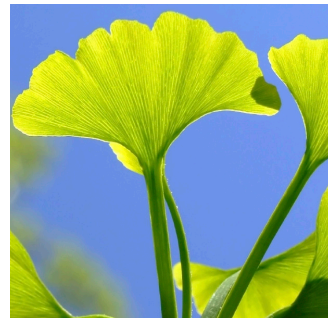


# FLAVOR & FORTUNE

DEDICATED TO THE ART AND SCIENCE OF CHINESE CUISINE

DONGBEI'S CHINESE FOOD;  
FOODS IN MANY DYNASTIES: AND



PORK BELLY; HEALTH FOODS;  
THOSE OF MONGOLIA AND MANCHURIA;  
BOOK AND RESTAURANT REVIEWS AND LOTS MORE.

FALL 2019

中國烹飪

VOLUME 26(3)

\$6.95 US/\$9.95 ELSEWHERE

# FOOD FOR THOUGHT

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## *About the Publisher*

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

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促進中國烹飪科學與藝術研究所

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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 about Chinese and related cuisines.

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# FLAVOR & FORTUNE

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Fall 2019

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The cover is of Dongbei's Russian Building and two popular Chinese herbs: Ginseng and Ginkgo.  
Pictures are by the editor or they authors of their individual articles.  
Articles ending with (JMN) were written by the editor.

## FLAVOR & FORTUNE

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*Dear Reader:*

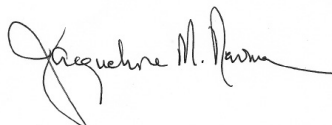
*This third issue of our twenty-sixth year of publication of the only Chinese food magazine in the US, another milestone for this quarterly. Thanks to the many for the kind words received from subscribers, the press, and others these many years.*

*In this issue is an article about foods from the Dongbei region whose three Chinese provinces are in that country's Northeastern corner. Another article is about pork belly, a five-layered meat that looks like bacon in many countries but is not smoked as it is. Pork belly is fresh in China and in many Asian countries, prepared in many ways, popular, and loved there.*

*Herbs and herbal dishes are also common in China. Most appreciated are uses of ginseng and ginkgo, as they have for thousands of years. Each uses different parts of different plants, both are adored and popular, both used for different health reasons, too. Information about them in English is hard to come by, so this article should answer many questions this magazine receives about them.*

*There are these and almost a dozen other articles included on unrelated topics, several dozen recipes, too, on its rear cover, and many pictures, as well. Enjoy them all, make many of them, and seek out related articles published on this magazine's complete listing of them on its web site at [www.flavorandfortune.com](http://www.flavorandfortune.com).*

*A public thank you for all the kudos that come our way from subscribers, the press too. They are appreciated as are all the requests, too. Together, we look forward to our one hundred and fifth issue, already almost complete, that follows this one. On our web are most articles, always free to subscribers.*



*Jacqueline M. Newman, its editor-in-chief since its inception*

# LETTERS TO THE EDITOR

## FROM DEH-DEH:

*A friend just told me tea is not the most common beverage in China; if not tea, which one is?*

**DEH-DEH:** Your friend is correct; the most common beverage in China is soup, often quite watery and sometimes called 'thin soup.' If it is from China's North, it commonly ends a meal; if from near or below the Yangzi River it might begin, be in the middle, or even end a meal.

There are other important beverages including those made of grains such as millet, rice, sorghum, or wheat, and if fermented might be called *jiu*. This is commonly translated as wine, its alcoholic content can vary, and during medieval times 'burned' or 'roasted' *jiu* was popular. Tea did not become popular until Tang Dynasty times.

Nowadays, there are many popular beverages and among the teas, Longjing tea often considered the best. Coffee consumption is growing, particularly in the Yunnan Province and by the country's youth. Tea is more loved by the elderly, though all Chinese enjoy it and other beverages in local tea houses they frequent often.

## FROM MAH IN JAPAN:

*Where in Hangzhou is the Pan Xi restaurant; and what cooking techniques and dishes are most popular there?*

**MA:** The web and every telephone directory says it is in Hangzhou, some say across the street from the lake and at 151 Longjin West Road, their telephone number: 86-2081721328. While we were there, one waiter told us they use many cooking techniques from the Guangdong Province, most Royal or Imperial Cooking ways prepare their foods; but not everyone agrees. He did say stewing was important as was cooking slowly and gently in liquid; and he went on adding most foods were not cooked directly over heat. We know that not using high temperatures keeps nutrient content high, foods most nourishing. Do read a soup recipe from that restaurant in this issue on page 27.

## JONG BONG ASKS:

*Which is China's first health food eatery?*

**JONG BONG:** Many told us it is the Tongrentang Imperial Palace in Chengdu, and that it opened in 1980 and makes foods based on recipes from a pharmacy in Beijing. Some said theirs is a very extensive menu, maybe a thousand dishes and for every part of a meal or condition. It is at Number 1 Zongfu Street, and every taxi driver we spoke to Hangzhou knew its address. A few said if we go there, every staff member knows every dish and what it is for.



## FROM TOM IN NJ:

*You wrote about a Manchu-Han Feast some time ago, but with little detail. Can you provide more, and advise when and where fortune cookies come from?*

**TOM:** As to your first request, Manchu-Han meals serve most dishes from the Manchu(rian) and Han nationality populations; and they became popular during Kang Xi and Qian Long imperial reigns during the Qing Dynasty (1644 - 1911 CE). Some were two separate events later combined into one. Some early ones included one hundred and thirty-four courses, those from the Manchu included beef, lamb ones often from the Huihe River area. Later, others came from south of the Yangzi River. Now these meals show off the best of North and South China using cooking techniques from both of them.

As to Fortune Cookie; many say they are more American than Chinese, and that David Jung, a Los Angeles noodle manufacturer should get credit for their development and early success. He borrowed an idea from Chinese rebels who exchanged messages in their buns, it caught on and now one company makes most of them, at least in the Eastern part of the US. Recently, they did contract with a Guangzhou company to make them with messages in Chinese and English, but were not successful in China. In the US, the largest company making and selling them uses the trade name 'Golden Bowl' and makes millions each and every week, some dipped in Chocolate to please the American sweet tooth.



## LETTERS TO THE EDITOR

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### LARRY:

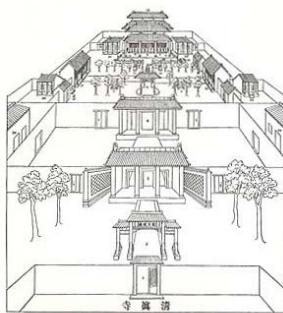
*How about an article about herbal, tea, and spices, chopsticks, too?*

**LARRY:** Thanks for your e-mail. Readers like knowing where writers come from, so in the future, we hope all will advise where they live or are writing from. As to herbs, they have been part of Chinese diets since antiquity. In the US, its Congress, in 1958, did pass a Food Additive Amendment Act for use in the US, pass the Nutrition Labeling and Education Act in 1990 for those needs, and the Dietary Supplement Health and Education Act in 1994 for those. They regulate all capsules, powders, gencaps, softgels and other health food and nutrition-related items; and if you want information about them, go to: <http://odp.od.nih.gov/whatare.html> to learn more about them. As to tea, not always a dietary supplement, it can reduce frequency of most chromatid exchanges in vitro, and these free radical scavengers are useful as drinking tea has a protective role in some diseases. Alcohol, high-fat foods, and well-cooked red meats have been associated with high cancer risks, green tea no different if milk is added to it, as you and others inquired. Spices have many roles, ginger, the rhizome of *Zingiber officinale*, very popular worldwide, turmeric related, and galangal and cardamon popular, too. Spices can be buds, leaves, fruits, or other parts of their plant with each one regulated differently. Many have been used for thousands of years, suggested for stomach aches, coughs, tonics, rheumatism, jaundice, anemia, swellings, headaches, etc., and their specifics can be and are very different.

Now, as to your last query about chopsticks, these Neolithic sticks, called *kuaizi* in Mandarin, were once known as *zhu*. They are best held one-third down from the top, thumb, index, middle and ring fingers placed on the upper stick, and it is best if both are even at their bottom end. Many tell us they express joy and good wishes, and Professor Zhao says for health reasons. add an extra pair at your table to pick up food from a communal plate. Each diner should use his or her own pair to move food into their own mouth. **AND, PLEASE:** Only one or two questions in a single letter.

### EDITOR:

*Do Chinese call some diseases 'yin' and others 'yang' and what body organs do they represent?*



**WILLIAM:** Your letter, truncated above, asks about, cancer and menstruation; both are *yin* conditions, hangovers and hypertension *yang* ones. Resources such as Wikipedia and other web sites provide much information; please use it; and thanks for your queries.

### NEWMAN:

*My wife is from the Dai ethnic population and seems to know little about her food heritage; the computer is of little help. Can you share some Dai dishes with us and other readers?*

**MR. MERCADO:** There is little information on the computer about this ethnic population, few if any recipes for their almost one and a half million people in China. Most live in the Yunnan Province, love sour, spicy, and crispy foods, and one Dai chap said his family and other Dai can know more than one hundred different ones. As his wife also lost contact with family members after coming to the US, and as he is not Dai, he says when he visited her family in China, he was served boiled sun-dried skin from cows that was fried and delicious with a spicy sauce with charcoal-roasted fish, piquant peppers, onions, cogon grass, and glutinous rice cooked in bamboo tubes, etc. Can others educate us about other Dai dishes beyond the sticky rice that was a favorite, as were eel dishes. He has no information about other Dai foods except to tell us he once read an article in *China Tourism*, but it had no recipes, either.



*Flavor and Fortune* did write an article about the Dai, but it had no recipes either, and it was in Volume 24. Go to the web index at [www.flavorandfortune.com](http://www.flavorandfortune.com) to read it.

### DR. NEWMAN:

*Was disappointed with no pictures or information about the Kaijeng Synagogue at the Diaspora Museum in Tel Aviv. Here are two to share, and we hope you will publish them.*

### LI WANG:

*Wish we could include everything readers suggest or send. We do thank you for the pictures.*

continued on page 7

## LETTERS TO THE EDITOR

continued from page 6

### BETTY ON L.I. WRITES:

Thank you and others for their many queries. This past issue was another lovely one and I did particularly like the articles about Jews and the city of Chengdu.

**BETTY:** Thanks your and everyone's letters; we were pleased so many liked these articles, as you did.

**DR. NEWMAN:** We three guys wonder about the origin of *The Book of Songs*, also the *Records of the Historian*. What are they?

**SIRS:** The ancient Chinese classic called *The Book of Songs* is the world's oldest anthology; it has three hundred and five items, some called verse, others said to be songs. It was written in Western Zhou Dynasty times or in the Spring and Autumn Period (1100 - 771 BCE, and 770 - 476 BCE, respectively), is divided into *Bi* or simile and metaphoric types, *Fu* or narration ones, and *Xing* or evocations of images remote from their central subjects, and was compiled by Confucius (551 - 479 BCE), though originally the collective effort of musicians from the Zhou Dynasty court over five hundred or so years, intended to inspire, communicate, even admonish laboring people. One compiler's son said its three sections titled *Feng*, *Ya*, and *Song* did become vehicles of protest.

*The Records of the Historian* was written by Sima Qian and he was a historian who wrote about the Han Dynasty (206 BCE - 220 CE). This important resource is about ancient China's three thousand years of political and military life from the tribal era of the Yellow Emperor to the reign of Emperor Wudi (156 - 87 BCE). It is a series of biographies and essays about the movers and shakers of their times written in one hundred thirty sections and is about emperors, nobility, celebrities, and ordinary folk and it stresses the complexities of ordinary people, rulers, and human nature; and is a set of books looking at China's socio-economics, market, and other regulations of its Dynasty, and the merchants who amassed wealth making the right deals at the right time. The author was the son of Sima Tan, the Grand Historian of the Han Dynasty who took over his father's position and learned thanks to books and archives in the Imperial library studying relationship between man and Heaven and revealing forces behind history. However, in 99 BCE, he did irritate Emperor Wudi and was imprisoned and emasculated for doing so, then was released and finished this book five years later. In it he discusses astronomy, agriculture, finance, and the arts, and this book is a major study about China's history and people.

### EDITOR:

Your *doufu* article was good, but too short with too few recipes. Many friends asked for more recipes.

**IN RESPONSE:** Our mailbox had many of these requests; here are some of them.

## MAKING DOUFU

### Ingredients:

1 cup raw soybeans, soaked overnight with one cup cool water and 1 1/4 teaspoons magnesium sulfate, known as Epsom salts.

### Preparation:

Grind, then strain out the solids, then put them with one cup cold water in a small pot and heat them at 180 degrees F for fifteen minutes. Then strain again, discard the solids and use the soy milk, putting it on and under a layer of cheese cloth with a weight on top and set at the texture you want; then cover and refrigerate overnight. When set, cut into any shape wanted, keep cool, and use in a few days.

## DOUFU SOUP

### Ingredients:

1/2 pound *doufu*, rinsed with boiling water  
1 small chicken breast, cut in thin strips  
1 small bamboo shoot, peeled and cut like the chicken breast  
6 cups chicken broth  
1 Tablespoon Chinese rice wine  
1 Tablespoon rendered chicken fat  
1 scallion, minced

### Preparation:

1. Prepare the first three ingredients, and put them into the broth and simmer for fifteen minutes.
2. Add the rice wine and rendered fat, and pour them into individual soup bowls.
3. Then, sprinkle scallion pieces on top, and serve.

continued on page 8

**VEGETARIAN  
STIR-FRIED DOUFU**

**Ingredients:**

- 1 Tablespoon vegetable oil
- ½ small cabbage head, shivered, core discarded
- ½ pond *bok cai*, slivered or cut in half-inch pieces
- ½ cup snow peas or melting mouth peas, slivered
- 1 Tablespoon *furu*, mashed
- ½ teaspoon *sa cha* paste
- 1 small carrot, peeled, slivered, and simmered for three minutes
- 1 Tablespoon cornstarch
- 2 Tablespoons vegetarian broth

**Preparation:**

1. Heat a wok or fry pan, add the oil, and stir cabbage and *bok cai* pieces for two minutes.
2. Next add the peas, the *furu*, *sa cha* paste, carrot, and the cornstarch and water mixed, and stir until thickened,
3. Serve in a pre-heated bowl.

**SPICY DOUFU**

**Ingredients:**

- 1 Tablespoon solid shortening
- ½ pound dried *doufu*, soaked until soft, the coarsely chopped
- 3 Tablespoons *furu*, mashed
- 2 Tablespoons minced ginger
- 2 Tablespoons granulated sugar
- 1 Tablespoon dark soy sauce
- 1 Tablespoons Chinese rice wine
- 2 Tablespoons sesame oil
- 1 small piquant pepper, seeded and slivered
- 2 Tablespoons water chestnut flour

**Preparation:**

1. Heat a wok or fry pan, add the oil, then stir in the soft chopped bean curd, the *furu*, ginger, sugar, soy sauce, and wine, and stir-fry for two minutes.
2. Next, add the sesame oil and stir, then do likewise with the piquant pepper pieces and stir-fry two minutes.
3. Add a rice bowl of hot water mixed with the water chestnut flour and stir-fry all until thickened.
4. Serve in a pre-heated bowl.

**SOY BEANS,  
LONG-COOKED**

**Ingredients:**

- 1 pound fresh soy beans, the outer and inner shells discarded
- ½ pound can bamboo shoots, shredded
- ½ pound fresh or smoked *doufu*
- 1 Tablespoon brown sugar
- 1 Tablespoon each, thin and dark soy sauce
- 1 star anise
- 3 whole scallions, angle slivered
- 3 slices fresh ginger, slivered
- 3 Tablespoons sesame oil

**Preparation:**

1. Put all ingredients except the sesame oil into a pot, stir well, then add one cup of cold water and bring this to the boil, then reduce the heat and simmer covered for forty minutes.
2. Now add the sesame oil, put all into a pre-heated bowl, and serve

**GLASS NOODLES,  
BELLY PORK, AND PUFFS**

**Ingredients:**

- 2 Tablespoons vegetable oil
- 1-ounce packet or transparent noodles, soaked until soft, drained, water discarded
- 10 dried small shiitake mushrooms, soaked until soft in one cup warm water, reserve the water, and cut each mushroom in quarters
- 5 slices fresh ginger, slivered
- 5 scallions, angle-slivered
- 10 fried tofu puffs, each angle cut in half
- 1 cup *choy sum*, stems cut into one-inch pieces, leaves separated
- 1 Tablespoon dark soy sauce
- ¼ pound belly pork, diced into small pieces
- ½ cup coriander leaves

**Preparation:**

1. Heat wok or fry-pan, add the oil, then the soaked noodles and the mushrooms, for two minutes.
2. Add ginger and scallion to the pan, and stir-fry for two minutes, then set this aside.
3. Add taro puff pieces, and stir-fry them for one minute, then add the *choy sum* stems and stir-fry for another minute before adding soy sauce and belly pork pieces and fry them until crisp; about two minutes.
4. Now add the *choy sum* leaves, and in one minute, then return the set aside ingredients to the pan, stir once, and serve in a pre-heated bowl.

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### **BLACK PEPPER DOUFU**

**Ingredients:**

- 1 cup vegetable oil
- 2 pounds firm *doufu* cut into thin one-inch squares
- ½ cup cornstarch
- 3 Tablespoons melted lard
- 3 Tablespoons minced fresh ginger
- 5 shallots, peeled and each cut into four pieces
- 10 cloves fresh garlic, peeled and sliced thinly
- 3 piquant dried peppers, seeded and thinly sliced
- 3 Tablespoons coarsely ground black peppercorns
- 3 Tablespoons sweet *kecap manis* (sweet soy sauce)
- 3 Tablespoons dark soy sauce
- 1 Tablespoons granulated sugar
- 5 scallions, each cut in one-inch pieces
- 3 cups cooked rice

**Preparation:**

1. Heat wok or deep fry pan, add the oil, mix *doufu* and the cornstarch and fry it in the very hot but not smoking oil until lightly browned and crisp, then drain on paper towels, and wash and dry the wok or fry pan.
2. Put lard in the wok or fry pan, then add the ginger, shallots, garlic, and piquant peppers and stir-fry for one minute or until they begin to get soft.
3. Now add the peppercorns, and the *kecap manis*, dark soy sauce, and granulated sugar and stir-fry for one or two minutes before adding the scallion pieces.
4. Pour this over the cooked thermally hot rice, stir-fry for two minutes, then put in a pre-heated bowl, and serve.

### **FROZEN BEAN CURD WITH MUSHROOMS**

**Ingredients:**

- 3 small *bok cai*, each leaf's length cut in half
- ½ pound bean curd, frozen overnight, then cut in small rectangles
- 2 Tablespoons thin soy sauce
- 10 dried Chinese black mushrooms, soaked until soft, stems discarded, each cap cut in four
- 10 fish balls, each cut in half or smaller
- 1 Tablespoons granulated sugar
- 3 cups fish broth
- 3 Tablespoons each, sesame and vegetable oils

**Preparation:**

1. Put *bok cai* in the bottom of a heat-proof casserole.
2. Put bean curd pieces on top of them, then the soaked mushroom pieces. Now pour the soy sauce over this, add the drained mushroom pieces, and those of the fish balls.
3. Next, mix the sugar, broth, and both oils and pour this over everything, and bring it to the boil. reduce the heat and simmer for twenty minutes, then serve.

### **DOUFU-STUFFED SPRING ROLLS**

**Ingredients:**

- 1 Tablespoon vegetable oil
- ½ pound ground pork
- 5 dried Chinese black mushrooms, soaked, stems discarded, caps coarsely minced
- ¼ pound fresh shrimp, veins discarded, then coarsely minced
- ¼ pound firm *doufu*, coarsely chopped
- 1 Tablespoon thin soy sauce
- 2 teaspoons lotus root flour
- 3 Tablespoons coarsely minced water chestnuts
- 2 Tablespoons coarsely minced canned bamboo shoots
- ½ cup bean sprouts, tails discarded
- 3 scallions, coarsely chopped
- 1 teaspoon sesame oil
- 10 spring roll wrappers
- ½ cup vegetable oil
- dipping sauce, if desired paper towels. Serve (with dipping sauce on the side, if desired).

**Preparation:**

1. Heat wok or fry pan, add the oil, then ground pork, and stir fry this about one minute until the pork is no longer pink.
2. Next, add the mushroom pieces and stir-fry for two minutes before adding the shrimp and stir-frying them for one minute more.
3. Now add the *doufu*, thin soy sauce and the lotus root flour and stir and then add the minced water chestnuts, bamboo shoots, bean sprouts and scallions and toss once or twice, then add the sesame oil and remove to a large fat plate and allow to cool.
4. Put three tablespoons of the cooled mixture into a spring roll wrapper and fold in the sides then roll but not too tightly, sealing the edge with a little water and put them seam side down on a clean dry plate.
5. Heat the vegetable in a clean dry wok or fry pan, add the oil, then put the rolls seam side down in it, and fry until lightly browned, turn them over and fry them on the other side until lightly browned, then remove to paper towels. Serve (with dipping sauce on the side, if desired).

# PORK BELLY: A FIVE-LAYERED MEAT

Pork belly is popular in Chinese cuisine and known that way or as 'five-layered meat.' The Chinese call it as *wu hua rou*. This fatty protein is found directly under the pig's belly, and in the US only available cured and called bacon (which is shown in column 2) It is a common breakfast food. In China, it is never cured, most often sold as the entire piece with or without the exterior skin, with or without its end flap, and rarely sold pre-sliced.

The entire belly pork portion can weigh about twelve pounds, and when we bought one, we would cut the flap off and grind or mince it making another dish, then cut the big piece in three or four pieces and freeze them for future use. We did appreciate the red and white layers when we braised them, when we kept them frozen, but rarely for many months because fatty meats have a shorter shelf life fresh or frozen, even meat well wrapped.

As a two person family now, we no longer buy the whole piece, but do purchase what would have been a third or quarter of it as that makes more than one meal for the two of us. We have been empty nesters for years, rarely have more than one or two guests, and now live in a life-care retirement community that does require payment for twenty main meals a month. Truth be told, we even have trouble consuming them because we eat out in Chinese or other restaurants or at my daughter's home a few times every month and rarely cook a large piece of meat. We do order belly pork when it is on the menu here, and always enjoy it (see belly pork picture on page 11).

This cut of meat is popular among most Asians; who know dozens of ways to prepare it, most long-cooked or quickly braised when cut into small pieces; and that way it cooks faster than cooked whole. Our rice cooker is a wonderful place to do that and there needs little attention until done.

Below, are several recipes for this particular cut of meat, and a great way to prepare it as is using any an electric vessel such as our slow cooker or rice cooker.

If you are not familiar with this type of meat, Wikipedia and other web sources have a plethora of recipes worth trying, and we offer a few below. Readers, we suggest learning how great this layered meat can be, learn how much fat is rendered, the meat ending up very tender, indeed. (JMN)



## TWICE-COOKED PORK BELLY

### Ingredients:

- 1 pound pork belly, cut in two-inch cubes, simmered one hour, drained the liquid discarded, the cubes dried with paper towels
- 2 Tablespoons thin soy sauce
- 1 Tablespoon dark soy sauce
- 1 Tablespoon vegetable oil
- 2 Tablespoons cornstarch
- 5 cloves peeled and sliced garlic cloves
- 3 scallions, coarsely minced
- 1 teaspoon granulated sugar
- 1 teaspoon sesame oil
- 1 cup brewed Chinese black tea
- ½ teaspoon ground white pepper
- 1 Tablespoon Chinese rice wine
- 1 Tablespoon chili sauce (optional)
- 1 leek, the white part only angle-sliced

### Preparation:

1. Mix belly pork cubes with the thin and dark soy sauces, sliced garlic cloves, and cornstarch, and set aside for one hour; then drain and use the marinade for another use, if desired.
2. Heat a wok or fry-pan, add the oil and stir-fry the garlic and scallion pieces for one minute, then add the drained belly pork cubes, sugar, sesame oil, brewed tea, and ground white pepper. Cover and simmer this and the other ingredients for half an hour, then uncover and simmer until the liquid is reduced by half, about twenty minutes.
3. Stir in half the leek pieces, put the belly pork in a pre-heated bowl, then add the rest of the leek pieces scattered over the top, and serve.

continued on page 11

## **PORK BELLY: A FIVE-LAYERED MEAT**

continued from page 10

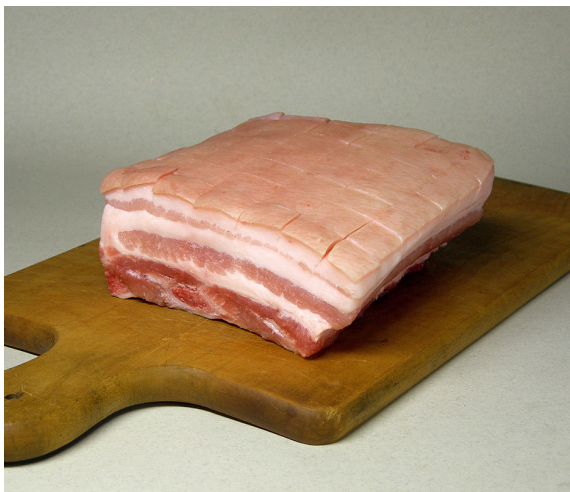
### **BEEF-BRAISED PORK BELLY**

#### **Ingredients:**

- 1 whole star anise
- 3 whole cloves
- 1 Tablespoon whole fennel seeds
- 2 pounds pork belly cross-hatching only through the outer skin layer, not into the five meat layers
- 3 Tablespoons vegetable oil
- 1 cup apple juice
- 1 large onion, thinly sliced
- 5 carrots, peeled, then angle-cut in half-inch pieces
- 5 dried apricots, each cut in four
- 2 twelve-ounce cans dark beer
- 3 Tablespoons rendered chicken fat
- 3 shallots, peeled and minced
- 1 Tablespoon lemon juice
- salt and pepper, to taste
- 3 Tablespoons minced bottle horseradish

#### **Preparation:**

1. Tie star anise, cloves, and fennel seeds in a square of cheese cloth and set aside.
2. Heat oil in a four-quart pot, add the belly pork, and the cheese cloth packet, and fry this until the pork is browned, and then pour off and all but two tablespoons of the oil.
3. In this small amount of oil, stir-fry the onion and carrot pieces for three minutes, then add the apricots, beer, chicken fat, minced shallots, lemon juice, salt and pepper, the lemon juice and the horseradish and stir-fry one more minute, and then serve it.



### **BITTER MELON, DOUFU, AND PORK BELLY**

#### **Ingredients:**

- 3 bitter melons, peeled, cut in half lengthwise, seeds discarded, then the halves sliced
- 1 Tablespoon coarse salt
- ½ pound firm *doufu*, cubed in half-inch pieces
- 1 Tablespoon vegetable oil
- ¼ pound cooked pork belly, outer skin discarded, and thinly sliced
- ½ cup vegetable broth
- 1 Tablespoon dark or mushroom soy sauce
- 2 large eggs, beaten well
- ¼ cup bonito flakes

#### **Preparation:**

1. Mix bitter melon slices and the salt and set this aside for half an hour, then rinse and drain it.
2. Next, squeeze out any water from the bitter melon, and divide them into two batches freezing one for an hour, and cooking the other half for fifteen minutes before draining them, and setting them aside on a plate.
3. Then, heat wok or fry-pan, add the vegetable oil and stir-fry both sets of bitter melon for two minutes before adding the pork belly pieces and stir-fry them with the bitter melon for three minutes.
4. Now, add the *doufu*, and stir-fry for three more minutes, then add the broth and soy sauce, and when hot stir in the beaten eggs, stirring this one minutes, a minute longer if you like your eggs more firm.
5. Put everything into a pre-heated bowl, and then serve.

### **PORK BELLY IN TEA SAUCE**

#### **Ingredients:**

- 2 pounds cooked pork belly, cut in one-inch cubes
- 3 Tablespoons thin soy sauce
- 2 Tablespoons cornstarch
- 3 cloves fresh garlic, peeled and sliced thinly
- 3 scallions, cut in one-inch pieces
- 3 Tablespoons mushroom soy sauce
- ½ teaspoon granulated sugar
- 1 teaspoon sesame oil

#### **Preparation:**

1. Mix the pork belly cubes with thin soy sauce and cornstarch and set aside for fifteen minutes.
2. Put the garlic and scallion pieces in a sauce pot with half cup of cold water and simmer them covered for fifteen minutes.
3. Then add the mushroom soy sauce, granulated sugar, and the sesame oil, and cover and simmer an hour, then put everything in a pre-heated bowl, and serve.

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**PORK BELLY: A FIVE-LAYERED MEAT**  
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**PORK BELLY  
AND DUCK EGGS**

**Ingredients:**

- 4 raw duck eggs simmered for five minutes, then put them in cold water, and peel discarding their shells
- 1 pound cooked pork belly without the skin, and grind or mince coarsely
- ½ cup granulated sugar
- 1 Tablespoon fennel seeds, coarsely ground
- 1 Tablespoon coriander seeds, coarsely chopped or ground coarsely
- 1 Tablespoon vegetable oil
- 1 cup pea leaves, coarsely chopped
- 1 Tablespoon coarse salt
- 6 cups chicken stock
- ¼ pound oyster mushrooms, coarsely chopped or thinly sliced
- 1 Tablespoon golden raisins
- 1 clove fresh garlic, thinly sliced
- 1 Tablespoon rendered chicken fat
- 1 cup all-purpose flour
- 2 chicken eggs, beaten well
- ½ cup bread crumbs
- 1 cup *panko*
- 3 cups vegetable oil

**Preparation:**

1. Mix pork belly, the sugar, and the coarsely ground fennel and coriander seeds with the salt and refrigerate for half a day or overnight.
2. Heat a wok or fry-pan, add the oil, and sauté the garlic for one minute, then add the oyster mushrooms and sauté another three minutes.
3. Now add the pea leaves and raisins and stir-fry for two minutes, then remove them to a bowl and cool for ten or fifteen minutes.
4. Then coat the eggs in flour, then in the beaten chicken eggs, and finally, in a mixture of bread crumbs and *panko* and set them aside for fifteen minutes or until the crumbs and *panko* look dry. Next cut each egg in half.
5. Reheat any remaining oil and deep fry the egg halves in it, and when lightly tanned, drain them on paper towels, and put them in the center of a pre-heated serving platter.
6. Mix the pork belly mixture and fry it two minutes before draining it on paper towels.
7. Put this on the platter around the duck eggs, and serve.

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# DONGBEI IS NORTHEASTERN FOOD

In the Northeastern corner of China are three provinces near Mongolia in the West, Russia in the North, and Korea not close but in the south whose cuisine is not well-known in the US, but restaurants featuring them are growing. They are the provinces of Heilongjiang, Jilin, and Liaoning whose people like many meats, pickled vegetables, dumplings, soups, and hot pots; also potatoes, a Russian influence. They also adore foods developed in the mid-1800s when China ceded part of this region near the northern terminus of the Great Wall.

Larger than Spain and Portugal together, this is more than three thousand square miles recognized for an important waterway emptying into the Yellow Sea, beginning at the seaport in Harbin and sitting on the Songhua River and emptying into the Sea of Japan. Here live more than one hundred million people, the provinces with the capitals of Shenyang, Changchun, and Harbin, respectively.

In the sixteenth century this area was led by Nurachi (1559 - 1628) who was building an Imperial Palace that was later completed by his descendants. His son, Abahai (1592 - 1643), did establish the Qing Dynasty in 1636; and he and many of his followers moved south after conquering Beijing in 1644, and by 1680, his people controlled most of what is now China.

During China's long history, only two dynasties were led by non-Han folk. The Mongols ruled for less than one hundred years (1279 - 1368 CE), the Manchurians for more than twice that time (1644 - 1911 CE); the Mongols ruling during the Yuan Dynasty, the Manchurians during the Qing. Both were Northern Chinese people who were very different from each other. The Manchu were better at stabilizing society and supporting past Chinese cultural traditions; they also shared leadership with the Han in the Northeastern Provinces once called Fentien, Kirin, and Heilongkiang.

Both groups loved meats, lamb particularly, also goose, venison, and horsemeat; and Heilongjiang was home to Xianbei, Khitan, and Jurchen people. The Manchu were home in Manchuria for whom their area was named.

Harbin, the capital of Heilongjiang, was called 'little Moscow' with many Russian foods loved there, many buildings built by Russians and in the Russian style. The foods included monkey head mushrooms botanically known as *Hericium orinaceus*, and deer, rabbit, sturgeon, grapes, corn, even ice cream.

These three provinces are where most Manchurians now live; and they are China's second largest ethnic nationality. All schools there now teach in Mandarin, but before, people here spoke, read, and wrote a Turguisic language now almost extinct, that did use the Mongolian alphabet.

Here they did grow many vegetables that withstood cold weather because they have many long winter months and they liked and still do, most cold-weather vegetables including those in the cabbage family and potatoes, too. Other than growing them, they grew and still grow ginseng, soybeans, and barley, and they mine lots of coal, and they use the Manchurian Imperial symbol which is a tiger with opium in its mouth. Most Manchurians are light-skinned, tall, and descendants of warring groups, some of whom did live here years ago.

Historians tell us these people came from along the Heilong and Wusuli Rivers while anthropologists say they probably were members of the Sushen tribe mixing with Yilou, Huji, Mohe, and Nuzhen tribes, all probably native to regions north of the Changbai Mountains. Those who did research them, believed they did use stone arrow heads, and wooden pomegranate bows and arrows, and arrived in this area some time between 11 and 221 BCE, were warring groups who gave them as tributes to their rulers, did support Zhou Dynasty folk, and probably did so since 1045 BCE.

As there are few written records about these forebears, their origins may have been Jurchen people, once



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## DONGBEI IS NORTHEASTERN FOOD

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known as 'reindeer people,' who probably settled near these rivers, raised many animals, and were great warriors and great horsemen, too. There are those believing they became Manchurian before the Liao Dynasty (936 - 1125 CE), and in 1134 CE destroyed a previous dynasty. However, this is not definite even though many tried to trace their ancestry. None have been successful doing so by name, place, time, or by foods they ate and still eat.

Han Dynasty people did establish rule during the Ming Dynasty (1368 - 1644 CE) and gained considerable control after the Jurchens who then became powerful but left or disappeared. The Han acquired many tribal lands, forged many tribal alliances, and enhanced military leadership after their leader became a Buddhist with many associations with other Chinese. These increased when his son, Hung Taiji, adopted the name of a local Manchurian God, replaced the Ming Dynasty with the Qing, and settled as China's last ruling dynasty who were farmers growing lots of sorghum, millet, and rice, adding corn some years later, tending apple trees, raising pigs, and silkworms, too, growing tobacco, and hunting boar and small animals, and gathering ginseng and many mushroom types. They gradually adopted the Mandarin language thanks to their schools, and then fostered it.

Their men who were excellent archers also skilled at horsemanship, were easily recognized as they wore short-cuffed jackets over long gowns, and braided their hair in long queues. Their women were recognized by coiling their hair atop their heads, and by long earrings and embroidered shoes. They lived in three-section houses, the middle was their kitchen, the sides were where they slept.

Nurachi (1559 - 1626 CE) and his followers did many things including moving the capital from Nanjing to Beijing, absorbing and reorganizing tribes, forbidding the use of Jurchen paternal heritage, and incorporating Mongolian, Korean, and other tribes with Han people already there. In 1644, he changed the dynasty name to Qing, conquered Ming strongholds, and took over what became a multi-cultural society. His descendants ruled China until deposed and the Qing Dynasty ended, but before it did, he concentrated cuisine and culinary

behaviors, updated homes, moved their beds known as kang to the outer walls, moved their elders to northern rooms, younger families to southern ones, and guests and children to their western sides.

In the kitchens, he encouraged the preparation of millet often mixed with ground glutinous rice. This was steamed as pancakes, breads, buns, dumplings, and other foods; he encouraged use of pickled cabbages and other pickled vegetables, preserved pork and other meats most often in wine, ground soy beans and almonds into milks, and made milk teas, sour teas, and fruit teas for all to enjoy, encouraged drinking assorted waters. And a burned rice one became popular; he also helped get the people cooking sweet bean paste with deep-fried rice, made more pastries and rice mixtures as congees, and helped his people enjoy a special one they called Eight-Treasure Congee so named to eat it in the eighth lunar month when made with millet, regular and glutinous rice, sorghum, beans, peanuts, brown sugar, and walnuts.

Before New Year's Eve, most Mongolians and Manchurians made hundreds of rice-flour pastries to eat during the fifteen day New Year holiday, some with fish to eat New Year's Eve as wishes for an abundant year, and prepared chunks of boiled meat as wishes for many meat meals even meatballs in brown sauce as wishes for family unity. He also encouraged many crescent-moon *jiaotze* to be filled with rice, meat, and vegetables as wishes they

would live many more moons. These were made before New Year's Eve to be enjoyed that night at the Reunion Dinner or after it with broom-tail millet fritters and/or noodles, and syrups as wishes for a sweet upcoming year.

Also, at many festivals they enjoyed *saqima* and cookies made with lots of brown sugar or boiled honey with lots of stewed glutinous rice flourishes or made and enjoyed pastries wrapped in perilla or linden leaves calling them *sanzi* that were made with rice, buckwheat, and/or broom-tail millet.

Nowadays, the people living in these three provinces call themselves Dongbeiren, have many banquets known as *Manhanquanxi*, or Man-Han banquets that grew in popularity particularly during the rule of Qianlong, the



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## DONGBEI IS NORTHEASTERN FOOD

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fourth Emperor who ruled from 1736 to 1795, organized many special events, even some in restaurants, and years later many of his chefs and cooks did open eateries including the Fangshan in the mid 1920s in Behai Park. These Qing Dynasty chefs made many palace dishes there, one written had two hundred courses lasting for three days.

Quianlong and the rulers that followed him made many special events there or at the palace, some celebrated an emperor's rise to the throne, winning a battle, or honoring a family member's special birthday. Some were called 'complete Man-Han Banquets' and were only for royalty, others were rewards for scholars, an honor for someone's longevity; and there was a famous one for a thousand senior citizens. Some did serve Han foods, others only Manchu foods, and a few served both. One was a 'Five-Nation Banquet' serving Manchu, Han, Tibetan, Hui, and Mongolian foods, all served elegantly beginning with a gorgeous cold plate followed by a fancy multi-item hot one. Every dish after these two were served one at a time, all looking lovely.

As the years went on, these banquets became fancier, some served when poems were read or had plays, singers, or jesters to entertain the guests. In 1932, when the Japanese occupied China, they were even more popular, and served in Manchukuo as this northern region was called before, during, and after the 1945 Yalta Conference.

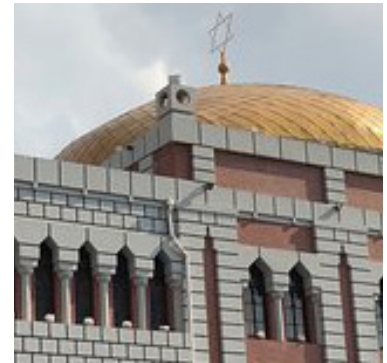
Emperor Qianlong was Manchurian and known for liking a bowl of sugar with bird's nests soon after he got up in the morning. His other meals often began with pickled cabbage or another preserved food which he said did keep him alert. After he died, local foods included more Korean dishes made with dark vinegar or a kimchi, chili paste, or another spicy item. Some included Spam or raw fish seasoned with wasabi, vinegar, or sesame oil.

The rulers that followed him took advantage of abundant ground water resources and acres of fungi in their forests, many of China's seventy different birds, fifty different livestock items, a hundred different fish and other foods from the sea, sixty different fruits and nuts, more than a hundred different vegetables, and the country's forty varied grain items. These expanded main dishes served at China's royal tables and eventually made their way into affluent homes where potatoes were often served shoe-string-style, lamb prepared in many ways, and meals including many thick soups, pickled vegetables, braised wheat gluten, stir-fried beef and lamb with lots of cumin, spicy bean sprouts, minced spicy shrimp balls, many different mushrooms, shrimp paste with stuffed scallops, meatballs with pickled eggplant, and other local items.

Several recipes show off some of them, and can be from Jiilin, Harbin, or elsewhere in Dongbei, many served with winter melon, black peppercorns, or dried scallops. We encourage readers to make and taste them, enjoy their Manchurian, Russian, Korean, or Mongolian heritage from this cold corner of China. Some were only popular then, some only popular more recently, a few when Puyi ruled. Many are thanks to new industries or when served with items such as deer tails or deer antlers.

Should you plan to make them, if using deer tails, submerge them before removing their fur, and stew them for at least two hours with several Korean pastes and lots of cinnamon. A few are from earlier times and still popular today, particularly in Harbin. That city has the highest latitude of any provincial Chinese capital, is often frozen two hundred or more days each year, has a famous ice festival annually, and many Russian-built buildings on its Central Avenue (as seen on the cover and page 18). One was built by Jewish merchants as was the famous Modern Hotel known as Madie-er Binguan both the Huamei Western Restaurant, both founded by Russian Jews and places passengers visited before or after taking the Chinese Eastern Railway system to or from Dongbei.

Harbin was known for the St. Sophia Orthodox Cathedral built there in 1907 designed by a Russian architect to be an army church for Czarist soldiers, and known for the New Synagogue (seen here) at Jingwei Street in the Daoli District with a Jewish star on its dome. It is the largest Jewish Synagogue in China, was built in 1918, renovated in 2004, and now a museum of Jewish history and culture. Inside, it has more on its ceilings, walls, floors, even its lamps.



No Jewish resident lives in Harbin now, but many descendants return each year to pay respects to their deceased relatives buried in the Huangshan Jewish Cemetery with more than five hundred graves of those who did live here including relatives of former Israeli Prime Minister Yitzak Rabin, the grandfather of the former Prime Minister Ehud Olmert, and other less well-known buried there. Many are visited every year and this is known as a small rock is often left on the top of the tombstone showing someone came to pay their respects to the deceased buried below. What follows are some popular dishes from this region, here for you to enjoy, prepare, and taste. (JMN)

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### HEILONGJIANG POTATOES

**Ingredients:**

- 1 medium-size eggplant, peeled and cut in thin strips
- 2 carrots, peeled and cut in thin strips
- 2 pounds potatoes, peeled and cut in thin strips
- ½ cup peanut oil
- 1 star anise
- 3 cloves fresh garlic, peeled and minced
- 3 Tablespoons white vinegar
- 1 teaspoon coarse salt
- ½ teaspoon powdered chicken bouillon powder
- 1 teaspoon granulated sugar, divided
- 3 Tablespoons cured ham, shredded
- 1 chili pepper, seeded and minced
- ½ teaspoon sesame oil
- 3 Tablespoons thin soy sauce
- ½ teaspoon coarsely ground black pepper
- 2 Teaspoons cornstarch mixed with 2 teaspoons cold water

**Preparation:**

1. Soak potato, carrot, and eggplant strips, each in its own bowl, in cold water for one hour, then drain and dry them in their own towel.
2. Heat oil in a wok or fry-pan, add the star anise, and stir-fry until it turns black, then discard it.
3. Deep-fry the vegetables, one at a time, then mix them together, add the vinegar, chicken bouillon, half the sugar, and the ham. and cook this for two minutes before adding the sesame oil. Serve these vegetables hot or warm.
4. Now, mix in the sesame oil, thin soy sauce, crushed black peppercorns, and the cornstarch mixture, and boil this until thick, about one minute, then set this aside to cook after draining the vegetables until they are soft, then mix them with the cooked sauce and serve them together.

### MONKEY HEAD MUSHROOM SOUP

**Ingredients:**

- ¼ pound pork, chopped
- 2 Tablespoons monkey head mushrooms, chopped
- 2 Tablespoons dried fish maw, chopped
- 2 preserved dates, chopped
- 1 piece tangerine peel, chopped
- ½ Tablespoons *goji* berries
- ½ teaspoons coarse salt

**Preparation:**

1. In a stew pot, bring the pork to a boil, reduce the heat, and simmer with the fish maw, chopped dates, tangerine peel, and *goji* berries for one hour.
2. Reduced the soup's liquid by half, strain the soup, and put everything back into the wok or pot.
3. Now add salt and taste, and if needed, add more; and then serve.

### FISH AND LOTUS ROOT STEW

**Ingredients:**

- ½ pound skinless boneless minced fresh white fish
- ½ pound lotus root, peeled and minced
- 2 Monkey-head mushrooms, soaked one minute, then minced
- 1 Tablespoon melted chicken fat
- ½ pound Chinese cabbage, cut into thin slices
- 1 egg white
- 1 Tablespoon minced fresh ginger, divided
- 1 teaspoon Chinese rice vinegar
- ½ teaspoon salt
- 2 Tablespoons cornstarch mixed with one of cold water
- 1 Tablespoon vegetable oil
- 2 scallions, sliced thinly
- 1 Tablespoon Chinese rice wine
- 1 Tablespoon minced fresh coriander

**Preparation:**

1. Mix fish, minced mushrooms, chicken fat, egg white, and half the fresh ginger, and all the rice vinegar, salt, and the cornstarch mixture, shaping this into a half-inch thick pancakes.
2. Heat wok or fry pan, fry the pancake on both sides, about a minute each, then remove it to a platter.
3. Add remaining ginger and scallions and stir-fry for one minute, then add cabbage pieces and cover the wok or fry-pan and, reduce the heat simmering it for six minutes, then uncover and transfer to a pre-heated casserole, top with the coriander, and serve.

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**BRAISED BEEF SOUP**

**Ingredients:**

- 1/4 pound beef
- 1 egg white, beaten
- 1 to 2 quarts clear chicken broth
- 1/2 teaspoon each salt, sugar, thin soy sauce, ground white peppercorns, and cayenne; dill, celery, and watermelon pieces, their rind left on
- 1 scallion, minced
- 1 teaspoon fresh ginger, peeled and minced
- 1 teaspoon vegetable oil
- 2 teaspoons corn starch
- 2 Tablespoons cold water
- 1 teaspoon sesame oil
- 2 pounds watermelon, rind left on, cut into one-inch wedges

**Preparation:**

1. Marinate the beef and the rest of the ingredients for one hour, then bring it to the boil and stir in the cornstarch mixture until it thickens.
2. Next, turn off the heat, and stir in the beaten egg white slowly, then the sesame oil, minced scallion pieces, add salt and pepper, as needed, and the watermelon pieces.
3. Serve the soup at room temperature or chilled, as desired refrigerating it covered with plastic wrap.

**FRIED  
PRAWN BALLS**

**Ingredients:**

- 1 salted egg yolk
- 1/2 pound minced pork
- 1/4 pound minced shrimp
- 1/4 pound seeded melon seeds, their shells removed and then minced
- dash of salt
- 2 teaspoons cornstarch in like amount of cold water
- 1 cup vegetable oil
- 2 leaves fresh lettuce

**Preparation:**

1. Steam salted egg yolk until firm.
2. Mix shrimp, pork, and the steamed firm egg yolk and make them into ten balls, wet them, and roll each ball into the chopped melon seeds, pressing them lightly.
3. Heat the oil and deep fry these balls until lightly browned, then drain on paper towels, and put them on a lettuce-lined plate; then serve them.

**SICHUAN  
BEAN SPROUTS**

**Ingredients:**

- 1 pound bean sprouts, tails removed and discarded
- 1 Tablespoon vegetable oil
- 1/2 bean curd sheet, soaked until soft, then cut in thin strips
- 3 cloves fresh garlic, smashed
- 1/2 cup chicken stock
- 2 Tablespoons dark soy sauce
- 2 Tablespoons Chinese rice wine
- 1/2 Tablespoon crushed dark rock sugar
- 1 Tablespoon sesame oil
- 1/2 teaspoon chili oil
- dash ground Sichuan peppercorns

**Preparation:**

1. Rinse and then drain tailless soy bean sprouts.
2. Heat the oil in a wok or fry-pan and fry the bean curd sheet pieces until crisp; then remove and drain them on paper towels; and discard the oil or use it for another purpose.
3. Add the garlic and stir-fry for one minute, then remove it from any oil left in the pan.
4. Now add chicken stock, soy sauce, rice wine, rock sugar, sesame and chili oils and stir-fry this for one minute, then add soy sprouts and Sichuan peppercorns and stir two or three times cooking for one minute or until the sauce thickens.
5. Now add the Sichuan peppercorns, and stir for another minute, then serve.

**SPICED LAMB**

**Ingredients:**

- 1/2 cup molasses
- 3 cloves fresh garlic, peeled and chopped
- 2 Tablespoons olive oil
- 1 Tablespoon each ground ginger, cinnamon, cumin, and paprika, and a mixture of salt and white pepper
- 2 pounds lamb cut into half-inch pieces
- 2 cups low sodium chicken broth
- 1/2 cup pomegranate seeds
- 2 Tablespoons fresh basil leaves, torn into a few pieces each

**Preparation:**

1. Mix pomegranate molasses, chopped garlic, olive oil, all the ground spices, and add the lamb cubes and let them rest one hour at room temperature, then drain and dry the meat cubes.
2. Now heat a wok or fry-pan, add the oil, and cook the meat until lightly browned, add the marinade, and half a cup of water, and simmer for ten minutes until the meat is tender, then set it aside.
3. In another pot, add the rest of the broth and the pomegranate seeds, then the lamb, and the basil leaves, and serve.

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## DONGBEI IS NORTHEASTERN FOOD

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### CUMIN-SCENTED EGGPLANT

#### Ingredients:

- 2 pounds eggplant, peeled, and sliced in half inch slices.
- 2 Tablespoons coarse salt
- 1 Tablespoon oil
- 2 teaspoons ground cumin
- ½ teaspoon ground cayenne pepper
- 1 teaspoon pomegranate molasses
- ½ cup pomegranate seeds
- ¼ cup fresh cilantro leaves, coarsely chopped

#### Preparation:

1. Mix eggplant slices with salt in four cups of tepid water, and stir until dissolved.
2. Next, soak the eggplant for one hour; then drain it, and dry the slices with paper towels,
3. Preheat oven to 350 degrees F, then heat the oil in a wok or fry pan and sauté the eggplant slices until brown on both sides, adding more oil if needed.
4. Mix cumin and cayenne powders, and roast the slices in the pre-heated oven until golden on both sides, about half an hour, then toss in the garlic.
5. Put the eggplant on a platter, and drizzle the pomegranate molasses on it, and sprinkle the pomegranate seeds on top, the cilantro, too. Then serve.

### PORK AND CABBAGE STEW

#### Ingredients:

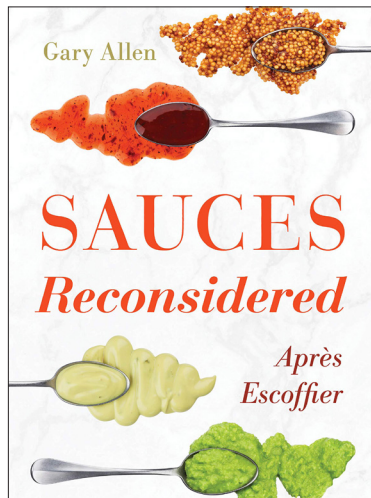
- ½ pound ground pork
- 2 monkey-head mushrooms, soaked for one minute, then minced
- ½ pound Chinese cabbage
- 1 egg white
- 1 Tablespoon minced fresh ginger, divided
- 1 teaspoon Chinese rice vinegar
- ½ teaspoon salt
- 2 Tablespoons cornstarch mixed with 1 Tablespoon cold water
- 1 Tablespoon vegetable oil
- 2 scallions, sliced thinly
- 1 Tablespoon Chinese rice wine

#### Preparation:

1. Mix pork, mushrooms, egg white, half the ginger, all the rice vinegar, salt, and the cornstarch mixture, and shape this into a half-inch thick pancake.
2. Heat wok or fry pan, add the oil, and fry the pancake on both sides, about one minute per side, then remove it to a plate.
3. Add rest of the ginger, half the scallions, and stir-fry one minute before adding the cabbage pieces and rice wine and then slide the pork pancake onto the top of cabbage pieces, and cover the wok or fry pan and reduce the heat, simmering it ten minutes.
4. Next, remove the cover and put this in a pre-heated casserole, top with the rest of the scallions.
5. And do serve it on a pre-heated platter.



# ON OUR BOOKSHELVES



**SAUCES  
RECONSIDERED**  
by Gary Allen  
apres  
*Escoffier.*  
Latham MD:  
Rowman 6  
Littlefield,  
2019. Hb, 199  
pp. ISBN 978-  
1-5381-8. No  
price on this  
volume.

One in the *Studies in Food and Gastronomy* series, this one defining sauces, takes a worldview with humor, and is beyond ancient thoughts about them. This volume is in two parts, one with five, the second with seven chapters; the first one has sauces you may already know and is titled 'Ancien Regimes.' The second is titled: 'O Brave New World.'

The first part does include: 'So Many Rich Sauces, Old Wine in New Bottles, Nineteenth Century, The French Were Not Of Course The Only Sauciers, and The Modern World of Cooking Begins.' Throughout both parts, Allen writes about sauces that readers can sense he lives for food and understands it. He provides advice on how to incorporate ingredients in modern sauces and explains how ingredients work. In chapters titled: 'Time for a Change, Solutions, Suspensions, Gels, Emulsions, Cultured Sauces, and Composites.'

He has written or contributed to several dozen books, most cookbooks, and this one has academic overtones with chapter notes but very few recipes. There are many things about sauces you may never thought about or ever known, some are popular, others may not be. Even his information may be from countries you may not know existed, or know the hundreds of sauces from more than a hundred countries discussed as he details information about their salt, taste, and more; and gives the reader many references.

Do not be frustrated by things you wished were there, simply glean from the chapter notes, references, and multi-page index enjoying, learning, and using his valuable info using his ideas and do try and taste them in your cookery.

They offer depth and flavors to satisfy, learn from, and be delighted by. We found many things, even in his eleven - page chapter notes, six-page bibliography, and elevenpage two-columns index at the end. However, there was something missing, a list of recipes discussed and folks mentioned; going back, we had trouble relocating many in both areas.

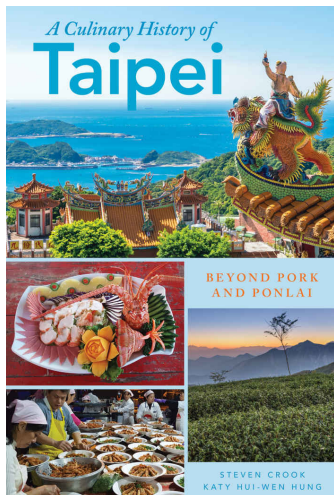
There were some that were basic, a few with ingredients we never thought to include when cooking ours. Many could vary your foods, many were super, and his fine taste buds and knowledge were worth devouring as we thought of them in every dish he mentioned. Reconsider your own sauces, make them, and devour them all.

**KNOW ANY  
CHINESE  
COOKBOOKS  
WE SHOULD  
REVIEW;  
DO ADVISE.**

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**ON OUR BOOKSHELVES**  
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**CULINARY HISTORY OF TAIPEI, BEYOND PORK AND PONLAI.**  
by **Steven Crook and Katy Hui-wen Hung**  
**Latham MD: Rowman 6 Utllefield, 2018. HB, 241pp. ISBN 978-1-5381-0137-1. No price given on this volume.**

This book is one in the 'Big City Food Bibliographies' edited by Ken Albala. It was written by two Taipei city residents, one a native, the other making home here for more than a quarter of a century. Both believe Taipei cuisine should be delicate, not even forcefully explained, yet they do so in ten chapters, the last one titled: 'Signature Dishes and Recipes.' It includes twelve of them with one more than a single one. It incorporates several others in this master recipe, just not named as such.

This book delightfully details the Taiwan's larder, their kitchens, special foods, festivals, some holiday foods, the farms that feed this city, the markets, restaurants, tipples, teas, and minor points in its overall cuisine. It includes a long bibliography, a many-page index, but only two short paragraphs about its authors.

Overall, there and many details about this city even though few are about its authors. Learning about them is in just eight lines about both of them. That was a pity; we did want to know more about each one of them.

We did enjoy their take on Taipei's kitchens, soy sauce, and other culinary essentials. Also learned about the Japanese influences here. We became mre knowledgeable about Hakka cuisine and how it came down from the hills. Now we understand more about Taipei's role of rice, festival foods, Bando and other Holo banquet and wedding celebrations, postpartum customs, various teas, local indigenous cuisines, the city's markets, and the culinary teachers whose influences prevail.

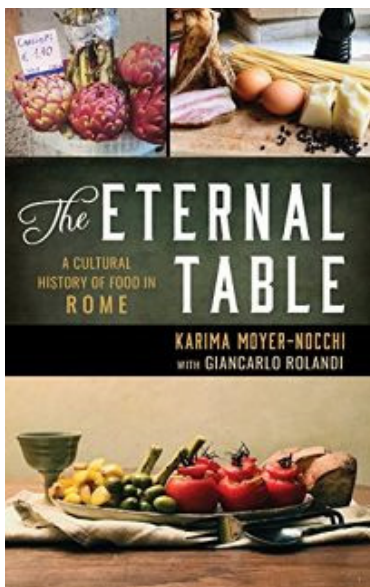
We learned more about their experts including Angela Cheng, Teresa Lin, Penny Pan, and others. Learned about their teaching and enjoyed stories about the foods they tout, the current and past, some web education provided, many on-line sources, the city's agricultural sectors and what they produce, other famous chefs, super stars, and some Taipei folk worth knowing about.

This is the first English-language book about Taipei's food and fabulous culinary people, the place and its foods and more. It is comprehensive, accurate, fascinating, and fun to read. This serious food destination we know and love, and learned it is growing more enticing, more complex, even more adventurous day by day. Like every city, it is the sum of talented eaters, preparers, and those who frequent and indulge in its dishes. We have and you should, too. We often have enjoyed every minute we did, and know you will, too.

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**ON OUR BOOKSHELVES**  
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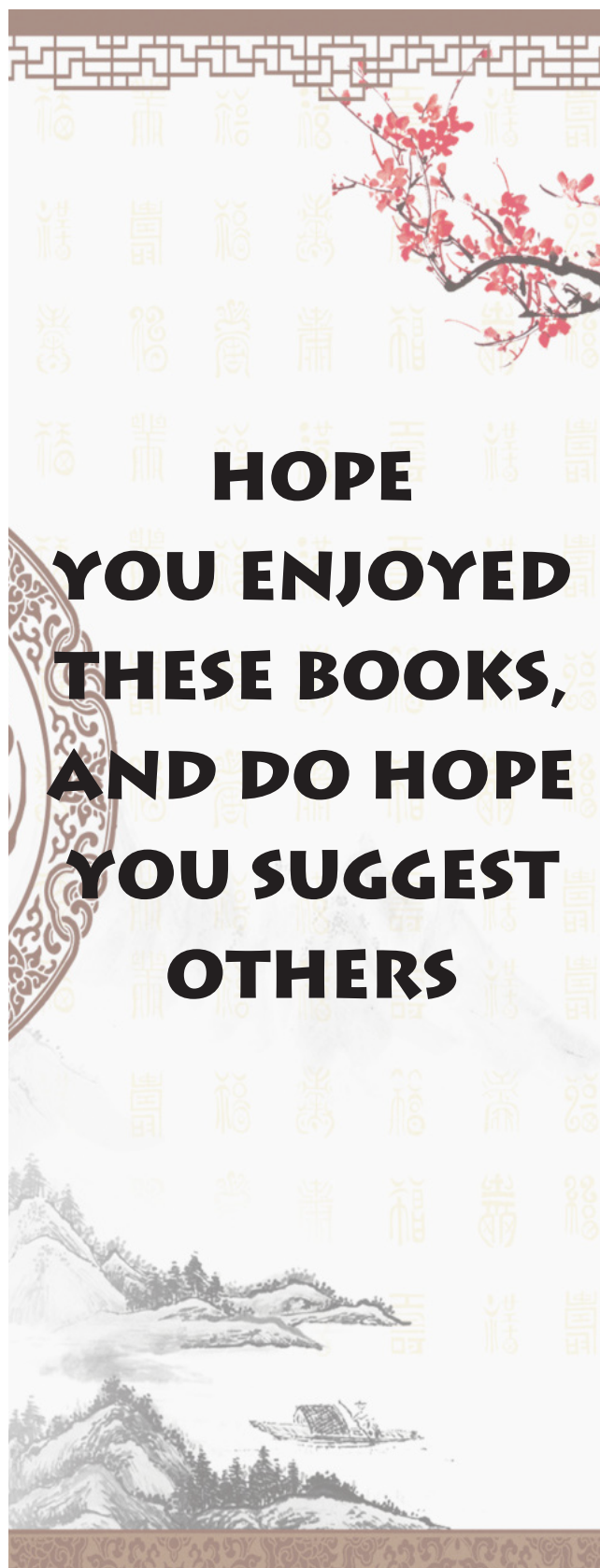


**THE ETERNAL TABLE: A CULTURAL HISTORY OF FOOD IN ROME.** by Karima Moyer-Nocci with Giancarlo Rolandi. Lathan MD., Rowman 6 Littlefield, 2019. Hb, 249pp. ISBN 978-1-4422-6974-3. No Price on its volume.

This 'Big City Food Biography' is but one in a series edited by Ken Albala. It has seven chapters including: The Roman Terrarium. *Quid tum*-Then What, Cooking from Books, Mobility, *Al mercato*-At the Marketplace, *Er da magna*-f.ats, and Eating and Drinking Out.

Though it has only one half-page about Chinese food, not even very complimentary, it was worth knowing what another great cuisine's users think; and we learned from it, too. While Italian cuisine is great with a great though not a long as is the Chinese one. It has some variety, history, and depth, though less that China's does.

The last page includes six lines about the first author, an American who immigrated there some thirty years ago now living in Umbria. In 2015, she authored: *Chewing the Fat-An Oral History of Italian Foodways from Facscim to Dolce Vita*, and it received critical acclaim world-wide. His book is co-authored by a native local who lectures at the University of Rome and is the VP of Slow Food-Rome. In our next trip to Italy, we plan to seek out more about this capital Italina city's Chinese food; even have a starting point. Wevery locallook, even at other cuisines, can be a large learning lesson. We enjoyed sharing it lessons and have been educated by it.



**HOPE  
YOU ENJOYED  
THESE BOOKS,  
AND DO HOPE  
YOU SUGGEST  
OTHERS**

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# WINE AND FOODS IN MANY AGES

Alcoholic spirits were valued in every Chinese Dynasty, most called *jiu* translated as wine no matter its alcoholic content, nor which grape variety it was made from, or its grain source if that was the main ingredient source, the Dynasty it began in, when it was popular, or any other detail about these beverages.

During the Shang Dynasty (1600 - 1122 BCE), alcoholic beverages began to play a more important role during rituals and personal libations. They were popular during hunting and other important and needed activities, and upper class folk consumed them often and with food.

In the Zhou Dynasty (1122 - 265 BCE), alcoholic beverages were more potent, stronger than the Dynasty itself, and Confucius, in his *Analects of Lun*, wrote about avoiding their over consumption. In the *Li Ji*, translated as *The Book of Rites*, he and others wrote about its excessive use during ceremonial times; and some was found in tombs in three types of bronze containers with writings on them indicating their contents. Confucius, their moral leader, wrote in his *Analects* and in the *li Ji* not to consume too much at any one time.

There were many references to *Jiu* detailing different ones called *li*, *le*, *lao*, *chang*, *jiu*, or their other names. Most were made of grains called *le* or *li*, others from fruits or berries; and one source said some were made of grapes. In China's South, many were made from rice, those in the North were made of millet. An early poem written in those times said "Jade-like wine, honey flavored, fills winged cups strained of impurities, and is refreshing."

During the Han Dynasty (206 BCE - 220 CE), when times were more stable but with military or diplomatic menaces that harassed people, many missions, including one by Zhang Qian, was when they were drinking more grape wine and more table wines than ever before. Some were thick, opaque, or still; several made overnight from wheat and a starter, and some were in thirty-three pottery jars found in the Hebei Province at a burial site known as Man Cheng. Several had liquids dated from the Western Han (1206 - 25 CE),

their name written on the outside in one of three classifications. These were *shang zun* which was upper grade, *zhong zun* or the middle grade, or *xia zun* as the lowest grade, all grades based upon their thickness.

During these times, guests needed to wait until every ones wine was poured before drinking theirs or eating the delicacies made to have with them. *Sima Qian* in the *Shi Ji* or *Records of the Historian*, wrote about political intrigue and sacrifices made to the Emperors before drinking them.



During the Six Dynasties (220 - 18 CE) and Tang Dynasty (618 - 906 CE), life was politically more stable as was the economy. Then, foreign missionaries found fertile soil planting political thoughts near the Western Market, enjoying learning about religions, the mystique of drinking, and the eating lots of oysters. Wines were carried in skin bags, often made from grapes, or syrups, some named Dragon Pearl, Mare's Teats, or other fancy names. Domestic

wines reached unprecedented levels of appreciation, were made with winter or spring flavors, flavored with fagara, chrysanthemum, pomegranate, saffron, or other items, and made green, white, yellow, or red, the colors written on the poetry of the times, as was how the main ingredients were grown, how the wines were made.

During the Song Dynasty (960 - 1279 CE) and in the Liao (907 - 1115), Jin (1127 - 1234), Northern Song (960 - 1127), and Southern Song Dynasties (1127 - 1279 CE), there was considerable borrowing from Confucianism, Buddhism, and Daoism. The literati closed gaps between art, food, and wine helping wine flourish at all societal levels, particularly when food was served with it.

During the Yuan Dynasty (1279 - 1368 CE), Temujin became known as Ghinggis Khan and gets credit for unifying Turko-Mongolian tribes in Inner Asia,

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## WINE AND FOODS IN MANY AGES

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conquering most of Northern China all the way west to the Caspian Sea, In 1266, he did start building the capital in Beijing, moved it there from Mongolia, used diverse policies and practices, added Chinese wines and foods to the eating and drinking behaviors of the Mongolians, and helped them gain a taste for tea, silk, wealth, and more wine and other alcoholic beverages, and better foods to go with them.

In the Ming Dynasty (1368 - 1649 CE), the Mongol leaders were overthrown, their leader, Ma He, became a Moslem and trusted advisor to Prince Yan, and was appointed a Moslem Eunuch and overseer of the Imperial Palace. Prince Zheng was appointed to command the fleet now dedicated to exploration, trade, and diplomacy. Doing so, he made many banquets featuring foreign wines and delicacies, used many grape wines, and helped that industry thrive after its Confucian leadership.

In the Qing Dynasty (1644 - 1911 CE), the Republic of China was formed and Manchurians took over. These horsemen continued to consume lots of mare's milk and wines, too, and they served some to their underlings, and had everyone tap two fingers in appreciation for the foreign-made wine. His grandson, Emperor Qianlong, began ruling in 1736 and ruled for sixty years. He spread more foreign influences throughout China. These encouraged Yuan Mei and others to love millet wines from Lishu and Yangzhou, and call most others vulgar. Those that came after him did encourage family values, reverence for antiquity, household worship, foreign wine and food, use of incense, prayer to gods and ancestral spirits, illusions of loyalty, romance, freedom, and tales of drunken scholars, taste for foreign wines, more sex, brothels, and floating restaurants that served them.

Yuan Mei, a noted poet, gourmet, and wine expert, wrote about food and wine in China. He incorporated things from the west including its wine lore, love of wine, and foreign foods. He continued to emphasize the family as the basic social unit, revere household worship, love of alcoholic beverages, kumiss, honey, wine, mead, and distilled liquor; and the people followed his lead, and did so, too. (JMN)

Several recipes show off some of them, and can be from Jiilin, Harbin, or elsewhere in Dongbei.

Many served with winter melon, black peppercorns, or dried scallops. We encourage readers to make and taste them, enjoy their Manchurian, Russian, Korean, or Mongolian heritage from this cold corner of China. Some were only popular then, some only popular more recently, a few when Puyi ruled. Many in its first line thanks to new industries or when served with items such as deer tails or deer antlers for decoration.

Should you plan to make them, if using deer tails, submerge them before removing their fur, and stew them for at least two hours with several Korean pastes and lots of cinnamon. A few are from earlier times and still popular today, particularly in Harbin. That city has the highest latitude of any provincial Chinese capital, is often frozen two hundred or more days each year, has a famous ice festival annually, and many Russian-built buildings on its Central Avenue.

One is built by Jewish merchants as was the famous Modern Hotel known as Madie-er Binguang and the Huamei Western Restaurant, both founded by Russian Jews and places passengers visited before or after taking the Chinese Eastern Railway system to or from Dongbei.

Harbin was known for the St. Sophia Orthodox Cathedral built there in 1907 designed by a Russian architect to be an army church for Czarist soldiers., and known for the New Synagogue at Jingwei Street in the Daoli District with a Jewish star on its dome. It is the largest Jewish Synagogue in China, was built in 1918, renovated in 2004, and now a museum of Jewish history and culture. Inside, it has more of them on its ceilings, walls, floors, even its lamps.

No Jewish resident lives in Harbin now, but many descendants return each year to pay respects to their deceased relatives buried in the Huangshan Jewish Cemetery with more than five hundred graves of those who did live here including relatives of former Israeli Prime Minister Yitzak Rabin, the grandfather of the former Prime Minister Ehud Olmert, and other less well-known buried there. Many are visited every year and this is known as a small rock is often left on the top of the tombstone showing someone came to pay their respects to the deceased buried below. What follows are some popular dishes from this region, here for you to enjoy, prepare, and taste. of them. (JMN)



# HERBS: GINGKO AND GINSENG



**GINSENG**, also called the 'essence of man' often looks like a person with their arms and legs. Botanically known as *Panax ginseng*, this is an herb in the *Araliaceae* family; there is also a Siberian one in a Russian family called *Eleutherococcus senticosus*.

Both have similar effects, both can grow in China, Korea, Japan, Russia, Vietnam, Canada, and the US. Both have health giving properties and one has been valued for thousands of years. It is the Chinese one which was written about in China's *Shen Nung Pharmacopoeia* in 196 CE and again in their *Compendium of Materia Medica* in 1596 CE. One writer, Li Shizhen, called the Chinese one a 'superior tonic.'

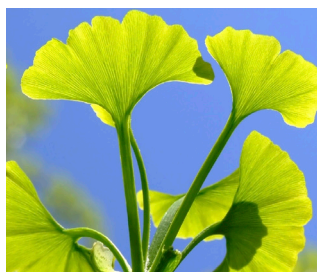
That may be because many believe its triterpene saponin constituents which are known as ginsenosides, are in its roots, leaves, and berries; and the seeds do develop a flower and elongated leaves. Their roots grow fibers one often does not see as they are cut away before one purchases them. Their roots look like a person with two growths resembling arms and two looking like legs. These roots contain lipids, proteins, phenolic components, vitamins, minerals, and carbohydrates. Their berries germinate the second spring after first appearing.

There are many different ginsengs beyond these; the white and red ones are most common, sold peeled and often dried. Fresh ones can be found for sale in season, and they are often the white ones. The red ones are more common marinated in herbal brews, but both can be found many ways in many countries. The Chinese sell all but some one percent of them and they are the world's largest consumers. We once read they sell a few billion dollars worth each year in South Korea, Canada, and the US and other countries. Most are used medicinally in a soup, made into a side dish, consumed as a tea, and found in various alcoholic brews.

Ginsengs are studied for their biological properties as helps for aging and stress related issues and for how they impact immune disorders. Their anti-oxidative properties also seem to impact the cardiovascular system; and both may reduce cancers. They are

reported to be ingested and safe, and they have little negative impact other than dry mouth and dry lips, some excitation and palpitation, and some blurred vision and headaches. Overdoses are rare, a few are reported as stomach upsets and some regurgitation.

For thousands of years, ginseng has been part of folk medicine in almost every Asian country, and used used as a general tonic and a means of stress reduction as they impact the central nervous system. Literature tells us that these bio-active constituents are more valued as functional foods than medicinals, but this is not clear-cut because research reports pro and con issues saying they reduce blood sugar and stress, lessen anxieties, and reduce depression.



## **GINGKO BILOBA'S**

leaves, bark, seeds and roots are popular herbals cut away from their trees. They are a member of the *Ginkgoaceae* family's division *Ginkgophyta* and are considered

fossils because others in their family no longer exist but did millions of years ago. Their trees are known as 'maiden hair' trees, and some grew to heights of more than one hundred fifty feet. All were native to China, shade-intolerant, and they often grew along streams and small rivers. Some did develop buds at their base or under an older branch, most produced aerial roots often cut off to prevent their getting to be full-grown. They can be of either sex, and many were replanted for their bark, roots, and/or leaves to be used in traditional Chinese medical preparations.

Deep-rooted, these trees are resistant to wind and snow damage, their leaves that turn yellow in Autumn, fall off shortly thereafter, and have buds that often sprout aerial roots producing growths that can reach the ground. These are known as 'lignotubers,' and the Chinese do use them therapeutically for memory disorders associated with aging and for Alzheimer and other vascular dementia situations. They say they work because of their phenolic ingredients, those considered pro-anthocyanide, their flavanoids, quercetins, ginkgosides, and their other constituents.

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## HERBS: GINGKO AND GINSENG

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### SHRIMP BALLS

#### Ingredients:

- 2 pounds fresh raw shrimp, shells and veins discarded, the shrimp minced coarsely
- 1 cup canned water chestnuts, coarsely minced
- 1 large yam, baked and peeled, half mashed, half cut into large cubes
- 1/4 cup cornstarch
- 2 eggs, beaten well
- 1 teaspoon granulated sugar
- 1/4 teaspoon ground white pepper
- 1/2 cup cake flour
- 2 cups vegetable oil
- 3 Tablespoons mashed canned ginkgo nuts

#### Preparation:

1. Mix minced shrimp, minced water chestnuts, the mashed yams, beaten eggs, sugar, and ground white pepper, then gently stir in the ginkgo nuts, and then roll this mixture into one-inch balls.
2. Stuff one or two yam cubes into each ball, then roll each one into flour and set them aside until all the flour wets.
3. Heat oil, then deep-fry the balls in several batches until crisp on their outsides, and then drain them and put them on paper towels, and serve them when hot and crisp.

### LAMB WITH HERBS

#### Ingredients:

- 2 Tablespoons corn oil
- 1 cup Chinese chives, cut in half-inch pieces
- 1/2 cup coriander leaves, coarsely chopped
- 1 pound lamb loin, slivered
- 1/2 cup rendered chicken fat
- 3 Tablespoons cornstarch
- 2 Tablespoons dark soy sauce
- 1 Tablespoon mushroom soy sauce
- 1/4 cup canned ginkgo nuts
- 1 to 3 Tablespoon chili paste with garlic
- 1 pound baby carrots, peeled, each angle cut, put in boiling water for three minutes, then drained

#### Preparation:

1. Heat a wok or fry pan, add the corn oil, and stir-fry the chives and the coriander leaves for one minute.
2. Mix lamb and cornstarch, and fry this in the rendered chicken fat for two minutes, then drain and discard or use this fat for another use, then mix it with the dark and mushroom soy sauces, stir in the ginkgo nuts and the chili paste well, then add the carrots.
3. Now, mix herbs, the lamb mixture, and the carrots and stir-frying an additional two minutes. Then transfer everything to a pre-heated bowl and serve.

## BAMBOO SHOOTS AND MEATS

#### Ingredients:

- 5 black mushrooms, soaked in hot water, stems discarded, then diced
- 1/2 pound ground beef
- 1/2 pound ground pork
- 5 slices bacon, minced
- 3 cups canned bamboo shoots, coarsely diced
- 3 Tablespoons vegetable oil
- 1 teaspoon mixed salt and ground white pepper
- 1 cup coarsely chopped Chinese celery
- 1 cup coarsely chopped Napa cabbage
- 3 Tablespoons ginseng
- 3 hard-cooked eggs, peeled and coarsely diced
- 3 Tablespoons vegetable oil
- 1 teaspoon mixed salt and ground white pepper
- 1 Tablespoon sa cha sauce
- 3 cups cooked white rice or the Wonder Rice (optional)

#### Preparation:

1. Mix diced soaked black mushrooms, ground beef, ground pork, and diced bacon with the diced bamboo shoots.
2. Heat wok or deep fry pan, add the oil and the meat mixture and stir-fry until meat is no longer pink, then add the diced hard-cooked eggs, the diced celery, diced Napa cabbage, ginseng, and salt and pepper, and the sa cha sauce, stir-frying for two more minutes.
3. Serve in a pre-heated bowl over Wonder Rice or plain ordinary steamed white rice.

### CHICKEN WINGS WITH BEAN THREAD NOODLES

#### Ingredients:

- 3 pounds chicken wings, tips discarded, each cut in two
- 1/2 cup thin soy sauce
- 1 Tablespoon canned or fresh black bean sauce
- 1 Tablespoon granulated sugar
- 1 cup canned baby corn, each cut in half
- 1 cup baby carrots, each angle-cut in half, and boiled for two minutes, then drained
- 10 asparagus spears, each cut in one-inch pieces
- 3 Tablespoons vegetable oil

# CHINA'S ROYAL FOODS

Canton, now called Guangzhou, is the capital of the Guangdong Province and is in the south of China. This city and its province have served many royal foods including those made with bird's nests in a regal cooking of the country's early royal cookery. It had many Emperors who believed that every food had natural tastes and textures that should be enhanced by their royal heritage.

For people in this province, typical meals were scant, and built around rice, their staple. They had many vegetables, few foods from the sea, poultry and other animals if they caught or bought them, all prepared and presented in many ways, the most they could purchase and make when sitting down to eat. For royalty, it meant the most and best they could afford, meats often marinated in a mixture of soy sauce and other ingredients to draw out their moisture, a starch is mixed in to seal them, a little sugar added to bring out their many other flavors, and garnishes to enhance their beauty. Creative ingredients and cookery techniques made China's foods taste the best they could in no place more obvious than in this city.

They even made a joke saying that they eat everything with legs except tables and chairs, everything with wings except airplanes. But it was no joke that if you ate just two of their snack foods, here called 'dim sum' every day, you would need more than a year to taste them all.

Also no joke, was the common expression that a perfect life meant being born in or marrying someone from Suzhou, going to Hangzhou, eating in Guangzhou, and dying in Luzhou. Why these cities, because Suzhou had beautiful women, Hangzhou is itself was beautiful, Guangzhou was where to purchase great foods, and Luzhou where to purchase great wood for a coffin.

Now, most know that just about every Chinatown in the world was settled by people from Guangzhou who could and did make their cooking great. Most people from this city appreciate light food that uses the freshest ingredients prepared using techniques that enhanced them including steaming, frying, stir-frying, and others that making them taste the best they can.

It was these Southern Chinese folk who came to the US early in the 18th century as did three seamen who stayed for a year, but not by choice. These seafarers

landed in Baltimore on the Pallas, their captain leaving immediately after unloading, he stranded them there.

Before and certainly after that, many Chinese landed in San Francisco intending to help build the transcontinental railroad, but soon left to open food stalls and restaurants to sell their great food to other Chinese, the non-Chinese, too, at low prices with fast service and wonderful tastes. Their dishes became famous and soon thereafter, featured foods from Guangzhou, Chaozhou, Dongjiang, Beijing, and other cities, foods that were fresh, diverse, tasty, tender, crisp, velvety, and always well-flavored. They were more intense in winter and spring than in other seasons, always delicious and never overcooked.

The Cantonese came from a mild climate, knew, had, and loved fresh greens all year, ate a large variety of fruits and vegetables, enjoyed well-prepared and much fish, poultry, and other animals, and had menus that served them at least since the Han Dynasty (206 BCE - 220 CE). They used a large variety of cooking techniques, varied their garnishing and presentations, mimicked local dishes, and enticed diners to eat at their stalls, restaurants, and other places, with the most delicious dishes they could afford.

Theirs was a very old city in an old famous seaport, and their cooking used less oil, maintained each food's original taste in lightly-flavored dishes with many vegetables that matched their meats, served them with clear soup, and shared their more than five thousand different main courses, eight hundred different snack foods, and many beverages, too.

Some were lucky enough to see, be served, or shown them at the 1956 Guangzhou Famous Dishes and Snacks Exhibition in that city; and many became famous all over China, and then all over the world.

One was their Roast Suckling Pig which has a long history and is loved by most Chinese and those introduced to it. Another, their Royal Lobster some call Lobster Cantonese that we had made with lobster, ground pork, and several condiments. Both were mentioned by other names in *The Book of Rites*, it produced thousands of years ago. Both were mentioned early on, both still loved, both were popular at Chinese Imperial Banquets

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## CHINA'S ROYAL FOODS

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where ever they were held. The Pan Xi restaurant in Hangzhou also knows it simply as Mushroom Soup, the lobster originated in Guangzhou's capital city. They both have simpler and more complicated names, both are detailed below, and both are the best of the best, so do make and enjoy them.

The soup recipe was given to us by a culinary staff who encouraged us to print it in this magazine whose copies we gave him. We hope you will make and enjoy both, as many have over many years. The soup instructions, given to us orally are written as an almost single paragraph; the lobster dish given to me after having it for the first time as a teenager never having had any seafood before. We scribbled it on a paper napkin we kept for many years and can make it as remembered these more than sixty years since we did first get and make it.

### PAN XI MUSHROOM SOUP

#### Ingredients:

1½ teaspoons dried broken *dong gu* mushroom pieces, soaked until soft in one cup warm water, drain and save it  
½ teaspoon fresh ginger  
1 scallion, coarsely chopped  
1 Tablespoon rendered chicken fat  
½ pound *bok cai* hearts  
½ teaspoon salt  
6 cups superior chicken stock  
2 Tablespoons *Shao Xing* rice wine  
dash ground white pepper  
1 teaspoon sesame oil  
½ Tablespoon cornstarch mixed with a little stock  
1 teaspoon rendered chicken fat  
½ teaspoon crab roe

#### Its preparation as told to us:

Drained the mushrooms of course, mix them with the chopped fresh ginger and scallions, also the salt, granulated sugar, too. Add very hot superior soup, the reserved mushroom water, and *Shao Xing* rice wine, pepper, sesame oil, the cornstarch mixture and chicken fat. Mix them, then top with the crab roe and serve it very hot.

### ROYAL LOBSTER

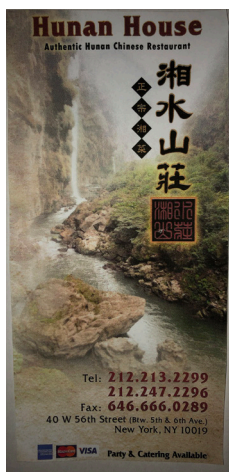
#### Ingredients:

3 Tablespoons salt  
8 cups chicken broth  
2 Tablespoons cornstarch  
¼ cup Chinese rice wine  
3 Tablespoons thin soy sauce  
dash of ground white pepper  
2 lobsters  
3 Tablespoons vegetable oil  
1 Tablespoon fermented black beans, mashed  
1 Tablespoon finely minced garlic  
1 Tablespoon minced fresh ginger  
3 scallions cut in half-inch pieces  
¼ cup ground or finely minced fatty pork  
1 large egg  
1 Tablespoon sesame oil

#### Preparation:

1. Bring salt and broth to a boil with the rice wine, soy sauce, sugar, and ground pepper.
2. Put the lobsters in boiling water simmering them for three minutes, then put them in ice water, and drain well.
3. Remove the claws, cut them and the bodies open, and cut tail meat in half the long way and in several pieces the other way.
4. Heat a wok, add the oil, and stir the lobster meat for one minute, then add the minced pork, then the black beans, garlic, ginger, and scallions and stir-fry one minute.
5. Finally, stir in the beaten egg just for one minute, then drizzle with the sesame oil, and serve in a pre-heated soup tureen.

# ON MANY MENUS



**HUNAN HOUSE RESTAURANT**  
40 West 56th Street  
New York NY 10019  
phone: (212) 213-2299.

Theater buffs agonize over where to eat. This authentic Hunan eatery between 5th and 6th Avenues is one of the few restaurants serving foods from this province in New York City and where they can go to enjoy Chinese food. Its menu has many appetizers, main dishes,

casseroles and regional specialties; dishes with frog, water spinach, dried vegetables, kidneys, and smoked meats among the more than two hundred dishes on its menu.

Yes, many are spicy, but the level is marked on their menu, and they do alter the amount according to the taste requested. One of two highly spiced regions in China, this province and the Sichuan one are the hottest foods in China, so do order accordingly.

Here, the fish is fantastic, lamb offerings wonderful, all others tasty, and about one-third unique to this province. We deem all delicious, some very unusual, such as their Cordyceps Flower Black Chicken Soup. Their Yam Oxtail Soup, and the Fragrant Pig Ears, Radish Skin, Seaweed Salad, Black Fungus in Vinegar Sauce, all special dishes to love.

Their seafood dishes are tops, too, as are all appetizers, poultry, beef, and pork dishes, and their noodles and fried rice ones, too. Do not miss their seven wonderful casseroles, a favorite is their Beer Duck in Casserole which does have bones but all meat near them is the sweetest in every animal. While many places remove bones, the huge Chinese clientele would balk if they did.

They are loaded with dozens of Chinese customers every time we visit, then do appreciate their great Chinese food. One vegetarian did balk that a few of their seventeen vegetarian choices had an egg yolk or a mite of pork, but to Chinese, these enhance their vegetarian dishes, so if that offends you, do ask before ordering them. They do omit them for Buddhists, vegetarians, vegans, and others wanting no animal products, so be clear when asking for yours.

Here they have forty lunch items that come with a choice of Hot and Sour, Wonton, Egg Drop Soup, or a Vegetable Spring Roll. We love the first of them as it has loads of *doufu*, and one can get white, brown, or vegetable fried rice, tea and fortune cookies, too.

They do cater to all customers and to get a seat at their busy hours is worth waiting to get their great Hunanese foods, fine service, lovely cloth napery, and quick attention.



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**ON MANY MENUS**  
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**CHINATOWN SEAFOOD RESTAURANT**  
**recently closed,**  
**was at 1306 Beacon Street**  
**Brookline MA 02446**  
**their phone: (617) 232-9580.**

We often did shop in this Boston suburb after we were first married and lived on the MIT campus in Cambridge MA. After a few years we moved to Woburn MA, and stopped when going in the opposite direction. We often shopped in Brookline MA to buy and devour great onion rolls at the Beacon Bakery, they were the best ever!

Later, we learned of this great Chinese restaurant across the street on an angle from this bakery. Parking was free, public transportation available to and from Boston or Cambridge and a great place to indulge in love of Chinese food.

Alas, onion rolls are no more, nor is the Chinese restaurant. Both are history, but not without many fond memories of where one could get off the 'T' and a 'C' trolley that went on Beacon Street and we could see the second floor then indulge in great Chinese food.

Must confess, did lose their take-out menu and business card, and have forgotten the restaurant's name, but thanks to Google, we could find and share it with you in case they open another nearby. We no longer live in this state, but our son does, so we do visit, and did grow up in Manhattan, ate lots of great Chinese food in its Chinatown, and still enjoy great Chinese dishes on Long Island as we live near the Stony Brook University campus, their many Chinese students, and the many Chinese restaurants nearby who serve them. They have the same yearning we do, appreciate their eateries reasonable prices, and their great food even though three years from ninety, and with a great appetite.

We remember sitting on the second floor of this place, enjoying their table and fine white napery; looking down on the street below, and delighting in being served by caring staff who at the end of our meal, gave us a bill with prices we easily could swallow after having a meal and after loading up on those onion rolls.

Memories do linger, as do being told that if you want to open a Chinese eatery, do so where many Jews live, and they do here. Even recall once here watching a lady use her *kuaidze* in one hand, her fork in the other, never changing them. Maybe she was European where diners keep fork in one hand, knife in the other, and never change them.

Also recall speaking a few sentences in Chinese to the waiter who advised that four-fifths of the offerings were on a bilingual menu, but not on the English one we were always handed. On our last visit here last year, two-thirds of the selections were less than a ten-spot, nineteen priced as 'seasonal' as was the sweet-water shrimp every one saw when walking in. Wish I could taste them again; and if you ever see any, do indulge; they are delicious.

A saved *Zagat* review of this place said they have a fine T-bone Steak with Black Pepper Sauce available for lunch or dinner. Did forget to get it and savor those sweet shrimp on that last visit long before dinner time when most tables were unoccupied. A chap near us noted we spent much time perusing the menu and scribbling notes; and he said we should order Fish Head with Assorted Vegetables. How did he know we loved that dish, but did not order it; our great loss!  
(JMN)

# SALEM MASS AND CHINESE SAILORS

Many early Chinese did land on the West Coast in or near San Francisco, some even landed on the East Coast in Salem Massachusetts. Salem is a town some fifteen miles north of Boston. It was known for the Salem Witch Trials and other things in those early days. We know it well because when first married we lived nearby in Cambridge, then in Woburn; both were before we moved to New York State.

We and many neighbors knew Salem, a New England town famous for witch trials held here in 1692. The Salem Museum touts them and the twenty people who died then in this historic seaport town. Few knew about the clipper ships and their sailors who arrived there from China in the late 1600s.

The Peabody Museum, now called the Peabody Essex Museum shares information about the Chinese sailors manning those ships who landed there, a few even staying. They may know other historic places there such as the House of Seven Gables, the Custom House, the National Maritime Museum, the Darby House, and others. Many may have read a 1819 novel by Nathaniel Hawthorne, *The Scarlet Letter*, about here as it was required reading in many a High School.

If you have never been here, we recommend visiting. You might see where Alexander Graham Bell did his first demonstration of the telephone in this town. There, his first words were: "Can you hear me now" spoken at the Lyceum Hall in 1877. This one and more than twenty other buildings are worth visiting here, some in the Yu Tang complex where a complete building moved from China. Built during the Qing Dynasty (1644 - 1911 CE) and the only complete house built in China now in the US from that time period. There are these and other things to see and do in Salem including this classic attraction built during the time of Roger Conant in the late 1600s when this town was called Naumkeag.

Walk down its cobblestone streets sense and see this classic New England village with many quaint shops and galleries. Some are on Pickering Wharf, itself a place not to miss.

From Salem, one can go whale watching and visit the Salem Beer Works, the oldest and largest restaurant and brewery in New England. While there, take a look at *The Salem News*, a local newspaper known for its logo. It is a witch on a broomstick. There is that and for those who like modern places, one can visit an Italian revival building, and there is much more to see in Salem.

As to the Peabody Museum recently renamed The Peabody Essex Museum. It shows and tells about the town's early history. It recently had an infusion of one hundred fifty million dollars so visitors see a bigger and better museum that is a great place to learn about the earliest Chinese sailors on the US East Coast. History buffs and most spend lots of time here.

If planning to go, you may want to consider purchasing a 'Destination Passport' there or the the many other places in town selling it available April through September. It includes admission here and other places in town that charge a separate admission fee. However, it is not available on holidays or in during one month in the Fall. Therefore, inquire before buying yours. Everyone can get other visitor information there at [www.pem.org](http://www.pem.org) to learn about this town and the many eateries giving reductions for those that have one. Do your homework and learn this and more; you will be glad you did. (JMN)



# MONGOLIAN AND MANCHU FOOD

These two ethnic minorities are often confused. They do speak different languages, eat different foods, and have many different holidays.

The Manchurians live by hunting, fishing, and farming, the Mongolians by herding their animals, consuming meat and milk, the latter often as cheese. Manchurians mostly live in China in the Northeastern Plain. Both are tall and fair-skinned, and often both wear many of the same kinds of clothing.

This magazine did discuss Manchurians, also called the Manchu, in Volume 7(1) on page 9 and Volume 13(4) on page 19. These Tungusic-speaking people originated in China's Northeast, some called them 'Masters of the Grasslands,' and they helped the Ming Dynasty start a Dynasty in 1368 CE. This large ethnic population, in China's 2010 census, were counted as about eleven million people, they lived in most of China's thirty-one provinces and in Inner Mongolia, and in Mongolia, the independent country next door. Their largest numbers live in China's Liaoning Province, smaller numbers in the Hebei, Heilongjiang, Jilin and Yunnan Provinces; and many in Inner Mongolia. Others live in Beijing and some twelve thousand live in Taiwan.

Genghis Khan succeeded in unifying most of their tribes and he established a unified regime that expanded to Central Asia and Southern Russia under the leadership of China's Communist party. They were the first ethnic group to establish their own autonomous region, it had nine prefectures, and its own Altaic language with several dialects.

Their spoken and written languages were unique at that time, now most speak Mandarin learning it in school, so younger folk can speak, read, and write Mandarin, their elders still reading and speaking Manchurian, but not their younger folk.

Several of these elders told us Manchurian is almost extinct, but some believe it having a resurgence, particularly around Xinjiang. This ethnic population are from two ancient groups, both Jurchen with origins from the Qin Dynasty (221 - 207 BCE), known as Xiongnu and Donghu, many from tribes brought together before and by Genghis Kahn. Their descendants came from

the northern dry steppe region needing irrigation but able to grow enough grain for themselves and their animals.

Most did live in yurts covered with felt, and now they no longer move them around. Most did dress in clothes made of felt with a primary diet of meat and dairy from their own animals. They used to consume lots of buttermilk and *kumiss*, drank fermented mare's milk, and ate many 'white' foods called *chaganyide* which means 'pure and noble' and their fingers or off the end of their hunting knives, but do less of all of things now.

They still love lamb and beef, adore sheep tails with their high fat content, and still like them roasted and chewy, still eat many organ meats, though less than their parents did. Most no longer serve them on dried lamb skin, but do still like them with lots of bread many call their 'cookies,' and many still do grow and eat the grains they raise to make them.

Historians believe these people were probably Sushen and known in the first millennium BCE as Yilou, and then in 220 CE were known as Wuji people, and in the 5th century called the Mohe people. Only later were they known as the Jurchen. Many still love entertaining and hosting large banquets, and now many live near Han people, so have intermarried with them. Only a small number still preserve their original culture, but many do know about it.



These days, most of them eat lots of pork as do the Han, and eat lots of lamb and beef, but no longer eat camel and deer as they can not get them because they are in short supply. Many love and make pancakes and sometimes stuff them with some of these or other meats when they can get them.

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**MONGOLIAN AND MANCHU FOOD**  
continued from page 19

Each of the two articles already mentioned have four recipes and one soup. We recommend you seek them out at [www.flavorandfortune.com](http://www.flavorandfortune.com) to learn about them, even enjoy them and others found on other web sites, in cookbooks, and in other articles. These days, one can enjoy their food in Chinese barbecue restaurants as there is little barbecue cooking in homes except for that done outdoors as indoors it needs special venting to meet fire and health codes.

We found Manchurians very hospitable, liking to gather and share edible wild plants if they went looking for them, particularly leafy ones. They told us they like to eat them raw or boiled in a stew, or to flavor other dishes, but as finding them is no longer as easy as it was for their folks, so they use them in small quantities even if dried or pickled.

If you get to Harbin as we did a few years back, you can taste some of their starchy staples and wild foods such as those in the *Liliaceae* and *Compositae* families. They told us to look for them in the Spring, many are in the *Allium*, *Capsella*, *Sanchus*, and *Taraxacum* families; and one chap told us his family likes those related to lily bulbs, cattails, cocklebur, and fox nut best. Another said his father and friends emigrated from Hopei and Shantung in China but no longer seek them out as they require lots of walking and now are too old to do so. (JMN)

**MANY  
INTERESTING  
ARTICLES  
WILL BE IN  
UPCOMING  
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# YUAN DYNASTY FOODS

BEFORE THE YUAN, there were many dynasties, this one beginning in 1279 CE. It was before the Liao Dynasty (916 - 125 CE), the Song Dynasty (960 - 1279 CE), the Five Dynasties and Ten Kingdoms period (902 - 979 CE), the Tang Dynasty (618 - 907 CE), and one known as the Sui Dynasty (581 - 618 CE).

Looking even further back, Chinese agriculture began about 8000 BCE, even then the main meat was probably pigs raised in family yards. Dogs may have been domesticated about two thousand years later, foxtail and panic millet were popular, certainly by 4000 BCE. *The Book of Songs* mentions wheat and barley as the only two foreign foods in China then, even has some recipes for them. In those days, Chinese knew cattle, sheep, and goats, but where they came from was not known.

Basil, coriander, and fennel were popular herbs in those early days as were many different nuts, fruits, and vegetables. Foods we read about did include walnuts, pomegranate, and others. They may have come from the Middle East earlier. One whose arrival we know for sure was watermelon, coming to China by 900 CE. In different sources we note different dates, and different places they originated.

The Western World, adopts rice and millet from Asia, they had apricots, cabbages, plums, soy and other beans, and persimmons, too; in later years. Grapes went to China, onions and related bulbs were already there, where from or if indigenous, we know not.

By the Tang Dynasty (618 - 907 CE), many foods went from China to the West including white fleshed peaches, oranges, black-eyed peas, fluffy white chickens, carp and other gold-colored fish, and the Pekin duck. The years for each are reported variously in assorted sources with little consensus.

One of the first dynasties in China was from the 21st to the 16th centuries BCE. The Shang came after it, probably from then through the 14th centuries. The Zhou Dynasty, most often dated as 1045 - 221 BCE does include carrots coming from Afghanistan to China, as did broad beans; and both went to the West from there.

The Chinese were and still are great food borrowers. We learn about some foods from two Chinese books, the *Yinshan Zengyao* (1) and *Huihui Yanfang* (2). The first or (1) was a diet manual published before the 14th century BCE mentioning two hundred and forty-two plants and animals known when published including cow, horse, sheep, goat, donkey, and dog.

The second (2), written by Hu Sihui, said to be China's court nutritionist and of either Chinese or Turkic heritage, mentions fewer foods, but has ninety-five recipes. Seventy-two of them use lamb or mutton, many use a starch, and sixteen are for breads, eleven are Chinese and one is Indian, many using ginger, Chinese radishes, beans, and/or nut pastes, they may have come from Middle Eastern countries. His volume mentions sixty-seven foods, many are herbs, seventeen are Chinese, and many do have medicinal uses, seven are from Southeast Asia, and seventeen are not delineated as to where from.

Little is known about how much China knew or was impacted by the comings or goings of these foods. This book mentions there is a great influx of plants coming to China, not where they came from or later went to. Perhaps they moved one way or another by 1500 CE.

DURING AND AFTER THIS, seventy Western food plants grew and were used in China. A dozen mentioned in Volume (2) as were two Western birds coming to China, the turkey and the Muscovy duck.

During these times and thereafter, many Chinese restaurants open in bigger towns world-wide. Now, there are more Chinese restaurants world-wide than ever before with hardly a single reasonable-sized town without at least one.

Written materials, in short supply in the early years, may included items lost that did have exist. Some were mentioned, but as there probably was much conflicting information. (JMN)

# FOODS FOR HEALTH, PART II

**CAMOMILE** flowers closely resemble those of the daisy. The Chinese say these have anti-inflammatory, anti-bacterial, and anti-spasmodic properties; and that when made into a tea, they quiet upset stomachs, stop itches from insect bites, minor burns, and skin rashes. Botanically, these *Matricaria chamomilla* are *gan ju* in Chinese. They are also popular when helping people fall asleep, reduce anxiety, and reduce inflammations; and often can induce a miscarriage so pregnant women should not ingest this flower in any way.

**CARDAMOM**, botanically known as *Amomum cardamomum*, is called *bai dou kou* in Chinese and believed warm and acrid. It warms the stomach, disperses food, and keeps one's *qi*.

**CHINESE YAM**, botanically known as *Dioscorea rhizoma*, is in Chinese called *huai shan yao* or *shu yu say*, and believed naturally sweet. This tuber acts on the spleen, kidneys, and blood vessels, and Chinese practitioners use them to strengthen these organs, also the stomach and blood vessels, and stabilize lungs and kidneys and benefit one's *qi*.

**CHINESE ANGELICA**, the Chinese call *dong quai*, and they use this herb for gynecological ailments including menstrual cramps and irregular menses, and they believe it a good blood purifier that manages hypertension, rheumatism, ulcers, anemia, and constipation.

**CHINESE PEAR**, the Chinese say tastes sour and has a cool nature, and in Chinese is called *li zi*. Their medical practitioners use it to stimulate saliva, quench thirst, nourish the lungs, stop coughing, and clear body heat. Botanically known as *Pyrus pyrifolia*, it can be any pear including Russets, sand pears, zodiac or any other pear. One practitioner we spoke to said he can find nothing in the literature about it, and if we do to tell him where.

**CHRYSANTHEMUMS**, botanically known as *Chrysanthemi morifolium*, Chinese call them *zhen ju*. They consider them cool and sweet, and valuable to relieve headaches and dizziness, also to brighten and reduce eye redness, and problems from ingested toxins.

**CLOVES**, botanically known as *Syzygium aromaticum*, the Chinese call *ding xiang* or *ding zi*. They say these flower buds are warm and acrid, and good for warming the kidneys.

**CONCH** comes from the sea and has a cold nature and sweet taste. The Chinese believe they clear liver problems, nourish the lungs, and benefit many body organs, and increase a person's *qi*, and believe anemic folk should have theirs in a soup.

**CORDYCEPS**, the Chinese believe are sweet and warm with a neutral nature. They believe they nourish the *yin*, strengthen the lungs and kidneys, and positively impact the immune system. Many elderly also tell us they reduce the effects of aging, stop bleeding, reduce excess mucus, promote their longevity. treat lethargy, and improve their liver.

**CROCUS** flowers and leaves are botanically known as *Crocus sativus*. The Chinese call them *zang hong hua* and consider them sweet, say they quicken the blood, ease feelings of depression, and free minds of negative feelings. Many of their youth told us to consume some and be healthier.

**DATES**, particularly red ones, the Chinese believe are a blood tonic. No matter their color, their TCM practitioners say they nourish the entire body and everyone should take them often.

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## FOODS FOR HEALTH, PART II

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**FENNEL**, botanically *Foeniculum vulgare*, they tell us are warm and acrid, and Chinese call them *xiao hui xiang* believing they warm the kidneys and rectify qi harmonizing with the stomach. We are not sure what that means but know they recommend them for pain in the lower stomach and the bladder.

**FIGS**, when dried, the Chinese say clear heat and sputum, nourish the lungs, and aid digestion. Botanically known as *Ficus carica*, the Chinese call them *wu hua guo* and say these fruits have lots of fibre and sugar, and they clear sputum, and are good for all ages.

**FISH MAW**, is *yu piu* or *yu du* in Chinese, and they believe it nourishes *yin*, benefits blood, strengthens kidneys, and uplifts a person's spirit. They say they have collagen and proteins that also improve the skin.

**FLAX** are seeds the Chinese believe warm and sweet. Botanically known as *Linum tatissimum*, when chewed or used as a poultice, they say they relieve itchy skin, ease firm stools, and kill internal worms.

**GINGER**, the Chinese believe is spicy, warm, and somewhat acrid, and is botanically known as *Zingiber officinale*. They use it to ease nausea and motion sickness, aid the lungs, spleen, stomach, and blood vessels, and say it prevents coldness. Their TCM practitioners say it good for removing drug toxins, warming the stomach, reducing vomiting, preventing colds, and relieving pain from rheumatoid arthritis.

**GINGKO**, botanically known as *Ginkgo biloba*, the Chinese believe is sweet with a bitter nature. They know its female trees, in some seasons, smell dreadful, male ones never do, and both have fan-shaped leaves and are among the oldest living trees whose heritage is from thousands of years ago. They use their leaves to reduce vomiting and diarrhea, the seeds often called nuts, to nourish the lungs, relieve asthma, improve the kidneys and blood vessels, reduce mucus, calm anxiety, remove bodily moisture, brighten eyes, reduce dizziness, help weak knees get stronger, treat memory loss, and slow Alzheimer's disease progression.

**GINGER**, in Chinese is *jiang* or *yuan qi* and said to be spicy, warm, and somewhat acrid. Botanically it is *Zingiber officinale*, and the Chinese use it to ease nausea and motion sickness, aid the lungs, spleen, stomach, and blood vessels, and prevent coldness. Their TCM practitioners say it removes drug toxins, warms the stomach, reduces vomiting, prevents colds, and relieves rheumatoid arthritic pain.

**GINKGO BILOBA**, the plant's botanical name, the Chinese say. treats memory loss and slows the Alzheimer disease progression, and it relieves leg cramps.

**GINSENG**, they believe is slightly warm in nature, sweet and bitter, and it increases saliva, supplements blood vessels, tones the *qi*, calms the spirit, stops thirst, improves a cough, and reduces vomiting. They use it to make a healthy tea, promote secretions of needed bodily fluids, retard aging, and strengthen the immune system.

**HAW**, botanically known as *Crataegus pinnatifida*, the Chinese call *shan zha pian*. They deem it slightly warm, somewhat sour and sweet, and very useful when dried. Their TCM practitioners warn it can cause the uterus to contract and tell pregnant women to avoid using any, but do advise it does strengthen the heart, lowers blood pressure, calms indigestion, diarrhea, and stomach flatulence, and they can use it for these conditions.

**JOB'S TEARS**, also known as coix seeds, the Chinese call *ren mi*. Botanically known as *Coicis semen*, they believe them cold, sweet, and bland and fortify the spleen and supplement the lungs.

**JUJUBES**, red or black, are botanically known as *Zizyphus jujuba ater*. Red ones known as *Zizyphi frictus rubrus* and both are warm and have a sweet nature, both supplement the spleen, reinforce *qi*, and reduce problems from most drug-related toxins.

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## FOODS FOR HEALTH, PART II

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**LILY BULBS**, botanically called *Lilium brownii*, in Chinese are *bai bai he*. They say their nature is cold, sweet, and a bit bitter; TCM practitioners advise they moisten lungs, suppress coughs, clear irritations in the heart, and quiet one's spirit.

**LONGAN**, *long yan rou* in Chinese, are botanically known as *Euphoria longana*. They believe them warm and sweet, and consumed to reduce heart palpitations, improve forgetfulness and insomnia, nourish heart and spleen, reduce most tensions, and supplement *qi*, and reduce racing hearts.

**LOTUS**, botanically known as *Nelumbo nucifera*, is in Chinese called *lian*, their seeds called *lian zi*. One of two extant species of this aquatic plant known as *Nelumbonaceae*, its seeds are often called 'lotus nuts' which they say are sweet and neutral by nature, calm the spirit, benefit the kidneys, strengthen the spleen, protect the intestines, stop nocturnal emissions, and reduce chronic diarrhea. The roots, they say, cool the blood, nourish the digestive system, and when cooked stimulate the appetite.

**MATSUTAKE** are *tricholumataceae* fungi, the the most expensive mushrooms in Japan, and are pine mushrooms that are also known as *Hime matsutake*, and botanically known as *Morus* that if white are *Morus alba*. Chinese say they benefit the stomach, stimulate appetites, lower cholesterol, and prevent cancers and diabetes. They were discussed in an article we called 'Mushrooms are Magnificent' with many others.

**MUGWORT**, botanically known as *Artemisia argyi*, the Chinese call *ai hao*. They say its nature is warm, bitter, and acrid and its leaves expel dampness, warm the channels, quiet the fetus, relieve pain, and unclog vaginal discharge.

**MULBERRIES**, the Chinese call *sang* and say are naturally sweet and cold, benefit flow of all liquids in the body, eliminate swelling, clear the eyes and ears of infection, calm the spirit, increase saliva, and reduce thirst.

**MUSTARD SEEDS**, no matter their color, include forty species called *jie cai zi* in Chinese. Their nature they say is warm and acrid, most black ones called *Brassica nigra*, brown ones called *B. Juncea*, white ones are *B. Blanca*, and all are known as *Semen sinapsis* or *Semen arvensis*. These seeds dissipate cold and reduce abdominal pain, and they were discussed in Volume 12(2) of this magazine.

**OLIVES**, botanically known as *Olea europaea* do taste bitter when fresh. The Chinese consider them neutral, say they stimulate saliva, detoxify blood, and aid digestion; and they call them *gan lan shu* and like them in soups where they do reduce swelling in the throat.

**PEPPERS**, black and white, are hot and acrid, and botanically known as *Piperus fructus*. Black peppers are not mature, and both disperse phlegm, impact *qi*, resolve many toxins, and in Chinese are *iao yan*.

**PERILLA**, botanically known as *Perilla frutescens*, are *zi su ye* in Chinese. This leaf is said to be warm and acrid, can reduce colds, rectify ones *qi*, and harmonize nutrients in the body. In Chinese called *ba jiao hui xiang*, their dried berries reduce abdominal pain, dissipate cold, and rectify *qi*.

**PINE NUTS**, botanically known as *Pinus koraiensis*, the Chinese call *song zi* and say their nature is warm and sweet. TCM practitioners tell us they moisten heart and lungs, lubricate intestines, and ease constipation if ingested with congee that includes walnuts, and honey.

**RADISHES**, the Chinese call *xiao udbo*, and say their nature is sweet and cool, they detoxify and clear heat in the lungs and stomach, and goof for all who work close to hot stoves.

**SESAME SEEDS**, if black, the Chinese call *hei zhi ma*. They like both white and black ones for their sweet nature, both botanically known as *Sesamum indicum*. They say they supplement the liver and kidneys, moisten the five viscera, promote lactation; if steamed with wine expel wind and reduce premature graying.

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## FOODS FOR HEALTH, PART II

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**SICHUAN PEPPERCORNS** are botanically known as *Xanthoxylum bungeanun*, and are piquant, acrid, and have a warm nature. These berries relieve pain in the stomach and heart, kill worms, and reduce most fish toxins.

**TANGERINE PEEL**, the Chinese tell us, is spicy, bitter, warm, and acrid, and called *chen pi*. They say to eating some prevents coldness, promotes *qi*, expels sputum, and aids digesting foods, and that they increase appetite, reduce stomach flatulence, vomiting, diarrhea, and coughing.

**WATER CHESTNUTS**, Chinese believe sweet and warm in nature, and these corms uplift the spirit, clear dryness, and nourish all body organs. In Chinese, called *bi jo qi*, they are botanically known as *Eleocharis dulcis* and these aquatic vegetables grow best in marshes, They are not water caltrops though many think call them that.

**WATERCRESS**, Chinese believe, is sweet and cold in nature. They call them *shui tian jie* and TCM practitioners say eating some cools the body, clears its heat, and detoxifies its lungs. Botanically known as *Nasturtium officinale*, they are in the cress family and are an aquatic plant.

**WHITE FUNGUS**, related to black cloud and wood ear mushrooms. the Chinese say have sweet and neutral natures. *Mo-er* fungi in Chinese, they benefit the spleen, strengthen the stomach, expel dryness, calm the spirit, reduce insomnia, and are good for all, particularly those resisting eating foods deemed beneficial.

**WOLFBERRIES**, once known as *goji* berries, are botanically known as *Lycium chinese*. They moisten lungs, aid liver, kidneys, and blood vessels, strengthen body and bones, clear the eyes, reduce coughing, increase *qi*, and help people feel young. (JMN)



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HEALTH, IN  
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Permit No. 224

**TO:**

促進中國烹飪科學與藝術研究所

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