

INTERNATIONAL FOODS  
FORMAT FOR COUNTRY WRITE-UP

At the conclusion of our unit of study each student will turn in several pages of clean neat paper containing all of the following information:

1. Title page with all necessary information (name, date, period, country studied).
2. Map of the country studied with pertinent land marks highlighted.
3. The definition of the word cuisine.
4. One paragraph of at least three sentences on each of the following topics:
  - a. the general characteristics of the country's cuisine.
  - b. the unique cooking techniques and tools of the cooking style.
  - c. the geography of the country and how it effects the country's cuisine.
  - d. a brief history of the country and how it effects the country's cuisine.
  - e. the culture and philosophy and how it effects the cuisine of the country.
  - f. your opinion of the country's cuisine, and one new bit of information you learned about it.
5. Copies of recipes prepared.
6. Bibliography of resources used.

International Foods  
China Spelling Test  
Spell words and write definition.

### Cuisine of China

- 1) **Mandarin:** Also known as Peking style cooking. This is the cuisine of Northern China. This regional cooking is noted for its sweet and sour dishes.
- 2) **Szechwan:** The cooking of the southwestern China. Hot peppers are an important ingredient in this fiery style of cooking.
- 3) **Cantonese:** The regional cooking of the southern part of China. This is a colorful form of cooking sometimes using pineapples and tomatoes. Familiar Cantonese dishes include egg rolls, egg foo young, roast pork and shark's fin soup.
- 4) **Hunan Cooking:** A style of Chinese cooking from the Hunan province in the southeastern part of China, Hunan dishes are noted for their hot, fiery flavor.

### Chinese Cities:

- 1) **Peking:** The capital of China.
- 2) **Shanghai:** A large port city in China.
- 3) **Canton:** A southern province of China many of the first Chinese immigrants came from in the 1850's.

### Chinese Cooking Utensils

- 1) **Chopsticks:** In the Chinese language the word "Chopsticks" means "quick little ones". Chopsticks are used not only for stirring, but also for beating eggs and stirring ingredients.
- 2) **Wok:** This round-bottomed Chinese cooking vessel was designed for stir-frying in order to shorten cooking time and save fuel.
- 3) **Bamboo Steamer:** Traditional Chinese steamers are round baskets made of bamboo with woven bottoms, and lid. Steamers are used singly or stacked for steaming food. In a wok containing boiling water.
- 4) **Cleaver:** This utensil has a sharp metal blade three to four inches broad and eight inches long. A cleaver is used to chop vegetables and meats.

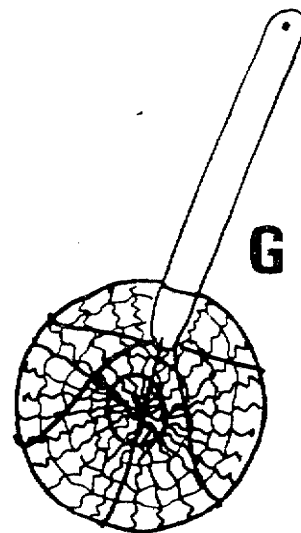
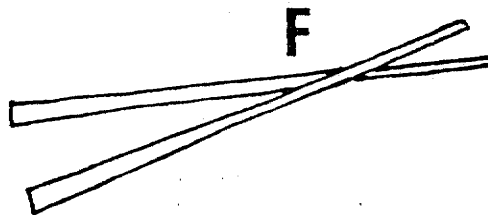
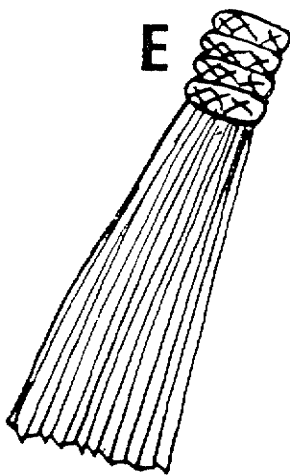
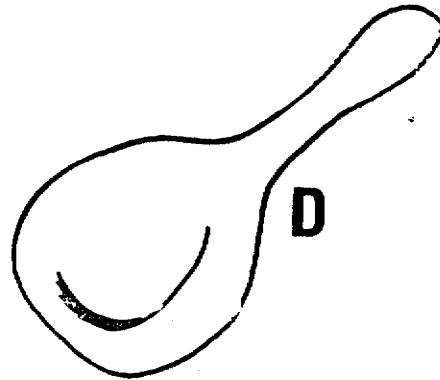
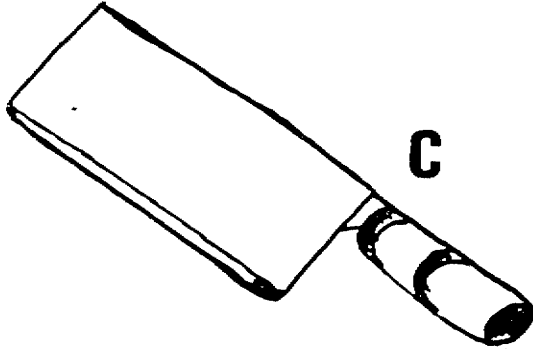
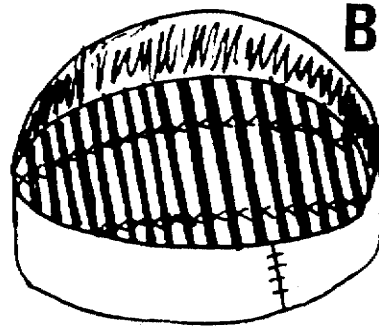
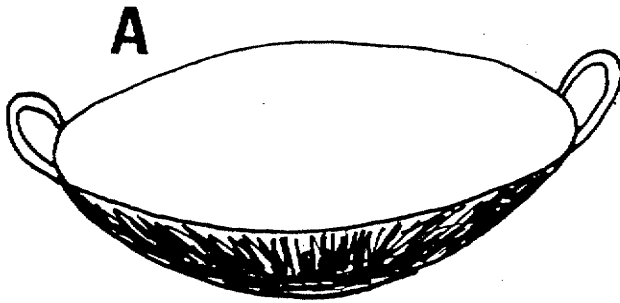
### Chinese Ingredients

- 1) **Bok Choy:** Chinese chard or white mustard cabbage. Used cooked as a vegetable, in soups or in stir-fried dishes.
- 2) **Bamboo Shoots:** Young, tender, ivory-colored shoots from the tropical bamboo plant. Used as a vegetable.
- 3) **Bean Curd:** (Tofu) Bland, smooth, custard-like mixture made from pureed soybeans. Used as an inexpensive vegetable and a good source of protein.
- 4) **Soy Sauce:** A salty brown sauce made from soybeans, wheat, yeast and salt.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

CHINESE COOKING UTENSILS

Identify each Chinese cooking utensil pictured below by drawing a line from the utensil to its correct name in the word list below. On the back of this worksheet write out one or more uses for each utensil.



WORD LIST:

BAMBOO STEAMER    CHOPSTICKS    WOK    BAMBOO WOK SCRUBBER    CLEAVER  
 RICE PADDLE    STRAINER

## **Recipes for China**

1. Sesame seed cookies
2. Spicy orange chicken
3. Ginger beef and vegetable
4. Butter fly cookies
5. Fried rice
6. Beef and Bok Choy
7. Chicken with Asparagus and black bean sauce

## SESAME COOKIES

*(Gee Ma Bang)*

YIELD: 5 Dozen

1/4 cup granulated sugar  
1/4 cup brown sugar  
1/2 egg (2 tsp.)  
1/4 pound lard (no substitute)  
1/4 tsp. almond extract  
1 cup flour  
1/4 tsp. baking soda  
scant 1/2 tsp. baking powder  
sesame seeds

### Preparation:

1. Sift flour with baking soda and baking powder, set aside.
2. In medium bowl, cream egg and lard together.
3. Add sugars, then almond extract.
4. Gradually add the dry ingredients and mix well.
5. Chill dough for several hours, if possible.
6. Roll 1 tsp. dough in your hands to form a ball.
7. Roll ball in sesame seeds, coating all sides.

### Cooking:

1. Place sesame balls about 3/4 inch apart on ungreased cookie sheet.
2. Bake in pre-heated 350 degree oven for 8-10 minutes. Cool.

## SPICY ORANGE CHICKEN

pieces            2        whole chicken breasts, skinned, boned, and cut into 1/2-inch

                    1/4 cup peanut oil

SEASONINGS: 1/2      teaspoon minced garlic

                    1        Tablespoon minced fresh ginger

*orange peel - dry in the sun (peel of one whole orange)*

VEGETABLES: 1/2      green bell pepper, cut into 1/2-inch cubes

                    1/2      red bell pepper, cut into 1/2-inch cubes

SAUCE:            1/2      teaspoon chili paste with garlic, or to taste

                    4        Tablespoons soy sauce

                    4        Tablespoons dry sherry

                    4        Tablespoons water

                    2        Tablespoons sugar

                    1        teaspoon cornstarch dissolved in 2 teaspoons water

### TO PREPARE:

1. Set orange peel aside to dry at least 1 hour.  
Break or cut dried orange peel into small 1-inch pieces.

### ON THE TRAY:

1. Bottle of peanut oil
2. Cup containing chicken, orange peel, seasonings, vegetables, sauce, cornstarch

### TO COOK:

1. To a heated wok, add 2 Tablespoons peanut oil.  
When oil is hot, add chicken and stir-fry about 3 minutes to lose the pink color.  
Remove chicken from wok and set aside into a bowl.
2. In the same wok, heat 2 Tablespoons peanut oil.  
Add orange peel and stir-fry about 30 seconds.  
Add seasonings and stir.  
Add vegetables and stir-fry 1 minutes.  
Add chicken and stir until it comes to the boil.  
Return chicken to wok and stir 1 minute until it is heated through.  
Add cornstarch, stir until thickened, about 1 minute, remove from heat.  
Serve immediately.

## **Sticky Rice**

1 cup rice  
2 cups water

Place in saucepan over medium heat

Do not stir

Cook until water has evaporated, and you see water bubbling making wholes in the rice.

(See my example)

Set stove to low.

Cover pan.

Set time for 10 minutes.

You will have perfect rice every time.

STIR FRY GINGER BEEF AND VEGETABLE

eat in minutes  
oil { 2-3 slices flank steak, cut on the diagonal across the grain

2 Tablespoons terriaki sauce

2-3 slices fresh ginger, minced finely

1 teaspoon minced garlic

3 Tablespoons oil (peanut oil is best)

1 cup green vegetable cut (broccoli, green beans, snow peas, asparagus)

1-2 scallions / 1/4 c. onion

1 carrot, diagonally sliced or julienne

2 T. terriaki sauce plus 2-3 T. water

1/4 tsp. szechwan sauce and 1/4+ tsp. chili paste with garlic; 1 T. Hoisin

1-1/2 tsp. cornstarch

1 T. water to make a glue

- fold  
sauce  
water {
1. Cut meat strips into long thirds and then in smaller bite-size pieces.
  2. Marinate meat with terriaki, ginger and garlic.
  3. Stir fry meat in hot oil: remove with slotted spoon when pinkness is gone.
  4. Add carrots, then green vegetable, then scallion tossing in oil after each.
  5. Add some water to side of wok and cover to create steam. Cook 3 min.
  6. Add seasoned terriaki mixture and marinade mixture and steam another 2 min.
  7. Return meat to the wok. Push food all to one side and slowly pour in the cornstarch glue, stirring constantly until sauce begins to thicken. This happens FAST. Turn off heat. Toss meat and vegetables in thickened sauce.
  8. Serve with steamed Chinese Rice

CHINESE RICE: Bring 1-1/4 cup water with 1/2 cup rice to boil. Cover, reduce heat and steam until tender about 15 min. Remove from heat but keep covered 15 min. Check rice when cooking to be sure it does not burn.

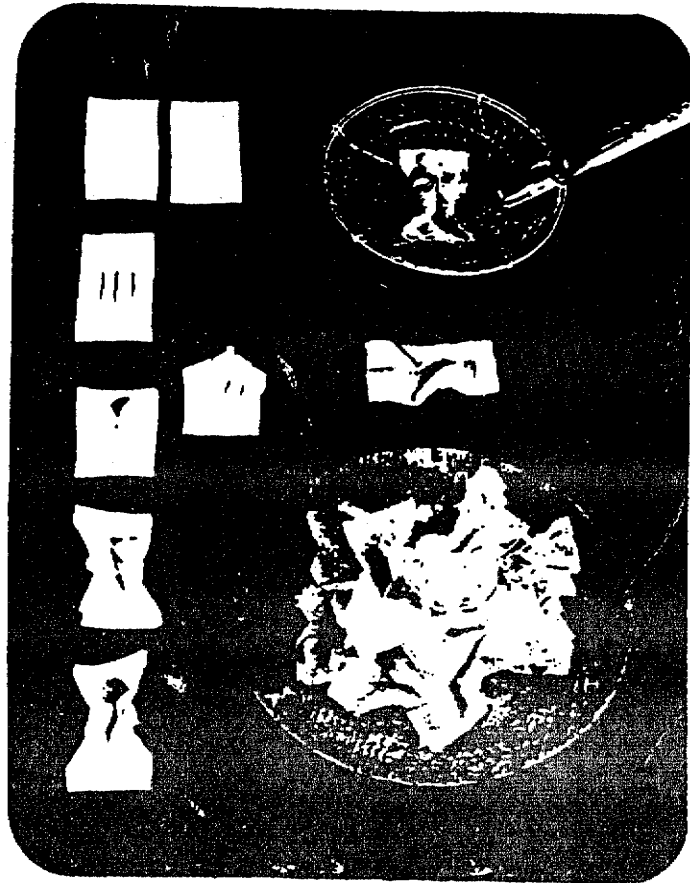


## Butterfly Cookies

Yield: 40

1 pkg. won ton wrappers  
1 cup powdered sugar  
Oil for deep frying

**Preparation:** Cut each won ton wrapper into 2 rectangles. Lay one rectangle on top of the other to



form a double thickness. Make three  $\frac{1}{2}$ -inch slits in the center, lengthwise. To form a bow, pull one end through the middle slit.

**Cooking:** Deep fry butterflies until golden, about 1 minute or less. Drain on paper towel. Sift powdered sugar over both sides. Cool.

**Do-ahead notes:** These keep for several weeks in air-tight containers.

**Comments:** These also can be made from egg roll wrappers but they're three times as large. I prefer using won ton wrappers because I think their mini size makes them more attractive.

## FRIED RICE

### INGREDIENTS:

2 cups cooked rice  
1/2 cup frozen peas and carrots  
1 egg, scrambled  
1/2 cup green onions, chopped  
1 to 2 cloves garlic, minced  
2 to 3 tablespoons soy sauce  
1/2 tsp. salt  
1/4 tsp. ground pepper  
1/2 tsp. sesame oil  
2 tablespoons peanut oil or corn oil

### PREPARATION -- DAY ONE

Rice- Place 2 cups of water and 1 cup rice in a pan. Bring to a boil, cook until holes appear on the surface of the rice.

Reduce heat to simmer, cover, and simmer for 10min., all the water should be evaporated.

Place in covered container, label, store in refrigerator until tomorrow.

Eggs- Use small skillet, heat 1 tsp. oil in skillet.

Scramble one egg in skillet over medium heat.

Cover, label and store in refrigerator overnight.

Vegetables- Chop one green onion. Place in plastic bag, label, and refrigerate.

STORE ALL DAY ONE PREP ITEMS FOR YOUR GROUP TOGETHER.

### PREPARATION -- DAY TWO

Assemble all ingredients.

Heat 2 T. oil in a wok or regular skillet. Sauté garlic and cooked rice.

Pour in mixed vegetables, scrambled egg, and the all remaining ingredients.

Keep stirring until the rice mixture gets a little dry. Serve and enjoy!

## BEEF WITH BOK CHOY

- 1/2 head bok choy, cut in 3/4 inch slices
- 3 fresh mushrooms, thinly sliced
- 2 scallions (green onions) sliced
- 1/4 8-ounce can bamboo shoots
- 1/2 pound boneless lean beef (sirloin or top round) partially frozen to facilitate slicing
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon cornstarch
- 1 1/2 teaspoons sugar
- 1/2 cup beef broth
- 2 tablespoons salad oil
- 1/2 teaspoon finely minced garlic
- 1 slice fresh ginger root, finely chopped

### Day #1

1. Slice slightly frozen meat, across the grain, into 1/8 inch slices.
2. On a large plate or platter arrange prepared bok choy, mushrooms, bamboo shoots and meat slices. Keep sliced onion separate.

### Day #2

1. In a small bowl, combine 1 tablespoon soy sauce with 1 teaspoon cornstarch. Add beef slices and mix until meat is coated on all sides with mixture. Set aside.
2. In another small bowl combine 1 tablespoon soy sauce, 1 tablespoon cornstarch, 1 1/2 teaspoons sugar, and 1/2 cup beef broth. Set aside.
3. Heat wok over high heat. Add 1 tablespoon oil. Add garlic and ginger and cook, stirring constantly to prevent sticking, for 30 seconds.
4. Add beef and cook, stirring constantly, until meat is browned, about 2 to 3 minutes.
5. Remove wok from heat and transfer meat to a bowl.
6. Reheat wok and add 1 tablespoon oil. Add bok choy, mushrooms, scallions (green onions) and bamboo shoots. Stir and cook until bok choy is tender but crisp and has turned a bright green. (This will take 2 to 5 minutes, DO NOT OVERCOOK!)
7. Return meat to pan. Stir beef broth mixture in bowl to blend settled ingredients. Add beef broth mixture to meat and vegetables in wok and cook stirring constantly until it comes to a boil and liquid thickens.
8. Transfer to a serving dish and serve with rice, tea and almond cookies.

# Fryin Peanut Oil

CAROLYN THACKER

## CHICKEN WITH ASPARAGUS AND BLACK BEAN SAUCE

- 2 cups cut-up uncooked white meat (2 or 3 whole chicken breasts)
- 1 Tablespoon oil
- 1/4 teaspoon salt
- 1 teaspoon soy sauce
- 1 Tablespoon cornstarch
- 2 Tablespoons salted Black Beans (Washed in cold water)
- 3 cloves (or less) crushed garlic
- 4 Tablespoons oil
- Soy sauce to taste
- 1/4 cup chicken broth plus 1 teaspoon cornstarch
- 4 cups asparagus - sliced on the diagonal (May blanch for 1 minute)
- 1/2 teaspoon sugar
- Salt to taste

Marinate chicken in the oil, salt, soy sauce, and cornstarch for 30 minutes or longer.

Mix crushed garlic and mashed black beans.

Add to preheated wok that has the 2 Tablespoons of oil.

Toss about to season oil.

Add asparagus; stir and cook until tender crisp.

Add sugar and salt to taste.

Set aside on a platter.

Heat the wok again with 2 Tablespoons of oil.

Add chicken and quick-fry for a few minutes.

Add chicken broth mixture and soy sauce.

Stir thoroughly, then mix in the asparagus mixture and remove from heat.

Serve this Chicken With Asparagus immediately!