

Steamed Rice (first recipe of two)

Ingredients:

Any kind of rice can be used

Water

Salt – one spoonful (optional)

Method:

Step 1: Put 3 cups of rice into a pot. Wash rice 3 times and drain the rice in order to remove the starch from the rice.

Step 2: Gently add water into the pot until the water level is about 2 to 3 cm above the rice. You can use the first joint of your index finger as the tool for your measurement.

Step 3: Put the pot with the lid open on a stove and start cooking the rice with medium heat.

Step 4: Steam starts coming out from the pot after approximately 10 minutes of cooking and more and more steam will appear. Wait until most of steam and water in the rice are gone.

Step 5: Then cover the pot with the lid, turn the heat to minimal, and cook the rice for 5 minutes. Finally, turn off the stove, and have the rice simmer in the pot for 3 minutes before serving the rice.

****For Cooking with Rice Cooker:** The procedure is very much the same, except that you need to cover the cooker with the lid the entire cooking time. You need not attend the cooking as the rice cooker can automatically cook the rice for you. However, make sure that you turn on the cook button of your rice cooker before leaving the kitchen area, the warm rice button on the cooker will come on when the rice is fully cooked.

Background Story About the Dish:

Origins: Steam rice has been made since the Chinese civilization began at least 4 thousand years ago; in the old days, people simply use the pot to make steam rice until the electric steam cooker was invented. We will discuss two ways of making steam rice.

Popularity in North America: The Chinese immigrants were the ones bringing this cooking method to our North American Communities.

Why we like this dish: The steam rice is the staple food in Chinese cuisine; we like it because it can be eaten in a harmoniously way with other Chinese dishes. Just thinking about we eat bread with other food in our western culture. Steam rice is quite similar to bread.

Chop Suey (Recipe two of two)

Stir Fry with Assorted Vegetables

Ingredients:

1 small bag of coleslaw

2 pieces of celery stalk (finely sliced)

3 big onions (finely sliced)

1 bag of fresh beansprouts

3 garlic nuts (minced)

2 tablespoons cooking oil

2 teaspoon of salt

3 teaspoon of sugar

3 teaspoon of soya sauce

3 teaspoon of Oyster sauce

3 teaspoon of corn starch mixed with 6 tablespoons of water in a cup.

**Condiment: all the above: salt, sugar, soya sauce and oyster sauce should all be mixed in a separated cup for later use.

Method:

Step 1: Put 2 tablespoons of cooking oil into a wok/ a pot which has already been on the stove.

Step 2: Turn on the stove with high heat, put minced garlic into the wok, stir fry one minute.

Step 3: Quickly put a bag of coleslaw into the wok, then add celery slices, stir fried for 2 minutes.

Step 4: Then add about 5 tablespoons of water, cover wok, and steam cook the vegetables

Step 5: When the first steam appears through the wok lid, open up wok lid and add onion slices beansprouts with the vegetable in the wok, cover the wok, and steam cook for about two minutes.

Step 6: Then add the condiments, and then the cornstarch solution to thicken the cooked vegetable. Take the cooked Chop Suey out and put it onto a big serving plate for serving.

Background story about the Dish:

Origins: The Chinese meaning of Chop Suey is left over food. For Chinese food the left over Chinese food tasted very delicious and better than the freshly made food. The legend is that when early Chinese immigrants were coming to the United States, they invented a dish called Chop Suey, and served it in Chinese restaurants. It soon gained favoritism and a lot of great comments from main stream America.

Popularity in North America: The majority of North Americans who know Chinese food know and love Chop Suey. They eat it with steam rice, fried rice or just eat it by itself.

Why we like this dish: This dish is made from a variety of chopped up vegetables. It is very tasty and nutritious. Also, very easy to make and economical to make it.