

FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

STAPLE FOODS: RICE AND WHEAT;

CHINESE FOOD IN THE US;

THE CHINESE KIWI



SILK ROAD CULINARY INFLUENCES;

NAXI PEOPLE ARE KNOWN BY MANY NAMES;

BOOK AND RESTAURANT REVIEWS, AND MUCH MORE.

FALL 2018

中國烹飪

VOLUME 25(4)

\$6.95 US/\$9.95 ELSEWHERE

FOOD FOR THOUGHT

About The Publisher

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

促進中國烹飪科學與藝術研究所

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

The Mission and Goals include:

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

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FLAVOR & FORTUNE

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Winter 2018

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*Cover shows common wheat and rice snack foods.
It and other pictures are from the files of the editor.
Articles ending with (JMN) are written by her.*

FLAVOR & FORTUNE

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

Their ISSN is: 1078-5361

subscription, membership information, and forms, can be found on page 39

Subscriptions are for four issues and are postpaid as: \$25.00 in the US, \$45.00 in Canada, and \$60.00 in all other countries

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

Payment only accepted as:

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

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

Here is someone I model myself on, namely Greg Skedros, who for more than forty years keeps people loving Chinese food. Three years older than I am, his restaurant is more than forty years and going strong. He is still at its helm, going to work daily, as I do. We know this magazine is a baby in comparison. This is the last issue of its 25th year; the next issue will be the 100th issue.

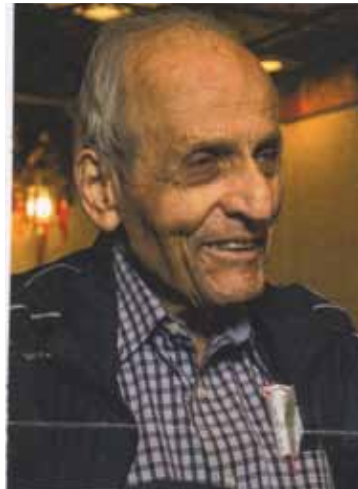


Photo by Adam Finkle taken from Salt Lake Tribune.

Greg learned what his customers wanted and continues to provide it. They clamor for his food and he has chefs from China providing it. We provide a similar

pleasure, but you need to cook and taste the recipes in this magazine. I did have cohorts who loved Chinese food and writing about it. With their help, they wrote more than one hundred articles, many also tested many of the recipes. I researched and wrote more than one thousand articles, more than two thousand recipes, tried more than five hundred restaurants (including his), more than three hundred Chinese cookbooks, and more.

My family is about half the size of his; they have with no desire nor expertise to continue my efforts; and I have not been able to inspire or hire those that can and will. His legacy is more than forty years and continuing. His family keeps it going. My efforts will not unless someone steps up to the plate. Though younger than he is at 89 years young, I am near there and slowing down more than he was.

When I began, I did not think I could even write and edit all that I have. It is more than a thousand articles, just over one hundred written by others. Greg is at his restaurant in Utah, specifically in Bountiful; and for those wanting to enjoy the Chinese food there, call for driving instructions (802) 298-2405. If you never saw it, it looks like those in the Forbidden City. Many of the dishes taste like those served near it.

We were in Bountiful once years ago. Greg has been in New York and in China many times. This pharmacist who learned and loves Chinese food is a great Chinese restaurateur. We were off to China for our 17th trip, and the 8th Asian Food Conference. Maybe there we will find someone to continue our editing and writing efforts. Do keep Flavor and Fortune, the only English-language Chinese food magazine in the US, moving forward after we no longer can.

The Editor,

LETTERS TO THE EDITOR

EDITOR:

I live in a small town; no store carries a Chinese spice rub. Do you have a recipe for one?

MARY ANNE: The one that follows is one I make. There are many others, and you can find some on the many web sites with Chinese recipes. They go by different names including Five-spice Rub. We recommend you keep it on your spice shelf, in a small glass jar. We even carry it to the dining room of the life-care community where we now live to increase the flavor of the many bland foods served for healthy seniors like us.

CHINESE SPICE RUB

Ingredients:

1 star anise, broken in pieces
1 Tablespoon coriander seeds
1 teaspoon fennel seeds
½ teaspoon cumin seeds
1 Tablespoon ground smoked paprika
½ teaspoon cayenne powder
½ teaspoon Sichuan peppercorns

Preparation:

1. Put all ingredients into a dry clean spice grinder. Turn it on an off until no large pieces are visible, but do not grind it too finely.
2. Then store it in small glass jars in a cool dark location, and use when and as needed. We use several small jars so it is not exposed to too much air by their frequently being opened.

NEWMAN:

Are we correct that the last issue did include more recipes than any other?

AN WEN: Yes, Volume 25(3), the Summer 2018 issue did have the most recipes to date, more than fifty of them. We did test most ourselves as several good friends who did help in the past moved. Therefore, I could not taste their efforts before publishing them. They were too far away to do so. I do miss their help and friendship. Years ago, several readers did complain about the recipes, but only about their font size. We did increase that which meant reducing their number in any one issue. Often did wonder If anyone noticed as not a single comment about recipes came our way until yours. Was it noticed and no one used a stamp or their e-mail to so advise?

EDITOR:

Does China have a 'Supreme God; and does that omnipotent preach about food?

LEON IN COLORADO: The Chinese do have one and he is named Shangdi. From at least the Shang Dynasty pre-dating Confucianism, Daoism, Buddhism, and Christianity, he teaches universal love, and is not monotheistic. His rituals include slaughtering and sacrificing a bull, but we found nothing relating to a specific food.

SISI IN MALAYSIA:

Wonder if there are any yin/yang cooking methods?

SISI: Among those known as *yin*, the Chinese include boiling, braising, simmering, stewing, steaming, and putting food in hot liquids; called 'plunging.' *Yang* ones include baking, deep-frying, grilling, roasting, sauteing, and stir-frying. The Chinese believe five characteristics are needed at every meal including aroma, taste, color, shape, and mouth-feel; they say they impact one another. We are no expert on how, but do suggest you check with a TCM practitioner or some web sites for more information on this topic.



FROM JAN IN BOSTON:

Having trouble with your web site and can not find 'ginko.' Do recall your telling us about that animal.

JAN: Years back, we made the same spelling error. The *Ginkgo* plant is from the 'maidenhair' tree and called *Ginkgo biloba*. Most are not aware, as we once were not, that it is a more than one hundred million year old and the only surviving member in its botanical family. Furthermore, it is widely prescribed in China and popular there and throughout Europe, the US, and elsewhere. TCM practitioners tell us they recommend it for early Alzheimer patients, hearing problems, brain dysfunctions, macular degeneration, diabetic neuropathy, and more, and that the outer layer of its seed is a skin irritant. Many handle it with rubber gloves. The Chinese have been using it for thousands of years. Before you do, we suggest you consult a medical professional for answers to any specific questions. We are not medical doctors and do not know your specific needs and considerations.

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LETTERS TO THE EDITOR

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CRISTEN IN NY ASKS:

Is the Chinatown where I live the world's oldest?

CRISTEN: No. The one in Manhattan did not begin until the mid-1800s. The world's oldest is in Manila in the Philippines and was established in 1594. The one in Jakarta in Indonesia began in 1740, the one in Bangkok in Thailand began in 1782. In the UK, the one in Liverpool began in the 1830's; the one in San Francisco began in the 1850s; and those in the states of Oregon, Washington, Idaho, Utah, Colorado, and Arizona began in the mid to late 1800s, their exact dates are not known. In New York City, Manhattan's Chinatown has the largest concentration of Chinese in the Western Hemisphere; but the one in San Francisco is physically larger with a smaller Chinese population. There are large Chinatowns in Boston, Philadelphia, Providence, and Baltimore, but when each one began we know not.

EDITOR JMN:

I really think F&F gets better with every issue, and I thank you for that.

MS. YANG: Appreciate your comment, your renewal, as well. Both keep us moving forward at this, our 25th publication year. We appreciate all who renew each and every year.

DEBBY ASKS:

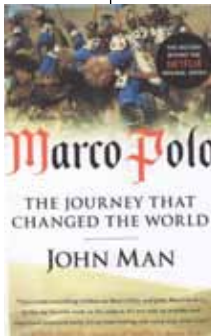
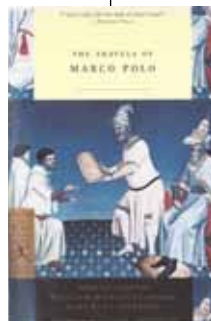
Did ships sail from China and Macao with Chinese aboard in the late 1700s?

DEBBY: We think they did because Xie Qinggao was rescued from one of them after his was wrecked by a European vessel. He worked on it for fourteen years before that accident, used his English as an interpreter in Macao before that, and when the ship wintered there; it was known as the Felice, flew the Portuguese flag, and had forty-nine Chinese sailors helping it to sail and capture sea otters. Read more about it and him at <http://pages.quecksilver.net.nz/jar/-vfur'l.html> or in the book: *Meares Voyages*.

SAVA AND SABA LEONG ASK:

Can you tell us when and where Marco Polo was jailed after returning from China?

SAVA AND SABA: We read that Marco, his father Nicolo, and his uncle Maffeo did return to Italy via Java and Sumatra, then on to Egypt, and from there to Genoa by ship in the year 1292 (another source says 1296). Marco was seventeen when they left in 1271. After his return, he was put in prison in Genoa after battles between Genoa and Venice. His cell mate, Rustichello, from Pisa, was a writer of romance novels. He did record much of what Marco tells him while there. Later, he publishes a book, *The Travels of Marco Polo* translated into German (1477), Portuguese (1502), and Spanish (1503). Our shelves have three copies, all with different authors and text. We read there are more than a hundred different ones, not all telling the same stories. The one similar thing in each of them is that 'Marco Polo' is in their title. Many who read them are skeptical about what his cell mate writes that Marco says he saw in China. We also read that, the Culinary Historians did report that he saw and maybe ate (their Volume 7, Ann Arbor MI). It includes twelve poultry items, fifteen meats, ten fruits, seven grains, four milks, three nuts, six fish, eleven spices, three vegetables, seven alcoholic beverages, and eight as miscellaneous; including two spices and one melon.



HARRY ASKS:

A few questions, please, can you share anything about the Dongzhi holiday, who was the first Chinese man on earth, and which Chinese cuisine has the most chicken dishes?

HARRY: That is a lot to ask. Your first query, is of the Winter Solstice Festival. In 2017, it was on December 22nd. It is always the shortest day and longest night of every year. To your second, we have no idea. As the third one, we never counted any dishes in any cuisine and know of no one who has. We do know that Guangdong cuisine has hundreds, many related to Hakka cuisine. A lady once did tell us Dongjiang Chicken is on menus in many including in Guangdong, Guangzhou, Hong Kong, and Macao.

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LETTERS TO THE EDITOR

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YUAN IN IDAHO ASKS:

Can you tell us when and where Marco Polo was jailed after returning from China, and about goose and duck tongues?

YUAN: See page 6. We know about cooking duck tongues. At our recent 65th anniversary dinner, the cold plate had five items, a lucky number, wishing us luck for more years, and five sets of items. Does a reader have a recipe for goose tongues, we do not. Enjoy the two Duck Tongue recipes that follow.

DUCK TONGUES WITH SESAME PASTE

Ingredients:

½ pound of duck tongues
1 Tablespoon vegetable oil
5 slices fresh ginger, smashed
1 Tablespoon dark soy sauce
1 small lump dark rock sugar, crushed
1 Tablespoon Chinese rice wine
1 Tablespoon sesame paste
1 Tablespoon sesame oil
1 or 2 cloves star anise

Preparation:

1. Mix the duck tongues with salt and set aside for five minutes, then rinse and simmer them for five minutes, and then drain them. Next, break each one between bone and cartilage, and discard both.
2. Then, heat a wok or fry pan, add the oil, and when hot, add the ginger and the tongues and stir-fry them for five minutes before adding the other ingredients. Bring this to the boil, and reduce the heat to a simmer and stir-fry for five minutes until it thickens.
3. Remove all to a pre-heated bowl, discard the star anise, and serve.

DUCK TONGUES WITH FERMENTED RICE

Ingredients:

3 cloves fresh garlic, peeled and minced
1 small chili pepper, seeds discarded, and minced
20 duck tongues
3 Tablespoons vegetable oil
2 Tablespoons red fermented rice wine
2 teaspoons dark soy sauce
1 teaspoon granulated sugar
1 teaspoon chicken bullion powder
1 Tablespoon Chinese rice wine

Preparation:

1. Boil duck tongues for five minutes in two cups water, then remove and discard their bones and cartilage.
2. Heat a wok or small fry pan, add the oil, and fry the duck tongues for two minutes; then discard the oil.
3. Next, add sesame oil, garlic, chili pepper pieces, and stir-fry them for one minute before adding all the other ingredients and simmering this for five minutes. Now serve this in a pre-heated bowl.

**WE DO APPRECIATE
ALL LETTERS
AND RESPOND TO
MANY IN PRINT.
ADD YOURS
WITH YOUR
QUESTIONS.**

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LETTERS TO THE EDITOR

continued from page 8

EDITOR:

Soup dumplings are becoming popular; were they always thus, and do you have a recipe?

TO ALL WHO ASKED: To the many who asked, there are many ways to enjoy these delights; and we often do. The recipe below is thanks to a local chef we know.

XIAO LONG BAO

Ingredients:

2 cups bread or high gluten flour
pinch of salt
2 cups gelled cold beef or chicken stock
1 scallion, minced
½ pound finely chopped pork
¼ pound shrimp, their shells and veins discarded, then chopped
2 teaspoons cornstarch
small handful of all-purpose flour
1 Tablespoon thin soy sauce
1 egg, lightly beaten
1 teaspoon sesame oil
a few lettuce leaves to line a steamer basket
1 Tablespoon vegetable oil
10 cups chicken stock

Preparation:

1. Mix flour, salt, and the gelled stock, then knead this until elastic, and let it rest for ten minutes.
2. Next, roll it thinly and use a very large cup or glass to cut out three-inch circles, Stack them sprinkling a little flour between layers; and let them rest for ten minutes.
3. Gently mix chopped pork, minced shrimp, scallion pieces, cornstarch, egg, and sesame oil, then take two teaspoons of this mixture and put it in the center of one circle. Lightly wet the edge and, fold it over, then make eighteen pleats to seal the dough, Repeat until all are sealed and placed on a lettuce-lined steamer basket not touching another one.
4. Steam this over boiling water for twenty-five minutes,. Serve two or three in each pre-heated soup bowl, and if desired, add some hot stock, too.

Note: As the stock will melt and be hot, be careful when biting into a dumpling as the liquid will be hot.

DR NEWMAN:

Thanks for the information about ancient books; do any minorities have any?

HOWIE: Read about thousands of Mongolian Books in their language; the Yin have that many, too. Tibetans have many in wood blocks, and I am sure there are many others in their own languages. How many I do not know or where they may be. There are some in Tujue, Huihu, and in Dongba which is the language of the Naxi people, and the best resource might be at the History Institute of the Chinese Academy of Social Sciences. Emperor Qian Long in the Qing Dynasty did issue an edict to collect all classical, historical, and philosophical books, and copy them. More than three hundred scholars worked on that task for ten years, their efforts including almost seven thousand volumes. They are in the *Complete Library of the Four Treasures*. Some passages were not copied as they were not complimentary to Qing rulers; some burned for similar reasons. We do not know if any had recipes, do you?

EDITOR:

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TO ALL WHO ASKED: To the many who asked, there are many ways to enjoy these delights; and we often do. The recipe below is thanks to a local chef we know.

JMN:

Just got the Fall issue; It is a doozey chockablock with good stuff.

HS: You and many others did appreciate it. Thanks to all who wrote about it.

MIN LU:

Minority info on the web is in short supply; particularly for those in the Yunnan Province.

SIR: The last date we saw said about one third there are minorities. The Yi are the largest, followed by the Bai, Hani, and Dai; each with more than one million.. Between half and one million each are Lisu, Va, and Jingpo, and the Jinu include eighteen thousand people. The Va are one of China's oldest minorities, their young girls comb the hair of boys they fancy singing when doing so. He can spend a night at her home but sex is a no-no and forbidden before marriage.

STAPLE FOODS: RICE AND WHEAT



RICE

RICE can be in several colors, red, black, or brown, the latter polished and white, and the kind most Chinese prefer, that is if they can afford it. Southerners like rice at most meals. If they are Cantonese, they also like it wrapped in lotus leaves and steamed, as seen on the cover of this issue with another dim sum food. They also like it in the morning as congee, they like it with *dim sum* or snack foods, they like it as red or black rice, and they like it every which way. Most like every rice, be they *indica* or *Japonica* rices.



In China, all rice is called *fan*, a Chinese word that can also mean a 'meal' or more accurately 'have you eaten today?' They like *Indica* rice that in Chinese they call *xian*; it is a non-glutinous rice that can be long or short grain rice; they like *Japonica* rice that the Chinese call *geng* and most often is a fat short-grain rice that is glutinous and sometimes called 'sticky rice.'

Yes, there are many different rice varieties, long or short, fat or thin, and they like the three most common rices that can be white which is polished brown rice,

brown rice before it is polished, red rice and black rice. The brownish-black one they like even though it is commonly called "forbidden rice" as seen by the peasant picking it.

Commonly seen picked here by a peasant of the past. In days gone by, black rice was only for royals to purchase and

eat. Red rice was once called 'blood rice', and it could be glutinous and called 'sticky rice' non-glutinous or fat and sticky, most often the former. They also liked rice known as 'fragrant rice.' that some did call 'Thai rice' or 'aromatic rice,' that has a sweet aroma, hence its name.



Recent archeological finds in Hemudu in the Eastern Zhejiang Province is this particular rice, and other kinds of rice found at archeological sites. Others were found in digs from thousands of years ago.

We know that because different rice varieties are mentioned on oracle bones circa the Shang Dynasty (16th to the 11th centuries BCE). Then and now they were and are staple Chinese rice grains grown best in warm climates, not colder ones.

Chinese Emperors, concerned with adequately feeding their people, did what they could to distribute staple grains to their people in need. They saw to it that their peasants who grew it had enough rice to eat. To do so, they did collect taxes from them to pay for these staples; they taxed them and their leaders to distribute them. One Emperor, Zhen Zong who reigned from 999 to 1022 CE, did introduced a drought-resistant variety to help produce more rice in a given area. Doing so increased his coffers, too.

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STAPLE FOODS: RICE AND WHEAT

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In Southern China, most people prefer polished white rice, if they can afford it; and they eat it at least twice a day, often at every meal in one form or another. In addition, Chinese make different dishes to flavor their rice; and these they call their 'cai' dishes, but if they live mostly in the north, they can call them their *sung* dishes.

In mornings, Cantonese people like foods they call 'snack foods' or dishes they call 'dim sum' dishes. These are popularly served in large restaurants, and served in steamer baskets, some seen on this page, and often wheeled around in carts or carried on trays to their customers. These can be made with rice or wheat exteriors, are often small items, and often seen three to a dish. These are tasty, creative, and loved.



WHEAT is an other main staple grain. It is popular as noodles and as exteriors for dumplings, also thought of as snack foods. They are most popular in China's north where they are called *dien tsin*. Some call them *hun ton*, which in English is their wonton. The exteriors can be wheat, steamed bread or buns, or look-a-likes made with other flours. These and all staple foods are seen in many ways. They can be wrapped foods, part of a dish, or simply a plain food with or without a sauce.

To make them, wheat or other grains are dried, ground into flour, and used adding a little water or another liquid. The flours can be made from water chestnuts, lotus roots, or another staple food. They can be made into noodles or a dough, used to wrap other foods, or used to flavor yet other *cai* foods. Some of these flours

are bleached or colored, some made with dried ground vegetable juices, some not, but most are made into breads, buns, noodles, wraps, or other things.

Wheat flour can be pastry flour with gluten removed, semolina flour which is another flour, from whole grains, durum wheat hard or soft, or a ground spring wheat. Durum wheat is the hardest of all wheat flours, and it makes great pasta, great couscous, great cereal, and even great pastries if its gluten is removed,

In China's north, many different grains or seeds are made into doughs, wrappers, buns, or noodles. They are made into ever so many things. As such, they are served hot or cold, made thick or thin, and used in ever so many different shapes or ways. Eaten day and night, they appear on Chinese menus, are served fried in oil, with sesame paste, made as transparent dough or not, or as oodles of noodles. Some are even served with rice in the same dish. Flours alone or in combination make assorted breads, buns, or rolls such as *shao bing*, *pao tzu* or others. Some are stuffed as is *kuo tieh* or pot stickers, some is used in scallion or other pancakes such as *shui-chien pao*, or made into buns or various bakery products.

Also popular in China mostly in the morning are *you tiao*. These are deep-fried twisted dough sticks available on many street corners as breakfast food. They are leavened, crispy, golden, moist, tender, and with big porous cells. They are best eaten when hot and fresh out of the oil they are fried in, and many use hard red winter wheat, not soft flour, with salt, alum or sodium bicarbonate, or another leavening agent. We have yet to meet anyone who easily skips them in their early hours.

Chinese eat their staple foods with chopsticks or fingers, usually the former, often from a rice bowl or not, and if in one, they bring the bowl to their lips and shovel the rice or another staple food item into their mouths, hot or cold, and eat every grain; and they feel blessed to do so.

Young girls are taught not to leave a single grain in that bowl. If even one is left behind, they might get a pock mark on their face. This can mean no man will marry them because of this facial scar.

There are many sayings about these and other staple foods. In the south they can be about rice, in the north about wheat foods. If a southerner, they can be called a 'rice bucket' meaning lazy, if told they have an iron rice bowl; they are boring or have a boring job for life. If called a soft rice type, that can mean they are living off a woman. There are these and so many more sayings and their implications.

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STAPLE FOODS: RICE AND WHEAT

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The previously mentioned black rice is popular in the Hunan Province. Several thousand years ago, it was believed highly resistant to disease and called *xiang dao*. Most had never seen it, most called it 'forbidden rice' because they were forbidden from purchasing it if they were not royalty.



To the Chinese, staple foods symbolize civilization. Most common in central China, researcher Toyama says rice predates barley, was nurtured in ancient China, believed that in Longmagu Cheng in the southwest of Chengdu, that fortified town with its earthen walls, was a place where government ceremonials were adored and practiced. Many still believe this place is older than any other in China, and one to revere.

Many Chinese believe that rice was first produced in their country, not in India, and some say it began as a wild grass called *newaree*. They believe it was an ancestor of today's rice, and they say that more than ninety percent of it grew in the area known as Monsoon Asia. Some tell us it was introduced to the US in 1694, grows best on irrigated land, land flooded during most of its growing season. Thomas Jefferson did grow some when he lived in Monticello. There, he said it yielded about 1800 pounds of edible grain for each pound of seed. Clearly, something to grow, eat, and adore.



The Chinese eat more rice, about 450 pounds per person each and every year. They plant lots of it along with millet, the latter occupies about fifteen percent of all cultivated land in China; rice even more than that. They use millet to extend wheat or rice to fill their bellies, and most know millet is a low-yielding crop that grows in regions where agriculture is not well-developed.

Brown rice is more popular today than it was, many think it healthier, and it is. In the past, it was minimally processed, and yielded more grain per pound or per acre than white rice. Brown rice needs more water per acre than does white rice, and more time to cook than white rice does. Brown rice has bran and germ layers that keep it from spoiling, but only if minimally processed. It and white rice are from the same plant, but white rice needs to be further milled losing some weight, some nutrition, too, in its processing.

Aromatic rice was thought to be a treasure. Called Jasmine, it is often from Thailand. Basamati rice is often from northern India or Pakistan, or it can be a hybrid from the US. Sticky rice, also known as sweet rice or glutinous rice, does not taste sweeter than any other rice be it short-grain, medium-grain, or long-grain. All rice can be sold as par-boiled or converted rice, the only difference is how it is processed; and instant rice is enriched and lacks toothsome.

In China, rice shows up at breakfast tables as *congee* or *hsi fan*. It is bland, water-logged, and eaten with many other tasty items such as *tsung tzu* or rice dumplings. Often purchased from street vendors as long rice sticks made with wheat flour and leavening. At lunch, this meal can include rice or wheat dumplings, rice or wheat noodle dishes, or other rice or wheat foods. Dinners can include plain rice or rice made into composite dishes of meat and vegetables.

The Chinese believe traditional medicine sees rice as a neutral food with a sweet flavor. They say it strengthens the spleen, expels toxins, increases *qi* and energy, and that it is beneficial for the nervous system, helps relieve depression, and it can do many other helpful healthy things.

Staple foods are popular, can be steamed, boiled, or fried, and made into wontons, buns or breads, filled with ground meat, crab meat, vegetables, or all of them together. Many are boiled, pan-fried, or deep-fried, closed tightly or left open. In the south many call them *shao mai*; they are popular, too.

In China, one can purchase noodles as rolled dough, not cut by the vendor into any shapes or strips, the choice is that of the purchaser. At home, they can be cut and cooked as desired, bought plain or with egg in the dough, with or without potassium carbonate or benzoate of soda. Those who buy theirs uncut can cut them as desired, roll, pull, cut, or bang them into the shape they want.

To the Chinese, the nature of wheat is cooling, sweet or salty, and something that tones the kidneys, builds *yin*, nourishes the heart and mind, calms palpitations, treats insomnia, irritability, menopausal pain, and night sweats. Many say these are good for the obese, for those with growths or tumors, for those with cancers, eaten in small amounts, and by those with allergic reactions to wheat with or without gluten. Best used

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STAPLE FOODS: RICE AND WHEAT

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right after grinding, or kept in an air-tight container, many refrigerate theirs not to cause bloating, gas, indigestion, or an increased pulse rate.

An early sixth-century agricultural treatise, the *Qinmin Yaoshu*, known as the QMYS does describe how to make noodles two different ways. One uses a cow's horn with half-dozen or more holes drilled near its tip as places to push out the dough. The other says to hold two fabric corners of a square together, to put holes in the fabric, then to squeeze the dough through it.

Noodles can be 'peeled using a sharp knife cutting a chunk or ball of dough' to send slivers flying into a large pot of boiling water. Some Shanxi chefs like to show off and place that ball or batch of dough on their shaven heads or washed bellies. They swiftly sliver it into rapid-fire motion getting it directly into their large pot of boiling water. Other chefs pinch pieces of dough, call them 'cat's ears' or other names, and pinch them into the boiling water. Many noodle-types were made in 100 BCE in northern China, but only after they learned to grind their flour. Some noodles are hand-pulled, others tossed or swung over ones head. Some are twirled into various sizes and shapes. We once watched a noodle maker pull in a minute more than a thousand thin strands, as if by magic.

The above mentioned book has many noodle dishes stir-fried, pan-fried, used in soup, or with sauce. It speaks of them uncut as a symbol of longevity, and most know they are popular at later year or young folks birthdays. The *Qi Min Yao Shu* does include many noodle and bread dishes, and it provides ingredient amounts, even though written more than fifteen hundred years ago.

It was recently translated into English by Donald Harper, a historian at Bowdoin College in Maine. His degree enabled him to translate it, share a bread recipe made with a grain drink from Han Dynasty times, and translate an early recipe from the *Canon of Gastronomy* for *shao bing*, a fire-baked bread, a bone-marrow bread, Chinese doughnuts called 'Loops,' pillow fried breads, puffs, and other home-made bread and noodle recipes including an extruded noodle recipe, dough made to go directly into boiling water, noodles slathered with butter, and other recipes.

In China, they have unearthed thirty-one sites from Neolithic civilizations seven or more are from thousands of years ago, a few more recent ones. One newspaper article shows noodles made of millet in an upside-down bowl in Lajia, which is in northwestern China from very early times. Archeologists also found rice planted in Taiwan from prehistoric times.

Cakes and pastries have been traced back even earlier, to Yin or Zhou Dynasties (16th century BCE to 771 BCE). During the Han Dynasty, wheat was commonly planted in China's north, and made into many kinds of cakes. Nowadays, its 'steamed bread' or 'steamed buns' are found from and after the Han Dynasty (206 BCE to 220 CE). The Chinese did use different leavening agents in them, and they did remove gluten from hard wheat then, too.



Mr and Mrs Yee, of Los Angeles, now use many ancient recipes from this early book. They own and make one hundred products in their

family-run business called Wing Hing foods; these are distributed throughout the US and other places in North America.

A few recipes, old and new, follow. Enjoy making them, but do keep in mind that doing so improves with practice, good technique takes time. And do not over-work any dough because then the dough gets tough. Relax and enjoy your efforts. (JMN)

ZHUA FAN, UYGHUR ONE-POT RICE

Ingredients:

- 2 cups rice
- 3 Tablespoons vegetable oil
- 2 lamb shanks, cut off the bone and cubed
- 1 carrot, peeled and cubed
- 1 onion, peeled and cubed
- 3 Tablespoons salt
- 1 teaspoon cumin powder
- 1 teaspoon five-spice powder

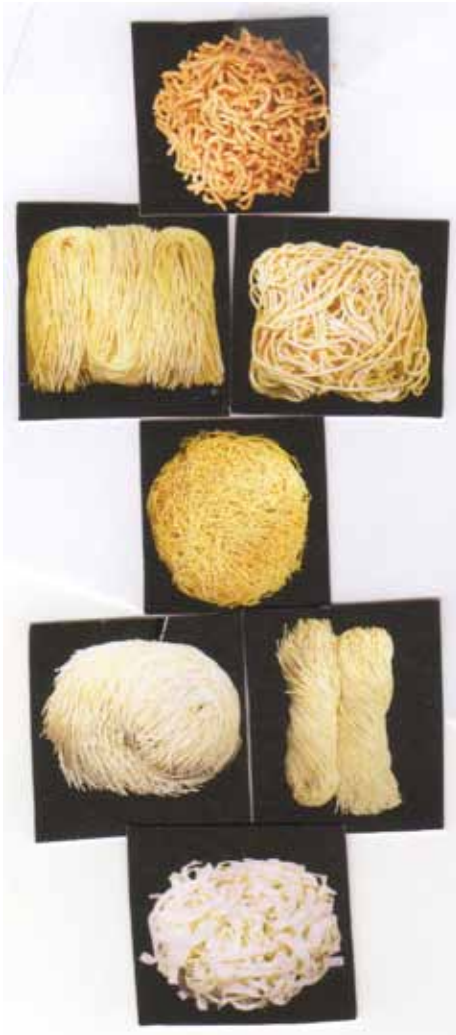
Preparation:

1. Wash the rice, then soak it for half an hour in cool water.
2. Heat a wok, add the oil, and stir-fry the onion, then add the cubes of lamb, and stir-fry until golden, then add the carrots and cook until they are soft.
3. Now add a cup of water, the salt, cumin and five-spice powders, and simmer for half an hour. Then remove and reserve the liquid.
4. Put the carrot and onions on the bottom of a rice cooker. Put the lamb on top of that and cover the rice, then cover this with enough stock and cook this for half an hour.

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STAPLE FOODS: RICE AND WHEAT

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RICE CONGEE WITH VEGETABLES

Ingredients:

1 cup unpolished rice left in boiling water four to six hours.

1 chicken leg, skin and bone discarded, cut in small cubes, meat blanched

1 carrot, peeled and shredded

1 celery stalk, washed and minced

salt and pepper, to taste

Preparation:

1. Soak rice for four hours, then rinse and drain.

2. Put chicken, carrot, celery, and the rice and salt and pepper into a rice cooker with two cups of water. Cook on low for forty minutes, stir well, and serve.

SPARE RIB CONGEE

Ingredients:

½ pound spare ribs, separated, chopped into small pieces, and blanched

1 teaspoon lily bulb, tuckahoe (optional)

5 red dates, pitted and cut small

1 cup rice

1 stalk celery, minced

salt, pepper, and Sichuan pepper, to taste

Preparation:

1. Put everything into a rice pot or cooker, cover with two cups of cold water, bring to the boil, then reduce the heat, simmer for forty minutes or operate automatically. Then stir and serve.

SILK ROAD FRIED RICE

Ingredients:

¼ pound shrimp, peeled, veins removed, each cut in ten pieces
3 Chinese sausages, cut into small pieces, then steamed ten minutes

½ cup corn kernels, boiled for three minutes

½ cup defrosted frozen peas

1.2 cup diced onions, fried until almost crisp

5 scallions, diced

1.2 cup chicken broth

1 Tablespoon fish sauce

1 Tablespoon *sa cha* sauce

1 Tablespoon hot bean sauce

1 Tablespoon granulated sugar

1 teaspoon coarse salt

3 Tablespoons vegetable oil

Preparation:

1. Put all ingredients in a big pot, and stir-fry them for three minutes, then reduce the heat, add 2 cups boiling water, cover the pot, and steam for half an hour.

2. Uncover the pot, stir for three minutes, then serve.

RICE BALLS

Ingredients:

½ cup glutinous rice flour

2 Tablespoons cornstarch

2 Tablespoons granulated sugar

2 Tablespoons and ½ cup vegetable oil

½ cup ground lotus seeds and nuts

½ cup slivered almonds

Preparation:

1. Mix rice flour, cornstarch, and sugar, then add 6 Tablespoons cold water, stir, and then add the two tablespoons of vegetable oil stirring well.

2. Divide the ground nut/lotus seed mixture into ten batches and mix each with the above ingredients.

3. Make each into a ball, sprinkle with a little water and roll each one in the slivered almonds.

4. Heat the rest of the oil, and fry these balls until lightly colored, drain on paper towels, then serve them.

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STAPLE FOODS: RICE AND WHEAT

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RICE CRUST

Ingredients:

1 cup rice, boiled one minute, then simmered covered for half an hour

Preparation:

1. Spread rice half-inch thick on a cookie sheet, pat down well, put in an oven on low heat, and bake until it is dry and pulls away from the sides of the pan.
2. Then remove from the oven and let it dry overnight.
3. Break the dried rice into chunks, and store in a plastic bag until needed, (or deep fry them, drain well on paper towels or in a paper bag, and then store them).

BLACK RICE WITH SWEET POTATOES

Ingredients:

3/4 cup raw Chinese black rice, boiled until tender
1/2 teaspoon coarse salt
3 Tablespoons vegetable oil
5 scallions, coarsely chopped
1 heaping Tablespoon minced fresh ginger
1 large sweet potato, boiled until soft, then mashed

Preparation:

1. Mix cooked black rice with salt and oil, stir well then add the salt and oil, and stir again.
2. Add the scallion pieces and the ginger, and then the potato and stir again, then make them into balls and serve hot or warm.



NOODLES IN SOUP

Ingredients:

1/2 pound dried noodles, rice, wheat, or others
1/4 cup dried shrimp, peeled, shells and veins discarded, soaked until soft, then minced
3 large Chinese black mushrooms, soaked, stems discarded, then minced
3 Tablespoons vegetable oil
3 cloves garlic, outer skins discarded, then minced
8 cups chicken stock
5 scallions, some minced, some angle sliced
3 slices fresh ginger, minced
1 skinless boneless chicken breast, thinly slivered
3 pieces baby bok cai, leaves separated
1/2 cup cilantro leaves, coarsely chopped
1 seeded hot chili pepper. Thinly sliced

Preparation:

1. Soak the noodles in hot water until soft.
2. Drain shrimp and mushrooms, reserving waters.
3. Heat wok or fry pan, add the oil and stir-fry the garlic. Then add stock, scallions, ginger, and the chicken slivers and stir-fry them, for two minutes before adding the bok cai, cilantro, and chili pepper sliver. Simmer for one or two minutes, then serve.

MANY MORE RICE AND WHEAT RECIPES

ARE IN THE COMPLETE INDEX

AT

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KIWI: GOOSEBERRY IS STILL A YANG-TAO

This fruit with its brown fuzzy exterior was only bright green inside with many small black seeds within. Originating in China growing wild there in the Yangtze valley, there are many new kiwi colors grown commercially there and in Australia, Chili, France, Italy, Japan, New Zealand, Taiwan, and the United States. They can now be other colors, light to bright, and still with fuzzy brown exteriors that now can be tan to brown. They often hang from branches nailed across poles like soldiers lined and at attention. They can be sweet, are still loaded with dark seeds and Vitamins C, E, and K, also minerals copper, folate, manganese, and potassium; they do have lots of fiber.

Botanically called *Actinidia deliciosa*, these fruits have many phytonutrients that protect cell nuclei and DNA; and eating them helps staying well because they have many anti-oxidants, amounts needed as yet not determined. They grow on poles with cross-bars giving them lots of room and air to flourish.

TCM practitioners frequently recommend the *tao* for children with asthma, their elders needing heart health, also folks of all ages needing polyphenol components thought valuable for all.

Originally, these fruits were from China, they went to New Zealand with missionaries and there were renamed for New Zealand's flightless bird, the kiwi. With enzymes under their skins, these fruits are excellent meat tenderizers. New and colorful fruits include new varieties from light tan, golden/yellow, to red, and beyond. All are varieties of the green ones from China.

When ripe, these fruits yield to the touch similar to ripe pears, are best stored at room temperature, and they keep that way for at least ten days. We read some call them 'Macaque Peaches' because of their shape and color, and that local monkeys like to eat them. TCM medical practitioners recommend them to get rid of excessive heat, expel extreme thirst, reduce irritability, regulate Qi, relieve joint pain due to rheumatism, and assist digestion.

The trees or wood cross beams they grow on, as shown below, can have fragile branches. These grow to about thirty feet, when ground their roots make good pesticides. They have fibers useful for making paper, sap that makes good glue, leaves that most livestock likes to consume, oils that can add flavor to many foods, juices to make wine, and seeds popular for making those oils.

When growing wild, they are hen-egg size or smaller, and were called *yang-taw*. Recently they have a new botanical name, *mihutao*. They are also known as *tengli* which means 'vine pear,' and they grow sweeter if left on their trees longer and not picked too early.

There is a push to improve available varieties in many countries, so collecting the wild seeds does increase hope for the future. Some expect that will happen at the new kiwi research center in the Sichuan Province or in New Zealand, China, or Taiwan.

Some believe China has an advantage as they already have many wild varieties, but they do not have expertise in commercialization of this fruit. If all are willing to cooperate maybe China's red kiwi with a honey flavor will hit the market before any sets of researchers working together will. No one is sure as there are secrecy regulations. Taiwan has also entered this market.

There is a current struggle for increased kiwi production, no matter its color. Taiwan does not have any wild varieties and can not gain claim to those in China. New Zealand would love to introduce a new variety but some say they can not unless they steal or buy them. Time will tell who

might be the first country to do so.

This brown original fuzzy fruit on the exterior has many black seeds in its interior. Once known as a gooseberry or a *yang taw* before renaming it for today's market. There is now a huge increase in sales and consumption after the new nomenclature



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NAXI: A MINORITY WITH MANY NAMES

Most of this Chinese ethnic minority live in the Yunnan Province in the Naxi Autonomous County in Lijiang. Smaller numbers live in southern Tibet and in the Sichuan Province. A few do live in Vietnam and in Thailand, and very few live in Beijing.

Many are farmers, only a few understand the pictographic Naxi language and no computer or typewriter does or can deal with this Dongba language.

Naxi speak a Sino-Tibetan-Burmese language related to Geba. In 1957, with government help, about half million did learn to transcribe their language using Chinese characters or Latin letters so they could use computers and typewriters. Dongba written pictographic language is still in use, but mostly to write a sutra, mantra, or another religious item. See this on the next page.

Their population, can also be called Nakhi or Nashi, once they were known as Mosha-yi or Moxie-yi, even Mosou. The Chinese government counts these groups as one for the census, the word *na* means senior, *xi* means people. Most of them easily communicate with their neighbors, something less common in their past.

This ethnic population does not see themselves as one population, and as they are mostly rural farmers, they live well-separated and isolated, many in the Himalayan foothills, in the Northwestern part of Yunnan, the Sichuan Province, or in southern Tibet. Most believe they are descendants of nomadic proto-Qiang folk who moved south to the banks of the Nujiang and Jinsha Rivers. Some of them say they originated in southern Tibet while others say they came from northwestern China. There seems to be little agreement as to where they did come from.

Current population counts include Mosuo people who have their own language, writing, and native dress. Nonetheless, the Chinese government still groups them as one though they do not see themselves that way.

Most Naxi are led by religious folk, many part-time priests who teach them to believe they were born from spirits that never die, have relationships between man and nature, need to practice fengshui, and since the tenth century, have female shamans who practice divination, exorcism, and go into many trances. Few have places of worship, rarely see others who practice their religion, and many do believe trees encountered bring them bad luck.



Naxi who do not live near them play similar music, celebrate the same spirits, and do so on snake or dragon days. They believe their ancestors came from heaven, they respect Shu gods and have a God of War who wears a white helmet and rides a white horse. He was born in the Year of the Goat. Almost all Naxi enjoy the Torch Festival, tell us they come from traders or emperors, and that they once traded with, and think they came from spirits.

Most live in remote areas, and there are only a few who are urban dwellers. Many do live in the town of Dayan, the seat of the Lisang Naxi Autonomous County. They believe their culture was founded by Dongba priests a thousand or more years ago with the oral language they use and the written one they use in their religious writings including the epic sutra about fishing, hunting, weaving, and war with their Puma.

Their religion is a form of shamanism mixed with folk beliefs. Some of them sing it, others dance it, and still others tell us they do not know but do see or hear about it only at weddings or funerals. This could be because they live among one and a half million Bai, the same number of Dai, half that number of Va, and only one and a half thousand Jingpo in the Yunnan Province, and fewer Naxi than any one of these populations.

Naxi are concentrated in the town of Dayan, a remote place where the women wearing unlined long garments with wide sleeves, and trousers under multi-pleated aprons. The back of their tops often has a design



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NAXI: A MINORITY KNOWN BY MANY NAMES

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of the Big Dipper, the Sun, the Moon, and/or seven stars with tassels hanging from them. Men's clothing is plain with no decor.

One Naxi family told us they celebrate many Han holidays as well as their own including their Naxi Farm-tool Festival in January, their Dragon-king Fair in March, their Mule and Horse Fair in July, and other lesser holidays.

When we first walked into one Naxi home, the hostess served us squash seeds and tea in a wooden bowl. In another, these were served by a host; and we did not learn if either was typical. In a third, both host and hostess did apologize that they had no wooden bowls for tea because they had a kitchen fire a few weeks earlier. When we asked if they always use bowls for tea, they did not answer, so we never learned why that comment. We did ask if they use the bowls for breakfast; and they said no because they usually only have steamed bread then. For lunch and dinner, they often serve pickled pork but they had none then even though it can last without refrigeration for years. We never learned the reason they mentioned it but had none to offer us.

They did talk about dinner when they eat a baked pie that is not filled. They served us a pickled cabbage vegetable soup, some cured meat, and some steamed rice, all on big flat plates. The meat was dried and in very big pieces. We did not learn if this is a typical evening meal but were told they like belly pork with black mushrooms and piquant peppers, spicy fish dishes, *doufu* with wild vegetables they call *jue yin*, and eggplant with sesame seeds soaked in vinegar. We did eat three meals with three different Naxi families, always had *yin jue*, a special yellow Naxi sweet wine from rice buried in flasks dugout when needed at all three meals, but not one of the dishes mentioned.

One Naxi family in Lijang did serve us wheat rolls called Naxi bread, and chickpea noodles they called 'Rock Bridge Noodles.' These were at meals with soybeans, scallions,

chili peppers, and vinegar; and they were pickled. The liquor was home-made and fiery, already on their tables, and with a dish of cooked bean curd. It was, they said, served at banquets, weddings, and funerals.

All three meals had three dishes, all were the same, the first dish was always sweet, the second had lots of chicken as the protein, the third was a thick soup with corn and rice. They told us their staple foods are rice, maize, wheat, potatoes, and beans.

Some of the families we ate with were Daoists, others Buddhists. We did try, but to no avail, to discuss their food and their religious beliefs. In one home, they

served a plate of candied cakes made with popped corn and roasted walnuts, in another the pork was very fatty and did look and taste like chicken. We did ask about that, but they could not explain why. This family said they raise their own food, and when we tried to learn what these foods were, they looked embarrassed and said no more.

Did they not understand; or were they prompted about what they could tell us? Or had the food been sent in as they could not answer our many food questions? Were they nomadic folk like

the ones we did see? Wonder about? One thing we did notice in all three homes was the low front door. It required every one of us to bend to get in and out. We did ask about this but learned only a little about that.



They did tell us bending low is to "honor their god". It is traditional to serve eight dishes to guests, but they apologized for their meager offerings. We did wish we had recipes and could make some of the foods, but we did not get any answers about what was in many of them. They did tell us they are monogamous, do not practice walking marriages which are the only vestige of their matrilineal life-style.

Interestingly, every family did want to give us some food to take, but going to a hotel, we said thank you, but not on this visit, and did thank them profusely for their hospitality. They looked uncomfortable when we did. Below is the only Naxi recipe we found in a Chinese cookbook. It does taste close to foods we were served.

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NAXI: A MINORITY KNOWN BY MANY NAMES

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PICKLED NAXI-STYLE SPICED RIBS

Ingredients:

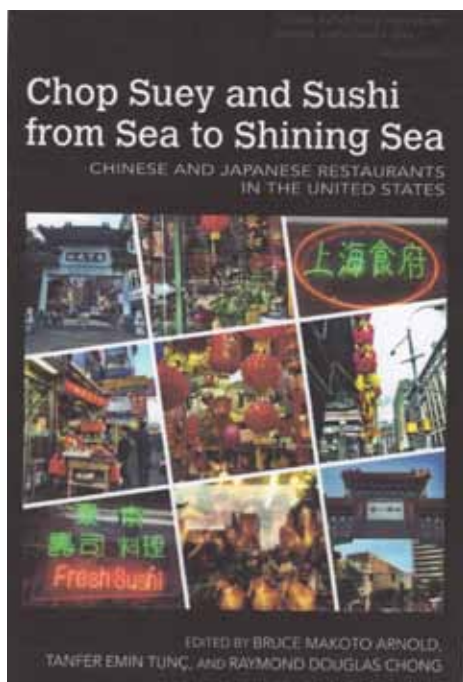
- 2 pounds of spare ribs
- 1 Tablespoon Chinese rice wine
- 1 Tablespoon crushed rock sugar
- 1 teaspoon Sichuan peppercorns, crushed
- 1 teaspoon ground fennel or anise pepper
- 2 cups vegetable oil
- 3 scallions, coarsely chopped
- 1 teaspoon crushed whole cloves
- 1/4 cup Shao Xing wine
- 1 cinnamon quill
- 3 black cardamon pods, crushed
- 3 Tablespoons thin soy sauce
- 3 cloves fresh garlic, peeled and coarsely chopped
- 3 slices fresh ginger, coarsely chopped
- 5 chili peppers, cut in half, seeds discarded
- 1 teaspoon fennel seeds, coarsely chopped
- 2 teaspoons cumin seeds
- 1 Tablespoon Chinese black vinegar

Preparation:

1. Cut the ribs into individual pieces, then mix them with the rice wine, sugar, peppercorns, whichever crushed pepper used and let the ribs rest for two hours.
2. Next, heat the oil, then deep fry the ribs for one minute, and then drain them putting them in a large stock pot. Cover them with water, add all the spices and bring this to the boil, then reduce the heat, and simmer then for ninety minutes, then drain and chill the ribs.
3. Now, filter the stock and store it covered in the refrigerator until chilled.
4. When almost ready to eat, reheat the oil and fry half the ribs for three minutes until golden and drain them. Then fry the rest of the ribs, toss both sets with the vinegar and put them on a large pre-heated platter and serve them.



ON OUR BOOKSHELVES



ARNOLD, BM; TUNG, TE; AND CHONG, RD., EDITORS, *Chop Suey and Sushi from Sea to Shining Sea*. FAYETTEVILLE AR: UNIVERSITY OF ARKANSAS PRESS, 2018. 335pp

Funded in part by the Julia Child Foundation, this collection of thirteen essays and its introduction are heavily weighted toward Chinese food and facilities. Ten are by a single author, three by two of them, the Introduction by just one author. Two are focused on Japanese food and facilities, three Asian-fusion related, the rest have a Chinese focus.

This type of collection is sorely needed and appreciated because one does learn things about many eateries that are not listed in the Index and should be. This book pays little attention to the restaurants mentioned after tantalizing readers with a cover that says: "Chop Suey and Sushi from Sea to Shining Sea; Chinese and Japanese Restaurants in the United States." Some chapters tout only their family eateries, others offer historical tidbits or background, some share the percentage of capital an owner or two put in to get it open, while others share even less-important information. A few tell the dishes they serve or where it is located.

The credits on the rear cover are from academics as is this reviewer; and they call the book thoughtful and thought-provoking. It does not provide enough of either because it does not tell enough about foods served in any restaurant. It says it is a "provocative and informative collection of essays that examine Chinese and Japanese restaurants (using) archival, historical, ethnographic, and literary methodologies." We wish it had more of all of these.

What it does provide is personal perspectives of the eateries of the authors and their families showcasing them, not the foods they serve. This book is "chock-full of tasty morsels for foodies and scholars alike." We did not see or taste enough of them.

This scholar felt short-changed in the four-page Foreword and a duck recipe in this reviewer's publication, *Flavor and Fortune*. But his single-page Preface short-changed it says very little while his ten-page chapter shares but a few generations of his family's restaurants in several cities, and lots about how much money many owners financially contributed to a particular place.

One of the best chapters, a long one, is about the evolution of Taiwanese cuisine in a Flushing Queens neighborhood, 1970 to the present. It discusses that community and why roots were put down there, includes some earlier background, and many of the restaurant principals, how they transformed the menus and why. Differences between Taiwanese and the Chinese cuisines, their struggles related to needed economic security, enlarging dish offerings and why they serve the foods they do.

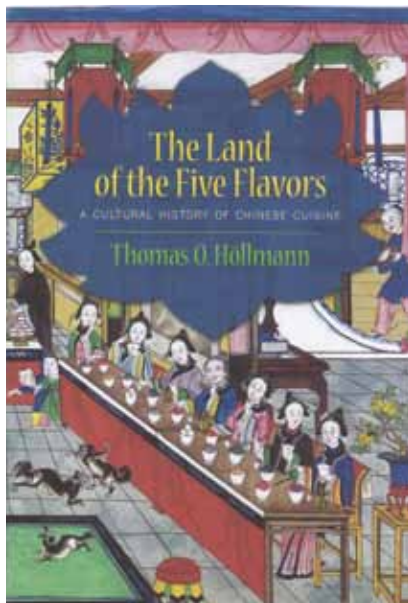
There are forty-seven pages of Chapter Notes, bibliographic context, six pages about the contributors and a four page Index.

This book is a good beginning, it needs a more detailed Index for its three hundred thirty-five pages, a list of the restaurants and where they are written about should they do a reprint. It also needs impact on culture, politics, and foodways, the ethnicity of each restaurant, their locations, and more.

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ON OUR BOOKSHELVES

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HOLLMANN, THOMAS O., EDITORS, *The Land of the Five Flavors.* NEW YORK: COLUMBIA UNIVERSITY PRESS, 2014. 198PP.

This cultural history of Chinese Cuisine describes and illustrates a breadth of Chinese historical sources. It is insightful, clear, and easily understood. It

covers the earliest empires and continues on to when published with photos, sketches, even recipes that allow tasting them mentally,

The author, is a China scholar, and in this volume follows food culture from burial rituals to today's fast food deftly and deliciously. Through them, one gets a sense of China's regions, inventions, crops, spices, herbs, even many of its superstitions. This is a fascinating view of these and more, and it is a great source of this country's culinary arts and practices.

Carefully translated by Karen Margolis, her talent brings these eight chapters alive from the first titled: 'Rice Doesn't Rain From Heaven' to the last called 'Tavern of Eternal Happiness' and the 'Epilogue.' After them, Tables illuminate China's oil seeds, *Allium* vegetables, harvest yields, fruits, mammals, birds, fish, and plants. These latter items include their botanical names. They end with a list of China's ethnic minorities, where most of each of them live, and their population data in 2000.

This book ends with Western, Japanese, and Chinese bibliographic sources in its three-language fifteen-page bibliography; a valuable ending before the sixteen-page two-column detailed Index. We were amazed at the breadth of information in its pages. Would that other authors provided these detailed sources with succinct text, as this one does.

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KIWI: GOOSEBERRY IS STILL A YANG-TAO

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and marketing blitz that made this wild and virtually unknown fruit make meg-millions of money.

It originated in China as a wild tree fruit known in their language as *yang tao* or *mihoutao*, also a *teng li* or vine pears. It did grow wild and mostly in the Yangtze valley. Now it is grown there and in also Australia, France, Italy, New Zealand Taiwan, and several South American countries.

LOCAL MEATBALLS

Ingredients:

1 pound fatty pork, minced
1/4 cup shrimp, minced
3 Shiitake mushrooms, soaked, stems discarded, and minced
1 onion, minced
large kiwi, peeled and diced
3 water chestnuts, minced
1 teaspoon salt
1 teaspoon sugar
dash ground black pepper
2 Tablespoons soy sauce
1 1/2 Tablespoons cornstarch
1/2 pound spinach, blanched and drained well

Preparation:

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

SWEET AND SOUR VEGETABLES

Ingredients:

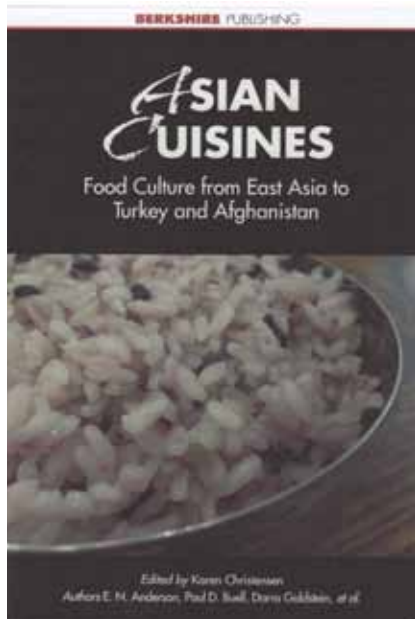
11 large green-fruited kiwi, peeled and cut in large cubes
1 Tablespoon cornstarch
1 large kohlrabi, peeled and cut into thin strips
1 medium carrot, peeled and cut into thin strips
3 red radishes, not peeled, just cut into thin strips
1 Tablespoon peeled fresh ginger
1 Tablespoon granulated sugar
1 Tablespoon rice vinegar
1 Tablespoon thin soy sauce
3 Tablespoons vegetable oil
1 Tablespoon sesame oil
1 small chili pepper, seeded

Preparation:

1. Mix kwi pieces and cornstarch.
2. Put them and all other ingredients in a bowl and let them stay in the refrigerator overnight.
2. Before serving, mince the chili pepper and let this steep on hour, add the other ingredients then drain and serve; and if too piquant, remove some or all of the chili pepper pieces.

ON OUR BOOKSHELVES

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CHRISTENSEN, KAREN, EDITOR, *Asian Cuisines. GREAT BARRINGTON MA, 2018. ISBN 9781614720300. 158PP.* Subtitled: Food Culture from East Asia to Turkey and Afghanistan, this volume is about the world's largest continent. Learn about its food history, food culture, and food science. It is subdivided into three geographic

regions of East Asia, Southeast Asia, and Central and West Asia. One of them has eight chapters, the other two each with five chapters. Most are individual cuisines but not the first two; they are about Chinese cuisine and traditional Chinese medicine and diet, respectively. After them, is a final section of five chapters discussing foodstuffs. These are about rice, tofu, tea in East Asia, tea in South Asia, and the Spice Trade; all critical food items in this continent.

The cuisine chapters explore how the foods in these seventeen countries were shaped; including their economics, traditions, rituals, and culinary, as well as their history, geography, religion, and trade. Each chapter includes a local recipe and is authored by a local expert. They are LD Buell, EN. Anderson, D. Goldstein, and many very knowledgeable folk.

After them, two pages are about these contributors, two include other book credits, a two column Glossary using the Latin alphabet with words in their local languages, a four-page two column Index

The cuisine chapters are about China, Mongolia, Japan, Korea, India, and South Asia, Thailand, Laos, Vietnam, Indonesia, Malaysia, Singapore, the Philippines, Central Asia, Afghanistan, Iran, Iraq, and Turkey. Each has one recipe enabling tasting its tantalizing cuisine.

AN UPCOMING ISSUE WILL INCLUDE A COMPLETE TRANSLATION OF YUAN MEI'S RECIPES FROM THE GARDEN OF CONTENTMENT

CHINESE FOOD IN THE US

When the first wave of Chinese immigrants come to the United States (U.S.), most did arrive in San Francisco, their 'Gold Mountain.' If any came before this large group, there are few if any, records about them. They may have come as individuals or in very small groups, surely by boat, and from China; though maybe some did trek up the Baja Peninsula from Mexico or Peru, a few may have even trekked south from Canada were poor men; who came to the U.S. facing racial hatred, language barriers, and/or other barriers in the US.

Most may have remained on the West Coast taking jobs at low pay running laundries, tailor shops, fruit stands, and some menial tasks; though not all did. A few eventually opened restaurants or worked in them. Some of these did serve dollar dinners and inexpensive foods first attracting a mostly male clientele.

As more and more Americans did discover these eateries, they learned mostly about Cantonese food and liked it. These were exciting new foods. Eventually, they brought friends and family to them. As their numbers grew, these restaurants expanded.

The earliest dishes might have included steaks and hamburgers. Many soon added Chinese dishes including fried rice, chop suey, and chow mein. Their Chinese chefs added other items. A few reporters did write about them and this did increase interest in them. A few local churches also did include recipes for some of their dishes in fund-raising cook books. A few did use a Chun King ingredient in them.

Their few dishes did use an ingredient or two started by Jenò Paulucci, an Italian in middle America that was thought to be Chinese. Maybe they became popular because a New York City restaurant famous for its cheesecake used them. These dishes included Chow Mein Reubenola, a recipe that used two non-Chinese ingredients, butter and sour cream. They also had a dish with seven vegetables including bean sprouts, onions, celery, mushrooms, water chestnuts, bamboo shoots, and tomatoes. This and their other dishes did gain a following. After World War II, this and other Chinese dishes actually lost popularity as soldiers stationed in Asia knew better. Authentic Chinese dishes took their place. Other Chinese restaurants opened and served newer-to-Americans-Chinese-dishes that were more exotic or more recognized.

The fear of the thousands of Chinese who fled communism after 1943 did abate thanks to the ten thousand Chinese war-brides of American servicemen allowed to enter the US (between 1945 and 1952). Married to American GIs who fought the Japanese during World War II, they joined the thousands of Chinese after the repeal of the Chinese Exclusion Acts in the late 1940s and 1950s.

Many of the newer Chinese immigrants did open Chinese restaurants serving regional Chinese foods unknown in the US. They quickly became popular and the returning GIs and others had no fear of trying them. They went with their families and friends and found that they loved Chinese foods. They also made some of them at home thanks to books such as those by Helen Brown's *West Coast Cookbook* (1952), and Buwei Yang Chao's *How to Cook and Eat in Chinese* (1945). These and others had a huge impact on Chinese food consumption.

As more Americans were exposed to better Chinese food, the Chinese dishes in Chinese eateries did improve. The number of Chinese restaurants did increase, too. The Brown book was written by a West Coast American living where half the Chinese population in the US lived then. The Chao book was written by a Chinese lady on the East Coast who spoke little English but her eldest daughter helped with it. Her book received frequent and excellent reviews though few knew it was published by Pearl Buck's company, an author whose own books were adored. This may have helped as did the explosion of interest in Chinese food and places that served it.

New Chinese immigrants also helped as their American neighbors did see, smell, and savor some of their aromas and cooking. These did impact their local communities, their foods, and culinary exposure. These new immigrants were highly literate, and they used and/or joined Chinese and American organizations to help them advance personally and economically. All together, these did change their lives and those of work places, their work mates and did help increase consumption of Chinese food in the US. Some Chinese food in the US was Americanized; that also made more people eat their food as did other Chinese cookbooks and their content.

The recipes that follow are typical of both classic and Americanized Chinese food. The first recipe is in a style of the Brown book. The second one is word-for word from the Chow one. Enjoy both, and the picture, one of four, depicting a Chinese wood-cut view of the effects of Chinese food. (JMN)

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CHINESE FOOD IN THE US

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BEEF AND SNOW PEAS IN XO SAUCE

Ingredients:

2 Tablespoons dried shrimp, simmered for one hour
10 dry scallops, soaked for fifteen minutes in hot water, then simmered for half an hour
3 Tablespoons vegetable oil
1/4 cup minced peeled onion
3 cloves fresh garlic, peeled and minced
1 small chili pepper, seeds discarded, then minced
2 Tablespoons minced Smithfield ham
1/4 teaspoon ground black pepper
1 pound sirloin steak, cut into small cubes
3 Tablespoons Chinese rice wine
3 Tablespoons mushroom soy sauce
1 Tablespoon cornstarch
1/2 teaspoon granulated sugar
1/2 pound snow peas, ends and stings discarded, each cut in half on an angle

Preparation:

1. Dice shrimp and shred the scallops, then mix them together.
2. Heat a wok or fry pan, add both, and stir-fry the onion and the garlic for two minutes, then add the chili pepper and stir fry for half a minute.
3. Next, add ham, black pepper, and the steak cubes and stir fry for two minutes, then add the rice wine, soy sauce, cornstarch, and sugar and stir-fry an additional minute before tossing in the snow peas. Stir-fry this for two minutes; then serve in a pre-heated bowl.

WINE SMOTHERS MEAT SLICES

Ingredients:

2 pounds pork chops, boned
1/2 cup sherry or 3/4 cup white wine
3 Tablespoons soy sauce
1/2 teaspoon salt
1 teaspoon sugar
1/2 scallion, chopped
2 slices ginger "if available"

Preparation:

Cut meat into 1/2-inch-long and 1/16-in-thick slices. Mix in the seasoning. Start with low fire and simmer 1/2 hour. If you are careful to keep lid fairly tight, the flavor will puff out impressively when swerved. With rice and a green, this will serve six. The juice on the rice, yes. Soy sauce on the rice, never!

This wood cut is from the Chinese cookbook by Ni Zan discussed on the next page:



EARLY CHINESE COOKBOOKS

Many early Chinese cookbooks, before the 6th century CE, have been lost to posterity. Some are known because they were mentioned in later books, but many of them do not have complete citations, exact quotes, or even their recipes. Therefore, there are limited references about them. An example is a fine book by Cui Hao, a prime minister at the beginning of the Northern Wei Dynasty (386 CE).

But even with those kind words, from where we know not, very little is known about this volume other than the author was executed for treason. In Chinese, it is called *Shi Jing* and is said to have had recipes from the author's mother who dictated them to him. What is known about this book includes that not a single recipe has been located. One source did say they include both banquet and every day dishes, but as the recipes have never been seen, even that can not be guaranteed.

Another very old item is called the *Essential Skills for Daily Life*. By Jai Sixie, the Prefect of the Shandong Province in Gaoyang written in 533 CE, it has the Chinese title of *Qi Min Yao Shu* which in English is translated as the *Essential Skills for People's Daily Lives*. Actually, it is not one book, but nine volumes, the last two include its recipes. The other seven show how advanced Chinese agriculture was in those days. The information in them is about making food; the first known source of instructions for making soy sauce. It says it needs choosing the best soy beans. First soak them, to steam them, then ferment them, in that order. Another recipe is for roasting a pig. Yet another is for making salted black beans. We have never seen any of its recipes translated into English; have you?

A later book that also survives is simply called *The Book of Recipes*. It includes fifty-eight of them. Some are for a special feast that includes six recipes of

dishes with lamb. Archeologists did find another early book titled *Records of Home Cooking*. It is by a Mrs Wu; her first name not known. Her book includes seventy-six recipes.



Yet another book published soon after this one is by a hermit whose name is Lin Hong. It is titled *Simple Offerings of a Mountain Hermit*. He lived in the Zhejiang Province. This volume is best remembered for its Lamb Hot Pot. That recipe some call 'Rinsed Lamb', and we know not why. I remember eating it years ago at a restaurant in Hangzhou that faced the lake. When doing so, I did wonder why popular other than for its original source; the taste was unimpressive.

A popular painter named Ni Zan, shortly thereafter, does write a fifty recipe cookbook called *Food System of the Yulin House*. This volume is written while he lives on a boat on Lake Taihu. The four wood cuts (one on the previous page and three on this one) are from this book. Ni Zan is a well-known landscape painter who did like to cook foods in wine or water, sometimes with broth. We remember he had a great influence on Yuan Mei. That chap was a gourmet who did have influence on Chinese food. You may recall that this magazine did publish Yuan Mei's Iced Bean Curd recipe, and it was well-received. Look for it in the recipe list found at this magazine's website that lists all articles, recipes, etc. at: www.flavorandfortune.com. To date, that web site lists the more than two thousand recipes this magazine published since its first issue in 1994, the more than one thousand articles, the many book and restaurant reviews, etc. (JMN)

SILK ROAD CULINARY INFLUENCES

China no doubt adds foods or beverages seen or tasted when traveling along the roads latter dubbed the "Silk Roads". They may have come from places they knew not whose foods they savored on the way, to or from China. Maybe they encountered them at one of the many night bazaars or caravanserai they visited along the way. At them they could be avoiding thieves or others with similar thoughts in mind. These foods might be from the Middle East or from Central Asia, maybe a 'stan' country such as Uzbekistan, Turkmenistan, or Kazakhstan.

You can read about some of these foods in articles in earlier issues of *Flavor and Fortune*, such as in the Summer Volume 10(2) in 2003, in Volume 13(4) in 2006, or in Volume 22(1) in 2015. These had more than ten recipes, and most brought letters to the editor complimenting the articles or the recipes, or both. In issues titled "Savoring Diversity on the Silk Road," "Eating on the Silk Road," or 'Silk Road Foods, Faces, and Fancies.'

Many were dishes new to the Chinese including renditions of lamb dishes and other meats. Those traveling these routes did see, stop, and sup on the meats, or fruits and vegetables new or known to them. Their names and preparations might be different because they did come from different parts of the world, or maybe they knew of them or had tasted them before.

Lamb was the most popular meat along this ancient route, 'halal' or otherwise ritually slaughtered, sold and served by Muslim or other vendors for whom pork, the favorite Chinese meat, was forbidden. The foods came from folk of various religions. *National Geographic*, in its December 2017 issue reports there could be from almost two billion followers of Islam, six million Taoists, more than half a million Buddhists, close to a million Confucianists, almost fifteen million Jews, more than twenty-five million Sikhs, and/or one billion Hindus nearby or traveling these routes. Many vendors and purchasers could have food proscriptions allowing or disallowing certain foods, some doing so only on certain days. In the Middle Ages, Muslims were more tolerant than they are today, but how restrictive then and when traveling is not certain.

Those observing halal dictums were not served pork, dead animals, and more due to their religious restrictions. Some culinary offerings from their cauldrons, woks, or grills did reflect where they came from and what they believed. These were challenges for purchasers who may not have been able to ask or understand answers about ingredients or preparation techniques.

Many vendors did sell barbecued meat on skewers known as *kao yangrou* along with flat bread known as *nang*. Their customers may have thought them delicious or disgusting, salty or plain, prepared in or with vegetables grilled, other things, too. They could be entrails on sticks, boiled dumplings, dough called *yangrou shuijiao*, in soup, or stacked and spicy or in a very vinegar sauce. What ever was served, plain or with tomatoes, eggplant, or peppers, of Uyghur or Kashkar origin, made with one or more fruits including plum, apricot, mulberry, melon, grape, pomegranate, apple, pear, or western melon, it mattered not to the Chinese if they were not Buddhists as long as they liked its flavor or how hungry they were. Some wanted to copy it when they returned home so remembering it was important to them.



Some fell in love with the tea, red or green, that was hot and heavenly, or the beer they called *baijiu* if cold or not, timid or tasty, flavored or plain, or a fruit juice, yogurt, melted or solid ice cream, or whatever they may have purchased. What did matter was what it tasted like, if they could afford it, if they cared about its ingredients, and/or if they had thoughts of selling it when back home.

These tastes of merchants, monks, traders, pilgrims, or ordinary people along this Seidenstrasse, a name coined later by Ferdinand von Richtofen after one of his seven trips to China from 1868 to 1872, probably broadened their culinary exposure, filled them if hungry, etc. They also may have purchased to keep or resell things they saw and appreciated. These could be new or special silks, nephrolith jade, lapis lazuli, a mummy or two, and other things they saw along the way, some perhaps their first contact with things Chinese never seen before.

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SILK ROAD CULINARY INFLUENCES

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While the Chinese army did police these routes, there were bandits at bay trying to outfox the many travelers; some got away with stealing and outwitting General Chao's army of seventy thousand mounted and foot soldiers there to protect them. The contacts, if positive, increased cultural and culinary exchanges, ideas, religions, clothing, military maneuvers, even art. The people and products could be those they stole, and things never before seen including caves such as the Kizil Caves, Mogao Grottoes, Caitya Caves, and places for shelter when no caravanserai were available for their safety.

By the end of the tenth century, there were fewer Silk Roads and more maritime possibilities. Some experiences became available by folks such as Aurel Stein, a Hungarian working for the British government who made it to Douhuang in 1907 using Xuanzhang's seventh century descriptions. He left China with twenty-four cases of manuscripts, paintings, relics, and more than one hundred pounds of written items in a dozen languages including some in Sanskrit, Turkish, Judeo-Persian, and Chinese. One was the famous 'Diamond Sutra' which was sixteen feet long, printed with wood blocks in 868 CE, and written six centuries before the Gutenberg Bible. It may have been his most valued acquisition.

Since then, we found only one Silk Road cookbook. By Najmieh Batmanglij, it shares one hundred fifty recipes, made from the ancient networks of trade and travel. They are, she says, from the Mediterranean and from Xian to Samarkand, Uzbekistan to Istanbul. They illuminate some of the foods encountered, some of her personal favorites, and others to follow and open one's eyes to what may have been available on this Seidenstrasse.

She writes of a bread, torn into pieces in a lamb-based soup called *Yang Rou Pao Mo* probably served with one or more garnishes, and made with many seasonings, dried vegetables, and with lamb. Popular in cities along the routes, the book has dishes known as Braised Lamb, Rollers with Mutton, and others, renditions of some follow. Try and enjoy the fact that all our travels are no longer on foot or on the back of a donkey or a camel. Most are in air-conditioned buses after staying, at air-conditioned hotels with indoor plumbing and other modern conveniences. The many small eateries along the way nowadays are less small, indoors, or in your imagination. New ones are there, too, so dine on her notions or other things you locate. No need to go hungry nor must one travel there. Just cook any of these or others, and enjoy doing so. (JMN)

TORN BREAD AND LAMB SOUP

Ingredients:

1 pound lamb shoulder, cut into one-inch cubes
5 slices fresh ginger, slivered
piece of cheesecloth or a spice bag
3 scallions, cut into half-inch pieces
3 star anise
1 Teaspoon Sichuan peppercorns, crushed
1 teaspoon fennel seeds, crushed
1 piece cassia bark
1 Chinese cardamon
1 teaspoon coriander, chopped
3 Tablespoons Chinese wine
1 pound all-purpose flour
1 teaspoon granulated garlic
½ teaspoon sesame oil
½ teaspoon baking powder
1 small bundle dried cellophane noodles
10 dried lily buds, broken in pieces
3 large wood ear pieces, crushed
2 Tablespoons thin soy sauce
1 Tablespoon bouillon powder
2 teaspoons Chinese black vinegar
½ teaspoon chili oil
1 peeled tomato, cut into eight pieces

Preparation:

1. Put lamb and the ginger into a large soup pot, add four quarts of cold water, with the spices in the step just below and simmer for one hour; skim if/as needed.
2. Into the cheese cloth, or a spice bag, put half the scallions, and all the star anise, Sichuan peppercorns, fennel, cassia, cardamon, and the coriander and knot to keep them in, and add it to the lamb and liquid in step 1; and remove and discard it after it simmers for one hour, and turn off the heat source after adding the wine and setting it aside for half an hour.
3. Mix the flour, garlic, sesame oil, and baking powder with two or three tablespoons of cold water and knead until smooth, then roll out thinly, cut into one-inch squares, and boil them for two minutes, then drain and put into the lamb soup.
4. Break up or cut the cellophane noodles, and do likewise with the lily buds and wood ear fungi, and add them and the soy sauce, bouillon powder, black vinegar, and the chili oil, adding them and bring the soup to the simmer just before serving it. Add the reserved scallion and the tomato pieces. Ladle into diners individual bowls, and serve.

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SILK ROAD CULINARY INFLUENCES

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BRAISED LAMB SILK ROAD STYLE

Ingredients:

1½ pounds boneless lamb, cubed
1 Tablespoon cornstarch
½ teaspoon ground cloves
½ teaspoon ground cardamon
½ teaspoon coarse salt
¼ teaspoon ground white pepper
1 large lettuce or cabbage leaf
10 dried apricots, each cut in four
¼ cup pecan halves
1 Tablespoon pomegranate molasses
3 Tablespoons Chinese rice wine
2 cups hot cooked rice

Preparation:

1. Mix lamb with cornstarch, then toss it well with the cloves, cardamon, salt, and pepper and let rest for fifteen minutes.
2. Put leftover spices at bottom of heavy pot, then add the lamb pieces.
3. Now add the apricots, nuts, pomegranate molasses, and the rice wine in that order, and bring this and one cup of water to the boil, reduce heat quickly, and simmer for one and a half hours, then set aside for another half an hour. Reheat to serve with or next to the cooked hot rice.

HEXI LAMB WITH ROLLERS

Ingredients:

1 cup wheat flour, 1 Tablespoon set aside to toss the lamb
½ teaspoon salt
2 teaspoons vegetable oil, divided
½ teaspoon ground Sichuan pepper
¼ teaspoon ground finely minced fresh ginger
¼ teaspoon ground white pepper
1 cup chicken broth

Preparation:

1. Mix lamb and set aside tablespoon of flour, and let rest for fifteen minutes, then simmer in half cup of water for half an hour.
2. Mix rest of the flour with the salt and the ground Sichuan pepper, minced fresh ginger and the ground white pepper and half cup cold water, and mix then knead until smooth.
3. Roll this out to about the same thickness as thick noodles, brush the oil on one side, then sprinkle the Sichuan pepper, ginger, and white pepper on top, and roll loosely, then cut into two inch pieces. Fry on all sides until tan and cooked, then remove to a plate.
4. Put these rolls, the lamb and its broth, and a half cup of cold water into a small pot, bring to a simmer, and cook until the meat and dough are cooked through, about half an hour, the serve.

LAMB AND CABBAGE PANCAKES

Ingredients:

2 cups wheat flour
½ cup and 1 Tablespoon cold water
½ teaspoon salt
½ pound ground lamb
½ teaspoon five-spice powder
¼ teaspoon ground cumin
1 Tablespoon dark soy sauce
½ teaspoon coarse salt
1 cup chopped cabbage leaves
1 scallion, minced
¼ teaspoon granulated garlic
1 teaspoon sesame oil
¼ teaspoon ground white pepper
2 Tablespoons white sesame seeds
½ cup vegetable oil

Preparation:

1. Make the dough mixing flour, salt, and half cup cold water. Knead for eight minutes, adding an extra tablespoon of water if it seems too dry.
2. Cover with a clean dish towel and set aside to rest for an hour, then roll into a long thin rectangular piece of dough.
3. Make filling next mixing meat, five-spice powder, cumin, soy sauce, and the salt, then mix with the chopped cabbage leaves, and the ground white pepper, and spread on one of the six-inch square piece of the dough. Roll it and its filling into a cylinder about three-quarters of an inch thick, press it down lightly, then sprinkle some of the sesame seeds on top, pressing them gently, as well. There should be enough dough to make five or six such cylinders.
4. Brush about a tablespoon of the oil in a wok or fry pan, and fry one or two until tan, then turn it over and fry the other side. When tan on both sides, remove to a paper-towel-lined plate, and fry the rest of the rolled stuffed pancakes, one or two at a time; then serve.

LAMB ON SKEWERS

Ingredients:

1 pound boneless lamb loin, cut in two-inch cubes
1 Tablespoon ground chili powder
1 Tablespoon ground cumin
2 teaspoons coarse salt
5 cloves fresh peeled garlic, minced

Preparation:

1. Mix cubes of lamb with the chili powder, cumin, and salt and refrigerate covered overnight.
2. One hour before cooking the meat, put the meat cubes on skewers and on a plate, When ready to cook, put the skewers on a heated grill or charcoal briquets turned white and cook for five minutes, turning the skewers every minute. Remove and allow to rest for two to three minutes, then serve.

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FIVE-SPICE LAMB CHOPS

Ingredients:

5 loin lamb chops
½ teaspoon coarse salt
1 Tablespoon each ground cumin, ground coriander, sweet paprika, ground white, black, and/or cayenne pepper
¼ cup vegetable oil or 3 Tablespoons chicken fat
3 shallots, sliced thin
½ pound spinach leaves, stems discarded

Preparation:

1. Toss lamb chops with the five selected spices and toss together.
2. Heat wok or fry pan, add shallots and the oil or the fat and stir-fry for two minutes then add the chops and brown on each side then cook three minutes more per side, then remove and stir-fry the spinach until wilted, then move it to a pre-heated platter, put the chops on top, and serve.

BLACK BEANS, LAMB, AND GREEN PEPPERS

Ingredients:

¼ cup fermented black beans, lightly mashed
¼ cup Chinese rice wine
3 Tablespoons vegetable oil, divided
3 green peppers, seeded, and cut in wide slices
1 pound boneless leg of lamb cut in thin slices
1 Tablespoon minced fresh garlic
1 Tablespoon minced fresh ginger
20 canned ginkgo nuts
¼ cup chicken stock
2 Tablespoons thin soy sauce
½ cup minced scallions
2 cups cooked hot rice

Preparation:

1. Mix black beans and wine aside, heat the wok or a fry-pan, add half the oil, then add green peppers and stir-fry five minutes.
2. Add rest of the oil, the lamb and stir-fry until brown on all sides.
3. After all the lamb is fried and brown, add the garlic, ginger, soy sauce, ginkgo nuts, and the stock, two tablespoons cold water, and half the scallions. Bring to the sauce to the boil, add the black beans and boil until reduced by half, then the rest of the ingredients. Serve over hot cooked rice.

KOFTA KEMBOBS

Ingredients:

20 wooden skewers soaked half hour in water
5 cloves peeled garlic, minced
1 teaspoon coarse salt
3 Tablespoons minced onion
3 Tablespoons minced cilantro
½ Tablespoon ground coriander
½ teaspoon ground cinnamon
¼ teaspoon ground cumin
½ teaspoon ground allspice
¼ teaspoon ground cayenne pepper
¼ teaspoon ground ginger
¼ teaspoon ground black pepper
1 egg white, optional
1½ pounds ground lamb

Preparation:

1. Soak wooden skewers for thirty or more minutes in tepid water.
2. Mix prepared garlic, salt, onion, cilantro, coriander, cinnamon, cumin, allspice, cayenne, ginger, and the black pepper and gently mix with the ground lamb, and set aside for half an hour.
3. Mix egg white and spice mixture and the ground lamb, shape into twenty balls, and load two of them onto a pair of the soaked skewers kept next to each other. Then flatten these slightly and refrigerate covered for one hour.
4. Grill the skewer pairs turning each pair together every two minutes four times, that is eight turns for eight minutes, then serve.

LAMB WITH GROUND SEAWEED

Ingredients:

4 to 6 lamb chops
½ teaspoon seaweed powder
3 leaves basil, minced
¼ teaspoon minced fresh garlic
½ teaspoon cornstarch
1 Tablespoon dark soy sauce
1 teaspoon sa cha sauce
¼ cup chicken broth
1 Tablespoon cornstarch

Preparation:

1. Rinse and dry the lamb chops using paper towels. Then mix seaweed powder and the basil and toss them with this mixture and set aside for half an hour.
2. Next, brush them with cornstarch mixed with the soy sauce and sa cha sauce, and let them rest another half an hour.
3. Bring the broth to the boil, add the chops, and simmer about six minutes or until no longer pink, then serve

**OUR NEXT
ISSUE WILL BE
OUR 100TH ONE.
WE HOPE YOU
WILL ENJOY THIS
UPCOMING ISSUE.**

MEALS IN TWO COUNTRIES



SPICY HOME TASTY; 1087 Jericho Turnpike; Commack NY 11725; phone: (631) 543-8880.

In the space once occupied by different Korean eateries, China settles in. Here Sichuan food takes center stage, particularly in many hot and cold appetizers that are bigger and better than at most Sichuan restaurants. Reviewers have noticed them and their other fine dishes.

Thirteen tables are empty late one afternoon on our first visit, but they fill up soon thereafter. We need three pushed together for eight of us. Large parties give up waiting at dinner time, when it is more popular. On that first visit, when we leave, every table is filled, more than half turning over in our first hour.

We order five appetizers and they are bigger and better than in other Sichuan eateries. The Beef and Tripe has slices thicker than most, seasoned better than most, and tasting better, as are the Sesame Noodles. Here, Pork Belly comes loaded with sweet chili oil and few hot peppers; and it is an absolute winner and a must!

Dan Dan Noodles with Minced Pork is smaller than usual, but quite good; though truth be told, we like ours spicier and begging for more hot peppers. Noodles here taste commercial; we prefer them hand-pulled. Should you wonder why, because made that way, they have better texture. The eight Wonton in Chili in our

portion are big, beautiful, and fantastic. All but one at our table loves them.; that holdout says their dough is tough. She should order Dumplings in Chili Oil as their exteriors are more tender. Everyone loves the Scallion Pancake and their Spring Roll, so do order them and never omit them.

All soups win everyone's heart, but be warned, they are more expensive than most appetizers. On the plus side, each one we order feeds all eight of us. So does the Lamb Dry Pot, loaded with Chinese celery, black fungus, lotus root slices, pepper pieces, and bamboo shoots; but not enough lamb to share. We request a knife and do just that.

Chow Fun Scallion Fried Rice comes with every Hot Sauce-style dish. This sauce looks like the ones saying Pickled Chili-style, but its taste is not similar. So try any one in this group. On our second visit we try several others and learn how good they can be.

Not so for the sweet and sour dishes, they swim in too much sauce and many are over dry-fried rectangles of rice. On two visits, a whole fish we order never arrives. On one of them boneless fish comes instead, though we never did order it. At another meal, they tell us they have no whole fish. But on our fourth visit the one Chengdu Style does; and it is great!

Outstanding in taste is their Tea Smoked Duck, however, it comes with splintered bones. They need to sharpen their cleavers for that dish and for the Chengdu Style Roasted Chicken with Spicy Sauce. We learn their Dry Pot Lamb is a must, and we do learn not to omit it on any visit.

This Spicy Home Tasty has luscious lunches under nine dollars, each with a choice from three soups or a spring roll. One gets white rice and tea, too. Each of the twenty-two choices are large enough to feed two. Maybe that is why it is packed at that meal. Could also be why many take left-overs home.

Enjoy it and their menu with its many full-color photographs. They show off many of their fine dishes from many regions of China. The number one chef is from Chengdu. Xian Chun Du and his talented crew do a fine job, service here is solicitous, and most dishes are delicious. This is a 'go-to' Chinese restaurant.

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MEALS ON TWO CONTINENTS

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XIAO SI CHUAN; 736 Route 25A, EAST SETAUKET NY 11733; phone: (631) 364-9679. New and nifty, this eatery is one of their many in China, only this one is in the United States. We welcome Chef Cheng Jiang He and his culinary crew. They are already busy feeding us and many Stony Brook University students packing the place. We, they, and others have found this eatery just half a block east of Route 97. Long Island is lucky to have this ten-table Sichuan treat feeding us all great Sichuan dishes.

We go there often. It is five miles, door to door, from our home, and we consider ourselves lucky that it is. Often the only Caucasians among its clientele, the Stony Brook students have discovered it and fill the tables. Others are trickling in, finding it spicy and special.

We go often, others do too, as the word gets out that 'real' Sichuan food is available here. At many meals it is packed, between meals it is less so. We suggest you meander in to enjoy its perfect piquant provincial chow.

After you have, then you can peruse the poor take-out menu and visualize its great dishes. When there, garner the hard-cover picture main menu and enjoy its beauty and lovely pictures of many of the dishes they serve. One is more perfect than the next, wish the take-away one was the same to remind us of their many visual and delicious dishes.

Fish here is particularly tender and terrific. Likewise the many vegetable offerings. We adore the ones with duck, vegetables, nifty noodle delights, and their Mapo Doufu. This last item is smaller than those at other places, but bigger in taste. The many Dry Pot dishes are better, too. So is their Duck's Blood Beef and Tripe in Spicy Soup; so do not miss it! We can say that about every dish here, even the fiery chicken dish with some hundred chili peppers that burn all the way down. Took three times to order it, saw it red and robust on other tables until we did. We were sorry to have deprived ourselves on those previous occasions.

Not all Chinese restaurants in this neighborhood are open every day, but Xian Si Chuan is, and that is great to know. One can go from 10:30 in the morning except Sundays when they open half an hour later. They close at 9:00 pm that day, half an hour later Monday through Thursday, and an hour later on Fridays and Saturdays. They are crowded at most dinner times, and if more than four, be aware most of their tables only seat four, but many of their dishes feed more than that.

We often take out dishes from this great place, they reheat well in our microwave, so bigger ones, and most are, is no problem. We do have only one complaint, it is their tea. It is often tepid and always tasteless, so bring our own or enjoy their soda. That is, a small price to pay for some of the best Sichuan food anywhere on Long Island!

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MEALS ON TWO CONTINENTS

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NANJING RESTAURANT; STRADA MANU GEORGHE 2-4; Bucharest, Romania; phone: 40-1-311-1550. In the Minerva Hotel, we visit this restaurant on our only day in this city. Unfortunately, it is also a day when Chef Yong on is on home leave. It opened in 1980 and then was the only Chinese restaurant in this country. That day, it is being patched and painted, updated, too, but still serving Chinese food.

Here, foods did introduce several generations of Roumanians to Chinese food. The local lady manning the woks does do a fine job. Chef Yong would be proud of her and the use of his recipes, plating, and presentations.

By the time you read this, he will be back, and she and Maurius, the head waiter and the entire staff will again be doing a fine job with his leadership. We had dishes from the bi-lingual menu and did enjoy them. There are a dozen appetizers, four chicken and duck dishes, and many platters he designed. Even the fine fruit salad and dessert dishes are adored here.

The tea is not worth drinking. We look into its lovely ceramic pot to learn why; Only half submerged, we see and taste a stale tea bag labeled 'apple fresh' but fresh it is not. It is neither green as requested, nor fresh as stated. In addition, they did not serve any to my husband. This did compound their problem. I had shown my business card. Did they think I was handing out his and believe Jacqueline a man's name?

We did request half orders so the two of us could taste more dishes. It took fifteen minutes before they served one, and then they served us two over-fried and complimentary one Sweet and Sour Chicken with two tiny pineapple pieces and probably half its can of pineapple juice. Sickly sweet, we each had but one bite and it tasted sweeter than it looked, swimming in some thick glop. The other was four appetizers, one creative with separated minced chicken, its white meat surrounding its dark meat. It looks lovely, and tastes good, too.

We did order Fried Octopus and Ants on the Hill, a common Chinese dish, and we paid for them. It was chopped pork made to look like those insects. It was almost tasteless, overcooked, too. Still hungry, we ordered Nanjing-style Duck, One leg arrived piled high with red and green sweet peppers, a few bamboo shoots, and in a sweet sauce. Not Nanjing style or taste, maybe it is Cantonese with a touch of Shanghai. Local friends

tell us the regular chef-prepared dishes can be great. We left asking about their menu; why was Nanjing also printed Nan Jing on their menu? When we paid our bill, we did wonder if their English on vacation? (JMN)

**KNOW ANY
RESTAURANTS
WORTH
REVIEWING?
DO ADVISE US.**

SKIN BEAUTY IN WINTER AND ALL YEAR

As winter approaches, and all year, consuming soup every day can help skin shine. This radiance needs to increase as wind settles in and temperatures drop more than any other time of the year. Soup nourishes the body, particularly the skin, and it eases the mind, as well. Drinking or eating soup each and every day surely makes one's exterior glow. My TCM practitioner friend assures me it is something I should try. I recommended it to friends living as I do in this Life Care Community. Last winter several of us tried his recommended behaviors for assorted periods of time, several weeks or more. Most were thrilled that they worked.

Many made their own stock, two recipes of his are below. They did help us save money and improve our looks. Furthermore, less expensive than canned or boxed ones, and it was more tasty, too. He provided a vegetable stock and a chicken stock, that could also be a ham stock or a shrimp, fish, or a seafood stock. He said to add vegetables and or fruit to the first one, or, poultry or meat, or fish or seafood to the second one. The Chinese have known to do these for generations, and they benefit when doing so.

VEGETABLE OR FRUIT STOCK

Chop a pound of carrots coarsely, add another of soy bean or mung bean sprouts, tails without their long skinny ends, and minus their seed coats, too. Add a few dried Chinese black mushrooms, their stems cutaway and minced after they get soft, a piece of tangerine peel, its pith scraped into the garbage. The caps minced fine, a couple of quarts of tepid water, and a teaspoon of salt simmered together for an hour or two. Then remove and squeeze liquid out of the mushrooms and into the stock as soon as they can be handled. Mince the caps coarsely, the stems finely and put them into the stock. Then use this vegetable-stock mixture, or store it in the refrigerator. *It can stay about two weeks, before making your soup using one of the recipes below.*

CHICKEN, HAM, OR SEAFOOD STOCK

Scald a chicken, or a pound or more of pork bones, or two pounds of fish bones and/or seafood shells with a piece of tangerine peels, the pith discarded, and a few tablespoons of minced Jinhua or Smithfield ham, or a Chinese sausage, all minced, then simmered for one or two hours, then strained and discard the bones. It can be used immediately, stored, for a week in the refrigerator, or frozen for two or three months, then used in one of the recipe below.

PUMPKIN SOUP WITH WHITE FUNGUS

Ingredients:

½ pound Chinese pumpkin, peel and seeds discarded, flesh chopped
1 Tablespoon white fungus, soaked for half an hour, then chopped, too
1 or 2 Tablespoons Chinese or Smithfield ham, minced
6 cups chicken ham, or seafood stock
3 Tablespoons water chestnut flour
2 Tablespoons thin soy sauce
1 pumpkin shell steamed until almost soft (optional)
½ teaspoon coarse salt, (optional)
1 Tablespoon minced coriander)

Preparation:

1. Steam the prepared pumpkin, then mash it and mix it with the minced white fungus pieces.
2. Add the water chestnut flour and stir well, then add the thin soy sauce, and the salt, if needed, and simmer for fifteen minutes, then serve in the pumpkin or in a pre-heated soup tureen with minced coriander sprinkled on top.

WALNUTS IN PIG'S TAIL SOUP

Ingredients:

3 Tablespoon walnuts meats, peeled of their paper skins, then chopped
3 dried figs, coarsely chopped
1 small pig's tail, cut into single bone sections, then blanched for three minutes then drained
10 cups ham stock
3 Tablespoons canned chick peas, paper outsides discarded.

Preparation:

1. Soak walnuts, figs, and pork pieces, each in its own bowl of tepid water, overnight, the pork tail refrigerated, then strain the water each water into the soup stock.
2. Simmer the chick peas, stock and all drained items together for two hours, then strain and discard any fat or items not wanted in the soup, and remove meat from the sections of the pig tails, and cut the meat smaller if need be.
3. Add salt and serve in a pre-heated soup tureen.

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FISH HEAD AND FRUIT IN VEGETABLE SOUP

Ingredients:

1 large or 2 small fish heads
1 Tablespoon coarse salt
1/4 teaspoon ground white pepper
1 Tablespoon Chinese rice wine
2 Tablespoons cornstarch
1 Tablespoon vegetable oil
2 slices fresh ginger, slivered
1 chayote, peeled, its seed discarded
1 small papaya, peel and seeds discarded
1 cup firm vegetable, peeled and cubed (optional)
1 Tablespoon vegetable oil
2 quarts strained seafood stock
1 teaspoon coarse salt
1 sprig parsley coarsely chopped

Preparation:

1. Rub fish heads with salt, and set them aside for half an hour, then rinse and dry them, and coat them with ground pepper, rice wine, and the cornstarch and set aside for fifteen minutes.
2. Heat vegetable oil, and stir-fry the slivered ginger and stir fry for one minute, then add the chayote and papaya pieces and stir fry for ten minutes.
3. Now add the stock and mash the fruit and vegetable pieces and simmer for another fifteen minutes, add the salt, and serve in a pre-heated soup tureen sprinkling the minced parsley on top.

Bird's nests can also make the skin more beautiful, so add these recipes, too.

MANGO PUDDING WITH BIRD'S NEST

Ingredients:

3 bird's nest molded pieces, soaked until soft, ten drained
1 mango, peel discarded and diced into small pieces
2 boxed mango jelly pudding powder or two envelopes or two teaspoons plain gelatin
2 Tablespoons granulated sugar
2 egg yolks, beaten well
2 cups cold milk

Preparation:

1. Drain bird's nests.
2. Mix jelly pudding, sugar, and two cups boiling water, stir well, and let this cool, then add the egg yolks and stir well.
3. Mix gelatin powder with 1/2 cup of cool water, then mix with the jelly mixture before stirring in the bird's nest pieces and the mango pieces, and pour this into a mold and refrigerate for four hours, then when set or ready, remove from the mold and serve.

STUFFED WINTER MELON WITH SEAFOOD AND BIRD'S NEST

Ingredients:

40 grams or two molded pieces of bird's nest, soaked until soft, drained, and then minced
1/4 pound shelled cooked shrimp, veins discarded, shrimp chopped coarsely
1/8 pound crab meat, cartilage removed, then coarsely chopped
1/2 cup stock, divided into one and 1/2 cup amounts
1 egg white
1 pound winter melon, cut into half-inch thick circles
1 slice fresh ginger, minced finely
1 teaspoon cornstarch
dash of sesame oil

Preparation:

1. Dry shrimp, crab meat, and winter melon pieces with paper towels.
2. Steam the winter melon circles for six minutes.
3. Mix bird's nest pieces with shrimp, crabmeat, egg white, ginger pieces, and sesame oil and put some on each melon slice, and then steam them for three minutes.
4. Mix cornstarch and half cup of cold stock, heat this stirring well, and then pour over the melon circles and serve.

FRIED SHRIMPS AND BIRD'S NESTS

Ingredients:

1/4 cup soaked bird's nests, minced
1/2 pound shrimp, shells and veins discarded, minced
1 Tablespoon vegetable oil
3 egg whites
1/2 teaspoon salt
dash sesame oil
dash of white pepper
1/4 teaspoon sugar
1 teaspoon thin soy sauce
1 teaspoon cornstarch
2 Tablespoons stock or water

Preparation:

1. Dry the shrimp, then mince them and mix them with the bird's nests.
2. Oil ten Chinese porcelain spoons.
3. Add the egg whites to the shrimp/bird's nest mixture, and fill the ceramic spoons, then steam them over boiling water for five minutes and then allow them to cool.
4. Heat the salt, sesame oil, white pepper, soy sauce, cornstarch, and the stock or water and stir until thick and heated.
5. Use a knife, slide the steamed mixture off the spoons, pour this over the shrimp/bird's nest set spoon mixture, and serve.

SHRIMP IN CHINA

China produces tons and tons of fresh water shrimp in ponds, salt water ones too. They collect tons and tons of them and other seafood they raise. They also import more of all of these than does any other country in the world, and they raise more than any other country because of their extensive aqua-culture. There is an industry began long before any other country even thought to do so, and more than other countries do today.

The early Chinese were the first to develop aqua-culture of any kind. Long after they did, in 2015 for example, they produced almost fifty million metric tons of it. We once read it was actually more than forty-seven million metric tons that year alone. And the amount has grown since.

In shrimp, they farm mostly salt water types, but also farm tons of fresh water shrimp. China produces most farmed fish and most farmed shrimp in the entire world, more than the rest of the world combined. Some experts argue they exaggerate their numbers as they are self-reported. We think they produce and consume far more seafood than any other nation. Seafood has always been a large part of their diet; and how much they eat, we know not.

The Chinese are rapidly expanding their middle class and their upper class, so they are taking their shrimp consumption to new heights. For example, between 2005 and 2015, shrimp consumption did increase by more than 123%. Over the same ten-year period, shrimp imports to China also increased while shrimp exports decreased so China is now one of, if not the world's largest importers of shrimp.

Seasonal demand of shrimp and all seafood during Chinese New Year impacts these numbers, prices and availability is one reason why. Eating fish and shrimp, not one or the other, on Chinese New Year is for the Chinese very symbolic and very much a part of this festival. Fish symbolizes prosperity to them; each symbolizes prosperity for the upcoming year.

The Chinese word for abundance is pronounced exactly the same way they pronounce the word for fish; it is *yu*. While many use a different word for each sea creature, they all also group them as 'fish,' and in China the cost of all foods of the sea increase dramatically leading up to Chinese New Year. There are some species that experience price increases up to and beyond fifty percent at that time. While shoppers might complain, they also pay whatever it costs.

To the Chinese, shrimp represent liveliness, happiness, and good fortune. Long noodles represent long life. Lettuce in Cantonese means good fortune. And most want all of them on their New Year's Eve dinner table. This is the Chinese Spring Holiday, and shrimp is an important part of it assuring a year of happiness. So is fish as it represents a year of surplus. They also want, spring rolls or dumplings for more money as income, or meaning an increase in position.

Also, each home will have a 'Tray of Togetherness' with eight sections filled with eight goodies to offer guests and wishes for them and their families. Who would not want that for the New Year and the coming year? These foods belong in their homes during this festive season.

Invented during the Han Dynasty, Red Cotton Shrimp, especially those from Lake Taihu are known for their flavor, tenderness, and fatty texture. They are often served on New Year's Day; are sweet, sour, and crisp, and they remind of Liu Bang's founding of this dynasty. So does a priceless dress worn by the hostess probably purchased for his wife as thanks for her help in setting a trap to kill Han Xin, he then a former ally-turned-potential-usurper.

Many families make this dish or one of many others using shrimp, a steamed whole fish not to cut into their luck during the coming year, and many other dishes wishing themselves and myriads of luck, surplus, long life, and other wishes to start their New Year off in an upbeat manner thinking positively as the New Year begins with many in their family there to share it with them. (JMN)

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SHRIMP IN CHINA

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HAN DYNASTY COTTON-BALL SHRIMP

Ingredients:

1 pound sweet-water shrimp, shells and veins discarded, then minced finely
3 Tablespoons pork floss, chopped
1 teaspoon black sesame seeds
2 egg whites, beaten until very foamy
1/4 teaspoon salt
1 Tablespoon Cheese rice wine
2 teaspoons water chestnut flour
1 teaspoon ground Sichuan peppercorns
3 Tablespoons lard
1 Tablespoon sesame oil
1 teaspoon sesame oil
1 teaspoon red tomato skin, sliced finely

Preparation:

1. Mix minced shrimp, pork floss, sesame seeds, egg whites, salt, rice wine, water chestnut flour, and the ground peppercorns, and with wet hands, make the shrimp mixture into two-inch balls.
2. Heat a fry pan, add the lard and the sesame oil. Fry the egg white balls turning them often until they float on the oil. Then remove them to a paper towel-lined plate, and in two minutes, to a serving plate, discarding the paper towel.
3. Sprinkle the tomato slivers on each egg white ball, and serve.

BAMBOOS SHOOTS AND SHRIMP ROE

Ingredients:

1 pound winter bamboo shoot tips, peeled, cut in wedges, simmered for an hour, then drained
3 dried black mushrooms, soaked in one cup hot water until soft, water squeezed out and reserved, the mushrooms caps sliced
1 Tablespoon frozen green peas, soaked in boiling water for five minutes, then drained
2 Tablespoons shrimp roe
2 Tablespoons vegetable oil
1 teaspoon oyster sauce
1 teaspoon cornstarch
1/2 teaspoon sesame oil
1/2 cup chicken stock
salt and pepper to taste

Preparation:

1. Heat a wok or fry pan, and stir-fry the shrimp roe for one minute, then remove to a small bowl and mix with the drained green peas.
2. Heat a wok or fry pan, add the oil, then the bamboo shoot wedges and the mushroom slices and the oyster sauce, sesame oil, chicken stock, and salt and pepper and stir for two minutes. Put in a pre-heated bowl, put the shrimp roe on top, and serve.

SHRIMP AND EGG WHITE OVALS

Ingredients:

10 shrimp, shells and veins discarded, then butterflied, lightly pounded flat into one piece
2 egg whites, beaten until soft peaks form
3 Tablespoons cornstarch, divided in half
1 Tablespoon vegetable oil
1 Tablespoon white vinegar
1/2 cup soup broth
2 Tablespoons shrimp or any red roe

Preparation:

1. Mix egg whites with half the cornstarch and put them on the flattened shrimp flattening them with a wet knife.
2. Mix half the cornstarch with one tablespoon of cold water.
3. Oil ten Chinese soup spoons and put them and one topped shrimp on each soup spoon into a pot with the vinegar and half a cup of water and the broth. Simmer them for two minutes until the shrimp and egg white mixture slides off the spoons, then turn them over for an additional minute, then move them to a platter.
4. Add cornstarch and water to the pot, boil one minute until thick, and pour around the shrimp items, then sprinkle the tomato slivers on them, and serve.

PIQUANT SHRIMP

Ingredients:

1 Tablespoon vegetable oil
3 cloves garlic, peeled and minced
3 Tablespoons minced onions
4 scallions, one minced, three angle-cut
3 slices fresh ginger, coarsely chopped
1 Tablespoon paprika
1 small piquant pepper, seeded and minced
1/2 pound shrimp, peel and veins discarded
salt and pepper, to taste
1 Tablespoon white vinegar
1 Tablespoon wine vinegar

Preparation:

1. Heat fry pan, add oil and when hot, add and stir-fry minced garlic, onion, scallion, ginger, paprika, and the piquant pepper pieces for two minutes, then add the shrimp and continue stir-frying until the shrimp are barely pink.
2. Then add the salt and pepper and the two vinegars, and half the angle-sliced scallions.
3. Remove to a pre-heated bowl, sprinkle the rest of the scallions on top, and serve.

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SHRIMP IN CHINA

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FRIED STUFFED SHRIMP

Ingredients:

½ pound fresh shrimp, shells and veins discarded
10 bok cai outer leaves, their top ends slivered
1 Tablespoon cornstarch
½ pound shrimp, shells and veins discarded, shrimp minced
½ carrot minced
½ teaspoon coarse salt
½ teaspoon bouillon powder
½ teaspoon sesame oil
dash ground white pepper
½ egg white
1 Tablespoon vegetable oil
½ cup chicken stock

Preparation:

1. Simmer bok cai bottom half pieces for two minutes, then put them in cold water for two minutes more, and then drain them and set them aside.
2. Then, coat their insides with the cornstarch and set excess aside..
3. Stir minced shrimp, salt, bouillon powder, sesame oil, ground white pepper, the egg white until sticky, then stuff this into the bok cai stem parts mounding it in each green part.
4. Heat wok or fry pan, add the oil, and fry the stuffed vegetable pieces, stuffed side down, for two minutes, then turn them over and fry green sides down for another two minutes.
5. Add chicken stock and stir any cornstarch left over from dusting the green bottom parts until slightly thickened.
5. Put the stuffed bok cai shrimp part up on a pre-heated platter, pour any sauce over them, and serve.

SHRIMP IN LYCHEES

Ingredients:

1 cup fresh lychee fruits, shells and peels discarded, fruits kept whole
1 cup boiled shrimp, shells and veins discarded, and then minced
½ teaspoon coarse salt.
dash ground white pepper
½ cup chicken stock
2 teaspoons cornstarch
2 egg whites

Preparation:

1. Mix minced cooked shrimp with the ground white pepper, then stuff each fruit carefully with about a tablespoon of the minced shrimp mixture and place them on a serving plate..
2. Stir the chicken stock, cornstarch, and egg whites and bring this the boil stirring constantly. When slightly thickened, pour this over the stuffed shrimp and serve.

NONYA SHRIMP

Ingredients:

½ pound shrimp, shells and veins discarded, cut down the backs but not cut through, then flattened
1 Tablespoon Chinese rice wine
3 Tablespoons vegetable oil
1 small chili pepper, seeds discarded, then minced
3 small curry leaves, minced
1 teaspoon chicken bouillon powder
1½ teaspoon granulated sugar
1 Tablespoon evaporated milk

Preparation:

1. Soak shrimp in rice wine for two minutes, then drain and dry them with paper towels.
2. Heat a wok or fry pan, add the oil, and fry the shrimp for two minutes, then drain and add the chili pepper and curry leaf pieces and stir-fry for one minute, then discard them, and add the mashed preserved egg yolks until they bubble, then add the shrimp, bouillon powder, sugar, and evaporated milk, and stir until the shrimp are well-coated and pink, but no longer than one or two minutes.
3. Remove to a pre-heated platter, and serve.

CHAYOTE WITH SHRIMP

Ingredients:

1 chayote, peeled, seeds discarded, and cut each slice in half
1 Tablespoon dried shrimp, soaked ten minutes in hot water, drained, water discarded
1 Tablespoon vegetable oil
3 fresh garlic cloves, peeled and minced
1 slice fresh ginger, minced
½ pound fresh shrimp, peel and veins discarded, each cut in half head to tail
½ teaspoon ground white pepper
1 Tablespoon cornstarch
½ teaspoon granulated sugar

Preparation:

1. Heat oil in wok or fry pan, add garlic and dried shrimp, and stir-fry for one minute, then add the chayote pieces and half cup of boiling water stir-frying them for three minutes,. Now set this aside off the heat for five minutes.
2. Return wok or fry pan to the heat, add the fresh shrimp and the pepper, cornstarch, and the sugar and continue to stir fry until the fresh shrimp are pink, about two minutes.
3. Then put them in a pre-heated bowl and serve.

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DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

促進中國烹飪科學與藝術研究所

is a quarterly magazine published by
The Institute for the Advancement of the Science and Art of Chinese Cuisine
3 Jefferson Ferry Drive; S. Setauket, NY 11720

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A magazine of the
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