 MOORE STREET
BROOKLYN NY 11206

THE ANONYMOUS ONES
WHO DONATED IN DEVIN WOLCOTT'S MEMORY,
AND THE MANY OTHER CORPORATIONS WHO ASK TO REMAIN UNLISTED

AND WE THANK THESE SUPPORTERS:

E.N. ANDERSON	AL MEYERS
IRVING CHANG	SIDNEY MINTZ
HELEN CHEN	MICHAEL AND POLLY NEWMAN
THERESA M. CHEN	MARK L. SATLOF
JOHN ENG-WONG	GREGORY SKEDROS
KEN HOM	DIANA TANG DUFFY
L. P. JETER II	KEITH AND JULIE WANG
JOE JURGIELEWICZ & SONS	MICHAEL WEI
DONALD LAU	KEN WOYTISEK
IMOGENE LIM	MARTIN YAN

AND THE MANY OTHERS
WISHING TO BE UNLISTED

FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

促進中國烹飪科學與藝術研究所

is a quarterly magazine published by
The Institute for the Advancement of the Science and Art of Chinese Cuisine
P.O. Box 91; Kings Park NY 11754

Subscription/Membership form

- Yes, I want to be a member of the ISACC.** The Institute for the Advancement of the Science and Art of Chinese Cuisine. Membership in this not for profit organization, for residents of United States, is \$60.00. It entitles me to a year's subscription to *Flavor and Fortune*, if requested. (E11-7063927; NYS # 41817)

Enclosed is a check, dollars only, for \$_____ made out to ISACC; see ** below:

- Better than that, I want to be a donor/sponsor.** Donating \$150.00 or more lists my name in the Donor/Supporter column of *Flavor and Fortune* in four consecutive or a full calendar year of issues. * All contributions are fully deductible as allowed by law. (E11-7063927; NYS # 41817)

Enclosed is a check, dollars only, for \$_____ made out to ISACC; see ** below:

- Now I just want a subscription to *Flavor and Fortune*.** A subscription for this quarterly is:
\$25.00 for those residing in the USA
\$45.00 for those residing in Canada
\$60.00 for those residing in all other locations

Enclosed is a check, dollars only, for \$_____ made out to ISACC; see ** below:

- Send individual back issues listed below, shipped postpaid,**
\$15.00 each issue for those residing in the USA
\$20.00 each issue for those residing in Canada
\$25.00 each issue for those residing in all other locations
(include volume, number, and pages for each)

and, send copies of individual articles, listed below, at \$5.00 each postpaid,
(include volume, number and pages for each)

Enclosed is a check, dollars only, for \$_____ made out to ISACC; see ** below:

- PLEASE ACKNOWLEDGE RECEIPT & SEND REQUESTED ITEMS TO:**

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail: _____

** Payment required, in US dollars in: 1) US bank checks, 2) US dollar traveler checks; or 3) Canadian US dollar postal money orders, 4) Wire transfer requires permission

AND all checks must be payable to ISACC.

FROM:

FLAVOR AND FORTUNE

A magazine of the
Institute of the Science and Art of Chinese Cuisine (ISACC)
P.O. Box 91
Kings Park NY 11754
www.flavorandfortune.com

Non-Profit Org.
U.S. Postage
PAID
Kings Park NY 11754
Permit No. 224

MEDIA MAIL
ADDRESS CORRECTION SERVICE



TO:

Brett Newman
555 East 5th Street #709
Austin TX 78701

促進中國烹飪科學與藝術研究所

RECIPES IN THIS ISSUE

Apricot and Bean Curd Soup.....	36	Hot and Sour Soup with Sea Vegetables.....	19
Banana Getahn.....	37	Mushrooms and Pork Floss.....	31
Braised Squid with Chicken.....	17	One-Pot Chicken Rice.....	24
Candied Apples.....	7	Pearl Dumplings.....	22
Chayote and Pumpkin Soup.....	37	Pork with Chili Sauce.....	21
Chicken Casserole.....	32	Pork Trotters with Chu Hou Sauce.....	33
Corn and Shrimp Orzo.....	14	Pressed Tofu and Rice Cakes.....	14
Crabs, Sea Vegetables, and Yellow Bean Paste.....	30	Pumpkin and Leek Dumplings.....	23
Dry Scallops and Eggs.....	33	Salamander, Cantonese Style.....	19
Eight Immortals Crossing the Sea.....	36	Salamander Omelet.....	19
Eight Treasure Quail.....	12	Salamander with Vegetables.....	19
Firecracker Shrimp.....	20	Snails, Cantonese-Style.....	18
Five-spice Shrimp.....	33	Snail Pancakes.....	17
Fresh Squid, Stir-fried.....	16	Snails with Vegetables.....	18
Ginger-Pickled Walnuts.....	10	Spare Ribs with Ginger.....	10
Ginseng and Chicken.....	12	Squid and Red Bean Squares.....	17
Glutinous Rice Cakes.....	14	Squid in Curry Sauce.....	16
Grass Carp and Sea Vegetables.....	30	Squid in Oyster Sauce.....	16

RATES

MEMBERSHIP in ISACC is \$60.00/year in USA*
\$75.00 in Canada*, and \$100.00 elsewhere*
SUBSCRIPTIONS are for four issues:
\$25.00 in USA; \$45.00 in Canada; and \$60.00
everywhere else; see page 39
BACK ISSUE PRICES are on page 39
For additional information please fax our
offices at (631) 265-9126
* see page 39