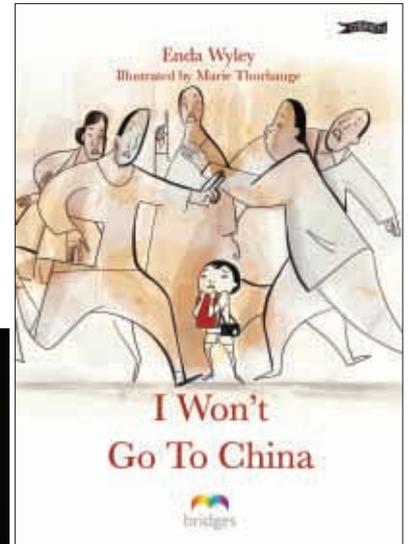


REAL CHINESE FOOD

Chinese cooking uses few ingredients, usually just those that are available in every Chinese kitchen eg soy sauce, oyster sauce, sesame oil, ginger, garlic, spring onions and Five Spices. Vegetables are easy to grow, are cheap, cook in a short time in very hot woks, are tasty, full of nutrients, and go well with rice which is an important staple food, especially in southern China. Noodles are another staple food, made from wheat, especially in northern China, but are also served at birthday feasts as a way of wishing people a long life. Seafood is expensive and served at special banquets, and duck or goose would be used at very special meals.



Chinese people living in Ireland usually celebrate Chinese New Year. Mainland (communist) National Day of Celebration is 1st October and Taiwan's National Day is 10th October. Both Taiwanese and Mainlanders hold their own parties at home or in restaurants and the Chinese Chamber of Commerce holds annual New Year parties in restaurants and invites the ambassador from the People's Republic and others.

One of China's most famous dishes is Peking Duck, slices of duck wrapped in a thin pancake. Pork is the favourite meat in much of China – families make hundreds of *jiaozi* (wrapped dumplings, usually filled with pork) for New Year's Eve feasts, and in the past many families would keep a few pigs which would be killed to provide meat for festivals.

REAL CHINESE FOOD



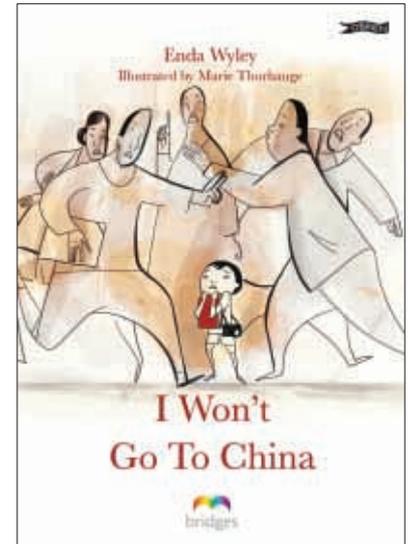
Pak Choi. Picture by Yali Shi, Taiwan

Traditional Chinese Green Vegetable

Very common dish at everyday Chinese dinner

400g Choi Sum or Pak Choi
6 tblsps cooking oil
4 – 5 tblsps oyster-flavoured sauce
1 tsp salt
sesame oil to drizzle on top of dish at the end

1. Wash vegetables thoroughly, and top and tail into pieces of equal length.
2. Fill pot or large saucepan with boiling water with one teaspoon of salt and 2 tablespoons of cooking oil.
3. Place vegetables in boiling water and cook for about 4 minutes. Remove and drain.
4. Line them up nicely on a plate, at the same time heat up 4 tblsps cooking oil.
5. Once it's hot, pour over vegetables and then drizzle with oyster sauce.
6. Best served with Thai fragrant boiled rice.
7. Finish dish with a few drops of sesame oil sprinkled on top.



Spring Onion Bread/Pancakes

Traditional northern Chinese roadside stall snack (best eaten with chilli-and-sour soup)

400g plain flour cooking oil
Water 4 – 5 sprigs of spring onions, finely chopped
2 – 3 tspns salt

1. Mix salt into flour and sieve into a bowl.
2. Add two tablespoons cooking oil and chopped onions to flour.
3. Turn mixture into soft dough and divide into small portions, approx the size of mandarin oranges.
4. Dust with flour and roll out into thin pancakes.
5. Heat small amount of cooking oil in frying pan.
6. Fry pancakes at medium heat until golden on both sides approx 2 mins on each side.
7. Eat on their own, or dip in sweetcorn or chilli sour soup.