



CONFUCIUS INSTITUTE AT THE UNIVERSITY OF MICHIGAN

MEISHI

美食

CHINESE GOURMET COOKING



DIRECTOR'S MESSAGE 院长的话



Launched in November 2009, the Confucius Institute at the University of Michigan (CIUM) promotes the understanding of Chinese arts and cultures on the University of Michigan campus in Ann Arbor and its vicinities, reaching out to a wide range of university and community participants. CIUM is not only an integral component of President Coleman's China Initiatives but also a critical part of the University's efforts to advance the arts in its internationalized educational programs.

To foster informed and creative dialogues among artists, scholars, students, and community members, CIUM presents to Ann Arbor a diversity of Chinese artistic activities and expressions, which include, for example, performances of traditional and contemporary music and theatre, exhibitions of paintings, calligraphy and other visual arts by contemporary artists, international and interdisciplinary conferences, and multinational and multigenerational comparisons of world arts and cultures.

This second issue of Meishi 美食 briefs the Chinese Gourmet Cooking Class for U-M undergraduates during the academic year 2012-2013. Meishi is one of the CIUM's unique programs for undergraduate students. As you browse through the articles and illustrations, you will see how the participating students have learned Chinese cooking and culture enthusiastically! I hope you enjoy the stories, recipes, and some great cooking tips in this issue!

JOSEPH S. C. LAM

Director, CIUM

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INTRODUCTION

简介

“美食”是一个介绍中餐烹饪的系列活动，由密歇根大学孔子学院和学生宿舍艺术部合作创办。这个系列活动的独特性在于：在教学生们制作简单健康的中餐的同时，还引导他们了解中国文化。这个系列活动的主要课堂设在学生公寓的公共厨房。自从2012年冬季学期第一次举办“美食”至今，前后有200余名学生参加，好评如潮，尤其受到对中国饮食文化有兴趣的美国大学本科生的青睐。

“美食”系列活动通过食物，这一最能让大众接受的方式，来介绍中国文化。通过介绍各种菜系的不同背景，我们希望能让学生们体会中国文化的博大精深。

吴士雯和 杨颖琪两位资深指导员不仅对烹饪有着浓厚的兴趣，而且十分愿意与学生交流他们的心得。从重复参加的学生数量可见他们的工作非常成功。另外，这个能让大家亲自动手下厨的环境也为学生们社交提供了方便。



BBQ pork bun with pickled turnips and crushed peanuts



Chinese New Year celebration in Baits Hall

The “Meishi” Chinese gourmet cooking series is co-sponsored by the Confucius Institute at the University of Michigan (CIUM) and Arts in Residence (AIR.) This event is an unmatched way for students to learn to cook easy and healthy Chinese cuisine while immersed in Chinese culture- right in their own dorm’s community kitchen. The inaugural workshop was launched in the Winter 2012 term and accolades have been pouring in ever since. With over 200 students who have participated since then, this event has enjoyed tremendous popularity with undergraduate students.

These workshops facilitate the understanding of Chinese culture through a most universal medium--food. By becoming better informed about the history and context behind various Chinese dishes, students are able to gain a deeper understanding and appreciation of Chinese culture.

The knowledgeable instructors, Shih-wen Wu and Angela Yang, have a passion for food and a desire to communicate this with students. The multiple repeat students attending the workshops are a testament to the success of the teachers. This popular, hands-on event also creates a fun environment for residents to socialize.



Senior Vice Provost Lester Monts along with Instructors Shih-wen Wu and Angela Yang smile for the camera after cooking up a storm! Cheese!

GOAL 宗旨

The goal of the “Meishi” workshops falls in line with the goals of the CIUM, which is to provide substantive interactions with China's arts and culture in the U-M community and beyond. Specifically, the “Meishi” workshops target the undergraduate student population by providing engaging and educational opportunities in a relaxed, co-curricular context.

“美食”系列活动与密歇根大学孔子学院都旨在为本校及校外提供实质性的中国文化交流。美食活动主要面向本科生，以宽松、趣味横生的方式，使学生亲身参与，切实地学习中国文化。

LOOKING aHEAD 活动展望

As always, we are committed to bringing the best possible “Meishi” experience to students in various residence halls. Due to popular demand, we have our sights set on expanding to North Campus for the Fall 2013 term. In addition, we hope to host a culinary competition in which students get to showcase their knowledge of Chinese cooking by putting their skills to the test in a friendly, competitive format.

The CIUM, together with AIR, will schedule a once-per-month guided field trip to a local Chinese supermarket allowing students to purchase the ingredients they need to recreate dishes they learned in the “Meishi” class. There will also be incentives for students to recreate dishes. CIUM and AIR will offer gift cards to those who participate in this fun activity.

The CIUM and AIR will continue to provide a diverse and nutritional menu while bringing meaningful cultural experiences into the residence halls.

我们会一如既往地最好的“美食”烹饪带到每所学生公寓。随着这个活动越来越受到大家的欢迎，我们准备在2013年秋把它扩展到北校区的学生公寓。另外，我们还希望举办一个友好烹饪大赛，使学生们能够展示他们的中国美食烹饪才艺。

密歇根大学孔子学院和学生宿舍艺术部将在每个月带大家去当地的中国超市，指导学生们采购他们在“美食”课程中学到的做中国菜肴的食材。为鼓励学生用其所学的烹饪技巧，亲自下厨，我们将为参与采购的人提供礼物卡。

孔子学院和学生宿舍艺术部将继续把多种多样、营养丰富的菜肴和烹饪技巧介绍到学生公寓。体验中国文化，就从这里开始。



Instructor and student collaborate and have fun while making a feast.



Happy students eager to start cooking.

STUDENT FEEDBACK

学生的反馈

"It was a very enjoyable experience and a useful one for college students." – Student

"这是一次愉快的经历, 而且对大学生很有帮助。"
– 学生

"I love this program! The food is soooo great and I've learned how to make so many dishes. I'll be cooking for my family a lot more from now on :)"
– Student

"我爱这个活动! 那些食物非常可口, 而且我学会了好几道菜。今后我可以为我的家人做中餐了。" - 学生

"I thought this session was very interesting and a fun experience. I would love to do another one and I hope you will continue to offer these sessions to those who live in Markley. I would love to learn more about cooking with different cultures and participate in more cooking events." – Student

"我觉得这次活动是一次非常有趣的经历。我真的很想再参加一次, 希望你们今后继续举办这样的活动。通过学习烹饪来了解不同的文化正是我想要的。" – 学生

"Very fun to meet other MoJo (Mosher-Jordan Hall) students and the food was delicious!" – Student

非常高兴的是我还碰到了其他Mosher-Jordan的学生, 而且美食馆的食物很美味!" – 学生



Foodie and CIUM student assistant, Iris Chen (Freshman) stirs things up!

COOKING TIPS #1 小窍门



TOFU

豆dòu 腐fǔ:

What's the big deal?

豆腐, 为什么那么重要?

Tofu is made from soybeans, water, and a coagulant. It is high in protein and calcium and is known for not only its nutritional value but also for the versatile ways that you can incorporate it in various dishes. In addition, tofu has a low calorie count, relatively large amount of protein, and little fat. What is NOT to like about this wonderful ingredient?

In your local supermarket, you will usually find silken, firm, and extra firm tofu. On its own, tofu is almost completely tasteless so it is very important to season! Extra firm tofu is great for stir-frying and grilling. Silken tofu can be incorporated in a spaghetti sauce or to make a meatless loaf. The possibilities are endless! But wait, there's more! Tofu isn't just for savory dishes. You can buy silken tofu and add some to your morning smoothie for an extra boost of protein. So whether you are deep-frying, crumbling, grilling, stir-frying, baking, mashing, or scrambling your tofu, you can rest assured knowing that you are treating yourself to something nutritious AND delicious!

豆腐是由大豆、水和凝固剂制成的一种食品。它含有丰富的蛋白质和钙。豆腐不仅有营养而且是做成各种菜肴不可多得的佐料。这种低卡、低脂、高蛋白的食物想不受欢迎都难!

在本地超市, 你可以买到软硬程度不同的豆腐: 软、硬、特硬。豆腐本身是没有味道的, 所以给豆腐调味很重要。做炒菜、烧烤时最好使用特硬豆腐。嫩豆腐可以用来做意大利面的调料, 还可以与肉搅拌做馅。豆腐的做法可谓无穷无尽。除了用豆腐做菜以外, 你还可以把嫩豆腐加到你清晨的奶昔, 增加蛋白质。所以不管是用豆腐油炸、烹炒、搅拌、还是烧烤, 你既保证了营养、又享受了美味。



Tofu stew with tomatoes and mushrooms

COOKING TIPS #2 小窍门

Secret Ingredient: CORNSTARCH!

巧用玉米淀粉

Adding cornstarch to the marinade before stir-frying is a common Chinese cooking technique. The starch binds together the liquid ingredients in the marinade and seals them to the meat, poultry or seafood being marinated. This technique is particularly important in quick cooking stir-fry dishes as it helps give the food more flavor and helps keep tougher cuts of meat, like lean beef or pork, tender.

Remember: when a recipe calls for cornstarch in the marinade, always add it last unless the recipe specifically calls for blending it with the other ingredients first. The water and cornstarch mix is often called a "slurry." Be sure to give the slurry another stir right before drizzling it into the dish. Adding this "secret" ingredient will transform your average dish into one that is irresistible.

在炒菜前, 使用玉米淀粉调拌。是中餐常用的烹调技术。玉米淀粉能与汤汁一起, 把家畜, 禽类以及海鲜肉裹拌起来, 使其入味。使用玉米淀粉在中餐爆炒时尤为重要, 它能使食物保鲜入味、并且能使炒肉香嫩可口。

需要记得的是: 当遇到提示要加入玉米淀粉的时候, 大多数情况都是最后放入, 而且要适量。水和玉米淀粉混合物俗称“芡汁”。炒菜时, 在倒入芡汁后, 切记要再将它炒锅中搅拌一下, 再上盘。掌握了这个小窍门, 你做的菜肴将会很诱人。

NUTRITIONAL FACT #1 营养快线



Garlic is a potent little vegetable that is used in many dishes to enhance the flavor. It is believed that garlic can ward off heart disease, cancer, or even the common cold. China is the largest producer of garlic, producing over 10 million tons in 2008 and accounting for over 75% of world output. Raw garlic can easily overpower a dish so use it sparingly. Cooked garlic is much milder and is also less likely to give you bad breath.

大蒜是一种味道较浓, 体积较小的蔬菜, 一般用于加强调味。大蒜能预防心脏病和癌症, 也可以抵御一般感冒。中国是最大的大蒜生产国。根据2008年的数据, 中国出产了一千万吨大蒜, 其中75%被销往全球各地。生蒜的使用要适量, 因为它味道浓烈, 很容易盖过其它味道。熟蒜的味道淡很多, 却不会像生蒜那样给你的口腔留下难闻气味。



SAMPLE RECIPES 本期特色

Fried Rice 炒chǎo 飯fàn

Ingredients

- * 2 large eggs
- * 5 tbsp cooking oil
- * 2 cups leftover cooked rice (1 or 2 days old)
- * 1 cup chopped green onion (scallion)
- * ½ cup frozen peas (or frozen mix vegetable)
- * ½ cup frozen corn
- * ½ cup diced barbequed pork (Char Siu)
- * 3 tbsp soy sauce
- * White or black pepper (optional)

Directions

- * Beat the eggs with a little salt in a small bowl.
- * Heat 2 tablespoons of oil in the wok over medium heat for 1 minute.
- * Pour in the beaten eggs, stir until eggs are form but not well done.
- * Remove eggs from the wok and set aside.
- * Clean the wok out, then heat 3 tablespoons oil in wok over medium heat 1 minute.
- * Add onion, green onion cook for few minutes.
- * Add the frozen vegetable stir for a few minute, and then add the rice in for another minute.
- * Add Char Siu meat, soy sauce, and stir to mix well.
- * Put the egg back in and break up the egg to combine everything.
- * Sprinkle over some white pepper to finish.
- * Remove from the wok and serve hot.



NUTRITIONAL FACT #2 营养快线

Tomatoes are high in lycopene, an antioxidant which protects the cells in your body against damage from free radicals. Cooking tomatoes enhances this antioxidant power and further boosts its nutritional value.

西红柿富含番茄红素，是一种抗氧化物。这种物质能防止体内细胞被自由基氧化所造成的伤害。做熟的西红柿更加有营养，因为它会加强番茄红素的效用，从而保护细胞不受自由基的伤害。



Ant Climbing a Tree

螞mǎ 蟻yǐ 上shàng 樹shù

Ingredients

- * ¼ cup ground pork
- * Mung bean noodles (vermicelli) (2)
- * 2 tbsp soy sauce
- * 1 tbsp finely minced ginger
- * 1 tbsp finely minced garlic
- * 1 cup of water
- * ¼ tsp sugar
- * Black pepper
- * 1 tbsp chili paste (optional)

Garnish

- * 2 tbsp sesame oil
- * 1 tbsp chopped green onion

Directions

- * Soak the mung bean noodles in water until soft, cut into two halves.
- * Place 2 tablespoons oil until hot.
- * Put the ground pork in.
- * Add ginger, garlic and green onion (add hot chili paste if desired).
- * Stir well, add water, soy sauce, sugar, mixed until boiled.
- * After it boils, put noodles in, stir well until noodles appear to be transparent.
- * Turn off the heat.
- * Drizzle with sesame oil and sprinkle with chopped green onion.



Angela Yang has a master's of science in Biology from Western Michigan University. For the last 30 years, she has worked as a research specialist in Molecular Medicine and Genetics of Howard Hughes Medical Institute, and Life Science Institute at the University of Michigan. Angela's extensive knowledge about health and nutrition translates perfectly for this workshop. Angela is passionate about demonstrating and sharing healthy cooking techniques in the Meishi classes.

In addition, Angela is a part-time instructor for a Healthy Chinese Cooking course at Washtenaw Community College. In her spare time, she enjoys water color painting, gardening, and volunteering for various organizations.

Shih-Wen Wu earned a Master of Education Counseling from Eastern Michigan University and currently works at Rackham Graduate School of University of Michigan as a Senior Business System Analyst. Her love of cooking has been a lifelong interest spurred by watching her mother cook when she was young. Beside teaching Chinese for the past 20 some years, she also enjoys taking walks, gardening, volunteering for church activities, and entertaining friends and family –always with food, of course. In recent years, Shih-Wen has taken an interest in fresh ingredient cooking and organic gardening. The MeiShi cooking classes provide her an opportunity to combine her lifelong passions of teaching and cooking.

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