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Mandarin Chinese
Ms. Wu
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Fortune Cookies

Ironically, fortune cookies, called “tsujiura senbei,” originated in Japan as a tea cracker as early as the 19th century. This traditional cookie was a bit larger, had darker dough, and consisted of sesame and miso rather than the vanilla and butter in the modern version. In addition, the fortune slip of the cookie was wedged into the bend of the tsujiura senbei, instead of being crammed into the hollow center, as it is in America. Oftentimes, one can find this version of the fortune cookie still being sold in certain areas of Japan, especially the area around the Fushimi Inari-taisha shrine in Kyoto. Although it is uncertain who specifically brought the fortune cookie to America, it is assumed that a Japanese baker in America modified the design of the traditional tea cookie and sold his/her version in his/her bakery. Sometime around WW2, the fortune cookie began to be associated more with Chinese cuisine instead of Japanese cuisine, one possible theory explaining this is that the Chinese manufacturer’s had an opportunity to dominate the fortune cookie market during the Japanese Internment (When hundreds of thousands of Japanese-Americans were forced into internment camps, including the Japanese-Americans who produced fortune cookies). The machine that creates the generic fortune cookies we know today was invented in the early 20th century by Schuck Yee, from Oakland, California. These fortune cookies are a common complimentary dessert given by Chinese restaurants, and usually contain a little slip of paper with a fortune, lucky numbers, and a Chinese word/translation. Often, lucky numbers are used to play the lottery. So, from traditional Japanese tea cookie to modern Chinese restaurant complimentary dessert: the fortune cookie.



Jake Arevalo

Tofu is a dish in East Asia, which originated in ancient China. Tofu is produced by coagulation of soy milk and pressing the curd. Different types of tofu fresh, soft, firm, dry seasonings, frozen and deep-fried are different ways to cook tofu from soybeans, water and coagulant, or hoarse agent. It is high in protein and calcium, known for its affordability. Tofu has a subtle flavor and fits with many dishes, it is often spiced or sweetened to fit the dish that is being served.



Monosodium Glutamate (MSG)

Monosodium Glutamate, also known as MSG, is commonly used in Chinese food. When MSG is added to food it enhances the flavor. Many Asian cooks have been taking advantage of

glutamate's flavor enhancing properties for centuries. MSG does enhance flavor, but it also may cause problems after dining at a Chinese restaurant. Even if the FDA states say its safe, experts say that it causes headaches, dizziness, and chest pains. The experets called this, "Chinese Restaurant Syndrome". Many people don't know what foods have MSG, but MSG is contained in mostly all processed foods, and in some canned soups.

Sage Thacher

Chinese Stir Fry

The term "stir fry" was introduced to the English language by a woman named Buwei Yang Chao. She explained in her book *"How to Cook and Eat in Chinese"* how there are two different types of stir fry which are known as chǎo (炒) and bào (爆). The difference between

these two techniques of cooking is that they require different heats, different times to allow to be cooked, and a different amount of tossing that is required in the wok. A wok is defined as a bowl-shaped frying pan used typically in Chinese cooking.

The Chao technique of cooking is very similar to the western technique of sautéing. The wok is heated to a very high temperature and a very small amount of cooking oil is added to the bottom of the pan to prevent anything from sticking. Next, the seasonings are added which include things like garlic and ginger. As soon as the person cooking the dish can smell the seasonings, they add whatever meat they want into the wok. The process continues with adding vegetables and more seasonings. This technique enables a person the ability to have a well-cooked dish be ready in just minutes.

The bào technique of cooking differs slightly from the Chao method because in the bào method, the wok is heated just enough so the flame is at a dull red glow. Another difference is that in this technique, pretty much all of the ingredients are added at the same time and it takes less time to cook the dish.



General Tso's Chicken

Nick Cohen



General Tso's Chicken is a deep fried, sweet and spicy chicken dish offered mostly in North American Chinese Restaurants. The dish is generally unknown in China. It is named after General Tso Tsung-tang, a general from the Qing dynasty. It is said that the general enjoyed the dish, and possible even helped create it, but there are no known records of that. The chef who created the dish, Peng Jia, was the chef for the Chinese Nationalist government's banquets and was forced to flee to Taiwan during the Chinese Revolution. Peng Jia later moved to New York and opened a restaurant on East 44th Street. This restaurant claims to be the first to serve the dish in 1977. But Shun Lee Palaces also claims to be the first restaurant to serve the dish and that it was invented by T.T. Wang in 1972. They base this claim off being the first Hunanese restaurant in America and everyone else copied them, according to the restaurants owner, Michael Tong. Both variations of the dish are not seen in Chinese, as most Chinese believe that the dish is too sweet. The dish is often marketed as a "chef's specialty" and sold at a much higher price than other dishes. The dish often has many different names based on the restaurant demographics. Shun Lee Palace calls it General Ching's chicken and the US Naval Academy calls it Admiral Tso's Chicken when it is served at King Hall.

Chinese noodles are a staple in Chinese cuisine. They come in all shapes and sizes, depending on the region of China that they were created in. There are also many different names for Chinese noodles, because of the variation of types of noodles, and the multitude of dialects in China. The type of noodles also vary. Noodles made of wheat, or starch are normally consumed in the northern half of China, while rice noodles are more commonly consumed in the southern half of China.

The most common name used for the noodles is Mian (4), which is often translated to Mein or mien. Another common name used is fen(3), which is translated to fun. The difference is that mien is referring to noodles made using wheat, and fun is used by adding starch. Historically, however, this was not the case. "Dough foods," or any foods that were made by making a dough first, were all classified and called bing (4).

The earliest mention of noodles in Chinese history dates back to the Han Dynasty which existed from 206BCE-220 C.E.. Later, during the Song dynasty, noodles were sold in shops that stayed open all night in the cities. At this time, noodles were still referred to as "soup cake!" recently, scientists near the yellow river discovered a bowl of noodles that date back about 4,000 years!



Chinese noodles drying in the XinJing Province

Beijing Duck Bettina

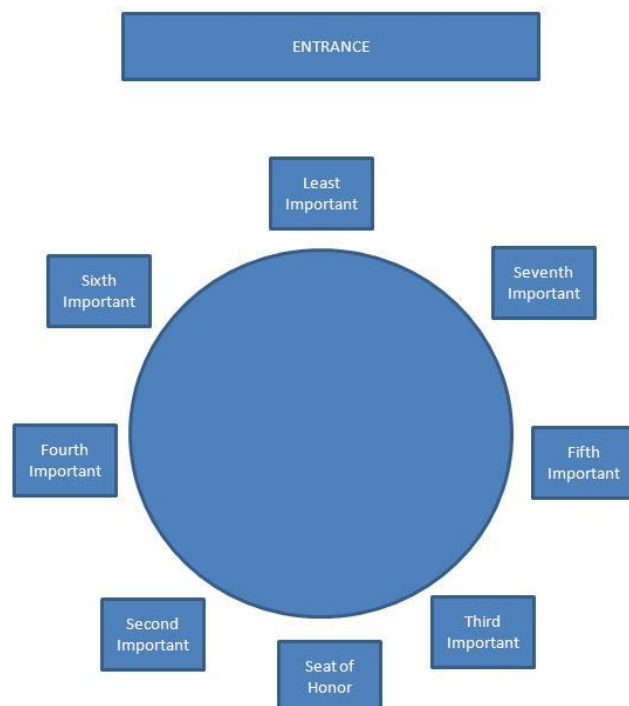
- 1) Beijing duck or Peking duck is a known Chinese delicacy. It has been made and enjoyed by the Chinese since the imperial era and China now considers it to be one of China's national foods. Some people think of the Beijing roast duck in the same traditional sense as Americans would think of turkey during Thanksgiving. Beijing duck is most prized because of its delicious crispy skin and is usually served with a lot of skin and little meat. It is believed that Westerns brought certain European customs to China during the Yuan Dynasty (1271-1368) and roasting poultry was one of these customs. However, there is evidence of another source for the origins of roasting duck in China. Roast duck appeared in records dating as far back as the Northern and Southern Dynasties which lasted over the timespan of 420 to 589.
- 2) Originally the ducks were roasted in a conventional convection oven until the Qing Dynasty which lasted from 1644 to 1911 when roasted began to increase in popularity. It was previously more popular in lower classes. During this time, the White Beijing Duck In 1979, the Quanjude Restaurant opened for business. Yang Quanren, the founder of Quanjude, developed the hung oven to roast ducks. This became a very popular way of roasting ducks. With this new efficient system for roasting ducks, the restaurant became well known in China, introducing the Beijing duck to the rest of the world.



With history as old as Chinese cooking itself, the Chinese take pride in being one of the first nations to develop sophisticated table etiquette, and seating. When invited to a Chinese household for a meal, guests are expected to arrive on the exact time planned and present themselves to the host immediately. The host can then decide where the guest will sit, introduce them to others, and get a general idea of who arrived. When being seated, the guest invited for the special occasion is assigned “The Seat of Honor”. Typically facing the entrance with a clear view of everyone else at the table, this seat is reserved for the “master of the banquet”, or the guest with the highest status and importance who the meal is in celebration of. If the meal is not in celebration of a guest, the eldest in the family is always given the seat of honor. Guests with a higher social status sit closer to the seat of honor while lower socially ranked visitors sit farther away. However, if round tables are used, people to the left of the seat of honor are second, fourth, and sixth highest while people to the right are third, fifth, and seventh. The people who sit here are decided by the host depending on the visitor’s importance, age, social status, and degree of relationship to the master of the banquet. When eating, guests should never eat before and elder or eat too fast. Guests are expected to pace themselves with others throughout the length of the meal and never let anyone feel rushed. When taking food at the table, guests place what they have taken on top of their rice and never mix them together. If offered any other food by someone of a higher seat, they should humbly refuse a few times to show respect. At the end of the banquet, guests should make sure they ate as much as possible to show the host they appreciate the food. If they only eat a small portion, it could be seen as an insult. Finally guests should never try to pay half the bill if at a restaurant, the host is expected to pay for everyone. If someone wants to immediately repay the person who paid, they can offer to take him or her out to a different place, such as a restaurant or bar.



Elizabeth Forelle



Mandarin 300

Wu Laoshi

March 28, 2012

Moon Cake

A moon cake is a traditional Chinese bread that is usually eaten during the Mid-Autumn Festival, also known as the Zhongqiu Festival. These moon cakes are regarded as a Chinese delicacy and are usually eaten during a lunar worship or moon watching. While celebrating at the festival, friends and family gather together to share and offer the moon cakes to one another. There are four main and important Chinese festivals and this is one of them. These pastries are usually round with a 10 inch diameter or in rectangular form. The moon cake's crust may contain yolks from a salted duck egg and will have a rich thick filling commonly produced from a red bean or a lotus seed paste symbolizing the moon. Tea is usually drunk with this moon cake cut up into wedge slices. Moon cakes vary with the number of calories in the filling which could be anywhere from 800 to 1200 calories which are mainly from fats and sugar. On the top of the moon cake, a Chinese character meaning longevity or harmony is imprinted. Different imprints such as a flower, vine, rabbit, or Change's woman on the moon surround the Chinese character for supplementary decoration. Moon cakes are very hard to make so they are typically bought in a store or at a high-end restaurant, costing from ten to fifty US dollars.

Dim Sum

Dim sum is a style of Chinese food prepared as small bite-sized or individual portions of food traditionally served in small steamer baskets or on small plates. Fully cooked and ready-to-serve dim sum dishes are carted around the restaurant for customers to choose their orders while seated at their tables. Dim Sum, in Mandarin, means point of the heart (點心) but the Cantonese people usually call it yum cha or, in English, drinking tea. Dim sum originated with the Cantonese people in southern China of the Guangzhou Province. Teahouses were established along the roadside. Rural farmers, exhausted after working in the fields, would go to teahouses to drink tea. People later discovered that tea could aid in digestion, so teahouse owners began adding various snacks. While dim sum was originally not a main meal, only a snack, it is now a staple of Chinese dining culture, especially in Hong Kong. Traditional dim sum includes various types of steamed buns such as cha siu bau, dumplings and rice noodle rolls. Many dim sum restaurants also offer plates of steamed green vegetables, roasted meats, congee porridge and other soups. Dessert dim sum is also available and many places often offer the egg tarts. The serving sizes are usually small and normally served as three or four pieces in one dish.

Chopsticks

Chopsticks are two sticks of equal length that are used as traditional eating utensils in many Asian countries. It is believed that chopsticks originated in ancient China, probably around the Shang Dynasty. They are usually made of wood, bamboo, or plastic. The most common today in China at home is bamboo. The Chinese word for chopstick is “kuaizi”, with the “kuai” referring to the word that means quickly, with some of the character representing bamboo (from what it is made of). Chopsticks were originally used for cooking, stirring a fire, or serving pieces of food—but not for eating. In modern day countries, it is considered bad mannered if you use chopsticks to make noise, draw attention, or play with them. It is normal for the Chinese to hold a bowl up to their mouth and shovel the food in with the chopsticks. Most chopsticks in China are about 10 inches long. Chopsticks are an integrated part of Chinese eating culture.

