

# FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

JIU; BEER;  
FIRE DRAGON FRUIT;  
HAKKA CUISINE AND CULTURE;



SEA CUCUMBERS;  
HOLIDAYS AFTER CHINESE NEW YEAR;  
BOOK AND RESTAURANT REVIEWS, AND MUCH MORE.

SUMMER 2018

中國烹飪

VOLUME 25(2)

\$6.95 US/\$9.95 ELSEWHERE

# FOOD FOR THOUGHT

About The Publisher

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

## 促進中國烹飪科學與藝術研究所

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

The Mission and Goals include:

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

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# FLAVOR & FORTUNE

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Summer 2018

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*All pictures from files or camera of the editor; articles by others use their files or pictures.  
Articles ending with (JMN) written by the editor.  
The cover has four current bottles of jiu, China's alcoholic beverages.*

## FLAVOR & FORTUNE

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*Flavor & Fortune* is published quarterly by the Institute for the Advancement of the Science and Art of Chinese Cuisine: dba: ISACC, and holds the copyright thereto; all rights reserved.

Their ISSN is: 1078-5361

subscription, membership information, and forms, can be found on page 39. Subscriptions are for four issues and are postpaid as: \$25.00 in the US, \$45.00 in Canada, and \$60.00 in all other countries.

INDIVIDUAL ISSUES also postpaid are \$12.00 each in US, \$15.00 each in Canada, \$20.00 each everywhere else.

Payment only accepted as:

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

with all checks made payable to: ISACC,  
mailed to:  
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Dear Reader:

Welcome to this second issue of the 25th year of Flavor and Fortune. As always, we include many interesting items suggested. We appreciate all that cross our desk, come by e-mail, or by phone. Just a few are our solo thoughts. We thank everyone for all their notions. One chap who did know my aunt and uncle who introduced me to Chinese cuisine sent several; and he reminds me of their most upbeat attitude, helpfulness, and so much more. We thank him for the memories, for those included, and others which will probably be in future issues.

Do check the article about guava. We are collecting its many medicinal uses, so do fill our heads with those you know. Likewise about sea cucumber. Bet there are many health notions we have yet to learn about. They and other notions about traditional Chinese medicine uses need to increase our knowledge base, so keep us posted more than included on pages 36 and 37.

That chap did ask us, and yes, we are still looking for editorial help, for articles, and for ideas for future issues. We always need to expand and report about everything you want to read about, so do keep anything and everything you want on your list, things you want to hear about, learn about, and whatever else tickles your imagination and your brain. In China and beyond; our world and the Chinese world are expanding. These multi-cultural explosions and integrations are ideas we look forward to adding....so the sky is the limit, and we hope you will help expand ours with commentary and other Chinese and cross-cultural input.

This issue includes more than a handful of articles. Those of the Hakka, the Chinese government includes with all Chinese populations, in this issue. That is why we know not what the Hakka population is. And, speaking of growing, the Milu deer population is doing just that. Can you help us learn about the Milu deer as only four were left about 1900, and they were virtually extinct in China, not in other countries where they had donated some of these deer. They rare four-legged animals are discussed in the magazine called **China Today** in their February 2018 issue; and if you are an animal lover, do peruse that issue with that fascinating item.

The Editor,



# LETTERS TO THE EDITOR

## FROM JIU LIU:

*When did China (and other Asian countries) adopt the Gregorian or Western calendar?*

**JIU LIU:** China began using it in 1912 for official and international matters and a few major Western holidays such as the New Year. That was well after other Asian countries had done so including Japan who did so in 1873. Korea began using parts of the Gregorian calendar in 1896. China still uses most of their traditional lunar calendar now called the 'lunisolar' calendar. It is based on positions of the sun and moon; with many cultural holidays, birthdays, and other events. Japan uses a hybrid calendar that is primarily based on Emperor Akihito's reign mixed with the Gregorian calendar. The Korean calendar begins with the birth of its founder, Kim Il-Sung; and that starts in 1912. It mixes with many holidays on the Gregorian calendar, birthdays on either one, and holidays either Western or Korean.

## WENDY:

*Enjoyed the article about the lotus in Hebei. Can you share more about these beautiful flowers, their name in Chinese, even a good recipe or two?*

**WENDY:** No botanists we, they do smell heavenly, grow everywhere, are in the water lily family, and are in more than one genus. We read about two of them, the *Nymphaea* and the *Nelumbo* species. Some say they are in the pea or *Leguminosae* genus, but we have found no proof of that. The first one mentioned was written about in one location calling it the 'sacred lotus' of ancient times. Some but not all of these plants are shallow-water plants whose flowers stay open until mid to late in the day. Most are white, red, blueish, orange, or pale-yellow; and they open for one to three days, are sacred to Buddhists in China, India, and Tibet, called *he* or *lian*, and were first described in the *Book of Odes*. Called *handan* if their flowers have not yet bloomed, *furong* if they have. Thousands of artists have painted them, each rendition different from most others.

We did read that "when water is deep, plant water chestnuts, if shallow, plant the lotus." Some archeologists dated their seeds more than a thousand years old, others found some almost two million years old. They were amazed that when planted, most did bloom. Historians say they are the oldest flowering plants on earth, ones whose seeds when roasted taste delicious. Some cook the parts found under water and when cooked and eaten are very special at weddings, broken in half, their sticky material binding them together symbolizing nothing can pull the happy couple apart. They also advise that their seeds symbolize fertility.

## LOTUS, GLUTEN, AND VEGETABLES

### Ingredients:

1 gluten sausage, boiled ten minutes, removed from the liquid and sliced thin  
3 fresh shiitake mushrooms, stems discarded, caps sliced thin  
1 teaspoon Shao Xing wine  
1 teaspoon dark soy sauce  
1 teaspoon granulated sugar  
½ teaspoon ground white pepper  
1 Tablespoon vegetable oil  
2 lotus rhizome sections, washed, peeled, and cut in thin slices  
½ teaspoon garlic powder  
2 teaspoons *sa cha* sauce  
½ teaspoon coarse salt  
3 large cloves garlic, peeled and minced  
½ pounds snap peas, strings removed and discarded, each distinctly angle cut in six pieces.

### Preparation:

1. Marinate the gluten sausage slices in wine, soy sauce, sugar, ground white pepper, and half the minced garlic for ten minutes.
2. Heat a wok or fry pan, add vegetable oil, and fry the mushroom cap slices until brown, then add the gluten sausage slices and the rest of the minced garlic and brown this then remove from the wok or fry pan and set this aside.
3. Add lotus slices and stir-fry them for two minutes, then add to the set aside mushroom mixture.
4. Reheat the wok or fry pan and add the other ingredients but not the snap peas. Stir-fry for two more minutes, then cover the wok or pan and cook stirring for two more minutes.
5. Take off the cover, turn heat to high, add the snap pea pieces and stir-fry two more minutes or until most liquid has boiled out; mix everything together, and then serve.

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## LETTERS TO THE EDITOR

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### FROM RAOUL IN BOSTON:

Can I make a Chinese version of Siracha sauce and use it in any Sichuan dish?

**RAOUL:** Siracha sauce is not Chinese nor Sichuan though many Chinese use it as their 'go to' hot sauce. Here is version to try.

### HOMEMADE HOT SAUCE

#### Ingredients:

8 ounces fresh hot chili peppers, seeded and minced  
4 Tablespoons peeled garlic cloves, minced  
1/4 cup white vinegar  
1/4 teaspoon coarse salt  
1 Tablespoon brown sugar  
1/4 to 1/2 teaspoon fish sauce (optional)

#### Preparation:

1. Put chili peppers, garlic cloves, vinegar, salt, and sugar in a medium-size pot, partially cover, and simmer for twenty minutes. Remove the cover and stir for five minutes.

2. Transfer the contents of the pot to a blender, add the fish sauce and five tablespoons of hot water, and blend again for one minute, then transfer this to a glass jar.

Note: use what is needed, and refrigerate the rest. It will stay about ten days. Freeze unused sauce in an ice cube tray. When frozen, transfer the cubes into a double thick plastic bag. Take them out and use as needed.

### PIQUANT CHICKEN

#### Ingredients:

4 boneless chicken thighs, cubed  
1 Tablespoon cornstarch  
1 teaspoon coarse salt  
1 Tablespoon Chinese rice wine  
1 egg white  
2 Tablespoons vegetable oil  
1/2 to 1 Tablespoon hot sauce (see above)  
2 teaspoons minced fresh ginger  
1 Tablespoon minced scallion, green part only  
3 cloves fresh garlic, peeled and minced  
2 Tablespoons chicken stock  
1 Tablespoon sesame oil  
1 teaspoon thin soy sauce

#### Preparation:

1. Mix chicken cubes with cornstarch, salt, wine, and egg white.

2. Heat oil in a wok or fry pan and fry the cubes of chicken in two batches, removing them when light brown and setting them aside, then fry the rest of the chicken.

3. Add the stock, sesame oil, and the soy sauce to the wok or pan, stir, then add all the chicken cubes, stir for one minute, then place in a pre-heated serving bowl.

4. Add the hot sauce, and stir-fry for half to one minute, add the stock and sesame oil, and serve.

### DEAR EDITOR NEWMAN:

Like your recipes, particularly the unusual ones, but we have not seen any recipe for yellow cucumbers. How do the Chinese use them? Do you have a recipe called Gold Coin Soup?

**MICKEE:** Thanks for the compliment. Yes, I once did see and cut out such recipes. That article said it helps kidneys and the spleen, it also nourishes and regulates the stomach. However, I do not recall where it came from. The Chinese use yellow cucumbers with brown bean sauce. The Gold Coin Soup, the Chinese say, should strengthen women, particularly if they feel nervous.

### YELLOW CUCUMBER AND POULTRY SOUP

#### Ingredients:

1 quail, quartered and blanched for one minute  
2 chicken thighs, blanched for one minute  
1/2 duck, quartered and blanched for two minutes  
1 yellow cucumber, seeded and cut in eight pieces  
1 piece tangerine peel, soaked for five minutes, and cut in four pieces  
5 slices peeled fresh ginger  
1 teaspoon coarse salt  
1/2 cup millet  
1/2 cup barley  
20 goji berries

#### Preparation:

1. Put all pieces of quail, chicken, duck, cucumber pieces, tangerine peel, ginger, salt, millet, and barley in a large stock pot and cover the ingredients with boiling water. Reduce the heat and simmer for ninety minutes, then remove and cool until able to handle the poultry pieces.

2. Remove the meat from bones for the quail, chicken, and duck, and do discard skin, bones, and any visible fat.

3. Skim the liquid and return it to a rinsed pot with all the poultry and other ingredients and simmer another half hour, then add the goji berries and simmer five to ten minutes. Serve in preheated bowls or a pre-heated tureen.

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## LETTERS TO THE EDITOR

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### YELLOW CUCUMBERS IN BROWN BEAN SAUCE

#### Ingredients:

- 1 Tablespoon vegetable oil
- 3 large shiitake mushrooms, their stems discarded, their caps quartered
- ½ pound pork loin, cut in small cubes
- 3 scallions, minced
- 1 Tablespoon fresh ginger, minced
- 1 Tablespoon Chinese rice wine
- 1 Tablespoon light soy sauce
- 3 Tablespoons chicken stock
- 3 Tablespoons brown bean sauce
- 1 large yellow cucumber, peeled, seeded, and cut in small cubes
- 1 Tablespoon cornstarch
- 1 teaspoon sesame oil
- ½ teaspoon ground Sichuan pepper or ground star anise (only use one or the other)

#### Preparation:

1. Heat wok or fry pan, add the oil, and stir-fry the mushrooms, then add the pork, scallions, and ginger, and stir fry for two minutes.
2. Add soy sauce, chicken stock, half cup of cold water, and brown bean sauce and stir well, then add cucumber pieces and stir-fry one minute.
3. Mix cornstarch with an equal amount of cold water and stir this into the pork mixture and boil stirring for one to two minutes, then add the sesame oil (and the seasoning, if using), stir two or three times, then put in a pre-heated deep dish and serve.

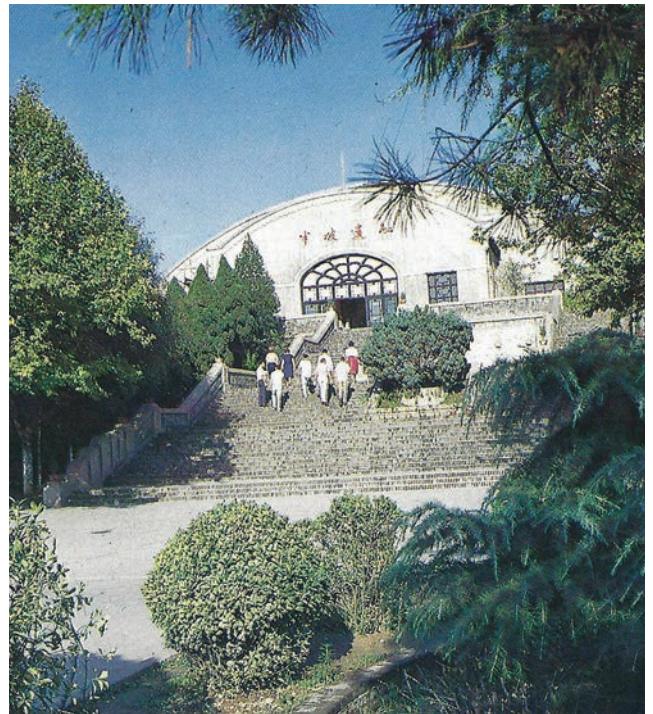
### GOLD COIN SOUP

#### Ingredients:

- 2 pig hearts, veins removed
- 1 gold coin
- 1 teaspoon salt

#### Preparation:

1. Cut the heart meat, but no part with any veins, into one to one and a half inch cubes. Put them and the gold coin into a double boiler, add six cups of water, the heart cubes, gold coin, and salt, and cook for four hours. Serve meat and the soup, wipe the gold coin, and safely store it for another use.



#### DR. NEWMAN:

*Can you remind us of where this museum is, and what it is?*

**STEVEN IN IDAHO:** Yes, because I do recall those many steps. It is outside of the Banpo Museum in Xian. We went there in the 1970s on our first trip to that city. I do not know if they have done any exterior renovation, but do recall climbing those many steps and spending a few frustrating hours inside; and I have not been back since. Then, all signs were in Chinese, and our guide did a poor job translating them. His English was more brief than the signs he shared. However nowadays, most museums in China have bilingual signs so poor or rushed guides do not short change the visitors as we were then.

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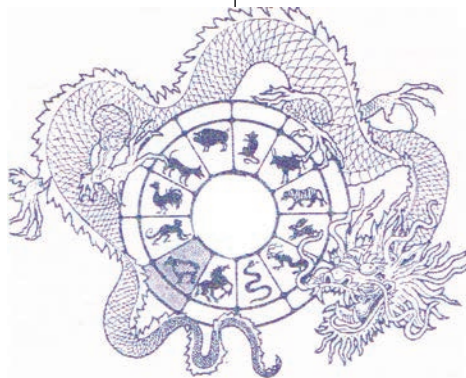
# CHINESE HOLIDAYS: AFTER THE NEW YEAR

Chinese New Year and Lantern Festival were discussed in Volume 25-1, there are many other holidays in the Chinese year. The next is Ching Ming, then Tin Hau's birthday, Cheung Chau, Buddha's birthday, the Dragon Boat Festival and so on. This article, looks at many others that follow in order of China's Lunar Calendar, now more commonly called the Lunisolar calendar. They are discussed below and in calendar order.

**CHING MING** is a family holiday that is also known as the Clear and Bright Festival or the Pure Brightness Festival. It is in early Spring. On this day, families visit the graves of their ancestors, and once there, they clean around them, kow-tow three times to each of them, often leave flowers and favorite foods for their spirits there, may leave wine or another alcoholic beverage, even pour some on the ground near their ancestors' graves. Some burn notes printed from the 'Bank of Hell' to provide any needs they may have in their afterlife. Others may bring tea, chopsticks, joss paper, incense, clothes, or other gifts for them. These traditional gifts are popular, particularly among the elderly visitors.

Some carry or wear willow branches, others do bring them and leave them there. Still others may place them on their gates to ward off wandering evil spirits. Some families bring a whole or part of a roast pig, fish, or a cooked chicken or two, head, feet, and every part attached. These foods are for sharing with their ancestors, picnic-style. Some prefer sharing them at home near ancestral tablets.

**TIN HAU'S BIRTHDAY**, also known as Festival of the Heavenly Queen, the Goddess of Fishermen. Folks come and decorate or see the fishing vessels already decorated and they worship her there. Some join festivities touring from Joss House Bay, Yuen Long, or another port. They celebrate bringing foods of the sea to share with her spirit. Fishermen and those who care about them and their catch do celebrate on this day. Not a holiday off from work, many go after the middle of the day to a fisherman temple to pray and gather with families and friends and enjoy some of their catch.



**CHEUNG CHAU** is China's 'bun holiday' in late Spring on the Chinese Lunar calendar. Once a multiple-day religious holiday, this day is a popular holiday for many to celebrate at lunch or after work, and join processions to and from temples, or go to enjoy Chinese opera. Some bring effigies of one or more Gods to a temple and put buns on them. Others parade in the streets carrying bun-laden statues. This holiday is popular in Taiwan more so than in other places; and lots of families make or purchase buns to pin on one or more Gods they appreciate for good luck. Some walk on stilts on this festive day, others dress in historic costumes before or when doing so; and many sell buns and donate the monies they collect to give it to a charity that helps the less fortunate.

**BUDDHA'S BIRTHDAY** is near the end of May and is celebrated on the solar or the lunar calendar honoring this famous Chinese sage and teacher. Popular in all Buddhist Temples and places where statues of this venerated one is, are also enjoyed on or before this day when statues of Buddha are bathed once more. Whenever they clean or dress his statue, worshipers hold ceremonies to venerate him. We did attend one at the Po Lin Monastery on Lantau Island many years ago. It was loud and lovely with many there to honor him.

**DRAGON BOAT FESTIVAL**, also known as the *Tuen Ng* holiday, which some call the Double Fifth Festival. It is on the fifth day of the fifth Chinese lunar month; and should it fall on a week-end, there are many revelers watching and cheering the big dragon boats, the huge drums in them keeping time. Those who watch and cheer, smile, wave, and cheer them on. Many know about Qu Yuan, the poet (340 to 278 BCE) who did drown himself in the Milo River holding a stone to keep him under water. He did so as he was upset with his new king and the corruption in this government. He was banished to a remote part of the country even though a minister to the Zhou Emperor. He did try to reduce rampant corruption he saw, but was unsuccessful so doing. He was held hostage in the State of Chin where he later died; and his son refused to avenge him, repent, or tend to business. All he wanted was to enjoy the fruits of ancestral efforts.

On the anniversary of this event, ordinary people organize flotillas worried that water creatures might

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## CHINESE HOLIDAYS: AFTER THE NEW YEAR

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devour this minister. They wrap food in bamboo or lotus leaves and throw these packets into the river for him as they remember the anniversary of his jumping into the river and recall the things he did for his country. They still hope to find him, but never have.

Read more about him and this day in Volume 8(3) where M. Leong did write about him and this festival. Seek it out at [www.flavorandfortune.com](http://www.flavorandfortune.com) and check the recipe index to make *zong zi* used to remember and honor him.

### HUNGRY GHOST FESTIVAL,

also known as *Yue Lan* in Chinese, is celebrated in the seventh lunar month, some celebrating it for the entire lunar month, others selecting one or more days that month to do so. They believe the gates of hell open and release all lost souls to wander about during these days or this entire month. It is near the end of August, and many make or purchase paper money and/or cut-outs to burn as offerings to placate these wandering ghosts. Some do so only on one or two days during the month to appease these wandering souls. Some places load long tables with foods available for all or foods to be donated to or by local businesses to those in need.

On the evening of a designated day, any foods not consumed or those specifically set aside as donations for them are given to the homeless or to local charities. Many people go to open-air classical opera performances about this holiday or to pop concerts or other forms of entertainment. Many proceeds from these events are given to those in need.

**MID-AUTUMN FESTIVAL,** also a lunar holiday, is celebrated on the fifteenth day of the eighth lunar month. Widely celebrated, it is called by some the 'Family Reunion Festival.' Many gaze at the moon in the evening. Years ago, officials gave gifts of mirrors so people could flirt with the moon. Also called *Chung Cho Jie* or the Moon Cake Festival., many make or purchase

moon cakes in remembrance of an uprising in the 14th century against the Mongols. It was a revolt to recall that was to be held and kept secret as people wrote the date on slips of paper that were stuffed into moon-shaped cakes smuggled to compatriots organizing this uprising. Led by Liu Bao-wen, they hoped to overthrow the Yuan Dynasty when worshiping the Moon God wishing for continued protection, good fortune, and thanks for the many blessings they had. One moon cake is usually shared by an entire family. Many are filled with sweetmeats such as bean paste, lotus seed paste, mashed melon seeds, nuts, whole egg yolks resembling the moon, and/or other popular foods symbolic of completeness and family unity.

The origin of this holiday is debated. One notion is derived from the honey cakes of the 3rd century BCE called *chu-ju* that are mentioned in *Summon the Soul*, a literary piece cited in an agricultural encyclopedia circa the 6th century CE. On this day, many observe a ceremony called 'capturing the moon,' and they do so at midnight. They like to look at the moon peering into a basin of water. Though few do so today, many speak about it as if they did. The moon cakes they make or buy are preferred stuffed with Chinese ham, roast pork, sausage, chopped walnuts or other nuts, other sweet or savory items, and other loved foods.

### CONFUCIUS' BIRTHDAY

is celebrated in the fall. It is on the lunar calendar, and in 2016, will be September 28th. This editor knows it well as her great-granddaughter was born on this birthday. She celebrates this birthday joining many Chinese in many countries;

who go to temples that honor this master. Many in her family tell her she is honored as thanks for her love of and touting of Chinese food.

**CHEUNG YEUNG** is a day recalling what happened during the Han Dynasty. Then a soothsayer said this 9th day of the 9th lunar month was when a family was told to go to a high place and avoid disaster.

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They did follow these instructions, and are glad they did because when they returned home they did discover that all living things had perished. To remember this horrific event, on this day they visit family graves and feel safe doing so visiting those buried in high places bringing food and things they might like, they burn them there in celebration.

**BIRTHDAYS**, the Chinese celebrate when a child is one year old, many believing they are two at that time. They celebrate this important event as in days gone by when many did not live that long. Parents and grandparents prepare red turtle-shaped glutinous rice cakes and they help the baby place his feet on them. If he or she does, he will live a long life, as turtles do. Popcorn is rubbed on the baby's mouth and buttocks to wish that the tyke will grow strong and healthy.

At age sixty, family and friends mark the beginning of their long life. To survive this long, they worship the longevity god, share peaches and other fresh fruit, and red turtle-shaped rice cakes believing this is their most auspicious birthday.

**OVERALL**, peaches to the Chinese, are the symbol of longevity. Many know the God of Longevity holds one in his hand, a staff in the other hand. Turtle-shaped rice cakes wish many more celebrations and brings thoughts of prosperity, completeness, good fortune, and longevity. This celebration with or without private rituals or public banquets make them have *hing bao* as they enjoy family and friends together. This most important birthday to them is five cycles of twelve, and it never goes uncelebrated.

## MOON CAKES

### Ingredients:

3 Tablespoons peanut oil  
½ cup golden syrup  
1 Tablespoon cake flour  
7 Tablespoons all purpose flour plus enough to dust the moon cake mold many times  
4 Tablespoons lotus seed paste  
10 quail eggs, hard-cooked  
1 large egg mixed with 1 teaspoon vegetable oil

### Preparation:

1. Mix peanut oil and gold syrup with the cake flour and let rest two hours.
2. Put all purpose flour in a bowl, make a well in its center, and slowly add the oil mixture stirring it well. Then take two tablespoons and set them aside. Taking one of them, put it between two sheets of plastic wrap and using a one-inch thick ten-inch piece of dowel, roll it into a thin circle. Take two tablespoons of the lotus seed paste and put it around one hard-cooked quail egg and completely seal that in the rolled dough sealing it carefully and well.
3. Dust a moon cake mold with a little flour, dump out any excess, then stuff the stuffed dough into the mold, keeping the egg yolk centered. Let it rest two minutes then gently knock it out, put it on a greased baking sheet brushing the top and all sides with the egg glaze. Repeat until all are shaped their tops and sides brushed with the glaze, the bottoms on the greased baking sheet.
4. Bake in a pre-heated 400 degree F. oven for fifteen minutes, brush again with egg glaze and return to the oven for ten minutes more or until golden brown..
5. Put on a cool baking rack and cool half an hour, or completely, then serve.

# FIRE DRAGON FRUIT

These oval-shaped fruits are members of the *Cactaceae* or cactus family. They can be white, yellow, or red inside; red, white, or yellow on their outsides, too. All have tiny black seeds within, as the pictures on this page show, all except the very top one as it is just starting to grow. It does show a relationship to the cactus. The small crunchy black seeds are edible, the fruits are best when chilled, we like to cut them in half lengthwise, spoon out their centers, then enjoy them. Years ago, royalty kept them in ice houses for their own use; they too enjoyed them chilled.

Called *pitahaya* or *pitaya* where they originated which may have been in Mexico, they are loved for their interior, their juice, and when the center part is made into a syrup and used to color candies, or in pastries.

Sweet and refreshing, they have lots of Vitamin C and fiber, their exterior has spikes some call their 'wings,' and they are now popular in China and called *longguo*. We were introduced to them in Taipei at a street stand, their shell-like exterior did serve as a dish, and there, the foods in them looked lovely.

Their flowers are aromatic and bloom for only one night we were told. Some cook them/or the fruits as a vegetable we never have. Most just spoon out their chilled interior, cut them into cubes, and use them as a dessert or in a main dish..

Some call the all red ones 'strawberry pears' as they can be red inside and out. Most are white with their black dots, but they can be red, pink, yellow or white, though the insides of the yellow and red ones are often that color. They now grow in Southern Florida, Hawaii, and many Pacific locales so look for them in warm weather.

One story about them from 1830, tells of a boatload reaching Hawaii from Mexico. They were on their way to Boston, then on to Guangzhou. The captain thought they looked dead and should be discarded. He wondered if they had any life left. With that in mind, he ordered them planted on that layover. His mates were surprised to see them take root on their return stopover. This helped others see possibilities for their use as rootstocks or for grafting purposes, and as ornamentals. Now, they are commonly used in these fashions and as flowers and fruits.

These plants have many relatives including *Hylocereus undatus*, a night-blooming cereus, the apple cactus, and *Cereus camponis* cultivated in Guatemala, Columbia, Bolivia, and Puerto Rico. Large, erect, multiple-stemmed, ribbed, some spiny, they now grow in many places where some say they have the texture but not the color of kiwi fruit.

*Pitahaya* fruits stay three to six days in the refrigerator, many reminding their users of sherbert. In China and elsewhere, some grow on rocks, creep on stone walls and branches or bushes, and some hang off them. Some royals did keep them in ice-houses for weeks or months, or in vertical boxes loaded top to bottom with blocks of ice.

The flowers of this plant bloom at night and usually wilt by morning. They set as fruit, and the one in the center shows how they are wrapped for shipping. These fruits rely on nocturnal pollination from bats, moths, or beetles, and can flower as many as six times in a year. Low in calories, should one break a stem, they often do take root when stuck in the ground thereafter.

People love these fruits plain or mixed with other fruits. We know not why very few recipes exist for them. The one below we have made often, and other than chilled and spooned or cubed into their shells, we have found no other recipes that inspire their use.

## DRAGON FRUIT, BEAN PASTE, AND LOTUS SEEDS

### Ingredients:

- ½ cup dried lotus seeds, soaked overnight
- ¼ cup red bean seeds, soaked overnight
- 1 kiwi fruit, peeled and cubed
- 4 Tablespoons rock sugar, divided
- 2 or 3 dragon fruits, their insides scooped out and gently mashed

### Preparation:

1. Simmer lotus seeds in two or three cups of boiling water and half the rock sugar for one hour, then drain, mash, and cool them.
2. Simmer red beans in another pot in two to three cups of boiling water for one hour with the other half of the rock sugar, then drain, mash, and cool them.
3. Put mashed lotus seeds and red beans in the empty dragon fruit shells, top with the kiwi cubes, and serve at room temperature.





# CHINESE-AMERICAN TIME LINE

Here are some Chinese times in California and elsewhere in the US, some in Canada, some south of the border. Only a few are food related such as a few Spanish records of the 1600s documenting settlements in Acapulco and Mexico when in the first half of that century some Chinese did come on Manila galleons. In 1763 there were a few settlements of Chinese bound for the Philippines who jumped ship in New Orleans. They did flee into Louisiana bayou country and settled there. In 1785 three Chinese seamen get stranded in Baltimore by the captain of their ship, the *Palleo*. They needed a year to arrange their return to China.

## BEFORE THE 1860S:

**1818 - 1825:** Five Chinese students come to study in Cornwall CT Foreign Mission school

**1820s:** US government reports 325 Chinese immigrants get to California

**1830s:** Chinese sugar masters are working in Hawaii; at the same time, some sailors and peddlers get to and stay in NY

**1846** A Chinese junk, the *Kee Ying*, sails into New York harbor with its crew of thirty-five; and reports say some fifty thousand do visit this Chinese ship while docked there

**1840s:** Lured by news of the California gold rush, men from Canton (now known as Guangzhou) and elsewhere in the Guangdong and Fujian Provinces come to build the transcontinental railroad, dig its tunnels, and do needed nearby farm work

**1844:** US and China sign the first treaty between these two nations

**1847:** Three Chinese college students arrive in New York for schooling

**1848:** British author, John Davis, publishes a book in English, of Chinese recipes; Many Chinese men come to California during gold rush times

**1849:** The first Chinese restaurant in US, called Canton, opens December 10th in San Francisco; it is on Jackson Street

**1850:** Statute prohibits testimony by Chinese against Americans in San Francisco; just eighteen more than

four thousand Chinese men and seven women now live in the US, twenty thousand others arrive in this decade, most come to mine gold

**1851: - 1860:** More than double than number of Chinese arrive in CA during Gold Rush times; almost two hundred Chinese contract laborers go to Hawaii, not yet part of US. A Reverend William Speer opens a Chinese Presbyterian Mission in San Francisco

**1854:** Yung Wing gets his B.A. from Yale University as is the first Chinese college graduate in US; In a *People vs Hall* case, the Chinese are forbidden to testify against Caucasians

**1857:** San Francisco opens a school for Chinese children

**1858:** California passes a law barring entry of Chinese and Mongolian peoples

**1859:** No Chinese are allowed to attend San Francisco public schools

**1860:** Some 40,400 Chinese are in the US by this date

## 1860-1900:

**1863-1869:** Chinese workers help build US transcontinental railroad, Some open eateries to feed them and other folk; more men are recruited to build the Central Pacific Railroad while others are recruited to work in the silver mines

**1868:** US and China sign the Burlingame-Seward treaty; it allows citizens of both countries to emigrate; and at this time, a Sunday School for Chinese opens in Hawaii

**1870s:** Significant numbers of Chinese arrive in New York region, 36.9% are minors; 20.4% as non-specified laborers, 11.7 are domestic servants, 7.9% come to open their own laundries or work in them

**1872:** Chinese are barred from giving court testimony

**1875:** Chinese farmer Ah Bing grows cherries and later names them 'Bing cherries'; The Page Law bars entry of Chinese, Japanese, and Mongolian prostitutes, felons, and contract laborers

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## CHINESE-AMERICAN TIME LINE

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**1878:** Chinese now are not eligible for naturalized citizenship in the US

**1879:** A Boston Chinese restaurant named Hon Far Low and another in New York called the Broken Restaurant open; a Law in CA prevents municipalities and corporations from employing the Chinese

**1881:** Father Sit Moon becomes pastor of first Hawaiian Chinese Christian church

**1882:** Chinese Exclusion Act forbids Chinese laborers from coming to the US for ten years; this helps xenophobia become rampant in US

**1883:** Chinese food café opens at the Chicago World's Fair; Chinese Consolidated Benefits Association (CCBA) is established in NY; Wong Chin Foo begins a Chinese-American bilingual weekly newspaper

**1884:** John Dudgeon, a Brit, writes that the Chinese diet may be healthful than that with heavy meat eaten in the US

**1886:** Many places in the west of the US expel many Chinese

**1887:** American servicemen frequent Chinese restaurants and bars in Hawaii

**1888:** The US says only five categories of Chinese can enter its country including teachers, students, officials, merchants, and/or visitors

**1892:** The Geary Act extends Chinese immigration prohibitions for ten more years

**1896:** Ambassador Li Hung does arrive in NY; Papers say he invents Chop Suey to meet his food preferences, an untrue statement

**1898:** Supreme Court rules children of Chinese descent born in US American citizens; the Scott Act forbids re-entry of twenty thousand Chinese farm and other workers who temporarily left US

### 1900 - 1999:

**Early 1900s:** Five Chinese restaurants listed in the 1903 Los Angeles phone directory, ; there are twenty-eight in 1923, seventy-three in 1941, and more than forty thousand in the late 1900s; thus Chinese restaurants are proliferating

**1902:** Chinese Exclusion Act is extended for ten more years

**1906:** A major earthquake and fire in San Francisco destroys local records making way for Chinese 'paper sons' to immigrate to the US

**1910:** US Supreme Court extends the 1870 Naturalization Act to other Asians making them all ineligible for citizenship

**1911:** Chinese men in US cut off their queues after a revolt in China

**1916:** In Los Angeles, David Jung opens a noodle shop selling 'message cookies' we now know as 'fortune cookies'

**1918:** Servicemen of Asian ancestry who served in World War get the right of naturalization

**1920s:** Anna May Wong is first Chinese-American Hollywood film actress

**1922:** La Choy Food Products is founded in Detroit ; it sells many Chinese canned and packaged staples

**1924:** All Asian immigrants excluded from US by law are now denied citizenship and prevented from marrying Caucasians and/or owning land in US

**1925:** Warring tongs in many Chinatown regions in US declare a truce

**1933:** Chinese Hand Laundry Alliance organized in NY responds to discriminatory regulations imposed on their industry

**1938:** One hundred fifty Chinese women garment workers strike against the National Dollar stores, almost all of which are owned by the Chinese

**1940:** Angel Island Immigration Station closed by the US government

**1943:** Congress repeals all Chinese exclusion laws, and ssys that only one hundred and five Chinese can immigrate to US each year

**1945:** Publication of How to Cook and Eat in Chinese by Buwei Yang Chao is the first English-language Chinese cookbook to use the term: stir-fry

**1947:** Amendment to 1945 War Brides Act does allow Chinese veterans in US military to bring their brides to US; Jenò F. Paulucci, an Italian-American, starts Chun King in Grand Rapids MN and in weeks sells three hundred cases of chow mein daily

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## CHINESE-AMERICAN TIME LINE

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**1957:** Cecilia Chiang opens the first Authentic Mandarin restaurant in San Francisco

**1959:** Hiram Fong is the first Chinese-American senator elected to represent Hawaii

**1965:** US government abolishes restrictive quotas based on race or nationality so the Chinese-American population nearly doubles between 1960 and 1970

**1967:** Shun Lee Palace opens in New York as the first Sichuan and Yang Chow restaurant in the US

**1971:** *Roots* is the first textbook published for Asian-American studies classes

**1972:** President Nixon visits China; and opens way for Chinese-Americans to visit their homeland for the first time in twenty-two years

**1982:** Yan Can Cook, a Chinese celebrity cooking TV program debuts in the US

**1978:** Yale University student, Maya Lin, designs the Vietnam Veterans Memorial in Washington DC

**1979:** President Carter declares one week in May as Asian Pacific American Heritage Week; eleven years Later, president Bush extends it to a one month-long celebration

**1992:** Chinese Restaurant News estimates there are thirty thousand purveyors of Chinese food in the US

**1993:** Amy Tan's novel, *The Joy Luck Club* is developed into a major Hollywood movie

**1999:** US Census says more than three million Chinese now live in US and are about one percent of its total population.

**2012:** Donation initiated of English-language Chinese cookbooks to Stony Brook University; by 2020 there are more than five thousand there each with a complete citation, an annotation, too, all with computer access from anywhere in the world, and available to be seen there by appointment. (JMN)

**IF YOU  
KNOW OF  
OTHER DATES,  
PLEASE SHARE  
THEM**

# BITTER MELON: NOT ALWAYS LOVED

This vegetable, botanically known as *Mormordica charantia*, is not always appreciated when green or white. The first half of its name is probably why as it often is somewhat or very bitter. Some say it looks like a relative of the cucumber or zucchini. That is only true if it is the one with no bumps. Some are more bumpy, others totally smooth. The former are more common as seen on this page.

The Chinese call them *ku gua*, and say that the bitter ones best illustrate the ups and downs of life. We see them as a great vegetables to balance the five basic flavors in a meal. Ones this bitter in a dish or a sauce, do help maintain good health. Eating these vegetables has been discussed in some earlier issues such as in the 2003 Volume 10(3) one, the 2008 Volume 15(2), and in 2014 in volume 21(1).

Many did question this editor, she does wonder if they did taste it yet? Some people enjoy this vegetable, surely those with light green skins. The ones with dark exteriors taste more bitter than they do. We recommend the recipes below and others from this magazine's web site. Try one or two and be pleasantly surprised.

Keep in mind that their bitter taste should not take center stage, but compliment other dishes served with it. Bitter ingredients are great with sweet and rich ones. They make meals planned to include all basic tastes even better; and why we recommend serving these different tastes together.

Bitter melons do have many seeds and are related to squash and similar vegetables. They are known to have health-giving properties. Those that want to grow them should be pleased to know they are easy to grow and are virtually pest-free. Some are called, though we know not why, balsam pears. Those that admire their bumpy exteriors, do need to peel them before using them. And, do keep in mind that, the lighter their color, the less bitter they are.

Introduced in China from India in the 14th century. TCM practitioners tout them for treating indigestion, internal cleansing, settling an upset stomach, treating diabetes but reducing blood sugar levels, curing inflammations, reducing viral and bacterial illnesses, treating gout and jaundice, and helping ease removal of kidney stones.

The Chinese prefer them in dishes that are thermally hot and often slow-cooked. Some serve them tepid and with black beans. Others flavor them with osmanthus flowers or syrup. Several tell us they like them all of these ways. Some did say they will try them, and we hope they do. Only then will they appreciate them. We wonder why their hesitation. Maybe the word 'bitter' puts them off. If that is their problem, they need to buy those with very light skin try one of the recipes below.

We like them all, and readers can, too. Some say to eat them is to *ichi ku*, which means 'to eat bitterness'. Others believe they represent hardships as acceptable behavior worth pointing to with pride, even one to brag about. We ignore that thinking and just enjoy cooking and eating them; you can, too.



Those that like bitter melon, often like stinky bean curd, durian, and other less-loved food items. They should not serve these items together. One recipe below can be eaten cool or cold. We like it made with one green and one white bitter melon together.

Most recipes below should be served with other main dishes; and they can be eaten in any part of one's meal. We believe that true with most Chinese dishes as most do have ownership with any part of any meal. Do cook them and tell us what you think. Our very favorite is the last one. Maybe you should try that one first. (JMN)

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## BITTER MELON: NOT ALWAYS LOVED

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### BITTER MELONS WITH BLACK VINEGAR

#### Ingredients:

2 bitter melons, one white and one dark green, peeled and cut in small strips  
1 teaspoon coarse salt  
1 Tablespoon thin soy sauce  
1 Tablespoon Chinese black vinegar  
1 teaspoon sesame oil

#### Preparation:

1. Discard the bitter melon peel, their seeds, too.
2. Boil three cups water and blanch the pieces of bitter melon for up to one minute, drain, and mix with the salt, then allow to come to room temperature.
3. Mix in the soy sauce and vinegar, then add the sesame oil, and serve.

### PORK AND BITTER MELON SOUP

#### Ingredients:

3 slices fresh ginger, slivered  
½ pound boneless and skinless pork fillet, cut into thin strips  
1 dark green bitter melon, peeled, cut in half, seeds discarded, remaining flesh slivered  
2 quarts pork, chicken, or vegetable stock  
2 teaspoons thin soy sauce  
½ teaspoon sesame oil  
½ teaspoon coarse salt  
3 small eggs

#### Preparation:

1. Put prepared ginger, pork, bitter melon, and stock in a soup pot, bring to the boil, and quickly reduce the heat to a simmer for ten minutes.
2. Add soy sauce, sesame oil, and salt, and then simmer ten more minutes before turning off the heat.
3. Break each egg into the soup mixture and cover the pot for five minutes, then mix vigorously, and serve in individual pre-heated soup bowls.

### SHRIMP AND BITTER MELON

#### Ingredients:

1 Tablespoon vegetable oil  
2 Tablespoons black beans, rinsed and chopped  
½ pound fresh shrimp, peeled, veins discarded, each cut in four pieces  
1 bitter melon, peeled, seeds discarded, and coarsely chopped  
5 teaspoons cornstarch, divided  
1 teaspoon granulated sugar  
1 Tablespoon thin soy sauce  
2 scallions, slivered on an angle  
½ cup chicken stock

#### Preparation:

1. Heat a wok or a large fry pan, then add the oil and when hot, add the black beans and shrimp and stir-fry for one minute.
2. Then add bitter melon and half the corn starch, stir-fry one minute, then add sugar, soy sauce, and scallions, and stir-fry one minute.
3. Mix in the rest of the cornstarch stirred with the chicken stock and keep stirring this until it thickens. Do serve in a pre-heated bowl.

### SPARE RIBS WITH BITTER MELON

#### Ingredients:

1 cup vegetable oil  
3 cloves peeled garlic, each one smashed  
3 Tablespoons coarsely minced fermented black beans  
1 pound spare ribs, each cut in two-inch pieces  
3 Tablespoons cornstarch  
1 large or two smaller bitter melons, peeled, their seeds discarded, sliced into one-quarter-inch slices, each circle cut in half  
3 Tablespoons Chinese rice wine  
1 Tablespoon granulated sugar  
2 Tablespoons water chestnut flour

#### Preparation:

1. Heat a wok, add the oil, then the black beans, and stir-fry this for one minute. Then remove this with a spider or slotted spoon and set it aside.
2. Toss the spareribs with the cornstarch shaking off any excess, then add the ribs to the oil and stir-fry several times for seven minutes until the ribs are brown, crisp, and thoroughly cooked.
3. Remove them from the oil and set them aside. Use the oil for another use or discard it.
4. Add the wine, sugar, bitter melon pieces and the water chestnut flour to the wok or pan and stir-fry for two minutes. Then transfer them to a pre-heated platter and serve.

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## BITTER MELON: NOT ALWAYS LOVED

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### FISH-STUFFED BITTER MELON

#### Ingredients:

3 bitter melons, green or white, sliced into rings about one-inch wide, seeds discarded, then blanched for two minutes

1 pound cod or halibut, skin discarded, bones removed, the flesh chopped

3 Tablespoons minced fresh ginger, divided

1 Tablespoon thin soy sauce

1 teaspoon sesame oil

½ cup minced fresh coriander

2 scallions, thinly sliced on an angle

¼ teaspoon ground white pepper

3 Tablespoons cornstarch

2 Tablespoons vegetable oil

#### Preparation:

1. Blanch bitter melon pieces for two minutes, then put them in cold water for two more, then dry them with a dish towel.

2. Mix fish filets with half the ginger, the soy sauce, sesame oil, coriander, scallions, pepper, and one tablespoon of the cornstarch, mixing well, or putting in a blender for one minute.

3. Toss the dried bitter melon with the rest of the cornstarch and stuff a tablespoon of fish between every two slices.

4. Put oil in a wok or fry pan, and cook the stuffed bitter melon pieces until golden brown on each side, then remove these pairs to paper towels.

5. Now put the black beans, garlic, ginger, chili pepper pieces, oyster sauce, and the soy sauce and sugar into the wok and stir for two minutes, then add the bitter melon packages and coat with some of the black bean sauce, and then serve them.

### BITTER MELON WITH SALTED YOLKS

#### Ingredients:

2 bitter melons, peeled, seeds discarded, cut in two-inch lengths, then into thin strips lengthwise

2 cloves fresh garlic, peeled and slivered

2 salted egg yolks, beaten or mashed, as needed

1 scallion, slivered on an angle

2 teaspoons granulated sugar

1 teaspoon coarse salt

1 Tablespoon vegetable oil

#### Preparation:

1. In a two-quart pot, boil the bitter melon strips in two cups of water for one minute, then remove them to a bowl.

2. Mix the ribs with the garlic, egg yolks, scallion, sugar, and salt.

3. Heat a wok or fry pan, add the oil, and when hot, add the bitter melon strips and all the other ingredients and stir-fry for two minutes. Transfer to a pre-heated bowl and serve.

# ADVISE, OF OTHER GOOD AND LOVED BITTER MELON RECIPES



# HAKKA: CUISINE AND CULTURE

The Hakka are the largest minority in Taiwan, about fifteen percent of this island's total population. Most are descendants of the original 'guest people,' as they were known. For those not familiar, their name 'Hakka' comes from the *Yue* or Cantonese language. Its first syllable means 'guest' and the second one refers to the word 'people.' They are the people who moved south in five major movements beginning some thousands of years ago.



*Flavor and Fortune*, in the 2003 Volume 10(4) and the 2007 Volume 14(4) did discuss them. However, not much was known then about these shy folk early on. They love *ju cai*, a hair vegetable, and they like strong pickled mustard greens, among other foods. The words for some of their beloved foods can be seen on the banners that hang in front of their homes. Other words there tell about their ancestors, and their longevity.



The pickled vegetables are popular; they use them to flavor their meats, vegetables, buns, even their gelatin which they make with dried shrimp or their fried eggplant, in their sheets of rice dough, with the cooked mushrooms, and their *doufu*. They love salt-baked chicken and many other dishes, some shown with this article. They love many simple dishes and they use foods they grow, raise, or fish for and are known for their simple hearty food gathered or grown as they moved south.

Historians report they probably originally lived in the Central Plains of China, fought invaders and intruders there, and may have even originally descended from royalty. Some say their heritage may have included Japanese, Korean, or Mongolian forebears. This they know determined from several DNA analyses done over the years.

Major Hakka migration went south when first they were considered villains. They did face lots of hostility beginning with the Qin Dynasty (265 - 420 CE). In a second one they went further south; that was during the Huang Chao Rebellion (874 - 884 CE). They moved again during the Mongol invasion of the final years of the Sung Dynasty (1127 - 1279 CE), and then moved further south, northeast, and east. In early Qing Dynasty times beginning about 1644 CE, many moved on to the Fujian Province and/or to Southeast Asia before and during the Taipeng Rebellion (1850 - 1864 CE). A good number also fled to China's Hainan Island and soon thereafter, to Taiwan. Before, during, and since, there were additional moves. During them they did lose much of their language but added words and dialects from their then nearby neighbors, some Han and many minority populations. They also picked up dialects and holidays including Tomb Sweeping Day and other Han and minority practices. Which specific ones or when we know not.

As they learned to speak these other dialects including Hokkien, Cantonese, Han, and others, they also learned to speak the languages used in Borneo, Singapore, Malacca, and elsewhere as they settled in many different places. However, as they did, they did not lose their all-embracing Chinese identity. They did continue to worship their own god, Guandi, and they paid tribute to him twice every year. To them, he symbolized loyalty and clannishness, characteristics they still practice.

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## HAKKA: CUISINE AND CULTURE

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This multi-ethnic multi-linguistic population did continue to grow, some report to more than forty million in China, almost two and a half million more worldwide. They make up the cultural fabric of many a Chinatown throughout the world, and have sizable populations in southern China near Fujian, in Jiangxi, Guangxi, Guizhou, south-eastern Sichuan, Hainan Island, Hong Kong, Taiwan, Malaysia, Singapore, Indonesia, Thailand, and elsewhere.



Many can be recognized tending their fields, their women wearing long black coats, black pants, and big black hats with fringe hanging down from them. Some may be listening to eight-sound- music called *pa-yin*, or performing tea-picking plays and other stories when not working their fields. Their men dress in similar but gray clothing. Their adults stress education, worshipping the Tang Dynasty poet and essayist Han Yu, and they burn papers with words on them considered sacred. They grow, raise, and fish for all foods they eat, and do so with gusto.

The Chinese government classifies them as Han and not a minority population. Therefore, data about them can be mixed or non-existent. They report personal success in academia and politics, and you may know some of their past leaders. Deng Xiaoping, Taiwan's current president, Lee Teng-hui, Singapore's current one, Lee Kwan Yeo, and Myanmar's president named He Win come to mind.

For those wanting more detail about them, read editor Nicole Constable's, *Guest People: Studies of Hakka Chinese Identity* (University of California Press, 1994); S.T.Leong's *Migration and Ethnicity in Chinese History* (Stanford California Press, 1997), and the *Encyclopedia of the Chinese Overseas* (Singapore Chinese Heritage Centre, 1998). We found only one Hakka cookbook; it is by restaurant owner Chan Yick Cheun and has only twenty-four recipes. It was published in the 1980s. Some say the Hakka inter-marry a lot and is another reason they are not easy to trace. Nowadays, they wander less since coming to Quangdong, Fujian, and Taiwan, and many say that is because they are less threatened than they were years ago.

In Taiwan, school officials used to penalize those who kept their Hakka language trying to integrate them with their neighbors. Most did refuse; they also refused to bind their feet. They remained open-minded, reacted negatively to prejudice against them, kept to themselves before and since moving and getting to Taiwan. They made the best of what they had and worked very hard.

In 1987, there was some Hakka language preservation, albeit small, and a little cultural renaissance when four Hakka journalists worked together to publicize their needs starting a magazine called *Hakka Wind and Clouds*. But then, they had a falling out. In 1990, they changed leadership and the publication name; it became *Hakka Monthly*, and soon had a circulation of some five thousand.

Others put out Hakka dictionaries, some books, and audio and video materials. All of these got a boost in 1993 when the Ministry of education allowed dialects of indigenous languages, and theirs was deemed one. They were allowed classification as electives in elementary schools and at a few small cultural camps. Also allowed were Hakka clubs in colleges. In 1988, with encouragement of mother tongue usage, there was some gradual change including the formation of the Hakka Association of Public Affairs, now known as HARA. This did support Hakka dramas and other folk arts performances in public places.

Thanks to these efforts, Hakka cuisine also had some rebirth. It is now more popular and appreciated for its hearty, savory-based efforts with preserved vegetables, and fried and stewed foods. Now available in Hakka restaurants, it is now better known now in the US, Canada, Europe, and beyond; and there are more Hakka restaurants in China.

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## HAKKA: CUISINE AND CULTURE

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Hakka restaurant chefs share more dishes with *doufu*, ginger, basil, preserved vegetables, dried shrimp, and dried cuttlefish in these eateries and with the press. They use them in their steamed or stir-fried dishes that reflect their nomadic history. Many are salty or fatty, use *fu tsai* or fatty pork leg with preserved mustard greens, soy sauce, and they eat lots of rice called *pan tiao*, or their fried eggplant with local basil.



The Hakka believe salty and fatty foods are their historical roots, foods that stimulate their appetite. Their cooking is frugal, and uses everything at hand. Their *fu tsai* is now a ready-made big business thanks to the Kungkuan Farmers Association who dry their vegetables in the sun, put a layer of salt on them, then walk on them for about fifteen minutes to crush their greens, then stack them in large crocks topped with a large clean stones and leave them in the sun for three days before pouring off any liquid and folding them into bundles. Then they return them to the crocks, seal them, turn them upside down for three months, then sell them for use in wok cooking or steamed dishes.

Some women still make their own *fu tsai* to go with other foods including their soy pudding. They also make *tzu pa* with preserved red rice, in the shape of a peach wishing for their longevity, or make it as green dumplings they call *iai pan*. One chap told us they rarely use black pepper but make many dishes spicy without it. They include fried *doufu* and organ meats in many of them, and still eat all they grow adding potatoes, bananas, and plantains in many of their dishes and soups. He went on to add that they love their eggplant and serve it with lots of gravy, *pan tiao*, salt-baked chicken, and other foods that did travel well.

Below are some Hakka recipes for you to try. We hope you will like them and make them often.

**CHECK THE F&F  
WEB SITE INDEX  
FOR RECIPES OF  
OTHER MINORITIES**

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## HAKKA: CUISINE AND CULTURE

*continued from page 20*

### MEATBALL SOUP

#### **Ingredients:**

1/2 pound hand-minced beef  
1 teaspoon thin soy sauce  
1/2 teaspoon coarse salt  
1/2 teaspoon Mao Tai  
1/2 teaspoon sesame oil  
1 egg white  
1 Tablespoon cornstarch  
1 quart chicken broth  
3 slices fresh ginger, slivered  
1 scallion, minced green and white parts, separated

#### **Preparation:**

1. Gently mix beef, soy sauce, salt, Mao Tai, sesame oil, egg white, and cornstarch and shape into small balls.  
2. Bring broth to a simmer, add balls of beef, and when they float to the top, add half the white scallion parts, and simmer for two minutes.  
3. Next, put the soup in a pre-heated soup tureen, add the rest of the white and green scallions, stir, bring to the table, and serve.

### SHARK FIN CAKES

#### **Ingredients:**

1 pound shark fin meat, minced very fine  
1/2 pound ground pork, minced fine  
2 stalks celery, minced fine  
3 scallions, minced fine  
3 Tablespoons Chinese rice wine  
dash each, salt and ground white pepper  
2 Tablespoons cornstarch  
2 Tablespoons thin soy sauce  
1 teaspoon granulated sugar  
3 Tablespoons vegetable oil  
1/2 pound pea shoots, strings remove, each cut in half on an angle

#### **Preparation:**

1. Mix minced shark fin meat and pork, add minced celery and scallions, the rice wine, salt and pepper, cornstarch, soy sauce, and the sugar, and take one-tenth of this mixture and make a flat patty and set this aside, then repeat until all are made into flat patties.  
2. Heat a wok or fry pan, add the oil, and when it is hot, add half the patties and fry until light brown, then remove to paper towels to drain and repeat with the rest of the patties. Put pea shoots into the wok or fry pan and fry them for two minutes, then remove and drain them and put them in the center of a serving platter. Use the pea shoots all around them, then serve..

## HAKKA NANRU PORK

#### **Ingredients:**

1 pound pork loin, cut into one-inch cubes  
1 teaspoon five-spice powder  
1 teaspoon sugar  
3 Tablespoons dark soy sauce  
2 teaspoons or 1 Tablespoon hot sauce  
1 Tablespoon cornstarch  
3 Tablespoons vegetable oil

#### **Preparation:**

1. Mix pork, five-spice powder, sugar, soy sauce, hot sauce, and the cornstarch and let marinate for half an hour.  
2. Heat wok or fry pan, add the oil, then add the pork cubes in batches and stir-fry until they no longer stick together. Then when golden brown, drain on paper towels and serve in a pre-heated bowl.

### HAKKA DUMPLINGS

#### **Ingredients:**

1/2 pound pork belly, rinsed well, minced  
1 salted duck egg, simmered for ten minutes, peeled, and mashed  
1/2 cup shelled mung beans, boiled for ten minutes  
2 shallots, peeled and minced  
1/4 teaspoon ground white pepper  
1/2 teaspoon five-spice powder  
1 cup cooked glutinous rice  
8 bamboo leaves  
3 Tablespoons crushed rock sugar

#### **Preparation:**

1. Mix minced pork belly, mashed duck egg, mung beans, shallots, pepper, five-spice powder, and glutinous rice. And divide this into two batches.  
2. Make a funnel with two bamboo leaves, fill with the above meat and rice mixture and wrap and tie them together. Repeat with the other batches of leaves and filling ending with four dumplings.  
3. Steam for ninety minutes, and serve sprinkled with the sugar.

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### **DOUFU AND MUSHROOMS**

**Ingredients:**

3 Tablespoons vegetable oil  
2 cakes fresh *doufu*, cut into two-inch squares  
10 whole straw mushrooms, left whole or cut in half  
1 scallion, cut in quarter-inch pieces  
1 cup chicken broth  
½ teaspoon coarse salt  
3 pieces Chinese broccoli, each cut in four pieces  
5 coriander sprigs, two minced, three left whole as garnish

**Preparation:**

1. Heat wok or fry pan, add the oil, and fry the *doufu* until lightly browned, then remove to a small bowl.
2. Put straw mushrooms in the remaining oil and fry them for two minutes, then add the scallion, broth, and salt, and return the *doufu* to this pan and stir-fry for two more minutes, add the minced coriander and *srit*, then put all this on a serving platter.
3. Stir-fry the greens for two minutes, then put them around the above cooked mixture.
4. Put the whole coriander pieces on top, and serve.

### **SALT-BAKED CHICKEN**

**Ingredients:**

1 whole chicken, dried with paper towels  
3 Tablespoons Mao Tai  
1 teaspoon coarse salt  
cheesecloth to wrap and tie the chicken  
3 scallions, each one knotted  
3 slices fresh ginger  
3 whole star anise  
5 pounds coarse salt  
3 sprigs fresh coriander, two knotted

**Preparation:**

1. Rub the inside and out of the chicken with the Mao Tai and the teaspoon of salt, then wrap and tie the chicken in the cheesecloth knotting it top and bottom of the bird.
2. Put the five pounds of salt in the wok, cover and in half an hour, put the chicken into the middle of the salt, breast side down. Completely cover it with the salt, then recover the wok and bake it in the salt for ninety minutes. Pierce the thigh, and when the juices run clear, the chicken is cooked.
3. Brush off all salt, remove the cheesecloth and discard it and the salt, then using a cleaver, cut the chicken into eight to ten pieces and put them on a platter, and serve.

### **HAKKA SOUR PIG'S FEET**

**Ingredients:**

½ cup vegetable oil  
10 thick slices of fresh ginger  
10 cloves peeled garlic cloves, each cut in four  
3 pounds front pigs feet, cut into two-inch pieces  
3 fresh chili peppers, cut in half and seeded  
3 dried chili peppers, each in three and seeded  
1 Tablespoon coarse salt  
10 Chinese sour plums, pits discarded  
10 whole cloves  
10 dried oysters, soaked in one cup of hot water  
1 cup Chinese white rice vinegar  
5 Tablespoons rock sugar  
½ cup thin and dark soy sauce, mixed  
1 cup Chinese rice wine

**Preparation:**

1. Heat oil in a wok or deep fry pan, fry garlic and ginger, then add the pigs feet pieces and fry then for three minutes.
2. Add both chili peppers, the plums, salt, cloves, oysters and vinegar, rock sugar, both soy sauces, and the Chinese rice wine and enough hot water to cover it all and simmer covered for one hour.
3. Now add the rice wine and simmer a half hour longer. Then put in a deep bowl and serve with the liquid in a pitcher on the side for folks to take as much as they want with the pigs feet.

### **STOMACH ACHES HEALING TEA**

**Ingredients:**

1 ripe plantain, mashed  
3 Tablespoons baked sesame seeds  
2 Tablespoons finely crushed peanuts, paper exteriors removed and discarded  
1 Tablespoon black tea leaves

**Preparation:**

1. Mix mashed plantain, sesame seeds, crushed peanuts, and the tea leaves and set aside for an hour.
2. Add six to eight cups of boiling water and with a fine strainer remove the solids and set them aside for a second infusion of hot water, if desired. Pour the liquid tea into a pre-heated teapot or small tea cups and serve.

# SEA CUCUMBERS: EXPENSIVE AND ADORED

Some Americans try new or unusual foods. Rare is the one who prefers the most expensive ones, particularly if they look ugly, and the sea cucumber fits that bill. The Chinese deem them the 'ginseng of the sea' and do like their name more than the name used in the past. Then its name was 'sea rat.' Many believe eating these sea creatures can extend one's life.

Once, when fishing there, the king ordered Chinese vessels away from his coasts. According to a 1445 volume, *The Dictionary of the Economic Products of the Malay Peninsula*, they could still be fished there but now need to capture the king; to do so. They did figure out how, and how to prepare these creatures better. Neither made that king happy.



Who would not want to eat a creature that extends one's life? Sea cucumbers are echinoderms in the *Stichopus* genus, and they are popular in noodle or vegetable dishes, and when made just by themselves. These swimmers upgrade many a dish when they are mixed with other foods of the sea. Related to star fish and sea urchins, they are expensive and rare, two other reasons to adore them.

Early written references to them are from the sixth century in and the *Canon of Gastronomy*. They were harvested along Chinese coasts and had been for a long time, almost two thousand years to be specific. No longer easily available there, now the Chinese need to fetch them from hundreds of miles away. One such place is Sri Lanka.

Years later, Yuan Mei, a popular chap who wrote about how to simmer them in chicken or pork soup until very soft wrote about them. Chinese chefs are still doing that, still stir-frying them with ginger and scallions, simmering them with dried shrimp until more fragrant, and preparing them many other ways to make them delicious

According to a Ming Dynasty description written some time between 1368 and 1640, sea cucumbers were said to be warming and restorative, and touted as enhancing male virility. They were said to be better than eating the penis of a donkey; and that was touted for males to enhance their own. Called *hai shen* in Chinese, which translates to 'sea slug,' many were tempted to consume

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## SEA CUCUMBERS: EXPENSIVE AND ADORED

*continued from page 23*

them even though this name was not appetizing. Men knew them as 'poseng' and they wanted to eat them for that reason. The Cantonese called them *hoi sum*.

Xia Qizhi, a 16th century Ming writer was able to trace them to those who first harvested them in the North Sea; TCM practitioners wrote about their centuries-old medicinal properties. The Cantonese called them 'luck' or 'joy' as they watched them expand in water; is this a hope that the male penis will expand. Now called 'sea vegetables,' there are few if any negative thoughts about them. Most were washed away when they purchased them probably because of their price. There are two kinds, one gray and smooth, the other with spikes on their exterior. Both are seen on page 23. Non-Chinese like them less knowing they are slimy, this texture turning them off. The ones with bumps are called 'prickly sea cucumber's' and the Chinese do prefer them. They are often blacker and smaller than the smooth gray ones that the Chinese know as 'plum blossoms.' These newer names have increased their appreciation, as has being able to purchase them soaked, insides cleaned out, and needing less handling. We purchase ours that way, too, or frozen.

We change the water several times a day, and add several slices of fresh ginger and a scallion to keep their fishy aroma low to non-existent. Chinese friends put theirs in boiling water and reduce the heat to a simmer for half an hour, then turn the heat off and continue to soak them for two days. This helps improve their texture. When very soft, we cut them open, remove all sand and entrails, rinse them, re-soak them overnight, and make them ready to cook. Purchasing them pre-soaked does skip a few days before simmering them for thirty minutes.

For those that buy them dried, they need a few days more pre-soaking them. We are already anxious to cook them, and are willing to pay for that saving of time. One fish vender told us to buy lots dried at the same time, and after soaking them for two or three days, to freeze them in small batches to save money and time. He said they stay frozen for several months, and then simply defrost them in cold water for an hour or two until they are soft, then they can be cooked.. We did this and do like his suggestion, just do not forget to cut the belly open, rinse them well, after taking out their intestines, rinse them once or twice more and then cook them.

We then blanch them with ginger and scallions, and stew or double-boil them at this point. One Chinese friend cooks hers with prepared fish maw, dried shrimp, dried squid, and ham. She adds them to all her soups

and stews; and we like her suggestions the best. They are great cut small and put in soups and stocks; this does improve the flavor of both.

Here are some recipes for your pleasure; do make and enjoy them often.

### BRAISED SEA CUCUMBERS

#### **Ingredients:**

3 sea cucumbers, soaked and softened  
1 Tablespoon Chinese rice wine  
1 teaspoon Chinese black vinegar  
1 teaspoon sesame oil  
3 Tablespoons Yunnan ham, slivered  
3 Tablespoons bamboo shoots, slivered  
½ small carrot, peeled and slivered  
5 slices fresh ginger, slivered and divided in half  
5 scallions cut in half the long way, then tied in knots.  
2 Tablespoons vegetable oil  
3 Tablespoons thin soy sauce  
1 Tablespoon granulated sugar  
1 cup soup stock  
2 Tablespoons cornstarch

#### **Preparation:**

1. Cut open, then remove sand and internal organs from sea cucumbers, and rinse then in cool water,
2. Heat wok with the wine, black vinegar, sesame oil, and one cup boiling water, and simmer for ten minutes, then remove the sea cucumber pieces, and cut them on an angle into half-inch pieces.
3. Add ham, bamboo shoot, carrot, and half the ginger pieces, and the sea cucumber pieces and reduce heat and simmer for twenty minutes, then add half the scallion knots. And simmer them minutes more.
4. Add all the other ingredients except the cornstarch and simmer fifteen minutes more,
5. Mix cornstarch with equal amount of water, add and bring to the boil, stirring until thickened, then serve.

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## SEA CUCUMBERS: EXPENSIVE AND ADORED

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### SHRIMP BALLS AND SEA CUCUMBER

#### **Ingredients:**

1 pound shrimp, veins and shells discarded  
1 sea cucumber, cleaned and cooked until soft, sand and intestines removed, rinsed, then slivered  
½ teaspoon coarse salt  
½ teaspoon granulated sugar  
1 medium egg white  
2 teaspoons cornstarch  
5 small Shanghai cabbage, each cut in two  
1 Tablespoon oil  
3 large garlic cloves, peeled and slivered  
2 sliced fresh ginger, slivered  
1 Tablespoon oyster sauce  
1 teaspoon sesame oil  
1 teaspoon thin soy sauce  
2 Tablespoons abalone or fish sauce  
1 Tablespoon cornstarch

#### **Preparation:**

1. Mash shrimp, add salt and sugar, and stir for three minutes, then add egg white and cornstarch and make into a paste. Shape into ten to twenty balls and set in a steamer basket and steam for five minutes, then remove and set aside to cool.
2. Pour boiling water in a bowl on the Shanghai cabbage, and let sit for five minutes, then drain and set out around a platter.
3. Heat a wok, add the oil, then stir-fry the garlic and ginger for one minute, then add the oyster sauce, sesame oil, soy sauce, and fish sauce, and stir for one minute.
4. Mix cornstarch with same amount of water and set aside.
5. Add the sea cucumber slivers to the wok, and stir for two minutes. Then add cornstarch mixture and the shrimp balls stirring until thickened, and stir another minute, then pour in and around the Shanghai cabbage, and serve.

### SEA CUCUMBERS AND BEEF TENDON

#### **Ingredients:**

3 small softened spiked cooked sea cucumbers  
½ pound beef tendons  
2 Tablespoons vegetable oil  
5 sliced fresh ginger, each cut into 4 pieces  
3 scallions, angle sliced  
2 Tablespoons dark soy sauce  
1 teaspoon coarse salt  
1 Tablespoon granulated sugar  
dash ground black pepper  
2 Tablespoons Chinese rice wine  
2 Tablespoons cornstarch  
½ teaspoon hot oil

#### **Preparation:**

1. Cut open and remove sand and intestinal matter in the sea cucumbers and angle cut thinly, then heat a wok, add the oil, and stir-fry the ginger and the scallions, and the sea cucumbers for ten minutes.
2. Now, boil one cup water, add ginger, scallions, the tendon and the sea cucumbers and simmer for twenty minutes, then add the rest of the ingredients but not the cornstarch and the hot oil, boil vigorously for three minutes.
3. Now add the cornstarch and the same amount of cold water, stir and thicken, then serve.
4. Add scallions, soy sauce, salt, sugar, black pepper, and rice wine, and the hot oil. Then reduce the heat and add sea cucumber pieces and simmer for half an hour, then serve.

### SHRIMP-STUFFED SEA CUCUMBER

#### **Ingredients:**

½ pound peeled shrimp, their veins removed and discarded  
1 egg white  
3 Tablespoons cornstarch divided in three parts  
½ teaspoon coarse salt  
½ teaspoon granulated sugar

#### **Preparation:**

1. Mince shrimp and mix with the egg white, salt, sugar, and one-third of the cornstarch and cover in the refrigerator for one hour.
2. dust the sea cucumbers with the second third of the cornstarch and stuff with the shrimp mixture, and dust them with the rest of the cornstarch and set aside for half an hour; and dust them again, once or twice, as needed.
3. Put stuffed sea cucumbers in a steamer basket over boiling water and steam for twenty minutes, then angle cut them, and put these piece on a platter and serve.

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## SEA CUCUMBERS: EXPENSIVE AND ADORED

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### STUFFED SEA CUCUMBER

#### Ingredients:

½ pound peeled shrimp, their veins removed and discarded  
1 egg white  
3 Tablespoons cornstarch, divided in two parts  
5 soaked black prickled sea cucumbers, sand and intestines removed and discarded from them, then rinsed and dried with paper towels  
½ teaspoon coarse salt  
½ teaspoon granulated sugar  
3 Tablespoons osmanthus jam or syrup  
3 Tablespoons diced abalone  
3 Tablespoons water chestnut powder  
1 Tablespoon Chinese rice vinegar  
1 Tablespoon chicken fat  
1 cup vegetable oil  
3 large lettuce leaves

#### Preparation:

1. Mince shrimp and mix with the egg white and the water chestnut powder and set this aside in the refrigerator for one hour.
2. Dry sea cucumber inside and out and rub one part of the cornstarch on its inside.
3. Mix one part of the cornstarch with the salt, sugar, jam, diced abalone, and the rice vinegar, and the last part of the corn starch and stuff the cornstarch-dusted sea cucumbers with this mixture, and refrigerate for half an hour.
4. Heat a wok, add the vegetable oil, then fry the stuffed sea cucumbers turning as needed, for three to five minutes until tan. Then remove to paper towels for two minutes then put them angle-cut them in half, and put these pieces on a lettuce-lined plate, and serve.

### BEIJING SEA CUCUMBERS

#### Ingredients:

1 pound soaked, sea cucumbers, sand and intestines discarded, then thinly angle sliced  
5 slices fresh ginger root, minced. Divided in half  
1 cup chicken broth  
3 Tablespoons vegetable oil  
5 scallions, cut into half-inch pieces separating the white and green parts  
3 Tablespoons oyster sauce  
2 teaspoons sesame oil  
1½ Tablespoons of cornstarch  
1 pound firm *doufu*, slivered  
1 Tablespoon Chinese rice wine  
1 teaspoon granulated sugar  
3 water chestnuts, slivered  
5 cups steamed rice

#### Preparation:

1. Rinse the sliced sea cucumbers then dry with paper towels and add half the fresh ginger and the stock and bring to the boil for one minute, drain and discard the ginger, re-rinse the sea cucumbers under cool water for one minute, then dry with paper towels.
2. Heat a wok or fry pan, add the oil and the other half of the ginger and stir-fry for one minute, then add the *doufu* pieces, the white scallion pieces, and the broth.
3. Mix well, and then add the rice wine, sugar, and the water chestnut slivers and stir-fry for one more minute, then add the broth, oyster sauce, and the sea cucumber pieces and simmer for three minutes before adding the sesame oil pre-stirred with the cornstarch. Bring this to the boil, and as soon as it thickens, stir well, reduce the heat, add the *doufu* pieces, and simmer for five minutes.
4. Serve with or on the rice.

## FUTURE ISSUES TO DISCUSS OTHER FOODS AND OTHER MINORITIES

# HUNAN PROVINCE: A LAND OF PLENTY

Located in South-Central China, this province has many lakes, its name actually translating to 'land of males' with some know as the 'land of lakes, and in the Northeast of the country south of where Wuhan, the Yangzi River descends into a flood plain and there are many lakes including a huge one, Dongting Hu. Hunan is in a region known for the lakes and its culinary magic. It is rich in marine life, agricultural and gastronomic wealth, and people who made the most of their mountainous land and forested features.

This is China's third largest rice-growing region; here they produce two crops of it annually, and eat lots of spicy foods similar to but not the same as those from the Sichuan Province. They consume lots of chili peppers, many with their seeds still in them. We read these peppers originally came from the United States, though some say they came from South America.

The Han residents here love and also use many Sichuan peppercorns. Mao Zedong and Liu Shaoqi were born here, Mao often carrying his own big bag of chili peppers not wanting to run out of them. He said he could not do without these foods he loved.

The Chinese know almost all Hunanese folk like their foods hot and spicy; sweet and sour, too. They love clear soups even for breakfast, and want them thickened with a choice of one of various starches such as water chestnut flour, pea shoot flour, lotus flour, tapioca flour, arrowroot flour, even corn flour which westerners call cornstarch. They also want their dishes enhanced with local fresh or dried cloud ear fungi, and with many other fresh and dried ingredients including black peppercorns.

Changsha, the provincial capital, boasts folk eating lots of fresh water fish, shellfish, and other fresh and salt-water foods, unknown to them until after 1880. Was this because foreigners were not permitted entrance

to this exciting city and did not know what they really ate? Did they miss out on their exotic and ordinary foods? Hunan has a long growing season, and as it was sealed off from much of China, so many are not sure what was really known. Only locals really knew how good all local foods were, how fresh and exotic they could be, and that they grew in their unusually fertile fields.



Rice, fish and other foods of the sea were served alone or with chicken and pork. Many with fruits and vegetables from their well-watered alluvial plains. They not only grew several varieties of rice, they raised black chickens with black feathers and black bones. These are known to the Chinese as being great for curing high blood pressure. They love pigs fattened on sweet potatoes for their fat ribs and their fat bacon. They produced five-flower meat, and likened it to rows of the blooming colors in their fields. They ate them with young leaves of cedar parboiled briefly, tossed with sesame oil, soy sauce, and vinegar, and shredded with eggs,

young duck meat, and tea leaves.

Hunan produces bamboo, and highlights their dishes with ground dried pork, tender bamboo shoots, tea not marketed outside of their province, and foods from their lakes. Called 'the land of fish and rice,' the waters of their largest lake, seventy five miles long, sixty-five miles wide, and their ducks raised on its shores are best eaten dipped in soy sauce with minced fresh ginger and tossed tea leaves. This cold dish is adored with peaches and quince, red-cooked boiled pork butts, and golden rock candy, along with tiger-bone wine, lean turtle, bean relish, and meat from a locally fattened calf. Though these ingredients are from Hunan, their general tastes can not be replicated, so one needs to go there to experience them.

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## HUNAN PROVINCE: A LAND OF PLENTY

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### HUNAN FISH SOUP

#### Ingredients:

2 Tablespoons vegetable oil  
½ Chinese cruller, fried until crisp  
½ pound white-fleshed fish, sliced paper thin  
1 Tablespoon water-chestnut flour  
1 Tablespoon Chinese rice wine  
1 ounce fresh green vegetable, cut in half-inch pieces  
1 scallion, minced  
1 small chili pepper, seeds removed and minced  
6 cups chicken broth  
1 thin slice of belly pork, minced  
1 dash ground Sichuan peppercorns  
1 teaspoon Chinese white vinegar

#### Preparation:

1. Heat wok or fry pan, add the oil, then fry cruller slices until crisp, and drain on paper towels.  
2. Mix fish slices with flour, then add the wine and add scallion and chili pepper pieces and put these and the pork belly and broth in a large soup pot and bring it to the boil. Add the hot broth, peppercorns, and the vinegar, and stir. Then serve in pre-heated soup bowls or a tureen.

### CHICKEN GINGER SOUP

#### Ingredients:

1 chicken breast, cut in very thin strips  
1 egg white, beaten  
1 Tablespoon water chestnut flour  
1 Tablespoon Chinese rice wine  
1 Tablespoon Chinese rice vinegar  
¼ teaspoon ground white pepper  
1 Tablespoon granulated sugar  
3 Tablespoons fresh ginger, slivered  
6 cups chicken broth  
3 Tablespoons pickled vegetables, slivered  
1 Tablespoons wood ear fungi, soaked, drained, then slivered  
½ cup snow peas, ends and strings discarded, then thinly slivered  
3 scallions, slivered on a sharp angle  
1 Tablespoon sesame oil

#### Preparation:

1. Mix chicken breast slivers, beaten egg white, rice wine, rice vinegar, ground pepper, and sugar and marinate this mixture for half an hour.  
2. Bring the broth to a boil, reduce heat, add the ginger, pickled vegetables, snow peas, scallions, and the egg mixture and stir. Then add the sesame oil and, return everything to the boil, and serve.

### BLACK-BONE CHICKEN SOUP

#### Ingredients:

½ black-bone cooked chicken, chopped in two-inch cubes  
2 Tablespoons cloud ear fungi, soaked until soft, then coarsely chopped  
1 Tablespoon granulated sugar  
½ teaspoon coarse salt  
½ cup Chinese rice wine  
5 slices fresh ginger, minced

#### Preparation:

1. In a five quart pot, add the chicken, soaked fungi, sugar, salt, wine, ginger, and six cups of boiled water, and simmer for twenty minutes, skim if/as needed.  
2. Pour into pre-heated soup bowls or a large tureen; and serve.

### TWICE-COOKED PORK, HUNAN STYLE

#### Ingredients:

3 Tablespoons vegetable oil  
½ pond pork belly, cut in thin strips  
½ pound pressed *doufu*, cut in thin strips  
1 sweet red pepper, seeded, cut in thin strips  
3 slices fresh ginger, cut in thin strips  
3 cloves fresh peeled garlic, minced  
3 Tablespoons sesame oil  
1 Tablespoon black bean sauce, mashed  
1 Tablespoon brown bean sauce  
1 Tablespoon hot bean sauce

#### Preparation:

Heat a wok or fry pan, add the oil, and stir-fry the pork belly, *doufu*, red pepper, ginger, and garlic strips until almost crisp, then remove to paper towels and set these aside.  
2. Heat sesame oil and the three bean sauces, and stir well, then return the set aside ingredients and stir until all is well-mixed. Then serve in a pre-heated bowl.

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## HUNAN PROVINCE: A LAND OF PLENTY

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### VEGETABLE STEMS IN CHICKEN FAT

**Ingredients:**

1 to two pounds thick vegetable stems, cut into thin slices, leaves discarded  
1/4 cup rendered chicken fat  
3 Tablespoons slivered fresh ginger  
3 Tablespoons Chinese rice wine  
1/2 cup chicken broth  
1 teaspoon granulated sugar  
1 Tablespoon Chinese rice vinegar

**Preparation:**

1. Rinse stems and shake off excess water.
2. Heat wok or fry pan, add the chicken fat, and then the vegetable stems, and stir-fry for two minutes, then add the rice wine, broth, sugar, and the vinegar, and stir-fry for one more minute before putting this into a pre-heated bowl, and serve.

### FROZEN WINTER CONGEE

**Ingredients:**

2 cups total (1/4 cup each, of the following eight ingredients: raw peanuts, dried red beans, chopped nuts, rock sugar, slivered almonds, dried longans, small raisins, and gogi berries)  
1 cup sticky rice  
1 teaspoon coarse salt  
3 Tablespoons granulated sugar

**Preparation:**

1. Soak each of the eight items in separate bowls overnight, then drain each and simmer each separately for twenty minutes, then drain each one and allow them to cool before mixing them together.
2. Cook half the rice about half an hour or until thick, then add the other half and cook ten minutes.
3. Then add the eight cooked ingredients, and serve hot or warm, or freeze this mixture in a flat pan until needed.

Note: After defrosting, cut this into two-inch squares, put a stick into each square, and serve the squares at room temperature, or reheat it to serve.

**MANY MORE**

**ARTICLES COMING**

**IN FUTURE ISSUES**

**ABOUT NEW AND**

**EXCITING TOPICS**

# JIU: ALCOHOLIC BEVERAGES PAST AND PRESENT

Many a Shaman used these mind-altering liquids to induce trances, some told us they worked even with very little alcohol, but did work better with a reasonable amount. *Jiu* was known during Shen Nong times, is the word used for all wines a couple of thousand years ago and often still is. Most were made from plant ingredients. We did and still call them wines no matter their alcohol content. These days, in many countries, they have specific amounts of alcohol, usually twelve to fourteen percent; not so in China. There, very few tell their specific alcoholic content on their label.

A few very old alcoholic beverages were found in bronze and other containers in China, unearthed in ancient tombs. They were perfectly preserved with a little or a lot of *jiu* in them. Some were dated from earlier times than were Roman finds recovered from shipwrecks in the Mediterranean Sea. Many were amazed to find them there and in drinkable condition. We were told that the Chinese ones were 'amazing,' but in what ways, we know not.

Some in the bronze containers were probably used for ceremonial purposes, others perhaps simply for imbibing. The containers were of various shapes, some were *dings*, others were *zeng*, *xian*, *fu*, *zun*, *you*, *hu*, *jiao*, or items known by other names. Drinking etiquette then was written about some used for worship, sacrifices, or simply for sampling.

One anthropology professor told us very few were used for guzzling, and then only if one's partner downed his first in that manner. In *The Book of Rites*, one can read of not daring to drink until elders finished theirs first or one had to pay a penalty. But what that was we never learned. There was also a close relationship between

*jiu* and politics; Government leaders used different patterns of imbibing if leaders or ordinary folk, these specifics we know not, as well.

*Jiu* was and still can be the word the Chinese use for most beverages made from fermented items such as millet, wheat, hops and others. If made from grapes or other fruits, other words were and are more common.



Making them was a straight-forward process thanks to the yeasts found on their skins. Since the Dawnkou culture (circa 4,300 - 2,400 BCE), the Chinese made pottery containers to hold them (As seen in this ceramic but metallic-looking container). Those from cereals such as rice can need more sophisticated technology to ferment their sugars, yeasts, malts, molds, and other items. Even saliva can be and was used; it has the enzyme ptyalin and it can do that job, too.

Beer, made from cereal grains, uses malt or hops to do the same job, and has since earliest times. Common people drank it or *jiu* on holidays and festivals, maybe even when entertaining guests at home or when eating

out. They may have enjoyed Maotai, Fenjiu, Wulianye, Jiannanchun, Gujingbaojiu, Yanghedaqu, Dongjiu, Luzhoulaojiaotequ, Xinfengjiu, or Quanningdaqu.

*Maotai*, once known as the 'Glory of China,' did originate in the town of that name in Renhuai County in the Guizhou Province. We learned it was and is popular; also usually stored for three years before making it to market. Others such as *Fengjiu* comes from the

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## JIU: ALCOHOLIC BEVERAGES PAST AND PRESENT

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Apricot Flower Village in Fen Yang County in the Shanxi Province. *Wuliangyu*, was and is also popular. It is made and named for its five cereals. They are ordinary rice, glutinous rice, sorghum, maize, and wheat. It is made in Yibin City in the south of the Sichuan Province. *Luzhoulaojiaotequ* originally was only made in Luzhou City in the Sichuan Province. Now some can also be made elsewhere.

Rice wines are very old Chinese alcoholic beverages, the most famous is probably Shao Xing, made in that city in the Zhejiang Province. We did visit their wine museum and photographed one wall there. We learned it is enjoyed when cooking, seasoning, drinking, and preparing Chinese medicines such as pills, powders, and liquids.



Chinese TCM folk tell us these alcoholic beverages and things made from them can improve *qi*, blood circulation, and good health, and they can protect vital organs, keep the skin in good shape, warm and

revitalize the body, assist digestion, disinfect, and be used when making many medicinal decoctions. They also said they can be given to new mothers post-partum and during the confinement month; and that many are made with cooked, steamed, or raw rice among other things. They said the grains usually disappear becoming liquid, though some are best with strained to remove their sediment before storing and consuming them.

Most grape wines come from China's northeast, the best can be red or look brownish. Others come from Beijing, or Tonghua in the Jilin Province where they also make brandies. A few bottles of different *jiu* products are shown with this article. Some may originate in Yantai in the Shandong Province. A popular one is *Zhuyeqing*, in English it is known as bamboo leaf liquor, and is sweet and often greenish-golden in color.

Tonic wines have a long history in China. Some were made during the Xia Dynasty (21st - 11th centuries BCE). We know that because their names were inscribed on turtle shells and animal bones dated from those times. Some are made today and the same ways using the same Chinese herbs. These include matrimony berries, ginseng, *Fructus schizandrar* or haw fruit and are made just as they were hundreds or thousands of years ago. Some include newer Chinese medicines, and all are touted to help cure various diseases and promote good health.

According to ancient historical records, eight different items were written about as necessary for life. These included *jiu*, firewood, rice, oil, salt, sauce, vinegar, and tea. However, *jiu* was removed from this list during the Yuan Dynasty when rulers deemed all not needed daily. This left just seven necessities for life, and you can figure out what they were.

During the Shang Dynasty (1600 - 1122 BCE), bronze and other ritual containers were made for the alcoholic beverages they called *yi*, *jue*, *jia*, *hu*, *zun*, *gu*, *you*, or *doushao*. During the Spring and Autumn Period (722 - 481 CE), Confucius did describe ritual use when he edited the *Li Ji* or the ancient *Book of Rites*.

Dated from the Warring States Period (475 - 221 BCE), he also describes *erbai* which are 'ear cups' recently found at Mawangdui in the Hunan Province. Emperor Wudi's (141 - 87 BCE) had a first minister, Zhang Qian, who did go to Afghanistan circa 138 BCE, and on his return did introduce grapes and grape wines to China. Then and since, yellow, green, blue, purple, red, and clear ones have become popular.

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## JIU: ALCOHOLIC BEVERAGES PAST AND PRESENT

continued from page 31

Do you know the names or alcoholic contents of any of them?

Drinking wine and other alcoholic beverages are important parts of China's social fabric. We know quite a lot about them from the unearthed empty or near empty containers found. These days, the Chinese still drink them and they use similar ones to tenderize meat, remove fishy flavors and aromas, and add them to many dishes to enhance their taste. Do you use them? They also use moderate amounts of these alcoholic beverages for their health; do you do that too? These are just some of the reasons their popularity has grown.

We also know that some alcoholic beverages were and are made with barley or rice and called *li*. Some were and are made with beans or wheat and called *jiang*. Since antiquity, the Chinese have been fermenting many different grains, hops, fruit juices, and more. They still use them for these beverages, for flavorings, medicines, aromatics, and more.

Not all Chinese are heavy drinkers; though some are. We read about drinking parties in the past, drunken brawls then and now. Ghenghis Khan once urged his people not to drink so much. He said it would damage their spirit and reduce their longevity. He knew that the Mongols were heavy drinkers. Did you know that?

The Chinese believe the nature of wine and other alcoholic beverages are hot; and that beer is not; it is they say, cold. Shang Dynasty oracle bones (circa 1765 - 1122 BCE), predict many uses of alcohol. They and we enjoy these beverages plain and in many Chinese recipes. Do you? We hope you will try some of those provided below. (JMN)

### DRUNKEN CHICKEN

#### Ingredients:

1 Tablespoon fresh ginger, smashed  
3 scallions, knotted  
2 whole chicken breasts, cut in large cubes  
3 chicken legs, boned and cut in large cubes  
1 Tablespoon coarse salt  
1½ cups Shao Xing wine

#### Preparation:

1. Bring two quarts cold water in a wok or four quart pot, add the chicken pieces, ginger, and the scallions, cover the wok or pot, turn off the heat, and let these items rest for fifteen minutes. Reserve two cups of the

hot water and put this into the rinsed pot.

2. Now put the chicken pieces, the reserved liquid, and the wine in a clean ceramic pot, and store in the refrigerator for two days.

3. Take the chicken pieces out of the liquid, cut them in strips, and pour the liquid over them and return to the refrigerator for six hours or over night, drain and serve cold or at room temperature.

### BELLY PORK, DRUNKEN STYLE

#### Ingredients:

2 cups total (1/4 cup each, of the following eight ingredients: raw peanuts, dried red beans, chopped nuts, rock sugar, slivered almonds, dried longans, small raisins, and gogi berries)  
1 cup sticky rice  
1 teaspoon coarse salt  
3 Tablespoons granulated sugar

#### Preparation:

1. Soak each of the eight items in separate bowls overnight, then drain each and simmer each separately for twenty minutes, then drain each one and allow them to cool before mixing them together.

2. Cook half the rice about half an hour or until thick, then add the other half and cook ten minutes. 3. Then add the eight cooked ingredients, and serve hot or warm, or freeze

### RICE BALLS IN SWEET WINE

#### Ingredients:

2 Tablespoons *gogi* berries, separated  
3/4 cup glutinous rice flour, plus extra for dusting  
5 Tablespoons confectioners sugar  
4 Tablespoons potato starch  
1 egg, beaten well  
½ cup fermented rice wine

#### Preparation:

1. Soften the *gogi* berries in warm water for twenty minutes, drain, then divide in half, and cut one half of them in half.

2. Mix the glutinous rice flour with six tablespoons of cold water, then break off small amounts and roll them into almond-shaped pieces dusting them with a little rice flour and keeping them separated.

3. Now, bring a quart of water to the boil in a small pot with one cup of cold water, and simmer them until they rise to the surface, then remove them to a small bowl.

4. Stir in the sugar with the balls into the pot stirring and adding the potato starch until it thickens, then turn off the heat, Now toss in the beaten egg, and stir and when they are completely covered with egg that has set on these balls, add the rice wine and the whole *gogi* berries and transfer this to a low bowl and let it sit for an hour, then put the cut berries decoratively on the top and serve. While warm.

# BEER: THE WORLD'S OLDEST ALCOHOLIC DRINK

This alcoholic beverage most say is the world's oldest, and consumed thousands of years ago. It is not just the oldest, but the third most popular beverage consumed worldwide. The other two are water and tea, in that order.

Most beers in China have less than three percent to near fourteen percent alcohol. Their impact on the central nervous system varies, but in China it is often the lower amounts of alcohol. China is a large producer and a large imbibor, a bottle costs from less than a quarter to several dollars for one, if a special craft beer. In 2015, the Chinese did produce more than twelve billion gallons of beer and that was more than any other country in the world.

In 1978, there were less than ninety breweries there while this past year there were more than a thousand of them. Tsingtao, sometimes spelled Qingtao, was the second largest brand, founded by German settlers in 1903 in the Shandong Province; their largest is CR Snow.

The Chinese drink about one quarter of the world's commercial beers and make more than three times the amount of beer the US does, They consumes one-quarter of the beer made in the world, their most popular style is pale lager. The majority of craft beers in China are foreign-owned, and most are imported.

Making and popularizing craft beers, the 'Great Leap Brewery' was China's first micro-brewery; it opened in Beijing in 2010. 'Honey Ma Gold' is their most popular brew infused with local ingredients such as honey

from near the Great Wall and Sichuan pepper from that province.

Some beers in China are made from barley, rose petals, osmanthus blossoms or another main ingredient. Their 'Liquid Laundry' is a Chinese craft beer made in Shanghai; it is a spin off of the Boxing Cat Brewery that recently opened with China's first gastropub and its own large posh lounge.



There are other Chinese craft breweries, all rather recent, the Moonzen Brewery is in Hong Kong. There is one named after the Chinese door gods; it and others use Chinese ingredients which people in that country appreciate for their local names and local tastes. One such, called 'Moon Goddess Chocolate Stout,' actually uses Chinese chocolate. The popular Kitchen God Honey Porter uses several northern honeys including the one from near the Great Wall. This brewery is unique because it is owned

by a husband-wife couple, the Raphaels whose male is Chinese, his wife Caucasian.



In China and worldwide, beers are made with barley, broomcorn millet, Job's tears, hops, snake-gourd root, yams, wild grapes, hawthorn, rice, sorghum, or other main ingredients. Most use lager yeast to set off the sugars, or *Saccharomyces pastorianus* as their main starter.

China did make the world's oldest fermented beverage eight to ten thousand years ago. They do not make nor consider their beers as good or as popular as German beers. But, per capita, they produce more beer than any other country. Anther popular beer is Suntory. (JMN)

# GUAVA: DELICIOUS FOOD AND USEFUL MEDICINE

Some five million tons of this fruit are harvested in China each year. They are the world's second largest grower, India is the first. These pectin-rich high dietary fiber fruits have lots of Vitamin C, four times as much as a large orange. They are the world's most frequently eaten tropical fruit; and they grow on small trees, have a specific fragrance, and are usually round, oval, or pear-shaped; and their shape does depend upon their species.. Though tropical, one amazing thing about this fruit is that it can survive temperatures below freezing, down to twenty degrees Fahrenheit, however, only for short periods of time.

Known as *tan shek lau* in Chinese, *Psidium guajava* or *Psidium callitryanum* botanically, these fruits have thick rinds, green skins when unripe that become more yellow when ripe, they grow on small trees that some call big shrubs. Known for their pink or white flowers, mustard-yellow seeds, and their white, pink, yellow, salmon, and even darker colors that some refer to as carmine, they can have cream to white flesh or it can be pink; and there are commercial growers working on still other colors, though we have yet to see these.

This fruit is native to many continents and countries including Africa and Australia, Thailand, India, Brazil, and the Philippines. When fully ripe or over ripe, they can be mealy; and are best when almost ripe and fresh. Many are also eaten canned or preserved, and as a liquid nectar or thinner. They are poor sources of calcium, phosphorus, thiamine, and riboflavin, and have only five percent total sugar, so diabetics adore them. The best known variety is the strawberry guava, and most who love this fruit love these even more.

GUAVA  
蕃石榴



The fruits aid metabolism and reduce serum cholesterol levels, but two reasons they are loved medicinally. Our Taiwanese friends tell us they are also a 'must eat' for lovers, and they are super in all types of dumplings, great when stir-fried with duck tongues, and great when used

to make a catsup-like condiment that is even better than those made by Heinz. We have friends who tell us they are great as a juice that when from ripe fruits are effective for relieving constipation. One doctor friend said not to forget to tell readers their leaves are wonderful as a tea. He also said to assure diabetic they are fantastic.

One question frequently asked is how does one know when they are almost ripe or even very ripe? The answer, when immature they have no aroma, and then they are green, hard and too crisp. When ripe, they are fragrant, even lemon-smelling. He said to take a bite and in the mouth, they will be sweet and unique; also smell very sweet.

Guava are good cooked in or with desserts, behave just as apples do when preparing them, and are excellent whipped in fools and used made into ice creams, and cooked any and every way, fantastic in or as beverages, and are wonderful in almost every dim sum and dumpling, in sauces, puddings, and when cooked with small and large organ meats. (JMN)

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## GUAVA: DELICIOUS FOOD AND USEFUL MEDICINE

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### GUAVA SAUCE

#### Ingredients:

2 medium onions, sliced thinly  
2 cloves fresh garlic, peeled and thinly sliced  
2 small pepper. Piquant or not, seeded and sliced thinly  
½ cup balsamic vinegar  
1 teaspoon allspice  
½ teaspoon cinnamon  
½ teaspoon ground cloves  
1 cup granulated sugar  
1 teaspoon salt

#### Preparation:

1. Simmer onions in half-cup water until they are soft.
2. Then, add all other ingredients and simmer half hour longer or until thick, and use immediately or store in sealed sterilized jars and seal immediately, storing in a cool dark place.

### GUAVA DUMPLINGS

#### Ingredients:

7 to 9 ripe guava fruits  
1 cup granulated sugar, setting 1 Tablespoon aside  
½ teaspoon salt  
1 teaspoon cinnamon  
2 Tablespoons solid shortening  
2 cups flour  
2 teaspoons double-acting baking powder  
1 Tablespoon vegetable oil

#### Preparation:

1. Peel the guavas, cut each in half, and mash before adding the Tablespoon of sugar and the cinnamon. Let this rest for ten minutes.
2. Sift flour, baking powder, the rest of the sugar, and half of the salt. Then add the shortening cutting it into the flour with two knives.
3. Clump this dough into a ball, then roll it out thinly. Now cut it into two and a half-inch squares and stack them one on the other.
4. Next, put one heaping tablespoon of the mashed fruit pulp onto each skin and seal these with water. Then crimp them shut with a fork and set them aside not touching one another.
5. Add the dumplings when they water comes to a full rolling boil, and immediately add one cup of cold water. Ten, return the water to a rolling boil. Do this four more times.
6. Remove the dumplings with a slotted spoon and immediately toss them with the tablespoon of vegetable oil. Now serve them with the guava sauce; its recipe follows.

### GUAVA BUNS

#### Ingredients:

½ pound ground pork  
1 large guava, peeled, pitted, and minced  
1 Chinese sausage, minced  
1 large sheet bean curd skin, cut into twelve squares  
3 scallions, minced 1 egg white  
1 teaspoon thin soy sauce  
½ teaspoon salt and pepper  
10 coriander stems to tie the buns shut  
2 Tablespoons vegetable oil, if pan-frying them

#### Preparation:

1. Mix pork, guava, soy sauce, salt and pepper, egg white, and two Tablespoons cool water, then add the sausage and scallions, and mix well.
2. Spoon one tablespoon of the pork mixture onto the center of each bean curd square, then tie around their tops with a coriander stem. Repeat until all are made.
3. Then, steam them for seven minutes over boiling water. Serve them with any extra soy sauce, for dipping; or pan fry with the extra oil. If frying them until golden brown.

### DUCK TONGUES WITH GUAVA

#### Ingredients:

2 ripe guava, peeled and sliced  
1 pound duck tongues, boiled for five minutes, water and bones discarded  
1 small carrot, peeled and sliced  
3 scallions, each cut in one-inch pieces  
1 clove garlic, peeled and smashed  
1 two-inch square of tangerine peel, cut in small pieces  
1 star anise  
3 slices fresh peeled ginger  
½ teaspoon salt  
¼ teaspoon ground black pepper  
1 Tablespoon oyster sauce  
1 teaspoon cornstarch  
1 teaspoon sesame oil

#### Preparation:

1. Prepare guava, duck tongues, carrot, scallions, and set them aside
2. Put tangerine pieces in a pot with three cups of cold water, the star anise, ginger, half the scallion pieces, and the salt and pepper and oyster sauce, and simmer this for ten minutes.
3. Then add the cornstarch mixed with the sesame oil, and stir another ten minutes until thick, then serve.

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## GUAVA: DELICIOUS FOOD AND USEFUL MEDICINE

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### STEAMED GUAVA PUDDING

#### Ingredients:

1 Tablespoon vegetable oil  
1 pound sweet rice flour  
1/4 pound wheat starch  
1 1/4 pounds brown sugar  
2 Tablespoons corn oil  
few pieces red candied guava for decor

#### Preparation:

1. Oil bottom and sides of an eight-inch square baking dish.
2. Boil the brown sugar with three cups of cold water until dissolved, then remove from the heat and when cool, mixing in the flour, wheat starch, and the corn oil mixing well.
3. Pour into the oiled pan and steam over boiling water for two hours, checking periodically that the water has not boiled out.
4. Then remove and cool to room temperature, cut into two-inch squares, and decorate with the candied guava. Serve warm.

## LETTERS TO THE EDITOR

continued from page 7

### FROM DELANY:

*Can you tell us about Gavin Menzies' evidence of Chinese Fleets visiting California; and other items?*

**DELANY:** We have never seen any substantiation, only many disclaimers of Menzies writings. British newspapers deny his many notions. Maybe readers will react to one or all after going to see these printed items on the web, of those given at cited in: [www.gavinmenzies.net/Evidence/23-annex-23-%E2%80%99](http://www.gavinmenzies.net/Evidence/23-annex-23-%E2%80%99)

Where we found them on, under: 23 Annex 23-Evidence of the Chinese Fleets visiting California.

There, it says: View: Complete 1421 listings (1421 book was written by Menzies). Under that the web printout says: Posted on August 18, 2011. Then, under that is bold large type: GAVIN MENZIES. Did Menzies print this item? Advise us what may need changing and cite your source(s). The line under it says: Posted on August 18, 2011, the one above that says: View: Complete 1421 listings. What followed were twenty-one groups of items (our printout had no 22 and 23).

The first was: "Maps. California is accurately depicted on the Waldseemueller map (1507) drawn before the first Europeans reached that coast." The second was: "Chinese Records and Claims." Under that it says: "Further research needed." The third item says: "Accounts of Contemporary European Historians and explorers." Under it are several dozen items on a few pages including: "Drake chased a Chinese junk" and "Le Page du Pratz describes Chinese junks loading slaves in 1720s" and "Chinese in Barstow California from 1100

A.D.-Silver mines dug by ancient Chinese at site near Barstow" also that the "Chinese were tall (7 feet) and many spoke, or at least wrote Latin. Only the tall were permitted to have wives. They were Catholic Christians. They wrote by scratching on the desert varnish with seashells and the dates were translated from Latin. An orphan that was brought up by Jesuits and taught Latin shorthand translated these writings to English in the 1940s and we have a copy." Also, one other line says: "Father Azura de Amata, a third order Franciscan who traveled with the Chinese, provided much of the history that was scratched into the desert varnish. It appears that the settlement began in 1102 (according to Amata's history)...and says "some writings from 1222." Note that it continues saying "it appears that Tenachee Matikki was also there before Columbus in 1466" and that "the Chinese returned in 1530- a Ling Foo Liming." Other writings on these pages are from other dates, one, a 1910 item mentions "Arch-Bishop Aloysius Stanislaus; 3rd Rev." and goes on to say "we will begin a diligent search for definitive proof of the Chinese community that started in 1102 A.D. in one month-Bob Cribbs." Are they citing him here; but with no date or actual source? There are seven more lines following this.

Number 4 has accounts of local people. Number Five titled: 'Linguistics' says, among other things, "Ta Ho is Chinese for Big Lake' and "Yo Se Mi Te" taken together in Chinese means magnificent mountain' There are more pages and other numbered items, about half indicating a name after them, but no sources nor date, no citations and no quotations, either. Many items are fascinating; all need to be checked out. Our hope: a reader will do so.

# TRADITIONAL CHINESE MEDICINAL PRACTICES

As to the where and when ancient yin and yang and other traditional medicinal practices began, there are many mixed messages. These philosophies and facts began in many different times. We once read that Fu Xi, seven or more thousand years ago, may have been the first to speak about Taiji, the Supreme Ultimate, and some of them. At least, we give him credit for figuring many out but do not know which, how, or when; do you?

The earliest Chinese medical information we knew before learning this one was in the Yellow Emperor's Classic of Chinese Medicine, also known as the Shen Nong Ben Cao with its information about the Divine Farmer's Materia Medica. There one learns knowledge about what Chinese ancestors knew in their very early days.

This chap., called the 'divine farmer' knew many human organs, their relationships to the environment, and that medicinals have five flavors,. He is credited with fathering most if not all traditional Chinese medicine we know today and write as TCM. We know he did martyr himself ingesting many plants, and they helped him to learn dosage sizes, what they did to his body, and much more. We also know he died of their poisonings, not when or which specific ones.

Before this, we know that in Neolithic times, Chinese practitioners did grind stones with sharp points to insert medicines in certain places to clear what they called 'meridians, points, or 'channels,' with intent to 'unclog' them. Were they looking for *jing* or bodily essences, or *qi* and man's 'vital energy?' Did they know how these things moved up and down in the body? That book does record many of these things known more than three thousand years ago. It was China's first medicinal tome and it includes essential TCM components and recommends some ways to prevent some diseases by using correlations between internal organs.

Sima Qian, many years later, wrote a book introducing the elements of 'metal, wood, water, fire; and 'earth' and explaining how the universe came into being and other relationships, too, such as plants and man. We know not how his medical theories came into being nor how he determined any practices or diagnosis or which

observations and listening, smelling, questioning, and pulse-taking he knew that he wrote about; do you?

His earliest known causes of disease may have been health influenced or external forces of wind, cold, warmth, heat, dampness, dryness, or the emotions known as excitement, anger, anxiety, longing, grief, fear, or shock; or how they disturb the internal organs, *qi*, or blood circulation that he said degrade health.

TCM practitioners learned then or later of the need to diagnose functions and correlations of internal organs such as the heart, liver, lung, spleen, and kidneys. They did learn to provide profiles of disease and many symptoms which may have been the earliest knowledge of disease causation. Han Wen Jia wrote that during the Late Western Han Dynasty (206 BCE - 24 CE), 'Sui renshi makes fire drilling in the Theological Interpretation of the Book of Rites. This important piece of information, he says, goes with adding mud-coated raw meat and roasting it so people do not get any abdominal disease.' This did encourage folk to cook meat and not eat it raw as that way it can cause stomach and intestinal disorders that degrade health.

Did Yi He include excesses in yin-yang, wind-rain, and darkness-brightness from this court doctor? Did others in the State of Qin during the Spring and Autumn Period (770 - 476 BCE) know this? Did he summarize what was then known about pathology, and conclude that the six evils, seven emotions, inappropriate diet, overwork, and physical injury can cause illness?

One early Chinese theory asks how Chinese medicine looks at its pathology? Is it based on anatomy and holistic analyses of disease causation, relationships between internal and external functions, anatomical manifestations, upper and lower body parts, diagnostic importance of the gall bladder, stomach, large intestine, small intestine, and bladder, and relationships to each other and the climactic elements? Does it see circulation of *qi*, maintaining bodily water balance, management of the 'gate of life,' the 'eye' they talk about in the right kidney, and *jing*, also *shen*. and how these affect human reproductive activities? Do folks in those times know how any of these work? We know not, do you? (JMN)

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DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

促進中國烹飪科學與藝術研究所

is a quarterly magazine published by  
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