

FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

FERMENTED RED *DOUFU*;
GOOSE AND DUCK;
PRESERVED EGGS;



OUTER AND INNER MONGOLIA;
MIAO, A LARGE ETHNIC POPULATION;
BOOK AND RESTAURANT REVIEWS, AND MUCH MORE.

FALL 2018

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FOOD FOR THOUGHT

About The Publisher

THE INSTITUTE
FOR THE
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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

Volume 25, Number 3

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FOOD FOR THOUGHT	2
About the Publisher; Table of Contents; Dear Reader	
LETTERS TO THE EDITOR	5
A persimmons request; <i>The Book of Songs</i> ; Festival for Vega and Aquila; The practice of death; Spring Festival foods; First Jews in China; Wild vegetables in Manchuria	
FERMENTED RED DOUFU	7
GOOSE AND DUCK: CULTURE AND COOKERY	12
MUSLIMS IN CHINA	17
FIN FISH	19
TWO BOOKS AND ONE RESTAURANT REVIEW	20
<i>Global Cuisine</i> by Myron Zobel <i>Chinese Soul Food</i> by Hsiao-Ching Chou Hwa Yuan Szechuan on East Broadway	
PRESERVED EGGS, CHINESE STYLE	23
OUTER AND INNER MONGOLIA	27
MIAO: CHINA'S FIFTH LARGEST ETHNIC GROUP	30
MOSOU: AN UNRECOGNIZED MINORITY	33
SEASONINGS, SPICES, AND OTHER FLAVORINGS	34
THANKS TO OUR DONORS, SPONSORS, AND SUPPORTERS ...	38
RENEWAL FORM	39
RECIPE INDEX AND SUBSCRIPTION INFORMATION	40

*Picture on the cover is fermented red doufu also known as red bean curd.
Pictures are from the files or the camera of the editor.
Articles ending with (JMN) are hers.*

FLAVOR & FORTUNE

Editor-in-chief:
Jacqueline M. Newman

China Correspondent
Wang Si

Business Manager
Charles Tang



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FLAVOR AND FORTUNE
@
3 Jefferson Ferry Drive
S. Setauket NY 11720

Mail everything to the above address,
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chfoodjuly28@outlook.com
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Dear Reader:

Welcome to this third issue of the 25th year of Flavor and Fortune. As always, we include many items readers suggest. We do appreciate all articles that cross our desk by snail mail, e-mail, or phone. Many thanks to those who send them.

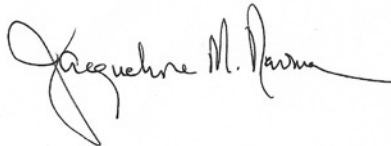
The article about goose and ducks fascinate. These and all medicinal items are hard to find without a citation. Wish we had more of them.

This issue also has two book reviews, one a golden oldie thanks to Harley Spiller. The restaurant review is a new eatery. The chef's father had a very successful one when we and our children were lots younger. We loved it then, and adore it now.

Future issues will include a restaurant with many locations in China and a first in the United States. We are lucky, it is great, and not a great distance from where we live. Went there three times in its first six weeks. Other articles will be about the Hakka, an ethnic group whose size is unknown because China's government does not consider them an ethnic minority but counts them as if a general population group.

There is also an article about the Mosou about whom very little seems to be known. Another request, frequently received, is about preserved eggs. They are explored in this issue for the many who did ask about them. Stay tuned as we dig into the many requests that come our way.

The Editor,



LETTERS TO THE EDITOR



EDITOR:

The article about unusual fruits was great! We need help with one of them, the persimmon. Neighbors made great persimmon noodles and other items, but they moved and left no forwarding address. Can you find such recipes?

LOUISA: Here is the requested recipe and another that we love.

PERSIMMON NOODLES

Ingredients:

1/4 cup vegetable oil
2 persimmons, shredded
2 carrots, shredded
1/2 pound fresh shrimp. Shells and veins discarded, cut in half the long way, then each in four
1/2 cup snow peas, strings and ends discarded, each cut in six pieces
1 Tablespoon lemon juice
1/2 cup fried shallots, sliced
1/2 pound wheat noodles, cooked and drained
3 sprigs fresh coriander coarsely chopped

Preparation:

1. Heat a wok or fry pan, add the oil, then stir-fry the persimmons and carrots for one minute.
2. Add the shrimp and snow peas, and stir-fry one minute more, then add lemon juice and stir well.
3. Next add the shallots and the cooked drained noodles and stir, then half the coriander pieces.
4. Put into a pre-heated bowl, add the rest of coriander on top, and serve.

PERSIMMON PACKETS

Ingredients:

3 persimmons, coarsely chopped
1 Tablespoon honey
1 Tablespoon lemon juice
1 small chili pepper, seeds discarded, then minced
3 slices fresh ginger, minced
1 Tablespoon almond slices
1 Tablespoon cornstarch
20 spring roll wrappers
1 cup vegetable oil

Preparation:

1. Put persimmon pieces in a medium-size pot, add the honey, lemon juice, chili pepper pieces, and the ginger and stir well.
2. Mix in cornstarch with one tablespoon cold water, heat and stir this until it thickens, about one minute, then remove to an empty bowl and allow to cool.
3. Put three tablespoons of the cooled mixture on one wrapper, fold in the edges, then roll and seal with a few drops of water. Place the wrapped item seam side down on a clean plate.
4. In a clean wok or fry pan, add the oil and deep fry these packets until they are golden on all sides, then drain on paper towels, cut them in half on an angle, and stand them on the folded end, and serve.

EDITOR NEWMAN:

Lu Jing's article in Volume 23(3) was a good introduction for me about the Book of Songs. Can you add more about that important volume?

NELSON: Our knowledge is not as good as hers, nor do we read Chinese. Suffice it to say that this is a collection of three hundred five ancient items, songs or what some say are poems or lyrics from the early Zhou Dynasty times (1100 - 771 BCE) to those in the middle of the Spring and Autumn Period (770 - 476 BCE). To our knowledge and hers, it is the world's earliest anthology. They are in three sets of metaphors and similes, *fu* or tales, and *xing* which she translates as *heng*, *ya*, and *song*. They are associations with images of different social classes, as can be gleaned from her translation in that issue. We once read elsewhere they were to give voice to or about ordinary folk. Also read that Confucius (551 - 49 BCE) perhaps with a group of court musicians and/or other court folk did compile them probably over many years to inspire, reflect, communicate, even to admonish people to do good and their rulers do no harm. The first or *heng* means elegance; it includes one hundred and five items.

continued on page 6

LETTERS TO THE EDITOR

continued from page 5

The second or *ya*, has forty of them; all are sacrificial odes. The third or *song* has one hundred sixty more, all are folk odes from different states along the Yellow River.

FROM MING IN CHICAGO:

What do the Chinese know and practice about death?

MING: Never did read much about that topic other than someone did check the character or word count for the word death in the Confucius' *Analects*; it is thirty-eight. For the Chinese, life after death is similar to life on earth so they give the deceased things they liked in life, many of them paper and they do burn these, the smoke going upwards to their souls. At funerals, family and some close relatives wear white, never red clothing. They do like elaborate funerals, if affordable, and they do use wooden coffins preferring wood from Luzhou. Once a year, during the Qing Ming Festival, they go to family grave sites, sweep and clean-up around them, and there do like to feast with the deceased. They bring cold foods the deceased did love, and share it with them; or they leave it there for their souls. They believe the dead rule the living in thought. Many, elders particularly, fear calamity should they not honor the deceased appropriately. They used to wail and march through the streets following their coffin to their burial place.

Many elders do continue to mourn for three years. Before burial, considering *feng shui*, some coffins remain in their homes until an appropriately selected day and time for burial. This can be up to three years.

Most burial places are under earth mounds, tombstones or markers. The very rich might have stone guards nearby to watch over the deceased, as are the Terra Cotta warriors for Emperor Qin. Many actual burial places are often unmarked. In their homes after many are cremated or left outdoors for vultures, their souls go, they say, to live in another world. When visiting their grave site, they bring paper money called 'Notes of Hell' to burn and other paper replicas to burn for their souls believing these are things they want or need in their after life. At their burial place, most chant prayers, kow tow to the souls, and later in their homes, will have a 'spirit tablet' made of wood or have one in their ancestral hall engraved with their name, date of birth and death. Feasting at their grave site is the happiest part of ancestor worship, the cold foods they bring often include a roast pig, chickens, and ducks eaten by the worshipers after their 'spiritual content' was recognized. This respect is not just at the Qing Ming Festival in early April, but for the very religious, can be at Ghost Festival on the 15th day of the 7th Lunar Month, and Sending Winter Clothes Day which is the first day of the tenth Lunar Month.

SEVERAL ASKED:

What special foods are eaten at Spring Festival and what do they represent?

TO ALL WHO ASKED: Fish represent fortune or surplus. Having a whole fish means no one is cutting into your luck. This surplus means they will get more money, of course. To the Chinese, good luck almost always means money while long noodles means long life. Sweet rice balls represent family and harmony; and sweet rice cakes are hopes for promotion. There are regional and minority differences; but these foods are most popular among most Chinese for this and for all occasions.

FROM LEE IN HONG KONG:

Liked your article about things Jewish. When did this ethnic population first come to China?

LEE: According to the *Cambridge Encyclopedia of China*, the earliest evidence of Judaism in China is during the Tang Dynasty (618 - 907 CE). In 878 CE, in Canton, Jews were slaughtered. They and Muslims were forbidden to circumcise, slaughter ritually, or marry a paternal cousin. Marco Polo and others mention Jews in Hangzhou, Beijing, and Guangzhou. In Kaifeng, they left records of their presence including a synagogue thought built in 1163 CE by immigrants from Iran. That community flourished until the 18th century. Some did survive until the 20th century but most already moved to Hong Kong. These earlier Jews became officials, doctors, and army officers. That synagogue was destroyed by a flood in 1642, as was another in the early 1800s.

The Chinese then and since did call the Jews *tiaojinjiao*; which translates to: 'the religion that extracts the sinew.' In 1850, the second synagogue was still standing but dilapidated. By 1866, it no longer existed. There are rubbings of Jews in China located in the Vatican, and in the Bibliotheque Nationale; and they are mentioned in Jesuit letters by Ricci. These do attest to their presence in China, as does a Chinese-Hebrew Memorial Book of the Dead obtained by Protestant missionaries in 1850. Then later, they gave it to Cincinnati's Hebrew Union College. From the 1840s onward there are records of Jews from Baghdad and elsewhere, most settled in Shanghai, some in Hong Kong. They were probably traders as were a few in Harbin and Tianjin.

In the 1930s, the Japanese had a Fugu Plan to encourage German Jews to develop Manchuria. Most did not want to go there. By 1959, some few hundred Jews had already settled in Hong Kong, a few others elsewhere in China. Recently, we met a female Cantor who said there were several hundred Jews in Hong Kong now. She did show pictures officiating at the first Bar Mitzvah there;

continued on page 10

FERMENTED RED DOUFU

Soybeans, are one of the five staple grains of ancient China. They are used to make bean curd which the Chinese call *doufu*, which is made from soy beans, water, and a coagulant. Red *doufu* needs a starter, a colorant, and a mold to work. This becomes a flavor enhancer the Chinese love: *doufu nai*.



During the Song Dynasty, Zhu Xi reported this red bean curd was not new. He wrote that years before it was so prepared by the Prince of Huainan (179 - 122 BCE) Others did agree that it was neither new nor original. Truth be told, no one really knows where, how, or when it began.

One story of how it originated is it took place at a teahouse. There, a bean curd seller stopped to watch a game of chess. Hours later when he went to get his basket, he discovered his coagulated bean curd had gone moldy. Thinking the two immortals he chatted with played a trick on him, he surmised they might be the ones responsible for the change in his bean curd. He then decided to confront them.



In a chapter in the "Economic Affairs" of the *Shih Chi* or the *Historical Records* book, it was called 'mold ferment.' Elsewhere, it was reported as 'salty fermented red soybeans' or 'preserved *doufu*' Some, in English, call it 'red tofu cheese.' During the Qing Dynasty, around 1641, Wang Su-hsiung referred to it in the *Food Encyclopedia* as 'superior' bean curd calling it more beneficial than 'firm bean curd, and better than other kinds of *doufu*.'

Sympathetic but not guilty, they assured him they did not do that. They told him to go home and marinate the moldy stuff with salt, spices, and cold water so it would go back to becoming what it originally was. Not believing but hoping against hope, he did as instructed. Because he was exhausted, he immediately went to bed. The next morning his bean curd was different, even better. It was aromatic and red, and tasted better than before.



This endorsement did help it become more popular than other renditions. Some say it was developed in the Henan Province. Some was found in "Tomb No. 1. carved in stone there; still not everyone does agree. Later, folks did see the carving depicted in an 1982 *Agricultural Archeology* volume where two people stand in front of a large basin near a rotary stone mill. They are holding a cloth in front of it and it does look like they are draining bean curd solids from liquid. Still, many refuse to believe it is as old as this carving indicates.

The next time he made bean curd, he did repeat this with his ordinary bean curd as he was told to. It did produce the same great aromatic red *doufu* of that first batch. He gave it to many friends and all agreed it tasted great. They loved his new product called *doufu nei*.

豆腐乳

Some conjecture it could be made more recently with nigari or Epsom salts, both trade products, or with alum, vinegar, lemon juice, or a mixture of them. We now know it as a coagulated fermented food. In Spring it takes five days, needs eight in Winter. We also know this moldy material dries in the sun after it is marinated in salt with or without an

continued on page 8

FERMENTED RED DOUFU

continued from page 7

alcoholic liquid and spices. We also know it becomes red fermented *doufu* when made with red rice. Folks know it is easy to digest, has lots of B vitamins, calcium, phosphorus, iron, and other nutrients, and that it is low in calories, its overall nutrient profile close to that of many milks, cow milk included. Chinese TCM practitioners tell us it benefits the lungs and large intestines, moistens dry conditions, relieves oral and stomach inflammations, neutralizes toxins, and heals many less than healthy bodily reactions. They also say that when mashed, it is a fine poultice, adds contrast to pungent, salty, baked, steamed, boiled, broiled, deep-fried, sauteed, and raw foods, and that most Chinese adore it.

Carved in stone, first found in the 1940s and then dated as made in the Eastern Han Dynasty (25 - 20CE) historians believe it shows fermented bean curd available in Chinese markets that was made with ground regular, long or short red rice. Nowadays, anyone can purchase it made with chilli peppers, fermented or not. Perhaps it was also made in homes then and was quite salty. Do purchase some, keep it refrigerated until using it, and do store it in a covered glass container until you do.

Asian markets sell different kinds with many spices or seasonings or none. It is shown on the cover of this issue and with this article on page 7. It does a fine job enhancing many different dishes, and is made mostly using ground soy beans, though there are some made with taro or other beans or other foods. Most are inoculated with bacteria or fungi spores before it ferments. Some call it *tou ci* or *suju*, others do not indicate its main ingredient source. We buy ours most often made from soy beans or taro, and like it mixed with wine, sesame oil, vinegar, spices, and/red rice yeast. Some use *Monascus purpureus* or another colorant or coagulant. Some old cookbooks say it can have high levels of a toxin or citrinin. Hopefully, most no longer do. If you make your own, you can color it with cranberry or another red juice.

Years ago, some sources said soy beans were inferior grains. We now know this to be untrue. In ancient times some did say they are hazardous to your health; that is also not true. In the *Discourse on Nurturing Life* book it does say ingesting soybeans makes one feel heavy. But that is not ill health. It may be a source of feeling bloated. That may be why they say that. Soy beans are a Chinese staple and a good source of protein. They can grow on land depleted of nutrients and produce good yields even in poor years. The Chinese love them and have eaten them for generations with no ill effects.

Raw soy beans are difficult to digest as their complex carbohydrate components such as raffinose stachyose, and alpha-galactosides do not hydrolyze with digestive enzymes in the gut. This can lead to flatulence for many folk, not ill health. Some say, they taste unpleasant and have a beany after taste. Many early Chinese worked to convert soy beans to processed foods making them into fermented *doufu*.

Below are several recipes using fermented *doufu*. Not well known nor popular in western cuisines, one can find many kinds in Asian markets. The recipes that follow can be made with white or red fermented *doufu*, and we do love both. They enhance the flavors of many dishes, and we suggest you try them in lots of them. (JMN)

HOT AND SOUR MEATBALL SOUP

Ingredients:

- 3 one-inch pieces fresh peeled ginger, minced
- 3 cloves fresh garlic, peeled and slivered
- 2 Tablespoons vegetable oil, divided
- ½ pound fatty ground pork, made into small balls
- 3 Tablespoons dried sliced wood-ear mushrooms, soaked in hot water, then drained, the water discarded
- ¼ pound fresh shrimp, shell and veins discarded, each shrimp cut into eight pieces
- ½ square red fermented bean curd, mashed
- 3 Tablespoons Chinese black vinegar
- 8 cups chicken stock
- 1 egg, beaten
- ¼ pound soft regular tofu, cut into one-inch cubes
- 1 Tablespoon sesame oil

Preparation:

1. In a blender, pulse ginger and garlic coarsely.
2. Heat a wok or fry pan, add the oil, ginger, and the garlic and stir-fry them together for one minute before adding the balls of meat. Stir-fry them in oil for two minutes until the meatballs are no longer pink.
3. Add drained wood ear mushrooms, the shrimp, mashed red bean curd, black vinegar, and the chicken stock, and stir well.
4. Beat the egg and add it, the soft bean curd, and the sesame oil, and stir well, then serve.

continued on page 9

FERMENTED RED DOUFU

continued from page 8

HAKKA TARO

Ingredients:

- ¼ cup vegetable oil
- ½ pound taro, peeled, sliced, and deep fried
- 1 thin slice fresh ginger, minced
- 2 soaked Chinese black mushrooms, soaked until soft, stems discarded, caps thin sliced
- 2 cubes red fermented *doufu*, mashed
- ½ teaspoon Chinese five-spice powder
- 1 teaspoon sesame oil
- ½ teaspoon granulated sugar
- 1 teaspoon Chinese rice wine
- 2 sprigs fresh coriander, one minced, one used for garnish

Preparation:

1. Heat a wok or fry pan, add the oil, then fry the taro slices on both sides until a light tan, then remove and drain them on paper towels.
2. Add the ginger and the mushroom pieces and stir-fry these until golden brown before adding the mashed *doufu* and half cup of cold water, Stir-fry this for three minutes, then add the five-spice powder, sesame oil, sugar, rice wine, and minced coriander.
3. Return the taro pieces to the pan and simmer for three minutes, then put everything on a pre-heated plate or platter, and serve.

WATER CONVULVULUS AND BEAN CURD

Ingredients:

- 1 pound water convolvulus
- 1 Tablespoon vegetable oil
- 2 squares red fermented *doufu*
- 1 Tablespoon granulated sugar
- ½ seeded red piquant chili pepper, minced
- 2 cloves garlic, peeled and minced

Preparation:

1. Rinse water convolvulus and cut into two- to three-inch pieces.
2. In small bowl, mash the red bean curd, and mix it with the sugar, minced chili pepper, and the garlic.
3. Reheat the wok or fry pan, add the oil, and stir-fry the bean curd mixture for one minute, then add the convolvulus vegetable and stir-fry just until wilted; and then transfer everything to a platter or bowl and serve.

CABBAGE AND FERMENTED BEAN CURD

Ingredients:

- 3 Tablespoons vegetable oil
- 1 Tablespoon granulated sugar
- 3 slices fresh ginger, slivered
- 3 garlic cloves, peeled and minced
- 12 dried shrimp, soaked until soft, then chopped fine
- 2 cubes fermented red bean curd, mashed
- 1 Tablespoon soy bean paste
- 5 Chinese black mushrooms, soaked until soft in half cup of hot water, their stems discarded, caps thinly sliced
- ½ head shredded Beijing cabbage, shredded
- 1 ounce bean threads, soaked until soft, then cut into one-inch pieces
- 3 bean curd sticks, soaked until soft, then chopped

Preparation:

1. Heat wok or fry pan, add the oil, then stir-fry the sugar, ginger, garlic, dried shrimps, mashed bean curd and soy bean paste for one minute before adding the mushroom pieces.
2. Stir-fry this for two minutes and then add the mushroom water, shredded cabbage, bean threads, and the bean curd pieces. Stir-fry this for two more minutes, then serve.

SUZHOU PORK AND FERMENTED DOUFU

Ingredients:

- ½ pound lean pork belly with its skin, cubed into two-inch pieces
- 1 small square red fermented *doufu*, mashed
- 2 Tablespoons brown rock sugar
- 1 teaspoon salt
- 1 scallion, minced
- 1 teaspoon fresh ginger, minced
- 2 teaspoons Chinese rice wine

Preparation:

1. Put pork belly pieces in two cups of boiling water in a small pot then simmer for two minutes and then drain discarding the water.
2. Mix mashed bean curd with the crushed rock sugar, and salt. Toss this with the pork squares, and put them in a heat-proof bowl.
3. Steam the pork belly mixture with the scallion, ginger, and rice wine over simmering water for three hours.
4. Discard the scallion and the ginger, and put everything else, pork skin side up in a pre-heated bowl; and serve.

continued on page 10

FERMENTED RED DOUFU

continued from page 9

BRAISED PORK RIBS

Ingredients:

2 pounds pork ribs separated and cut into two-inch pieces
3 Tablespoons vegetable oil
5 slices fresh ginger
5 garlic cloves
3 cubes red bean curd, mashed
1 Tablespoon thin soy sauce
1 Tablespoon Chinese red vinegar
1 Tablespoon granulated or crushed dark rock sugar
1 cup chicken broth

Preparation:

1. Put ribs in large pot of boiling water for two minutes, then put them under cold running water for two more minutes and then drain them. Let them air dry on paper towels for one hour.
2. Heat a wok or large fry pan, add the oil, and then brown the ribs in two batches before adding the ginger and garlic. Stir two or three times, and then remove everything to a small bowl.
3. Mix the mashed bean curd, soy sauce, vinegar, sugar, and the broth and put this and the ribs in the pan and simmer covered until the meat is tender (about an hour).
4. Discard the liquid, turn the heat to high, and sizzle the ribs turning them for two or three minutes until somewhat crisp. Then serve them on a pre-heated platter.

PORK BELLY, TARO, AND BEAN CURD

Ingredients:

3 leaves cabbage
2 pounds lean pork belly, cut into half-inch slices
5 slices fresh ginger
1 teaspoon five-spice powder
2 pounds taro, peeled, and cut in half-inch slices
3 leaves cabbage or lettuce for bottom of the pot
1 Tablespoon vegetable oil
2 squares red fermented bean curd, mashed
2 teaspoons liquid from jar of the red bean squares
2 Tablespoons thin soy sauce
1 Tablespoon sesame oil

Preparation:

1. In a large pot, add the lettuce or cabbage leaves and stir well before adding the pork belly and all other ingredients. Then cover with one cup of cold water. Simmer them covered for one hour.
2. Now, put the pork belly, taro, and all other ingredients in a heat-proof bowl, and steam them covered over boiling water for one hour, checking often to be sure the water has not evaporated and the meat is tender. Continue until it is, then serve.

ROAST DUCK IN FERMENTED DOUFU

Ingredients:

¼ pound soft white bean curd, mashed
1 Tablespoon granulated sugar
2 squares fermented red bean curd, mashed
2 Tablespoons liquid from jar of red bean curd
2 Tablespoons minced fresh ginger
1 Tablespoon sesame oil
1 four to five pound fresh duck, innards discarded

Preparation:

1. Mix all ingredients except the duck tossing them well, and then cover them with plastic wrap and refrigerate overnight or for at least four hours.
2. Before removing them from the refrigerator, prepare a charcoal grill with a rotating spit allowing the coals to turn white.
3. Remove the duck from the refrigerator, discard the plastic wrap, pierce the duck skin with a fork on all sides, then set the duck on a rotating spit so it will turn for thirty-five minutes. Watch for flare-ups and douse as needed with a little water. Add more charcoal as needed.
3. Remove the duck from the spit, and cut into the duck breast to see if it is cooked through. When it is, remove it from the spit and chop it into two-inch pieces. Put the duck pieces on a pre-heated platter, and serve.

continued on page 11

LETTERS TO THE EDITOR

continued from page 6

the son of a friend of hers. She gave an exceptionally well-attended talk about that and other things Jewish in China and in Russia. It was at the Jewish Y's Community Center in Commack NY.

FERMENTED RED DOUFU

continued from page 10

VEGETARIAN LION'S HEAD

Ingredients:

1 pound soft bean curd, liquid discarded, cut into small cubes and mashed
1 square mashed red fermented *doufu*
2 large eggs
1/4 cup cornstarch
2 additional Tablespoons cornstarch, set aside
1/2 cup finely chopped carrots
3 cloves garlic, peeled and minced
3 slices fresh ginger, minced
1 cup Chinese black mushrooms, soaked until soft, stems discarded, caps minced
1 teaspoon salt
1 teaspoon granulated sugar
1 Tablespoon dark soy sauce
3 Tablespoons vegetable oil
3 lettuce leaves
1 cup vegetable broth

Preparation:

1. Put mashed soft and red bean curd in a bowl and mix well.
2. Then, add the eggs, cornstarch, carrots, garlic, ginger, black mushrooms, salt, sugar, and the soy sauce and mix well. Form this into eight to ten balls.
3. Heat a wok or fry pan, add the oil, and brown the balls on all sides before removing them to a plate. Discard any leftover oil.
4. Put lettuce leaves on the bottom of a clean pot or casserole, add the vegetable balls and the broth and cover and simmer for one hour.
5. Mix two tablespoons of reserved cornstarch with two tablespoons cold water and add this to the pot or casserole. Bring it to the boil, and stir until the sauce is thickened, then serve.

STEAMED PORK IN LOTUS LEAF

Ingredients:

5 Tablespoons raw rice
1/2 pounds pork butt, cut into three-inch chunks
2 Tablespoons black beans, mashed
2 squares red soy bean cheese
2 Tablespoons thin soy sauce
1 teaspoon granulated sugar
1 egg white, optional
3 large dried lotus leaves, soaked in warm water until soft, about five minutes, their thick center stems removed and discarded

Preparation:

1. In a dry wok or fry pan, roast the rice stirring often, until brown and aromatic. Then crush it with the handle of the cleaver.
2. Mix mashed black beans and red bean cheese with the soy sauce and sugar, and spread this mixture on all sides of each piece of pork.
3. Wrap each piece with a double-thick piece of lotus leaf, and seal with water or egg white.
4. Put these wrapped packages seam-side down in a steamer basket in a single layer. Steam them over simmering water for three hours, adding more water as needed. If not using immediately, put them in the refrigerator. Twenty minutes before needed, steam them for the rest of the time, adding twenty minutes to it if needed; then serve.

VEGETABLES IN FERMENTED SAUCE

Ingredients:

3 Tablespoons dark soy sauce
3 Tablespoons Chinese rice wine
1 teaspoon granulated sugar
1 Tablespoon cornstarch
1 cup vegetable broth
1 cup canned oyster mushrooms, blanched for two minutes, drained, rinsed in cold water, stem ends trimmed off, and each one cut in half
1 cup canned sliced water chestnuts, blanched
3 Tablespoons vegetable oil
5 large garlic cloves, peeled and slivered
5 slices fresh ginger, slivered
3 Tablespoons fermented black beans, rinsed, then lightly mashed or chopped
1 square red fermented *doufu*
1 chili pepper, seeded and slivered
1 cup snow peas, strings removed and thinly angle-sliced
1/2 to 1 cup dry-roasted cashews

Preparation:

1. Mix soy sauce, rice wine, sugar, cornstarch, broth, and half a cup of water and set this aside.
2. Mix mushrooms and water chestnuts and set them aside, too.
3. Heat a wok or fry pan, add the oil and stir-fry the garlic and ginger for one minute before adding the mushroom mixture. Stir-fry this for two minutes, then set it aside.
4. Add both the garlic and ginger, then, add both fermented beans and the mushroom mixture and stir-fry for three minutes. Then add the diced chili pepper pieces and stir-fry for one minute.
5. Now add the snow peas and stir them for two minutes before adding the sauce mixture. Stir this well, then add the cashews and stir them well, too. Transfer everything to a pre-heated bowl, and serve.

GOOSE AND DUCK: CULTURE AND COOKERY

A favorite of artists, culinary or colorists, geese and ducks are exceptionally popular in China for painting or partaking of, particularly at wedding feasts. They are popular because geese are devoted lovers and ducks almost always found in pairs and/or served that way at weddings. In addition, before this event, many a man will send his intended a goose as a betrothal gift telling her about his love and devotion. One ancient volume, *Wedding Rites for Scholars*, is a good place to read about wedding day intentions. An intended can give a pair of ducks to his upcoming bride before or order them for their wedding to show how they always do need to stay together.

In China, ducks are caged on boats and released in mornings to feed on snails and weeds in nearby rice paddies. They show fealty always returning by nightfall. Peking ducks are white feathered, Nanjing ones are gray, brown, or speckled. Both can be force-fed before slaughter, fattening them up to improve taste and texture for thick layers of fat beneath their skins. This keeps them fresh, moist and marvelous, their bodies ready for offspring. Peking ducks are roasted and lovely while Nanjing ones are pressed, salty, and special.

Duck and/or goose feathers are wonderful for bedding and fine for clothing. Their flesh is adored for food be they tongues, blood, brains, wings, feet, livers, kidneys, or giblets. Any or all are appreciated by sophisticated appetites, loved and luscious. At fancy weddings when well-made, they are savored, and spoken about often thereafter.

A pair of ducks or geese on a platter when prepared and presented, make a statement as do pigeon eggs or other symbolic look-alike foods. They can wish bride and groom long loving lives, loads of money, many children, and considerable happiness.

Every region of China has duck and goose specialties that can be served at dinners in restaurants. They should be sought out at dinner tables, even used as

excellent centerpieces. Expert chefs make great ones steamed, smoked, roasted, deep-fried, or in other ways. These became common during Tang Dynasty times (618 - 907 CE), and remained so ever since. If you have never tried them, you surely should.

Some regions of China are known for more than one way to prepare either of these birds. For example, if you live in or go to Shanghai, there are great ones steamed first, then smoked on green tea leaves. Never had them this way? You really should! In Beijing the specialty is duck Peking style. It is marinated first, then roasted, and finally carved table-side by an experienced chef. See illustration below.



Diners delight in the Peking Duck's super-crisp skin served in a dough ready to be lathered with hoisin sauce and sprinkled with slivers of scallion, leek, or another vegetable or two. They roll and eat theirs enjoying its succulence meat wrapped or not, and fine restaurants use the bones to make a souper soup. Sometimes we bring

some or all bones home and enjoy crunching and lunching on them the next day.

There are so many ways to prepare goose or duck, indoors or out, whole or in parts. Some of them follow on pages 13 - 16.



continued on page 13

**BOILED, THEN
ROASTED GOOSE**

Ingredients:

1 seven to nine-pound goose, neck and head attached, innards discarded, then boil the bird for five minutes, then drained and hung from the neck for ten hours in a cool place

6 Tablespoons brown sugar

3 Tablespoons dark soy sauce

1 cup grated coconut

½ cup all-purpose flour

1 Tablespoon salt and ground white pepper

1 egg, beaten

Preparation:

1. Before boiling the goose, prick its skin in several dozen places, and hang it over a pan.

2. Heat the oven to 375 degrees F, center a two-inch deep heat-proof pan or dish to catch all drippings, and keep it half-filled with water. Before putting the bird in the oven, cover its head and loosely cover its legs with aluminum foil, then hang it from both neck and tail ends horizontally, its breast side down in the middle of the oven.

3. Add water as needed and do discard melted fat. Then turn it breast side down, prick the skin on all sides, and roast it pouring out any fat, as needed.

4. Mix the coconut and the flour, add salt and pepper, and brush the goose with the egg, then the flour mixture, and baste it every five to ten minutes for another half an hour, then remove it to a cutting board. Chop the goose into two- to three-inch serving pieces, put them on a pre-heated platter, and serve.

NOTE: One can make a duck using this method. Cut it in half first, then roast it for half the time.

**RED-SPICED
GOOSE**

Ingredients:

1 cleaned 7 to 9 pound goose

2 teaspoons coarse salt

1 teaspoon ground black pepper

10 slices smashed fresh ginger

1 teaspoon crushed white peppercorns

3-inch cinnamon stick, crushed

5 star anise, coarsely crushed

5 whole 1 head garlic, smashed

5 Tablespoons red rice

10 scallions, each cut in four

3 red chili peppers, cut in half and seeded

10 red dates, pits discarded

5 whole cloves

½ cup thin soy sauce

1 teaspoon coarse salt

1 Tablespoon sesame oil

Preparation:

1. Put the goose in boiling water and simmer it for ten minutes, half of each end in a pot of the boiling water, if need be. Dry the goose with paper towels inside and out.

2. Rub salt and ground black pepper in the cavity, then set the bird aside for fifteen minutes.

3. Mix ginger, crushed white peppercorns, crushed stick cinnamon, crushed garlic, red rice, scallions, red chilies, and red dates in two cups of water and bring this to the boil, and simmer each end of the goose for ten minutes, then remove it from the liquid and dry it again with paper towels inside and out.

4. Now, put the bird on a rack on a roasting pan in a 400 degree F oven for one and a half hours, then strain the liquid reserving the solids for another recipe.

5. Brush the bird with a mixture of thin soy sauce, sugar, salt, and sesame oil and let it cool for half an hour.

6. Then chop it into two- to three-inch pieces, and put them on a platter and serve.

NOTE: If using this method to make a duck, only roast it for half the time.

continued on page 14

**STILL HOPING
FOR AN EDITOR
TO TAKE MY PLACE**

HOME-MADE PEKING DUCK

Ingredients:

- 1 rinsed dried 5 or 6 pound Peking duck, its head left on
- 1/4 cup dark soy sauce
- 1/4 cup honey
- 3 Tablespoons dry sherry or Chinese rice wine
- 5 slices fresh ginger, each one smashed
- 10 to 20 scallion brushes
- 1 cucumber, seeded, cut into three-inch sticks
- 2 cups all-purpose flour
- 2 Tablespoons sesame oil
- 10 to 20 Mandarin pancakes
- 1/2 cup Hoisin sauce
- 1 tablespoon granulated sugar

Preparation:

1. Tie a rope or ribbon around the neck of a duck and hang it in a cool dry airy place for more than twelve hours. Put a pan under it to catch any drippings.
2. Mix and heat soy sauce, honey, dry sherry or rice wine, and mashed fresh ginger, bringing this mixture to just below the boiling point. With Hoisin sauce, brush the bird, inside and out several times.
3. Make scallion brushes and set them and cucumber sticks in ice water for a few hours. After they curl, drain them and keep them chilled
4. Make pancakes mixing the flour with half a cup of boiling water. Stir with a wooden spoon, then cool this mixture.
5. Knead this dough on a floured board until smooth, then cover it with a cloth and let it rest for half an hour.
6. Now cut it into eight to ten pieces, and roll each one into a five-inch circle. Brush one side of each one and stack them, oil side down. If not using now, wrap the pile with plastic wrap and cover it with a cloth.
7. Now, cut the head but not the neck off the bird, and cover the legs with foil, then preheat the oven to 350 degrees F and put a large heat-proof two-inch deep pan the bird, the bird itself on a wire rack above the pan. Fill the pan with an inch of water, and put it and the bird in the oven. We like to attach two 'S' hooks, one at each end of the bird, and hang it above the water, breast side down. Turn it carefully in the middle of the two hour baking time. Carefully discard the fat and other liquid in the pan.
8. Put the bird on a cutting board, and with a cleaver or shears cut the skin and meat into two-inch pieces, and serve it on a pre-heated platter. If desired, mix some hoisin sauce with a few tablespoons of cold tea and use as a dipping sauce or use the scallion brushes to spread some on the skin-side of the bird.

STUFFED GOOSE

Ingredients:

- 1 cup glutinous rice, soaked overnight in three cups of hot water, then drain it
- 1 goose, seven to nine pounds
- 3 Tablespoons dark soy sauce
- 3 Tablespoons Plum brandy
- 1 Tablespoon sesame oil
- 1 teaspoon salt
- 1 teaspoon Sichuan peppercorns, roasted and crushed
- 2 Tablespoons vegetable oil
- 3 shallots, peeled and coarsely chopped
- 3 Tablespoons chicken stock
- 1/2 cup chopped water chestnuts
- 5 shiitake mushrooms, discard stems then diced
- 1/2 cup peeled chestnuts, smashed
- 1 teaspoon coarse salt
- 3 Tablespoons Chinese smoked ham
- 1 teaspoon freshly ground pepper

Preparation:

1. Soak the rice with hot water for two or three hours, discard the water, and drain the rice.
2. Dry the goose with paper towels inside and out, and sew the open end of the neck closed after filling it with a mix of the soy sauce, brandy, sesame oil, salt, and Sichuan peppercorns. Cover the bird with plastic wrap and put it in a large roasting pan, and refrigerate it for two or more hours. Then stuff a mixture of the soaked rice, corn oil, shallots, mushroom pieces, chicken stock, chestnuts, and ground pepper and tie this mixture inside the goose.
3. Next, steam the goose for three hours on a rack over two inches of water in a heat-proof roasting pan.
4. When done, remove the stuffing to a pre-heated serving bowl.
5. Cut or chop the goose into three-inch pieces and put them on pre-heated platter. Serve the bird; and put any drippings in a small bowl, serving that with it.

DUCK AND GOOSE RECIPES CAN BE MADE WITH CAPON OR A LARGE CHICKEN

continued on page 15

DUCK IN BLACK BEAN SAUCE

Ingredients:

1 quarter to one a half of a goose, innards discarded, the giblets set aside for another use
2 teaspoons salt and freshly ground pepper
2 Tablespoons maltose
1 teaspoon tabasco
1 Tablespoon potato starch
2 Tablespoons Chinese rice wine

Preparation:

1. Loosen skin from the meat before putting the goose on a rack, breast side up, above boiling water.
2. Cover the goose with foil and seal the edges around the roasting pan. Bake it in a 400 degree F oven for one hour, then take it out of the oven and cool it covered.
3. When cool, strain the pan juices set them aside covered in a bowl, and cover and refrigerate the goose. Discard congealed fat.
4. Preheat the oven to 350 degrees F. Mix the maltose and tabasco sauce with one-quarter cup cool water and bake and baste the bird for one hour breast side down. Then turn breast side up, and baste it every half an hour for ninety minutes. Then remove the bird from the oven and let it rest half an hour.
5. Now, pour all juices into a small pan, discarding any fat, and mix potato starch with the remaining drippings, bring this to the boil, and simmer stirring until thick.
6. Cut or chop the goose into two- or three-inch pieces and put them on a platter. Pour the starch mixture over the bird, and serve.

**ONE CAN MAKE
ANY OF THESE RECIPES
WITH ANY BIG BIRD
ADJUSTING THEIR
COOKING TIMES**

ABALONE AND DUCK SANDWICHES

Ingredients:

1 cooked duck breast or half a cooked goose breast, minced
10 canned water chestnuts, minced
3 scallion white parts, minced
3 slices fresh ginger, minced
2 teaspoons Chinese rice wine
½ teaspoon salt
1 teaspoon sesame oil
1 pound can of abalone, drained
2 Tablespoons frozen green peas
½ cup chicken or duck broth
2 teaspoons rendered duck fat
1 Tablespoon cornstarch

Preparation:

1. Mix the minced bird with the water chestnuts, scallion white parts, and ginger, then stir in the rice wine, salt, and sesame oil, and mix well.
2. Cut the abalone into half-inch thick slices and cover half of them with the poultry paste, then put another piece of abalone and gently press this together. Put these sliced sandwich items on a heat-proof plate and into a steamer basket.
3. Steam them covered over boiling water for twenty minutes, remove, cut each in half, and serve them on a pre-heated plate or platter.
4. Mix stock, rendered fat, rice wine, and cornstarch, stir bringing this to the boil until thick, and pour over the abalone sandwiches, and serve.

POULTRY IN PEPPER SAUCE

Ingredients:

1 duck or half of the meat from a cooked goose breast, cut in small cubes
½ teaspoon salt
¼ teaspoon ground black pepper
1 teaspoon cornstarch
1 Tablespoon thin soy sauce
1 clove peeled minced garlic clove
1 Tablespoon vegetable oil
½ of one red and one green pepper, seeds removed and discarded, the peppers cut in half-inch cubes
1 teaspoon cornstarch or water chestnut flour
1 teaspoon sesame oil

Preparation:

1. Mix poultry cubes with salt, pepper, cornstarch, thin soy sauce, and garlic and let this rest for twenty minutes, then drain it and discard its liquid.
2. Heat a wok or fry pan, add the oil and fry the poultry cubes for one minute if they are cooked, for two minutes if they are raw. Then add the pepper pieces and stir-fry for another one minute before adding the sesame oil pre-mixed with cornstarch. Stir-fry this for one minute, then put it on a pre-heated plate, and serve.

continued on page 16

**DUCK AND RICE
IN LOTUS LEAF**

Ingredients:

- 3 lotus leaves
- 1 duck or half goose breast, cut into thin strips, then coarsely chopped
- 2 Tablespoons vegetable oil
- ½ cup glutinous rice, soaked for one hour
- ½ cup long-grain rice
- 1 star anise
- 1 teaspoon Sichuan peppercorns
- 2 teaspoons sesame oil
- 1 Tablespoon Chinese rice wine
- ½ teaspoon salt
- 1 small scallion, minced
- 2 slices fresh ginger, minced
- 1 Tablespoon thin soy sauce

Preparation:

1. Blanch the lotus leaves for two minutes or until almost soft, cut each one in four pieces, discarding their thick veins.
2. Grind both soaked drained rices with the star anise, and Sichuan peppercorns, then mix these with chopped duck or goose strips, sesame oil, rice wine, salt, scallion pieces, and minced ginger, and set this aside.
3. Put two tablespoons of the rice mixture on one end of a lotus leaf piece, and roll as one would an egg roll. Set them seam side down on a heat-proof plate in a steamer basket and steam them for one hour. Then remove and serve them.

**POULTRY-FILLED
BEAN CURD ROLLS**

Ingredients:

- 1 Tablespoon vegetable oil
- 1 small carrot, peeled and shredded
- 1 stalk celery, shredded
- 3 soaked shredded shiitake mushrooms, stems discarded
- 3 sprigs cilantro, minced
- 1 Tablespoon granulated sugar
- 2 Tablespoons dark soy sauce
- 1 Tablespoon cornstarch
- 2 bean curd sheets soaked, dry edges discarded
- 1 Tablespoon thin soy sauce
- ½ cup duck or goose meat, minced
- 2 Tablespoons Chinese black tea leaves
- 2 Tablespoons brown sugar
- ½ cup cooked rice

Preparation:

1. Heat oil in a wok or fry pan, and stir-fry carrot and celery shreds for one minute, then add the shiitake mushroom pieces and the cilantro, and stir-fry for two minutes more before adding the sugar and soy sauce.
2. Now stir the cornstarch in and set this aside to cool.
3. Wipe both sides of each bean curd sheet with the thin soy sauce and cut each one in half. Then fill them with several tablespoons of the mushroom mixture and add some minced poultry meat, then roll each one closing in the ends then rolling them, egg roll style. Put them seam-side down on a heat-proof plate set in a steamer basket and steam them over boiling water for five minutes, then remove them and let them cool.
3. Take a piece of aluminum foil, cut it into pieces six inches square. Put tea leaves, brown sugar, and the rice on this and transfer it to the bottom of a dry wok or fry pan. Heat until it starts to smoke, then put a wire rack on this and put the bean curd rolls on that rack.
4. Cover for eight minutes, remove and cut each one in half on an angle.
5. Stand on their ends, and serve.

**REMEMBER,
ONE POULTRY
CAN BE SUBSTITUTED
FOR ANOTHER, BUT DO ADJUST
COOKING TIMES ACCORDINGLY**

MUSLIMS IN CHINA

Widespread in China, Chinese Muslims are the second largest minority population after the Zhuang. They are discussed in Volume 24 (I); read that article. It begins on page 11. Many are called Hui or Huihui, and some call themselves Tongan. Most are descendants of Central Asian minority people who came to China long ago; and most still practice their Islamic religion. A good number intermarried Han Chinese, live in every county and province in China, and do not consider themselves one ethnic group as the Chinese government does.

The largest number of Chinese Muslims live in China's Northwestern region in the Ningxia Hui Autonomous Region (25.3%). Others live in Gansu (11.89%), the Xinjiang Uygur Autonomous region (9.29%), Henan (9.05%), and the Qinghai region (7.88%). Smaller numbers live in Yunnan (6.60%), Hebei (5.39%), and the Shandong provinces (5.06%). About two percent each live in Anhui, Beijing, Liaoning, and in the Inner Mongolian Autonomous Region; and about one percent each live in Guizhou, Tianjin, Shaanxi, Jiangsu, Jilin, Fujian, Sichuan, and Heilongjiang.

Clearly, the Islamic population is widespread throughout China. They comprise many different Muslim populations and live in many places. They are the second largest ethnic minority, most speak Chinese, many also speak Arabic, and they have diverse heritages.

Chinese Islamic people were first written about during the Northern Sung Dynasty (960 - 1127 CE). Anthropologists say they may have been forerunners of the Uygur. They are a varied population that during the Ming Dynasty (1368 - 1644 CE) or earlier, came to China, and since have been industrious, and attended mosques they built in China. A popular member is Zheng He, a well-known chap who traveled to thirty Asian and African countries over twenty-nine years. He is well known for having done so.

Except for religious issues, these people blend in with the Chinese though their women are recognized by the head-coverings most of them wear. Middle-aged, women's head-coverings most often are black, those over the age of sixty are white; and if married they can be green, red, or pink. Most of their men wear white caps.

To the Chinese government, the word Hui does mean an Islamic person; and they are known not to eat pork. Their main meat is lamb, young or old, they do eat beef, and never eat an animal found dead. They ritually slaughter

the animals they do eat, preferably by someone of their faith, adore their meats in hot pots, and love them roasted whole for important celebrations. They eat in halal restaurants, that are often painted blue, and most believe in and practice their Islamic religion, though at different levels. These folk pay attention to personal hygiene, and wash their hands often. Their men pray at a local mosque five times a day. One can hear their call to worship from the tops of their minarets reminding them to do so.

Most of their forebears probably came to China with or as merchants during the Tang Dynasty (618 - 907 CE), or thereafter, have adopted lots of the Chinese culture and mixed it with their own religion. Their washing of hand is always done with running water, and they abstain from stimulants such as coffee and alcohol, enjoy tea in a Chinese lidded *gaiwan* and like it flavored with jasmine, dried apple, dates, sesame seeds, rose petals, walnuts, or goji berries. They make theirs pouring boiling water over the tea leaves, and they add some of the other items after that. With their tea, they like *sanzi*, deep-fried hot or cold noodles, and like them with many different plain foods.

When a Hui meets another Hui, they commonly stick out one finger to the other Hui, and that other one puts out two fingers in response. Most believe in the five pillars of Islam that include witness, prayer, giving alms, fasting, and pilgrimage, and they do kneel on a carpet when praying, and they do so facing Mecca. Elders can wear black robes, sport full beards, and rarely shave or cut their facial hair. When born or as a young infant, they are given a Hui name by an Iman who is called an *ahung*, and at death they are buried in a white cloth and not in a coffin.

In China, most Hui live near Han people and know, enjoy and participate in Han festivals in addition to their own. One of the latter is the Feast of Fast that is celebrated on the first day of the tenth month of the Islamic calendar when Ramadan ends. Another is Corban, and that is when families bathe, then pray together, and kill a lamb to share on this Islamic holiday.

They know there are ten different Muslim populations in China, and that they make up more than twenty million Chinese, speak a Sino-Tibetan form of Arabic, and attend school and do speak Mandarin. Many live in cities, love hand-pulled noodles called *la mian*, and

continued on page 18

MUSLIMS IN CHINA

continued from page 17



flavor them and many other foods with chili, garlic, and several spices. They do like a spicy stew called *ang zasui*, often with internal organs added. They also like their foods with flat breads they call *nang*. They want their meat slaughtered following their rituals, and they and Jews are known as "those who extract the sinew," as they both slaughter their meats doing that.

They like flour porridge made with stock and neck-bones; and in China's south, they eat lots of lotus seeds and sticky rice, enjoy *jiao zi* at lunch and at other meals, love noodles, baked rice, *nang* or *mantou* filled with mutton and mushrooms; and they eat few vegetables. Their dinners can include mutton-based soups, rice porridges, meats, and fruits, and dumplings at main meals served with vinegar.

At their Corban festival, they prefer boiled foods; at Ramadan, do not eat during daylight hours from sun up to sun set, and after the sun goes down, begin their meal with tea or soup.

At weddings, they have eight dishes, this number symbolizing stability; and they do not believe in divorce. At funerals, most dishes are white and served with no sauce, not even soy sauce. If you smell perfume at a funeral, it is because they clean the deceased with something aromatic, and put some of it in every body orifice be it mouth, nose, ear, etc. and they put fagara in the mouth and scatter some on the body.

Hui women do embrace when greeting each other, their men never do. When a Muslim offers food, accept it as it is considered the polite thing to do, and do request a very small portion as they like to feed guests lots. They are generous people who provide considerable food and alms to others.

FIN FISH

A hundred plus or minus a few species of fin fish, mollusks, crustaceans, and marine mammals, and a reptile, feed Taiwanese and Chinese demands for foods from the sea, rivers, ponds, and other water locations. Otters and cormorants and others fill nets, hooks, lines, and boats with sea creatures and have for years. There since earliest times and still there today, they are a great source of sea creatures for the people. Many of these swimmers are trained and were before 220 BCE. Some did learn to bring in fish soon after birth.

The otters and cormorants did not learn to dive or swim swiftly, these are natural abilities, as is cornering their prey. What they did learn was to bring their catch back to the boat when requested. Humans are happy when they do so because sooner or later they get into the pots and pans of their owners or folks they sell them to. Actually, the cormorants stick close to home because their wings are clipped; the otters do so as many are chained to their cages or their owners by a string fastened to one of their feet, or they wear a harness with a chain to help them home or elsewhere.

Using these animals is not new to the Chinese. They did so hundreds of years ago and do so now. Some cormorants are captured from the wild, all are fitted with a ring around their neck to keep them from swallowing their catch. The otters have similar mechanisms keeping them from eating their catch. Some fishermen whistle to bring them back, and after they come, they are immediately rewarded with a smaller fish. Otters and birds used for these jobs are often hatched under domestic hens then trained as soon as possible. The strings or chains can be removed, but only after they are totally trained. In addition to any rewards, they get a monthly ration of rice, and they live and die in their cages, when not needed.

After catching enough fish for their masters, when too old to continue this work, they can be fed to other animals. One fisherman we read about kept fifteen of them under his control. In three months they caught enough fish for one country for one year.

Trained otters can be found in writings in Tang Dynasty times (618 - 907 CE). They were popular in many provinces, chains attached to the boats of their owners or clamped to a pole. Some were attached to circular nets weighted down around their edges. The nets covered large areas, and they could be pulled up with ropes when needed. The otters came to the surface

when no more fish were needed or they dive in and came back with one or more fish. These fishermen surely did have them well-trained.

Others brought in fish from ponds or lakes. This was popular at least since the 5th century BCE. Others grew fish in ponds with taro growing there. Carp was a common fish raised, they liked ponds with many insects to feed on. Other fish would need other environments, each raised according to them, some fish needing ponds in saline locations.

One nobleman gave Confucius a gift of a common carp on the birth of his first son. He named the boy Li, meaning 'common carp.' This fish symbolizes good fortune, abundance, and wealth, clearly a wish he had for him. Carp eat lots of waste, some can also be omnivorous.

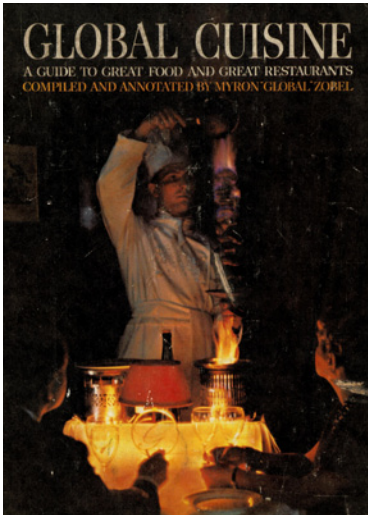
Pond management alternates as needs change, fish and crop rotation taken into consideration, the plants can be water chestnut, arrow head, lotus, rice, various vegetables, or aquatic plants interspersed among them. Some fish and vegetables go to market swimming in baskets. If they do, they command higher prices. Some go marinated or fermented to deliver classic flavors and aromas praised, prized, and appropriately paid for.

On pages 36 and 37 are six recipes. They can be used for all fin fish. (JMN)



continued on page 36

TWO BOOKS AND ONE RESTAURANT REVIEW



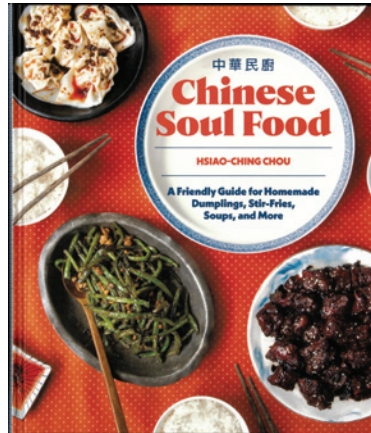
ZOBEL, MYRON GLOBAL. GLOBAL CUISINE. Hollywood CA: Patron Press, 1962. No ISBN or price. Numbered 3663, this first edition of five thousand, arrived thanks to Harley Spiller, the Chinese take-out menu-collector. He donated them to Canada's Scarborough University collection. Should you want

to see them; hopefully they will soon be listed there. Frankly, never had heard of this book, and am thrilled to be able to add it to our collection resting at the Stony Brook University special collections area. Worn and well used, it discusses eighty-four famous eateries and has recipes for a handful from each of them.

Of those Chinese, we have only eaten in one, Kan's in San Francisco, now a piece of its history. Did adore its food in the 1960s. Can see and taste it to this day; it was phenomenal. Did eat at other places, such as in the Seagram's building Four Season's restaurant. But back to Kan's, their Lobster with Sauce Americaine was phenomenal, and so is having its recipe in this book. Their Chinese Barbecued Spare Ribs were outstanding, too, and we will soon make both of these recipes and many others.

Was not a Chinese food maven then, and am amazed that I could, on reading the recipes, taste them again. The Ribs have haunted me since. Thanks to Korbel, can now make them; the lobster, too. Did not have Mock Lamb there, but soon will at home, after I purchase more rice sticks and other recipe ingredients.

Books such as this one reminds us of those who have dined at great eateries. Thanks to their authors, and those other folk who share their culinary experiences in this detail, we can recreate their wonderful food. Would that there were others who detailed them so exactly!



CHOU, Hsiao-CHING. CHINESE SOUL FOOD. Seattle WA: Sasquatch Books, 2018. ISBN 978-1-63217-123-8, 29.95US\$. This award-winning

journalist began working in her parent's Missouri restaurant at the age of eight. Staying there for sixteen years, she then attended college for journalism. Now an award-winning food writer, she was an editor at two major newspapers; one on the west coast, the other in America's heartland, the *Seattle Post-Intelligencer* and the *Denver Post*.

Readers: fire up your woks and use her well-written guide to making many delicious, popular and classic dishes. They are categorized as Dumplings, Little Eats, Rice and Noodles, Stir-fries, Soups and Braises, Celebration, and Guilty Pleasures. The eighty recipes are written in standard style, their preparations unusually detailed.

This book's purpose is stated by her Mom. Ellen Chou, in its Foreword. It is to get folks cooking and enjoying Chinese food; and it does! One would expect no less from this featured lady on Public Radio. This cookbook award winner is now on the James Beard Foundation Cookbook Awards committee. One knows why after reading this and her other books, this one showcases Chinese home cooking you will want to prepare yourself.

The recipes end with suggestions partnering with other dishes in this book. All offer great suggestions, as does a simple Stir-Fried Greens and Dry-Fried Green Beans. It and every recipe, including Fragrant Crispy Duck Breast, begins with a detailed background paragraph and suggested adaptations.

continued on page 21

TWO BOOKS AND ONE RESTAURANT REVIEW

continued from page 20

FRAGRANT CRISPY DUCK BREAST

Ingredients:

1 to 1 ½ pounds skin on duck breasts
3 Tablespoon Sichuan Pepper Salt
2 Tablespoons Shao Xing wine
(made by toasting two tablespoons
Sichuan peppercorns with a teaspoon of
white pepper powder, and a tablespoon
of sea or kosher salt, and grinding them)
1/4 cup cornstarch, for dredging
1/4 cup flour, for dredging
1 Tablespoon soy sauce
Vegetable oil, for frying

Preparation:

1. Rinse duck breasts, and pat them dry with paper towels, then score them with crisscross pattern, and rub two teaspoons of pepper-salt into the flesh, and place it in a zip-lock bag and let it brine overnight.
2. Place duck in a deep dish over boiling water leaving one inch of space surrounding the plate they are in, and steam for forty-five minutes, then remove the duck pieces to a large plate.
3. In medium bowl, combine cornstarch and the flour. Drizzle soy sauce on flesh-side of the breasts, then dredge them in the flour mixture, then line a plate with several layers of paper towels, and set this aside.
4. In a wok, heat enough oil to 350 degrees F and carefully add the duck breasts and fry them for three to five minutes or until they are golden brown and crispy. Then transfer them to a paper-towel-lined plate to drain before slicing them into half-inch pieces. Arrange them on serving plate. Serve the rest of the pepper-salt on the side.

HWA YUAN SZECHUAN; 42 East Broadway; New York NY 10002; phone: (212) 966-6002.

This elegant eatery is a restaurant one needs to visit; one can enjoy Chinese food at the top of its game. It sports fresh flowers on every table, cloth napkins at every seat, and gorgeous china made for them. It has yet to be discovered, so be among the first to do so. We remember Shorty Tang's place and his sesame noodles and other great dishes, too. One needs to be a bit older as we are. Here they are as great as ever. Some say even better than memories dredge up.

Oldies will recall them and Shorty, and miss his presence from this new place. It is a revival of the Chinese legend he began. It has even more in style and has dishes with even better taste than he, Yun Fa Tang, delivered in his hey day. His son now manages this kitchen, uses his Dad's recipes, with more outstanding Chinese chow than many of us experienced since that time period's culinary revolution of the 1980s. His' father's place closed some years back, and we miss him, but now his son does bring back great Chinese chow. We are thrilled he revives the best of that era. Did know the chef here was his son, but needed to taste his food to remember how great Chinese food could be.

We do recall loving the original Hwa Yuan back then when our kids were young, our pocketbooks thinner, and our going to Chinatown more often. How exciting to fall in love with these foods once again. We are thrilled his son Chen Lien Tang reincarnates it all, many dishes as good as or even better than before. This young chef is outstanding at the helm, he is doing his dad proud as he serves fantastic food on gorgeous dishes made for here. We did enjoy all usual and unusual dishes and what came plated on them. The ceramic cups with large handles complimented them, though the 'Est. 1949 Smith Teamaker' is a single tea bag and does the meal no justice.

On our first visit, we began with half a Peking Duck. Its color and texture started our salivating. Half or whole, Peking Duck here is never reheated; it always arrives looking lovely and on a platter waiting to be sliced and served. The skin is crisp, crackling when cut and again when consumed. It is the best Chinatown offers. Our young carver did slice and plate it beautifully. The steamer basket next to it had fresh, ultra-thin, soft and sublime pancake wrappers for the thick hoisin sauce ready to brush on them. The scallion slivers and accompanying exceptionally thin-sliced vegetable sticks are there to join and be wrapped around them.

continued on page 22

TWO BOOKS AND ONE RESTAURANT REVIEW

continued from page 21

We ended that meal with a steamed whole fish under a meat and bean sauce blanket that was piquant and perfect. Our ninety-three year old business manager with our party, himself once a respected restaurant owner, devoured this super soft fine swimmer as we did, not a morsel of it or its sauce remained, not even the tail end which was sucked clean by my husband who does love all bones.

At this and on other occasions, between these two dishes, we devoured the Sichuan-seasoned Dan Dan Noodles in their specially designed black bowl. They came loaded with exceptionally long noodles resisting putting them in to our individual soup bowls. They hung down from the small ladle there to serve them. With lots of tries, they finally did make it to our individual serving bowls as did, some chopped meat, and baby *bok cai* greens, too.

The Beans in Garlic Sauce were bright green, undercooked, and good. But we did wish they were long beans and not ordinary string beans. Fresh vegetable resources in Manhattan's Chinatown on almost every corner should have made it to the kitchen of this lovely three-story eatery with their well-spaced tables and spectacular foods.

Our meal ended with beautifully cut orange slices sitting in their outer-skin cups followed by fried pumpkin pancakes decorated on plates with tiny diced fruits and berries.

We welcome this rendition of Hwa Yuan Szechuan! Enjoy its high-end service, great food, fabric napery, flowers, space, and more. This fine Chinese restaurant offers lovely delights. You should be as pleased as we are and welcome them back!

UPCOMING ISSUES
ABOUT LESSER KNOWN
MINORITY GROUPS,
THEIR FOODS,
AND LOTS MORE

PRESERVED EGGS, CHINESE STYLE

Eggs with physical and chemical changes to both the whites or their yolks or both can have changes in color, texture, flavor, or all of these. They look and taste differently. Recorded during the Ming Dynasty (1368 - 1644 CE), Wang Zizhen made his with strong black tea, lots of lime, salt, and wood ashes. His eggs were those of ducks, and they took six months stored under rice hulls to achieve the changes he wanted. They did not need cooking before one could eat them. The next written item found about preserving eggs was from 1918 by Blunt and Wang. Their technique was almost identical. There may be others, but our searching only turned up these two. If you know of any others, we would appreciate hearing about them.



There are some made with tea leaves that benefit from the tannins in them as do those made at higher temperatures. Most of these are best prepared between twenty and thirty degrees Celsius, the higher the temperature, the faster the preservation process, and the coagulation.

SALTED EGGS the Chinese call *xian dan*. They are most often sold from jars of salt water or they can be coated with a paste of mud and salt. Made these ways, the eggs usually have more protein, fat, calcium, and iron than those not similarly prepared and coated. They need about one month in a covered container for textural

change. Made this way, they also need cooking before eating. Another way to make salted eggs is to put them in cool previously boiled water sealing their container for about twenty-five days before they change textures; and they also need cooking before eating. Eggs made this way have lots of sodium from the salt in the brine.

PRESERVED EGGS Before the above well-spaced references, we did read about eggs preserved, but not how they were preserved other than putting them in a strong brine, some with sodium carbonate and/or lead oxide. Made these ways, the eggs needed some thirty days to change their albumin or yolk textures and tastes.

They are different from the ones written about and discussed. They need cooking before one could or should eat them. One other technique was to put eggs in concentrated salt water. Some had red tea leaves in their liquid. These also needed cooking before eating. Many were kept for long times under rice hulls before cooking them. In general, the Chinese called most preserved eggs *pidan*.

Preserved eggs are desired most when they do not need cooking. Most often, they have semi-solid or firm yolks and whites, with or without a somewhat pungent flavor and aroma. These can depend upon how long they are stored. They are somewhat salty and can have an aftertaste. Those with very firm yolks can be made with lead oxide, soaked or coated with wax, and include storage with some oleic acid, ammonia water, and/or boiled water used when cool. Some will need up to two hundred days before they can be cooked and eaten. Any pungent aroma and/or taste often goes away with storage.

PICKLED EGGS the Chinese call *zaodan*, and when making them, they are stored in layers of fermented grain mash. Often, their shells are cracked but the membranes under them left intact. When stored, they are sprinkled with salt between the egg layers. More mash is added and extra salt put on the top layer. They are kept for about five months, some of that time in hot weather if it exists, it does speed the process. Pickled eggs can be eaten cooked or not. They have a pleasant aroma and nice taste.

OVERALL, egg sellers years ago came to the door with their wares in baskets on a shoulder pole. They could be carrying these eggs preserved one way or another, or they might be hard-cooked, or selling freshly laid eggs. Most were duck eggs, a few could be from pigeons or those of other birds; a few might even be turtle eggs or the eggs of other animals.

Pages 24 to 26 have recipes for one or another preserved egg type. Most of them can be made with any type of cooked preserved eggs. Enjoy using and eating them. (JMN)

continued on pages 24 to 25

PRESERVED EGGS, CHINESE STYLE

continued from page 23

DUCK EGG, PORK AND MUSTARD GREEN SOUP

Ingredients:

- ¼ pound lean pork slices
- 2 teaspoons Chinese rice wine
- 1 Tablespoon thin soy sauce
- 1 teaspoon vegetable oil
- 1 teaspoon cornstarch
- ¼ pound thinly slivered mustard green
- 1 teaspoon fresh ginger, minced
- 2 salted duck eggs, peeled and mashed

Preparation:

1. Marinate pork in rice wine and soy sauce for half an hour.
2. Then, heat a wok or stock pot, add the oil, and when hot, add the pork mixture and stir-fry it for one minute before adding the cornstarch and mustard green slivers. Stir-fry this for one minute.
3. Now, add the ginger and mashed eggs and six cups of water. Stir and heat this almost to the boil stirring well, then pour it into a pre-heated soup tureen or in individual pre-heated soup bowls; and serve.

STEAMED SALTED EGGS

Ingredients:

- 4 raw duck eggs, separated
- ¼ pound chopped pork
- 1 Tablespoon soy sauce
- ¼ teaspoon coarse salt
- 2 salted duck eggs

Preparation:

1. Beat raw duck eggs with the pork, three tablespoons of cool water, and the salt and soy sauce.
2. Crack and put the salty duck eggs in the middle of this egg mixture, and put it in a pan of boiled water. Bring this to the boil, and simmer for twelve minutes; then serve.

STEAMED EGG WHITES

Ingredients:

- 10 large egg whites
- 2 Tablespoons granulated sugar
- 1/8 teaspoon coarse salt
- 2/3 cup Chinese rice wine
- 1/4 cups of honey

Preparation:

1. Strain raw egg whites into a medium bowl removing and discarding any membranes or chalaza.
2. Add sugar, salt, one cup of water, the wine, and the honey, and divide this into individual heat-proof ceramic bowls that come with covers. Do pierce any bubbles seen before covering each bowl with wax paper and a rubber band, then the cover of its ceramic bowl. Steam them over simmering water for twenty minutes, remove them from the steamer, and keep them warm until serving; and before doing that, remove and discard the wax paper coverings.

THREE KINDS OF EGGS

Ingredients:

- 3 thousand year-old duck eggs
- 3 uncooked salted duck eggs
- 1 Tablespoon vegetable oil
- 1 piece of cellophane paper
- 3 fresh duck eggs
- 1 teaspoon salt
- 1 teaspoon sesame oil

Preparation:

1. Shell the thousand year-old eggs, and the salted eggs, and very coarsely dice them.
2. Beat fresh eggs and mix with the sherry, a half cup of water, the salt, and the sesame oil.
3. Brush oil on a glass bowl or small loaf pan; and line it with half the cellophane paper.
4. Coat it again with the oil, then pour in the egg mixture and cover this with plastic wrap; and microwave it for fifteen minutes on medium in a microwave oven, then remove it from the bowl or pan, cool it somewhat, cut it about half an inch thick, and put it on a glass platter, and serve.

continued on page 25

**STILL WANTING
AN EDITOR,
KNOW SOMEONE TO DO SO?**

PRESERVED EGGS, CHINESE STYLE

continued from page 24

SALTED YOLKS WITH SHRIMP

Ingredients:

1 Tablespoon vegetable oil
1 Tablespoon rendered chicken fat
2 large yolks, mashed
3 cloves fresh garlic, minced
1 red chili pepper, seeds discarded, the pepper minced
1 pound large shrimp, shells and veins removed and discarded
½ teaspoon coarse salt

Preparation:

1. Heat a wok, add the vegetable oil and the chicken fat, and simmer for one minute.
2. Add the mashed yolks, and when they start to froth, add the shrimp and stir well, add the garlic, chili pepper pieces, and the salt, and stir-fry for one minute, then serve in a pre-heated bowl.

EGG ROLLS IN SOUP

Ingredients:

1 pound fresh shrimp, shells and veins discarded
½ cup rendered chicken fat
2 egg whites
1 teaspoon Chinese rice wine
1 teaspoon chicken bouillon
¼ teaspoon ground white pepper
2 pieces six-inch square seaweed
5 chicken eggs
1 salted duck egg
1 Tablespoon vegetable oil
6 cups chicken broth
2 pieces six-inch square seaweed

Preparation:

1. Mix shrimp and chicken fat into a paste, then add the egg whites, rice wine, salt, and the bouillon powder.
2. Beat both eggs together.
3. Heat a wok or small fry pan, and make the eggs into individual six-inch omelets. Then put some seaweed on each omelet, then the shrimp mixture, and then roll them from both outsides to the center. Cut them into one-inch slices and set them so they show their twin rolls as seen on page 23.
4. Heat the broth and put two rolls onto the bottom of each soup bowl, pour on some heated broth, and serve.

BITTER MELON, DOUFU, AND SALTED YOLKS

Ingredients:

3 teaspoons vegetable oil, divided
1 to 2 bitter melons, seeded and thinly sliced
4 salted egg yolks, steamed for ten minutes, then mashed
1 pound silken *doufu*, cut into ten or more pieces
1 red chili pepper, seeded and minced
1 teaspoon sesame oil

Preparation:

1. Heat a wok or fry pan, add one teaspoon of the vegetable oil, then when hot, stir-fry the bitter melon slices until almost soft. Then set them aside.
2. Add the rest of the vegetable oil, and stir-fry the mashed salted yolks until they begin to bubble, add the *doufu* and fry for two minutes before returning the bitter melon slices to the wok or fry pan and the chili pepper pieces and stir well for one minute. Then stir in the sesame oil, and serve.

DUCK EGGS WITH CRAB MEAT

Ingredients:

¼ cup glutinous rice, soaked over night
¼ cup long-grain rice, soaked for one hour
2 dried Chinese black mushrooms, soaked for half an hour, stems discarded, then chopped
½ pound crab meat, chopped
2 salted duck egg yolks, mashed
1 Tablespoon vegetable oil
3 shallots, peeled and chopped
3 slices fresh ginger, chopped
1 scallion, thinly angle sliced
1 Tablespoon thin soy sauce
1 teaspoon granulated sugar
1 Tablespoon Chinese rice wine

Preparation:

1. Steam both rices for half an hour.
2. Put the lotus leaf on a steamer basket and put the two rices mixed into it.
3. Mix the mushrooms, crab meat, and duck egg yolks and have them ready.
4. Heat a wok or fry-pan, add the oil, then fry the shallots, ginger pieces, and the scallion for one minute, add the mushroom mixture, stir well, then spread this on the rice mixture.
5. Mix the soy sauce, sugar, and rice wine and pour over the rice-mushroom mixture, and close the lotus leaf package and steam for fifteen minutes, then open on a plate and serve.

continued on page 26

PRESERVED EGGS, CHINESE STYLE

continued from page 25

STEAMED EGG AND MILK CUSTARD

Ingredients:

2 cups whole milk
2 Tablespoons granulated sugar
2 large raw eggs
2 salted duck eggs, mashed

Preparation:

1. Heat milk and sugar until the sugar dissolves, remove from the heat and let cool.
2. Mix raw eggs into this cooled mixture, stir well, then add the mashed salted egg yolks, and stir well.
3. Pour into a heat-proof bowl, cover, and steam for twenty minutes over simmering water; then serve.

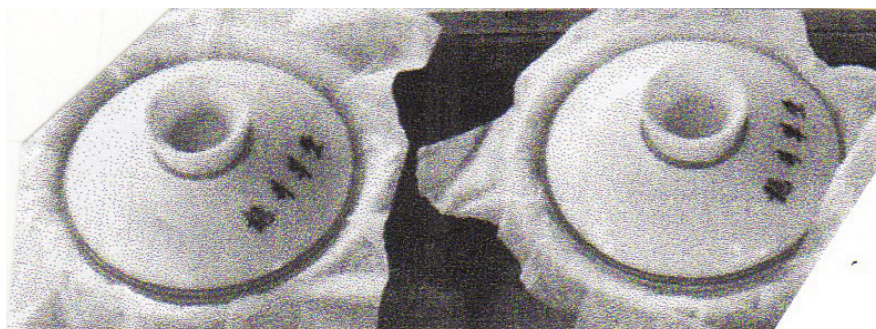
STIR-FRIED EGGS AND MILK

Ingredients:

5 egg whites
½ cup whole milk
1 teaspoon granulated sugar
dash ground white pepper
2 Tablespoons cornstarch
2 salted egg yolks, mashed
2 Tablespoons minced Yunnan ham
¼ pound crab meat
½ cup vegetable oil
3 Tablespoons pine nuts

Preparation:

1. Blend egg whites, milk, sugar, white pepper, and cornstarch, then add the salted yolks, the minced ham, and the crab meat, and set this aside.
2. Heat the oil, then fry the pine nuts at a low temperature until they begin to brown, then remove them to paper towels, and discard all but one tablespoon of the oil.
3. Reheat reserved tablespoon of the oil until it starts to smoke, add the set aside egg mixture, and scramble this until it begins to coagulate. Add the pine nuts; then serve.



INNER AND OUTER MONGOLIA

There are two places with Mongolia in their name. One is a country land-locked with Russia to its north and China to its south. It is correctly called "The People's Republic of Mongolia" and is a young independent sovereign nation slightly smaller than Alaska, but it is the nineteenth largest country in the world. There, three million people live in its capital city of Ulaanbaatar. One-third of the people in this country are under the age of fifteen. Other than this city, there are only a few smaller urban areas. Most of the country is grassland, and it is valuable land for feeding the many herds of sheep, goats, yaks, cattle, and camels that the people graze here in Outer Mongolia.

Those tending these animals live in *gers*. These are round felt-lined tents taken down, packed up, and moved to a new location in less than an hour. They can be reassembled in a bit more at the next place they go to where fresh grass is available for their animals. In addition, some Mongolians have permanent houses where they live in winter. It is in warmer weather that they live in these *gers* and move them and their animals as needed, to better grasslands.

The main food of those tending these herds is meat; lots of it. It is mostly mutton, beef, or yak, goat, lamb, camel, and other animals with four legs. They like their meat grilled over wood or charcoal, and we did too when we visited them for several meals. This meat was often spiced after its usual marinating in yogurt. These most hospitable hosts did love sharing their foods with their guests.

On the occasions we were there, we ate our meat bone in hand, devouring it. This huge bone was the utensil, holder, and napkin, and we had lots of meat at all main meals. With it was a scant supply of vegetables, mostly carrots and potatoes, a few grilled onions, and fewer mushrooms, most grilled. A few times before this main course, we had yogurt with or without cheese, and did drink lots of black tea made with butter, milk, and salt. There were alcoholic beverages, and mostly men enjoyed them. A few times, if late in the evening, there was fried rice or another fried grain food they called *sutey tsai*, and a few pieces of cheese called *bislik*. We noted but did not ask why pork was not served. When we got home, did ask a Mongolian friend who said it is common to accompany meals with flat breads, he never said anything about pork.

At one banquet they were roasting an entire sheep. It was on a spit, and they turned it periodically by hand. Just before the meal, each of us were handed a sharp hunting knife which we used to carve portions for eating. On this occasion, they served grilled mushrooms. We were told they do serve a whole animal on special occasions; and clearly this was one. Grilled large animals are served at weddings and other festive events, and beer and alcoholic beverages are served then, too.

There is another homeland with Mongolia in its name. It is Inner Mongolia, correctly called the 'Inner Autonomous Mongolian Region.' This homeland is part of China. It has several large cities, and many fewer grasslands for their animals. It is in China's north, and many shorten its name simply to 'Inner Mongolia.' Most Mongolians live in one of these two places. Fewer live in other countries, including in the US. The American Mongolian population was written about in the 2017 Winter issue in Volume 24(4) of this magazine.

There is some confusion about one particular Mongolian tribe, namely the Ujimchin. They came to Inner Mongolia about four hundred years ago, no one really knowing from where or why. The only thing we learned to date is that *ujim* means 'fruit' and *chin* means people, so we assume these folk who love to wear brightly clothes may have once been known for picking fruit in a southern ill-defined place, its location seems open to question. If they know where, they are not sharing it with us.

The first Mongolians in Outer Mongolia, did arrive at the collapse of the Qing Dynasty about 1911. As a country, they had declared independence from China in a bloodless transition years before, and did start a new government with a new economy. Years before, back in the 13th century, Europeans did call them Tartars, and they said they did eat the hearts and livers of foe they did slay. Many dispute this, and if you ask them, a few might say they did so to capture their spirits.

We could not clarify most stories about these Mongolians, but do know that Inner Mongolia has grown, population wise, and now has more than twenty-five million people, about eighty percent of Chinese heritage considered Han. Seventeen percent are of Mongolian heritage, two percent Manchu, one percent Hui or others practicing Islam, and very few other Chinese minorities.

continued on page 28

INNER AND OUTER MONGOLIA

continued from page 27

Genghis Khan, who was called Temujin as a boy (it means 'blacksmith'), did bring more than twenty-five Mongolian tribes under his rule. He was admired as a unifier, and later, his son Ogodei expanded his achievements, and sent Mongol armies rampaging east and west.

Kublai Khan died in 1294 at the age of seventy-one and he did leave Mongolians unified. He proclaimed himself the founder of this adopted land and did start China's Yuan Dynasty. He centrally located its capital and called it 'Daidu' or 'Great Capital.' We now call this city, Beijing.

He and other Mongol leaders did tax their subjected people by their population numbers, the quality of their land, the number of their large animals, and how many tools they owned. It was by household and payable in grain. There also did tax all transactions, in flour or rice; this tax was for their armies. There was an additional tax on their valuable possessions.

Most Mongolians in both Outer and Inner Mongolia speak their language, and some write using Huihui or ancient Uygur. Most are monogamous and are easily recognizable as they wear an outer woolen garment called a *mengpao*. Many own a thousand or more large animals preferring big fat ones because they survive their brutal winters better than small ones.

Most also like their meat with lots of fat on it. Without fat, they say their meat is unappetizing. They also like *bordzig*, deep-fried pastry for breakfast, and they like it with milk or butter tea. They told us they like all white or red foods at most meals, and use white food medicine to cure any disorders they may have. They like to cool their inner heat, and activate their blood, and said white foods do this best. It strengthens their bodies, heals their wounds, purifies their blood, helps prevent their arteries from hardening, controls their blood pressure, and assists other disorders they may have or acquire.

Several families said they do slaughter a camel once a year, collect and dry its dung to heat their *gers*, and they believe the particles from their country's extensive mining of coal, iron ore, and rare earths is why they have the highest rate of liver cancer in the world.

No matter where they live, their governments virtually did eliminate their high illiteracy by 1952, did mandate English in all their schools by fourth grade, improved their life expectancy, and did help them acquire a better life than before. That includes their having

television, carpets, lots to eat, and much more. I asked if they still cook in their metal helmets and they laughed and told me the answer was they never did. They said they have many pots and pans and eat more and more complex foods than ever before. The recipes below are from two Mongolian families.

BEEF SOUP

Ingredients:

5 pounds of beef bones with their marrow
2 Large onions, peeled and sliced (optional)
5 cloves garlic, peeled and sliced
2 teaspoons coarse salt
1 large potato, peeled and cut into medium chunks
pepper, to taste

Preparation:

1. Simmer the bones in six quarts of water for two hours, then discard any fat, and cut off meat and return it to a cleaned pot.
2. Add garlic, salt, and potato pieces and simmer for two hours, return bones, and salt and pepper, and the bones, if desired. Heat then serve.

MONGOLIAN BEEF WITH VEGETABLES

Ingredients:

1 pound beef, thinly sliced
1 Tablespoon Chinese rice wine
1 teaspoon granulated sugar
1 Tablespoon thin soy sauce
1 teaspoon chicken bouillon powder
1 teaspoon water chestnut flour
4 Tablespoons vegetable oil, divided
3 slices fresh ginger, slivered
1 pound Napa cabbage, thinly shredded
1 green pepper, seeded and shredded
1 large carrot, peeled and shredded
1 leek, washed well, then shredded
salt and pepper to taste
3 parsley sprigs, cut into half-inch pieces

Preparation:

1. Wipe beef slices with paper towels, then marinate in mixture of wine, sugar, soy sauce, bouillon powder, water chestnut flour, and half the oil for forty minutes. Then drain, and set liquid aside.
2. Heat rest of the oil in a wok or fry pan, add the ginger and stir-fry one minute, then add beef and stir-fry one more minute, then add Napa cabbage, pepper, carrot, and leek slivers and stir-fry for two minutes until barely soft before adding salt and pepper and stir. Remove and serve in a pre-heated bowl, parsley put on top.

continued on page 29

INNER AND OUTER MONGOLIA

continued from page 28

**GRILLED LAMB,
MONGOLIAN STYLE**

Ingredients:

- 1 three to four year old whole lamb, innards discarded, and on a spit
- 5 scallions, each tied in a knot
- 10 cloves garlic
- 10 Sichuan peppercorns
- 3 Tablespoons ground ginger
- 1 Tablespoon coarse salt
- ½ cup dark soy sauce
- ½ cup sesame oil

Preparation:

1. Wipe the cavity of the lamb, remove and discard all the organs. Dry with paper towels, use organs another time.
2. Then, into the cavity, put the scallion knots, garlic, ginger, Sichuan peppercorns, and salt, and tightly sew it closed.
3. Rub soy sauce and sesame oil several times on the exterior and let this rest for half an hour.
4. Grill this using a spit and turn it often for four hours or roast it in a Peking Duck oven.
5. When done, take it off the spit and give each person a large knife to cut off and enjoy their favorite parts, or cut off chunks and put them on a large platter placed in the center of the table.
6. If available, give them wet towels to wipe their hands.

THERE ARE SEVERAL
MONGOLIAN COOKBOOKS,
PLUS SOME ARTICLES
IN THIS MAGAZINE.
FIND THEM USING
THE WEB INDEX
TO LOCATE THEM

MIAO: CHINA'S FIFTH LARGEST ETHNIC GROUP

One of China's largest minority populations, the fifth in size, the Miao, now probably include ten million according to the last census in 2010. These folk are linguistically related and speak one of the Miao-Yao language families that includes the three main dialects of Central, Northern, and Southern Miao-Yao. The Chinese government did help them ease oral differences with each other by helping them develop a written language.

In the United States (US), they call themselves Hmong as they do not like the name of cats crying out. In China, they are not excited about their name either, as it is slang for 'barbarian.' Others call them or they are called *Xing*, *Qo*, *Xiang*, *A-hmao*, *Meau*, *Mo*, *Ka Nao*, *Hmu* or other self-designated names. In China, the government since the late 1940s have grouped all of these folk simply as Miao.

Theirs is more than a five thousand year history. Many of them believe they may be descended from the Jiuli tribe, led by Chiyou, defeated at the Battle of Zhuolu on the border of Hebei and Loaning Provinces. All do not agree, many say they lived in what is now China's southwest in either Guizhou, Hunan, Yunnan, or in the Guangxi Zhuang Autonomous Region, or in Sichuan, Guangdong, or in Hainan. Still others believe they were the first people to settle in present day China. These days many live outside China in Vietnam, Laos, Burma, Thailand, or in the US. Thousands did come to Western US cities when their resettlement was supported by a host of volunteer agencies.

Some say and believe they are descended from aboriginal groups that gave them a hard time years ago and so they left their homeland and moved to larger cities where they now live. Not all like or believe they are Miao, or think they are partially Miao. They name themselves by the color of their women's clothes; and if, for instance, they wear black tops, they call themselves Black Miao, or Green or Blue Miao, etc.

One legend some of them tell us is that they are descended from the Jiuli tribe, defeated in battle by two large military battalions. Or, they may be connected to the Daxi culture from six thousand years ago. Others tell other stories including that their ancestors were the first to cultivate or domesticate rice; maybe lived in the Shandong Province or nearby in Pre-Qin times (before 221 BCE). One group even said they may not be Han Chinese at all.

Not experts in their or anyone's history, they did and still cook their rice in huge quantities needing to do so at least twice every day. Theirs is a patrilineal animistic group who love hot pepper sauces with beef, chicken, pork, or *doufu*. They prefer eating sticky rice with their hands, and they like pork mixed with egg, rice, corn, or wheat and with other meats and bean threads, and with soups sweetened with fried flour and long-soaked soy beans.

Common Miao recipes were published in the Summer 2002 issue, a few adapted from pamphlets found at a Hmong food store in Minneapolis where many in the US now live. The largest concentration of Hmong in the US reside in California, but we did not discover any Hmong recipe publications there. The booklet we found has recipes in cooperation with the New Citizens Hmong Garden Project sponsored by the South Saint Paul Church in MN. There are other groups in Rhode Island with booklets, but none was available when we looked there, we were told most main meals did include, onions, mustard greens, sweet potatoes, and prepared sauces. If you go to where we found the one whose recipes we worked with, note it is at 2601 12th Avenue South.



Their foods differed little from those we tasted in China where we did learn they do eat differently in different places. Several we spoke to related unasked, that they are proud and did help Chairman Mao escape the communists when they were farmers in China. Another point of pride was in the US, their women do make money selling their crafts.

We learned that Miao do not like to marry someone with the same family name even if not related. There are many other marital practices, and different celebrations of different holidays depending on where they came from. Some are the same holiday practiced on different days or dates. One example, several Hmong ladies in different places, did tell us of enjoying Ya Nu's birthday. However, not all said it was April 8th or a day related on the Lunar calendar when they enjoyed that event. He was one of their ancient honored leaders. They also said they celebrate Chinese New Year, Dragon Boat Festival, Flower Mountain Holiday, New Rice Festival, Sister's Holiday, Autumn Market Day, and Spring Festival, on different days, which can be months apart.

continued on page 31

MIAO: CHINA'S FIFTH LARGEST ETHNIC GROUP

continued from page 30

The Miao/Hmong have a rich heritage; most are orally shared songs and stories, a few are folk dances they say tell tales of their past. These seem similar no matter where they did or now live, and they are popular and important. They have survived for generations even though before 1956, they had no written language until the Chinese government did help then put one together.

In China now, they can and do speak to and understand each other, thanks to required public education. Almost all do recognizable and beautiful arts and crafts, embroidery, wax-batik, making of silver ornaments, and paper-cut-outs; and most can play the *lusheng*, their special long bamboo pipe instruments of five or six feet in length.

In China, many of these folk live in wooden houses sitting on tall pillars that have tiled roofs. Their animals are kept underneath the floor they live on and where their kitchens are. They do store some staples below, often rice, glutinous rice, maize, millet, sweet potatoes, or other starches. These they cook with meat and in an acidic soup or sauces, and serve them with pickled or sour vegetables. Some were not cooked but made packed in sealed jars stored for several months. Once opened, they eat and love them.

Most Miao prepare and eat their sauces using mortar and pestle, steamers, spoons, forks, and chopsticks. They rarely use milk products, adore all meats, and eat many different fruits and vegetables. At funerals, their men wear very elaborate clothes, but their women do not, just adorn themselves with lots of silver jewelry. They like their homes to have one door facing East; and why we could not learn. We did learn their single folk date and go in and out of these east-facing doors day



and night to visit those of the opposite sex. All eat traditional foods including colored rice balls, and drink homemade rice wine with the sour foods.

The Summer issue of 2002 includes three of their loved recipes, particularly the one called Spicy Dipping Sauce, also known as Hot Pepper Sauce. They use it with most of their foods, and feel like they are lost when this is missing from their daily diet. Enjoy their other recipes below; and should you learn of others, we hope you will share them with us. (JMN)

STEAK WITH GALL BLADDER

Ingredients:

pound steak filet or loin, cut in quarter-inch slices, broiled for two minutes, cooled, and angle-sliced
1 cup coarsely chopped fresh mint leaves
1 cup freshly chopped fresh basil
½ cup scallions, cut lengthwise and coarsely chopped
1 cup gall bladder, chopped
1 to 2 Tablespoons finely minced hot peppers
½ cup cilantro, coarsely minced
2 teaspoons Chinese fish sauce
2 Tablespoons minced fresh garlic
3 Tablespoons lemon or lime juice
2 Tablespoons rice flour
1 small Asian eggplant, sliced thinly then lightly fried

Preparation:

1. Cut broiled meat and the gall bladder into small strips, and put them in a bowl.
2. To them, add mint, basil, scallions, hot peppers, cilantro, fish sauce, garlic, juice, rice and the rice flour, and stir well.
3. Then, into each slice of eggplant, add a few tablespoons of this mixture and roll this into each slice.

MUSTARD GREENS SOUP

Ingredients:

½ cup chopped smoked pork or chopped belly pork
3 quarts broth
2 pounds mustard greens, very coarsely chopped
½ teaspoon salt (optional)

Preparation:

1. Simmer pork covered in broth for half an hour, and skim as needed.
2. Add mustard greens and salt, and stir and simmer three more minutes, then serve.

continued on page 32

MIAO: CHINA'S FIFTH LARGEST ETHNIC GROUP

continued from page 31

PORK AND EGGS

Ingredients:

1½ cups granulated sugar
2 pounds pork ribs, boned, then cut into half-inch pieces
2 cups onions sliced thinly
3 Tablespoons minced garlic
3 Tablespoons Chinese black vinegar
10 hard-cooked eggs, shells removed and discarded
2 cups cooked hot rice

Preparation:

1. Heat sugar with two cups of cold water stirring with a wooden spoon until the sugar is dissolved and it turns a light brown.
2. Remove this from the heat and set it aside.
3. Put pork in another pot with a quart of water and when boiled, reduce the heat, skim off any foam, then simmer for one hour, add the onions and garlic, and the black vinegar and the caramelized sugar, and eggs and simmer this for half an hour until the eggs are evenly browned.
4. Serve with the hot rice, each person taking some of the rice, an egg, and some of the sugar mixture, cutting the egg into small pieces, adding some of the onion-garlic mixture, stirring, and eating it with hands or chopsticks.

CHICKEN WINGS AND BITTER MELON

Ingredients:

2 bitter melons, cut in half the long way, seeds removed and discarded, and cut in half-inch slices
8 chicken wings, tips discarded, wings cut in four
½ teaspoon salt
3 tablespoons vegetable oil
1 Tablespoon Chinese wine vinegar

Preparation:

1. Soak bitter melons in water, toss them for three to five minutes, then discard the water.
2. Mix these bitter melon pieces, the wings, and the salt and let this stand for five minutes.
3. Heat oil in a wok or fry pan, add all these ingredients and the wine vinegar, and stir-fry until crisp, about five to ten minutes, stirring continuously. Then transfer to a platter, and serve.

PORK AND BEAN THREAD NOODLES

Ingredients:

1 pound ground pork
2 Tablespoons vegetable oil
½ cup coarsely chopped cilantro
½ cup coarsely chopped scallions
1 Tablespoon Chinese fish sauce
juice of half a lemon
½ teaspoon black pepper
½ teaspoon dried mint leaves
1 piquant pepper, seeded and minced
1 ounce bean thread noodles, soaked for ten minutes, then simmer with four cups of water for ten minutes, and then drained them well

Preparation:

1. Mix pork and oil, put in a pre-heated wok or fry pan, and stir-fry for three minutes. Discard excess oil, the add cilantro, scallions, fish sauce, black pepper, mint leaves, and piquant pepper pieces and stir-fry for three minutes.
2. Serve in a pre-heated bowl on the cooked bean threads.

DOUFU WITH CHICKEN

Ingredients:

5 Tablespoons vegetable oil
2 eggs, beaten well
½ teaspoon coarse salt
2 pounds soft *doufu*, cut in one-inch pieces
1 cup chicken thigh meat, cut in half-inch pieces
2 cups onions, diced
3 cloves fresh garlic, sliced
½ cup chicken broth
1 Tablespoon Chinese fish sauce
1 Tablespoon Chinese red wine vinegar

Preparation:

1. Heat wok or fry-pan, add half the oil then the eggs and scramble them until soft, then set them aside.
2. Add and heat the rest of the oil, and fry the *doufu* until lightly browned on all sides, and remove them from the pan, then add the chicken pieces, onions, and the garlic and stir-fry them for two minutes.
3. Add the broth, fish sauce, vinegar, and the *doufu*, cover, add the chicken pieces and simmer for five minutes, remove the cover, and boil for two minutes, then serve.

MOSOU: AN UNRECOGNIZED MINORITY

This Chinese ethnic minority does have several names, the government recognizes none of them. Even so, little is known about them. Is this because there are only some forty-five thousand in China including all of them who live in the very small villages in the Yunnan and Sichuan Provinces and those close to the Tibetan border and near Lake Lugu? Is it because some spell their name *Moso* and others know them as the Na people, the name they call themselves? Maybe it is because others call them *Nakhi* and the government groups them and others with the *Naxi*, another ethnic group. Their beliefs and food culture do not match.

There are some who refer to them as a 'free-love-making' minority. Does this influence how they are thought of? Or, we wonder, is it because they are ruled by women, the eldest in a family needing to be a very strong woman?

There are those who say the Mosou are primitive people; but they themselves do not believe that. They say their power is religious, their political strength in the hands of their men. But this is a matriarchal society whose daily lives are controlled by women; their men tending to other things. Some say their men hardly work, meaning they have no 'real' jobs; they just go fishing. Of course, this is not true. Some of their men folk tend livestock and slaughter them when needed. Others say their men only engage in 'night time' activities if invited into the homes of their women.

Actually, this is a small ancient female-led agrarian society that is headed by the eldest female in a family. She is known as their '*ah mi*.' If all their young children are male, then need to adopt a young female for this upcoming task. Mosou females raise their young and their yaks, also their water buffalo, sheep, goats, and poultry; and they grow all

needed potatoes, oats, buckwheat, and flax. They do their own weaving, manage their money, and barter for needs. Most of their children do not know their fathers thinking the woman's oldest brother may be that male. What they raise or grow is rarely in excess of their needs, just enough to feed their family, and they have and use little cash. Most often, they get what they need bartering for it.

They do not ignore future food needs as they salt and smoke many meats; and prepare lots of pork both of these ways; and they know they can stay ten or more years with no spoilage. The first floor is for cooking, eating, and socializing, the second one is where they store them. The first floor is also where their *Daba* or priest stays when invited to spend the night so he can lead or participate in any worship rituals. The second floor is also where a private room is set aside for a girl old enough to entertain her male guests. It is called the 'flowering room,' and it is for her use usually after she turns thirteen.

Most Mosou are known for what they call a 'walking marriage.' The Chinese call them *zou hun*, others call them 'free-love time.' After a girl turns thirteen and has spent one or more nights with one particular boy, he does leave early the next morning. It is not unusual for one to walk into and out of the lives of many young women that invite him to do so. She controls that room and his coming and going; and though there are some who partner for life, that is rare. She controls that, too.

As to the culinary, they never eat dog, most never even allowing them into their homes. This is an ancient belief, no one seems to know why, at least no one we spoke to. Should you know more, hope you will share that and any recipes they have to share with our readers. We found none. (JMN)



SEASONINGS, SPICES, AND OTHER FLAVORINGS

Confucius did say he would never eat anything not well seasoned; and he meant not seasoned with a good sauce. Those who want well-flavored Chinese food should take his words to heart. All Chinese cooking should have 'deep penetrating flavor.' It should use one or more seasonings, cooking methods, sauces, spices, herbs, and when appropriate, one or more reconstituted dried foods drained well. All seasonings can enhance the flavor of a dish, and here are some thoughts about them.

In China, the practice of using herbs or other seasonings probably did begin more than five thousand years ago. Then, they were used medicinally. That was long before Fo Hi, a Chinese emperor, knew he and his people were using thousands of them as remedies. They did so early on, probably long before 2700 BCE. Why that year? Because then, a Chinese book translated as *The Classic Herbal* mentions one hundred spices and herbs for medicinal purposes. Some were also added to foods as were essences or extracts of ground spices mixed with alcohol as were emulsions or spices mixed with essential oils. One of the most distinct and appreciated was from an evergreen tree and called star anise. Botanically known as *Illicium verum*, the Chinese like it in soups, stocks, and main dishes as it has a taste similar to licorice or anise seed and they do use it to flavor marbled eggs and other foods, herbal teas, many foods, and many medicines, too.

We recommend storing it in small glass containers. That is better than keeping it in plastic ones. Some Chinese also chew it as a digestive or use it to sweeten their breath. It can also be found in many Chinese bakery items, fruit dishes, and liqueurs. It is also one ingredient in five-spice powder; the others often are cassia, cloves, fennel, and Sichuan peppercorn known botanically as *Zanthoxylum simulans*. Some call it fagara, wild pepper, Chinese pepper, flower pepper, or anise pepper. It is the dried berries of the prickly ash tree; tastes sharp, numbs the tongue, and is best when reddish brown. There are other popular Chinese flavorings, and we suggest you get to know and use them all. Below we group them for convenience and use.

BASIC CHINESE SEASONINGS include salt, pepper, vinegar, regular and sesame oil, wine, soy sauce, sugar, flavored oils, various starches called flours such as cornstarch, water chestnut flour, lotus, sweet potato, and other flours. Try them and others, one at a time of course, and not in the same dish each

time. Their thickening abilities and their flavors are all different.

SPICES include whole or ground star anise, Sichuan peppercorn, five-spice powder, cassia or cinnamon bark, chili peppers and chili powders, curry powder, orange and tangerine peel, nutmeg, mustard seed, saffron, sesame seeds, turmeric, allspice, cumin, fennel, cloves, and various spice blends. They can be used for stewing, red-cooking, stir-frying, and with other cooking techniques.

HERBS include fresh and dried ginger, garlic and garlic chives, the latter some know as Chinese chives, cilantro, onions, chives, and sweet basil. These are the most common ones used for marinating, stir-frying, and garnishing, and in dipping sauces.

SAUCES includes soy sauce, oyster sauce, fermented black bean sauce, chili bean sauce, yellow bean sauce, *sa cha* sauce, sweet and sour sauces, wine sauces, and Hunan sauce, Sichuan sauce, and other sauces.

DRIED ITEMS such as shrimp, scallops which the Chinese call conpoy, fish, squid, many different mushrooms, cabbage, cured meats, and more all need soaking, squeezing excess water out, and reserving this liquid for other uses. It can be set aside or used in total in soups and sauces that are then stir-fried or steamed in many different preparations. Regionally, northern cuisine generally uses one or more bean sauces with or without garlic, onions, leeks, and/or scallions. Eastern cuisine uses red-cooked sauces marinated before or after cooking alone or with cut meats, and in making snacks and pastries. Cantonese cuisine uses many seafood sauces in casseroles, stir-fried dishes, and snack foods alone or mixed with other foods, or with oyster sauce, black bean sauce, *sa cha* sauce and others.

All Chinese cooking uses seasonings before or during the cooking of a dish. They rarely use them after their foods are cooked. Meats are often marinated before cooking to tenderize them and/or increase their taste. When dishes have light tastes, they can add soy sauce or sesame oil, a teaspoon of sugar and/or a little chicken broth to increase their taste. Half teaspoon of black bean sauce with or without sesame oil is another possibility, as is some five-spice powder. (JMN)

continued on page 35

SEASONINGS, SPICES, AND OTHER FLAVORINGS

continued from page 34

FIVE-SPICE POWDER

Ingredients:

- 3 to 5 whole star anise
- 1 Tablespoon fennel seeds
- ½ teaspoon black peppercorns
- 2 three-inch pieces of cassia or cinnamon
- ½ teaspoon coriander seeds
- ½ teaspoon cumin seeds

Preparation:

1. This can include small amounts of: ground licorice root, dried ginger, whole white peppercorns, dried thyme, seeded dried chili pepper or cayenne powder, coriander seeds, a bay leaf or two, salt, black onion seeds, and/or brown sugar.
2. Grind selected items and store in a glass jar.
3. Shake the mixture before using it. It can keep for two to four months.

LAMB PATTIES

Ingredients:

- ½ pound minced or finely chopped lamb
- 2 medium potatoes, boiled and mashed
- 5 water chestnuts, smashed well
- 1 egg
- 4 Tablespoons cornstarch
- 3 scallions, slivered
- salt and pepper, to taste
- 1 Tablespoon black bean sauce
- 1 Tablespoon thin soy sauce
- 2 Tablespoons vegetable oil

Preparation:

1. Mix lamb, mashed potatoes, smashed water chestnuts, egg, cornstarch, slivered scallions, and salt and pepper, to taste, then shape into five meat patties.
2. Mix black bean sauce and the soy sauce and brush a little on each side of each patty.
3. Heat wok or fry pan, add the oil, put the patties in the oil and fry until golden on each side.

FRIZZLED LEEKS

Ingredients:

- ½ cup vegetable oil
- 2 large leeks, each cut in half, then into five-inch lengths, and finally in very thin strips
- 1 teaspoon five-spice powder
- dash of coarse salt

Preparation:

1. Heat a wok or fry pan, add the oil, and fry the matchsticks of leek until golden brown. Next remove to paper towels.
2. Sprinkle on five-spice powder and serve.

EGGS AND LOQUAT CONPOY

Ingredients:

- 3 conpoy, soaked for two hours, steamed with one tablespoon rice wine and one slice fresh ginger slivered for one hour, cooled and torn in thin shreds
- 2 Tablespoons water chestnut flour
- 1/4 pound crab meat
- 1 scallion, slivered
- 3 Tablespoons vegetable oil, divided
- 6 eggs, beaten well

Preparation:

1. Steam and prepare the conpoy; and when dry, shred it.
2. Mix water chestnut flour with crab meat, shredded conpoy, and the slivered scallions.
3. Grease two or three ceramic soup spoons with oil and then add beaten eggs to the conpoy mixture. Steam it in these spoons over boiling water for six minutes, cool slightly, then remove these spoon-shaped items.
4. Heat a wok or fry pan, add the remaining oil, and pan-fry these pieces on each side until lightly colored, then sear as is or in other dishes.

SESAME NOODLES

Ingredients:

- ½ cup smooth peanut butter or sesame paste
- 3 Tablespoons thin soy sauce
- 3 Tablespoons minced fresh ginger
- 2 cloves fresh garlic, peeled and coarsely chopped
- 1 Tablespoon Chinese black vinegar
- 2 Tablespoons sesame oil
- 1 teaspoon honey
- 3 Tablespoons lotus flour
- ½ teaspoon chili pepper flakes
- ½ pound thin wheat or rice noodles, cooked and drained
- 3 scallions, slivered
- 1 red pepper. Seeded and slivered
- 3 Tablespoons toasted sesame seeds

Preparation:

1. Put peanut butter or sesame paste, thin soy sauce, fresh ginger, garlic cloves, black vinegar, sesame oil, honey, lotus flour, and chili pepper flakes into a blender and blend until smooth, then transfer to a glass bowl or jar.
2. Mix drained noodles and rinse quickly under cool water, then mix with the scallions, red pepper slivers, and the toasted sesame seeds.
3. Put some blended sauce on some noodles and toss them, then serve to each person.

FIN FISH

continued from page 19

CARP IN CASSEROLE

Ingredients:

1 three pound carp, scales, bones, and guts discarded
1 small dried hot pepper, seeded, and diced
3 scallions, cut into half-inch pieces
3 firm half-pound doufu squares cubed into half-inch pieces
1 Tablespoon sa cha sauce
3 Tablespoons dark soy sauce
3 cloves fresh garlic, peeled and smashed
3 Tablespoons Chinese rice wine
2 teaspoons granulated sugar
½ teaspoon coarse salt
3 lettuce leaves

Preparation:

1 Put fish, hot pepper and scallion pieces, *doufu*, soy sauce, garlic, rice wine, sugar, and salt in a heat-proof casserole.
2. Cover with the lettuce leaves, and put in a steamer basket over boiling water. Steam for forty minutes, then serve.

FISH SLICES, ZHANXIANG STYLE

Ingredients:

½ pound fish fil ets, cu in two-inch sections
2 Tablespoons lard
2 egg whites
5 Tablespoons tapioca flour
5 small dried Chinese black mushrooms, soaked until soft, stems discarded, caps halved
5 Mandarin orange sections, each cut in two
5 baby bok cai, each cut in half the long way
½ cup vegetable oil
3 scallions, each cut in half-inch pieces
3 garlic cloves, peeled and sliced
3 Tablespoons Chinese rice wine
2 Tablespoons cornstarch same amount of cold water

Preparation:

1. Heat a wok, add the lard, and coat the pieces of fish with a mix of egg whites and tapioca flour, then fry them on both sides until golden, drain them on paper towels.
2. Steam the mushroom caps for five minutes, then add them to the wok or fry-pan and stir-fry them for two or three minutes before adding the orange pieces and baby *bok cai* halves and stir these just once then set them aside with the pieces of fish.
3. Clean the wok, then add the vegetable oil, then the scallion and garlic pieces and stir-fry for two minutes before returning the fish and mushrooms. Stir-fry for two minutes.
4. Now add the orange and *bok cai* pieces, and the rice wine, and stir for one minute.
5. Stir cornstarch mixture, add it to the wok and stir for another minute until it thickens; and serve.

BRAISED FISH

Ingredients:

1 pound skinless and boneless sea bass or halibut fillets cut in large pieces
2 Tablespoons thin soy sauce
2 Tablespoons Chinese rice wine
1 teaspoon sesame oil
1 teaspoon Chinese black vinegar
3 slices fresh ginger, slivered
1 Tablespoon chili paste with garlic
2 scallions, angle-sliced

Preparation:

1. Mix fish with the soy sauce, rice wine, and sesame oil.
2. Then heat a wok or fry pan and fry the pieces of fish on both sides, then add the vinegar, ginger, and chili paste and gently toss for one minute before adding the scallion pieces, stirring, and after another minute, toss and serve in a pre-heated shallow bowl.

continued on page 37

SUGGESTIONS

FOR MORE

FISH DISHES

WOULD BE MOST

APPRECIATED

FIN FISH

continued from page 36

FISH FILLETS IN HOT AND SOUR SAUCE

Ingredients:

- 1½ pounds of skinless cod or bass fish fillets
- 1 egg
- 1 teaspoon coarse salt
- ¾ cup cornstarch
- ½ cup vegetable oil
- 5 slices fresh ginger, slivered
- 3 cloves fresh garlic, peeled and slivered
- 3 Tablespoons chili paste with garlic
- 1 carrot, peeled, cut in sticks, and boiled for three minutes
- ½ onion, diced
- 2 Tablespoons vegetable oil
- ½ cup sugar
- ½ cup red vinegar
- 2 Tablespoons mix of dark and thin soy sauce
- 3 Tablespoons Chinese rice wine
- 3 Tablespoons cornstarch in same amount of cold water

Preparation:

1. Cut fish into two-inch pieces, then dip them in the egg then the cornstarch, and refrigerate covered for one hour.
2. Heat wok or fry-pan, add the oil, and fry the fillets until golden on both sides, then drain on paper towels, and remove all but two tablespoons of the oil.
3. Reheat the oil, and stir-fry the garlic and the ginger for one or two minutes, then add the chili sauce, carrot and onion pieces and stir-fry for one minute before adding the sugar and vinegar and the soy sauces and wine, and stir this once or twice.
4. Mix cornstarch and water, turn heat to high, and stir it until thickened, then serve in a pre-heated bowl.

FISH SOUP

Ingredients:

- 6 ounces boneless and skinless fin fish fillets, cut into thin strips or small squares
- 2 Tablespoons vegetable oil
- 2 thousand-year Chinese preserved eggs, peeled and chopped very, very coarsely
- 4 cups chicken broth
- 1 scallion, slivered
- 1 Tablespoon sesame oil
- salt and pepper, to taste
- 1 Tablespoon Chinese rice wine
- 1 Chinese cruller cut in half, sliced, and deep fried one minute, then drained and put on paper towels

Preparation:

1. Heat oil, then stir-fry the fish for two minutes.
2. Toss in the egg pieces and add the broth, scallion, sesame oil, salt and pepper, and the rice wine.
3. Prepare pre-heated bowls or a large soup tureen, add the cruller pieces, and serve.

STEAMED BONELESS WHOLE FISH

Ingredients:

- 3 medium whole but boneless scaled fish
- 1 small slivered dried tangerine peel
- 3 cloves fresh garlic, peeled and slivered
- ½ dried chili pepper, seeds discarded
- 1 scallion, angle-sliced
- 3 stalks coriander, coarsely chopped
- salt and pepper, to taste
- 2 Tablespoons thin soy sauce
- 2 Tablespoons sesame oil
- 2 lotus leaves, soaked until soft, vein discarded
- 1 egg, beaten

Preparation:

1. Put fish on lotus leaves, and scatter pieces of tangerine peel, garlic, chili pepper, scallion, coriander over them, and the salt and pepper.
2. Put soy and sesame oil over fish holding lotus leaves making a container. Then seal them with the sesame oil and egg putting them seam-sides down in steamer basket for fifteen minutes (less if fish are tiny); then serve.

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促進中國烹飪科學與藝術研究所

RECIPES IN THIS ISSUE

RATES

Abalone and Duck Sandwiches.....	15	Mongolian Beef with Vegetables.....	28
Beef Soup.....	28	Mustard Greens Soup.....	31
Bitter Melon, Doufu, and Salted Yolks.....	25	Persimmon Noodles.....	5
Boiled, then Roasted Goose.....	13	Persimmon Packets.....	5
Braised Fish.....	36	Pork and Bean Thread Noodles.....	32
Braised Pork Ribs.....	10	Pork and Eggs.....	32
Cabbage and Fermented Bean Curd.....	9	Pork Belly, Taro, and Bean Curd.....	10
Carp in Casserole.....	36	Poultry-filled Bean Curd Rolls.....	16
Chicken Wings and Bitter Melon.....	32	Poultry in Pepper Sauce.....	15
Doufu with Chicken.....	32	Red-spiced Goose.....	13
Duck Egg, Pork, and Mustard Green Soup.....	24	Roast Duck in Fermented Doufu.....	10
Duck Eggs with Crab Meat.....	25	Salted Yolks with Shrimp.....	25
Duck in Black Bean Sauce.....	15	Sesame Noodles.....	35
Duck and Rice in Lotus Leaf.....	16	Steamed Boneless Whole Fish.....	37
Egg Rolls in Soup.....	25	Steamed Egg and Milk Custard.....	26
Eggs and Loquat Conpoy.....	35	Steamed Egg Whites.....	24
Fish Fillets in Hot and Sour Sauce.....	37	Steamed Pork in Lotus Leaf.....	11
Fish Slices, Zhanxiang Style.....	36	Steamed Salted Eggs.....	24
Fish Soup.....	37	Steak with Gall Bladder.....	31
Five-spice Powder.....	35	Stir-fried Eggs and Milk.....	26
Fragrant Crispy Duck Breast.....	21	Stuffed Goose.....	14
Frizzled Leeks.....	35	Suzhou Pork and Fermented Bean Curd.....	9
Grilled Lamb, Mongolian Style.....	29	Three Kinds of Eggs.....	24
Hakka Taro.....	9	Vegetables in Fermented Sauce.....	11
Home-made Peking Duck.....	14	Vegetarian Lion's Head.....	11
Hot and Sour Meatball Soup.....	8	Water Convulus and Bean Curd.....	9
Lamb Patties.....	35		

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* see page 39