

Cookbook

Program features Chinese

By JOAN KINGSBURY

China, the ancient Oriental culture known for its reverence of family, colorful, noisy New York celebrations, and interesting, unusual foods, was featured in College Misericordia's January session of A Window on the World.

The Chinese sessions featured lectures by Steven L. Davies, Ph.D. and Ann M. Hill, Ph.D. on the life of the Chinese people, the explanation of Chinese New Year's celebration complete with a most impressive dragon created by Alan and Marsha Landis, Troop 232, Boy Scouts, and Troop 631, Girl Scouts as well as various exhibits and demonstrations. Included in the demonstrations and exhibits were information on Chinese Writing, Chinese Songs, The Legend of Pan Ku, The Art of China, The Buddhist Minorities, The Clendar, A Child in China, written and presented by Elizabeth Williams and The Food of China, written and presented by Mary E. Craft.

Although I found the entire session intriguing, naturally, I was very interested in Mary Craft's exhibit on the Food of China. Mary compiled this information as she works toward her Gold, the highest award in Girl Scouting, comparable to the Eagle Scout in Boy Scouting. Following are some facts Mary presented about Chinese food and cooking.

As with many countries, foods vary from region. The northern region of China is known for its lighter version of cooking. Wheat flour made into noodles, steamed bread or dumplings is a popular staple item. Other cooking characteristics include pungent, sweet and sour sauces, delicate seasonings.

Coastal regions favor rice as a staple. The coastal area is also known for its fish dishes and soups. Soy sauce and sugary, salty and gravy laden dishes are common.

Western Chinese cooks use pepper liberally making their dishes fiery hot.

The southern or Canton region is known for its subtle, less greasy, cooking. American-Chinese cooking most often resembles this type of preparation. The use of a concentrated chicken bouillon, nuts, pork, either roasted or grilled is common to the Canton region. Rice is not used here as much as in other areas.

The most commonly used utensil in the Chinese kitchen is the wok. Wok means pot in the Cantonese dialect. Designed for quick cooking, the wok uses little fuel and as little cooking oil as possible.

Whenever one thinks about eating Chinese chopsticks usually come to mind. Called juaze in Chinese, chopsticks are the main eating implements of the Chinese. They are probably as old as the Chinese civilization itself, having been used for at least 3,000 years. Chinese children master the use of chopsticks at age three or four. Until that time, they use porcelain spoons or are fed by their mothers. Made of bamboo, wood or ivory, chopsticks are washed and reused like our silverware.

If reading about Chinese cooking has made you hungry for some delicious Chinese delicacies, the recipes for Wonton Soup with Watercress and Crispy Wonton, Crispy Noodles with Stir-Fried Beef with Oyster Sauce and Chicken Rice will allow you to prepare these special oriental dishes in your own kitchen.

WONTON SOUP WITH WATERCRESS AND CRISPY WONTON

1 bunch watercress



Andrea Williams and Mary Elizabeth Craft show staples from various areas of China; noodles,

wonton, rice stick noodles and fried noodles. This exhibit was part of College Misericordia's A

Window on the World session on China (Photo by Joan Kingsbury)

1/2 lb. ground pork
1 T. soy sauce 1/2 t. sesame oil
1/2 t. sugar
1 T. white wine
1/2 t. pepper 1/2 t. gr. ginger
1/4 lb. ready made wonton wrappers

5 c. chicken broth 1 t. salt 1 t. soy sauce 1 t. sesame oil
Chop half watercress. Place in individual soup bowls. Rinse the other half in boiling water. Finely chop. Mix with ground pork and marinate for 6 minutes. Blend well. Place 1/2 t. mixture below the center of each wonton wrapper. Fold one side over the filling. Moisten the corners with water. Fold over to seal. Repeat until all mixture is used.

In a deep pan, bring 4 pints water to a boil, add the wontons, bring to a boil, cook for 5 minutes. Bring the chicken broth to a boil, add salt and soy sauce to taste. Transfer wontons to the soup, add sesame oil and pour into watercress lined bowls.

CRISPY NOODLES

1 lb. egg noodles
Salt
Sesame oil
Oil for deep frying
Cook the noodles in 7 cups salted water for 12-14 minutes stirring occasionally. Drain well. Paty dry with absorbent paper.

Fry in hot oil for 2-3 minutes until very crisp. Drain well. Sprig with salt and sesame oil.

Serve with Stir-Fried Beef with Oyster Sauce.

STIR-FRIED BEEF WITH OYSTER SAUCE

3/4 lb. beef
Marinate
2 t. white wine
1 T. soy sauce
1/2 t. salt
1 t. sugar
1/4 t. baking powder
1/4 t. pepper
1 T. water
2 t. cornstarch
2 T. oil
1 c. broccoli
2 c. oil
2 T. oyster sauce
1/2 t. salt
1 t. sugar
2 t. chopped scallions
Cut beef into thin 1 inch squares. Marinate in all marinate ingredients for several hours. Cook the broccoli in boiling salted water for 15-20 minutes. Drain. Heat the 2 c. oil in a wok, stir-fry the marinated beef strips for 20 seconds. Remove beef with slotted spoon. Remove all but 4 T. oil from the wok. Stir fry the broccoli for 30 seconds. Add the beef, sprinkle with oyster sauce, salt, sugar and chopped scallion. Stir fry for a further 30 seconds. Serve.

CHICKEN RICE
1 lb. long grain rice 3 lb. chicken
3/4 lb. broccoli
2 med. onions
3 slices ginger root
3 t. salt
1/4 lb. green peas

Cook the rice in boiling salted water until tender, drain.
Bone chicken and chop through the skin into 3 inch size pieces. Cut broccoli into same sized pieces. Thinly slice the onion.

Simmer the chicken in a large pan with 2 1/2 pints water, the

ginger, onion and salt for about 50 minutes, or until the chicken is cooked. Remove the chicken, skim away the excess fat from the broth. Add the broccoli and peas. Bring to a boil. Stir for a few minutes. Add the rice, cook until broth has been absorbed. Arrange chicken pieces on top of the rice and vegetables. Cover the pan to allow the chicken pieces to heat through.

The chicken should be eaten dipped in soy sauce to which has been added some garlic, scallion and sesame oil.

'Heart Day' scheduled

The American Heart Association, Northeastern Pa. Region, will be sponsoring the Fourth Annual "Heart Day" on Saturday, Feb. 11, at the Wyoming Valley Mall, from 11 a.m. to 5 p.m.

Scheduled activities for the day include CPR demonstrations, Blood Pressure Clinics, routine EKG Heart Rhythm Strips,

American Heart Association information, Visual Program Slide Showcase.

Area organizations and volunteers who will assist with the activities are American Heart Association volunteers, student nurses from Wilkes-Barre Area Vocational-Technical School of Practical Nursing and local Paramedics.

Heart screening scheduled

The American Heart Association, Northeastern Pennsylvania Region, will conduct a heart screening program on Friday, Feb. 10, from 9 a.m. to noon at the Kirby Memorial Health Center, 71 N. Franklin St., Wilkes-Barre.

A nominal fee is charged for this service, which includes the electrocardiogram, test for high blood pressure, sugar and cholesterol.

The purpose of the Heart Screening Program is to seek out

the coronary prone individuals who are unaware of their cardiac abnormalities and refer them to their physician for proper follow-up care. This program is not intended for those persons with known heart problems.

Individuals over 65 years of age must present a permission slip from their physician.

Those wishing to be screened are asked to call the Heart Office at 822-6247 to make an appointment.

School menus

WESTSIDE TECH
Feb. 13-17

MONDAY--Sizzled ham on soft roll, glazed carrots, chilled pineapple, peanut butter cookies, milk.

TUESDAY--Love potion, wimpie on seeded bun, cheese sticks, buttered green beans, sweetheart cookies, milk.

WEDNESDAY--Hoagie, lettuce-tomato, Italian dressing, chips, buttered vegetables, brownies, milk.

THURSDAY--Italian meatballs on hard roll, cheese sticks, buttered corn, jello-whip cream, milk.

FRIDAY--In-service.

LAKE-LEHMAN SCHOOLS
Feb. 13-17

Junior High & Elementary Schools

MONDAY--Hot dog on bun, mashed potatoes, sauerkraut, fruit cocktail, milk.

TUESDAY--Chicken patti on bun, French fries, buttered carrots, Valentine jello, milk.

WEDNESDAY--Spaghetti w-Italian meat sauce, lettuce w-dressing, Parker House roll-butter, pears, milk.

THURSDAY--Turkey bar-b-q on bun w-relish, candied sweet potatoes, buttered corn, chocolate pudding, milk.

FRIDAY--In-service.

Senior High School

MONDAY--Steak hoagie or hamburger on bun w-peppers, French fries or small salad, applesauce and cookies, milk.

TUESDAY--Spaghetti w-Italian meat sauce, lettuce w-dressing, Parker House roll-butter, Valentine jello, milk.

WEDNESDAY--Hot dog or kielbasi on bun, mashed potatoes, sauerkraut, peaches, milk.

THURSDAY--Turkey bar-b-q on bun w-relish, candied sweet potatoes, buttered corn, chocolate pudding, milk.

FRIDAY--In service.

DALLAS SCHOOLS
Feb. 13-17

MONDAY--Hot dog on enriched roll or steak-n-cheese hoagie with side dish sauteed onions-peppers,

scalloped potatoes, apple, choice of milk-juice.

TUESDAY--Roasted tom turkey, sweetheart stuffing, buttered whipped potatoes w-gravy, cranberry gelatin, milk-juice. Sweetheart buffet at Senior High. Bonus: Ice cream treat.

WEDNESDAY--Cheeseburger on roll, pickle chips, or bunwich (Hot ham-cheese sandwich), cream of potato soup, orange wedges, choice of milk-juice. Bonus: Soft pretzel.

THURSDAY--Oven baked pizza (2 slices) or peanut butter-jelly sandwich w-cheese cube w-fresh celery stick, baby peas, choice of milk-juice. Bonus: Chocolate cake with peanut butter icing.

FRIDAY--In-service.

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