

# FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

BIRD'S NESTS; CHOPSTICKS;  
BEEF AND NOODLES IN TAIWAN  
DUCK; DOMESTICATED FOR YEARS;



燕窩

GUANGZHOU AND THEIR FOODS;  
QING MING FESTIVAL; BULANG PEOPLE;  
BOOK AND RESTAURANT REVEIWS, AND MORE

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# FOOD FOR THOUGHT

About The Publisher

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

## 促進中國烹飪科學與藝術研究所

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

The Mission and Goals include:

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

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*Pictures are from the files of the editor except those in articles of other authors; these may be from their cameras or files.  
The picture on the cover is of bird's nests.  
All articles ending with (JMN) are written by the editor.*

## FLAVOR & FORTUNE

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■■■

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*Dear Reader:*

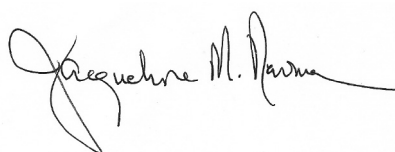
*This second issue in our twenty-fourth year continues with more articles in the close to one hundred issues to date. All together, there have been more than nine hundred articles, nearly five hundred book reviews, almost three hundred restaurant reviews, and better than two thousand recipes written by more than one hundred forty different authors.*

*If there are Chinese food items you want to know about, do tell us so we can address your personal interests. In this issue read about chopsticks, bird's nests, duck, and many more foods, festivals, and minority folk. In addition, check out the eight book reviews, five about the food culture; three are cookbooks. We also share a restaurant new to us. Its chef has thirty years of experience in China in Beijing Duck restaurants, and since coming to the US has been cooking Chinese dishes for Americans. His English is good enough for us to learn not only from his food, but now also from what he says. Read the Letters to the Editor column, it is longer than usual and with more recipes, looks at a jade burial suit, Chinese food in Japan, and tree oil.*

*The Blang minority are discussed in an article, but we need help locating some of their recipes. The web and all five thousand plus Chinese cookbooks we donated to Stony Brook University have none. If you know any do share and we in turn will share with our readers. This issue also has an article, our fourth in the continuing series about fruits. It will not be the last. Also look and learn about Guangzhou and its Cantonese cuisine in these pages.*

*Do enjoy them all and those slated for future issues.*

*The Editor,*





# LETTERS TO THE EDITOR

## FROM DEENA ON LONG ISLAND:

*Read about a burial suit made of Jade. Can you tell us something about it and what it looked like?*

### DEENA:

We did see one at a Staten Island NY museum, forgot from when but our picture is dated August 2000. Called *yu yi* in Chinese, royal family members were buried in them. This one, my notes say, may have been dated from the Han Dynasty (202 BCE - 220 CE). I did make a note that each jade piece was held together with gold thread and it was probably for a Duke or Prince. If all the threads were silk or ribbon, then that person was of a lower status. The folks there knew nothing about what he ate but did tell me he was not a large person.



We did read elsewhere that King Zhao Mo's jade pieces were attached with silk threads as were jade suits found from later times. One found in 1968 came from the tomb of Dou Wan in Guangzhou. Another was from the tomb of Liu Sheng with more than two thousand pieces of jade. I was told that one had more than two grams of gold holding its some one thousand pieces of jade sewn corner to corner. Some were square, others were rectangular.

...

## FROM LI HUI AND JOLO, BOTH FROM HANGZHOU:

*Did appreciate your article titled: Lamb Revisited. Do you have a Five-spice Lamb recipe to share and any other great lamb recipes? My friend Jolo asks: Why no roast lamb, boiled lamb, or lamb hot pot recipes? He also wonders do you have a round Chinese zodiac picture?*



**TO ALL WITH QUESTIONS** Botanically, lamb is *ovis* and the Chinese believe it is a 'tonic meat.' Do read Volume 17(l) on pages 19 - 21 in the article titled: Lamb: A Ritual, Revered, and Reviled Food for many answers. Below are four recipes requested; also here is a round Chinese zodiac, but note the one animal is 'ram' not lamb.

## BOILED LAMB

### Ingredients

4 or 5 pounds lamb meat, skin removed, bones, too  
 2 teaspoons vegetable oil  
 3 Tablespoons flour  
 ½ teaspoon chili powder  
 ½ teaspoon cumin powder  
 ½ teaspoon powdered ginger  
 1 teaspoon coarse salt

### Preparation:

1. Cut lamb into chunks to be skewered later, and in a large pot, stir-fry them for one minute, then add six cups water or enough to cover the meat, and simmer for half an hour.
2. Toss flour, chili, cumin, and ginger powder and the salt, and coat the meat with it. Then skewer it, preferably on metal skewers.
3. Heat a grill until embers are white, then grill it turning often until done as you like. However, the meat will be more tender if not over-cooked.

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## LETTERS TO THE EDITOR

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### LAMB MEATBALLS

#### Ingredients

2 pounds mixed lamb liver, lungs, stomach, spleen, and their kidneys with their veins removed, minced  
2 Tablespoons flour  
1 scallion, minced fine  
1/4 teaspoon each until one and a half teaspoons are measured out of ground spices such as: Sichuan pepper, salt, ginger, cumin, and black pepper  
1/4 yard cheesecloth and string  
2 Tablespoons chicken fat  
one sprig cilantro for garnish or coarsely chopped and used that way

#### Preparation:

1. Toss all meat and spice ingredients together and shape like a long sausage. Next roll it in the cheesecloth and tie every few inches.
2. Simmer for twenty minutes covered with boiling water, then unroll and slice into thin rounds.
3. Heat fat in a wok or fry pan, and fry the slices on both sides, garnish, and then serve.

### FIVE-SPICE LAMB

#### Ingredients

2 Tablespoons five spice powder  
2 teaspoons sugar  
3 Tablespoons dark soy sauce  
3 Tablespoons thin soy sauce  
1 Tablespoon vegetable oil  
1 four-pound piece of breast of lamb, the bones left at four-inches long, all visible fat cut away and discarded  
1 carrot, peeled and angle-cut in one-inch pieces  
1 large onion, peeled and cut in quarters  
2 Tablespoons cornstarch mixed with the same amount of cool water  
1 zucchini, cut in half, then angle-cut in one-inch pieces  
2 cups vegetable oil

#### Preparation:

1. Make a marinade of the five-spice powder, sugar, and both soy sauces and rub the lamb with this, and put it in a bowl, cover, and refrigerate overnight in a bowl.
2. Put lamb, the carrots, and the onions in a pot with two cups of water, bring to the boil, then reduce the heat and simmer for one hour and fifteen minutes, then remove and dry the meat with paper towels, then cut the ribs apart and set them aside.
3. Add cornstarch to the marinade in the pot with the carrots and the onion pieces, bring to the boil and when thickened, put the zucchini pieces into the pot and turn the heat off.
4. Heat the oil in a deep pot, add the lamb ribs and deep fry them for two minutes, then remove them and drain them on paper towels. Put the vegetable mixture into a serving dish. Then add the lamb ribs, and serve.

### SPICY CUMIN LAMB

#### Ingredients:

1/2 pound thick noodle, cooked until almost soft  
3/4 pound ground lamb  
2 Tablespoons vegetable oil  
2 Tablespoons rice vinegar  
2 teaspoons hoisin sauce  
2 cloves fresh garlic, peeled and minced  
1/2 teaspoon five-spice powder  
1/2 teaspoons cumin seeds  
1/2 teaspoon crushed red pepper or hot pepper paste  
5 ounces chicken broth  
1 cup broccoli pieces  
1 cup cauliflower pieces  
10 baby carrots, each angle-cut in half

#### Preparation:

1. Heat wok, add the oil and then the ground lamb and stir until almost browned, then drain and set it aside leaving oil in the wok or pan and add the vinegar, hoisin sauce, and the garlic, and stir in the cumin and the crushed pepper or its sauce into the wok and stir-fry for one minute, then add the broth and stir for one minute until it is hot.
2. Then add the vegetables and boil for one minute, then return the ground lamb to the pan and fry for two minutes. Then serve.

...

### FROM HENRY ON LONG ISLAND:

*Is there really an Uncle Tai in the Hunan Kitchen restaurant? Does he own that restaurant named for him?*



**HENRY:** Yes, there really is an Uncle Tai. His name is Wen Dah Tai. He and his partner, Norman Chi, own that restaurant, and they have for many years. We have seen his photograph but not the actual man. We once did cut out a picture of him from an early *New York Times* issue, and I did not date it; shame on me!

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## LETTERS TO THE EDITOR

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### FROM AMIKO IN BROOKLYN:

*Did enjoy Zhengyu's article in the Volume 23(3) issue. I came to the US as a child and have a Chinese mother and Japanese father. I often wonder about Chinese food in my Dad's birth country. Have you been there and eaten any Chinese food there?*

**AMY-KO:** Yes, but only to Tokyo and Kyoto. The Chinatown in Tokyo is known as Yokohama. Sidney Cheung at The Chinese University of Hong Kong is more expert than I, and he has written about it so I suggest you look him up on a computer or read some of his writings. He says Chinese food is now popular among Japanese at home and has been since the Tokyo Olympics in 1964. He sees four phases of development, and early on it was limited to the upper class or American tourists. In the 1960s and 1970s more Japanese went to these restaurants. In the 1980s, many Japanese did travel and do business abroad, so there was greater interest, also more Chinese restaurants in Japan. He writes that Cantonese dim sum is now popular and many more Chinese restaurants can be found in almost every major city in the world and that Japanese tourists do frequent them. With more Chinese restaurants in Japan now, they have expanded Japanese tastes and desires for them. In the 1990s and more recently with TV programs, comic books, and newer Chinese restaurants in Japan, the Japanese are eating more Chinese food. We think you need to get to Japan and learn for yourself.

...

### WANG WANG WRITES FROM THE BRONX:

*Why no corn 'wowotuer' recipe with your article about Tianjin? I do miss having it here in the US., and I did try to make my own but it was not as good as we had in Tianjin where I grew up.*

**WANG WANG:** Sorry, but we knew nothing about it. A friend sent me her recipe; hope you will make it and like it.

### WOWO TU-ER

#### Ingredients

1 cup yellow corn meal  
2 Tablespoons all-purpose flour  
½ teaspoon baking powder  
2 teaspoons sugar  
½ teaspoon coarse salt

#### Preparation:

1. Dip a wicker steamer basket in water, shake out the excess, and wring out a twelve-inch square of fabric. Put these in the bottom of a steamer over boiling water for fifteen minutes so they will be warm and wet.
2. Mix cornmeal, flour, baking powder, sugar and salt with seven tablespoons of cold water.
3. Take a walnut-size piece of this dough and make it into a flat-topped cone, and with your thumb, make an indent on the bottom and press it together firmly. Repeat until all dough is shaped this way, then put them

on the warm fabric,

4. Cover the steamer basket with its top, and steam over boiling water for half an hour, Cut one in half if you think they are not thoroughly steamed. Serve them or freeze them in a single layer on a baking sheet. Transfer when frozen into a thick plastic bag and reheat when needed.

...

### FROM HIBBY IN MONTANA:

*Why has Pu-er tea sky-rocketed in price? Is it really very special?*

**HIBBY:** Over the years many have asked questions about this staple tea from the Yunnan Province. Growing in popularity among sophisticated tea drinkers; they value its taste. Its tea leaves are heated to reduce moisture and are oxidized, which some incorrectly call fermented. All tea is *Camellia sinensis*, this variety is *assamica* and it does change color from green to brown. A fine English book is a 2013 publication called *Puer Tea: Ancient Caravans and Urban Chic*. Written by Jinghong Zhang, it speaks to its complexities, controversies, and contradictions.

Many tell us this tea is often packaged, sometimes counterfeited by brand because middlemen sell some not from Yunnan, not picked by hand, not withered correctly, not rolled right, compressed by huge hydraulic presses, and aged in large humid leaf piles that artificially speed this up. The most common shapes are as a cake called *cha bing*, a bowl called *tuo cha*, a brick called *cha zhuan*, or looking like a mushroom and called *jin cha*. Most labels do not give its age, some with numbers on them whose first two digits tell the year this particular blend was introduced, not when it was picked, pressed, or blended.

...

### FLAVOR AND FORTUNE EDITOR:

*Does good dumpling dough have any egg as a component? Also, can you provide an excellent recipe and a fine filling, too?*

#### DUMPLING DOUGH

We have not made dumplings recently, but when we did, we used two cups of flour, one large egg white, a pinch of coarse salt, and three-quarters of a cup of warm water. This we did stir and then kneaded for three minutes until smooth. We let it rest half an hour while making its filling and did roll some about the size of an egg yolk into thin circles of dough. Then we tossed them with a little flour, filled them with about a tablespoon of a filling, folded the dough in half, wet its edges and pleated or pinched the dough closed getting all air out. We did cover the dumplings with a dry cloth until cooking them or froze them on a baking sheet for three or four hours, then sealed them in a thick plastic bag.

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## LETTERS TO THE EDITOR

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### FILLINGS AND COOKING DUMPLINGS:

Use half pound of ground pork, beef, or lamb mixed with two tablespoons Chinese rice wine, two of minced ginger, two teaspoons thin soy sauce or oyster sauce, and quarter-cup of minced scallions, garlic chives, or other greens.

### TO BOIL OR FRY THEM:

Boil for two minutes, added a cup of warm water and boil for two minutes more; if frozen do this again for two more minutes. When they come to the surface, take them out with a strainer. If wanting them steamed, fry them in two tablespoons of oil or chicken fat on both sides. Then add half cup of boiling water, cover the pan and reduce heat to simmer doing so for eight minutes until all water is absorbed. Serve them with one or more dipping sauces.

### FROM PETE IN OREGON:

*You did write about donating thousands of English-language Chinese cookbooks to Stony Brook University's library. Why did you collect so many; who really uses them, and are there other important university Chinese cookbook collections?*

**PETE:** Cookbooks have more value and interest than most realize. They are more than just recipes, many are historical markers of eating habits and ingredients used by different generations and cultures. They show technical advances, equipment used, food and society knowledge during the times they were written. For example, confectionary cookbooks were often used for fund raising, processing cookbooks indicating surplus fruits and vegetables, baking cookbooks used for entertaining, individual food or company cookbooks what food their manufacturers wanted to market, beverage cookbooks what society was drinking, etc.

In China, old culinary material often refers to foods or cooking techniques lost to posterity. One example, foods from the Zhou Dynasty (11th century to 221 BCE) rarely exists as few if any recipes have survived from then. *The Book of Food* by Cui Hao, a Prime Minister of the Wei Dynasty (386 - 534 CE) no longer exists in its entirety. *Essential Skills for Daily Life* by Jia Sixie (circa 533 - 544 CE) was not lost and it tells how an aristocrat, the Prefect of Gaoyang in Shandong, made his soy sauce. It was not made commercially until Han Dynasty times and early home made records are scarce. Jia says to ferment the beans, soak and cook them, steam them, add salt and starter. His 'how to' is one of the very earliest known. A sixth century recipe in *Qimin Yaoshu* discusses what may be the first stir-fried dish; it is for duck.

Dr. Neige Todhunter did die a few years ago and before she did donated her fourteen hundred cookbooks to the Vanderbilt Medical Center library saying "they are a rich source of information about people, customs, and social life." She also said with humor, "cookbooks are joyous reading for all without putting on weight or

adding a single calorie." Hundreds before and since saved cookbooks, some donating them to assorted places. There are none with Chinese recipes as are the numbers of my collection. There are very early cookbooks from Katherine Golden Bitting, Arnold Whitaker Oxford, Andre Louis Simon, Georges Vicare, and others, and for those who want to know something about early foods, do consult: *A Short-Title Catalogue of Household & Cookery Books Published in the English Tongue 1700 - 1800*.

...

### DON'T USE MY NAME:

*Your web site often raises my curiosity; and I love it! However, you never say anything about the origins of Chinese cooking, can you address that?*

**SIR:** That is a great question, one to be proud of but as we are neither archeologists nor anthropologists, we refer you to: *The Cambridge Encyclopedia, Volume 3*, 1991 edition. It says the development of this cuisine is one where: "People regard food as the most important thing in life. It then lists four stages as the

**1) EMBRYONIC PERIOD** from Pre-historic times to the Yin Dynasty to the 16th century BCE when cooking utensils made of metal and pottery came into being; and instead of burning or roasting on an open fire, techniques of boiling and steaming developed.

**2) FORMATIVE PERIOD** followed from the Yin to the Qing Dynasty or the 16th century BCE to 206 BCE. Then cooking rapidly improved including sharp instruments for cutting, copperware to conduct heat and melt animal fat, various methods of cooking, and the appearance of professional chefs.

**3) DEVELOPING PERIOD** from the Han Dynasty to the Sui and Tang Dynasties, that is from 206 BCE to 907 CE. Then cooking was both knowledge and technique, there were works on gastronomy published; by the Tang Dynasty (618 - 907 CE), teahouses and restaurants everywhere, and cooked food and dishes satisfying people's color, taste, smell, and shape needs.

**4) MATURE PERIOD** from Song, Yuan, Ming, and Qing Dynasties to modern times or 907 CE to the present. This was when Chinese gastronomy became fully mature, rare delicacies were main courses, food marketers thrived, there were a variety of local flavors, Chinese restaurants found all over the world, and Chinese food enjoying favor among people everywhere.

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## LETTERS TO THE EDITOR

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### FROM DU ZHOU IN PEJING:

*Just returned from the United States and almost every Chinese Restaurant there had a General Zuo dish (spelled many ways). Most were made with chicken. Do Americans really know any thing about this general or the recipes named after him? Many of these dishes were made with different ingredients other than chicken. The ones I saw or tasted all looked different; why is this so?*

**DU ZHOU:** You are very observant. We are willing to bet most never heard of him. This general, Zuo Cung Tong, lived from 1812 to 1885, and his military career took him to many parts of China.

Readers may know he loved meat. Locals he came in contact with did want to cultivate his favor so they did prepare special dishes and feasts for him. In 1875, Dowager Empress, Zi Xi promoted him to the royal court and made a banquet for him with large servings of meat. He said: I am lucky that I enjoy meat. This chicken recipe named for him is said to be a favorite, and one chef did name it after him, the only one we know of.

### GENERAL ZUO'S CHICKEN

#### Ingredients

6 chicken thighs, each cut in two-inch pieces  
1 egg white  
3 Tablespoons cornstarch  
2 Tablespoons flour  
½ teaspoon salt  
1 cup peanut or vegetable oil  
2 scallions, minced coarsely  
3 cloves garlic, peeled and slivered  
1 Tablespoon fresh ginger, slivered  
5 red hot peppers, seeded and slivered  
2 Tablespoons granulated sugar  
2 Tablespoons each thin and dark soy sauces  
2 Tablespoons fermented rice wine  
1 Tablespoon sesame oil  
1 Tablespoon white vinegar  
2 Tablespoons cornstarch  
3 Tablespoons chicken broth

#### Preparation:

1. Mix thighs with egg white, cornstarch, flour, and salt, and set aside for fifteen minutes.
2. Heat a wok or deep fry pan, and lift the chicken out of the batter and deep fry it for two minutes per side. Then drain and set aside on paper towels for two minutes before putting them in a pre-heated serving bowl. Discard but one to two tablespoons of the oil or set the rest aside for another purpose.
3. Reheat the tablespoons of oil in a wok or pan and stir-fry the scallions, garlic, ginger, and hot peppers for one minute, then add the sugar, soy sauces, rice wine, sesame oil, and the vinegar, and finally the cornstarch and broth mixture and stir into the scallion mixture and stir until thickened, then pour this over the chicken pieces and serve.

### A QUESTION FROM SY:

*What is tree oil?*

**SY:** There are many tea trees in the mountains of the Hunan Province. Their seeds can produce tree oil which is used lots there. It is light yellow and somewhat sweet. The Chinese believe it cools the body; they call it a health tonic.

...

### FROM HELENE IN BOSTON:

*Wonder if you are planning more issues if no one steps up to the plate replacing you?*

**TO HELENE:** We just returned from a grueling trip to Prague and Israel, and did find one restaurant in the former city worth reviewing and sharing. This part of the trip was grueling as there was an eight-hour lay-over using LOT, the Polish Airline. More about that when our jet lag disappears. That was not true on a previous visit. We did thoroughly enjoy this, our second visit there. And, by the way, we are feeling great, visited a new museum in Beer Sheva, which stands for the seven wells in this city. We did eat some fine food in one Israeli city, but no great Chinese food on this visit. We did have great seafood in Ashdot, not Chinese food though. It was our second visit in this very fine restaurant, one of three by the same owner. Did not try his other two, one Kosher, the other mostly Israeli fin fish. We heard about them, but did not eat in either one, no time and no wheels. We would prefer several volunteers, but will settle with one. Are you stepping up to the plate?

**WE LOOK  
FORWARD TO  
MORE RECIPE  
REQUESTS**

## BIRD'S NESTS ARE EXPENSIVE AND RARE

These exotica are common in a soup at a wedding banquet and at other honorific meals. They are very expensive, no matter when or how used. The Chinese see them as expressions of generosity. They are known as delicacies throughout the Chinese world, and in some places cost more than a thousand dollars a pound.

These nests are from tiny birds known as swiftlets, their botanical name is *Aerodramus fuciphagus* if they are white nesting ones, *Aerodramus maximus*, if black ones. The International Trade in Endangered Species organization has proposed they now be called *Collocalia apodidae* or *C. fuciphaga*.

Also known as swallow's nests, their use is in a verbal war between environmental protectionists and believers in traditional Chinese culinary customs. Their nests are collected after the young fly away abandoning them, and they remain airborne most of the time. These nests are found in countries chronically short of foreign currency, and that is one reason why it is difficult to control scavenging them.

In Thailand, for example, the government owns all their nests, and they are important export items contracted with business folk many of whom have subcontracts with those who actually collect them. Other countries can have their own rules as to who, how, if, and when they can be collected.

Names, behaviors, and businesses aside, these nests are made from the saliva of these birds and when they dry, they are cement-like needing lots of soaking, washing, and cleaning to remove feathers and other debris. This has to be done before preparing them for a soup or another dish.

It is interesting to note that these tiny birds eat more than half their body weight in insects every day, so, for every ten grams of their body weight, they eat some seven thousand insects every day. A decrease or increase in their weight means a huge difference in how many insects each bird actually ingests.

The Chinese believe their nests in use are sponge-like. They also believe that eating them is good for the skin

as they give a person a youthful appearance. Some of their nests are more rare than others, particularly those called 'blood nests. They have a reddish tinge that some say is blood in their saliva; but not everyone agrees. Those with and without this reddish color are shown on this page and on the cover. Note these bird's nests are always sold dried and shaped this way.



### 燕窩

Swiftlets are said to fly in the dark seeking remote locations for new nests. Those collecting them must climb on bamboo poles to reach them, and most are young and lithe and scamper up the poles often with their tutors showing the way. Many poles they climb on were hammered in location, some virtually cemented into ceilings hidden from view.

We learn the climbers are mostly boys, men, and monkeys trained to retrieve it three times a season. Before doing so, they seek permission praying and saying: "Gods of the pillar, I have my *rada*, it was my father's tool so please accept the gifts he and I left below of tobacco and incense. We thank you for your help as we collect this fine food and we are holding resin between our teeth." As they climb, they watch bat eyes gleam and sparks fall from their mouths into the blackness below.

The climbers tap each bamboo pole before stepping on it to test its strength. That is the only noise they hear as they climb putting the gathered nests into bags strapped to their bodies. At the day's end, they share food below, often a fish stew warmed over a campfire, then go to sleep before the next day's climb.

Experts tell us that there are different colored nests, more than just the two pictured. Because different articles cite them differently, we are unsure which is which, if different just by color, swiftlet type, or other things.

More than sixty percent of the world bird nest supply gets sold in Hong Kong, it is the world's largest marketplace. They sell about two hundred tons each year worth more than thirty-five million dollars. They are also the world's largest consumers of these nests.

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## BIRD'S NESTS ARE EXPENSIVE AND RARE

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Experts tell us the best ones are from Thailand and are the thickest; second best are those from Vietnam. Others come from Indonesia, China, Malaysia, Singapore, Sarawak, Vietnam, and Burma, and that their nests are most often used in soups. They are also most loved by those convalescing from many an illness. Several TCM practitioners said they highly recommend them to those with lung complaints. They said the black nests contain the most impurities, red ones have iron oxide from blood or from rocks the birds may be eating.

Almost all birds nests are shipped to Chinese communities around the globe after they are cleaned, packed, and dried in the shape seen on page 10. They are then included in long-cooked chicken-based soups consumed for medical or cultural reasons.

Environmentalists feel these nests are not typical medical products and countries using them should not import, sell, or use them. For those that do want to use them, a few recipes follow. We have never prepared any, mostly due to their expense, but we have eaten them in soups at many a banquet. Chinese friends and Chinese chefs tell us they adore making and eating this soup and other dishes using these nests whenever and where ever available. (JMN)

### BIRD'S NEST SOUP

#### Ingredients:

1 pound bird's nests, soaked overnight in two quarts warm water, drained in the morning  
½ pound pork, chopped  
1 Tablespoon hoisin sauce  
½ Tablespoon oyster sauce  
½ teaspoon salt  
¼ pound shredded cooked chicken breast  
2 Tablespoons minced smoked ham  
2 Tablespoons cilantro, coarsely minced

#### Preparation:

1. Soak dried bird's nest for two hours, then add two quarts of boiling water and remove any feathers or dark particles left; then drain them again.
2. Cover the bird's nest with two quarts boiling water and simmer for two hours.
3. Add the pork and simmer for two hours longer.
4. Next, add sauces and salt, chicken breast and ham, and simmer one half hour longer.
5. Pour into a pre-heater soup tureen, sprinkle cilantro on top, and serve.

### BIRD'S NEST RICE SOUP

#### Ingredients:

1 recipe of bird's nest soup  
1 cup rice cooked for two hours in three quarts of water  
2 cups diced cooked chicken  
2 scallions, minced

#### Preparation:

1. Prepare bird's nest soup and simmer it with the cooked rice and the rice water for one hour, then add the diced chicken.
2. Add scallions, simmer fifteen minutes, then serve.

### BIRD'S NEST SOUP, HAM AND MUSHROOMS

#### Ingredients:

2 ounces bird's nest, soaked overnight, then drained  
1 teaspoon baking soda  
3 quarts chicken broth  
2 cups Chinese rice wine  
1 teaspoon salt  
¼ pound chicken breast, shredded  
2 Chinese black mushrooms  
2 fresh water chestnuts, peeled and diced  
2 Tablespoons diced smoked ham  
1 egg, beaten then fried, and then slivered

#### Preparation:

1. Pour one quart boiling water over soaked and drained bird's nests, then stir in the baking soda, and soak for two more hours, then drain again.
2. Soak mushrooms in one cup of hot water until soft. Then discard their stems or shred them and use them when making a stock or add the soaking water to this soup.
3. Simmer all broth and soaking liquids, the bird's nests, rice wine, salt, chicken pieces, mushrooms and their soaking water, and water chestnuts then simmer for one hour.
4. Then add the ham and simmer for half an hour, add the egg, stir well, and serve in a pre-heated soup tureen or in pre-heated individual soup bowls.

### BIRD'S NEST SOUP WITH ROCK SUGAR

#### Ingredients:

2 quarts bird's nest soup  
½ cup white or brown rock sugar  
20 sweet cherries, pitted

#### Preparation:

1. Simmer the bird's nest soup and the rock sugar for half an hour.
2. Next, add the cherries, simmer for three minutes, then serve hot, warm, or cool.

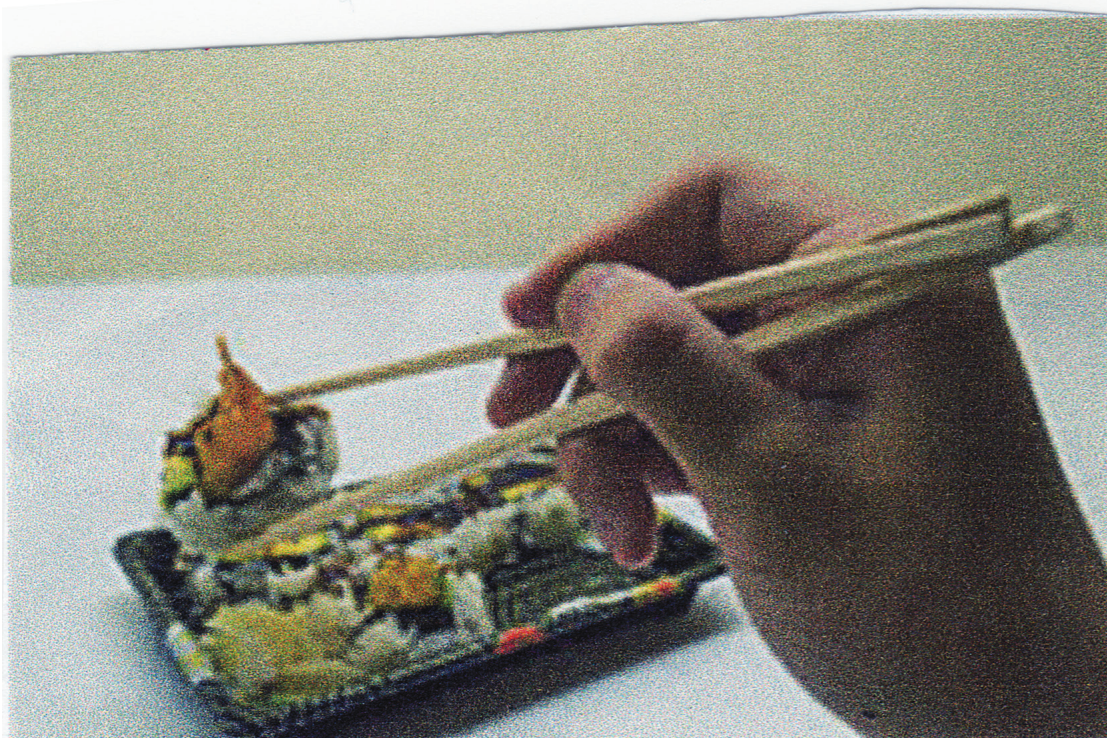


# CHOPSTICKS THROUGHOUT HISTORY

Many wonder when these two equal length sticks were first used. It certainly was centuries before forks and other table utensils were commonplace. They probably were in use during the Xia Dynasty, circa 21st to 16th centuries BCE, and certainly were used during the Shang Dynasty (1766 - 1122 BCE) when King Zhou wanted and ordered some made of elephant teeth for his own use. More common knowledge about chopsticks existed circa 1122 - 770 BCE when many in China were made of bamboo.

know that those of bamboo were written about in the early years, and the ones found of bronze. Some were in the ruins of Yin near Anyang; we now call that Henan. A few other old ones were found made of coral, a few of elephant teeth or tusk, and others of metal or another hard material. Sticks to eat one's food were written about in *Feizi* by Han Fei circa the 3rd century BCE.

These days, Chinese chopsticks are about twelve inches in length, longer than both Japanese and Korean ones. Those from those two countries are round, one end to



The very earliest sticks may have been twigs used to retrieve foods cooking in hot liquids. By 500 BCE, their popularity was also common in Japan, Vietnam, and Korea. Then, the Chinese called them *zhu*, and now they call them *kuaizi* which means 'quick' or 'quick boys' and some call them 'chop chop.' What do you call them?

In the early years, women's chopsticks in China were one-inch shorter than those for men; children's shorter still. The Japanese make theirs with pointed ends, the Chinese make theirs with blunt ends; and in both countries, bamboo chopsticks were and are most popular materials they are made with.

None remain of any wood because wood rots. We do

the other, while Chinese ones are square on the top half, round on their lower halves.

People in these three countries use them most often, more than folks in any other countries. They yell us to be careful not to take food from a serving dish with sticks that were in ones mouth, so we all do need to observe this protocol for health and for other reasons. Be aware that in some countries, including Laos, Thailand, and Nepal, they only use chopsticks for eating noodles. Did you know that?

There are many other chopstick rules of etiquette such as never knocking yours on the side of a dish nor

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## CHOPSTICKS THROUGH HISTORY

*continued from page 12*

tapping them on the table because these are the sounds of beggars asking for food. Another is not using them to stir your food as that is rude to the person who cooked it. Do not point them at another person, never dig in a dish with them, do not lick their ends, nor stand them upright in a dish. This last activity looks like you are honoring the dead because incense looks like that at funerals.

Most people do not know that long ago, the Chinese only used chopsticks for their side dishes. They never held them with their left hand because they could knock food out of the hand of a person on their left. There are other taboos or information about them including that before the Ming Dynasty (1368 CE), the Chinese did not use chopsticks to eat rice, spoons were for that purpose. They should not be used to bring serving dishes closer, scoop up food, let liquids drip from their tips, use them to beat foods, or grip them looking as though ready to attack.

To use yours properly, the lower stick needs to be held stationary, the upper one held like a pencil with thumb, index finger, and middle finger to get food from serving

often use plastic ones for durability and sanitation. They can and do go in a dishwasher. Now for three other items. At the end of a restaurant meal, many waiters cross a pair of chopsticks on a rice bowl to tell others not to serve any more food there, as their bill has been calculated. Many eateries now use disposable chopsticks. Many of their customers object because some forty-five billion pairs, an amount said to be the annual destruction of twenty-five million fully grown trees, are being disposed of. And in China, chopsticks are lightened with bleach, a technique frowned upon.

American chopsticks are not bleached because they are made with sweet gum, poplar, or a similar wood that does not need lightening. One study shows elderly having increased risk of osteoarthritis in their right hand, may lead to swelling in joints of that hand.

Chopstick lore includes many truths and myths. In the latter category are tales that if one gets an uneven pair, that person will miss a plane or boat, if one uses



dish or your plate to mouth. Yes, it is polite to hold one's rice bowl and bring it to the mouth and then shovel one's rice into it.

These days, there are new uses for chopsticks. Many are used as wedding gifts to signify wishes the recipient have a son soon. There are those that collect them so they make fine gifts for any reason and any occasion. Extra long ones and/or extra fancy ones are popular for serving or cooking, most made of materials that do not conduct heat. One exception to this is in Korea where almost all chopsticks are made of metal. Restaurants

silver chopsticks they recognize poisons and turn black, and the closer one holds them to their lower end, the longer one will remain unmarried. Though these 'quick boys' are adored by many, so is another myth, that using chopsticks makes one very clever.

Millions use them at every meal three times every day on every continent worldwide. They are popular eating implements used by people of all ages; are you one who eats faster with them than with any another implement? (JMN)



# BEEF AND NOODLES IN TAIWAN

Legend tell us that in the Hun invasion during the Eastern Han Dynasty (25 - 220 CE), Tatars raised their cattle in tents. Unfortunately some of the tents caught fire, and the cows in them were burned alive. Not all was lost because those tending them got to enjoy eating beef as roasted meat. This they did after boiling them in water or another liquid. Some say this was the origin of Taiwanese Beef and Noodle Soup. Actually, we doubt that, but it could have been when the Taiwanese love for beef with noodles was enhanced.

If the Taiwanese did eat beef that way before, we believe their meat was never from young cows. At that time, they only ate it from animals too old to work in their fields. Meat they cooked was cut into large chunks and boiled or stewed for many hours then served with or as soup.

There are records of beef and noodles in soup, but the only written ones we found were from the 1950s near the Taipei's Paokung movie theater on Nanyang Street, and from other places on Touyuan Street, Kunming Road, or Lung Chuen Street.

Any earlier Taiwanese Beef Noodle Soup information was probably made differently. Nowadays, one can have it Sichuan style, North Chinese style, Muslim style with *tSao ko* or dried tangerine peel, or any other way a chef might think of. Most like it aromatic, rich, and flavorful, in clear or red broth, with or without chili peppers, with or without broad bean paste, with or without garlic, and/or with or without coriander or ginger in the soup.

Some beef and noodle eateries may have been in business for decades, but their soup was not always thought of as Taiwanese. When it began, we could not date. Some chefs did try to preserve what they believed to be this soup's original taste, others tried to enrich or enlarge what they thought were its original contents. Some restaurant owners did tell their customers the

correct way to eat this soup was to first consume its liquid, then eat some beef, and finally to slurp down its noodles. They thought giving these directions gave their soup credibility and longevity. Others let their customers eat it as they wished but they did tell them of its antiquity.

Most made this soup with beef, not pork or lamb, not even with poultry. Some places became so popular that their owners opened second and third places, even standardized their soups and provided upscale decor. One, the San Shang Chiao Fu, became very popular and soon opened in more than one hundred locations. When they became that big, their dishes were prepared in a central industrial kitchen in an industrial area of Taoyuan County and distributed to their many branches.



The meat at most places was a mixture of tendon and tongue, rib and sirloin in their soup. Some added celery, scallions, coriander, and/or soy sauce. Others used rump, medicinal herbs, and other ingredients. Several customers said this dish was not the simple original they were used to.

Others reported it better than ever, even better than what they remembered. There were places serving Taiwanese Beef and Noodle Soup with pieces of thousand year egg, star anise, black bean sauce, Chinese sausage, orange slices, pea shoots, even more.

Some beef was ground or chopped, and sometimes called Ants Climbing Tree. It often did not have noodles. It could have been mixed with shrimp, lamb, or another meat. In most places, this soup did come with noodles; and many thought the Beef with Noodles in Soup they were eating was the best and the most original.

To introduce readers to several variations, we offer some recipes that they can try as one of the many tastes of beef in Taiwan.(JMN)

## BEEF AND NOODLES IN TAIWAN

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### TAIWANESE BEEF AND NOODLE SOUP

#### Ingredients:

1/4 pound brisket of flank steak, slivered, blanched, and cooked  
8 cups chicken or beef stock  
1/2 teaspoon salt  
1 Tablespoon thin soy sauce  
1 cup raw noodles, boiled until almost al dente  
1 Tablespoon cornstarch mixed with same amount of cold water

#### Preparation:

1. Heat stock, add the beef, salt, and soy sauce, then the noodles and simmer until they are almost soft.
2. Now add the stirred cornstarch mixture, stir one minute more, then serve.



### BEEF, NOODLES, AND THOUSAND YEAR EGGS

#### Ingredients:

1/2 pound beef loin  
1 Tablespoon Chinese rice wine  
2 Tablespoons vegetable oil  
1 Tablespoon sesame seeds  
1 Tablespoon dark soy sauce  
1 teaspoon granulated sugar  
2 Tablespoons pickled sliced ginger  
3 thousand year eggs, each cut in quarters  
1 Tablespoon cornstarch  
8 cups chicken or beef stock (optional if serving as a soup)  
1 cup cooked noodles (optional if serving as a soup)

#### Preparation:

1. Slice beef very thin and then marinate it in the wine for fifteen minutes. Drain and discard the wine.
2. Heat a wok or fry pan and dry fry the sesame seeds until golden brown, then set them aside.
3. Add the oil and stir-fry the beef for one minute, then add the soy sauce, sugar, and pickled ginger and stir once then add the egg pieces and mix well.
4. Put this meat mixture in a pre-heated pan, add the sesame seeds on top, and serve or put it into a chicken or beef stock, add the noodles, and serve it that way.

## BEEF, SHRIMP, AND BOK CAI

#### Ingredients:

1/4 cup Xiao Xing rice wine  
2 Tablespoons oyster sauce  
2 teaspoons cornstarch  
4 Tablespoons vegetable oil, divided in half  
1/2 pound sirloin steak, thinly sliced  
10 raw shrimp, veins removed and discarded, each cut in eight or ten pieces  
1/4 teaspoon chili paste with garlic

1/2 pound bok cai, cut in one-inch pieces  
2 quarts chicken broth (optional to make into a soup)

#### Preparation:

1. Mix rice wine, oyster sauce, and cornstarch in a small bowl.
2. Heat a wok or fry-pan, add half the oil, and stir-fry the beef until it starts to brown, about two minutes. Next add the shrimp and cook for one more minute until they are opaque, then remove them to a bowl.
3. Then add the rest of the oil and the bok cai and stir-fry it for two minutes, return the rest of the ingredients, stir in cornstarch mixture and when it thickens, stir-fry one minute, add stock if making a soup, the shrimps, and then serve in a pre-heated bowl or bowls.

### BEEF SHORT RIBS

#### Ingredients:

10 beef short ribs, each cut two inches long, scored top down, meat still attached to the bone  
1/2 cup thin soy sauce  
3 Tablespoons granulated sugar  
1 teaspoon ground hot pepper  
3 scallions, angle sliced  
2 Tablespoons sesame seeds, toasted  
2 Tablespoons pine nuts, minced and toasted  
1 teaspoon ground black pepper  
3 cloves fresh garlic, peeled and minced  
2 teaspoons cornstarch

#### Preparation:

1. Make a marinade of the soy sauce, sugar, hot pepper, scallions, sesame seeds, pine nuts, black pepper, and minced garlic and put meat in it for half an hour, then drain and use marinade for another use.
2. Dust the meat with the corn starch and set aside for ten minutes.
3. Grill for ten minutes or until done. Then serve.

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# GUANGZHOU'S CANTONESE FOOD

On the southeastern edge of China, this huge vibrant city is on a political par with Beijing, Shanghai, and Tianjing in the Pearl River delta. Vibrant for more than two thousand years, and it did mention Cantonese snack foods and main dishes many times. The snack ones are known in Mandarin as *dian xin*, called *dim sum* in Cantonese and elsewhere. They are actually famous country-wide, and are part of the province's *yue cai* cuisine. Adored by many morning through late lunch, 'dim sum' is now part of the English language as are many Cantonese foods adored by Americans and other westerners. They have been popular from Tang Dynasty times (618 - 907 CE) to today.

Guangzhou is the capital of the province; and was the center of Lingnan culture since the Qin Dynasty (221 - 206B CE). The name Lingnan means 'south of the ridges' and is where Central Plains people came to escape war and turmoil temporarily or permanently, to live more peacefully than where they came from. This is also where many Hakka folks from Chaozhou or Fujian, and Hainanese people from that island came from as did others going to or from Hong Kong.

In China, one proverb says to be: Born in Suzhou, grow up in Hangzhou, eat in Guangzhou, and die in Liuzhou is best. The reasoning, that in Suzhou women are beautiful, Hangzhou itself is beautiful, people in Guangzhou know how to eat well, and wood in Liuzhou is best for their coffins.

'Dim Sum' loosely translates as 'dot the heart' and these snacks do dot one's heart early in the day when they are most consumed. Some do eat them between meals, or before or between courses at many a banquet as they interact and are part of modern political ideology and industry. After the First Opium War which began in 1840, Guangzhou was already at the forefront of contact with Western countries and western peoples. They had global visions and openness to the West and may be why Lingnan Culture became part of modern ideology. With dim sum popular and expanding,

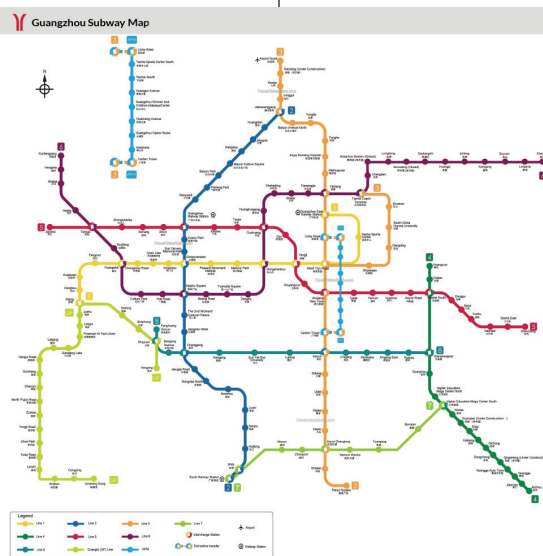
people were meeting, eating, and talking about reforms in the morning and throughout the day. They gathered, ate, and discussed modern thoughts at other times such as when they ate Peking duck, Cantonese Roast Suckling Pig, soy sauce chicken, roast goose, bird's nest soup, lychee pork, steamed carp, eel soup, other milk and meat dishes with white yams, eight-treasure chicken, and other local provincial foods. This city is the largest in the Guangdong Province, is seventy-five miles northwest of Hong Kong, huge port, a transportation hub, and one easy to get around by subway (see its map on this page), by bus, and by other means.

Guangzhou is best known world-wide as Canton, a word from the Portuguese *Cantao*, and was the main terminus of the maritime Silk Road. This third largest city in China, after Beijing and Shanghai, and in 2015 had a population of almost fourteen million people. It is on the Pearl River and has much local and international travel day and night.

Guangzhou was an important Chinese port city, but Hong Kong now plays a more important role. In the past it was known as *Panyu*, the origin of that name uncertain, and has been called Kwangchow, Guangfu, Khanfu, and Xingwang, also nicknamed the 'City of Rams' coming from the five stones of the Temple of Five Immortals' of Taoist culture. Also known as the 'City of Immortals' and recently called, the 'City of Flowers, about 1100 BCE and earlier, it was known as Nanwucheng. That was during the reign of Ji Yan (314 - 256 BCE) who was known as the 'King of Zhou.' Established in 214 BCE, ten years later, General Zhao Tuo established his own kingdom here calling it Nanyue.

Archeological findings show it an expansive commercial center featuring things from India and Africa, incorporated into the Han Empire in 226 CE, and the provincial capital then and today. In this city and its province, many fine dishes originated here. They are known throughout China; most are lightly cooked, lightly seasoned, and loved throughout the country. Below are a few lesser known outside of China, but well known and loved throughout the country. (JMN)

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## GUANGZHOU'S CANTONESE FOOD

continued from page 16

### THREE SHREDS LETTUCE

#### Ingredients:

1 large head of iceberg lettuce, cut in thin strips  
1 teaspoon coarse salt  
1 or more dried chili peppers cut in half, seeds discarded  
1 Tablespoon wood ear fungi, soaked and cut in thin strips  
1 Tablespoon Chinese black vinegar  
½ teaspoon granulated sugar  
1 Tablespoon fresh ginger, shredded finely  
3 Tablespoons sesame oil  
2 Tablespoons toasted sesame seeds

#### Preparation:

1. Soak lettuce shreds and salt together.
2. Soak chili peppers in boiling water in a small bowl until soft, drain, then cut in thin strips; do the same in another bowl with the fungi.
3. Squeeze water out of the lettuce, and toss it with the vinegar and sugar. Add in the drained shreds of chili and wood ear fungi, then add the shreds of ginger. Put the sesame oil and seeds on top, and serve.

### FISH BALLS IN SAUCE

#### Ingredients:

½ pound any white fish, skin and bones discarded, then chopped into a paste  
1 large clove garlic, peeled and minced  
1 scallion, coarsely chopped  
dash ground black pepper  
1 Tablespoon Chinese rice wine  
1 Tablespoon cornstarch  
1 extra large egg, separated  
1 cup vegetable oil  
3 Chinese black mushrooms, soaked until soft, stems discarded, caps minced  
1 scallion, minced  
½ carrot, peeled and minced  
1 Tablespoon Chinese rice wine  
1 teaspoon oyster sauce  
1 teaspoon granulated sugar

#### Preparation:

1. Mix fish paste, minced garlic, chopped scallion, black pepper, rice wine, cornstarch, and egg yolk.
2. Beat egg white until soft peaks, then fold them into the egg yolk mixture.
3. Heat oil and drop fish paste mixture in small lumps or balls into the oil and fry them on all sides until golden in color. Then drain them on paper towels. Remove all but one tablespoon of the oil and save.
4. Reheat that remaining tablespoon of the oil add ginger and the rest of the ingredients, and thicken, add the fish balls, toss well, and see in a cleanheated bowl.

### DEEP-FRIED FLOUNDER

#### Ingredients:

1 whole flounder, scaled, guts discarded, and dried  
1 teaspoon coarse salt  
1 teaspoon Chinese rice wine  
3 Tablespoons vegetable oil  
3 scallions, cut in one-inch pieces  
1 Tablespoon thin or regular soy sauce  
1 teaspoon granulated sugar

#### Preparation:

1. Mix salt and rice wine and brush on both sides of the fish, then let dry for fifteen minutes.
2. Heat vegetable oil in a wok or large fry pan. Fry the fish on both sides for seven or eight minutes. Remove and drain on paper towels. Put on a pre-heated platter.
3. Drain oil from wok, add scallions, soy sauce, and sugar, mix and leave this in the hot wok for one minute, then pour it over the fish and serve.

### GAI LAN, GARLIC, AND OYSTER SAUCE

#### Ingredients:

1 pound gai lan, bottoms trimmed and discarded  
1 Tablespoon vegetable oil  
3 garlic cloves, peeled and minced  
3 Tablespoons Chinese rice wine  
1 teaspoon oyster sauce  
1 Tablespoon granulated sugar  
1 Tablespoon sesame oil

#### Preparation:

1. Blanch the gai lan in boiling water for half a minute, drain, and set aside.
2. Heat oil in a wok or fry pan, add the garlic, rice wine, oyster sauce, and the vegetable. Stir-fry for one to two minutes, then add sesame oil and put everything on a pre-heated platter, and serve.

### STUFFED LOTUS ROOT

#### Ingredients:

2 lotus roots, peeled, half inch at one end cut off each and saved to be the covers  
½ cup ground glutinous rice  
½ cup rock sugar, ground  
grated zest of half a lemon

#### Preparation:

1. Peel lotus roots, but not their the cover pieces.
2. Mix rice, ground sugar, and half of the lemon zest and using a chop stick, stuff this mixture tightly into the holes of both lotus roots.
3. Break several tooth picks in half and secure the tops to the stuffed root bottoms. Place on a trivet or crushed aluminum foil in a pot and cover them halfway with boiling water. Bring the water to boil, reduce the heat to simmer. Cook for two hours, then remove them.
4. Remove the top ends discarding their tooth picks, and slice the lotus roots half-inch thick. Discard the closed bottom ends, and serve hot or tepid sprinkling the rest of the zest over them.

## BEEF AND NOODLES IN TAIWAN

*continued from page 15*

### BEEF, NOODLES, ORANGE, AND GINGER

#### **Ingredients:**

2/3 pound loin of beef, cut in thin strips  
1 orange, skin zested, then flesh juiced  
1 Tablespoon thin soy sauce  
1 teaspoon corn- or potato-starch  
2 Tablespoons vegetable oil  
3 Tablespoons minced fresh ginger  
6 ounces rice noodles, cooked just before needed  
2 teaspoons sesame oil  
1 small carrot, cut into very thin strips  
2 scallions, angle-sliced

#### **Preparation:**

1. Mix beef strips with orange zest and its juice, the soy sauce, and the corn or potato starch, and set aside for fifteen minutes.
2. Heat wok or fry pan, add the oil, then the ginger and the beef and stir-fry half a minute. Next drain the meat and set the liquid aside, and stir-fry for one more minute until the meat is no longer pink.
3. Add the rice noodles, toss well, then add the sesame oil, carrot strips, and scallions, and stir-fry one more minute, then serve.

### BEEF AND PEA SHOOTS

#### **Ingredients:**

1 pound beef loin, cut into small cubes  
1 Tablespoon vegetable oil  
2 teaspoons granulated sugar  
1 Tablespoon Chinese or Asian fish sauce  
2 teaspoons olive oil  
3 cloves fresh garlic, peeled and minced  
½ onion, cut in quarters, then thinly slice it  
2 teaspoon white vinegar  
2 teaspoon dark soy sauce  
1/4 pound cooked noodles  
5 to 6 ounces pea shoots

#### **Preparation:**

1. Mix beef, vegetable oil, garlic, sugar, and fish sauce, and marinate the beef for ten minutes.
2. Heat wok or fry-pan, then add the olive oil and stir-fry the garlic and onion slices for one minute or until golden but not brown or burned. Next add half the meat and stir-fry for one minute or until no longer pink, and remove it to a bowl; then fry the rest of the beef for half a minute and combine both batches of beef stir-frying just another half minute.
3. Put in the cooked noodles, and two minutes later, add the pea shoots. Bring this to the boil, and remove it from the wok or pan serving the meat on top of the noodles but leaving a one-inch border with no beef on the outside.

### BEEF, NOODLES, AND TANGERINE PEEL

#### **Ingredients:**

½ pound boneless sirloin of beef, cut in thin strips  
½ teaspoon salt  
1 heaping teaspoon granulated sugar  
1 Tablespoon minced fresh ginger  
1 Tablespoon Chinese rice wine  
5 large soaked pieces tangerine peel, minced  
1 dried chili pepper, seeded and minced  
1 Tablespoon Sichuan peppercorns, smashed  
1 Tablespoon vegetable oil  
1 Tablespoon sesame oil  
½ cup chicken stock  
2 cups hot drained cooked wheat noodles

#### **Preparation:**

1. Mix beef strips, salt, sugar, rice wine, and the minced ginger, tangerine peel, chili pepper and the Sichuan peppercorns and set this aside.
2. Heat wok or fry pan, add 1 tablespoon of the vegetable oil, and then add the beef mixture and stir-fry for one minute, then add the sesame oil and the chicken stock and boil for one minute.
3. Put hot noodles in a serving bowl, pour beef sauce over them, toss and serve.

### NOODLES, BEEF, AND OYSTER SAUCE

#### **Ingredients:**

½ pound flank steak, cut in very thin slices  
2 teaspoons cornstarch  
1 Tablespoon vegetable oil  
3 slices fresh ginger, cut in thin strips  
3 Tablespoons oyster sauce  
2 cups cooked rice noodles  
1 Tablespoon sesame oil

#### **Preparation:**

1. Mix meat with the cornstarch and set aside for ten minutes until it dries somewhat.
2. Heat wok or fry pan, add vegetable oil, and the ginger and sir-fry for half minute, then add the oyster sauce and stir well.
3. Add the cooked rice noodles and stir, then remove to a pre-heated bowl, top with the sesame oil and toss lightly, then serve.

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## BEEF AND NOODLES IN TAIWAN

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### BEEF AND PORK MEATBALLS

#### Ingredients:

1/4 pound hand-chopped beef  
1/2 pound ground pork  
3 water chestnuts, peeled and chopped  
3 Tablespoons vegetable oil  
1 Tablespoon cornstarch  
1 teaspoon granulated sugar  
1 Tablespoon dark soy sauce  
1 Tablespoon Chinese rice wine  
1/2 pound fresh spinach, thick stems removed and discarded  
3 cups wide-cooked wheat noodles

#### Preparation:

1. Mix beef, pork, minced water chestnuts, and the cornstarch and roll this into one-inch balls and set them aside.
2. Heat wok or fry-pan, add the oil, and then brown the meatballs on all sides, about three minutes.
3. Add cornstarch, sugar, soy sauce, and the rice wine, stir, then remove all to a bowl except the oil.
4. Add spinach to the pan and stir-fry one minute, then put this vegetable around the edges of a serving platter.
5. Drop the noodles in boiling water or half a minute, drain well, and put them in the center of that platter, reheat the meatballs, then put them down the middle, and serve.

### BEEF AND NOODLES IN PANCAKE

#### Ingredients:

1/2 pound minced flank steak  
1/2 teaspoon mixed salt and black pepper  
2 scallions, minced  
3 cloves fresh garlic, peeled and minced  
2 Tablespoons cornstarch  
3 Tablespoons vegetable oil for egg pancakes  
2 eggs, beaten well  
1 cup vegetable oil for the pancake-meat stack

#### Preparation:

1. Mix beef, salt and pepper, scallions, garlic, and cornstarch, and set aside.
2. Heat wok or fry-pan and fry one-fourth of the beaten eggs like a pancake, but only on one side, slide out of the pan and repeat until there are four of them.
3. Put one pancake on a flat surface, cover this with one-third of the meat mixture, put another pancake on top, another layer of meat, etc, until the last pancake is on top of this pile.
4. Heat the cup of oil in a deep pan, cut stack in four, and fry one stack in the hot oil on both sides, then drain on paper towels and put on a serving platter. Repeat until all four stacks are fried and drained. Cut each fried stack in four and put on a platter, then serve

## BRAISED BEEF, RICE, AND NOODLES IN SA CHA SAUCE

#### Ingredients:

1/2 pound flank steak cut into thin strips  
2 Tablespoons canned pineapple juice  
1 large clove garlic, peeled and minced  
2 Tablespoons cornstarch  
1 Tablespoon water chestnut flour  
2 Tablespoons vegetable oil  
2 Tablespoons sa cha sauce  
2 teaspoons thin soy sauce  
1 teaspoon granulated sugar  
1 cup bean sprouts, their tails removed, then blanched for half minute, then drained  
1 cup cooked and still hot noodles  
1 cup cooked hot long grain rice

#### Preparation:

1. Mix meat and juice and set aside for fifteen minutes, drain, then add the garlic and cornstarch.
2. Heat a wok or fry-pan, add the vegetable oil, then the beef and the sa cha sauce, soy sauce, sugar, and the bean sprouts and stir for two minutes, no longer.
3. Toss noodles and rice, put on a pre-heated platter, put the meat mixture on top, and serve.

### BEEF IN CASSEROLE

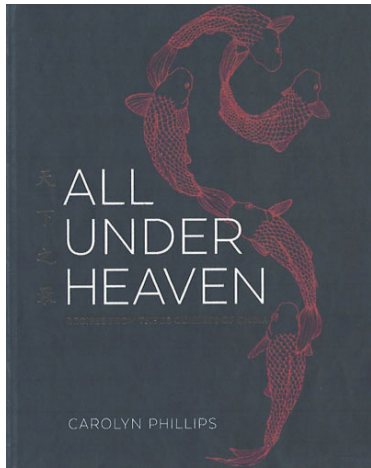
#### Ingredients:

3 pounds beef ribs  
3 Tablespoons vegetable oil  
2 teaspoons Sichuan peppercorns, crushed  
3 scallions, cut in one-inch pieces  
1 Tablespoon fresh ginger, cut in thin strips  
3 star anise  
1 two-inch stick cinnamon, crushed into small pieces  
2 Tablespoons granulated sugar  
5 Tablespoons cornstarch mixed with two tablespoons cold water  
2 cups cooked wide wheat noodles  
2 Tablespoons goji berries

#### Preparation:

1. Boil beef for one hour in six cups of water, remove and strain the liquid and discard the bones.
2. Cut meat into two inch cubes discarding any grizzle or fat and return the meat to the liquid.
3. Add peppercorns, scallion pieces, ginger, star anise. Cinnamon pieces and the sugar and simmer for two more hours.
4. Stir then add the cornstarch mixture, and bring to the boil, then turn off the heat source, add the noodles and goji berries, pour into a pre-heated large bowl, and serve.

## ON OUR BOOKSHELVES



**Phillips, Carolyn.**  
**All Under Heaven.**  
New York NY: Ten  
Speed Press, 2016.  
514pp., 26x20.9cm.,  
hardbound. ISBN  
978-1-60774-982-0.  
40.00US\$.

This most detailed exploration of the largest number of Chinese cuisines ever is not about nine percent of this country's population,

the minority populations hardly mentioned even though she did meticulous research and shares it freely.

This volume should become a classic on your cookbook shelf for the preparations it offers for your wok. It was written for those who love Chinese food and want to learn as much as they can about it. In its more than five hundred pages everyone can read, enjoy, cook, and learn from it. In my home it has had many rereads and there will have many more to come. I will continue to use it often, delve into it pages, and taste it in mind and on my taste buds. It sits in close proximity to my desk and my kitchen, is becoming dog-eared and sticky thanks to the many post-it pages reminding of things I never want to forget.

It is subtitled: 'Recipes from the 35 cuisines of China,' one can find them grouped in seven sections, five are geographic, one titled: 'Basic Items,' and one the glossary of one hundred eighty-one items followed by twenty suggested menus. Obviously, the cuisines are a condensation of many more including Northwest as one, 'Northeast another; the fifty-five minorities with very few sentences and these about only one, the Uygur. This review would be remiss if it did not mention chapter subheadings grouped in five sections, five the number the Chinese adore and deem lucky.

Owning this book brings lots of information to your knowledge base and magnificent meals to your table. Simply reading it is a labor of love. Cooking from it increases your repertoire and adds different delicious dishes from this one complex culinary country bringing more different foods than most cuisines provide in a lifetime.

The first chapter lavishes your taste buds with foods from Shandong, Beijing, Tianjin, Hebei, and China's Northeast. Chapter Two includes foods of Hui Yang, Jiangsu, Shanghai, Zhejiang, Northern Fujian, Anhui, Henan, Hubei, and Jiangsu. Chapter Three educates with tastes of Hakka, Chaozhou, Southern Fujian, Taiwan, Taiwan's Military Families, Hainan, Guangdong, Southern Guangxi, the Pearl River Delta, Macau, and Hong Kong. Chapter Four expands knowledge about Sichuan, Hunan, Yunnan, Guizhou, and Northern Guangxi. And, Chapter Five brings delights from Shaanxi, Shanxi, Gansu, The Northwest, Inner Mongolia, and Tibet.

After them, the most detailed Glossary ever with food names in English, Chinese, and Putonghua. Detailed are their looks, storage, manufacture, use, other names, and more. These are in seventeen pages, three columns each. Three others suggest twenty menus for different numbers of eaters and different places in this vast country. They are by recipe title and page number so they are easy and quick when looking for them.

After a page about the author and many Acknowledgments, the book ends with sixteen three-column pages of a detailed cross-referenced Index. Within the book's pages are hundreds of b/w line drawings, personal narratives, knowledge about China gleaned from her eight plus years living in Taiwan, and traveling extensively throughout China. She was married to a Chinese man who enabled and expanded her social circle and knowledge base.

### **FRIED BITTER MELON**

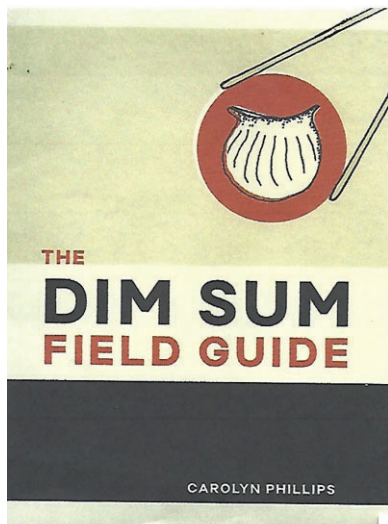
#### **Ingredients:**

2 pale-green bitter melons, ten to twelve inches long  
1 to 2 Tablespoons peanut or vegetable oil  
sea salt, to taste

#### **Preparation:**

1. Rinse the bitter melons, trim off both ends, cut them cross-wise to half-inch rounds, and do not remove the seeds.
2. Heat wok, add the oil, cover the bottom with the slices, and fry until browned, then shake them loose, turn them over, and fry the other side. Remove to a serving plate, fry the rest until all cooked. Then sprinkle with salt, and serve when hot.

*continued on page 21*



Phillips, Carolyn. *The Dim Sum Field Guide*. Berkeley CA: Ten Speed Press, 2016. 170pp., 16.5x14.5cm., hardbound. ISBN 978-1-60774-956-1. 14.99US\$.

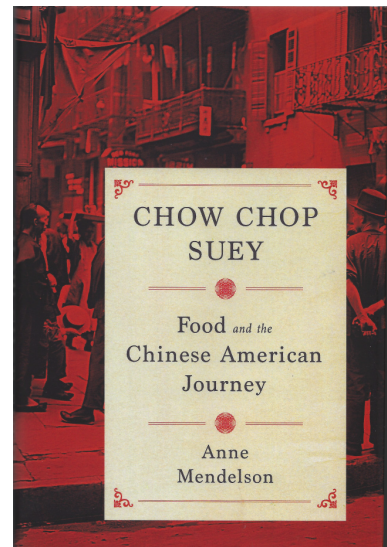
This book has more dim sum delights than most think exist be they dumplings, buns, meats, sweets, and other specialties. There are more

than I have tried in the more than seventy years of eating them world-wide. Other experts will tell you the same thing. Some are embarrassed at how many they did not know existed. Peruse and check out your own dim sum knowledge.

Included are steamed, wrapped, unwrapped, baked, pan and deep-fried. They are hot, warm, or chilled; called cakes and tarts and other names. Included are author-drawn b/w illustrations that remind of the real things. They sir the brain about their ingredients, and educate, remind, and quickly bring their contents to mind.

Size, type, and ingredients are detailed yet there are no recipes. For that, one needs another source. While reading this small volume check out Volume 5 of its first incarnation which can be found in the November issue of the 2012 *Lucky Peach* magazine. If you do not know that magazine, seek it out. There are more than twenty issues, many with gems such as this early rendition.

This book may be small, but in it one learns how to order in a tea house, tea varieties you should try and enjoy, what can be found in the dim sum place, their contents, about the author, a six-page cross-referenced index, and one with its acknowledgments. This book is small enough to tote in a large purse or big pocket. Carry it to your next dozen tea house visits, learn more than you think you will, read it at home or there, and see stretched necks peering your way, voices asking to borrow it.



Mendelson, Anne *Chow Chop Suey*. New York NY: Columbia University Press, 2016. 332pp., 23.5 x 16.9cm., hardbound. ISBN 978-0-231-15860-2. No price given on the volume.

Not a cookbook; it has no recipes, but details as the subtitle indicates: Food and the Chinese American Journey. It

integrates history and misunderstandings, information about the Chinese culinary, restaurants, awakening of American palates, Chinese cookbooks, and Chinese food.

Written by a noted culinary historian, it tells how the predominantly Cantonese and Toisanese immigrants found ways to survive in the United States (US). In two parts, it begins its tale in a six-page Introduction and a four-page Prologue. What follows in the first part includes four chapters discussing before the Chinese came mostly to California.

The second part is in five chapters that concentrate on their arrival in California and their lives in the US. After them, the weight of information is a two-page Postscript titled: What Might Have Been. These chapters detail violence against the Chinese as aliens, the founding of 'chop suey' restaurants, hybridizing Chinese-American foods, eventual abolition of anti-Chinese immigration laws after the Cold War, and post-1965 with the arrival of thousands of Chinese immigrants from Taiwan, Southeast Asia, and the rest of the world. A twenty-eight-page section called: Notes provides extensive textual citations.

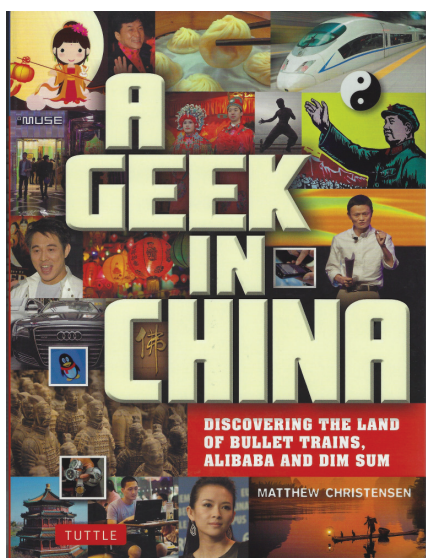
After them, six-pages titled: Glossary provide Chinese terms in Mandarin and Cantonese Putonghua and in Chinese. This well-written impeccably researched volume brings together political and culinary history, and it ends with an eighteen-page Bibliography, a two-column sixteen-page Index, and a two page list of titles in the Albert Sonnenfeld-edited '*Perspectives in Culinary*' series, of which this is one.

*continued on page 22*



## ON OUR BOOKSHELVES

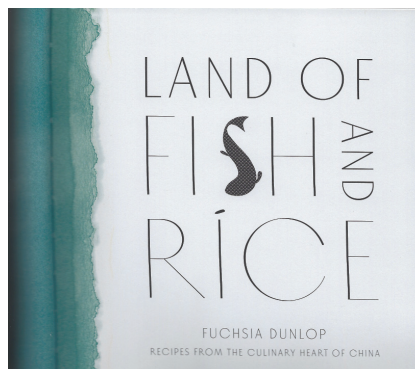
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Christensen, Matthew. *Geek In China*, A. Tokyo, Japan: Tuttle Publishing, an imprint of Periplus Editions (HK) Ltd., 2016. 144pp., 25.4 x 19.2 cm., 2016. ISBN 978-0-8048-4469-7. 16.95US\$.

This book is not a cookbook; it has no recipes.

Intended for travelers, its six chapters titled: China Past and Present; Chinese Culture and Food; Chinese Character and Society; The Face of Urban China; The Chinese at Play; Visiting China help discover the 'real China.' Lots of color photographs on almost every page helps one explore what it calls 'The China Few People See' with its many color photographs on almost every page. Read about bullet trains, visiting Taiwan and Hong Kong, the rise of the middle class, the many religions, internet and phone culture, cinema, music, television, and snack food and dim sum, fast food, Western food, and more.



Dunlop, Fuchsia. *Land of Fish and Rice*. New York NY: W.W. Norton & Company, 2016. 368pp., 25.2 x 19.5cm., hardbound. ISBN 978-0-393-25438-9. 35.00US\$.

With one hundred and sixty-four detailed recipes, each preceded by a detailed column before them, almost every one about food of the Lower Yangtze the Chinese call *Jiangnan*. These foods of the country's south, provides ingredients listed with western and metric measures, preparation written in detailed paragraphs; and many variations and things to go with them, too.

Most recipes have full-page full-color photographs taken by Yuki Sugiura in this volume sub-titled: Recipes From the Culinary Heart of China. They are in chapters titled: Appetizers; Meat; Poultry and Eggs; Fish and Seafood; Vegetables; Soups; Rice; Noodles; Dumplings and Snacks; Sweet Dishes; Basic recipes. Those in this last chapter have no photographs nor information before them. Each chapter begins with two pages of text, almost every recipe has a full column of this, a few even more.

Before the recipes, half of the twenty-four pages of text detail the gastronomy and geography of what Dunlop calls: The Beautiful South. The Chinese call it simply: Jiangnan. After them, twelve pages explain more than a hundred ingredients, another is about planning a meal, two others discuss seven equipment items, and there is an eleven page three-column cross-referenced Index.

continued on page 23

**DO YOU KNOW ANY BOOKS  
WE OMITTED? DO ADVISE  
US ABOUT THEM.**

## ON OUR BOOKSHELVES

continued from page 22

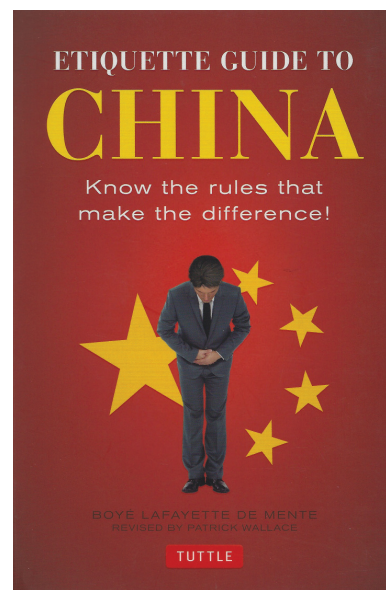
### MONK WENSI'S TOFU THREAD SOUP

#### Ingredients:

3 dried wood-er mushrooms  
10 ounces silken tofu  
3/4 ounces Chinese cured ham, steamed briefly  
3 scallions, green parts only  
1 quart clear stock  
3 Tablespoons potato starch mixed with six Tablespoons cold water  
salt and ground white pepper, to taste

#### Preparation:

1. Cover mushrooms in boiling water and set aside for at east half an hour.
2. Turn tofu out on a chopping board, with a cleaver or broad knife, cut a perpendicular edge and discard it, then with chopping motion, cut tofu into the thinnest slices you can, and when one-third is cut, turn the slices on their side in overlapping layers, and cut them into the thinnest strips. Using the cleaver gently scoop them up and put them into a bowl of cold water and repeat until all is cut into thin slices. Repeat until all are cut a thinly as possible.
3. Drain wood-ear mushrooms, trim off any knobby pieces and cut them into the thinnest slivers possible; and cut ham and green scallion parts, likewise.
4. Bring stock to the boil, skim if necessary, and season with salt and pepper. Then drain the very thin tofu strips and gently transfer them into the stock, add mushroom slivers, and bring stock back to the boil, re-stir the starch mixture and add it to the stock stirring it gently with the back of a ladle until it thickens so as not to break the tofu slivers. Then transfer to a pre-heated serving bowl. Now, sprinkle ham and scallion slivers on soup and serve.



De Mente, Boye Lafayette. *Etiquette Guide To China*. Tokyo, Japan: Tuttle Publishing, an imprint of Periplus editions, 2016. 192pp., 19 x 12.8cm., paperback. ISBN 978-0-8048-4519-9. 10.95US\$.

Written by a member of a US Intelligence Agency, this edition is revised from its 2008 original by Patrick Wallace of

Oxford University Press. The subtitle suggests: Know the Rules That Make the Difference providing answers to puzzling protocols when meeting and greeting the Chinese and/or doing business with them.

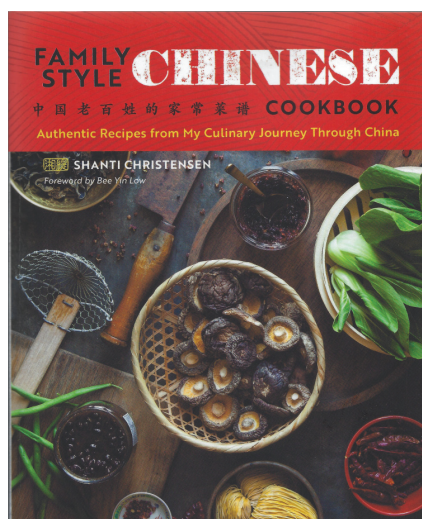
Its twelve chapters are written in four parts titled: The Middle Kingdom, Minding Your Manners in China, Doing Business in China, and Negotiating in China. They provide help for many situations including meeting and greeting, attending or giving a dinner party, and dealing with many digital communication forms used these days. The Glossary features many helpful words and phrases given in Chinese characters, Putonghua, and more. Using them will eliminate outright blunders in social situations and those in most business situations, too.

Read, internalize, practice, and use the recommended Chinese etiquette, understand its cultural influences and rationale, appreciate and use manners, meal behaviors and celebration activities. Participate in any business negotiations discussed and understand and behave as suggested in business and entertainment situations. Feel comfortable, doing them with a Chinese mind set, be professional and appreciated, use suggestions and notions discussed in this revised volume of etiquette.

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## ON OUR BOOKSHELVES

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Christensen, Shanti. *Family Style Chinese Cookbook*. Berkeley CA: Rockridge Press, 2016. 184pp., 23.5 x 19cm., paperback. ISBN 978-1-62315-761-6. 17.99US\$.

This set of simple recipes and a few sophisticated ones are popular

in homes visited with families in China by a food editor for *Time Out Beijing* from 2005.

The book starts with a Foreword by Bee Yinn Low, author of *Easy Chinese Recipes* and a food blog with much in common. Shanti's was called 'Show Shanti,' Low's 'Rasa Malaysia' and they share many Chinese meals together. Their blogs and books are loaded with culinary experiences and delicious recipes.

Christensen's book begins with an introduction then details thirty pantry items on seven pages, twelve essential items of equipment on three others, three more about eight cutting techniques and five for cooking, an entire page sharing how to season a wok, followed by nine basic recipes, almost all include a cooking or ingredient tip after them.

There are ninety-one recipes, each with a paragraph discussing various aspects about it. After them, eleven resources, five are web sites., and two pages list recipes by title, followed by eight three column ones with recipes by main ingredients.

Inside the rear cover, a color picture of the author and a paragraph about her sharing that she lives near San Francisco. A few other color pictures are between each of the eight chapters illustrating many completed dishes. Some have fascinating titles such as the one referring to its main ingredients, corn and green soybeans and the acreage needed for them to support a family.

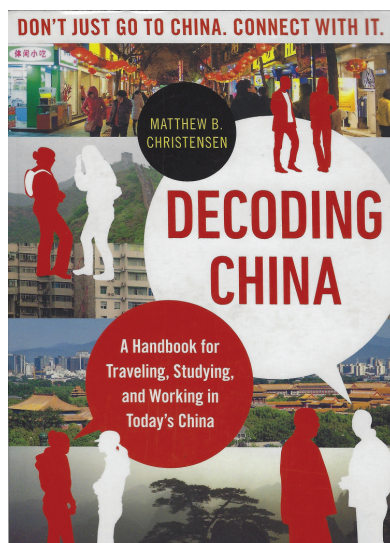
## TWO ACRES OF LAND

### Ingredients:

1 pound fresh edamame, shelled  
2 Tablespoons peanut oil  
1 pound corn kernels cut from fresh ears of corn  
1 green bell pepper, finely chopped  
1 red bell pepper, finely chopped  
sea salt

### Preparation:

1. Blanch soybeans for five minutes; if frozen, defrost them.  
2. In a wok, heat oil until it shimmers, add the edamame, corn, and both peppers and stir-fry for two minutes, Season with salt, then transfer to a g dish, and serve.



Christensen, Mathew B. *Decoding China*. Tokyo, Japan: Tuttle Publishing, 2013. 287pp., 20x13cm., 15.95US\$, ISBN 978-0-8048-4267-9.

This valuable down-to-earth handbook, written by the Academic Director of the Chinese Flagship Center at Brigham Young University in Utah, should be

part of one's literature when going to China to study, travel, or to work. It helps with simple every day tasks and culturally complicated ones.

Divided in eight sections, there is information about travel, transportation in general, living in a hotel or an apartment, eating, ordering, cooking, communicating on the phone, computer, or in general, exchanging money, banking, and generally dealing in this country where cash is king. It helps when shopping as the locals do, what to buy and where, working or studying in this country today.

All its sub-headings have Chinese characters and transliterations; and all are valuable cracking many of their cultural codes for bargaining, buying, and all sorts of business. We also recommend this author's blog when exploring the Middle Kingdom. Using it makes many things there lots easier.



## DUCK: DOMESTICATED FOR THOUSANDS OF YEARS

The first records of duck domesticated in China was during the Warring States period (475 - 221 BCE). Not all agree because some say it was even earlier but how much earlier, they never mention. We do know that duck dishes were, and still are, the pride of Chinese cuisine. Ask any chef and he or she will agree and certainly mention China's Peking Duck.

Speaking of that dish, in Beijing there are five restaurants called 'Peking Duck Restaurant.' Long Island, specifically Suffolk County, is lucky to have two with the same chef from Beijing splitting his time though not evenly between them. One is in Selden, the other in Glen Cove, both have 'Tao's Fusion' in their name. He does not fry his ducks off as many Chinese chefs do in the USA; and he had actual Peking Duck ovens shipped to him from Beijing to roast his ducks. The one in Selden was featured in this magazine's Volume 24(1). Read it and about ducks in China and Chinese restaurants in various issues of this magazine in the Article listings and in the Poultry recipes listings, too.

A few duck pottery models have been found and dated from thousands of years ago. Some were male Mallard ducks with their green heads. Kenneth F. Kiple and Conee Ornelas Kreimhild, in the first volume of their *Cambridge World History of Food* confirm this, and they believe that the Long Island duck is a descendant.

Ducks are most often found in pairs indicating their conjugal fidelity. A strong attachment to their mate shows when one dies, the other pines and often dies soon thereafter.

Chinese ducks are prepared for the table after they are killed and dressed; and one can see many of them hanging from their neck in windows of Chinese markets. They do dry for at least half a day, and are brushed with sugar water or maltose a few times when drying. They are placed on poles and put into a very hot oven. Before so doing, their skin is loosened from the flesh to help dry both under and outside the skin.



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## DUCK: DOMESTICATED FOR THOUSANDS OF YEARS

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Long Island ducks used to live in marshes or on duck farms at the water's edge. Most have been closed for health reasons, but we do know of one great duck farm in Pennsylvania that raises their ducks in the cleanest and most hygienic manner one can imagine. One sees many of their ducks hanging in market windows in New York City's Chinatown and elsewhere. We once visited that farm and were impressed with it. The ducks there walk on wire mesh, their droppings go through it and are collected and given at no cost to local farmers after this farm sterilizes them.

Peking duck is classically served with special thin pancakes or with steamed buns. On them, hoisin sauce, scallion slivers or those of cucumbers or both are served with the very crisp duck skin. This skin is put in one or the other after the sauce and greens, and all are wrapped in these exteriors. The skin crackles when biting into it.

Do you know that China raises more ducks than any other country in the world? Cantonese Roast Duck is also very popular and can be eaten this way or simply roasted and put on a plate without pancakes or buns. Pressed duck is another way duck is served. In and around Nanjing they call it *Nanjing Ban Ya* or Pressed Duck. In 1905 it won first prize at the Nanjing Fair.

Making any type of duck requires tending and it is a meticulous preparation. Salting often comes first, and

the duck's big bones can be discarded before baking. The skin is often brushed with oil and/or sugar water or maltose before baking or roasting. Made any one of these three ways, the ducks can be served alone and often are before any other dish comes to a main meal. The thin pancakes with Peking Duck are, in Chinese, called *pi*. In English they are called pancakes and they look like crepes. Making them requires just flour and water and steaming them.

Classically, the carcass goes back to the kitchen where it is used to make duck soup served at the meal's end. A stir-fry duck dish using the meat and some vegetables can be served before the soup.

Other duck dishes can be made and served at any meal. For or near Chinese New Year, a duck banquet with all dishes made of every part of one or more ducks imaginable is popular. We had such a banquet this past Chinese New Year. It included a dish of boned duck necks, one of duck tongues, another of duck gizzards, a duck breast dish, another of duck legs, one made with stuffed boneless duck wings, and many other duck-centered dishes. It was our first duck banquet experience and ten of enjoyed it.

Here are some duck recipes for your pleasure. Do enjoy one, many, or all of them at one or more meals on Chinese New Years Day or any day. (JMN)

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## DUCK: DOMESTICATED FOR THOUSANDS OF YEARS

continued from page 26



### DUCK AND CABBAGE SOUP

#### Ingredients:

- 1 roast duck carcass, meat and skin used elsewhere
- 1 teaspoon coarse salt
- 6 cups chicken or chicken and duck broth
- 1 cup slivered canned bamboo shoots, their liquid discarded
- 2 cups thinly sliced Napa or Savoy cabbage, cut in two-inch pieces
- ½ cup Enoki mushrooms, roots removed and discarded
- 3 large shiitake mushrooms, soaked in two cups warm water until soft, the water reserved, the stems discarded, their caps thinly slivered
- 2 Tablespoons thin soy sauce
- 1 Tablespoon oyster sauce (optional)
- ½ teaspoon sa cha sauce (optional)

#### Preparation:

1. Chop the duck carcass into half dozen or so pieces. Discard any innards attached. Put the bones and any reserved duck meat in six cups of water and bring this to the boil and then simmer for one hour. Discard the bones and strain the water returning that to the pot.
2. Add another four cups of water to the pot, bring it to the boil, and add the broth, reserved mushroom water, drained bamboo shoots, both mushrooms, and the soy sauce and simmer this for half an hour.
3. Add the oyster and sa cha sauces, if using them, and simmer everything for ten more minutes. Then serve in pre-heated individual soup bowls or a pre-heated soup tureen.

### DUCK WITH YOUNG GINGER

#### Ingredients:

- 1 pair skinless and boneless duck breasts, sliced thinly
- 1 teaspoon coarse salt
- 2 Tablespoons cornstarch
- 6 water chestnuts, peeled and sliced
- 1 red pepper, pith and seeds removed, and cubed
- 2 scallions, cut in one-inch pieces
- 5 slices fresh young ginger, each quartered
- 19 fresh asparagus, cut in one-inch pieces
- 2 cups vegetable oil
- ½ cup chicken stock
- 2 Tablespoons Chinese rice wine
- 1 Tablespoons dark soy sauce
- 1 teaspoon Chinese white vinegar
- 1 teaspoon sesame oil
- 2 Teaspoons piquant chili oil

#### Preparation:

1. Toss the duck slices with the salt and cornstarch, and set them aside.
2. Mix water chestnuts, red pepper and scallion pieces and set them aside.
3. Blanch the asparagus in boiling water for one minute, then plunge them in ice water for one minute, and then drain them.
4. Next, drop the asparagus pieces in very hot oil for one minute, drain them on paper towels, and set them aside.
5. Mix wine, soy sauce, vinegar, sesame oil and the piquant oil, and set this aside.
6. Heat a wok or fry pan, add three tablespoons of oil, and stir-fry the duck slices for half a minute. Then add all the vegetable pieces and stir-fry one minute more before adding the fresh ginger and the soy mixture and stir-fry this for half a minute. Then serve on a pre-heated platter.

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**DUCK: DOMESTICATED FOR THOUSANDS OF YEARS**

*continued from page 27*

**BRAISED DUCK WITH RED BEAN SQUARES**

**Ingredients:**

2 Tablespoons vegetable oil, divided  
1 duck, about five pounds, cut in quarters  
5 cloves fresh garlic, peeled and sliced  
2 shallots, peeled and sliced  
2 Tablespoons fresh ginger, minced  
1 square red fermented tofu  
3 Tablespoons liquid from jar of fermented red tofu  
1 Tablespoon sesame paste  
2 Tablespoons Shao Xing wine  
1 Tablespoon each, dark and thin soy sauce  
1 cup canned bamboo shoots, drained and sliced  
1 cup chicken stock  
1 Tablespoon granulated sugar  
several sprigs fresh cilantro, for garnish

**Preparation:**

1. Heat a wok or fry pan, add half the oil, and fry the duck pieces, two at a time on each side until tan. Then remove them to a plate and fry the other two pieces the same way.  
2. Chop the fried duck into two-inch pieces.  
3. Add the rest of the oil to the wok or pan, and stir-fry the garlic, shallots, and the tofu and tofu juice. After one minute, add the sesame paste, wine, soy sauces, and the bamboo shoots and stir well before adding the duck pieces, and the chicken stock. Simmer for one hour, then remove the liquid to a freezer-safe bowl.  
4. Put it in the freezer for half an hour or until the fat congeals, then remove and discard the solid fat.  
5. Return the duck, bamboo shoots, and the liquid to the wok or pan, and reheat it. When hot, serve in a bowl garnished with the cilantro.

**DUCK WITH CLOUD EAR AND VEGETABLES**

**Ingredients:**

1 whole cooked boneless duck breast, cut in two-inch cubes  
2 Tablespoons Chinese black Zhejiang vinegar  
1 Tablespoon granulated sugar  
½ teaspoon coarse salt  
2 Tablespoons water chestnut flour  
2 Tablespoons rendered duck fat  
3 Tablespoons cloud ear fungi, soaked until soft, thick ends discarded. And cut into one inch slices  
1 cup mixed Chinese greens such as *bok cai*, cut into one-inch pieces  
1 cucumber, peeled and seeded, cut into half-inch -angle wedges  
2 teaspoons vegetable oil  
2 Tablespoons Chinese rice wine  
2 slices fresh peeled pineapple, blanched in hot water, then cut in wedges  
2 Tablespoons cornstarch mixed with one Tablespoon cold water

**Preparation:**

1. Marinate duck pieces in a mixture of vinegar, sugar, salt, and water chestnut flour for half an hour, then drain in a strainer.  
2. Heat a wok or fry pan, add rendered duck fat, then stir-fry the duck for two minutes before adding the cloud ear fungi pieces and the vegetables and cucumbers and fry for another minute. Then remove the solids from the pan.  
3. Fry the shallots in the remaining fat for one minute, then return the solids and the duck mixture to the pan, add the wine and drained and blanched pineapple pieces. Stir three times before adding the cornstarch mixture, then bring this to the boil. Serve in a pre-heated bowl.

*continued on page 29*

**A FUTURE ISSUE  
WILL DISCUSS TURTLES  
AND SNAKES**

**DUCK: DOMESTICATED FOR THOUSANDS OF YEARS**

*continued from page 28*

**DUCK, BEANS, AND TOMATOES**

**Ingredients:**

½ cup vegetable oil  
1 pound boneless duck thighs, cut in one-inch pieces  
1 Tablespoon *sa cha* sauce  
1 teaspoon coarse salt  
2 Tablespoons Chinese rice wine  
1 Tablespoon maltose  
½ teaspoon ground black pepper  
2 Tablespoons cornstarch mixed with the same amount of cold water  
1 medium onion, peeled and cut in wedges  
½ cup fresh green beans, ends discarded, and cut in one-inch pieces  
½ cup drained canned diced tomatoes

**Preparation:**

1. Heat wok or fry pan, add the oil, and fry the duck meat for three minutes, then remove it to a bowl and leave the oil in the pan.  
2. Mix duck meat with the *sa cha*, salt, wine, sugar or maltose, and the ground pepper and let this rest for ten minutes.  
3. Reheat the oil, and fry the onion pieces for two minutes, add the duck meat and the cornstarch mixture and stir fry for two minutes then add the green beans and the tomatoes and stir-fry for two minutes stirring all the time. Then serve in a pre-heated serving bowl.

**DUCK NECK WITH GARLIC CHIVE PUREE**

**Ingredients:**

20 duck skinless necks, each chopped in two-inch lengths  
½ cup maltose  
½ cup brown sugar  
½ cup Chinese white vinegar  
1 Tablespoon coarse salt  
1 cup carrots, peeled and roll-cut  
½ pound garlic chives. Blanched, drained, and pureed in a blender  
2 cloves fresh garlic, peeled and smashed  
1 cup vegetable oil  
½ cup rice flour  
½ cup cornstarch  
½ cup all-purpose flour  
1 cup club soda

**Preparation:**

1. In a non-reactive pot, put two cups cold water, the duck necks, sugar, vinegar, and the salt and simmer until the duck necks are tender, about an hour. Then cool them covered overnight in the liquid in the refrigerator.  
2. Remove them to the stove, add the carrots and simmer for ten minutes, drain and discard the liquid.  
3. Heat a wok or fry pan add the oil. Make a batter of the rice flour, cornstarch, and the all-purpose flour with the club soda, and add the duck necks. Take them out one by one and fry a few at a time in the oil for three minutes, add the carrots, and in one minute remove the necks and carrots, mix them with the garlic chive puree, and toss well, then serve in a pre-heated bowl.

**ANOTHER ISSUE  
WILL DISCUSS ONIONS,  
AND THEIR RELATIVES**



**DUCK: DOMESTICATED FOR THOUSANDS OF YEARS**

*continued from page 29*

**PRESSED DUCK WITH WALNUTS**

**Ingredients:**

1 purchased pressed Nanjing duck, skin removed and kept whole; meat removed from the bones and mince, bones discarded  
½ teaspoon coarse salt  
¼ teaspoon ground white pepper  
½ cup chopped walnuts  
½ cup drained canned water chestnuts, minced  
2l scallion, minced  
3 slices fresh ginger, minced  
1 egg white  
3 Tablespoons cornstarch  
1 Tablespoon Chinese rice wine  
1 cup vegetable oil  
1 lettuce leaf

**Preparation:**

1. Put duck skin on a flat surface, wipe its inner side with a damp cloth, then dry it with paper towels. Brush it with the egg white on its under side, then sprinkle on the salt and pepper.  
2. Mix duck meat with the walnuts, water chestnuts, rice wine, scallions and ginger, and then mix this with the cornstarch mixture. Spread over the main portion of the duck skin, then fold in the edges and flatten this skin-filled packet. Set it aside to dry somewhat for half an hour.  
3. Heat the oil in a large fry pan, then slide the stuffed duck packet into the hot oil. Fry it until tan on one side then on the other side, and then remove it to paper towels. Cut it into two-inch cubes, and put them on a lettuce-leaf-lined platter, and serve.

**THERE ARE MORE  
DUCK RECIPES IN  
THE RECIPE INDEX**

**DUCK WEB WITH TARO**

**Ingredients:**

20 boned duck webs, rinsed and dried, then boiled for half an hour and re-dried with paper towels  
1 pound taro, peeled, boiled until soft, mashed, and cooled  
2 scallions, minced  
3 shallots, peeled and minced  
2 teaspoons cornstarch  
2 teaspoons thin soy sauce  
1 scant teaspoon granulated sugar  
1 one-inch cube fermented taro or tofu  
2 Tablespoons cornstarch  
1 cup vegetable oil

**Preparation:**

1. Boil duck webs, scallions, shallots, cornstarch, and half the thin soy sauce until they are thoroughly cooked, about forty minutes, then drain and let them cool.  
2. Mash the taro with a tablespoon of the boiled water or another liquid. Dust the web tops with cornstarch, and spread the taro mixture on the duck webs. Let them dry for twenty minutes.  
3. Heat a pot with the oil, and add the dried stuffed duck webs and fry them for about fifteen minutes. Remove them carefully with a slotted spoon and drain them on paper towels. Cut each web in half the long way, and put them on a serving platter.

**DUCK BREAST WITH BLACK BEAN SAUCE**

**Ingredients:**

1 whole boneless duck breast  
½ teaspoon ground black pepper  
4 teaspoons vegetable oil, divided  
2 cloves fresh garlic, peeled and minced  
3 slices fresh ginger, minced  
2 Tablespoons mashed fermented black beans  
¼ cup Chinese rice wine  
1 teaspoon granulated sugar  
1 teaspoon dark soy sauce  
1 teaspoon sa cha sauce

**Preparation:**

1. Season duck breasts with the ground pepper. Then heat a wok or a fry pan, add the oil, and fry the breasts three minutes per side. Then remove them to paper towels. Next, slice them thinly and arrange them on a pre-heated platter.  
2. Discard the oil. Dry the wok or fry pan, add the rest of the oil, and stir-fry the garlic and ginger for one minute before adding the mashed black beans, wine, sugar and soy sauce. Stir one minute, then add the *siracha* sauce, stir and pour over the duck slices. Now serve.

## BLANG: ARE BULANG PEOPLE

Early ancestors of this minority population whose name means 'mountain people' to some, are the ancient Pu or Po tribal folk. During the Tang Dynasty (618 - 907 CE), they were called Pozimen or Puman people who lived in Xishuangbanna. Some also lived in the Lancang, Yongde, Changning, and Mojiang counties of Yunnan Province. Some also lived in Burma and Thailand. This population has other names. Lesser numbers of them live in other places including the Blang, Bada, Menghai, and Xiding counties and the Dalou mountains

Most of these people are farmers who grow sugar cane, rice, corn, beans, buckwheat, potatoes, and tea, the latter they fermented burying it for several months in bamboo tubes. When they took it out it had the sour taste they love. Incidentally, they cook most of their dishes with a sour taste, too.

They also grow cotton, and they eat their rice with their hands, most of their other foods with chopsticks. These Blang people are related to Dai, Khmer, and Va people, and many of their foods are similar to those of these populations, but made with sour tastes. They love bamboo shoots and eat lots of them, and lots of fish, too, and they have pu-re tea mostly between meals. For their main meals, they eat meat and vegetables.

For beauty, many Blang women blacken their teeth with betel nuts, pierce their ears putting fresh flowers in them, and chew either betel nuts or tea leaves or both. They name their babies three days after giving birth, use the mother's name as the child's first name; and very few use the father's name first, last, or even as the child's middle name.

When a Blang person dies, they want a chicken killed to call back their soul, and want to be buried with two mugs, one filled with tea, the other with wine. They also want their relatives to place a candle at each corner of their coffin to light their way to the afterlife, and want to be buried with food. What they do not want is a tombstone or any marker of where they are buried. They believe

those who should, already know the location, and all others do not need to know where they are interred.

Blang people build and live in two-story houses, most made of bamboo. Their ground floor is for their animals; they live above them. The community often helps build a new house and when done, they celebrate singing and dancing. That is similar to what they do on most holidays.



Most Blang people are physically small with a typical male weighing about one hundred twenty-five pounds. They are rarely taller than five foot five; most of their women are shorter by about five inches. They rarely weigh as much as their men do.

Their women dress in black or dark blue jackets, some embroider them. Their skirts can be of similar color or lighter blue with striped fabric at their top. These are often simply fabric wrapped around their lower torso that resembles skirts. These women, on their head, wear a turban made with or without striped fabric. A few can be embroidered. Young men wear dark hats, some women dark aprons often edged with striped fabric. Some embroider the tops of their outfits.

Recent census about this minority group shows them numbering less than one hundred thousand. They love their acidic foods wrapped in leaves, and cooked with lemons or another sour ingredient. Their main vegetable is cabbage and they eat lots of it with dishes of fish, shrimp, crabs, pork, beef, chicken, or small game. Beside liking sour foods, many do add some piquancy. What they rarely eat are foods that are just savory.

This ethnicity celebrates most life-cycle events with dances and when doing them, they hold a sword or stick as do many Dai people. Their most important holidays include Chinese New Year and an Open and Close Door Festival. Blang have a God worship service, but when we know not. They also have one called 'Washing the Ox Foot.' If you know about it or more about them, please share and we will share it with our readers. (JMN)

# QING MING: A TOMB-SWEEPING DAY

Showers can prevail on or near this holiday, some days have but a drizzle; a few are cloudless, and on others the sky opens up to soak everybody and everything. This day is also known as the Pure Brightness Festival, and on it many hike into the woods, go up a mountain, or visit their nearest deceased relatives tombstone. For almost three thousand years, Chinese have trekked to the burial sites of their ancestors, swept and cleaned up around them, then enjoyed a picnic with them and the cold foods they brought.

In 2016, Qing Ming was on April 4th and this year it will be celebrated on same date. In 2018 and 2019 it will be celebrated on April 5th. This is a lunar holiday close to the onset of Spring. It is also a National Intangible Cultural Heritage holiday. There was also a Cold Food Festival near it but one Emperor did say they should be celebrated on the same day, and so now they are.

The Cold Food Festival was celebrated for Jie Zitui, a loyal fellow who lived during the Spring and Autumn Period (770 to 476 BCE). He cut a piece of meat from his own leg to save his exiled hungry lord whose crown was in jeopardy. Years later, Duke Wen tried to reward him telling him so, but Jie and his mother hid on a mountain. When they tried to flush them out, they set a fire where he thought they were hiding, then they looked for them and found them dead.

After that, the Cold Food Festival was selected to pay tribute to Jie. The ruler forbade fires of any sort and later combined these two days in memory of Jie, a senior fellow in the State of Jin. That is why on this festival, they only cold foods. Originally, it was a three day festival but now as are other festivals, it has been reduced to just one day. Families prepare honorific cold foods or foods loved by their deceased relatives that they prepared a day or two earlier. In China's south, these are often sweet balls of rice; in the north they are steamed cakes with dates or date juice in them.

This cleaning up around their deceased relative's tombs is a practice probably started about three hundred BCE in the Shanxi region. Many close family members put rings of willow twigs on their heads, another form of tribute. Some prepare snake or rabbit dishes and bring them cold to remember the small animals who perished in the fires made to flush Jie and his mother out from hiding. Some sprinkle them with sesame seeds. They read poetry, fly kites, enjoy nature, and tie small lamps

to their kites, then cut the strings and let them fly freely. They like to watch them go skyward, and they think happy thoughts about the deceased. Do you know anyone who does this?

After releasing the kites and watching them for a few minutes, they eat the cold foods and share them spiritually with the deceased. Some burn paper money hoping the deceased never lack for anything in their afterlife; many kow-tow to them, put flowers on their graves, and offer prayers. Because not everyone can get to the actual burial site, some do these things at a home altar, or they hire someone to do them in their stead.

Some celebrate this holiday less often than their elders did. They might visit a temple this day and light candles or incense in their memory. Some young folk do give fake or real phones and other electronics as offerings. What do you do on this two thousand plus year festival?  
(JMN)

**ARE THERE  
OTHER  
FESTIVALS  
YOU WANT  
US TO KNOW  
ABOUT?**



## FRUITS, PART IV: PEACHES AND BEYOND

This series about fruits is by the editor who says the Chinese adore them big and beautiful, though not always ripe. It began in Volume 23-3 featuring apples, apricots, bananas, chayote, cherries, and coconuts. The second part was with some citrus, and dates, durian, figs, ginkgo, *goji*, gooseberries, grapes, and guava. The third part discussed hawthorn, kiwi, *li zhi*, longan, loquat, Chinese olives, and papaya. Each fruit includes a single recipe, and is in alphabetical order. This fourth part continues starting with peaches.

Overall, fruits can be ripe, flavorful, and fantastic, and less ripe ones add texture, ripe or not. The Chinese often share a whole fruit with many others at the end of a main meal, particularly if an apple or a pear. They do love all their fruits big and beautiful, crisp, too.

Some fruit recipes were published before this series began, therefore, check this magazine's index for them. Others will be discussed in future issues. If you know a popular fruit in China, do not let it be omitted, so do advise. Future issues will include berries from a single ovary, simple and small, those with pits or seeds such as the blackberry, those from flowering plants with enclosed ovules that become seeds or nuts, and fruits known as 'modified berries' including those with five or more carpels, with flesh under or on top of their skins, and others.

Are you confused about any we might be thinking of? So are many botanically-minded folk who simply group them as fruits not by their segmentation, peel, seeds, etc. They simply know they are delicious, healthy, loaded with polyphenols, flavanoids, tannins, and/or other phytochemicals, and with nutrients. This fourth part begins with peaches and continues with persimmons, pineapples, pitayas, pomegranates, tomatoes, and waters chestnuts. Yes, all of these are fruits loved by the Chinese. If ones you love are missing from this series, perhaps the Chinese love them less than you do. (JMN)



**PEACHES** are very popular in China. In the past, most had fuzzy exteriors. Newer cultivars do not. Native to Northwest China, most still have large hard pits and flesh that can be white, yellow, or orange. Either freestone or with cling stones, they and plums and nectarines, the Chinese believe, can ward off obesity-related diseases such as diabetes or cardiovascular ones. These and many other fruits have many bio-active compounds and pigments. Some can include phenolic, anthocyaninic, chlorogenic, quercetinic, and catechinic. Some reduce LDLs, the so-called bad cholesterol, so do eat lots of them, and often.

Peaches are an excellent source of Vitamin C; they help fight the formation of free radicals that cause cancer, have lots of fiber, may reduce wrinkles, lower blood glucose and blood sugar levels, and regulate lipid and insulin levels. Their potassium supports heart health, too. Some research says eating three or more servings every day can decrease progression of age-related macular degeneration.

*continued on page 34*

## FRUITS. PART IV: PEACHES AND BEYOND

continued from page 33

### PEACHES, CONPOY, AND DOUFU

#### Ingredients:

3 conpoy (dried scallops) soaked in warm water overnight  
6 peaches, peeled, skins discarded, and sliced thinly  
½ pound soft *doufu*, mashed  
2 teaspoons lemon juice  
1 Tablespoon ginger juice  
2 Tablespoons Chinese white wine  
1 egg white  
1 Tablespoon cornstarch  
¼ teaspoon coarse salt  
⅛ teaspoon ground white pepper  
1 Tablespoon oyster sauce

#### Preparation:

1. Tear the soaked conpoy into thin strips.
2. Strain the doufu and mix it with the conpoy, both juices, and the wine.
3. Steam this mixture over boiling water for twenty minutes, then cool and drain well.
4. Oil a heat-proof bowl and line with moistened cheesecloth. Sprinkle one-quarter of the conpoy strips on its bottom, then mix doufu with remaining conpoy strips, egg white, salt and pepper. Press this mixture down in the bowl, then steam it for fifteen minutes over boiling water. Then turn it upside down on a serving plate, remove the cheesecloth, and drizzle the oyster sauce on top and serve.



**PERSIMMON** a *Diospyros* fruit, is the most popular species in China where all these fruits are called *shi* or *shi guo*. Many tell us they are indigenous there. Ancient Chinese said one can eliminate their astringent tannic tastes by steaming or smoking them, and by freezing them. This taste goes away naturally when they are very ripe. Many pits were found at neolithic sites in North China, some at tombs near Changsa, others in Manchuria or Guangzhou, or near ancient trees or ancient tombs in many places.

Very few Chinese recipes for this fruit are known even today. Some of their pollen has also been found at ancient sites, and their fruits are most often eaten dried, their pits made into oils. No recipe follows as we could not find one, but if you know one, we would love to share it with our readers. So do send it to this magazine; we would also like to know where or from whom you found it.

**MORE ABOUT  
PERSIMMONS IN  
THE NEXT ISSUE, BUT  
WITH A RECIPE, ONLY  
IF SOMEONE SENDS  
US A CHINESE ONE**

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## FRUITS. PART IV: PEACHES AND BEYOND

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**PINEAPPLES** botanically are *Ananas*, the Chinese call them *heng li* or *bo luo* meaning 'phoenix pear' or 'earth pineapple.' They look rough on the outside, yellow within, and when ripe are very sweet. Whole and not peeled, these fruits are covered with what some call their eyes. Each has a thorn-like hair in its center.

TCM practitioners tell us that these fruits keep the spleen healthy, relieve thirst, reduce swelling no matter where, and remove 'wind-wetness evil.' They also say their juice eases indigestion and vomiting, raises blood pressure if too low causing dizziness, reduces fever with weakness, improves problems with urinating, and does so much more.

### BANG BANG PINEAPPLE CHICKEN

#### **Ingredients:**

2 chicken legs or thighs boned, their meat cut in slivers, then boiled for ten minutes and drained  
1 cucumber, seeded and slivered  
2 teaspoons sesame oil  
2 Teaspoons thick soy jam  
2 teaspoons white vinegar  
2 Tablespoons granulated sugar  
½ cup canned pineapple, slivered

#### **Preparation:**

1. Mix cooked and drained chicken with the cucumber slivers.
2. Mix sesame oil, soy jam, vinegar, and sugar, and pour this over the chicken and cucumber mix,
3. Add the pineapple, then toss and serve.



**PITAYA** are distinctive fruits with spikes on their outsides. Also known as dragon fruits, most have white interiors with tiny black seeds inside. Most are red outside though newer species are yellow outside and in. Years ago emperors stored these fruits in their ice houses and ate them frozen. Today, we would say that texture reminds of sherbert.

Related to cactus, these fruits are in the genus *Stenocereus* if sour, but the genus *Hylocereus*, species *undatus*, *costaricensis* or *megalanthus* if sweet. One unusual thing about them is that they are harvested five or six times a year, grow on trees that set their fruit thirty to fifty days after flowering. Some do grow on vines and flower and set in just a few weeks as most fruits do. All their flowers open over night, wilt by morning, and are most often pollinated by bats or moths. These fruits produce tons of fruit a year, grow best in dry tropical climates with a moderate amount of rain, and have seeds that grow well in compost and germinate quickly.

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## FRUITS. PART IV: PEACHES AND BEYOND

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### FERMENTED RICE PITAYA

#### Ingredients:

- 3 Tablespoons pearl barley, soaked overnight, then drained
- 3 fresh water chestnuts, peel discarded, sliced, each slice cut in fourths
- 1/4 cup raw short grain rice
- 1 cup pitaya (dragon fruit), peeled and cubed
- 1 cup almost ripe papaya, peeled, seeded, and cubed
- 2 Tablespoons goji berries
- 1 cup fermented rice with its liquid
- 1 Tablespoon water chestnut flour mixed with a like amount of cold water

#### Preparation:

1. In a saucepan with the drained barley, add one cup cold water and bring to the boil, then lower the heat and simmer until tender.
2. Prepare water chestnuts in another saucepan, add the rice and another cup of cold water and simmer for twenty minutes.
3. Mix ingredients in both saucepans, add the pitaya, papaya, goji berries, and fermented rice and its liquid and bring to the boil, then add the water chestnut mixture and stir until somewhat thickened. Serve hot, warm, or cool.



**POMEGRANATE**, the Chinese think is a seductive plant growing on shrubs or trees. They call them *shi liu*, *an shi liu*, or *zhen zhu shi liu*. They are thick-skinned fruits with many irregular seeds. They consider them cool in nature. In English, some call them 'stone,' 'pearl,' or 'peaceful pomegranates' and many know they have astringent-tasting seeds said to be very healthy. The Chinese believe they cool fevers and are warm in nature. Some say their juice can kill parasites, most know they symbolize fertility and that when half open are wishes for a hundred sons. TCM practitioners frequently recommend their juice for mouth and throat irritations, hoarse throats, and persistent coughs, frequent diarrhoea, dysentery, and impetigo. What many do not know is that the skin and roots of this fruit can have some poison.

### ZHEJIANG NOODLES WITH POMEGRANATE

#### Ingredients:

- 1/2 pound dry rice noodles soaked in hot water until soft, then cut into two-inch lengths
- 1/2 cup chicken stock
- 2 Tablespoons chicken stock
- 2 Tablespoons hoisin sauce
- 2 Tablespoons *Shao Xing* rice wine
- 1 Tablespoon chili sauce
- 1 Tablespoon vegetable oil
- 2 cloves fresh garlic, peeled and smashed
- 1/4 pound ground or chopped beef
- 1 scallion, angle sliced

#### Preparation:

1. Mix prepared rice noodles with the chicken stock, hoisin sauce, rice wine, and the chili sauce, and set this aside.
2. Heat wok, add the oil, and then the garlic and beef, and stir-fry for two minutes. Next stir in the sauce mixture and bring to the boil. Stir well and transfer to a pre-heated serving bowl scattering the scallion pieces of top. Then serve.

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## FRUITS. PART IV: PEACHES AND BEYOND

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**TOMATO** is botanically known as *Lycopersicon esculentum*, and most do not realize they are fruits. The Chinese call them *fan qie* meaning foreign eggplants or *xi hong shi* meaning western red persimmons. They are annual fruits and can be round, flattened, or oval. Most are green when immature. Some newer species are yellow and do not get red when ripe.

TCM doctors tell us they are neither hot nor cold, can clear a fever, cool blood, promote saliva, and help digestion. TCM folk recommend them to cure night blindness if prepared with pig liver. They say they ease loss of appetite when eaten raw, to reduce bleeding gums when dipped in sugar, reduce high blood pressure in the eye when eaten very ripe, and improve appetite loss if cooked with lean pork.

### TOMATOES WITH CHICKEN THIGHS

**Ingredients:**

10 grape tomatoes, each cut in half the long way  
1 teaspoon each, garlic powder, onion powder, dried oregano, and dried basil  
½ teaspoon each salt, turmeric, paprika, chili powder, and ground black pepper  
6 boneless skinless chicken thighs, cubed  
2 Tablespoons vegetable oil

**Preparation:**

1. Mix all the spices and then toss them with the tomato halves.  
2. Heat wok, add the oil, and fry the chicken pieces four minutes, then add the tomato mixture and stir-fry for one minute. Serve in a pre-heated serving bowl.



**WATER CHESTNUT**, also a fruit; is botanically known as *Heleocharis tuberosa*. In Chinese, they call them *bi qi* or *ma qi*, the latter meaning a 'horse hoof.' These fruits grow in water or marshy land, their edible part is called a corm. Many people eat their leaves and stems, and love their pointed sprouts. They do not eat their peel, do love their pink or white crisp interiors. Best dug up in the fall, then their texture is very crunchy. TCM doctors tell us they are sweet in nature, can cool a fever, reduce phlegm, promote saliva, lower blood pressure, prevent meningitis, reduce sore throats; and with St. John's wort can reduce jaundice. For those with hemorrhoids, they recommend eating them fresh without their skins. Cooked, they say they can eliminate red urine, and if cooked with cogon grass and mashed, their liquid strained, they tell us if consumed morning and night and peeled, they reduce painful throats and other mouth irritations.

### DUCK WITH WATER CHESTNUTS

**Ingredients:**

1 whole cooked boneless skinless duck breast  
½ cup canned water chestnuts, minced  
2 egg whites  
1 Tablespoon *Shao Xing* rice wine  
3 Tablespoons cornstarch  
1 sliced sweet onion, coarsely chopped  
1 Tablespoon fresh ginger, minced  
½ teaspoon coarse salt  
½ cup vegetable oil  
½ cup vegetable leaves, coarsely chopped

**Preparation:**

1. Mince duck breast, then toss it with minced water chestnuts, egg whites, wine, cornstarch, and the minced onion and ginger.  
2. Add salt, mix again, and then make into patties three inches in diameter, half inch thick. 3. Heat wok, add the oil, and fry the patties until tan and crisp on both sides. Then transfer them to paper towels, and then on to a pre-heated platter.  
4. In same pan, fry the greens for one minute, then put them around the patties, and serve.

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Beef Short Ribs.....	15	Gai Lan, Garlic, and Oyster Sauce.....	17
Beef, Shrimp, and Bok Cai.....	15	General Zou's Chicken .....	9
Bird's Nest Rice Soup .....	11	Lamb Meatballs.....	6
Bird's Nest Soup, Ham, and Mushrooms .....	11	Monk Wensi's Tofu Thread Soup .....	23
Bird's Nest Soup .....	11	Noodles, Beef, and Oyster Sauce.....	18
Bird's Nest Soup with Rock Sugar .....	11	Peaches, Conpoy, and Doufu.....	34
Boiled Lamb .....	5	Pressed Duck with Walnuts .....	30
Braised Beef and Noodles in Sa Cha Sauce .....	19	Spicy Cumin Lamb .....	6
Braised Duck with Red Bean Squares.....	28	Stuffed Lotus Roots.....	17
Deep-Fried Flounder .....	17	Taiwanese Beef and Noodle Soup .....	15
Duck with Cloud Ear and Vegetables .....	28	Three Shreds Lettuce.....	17
Duck with Water Chestnuts.....	37	Tomatoes with Chicken Thighs .....	37
Duck with Young Ginger .....	27	Two Acres of Land.....	24
Duck, Beans, and Tomatoes.....	29	Wowo Tu-er.....	7
Duck and Cabbage Soup.....	27	Zhejiang Noodles with Pomegranate.....	36

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