

The background is a traditional Chinese ink wash landscape painting. It features misty, layered mountains in the distance, three birds in flight in the upper left, a gnarled tree on the left bank, and two small sailboats on the water. The overall style is minimalist and atmospheric.

Chinese Course

Food session

2019年3月12日





CHINESE NEW YEAR

春节 chūnjié 

Little Year (小年—xiǎo nián)

Lunar date

December 23rd (腊月二十三—là yuè èr shí sān)

Solar (Gregorian) date

January 28th, 2019

Activities & traditions

This is another day of memorial and prayer ceremonies. Main activities **include house cleaning to sweep away bad luck (扫年—sǎo nián)** and **pray to the stove god (祭灶—jì zào)**.

Food

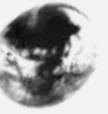
Sugar melons (糖瓜—táng guā), also known as stove candy (灶糖—Zào táng), are made of malt and can only be found on this day. Other food include baked wheat cakes (火烧—huǒ shāo) and tofu soup (豆腐汤—dòufu tang).





CHINESE NEW YEAR

春节 chūnjié



New Year's Eve (除夕—chúxī)

Depending on the moon cycle, New Year's Eve either lands on the 29th or 30th of the lunar December. Regardless, this day is also known as the 30th of the year (大年三十一—dà nián sān shí).

Lunar date

December 30th (腊月三十一—là yuè sān shí)

Solar (Gregorian) date

February 4th, 2019

Activities & traditions

The **reunion dinner**, the most important meal of the year, takes place on this day. After dinner, the children will receive **red envelopes**. The family will then stay up late and wait for the New Year (守岁—shǒu suì).

Food

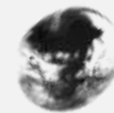
A feast of everyone's favorites and specialties.



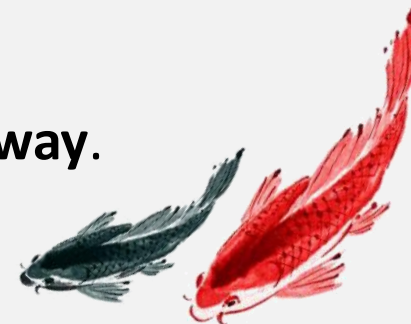


CHINESE NEW YEAR

春节 chūnjié



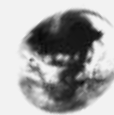
- **Spring Festival (春节—chūnjié)**
- The original name for this day was Yuán Dàn (元旦), with Yuan meaning “the beginning.” However, Yuan Dan is now used to refer to the New Year of the solar calendar.
- **Lunar date**
January 1st (正月初一—zhēng yuè chū yī)
- **Solar (Gregorian) date**
February 5th, 2019
- **Activities & traditions**
Firecrackers start off a day of greetings and blessings between neighbors. There are no specific activities other than celebrating the New Year. **The ancient Chinese record and analyze the weather, stars and moon to predict the fortunes of the year.** The practice is known as zhàn suì (占岁).
- **Food**
In addition to food from last night, people can also celebrate with Tu Su wine (屠苏酒—tú sū jiǔ).
- **Superstitions & beliefs**
It is forbidden to sweep or clean on this day, else **good fortune will be swept away.**





CHINESE NEW YEAR

春节 chūnjié



Lantern Festival (元宵节—yuán xiāo jié)

The festival lasted ten days in the Ming dynasty, but is now only five days in modern times.

•Lunar date

January 15th (正月十五—zhēng yuè shí wǔ)

•Solar (Gregorian) date

February 19th, 2019

•Activities & traditions

Creating lanterns is the most important activity during the festival. Lantern Riddles (猜灯谜—cāi dēng mí) is a game played by writing riddles on lanterns. As it is a full moon that day, moon-gazing amidst lanterns is the best way to celebrate.

•Food

Named after the festival, yuan xiao are glutinous rice balls often eaten as a dessert. Either boiled, steamed or fried, they represent reunions.

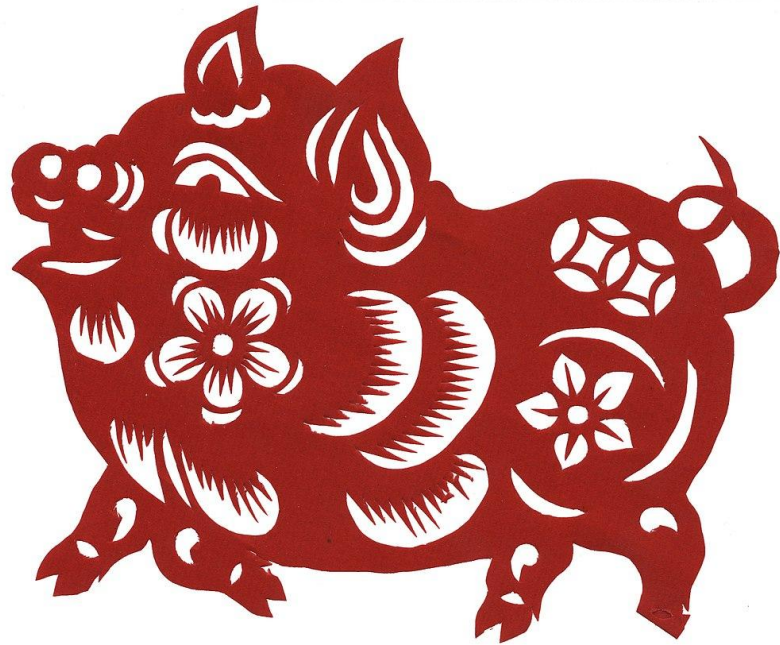
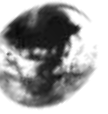
•Superstitions & beliefs

Lanterns (天灯—tiān dēng) sounds similar to (添丁—tiān dīng), or “add children.” Many will light lanterns in hopes of adding children to the family.





the Year of Pig 猪年 zhū nián



Start date	End date	Heavenly Branch
30 January 1911	17 February 1912	Metal Pig
16 February 1923	5 February 1924	Water Pig
4 February 1935	23 January 1936	Wood Pig
22 January 1947	9 February 1948	Fire Pig
8 February 1959	27 January 1960	Earth Pig
27 January 1971	14 February 1972	Metal Pig
13 February 1983	1 February 1984	Water Pig
31 January 1995	18 February 1996	Wood Pig
18 February 2007	6 February 2008	Fire Pig
5 February 2019	24 January 2020	Earth Pig
23 January 2031	10 February 2032	Metal Pig
10 February 2043	29 January 2044	Water Pig
28 January 2055	14 February 2056	Wood Pig
14 February 2067	2 February 2068	Fire Pig
2 February 2079	21 January 2080	Earth Pig
18 January 2091	6 February 2092	Metal Pig
4 February 2103	27 January 2104	Water Pig





VOCABULARY



Verbs

Nouns

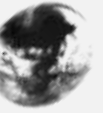
包	bāo	to wrap
放	fàng	to put
煮	zhǔ	to boil
煎	jiān	to fry

糯米粉	nuòmǐfěn	sticky rice flour
芝麻	zhīma	sesame
猪肉	zhūròu	pork
白菜	báicài	cabbage

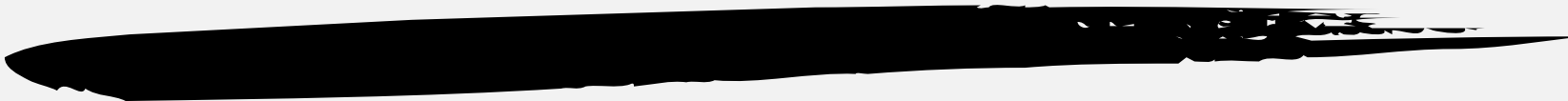




SUGAR RICE BALLS 汤圆 tāngyuán

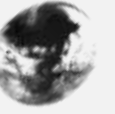


https://www.youtube.com/watch?v=4_hZ90dA6p8





RICE BALLS RECIPE 汤圆做法



- **Ingredients (serves five):**

- **Filling:** 2 tablespoons sugar (brown or white), 2 tablespoons nuts or seeds (peanuts, almonds, cashews, and/or sesame seeds)
- **Rice balls:** 1.5 cups glutinous rice flour, 1 cup water
- **Equipment:** Large mixing bowl, cooking pot

- **Instructions (about 40 minutes):**

- Preparing the filling: crush the nuts into fine small chunks and mix it with the sugar.
- Preparing the flour: add small amounts of water into the large bowl containing the flour and stir/mix with your hands. Continue doing so until the flour forms into dough.
- Preparing the rice balls: Separate the dough into 30 pieces and roll each one into a ball. Depending on size preferences, there could be more or less. Flatten the dough with your hands and place the filling onto it before rolling it back into a ball.
- Cooking the rice balls: Fill a cooking pot with water and bring it to a boil. Add the rice balls and gently stir to prevent sticking. After 15 minutes of boiling at medium heat, the dish is ready to be served. Place the desired amount of rice balls and water into bowls and enjoy!

原料:

500克糯米粉、200克黄油、200克黑芝麻粉

250克白糖

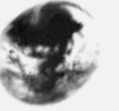
方法:

- 1.将黄油、黑芝麻粉、白糖和酒混合，加热一会，搓成10克左右的小团。
- 2.取约100克黏糯米面，加水和成面团，放在开水中煮熟。晾凉后加入到剩余的糯米面中，揉捏到平滑。
- 3.将面团分成10克左右的小团，用手搓成球形，再在中间刺出一个蜗形，再把之前做好的芝麻馅填充进去。
- 4在开水中煮熟，在煮的过程中要始终顺着一个方向搅拌，汤圆全部浮起在水面后小火再煮一分钟，即可。





CHINESE NEW YEAR DUMPLINGS



<https://www.youtube.com/watch?v=LTgAFGKvtY4>

BOILED DUMPLINGS

<https://www.youtube.com/watch?v=5qxZ9DY0Uc4>

STEAM DUMPLINGS

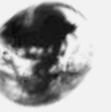
<https://www.youtube.com/watch?v=ttkOAVfVSi8>

HOW TO WRAP DUMPLINGS



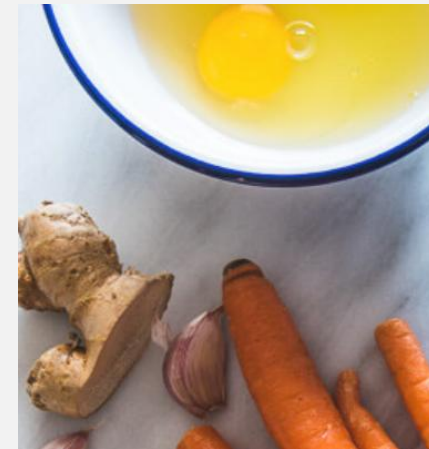


CHINESE NEW YEAR DUMPLINGS



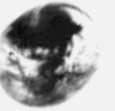
<https://omnivorescookbook.com/carrot-dumplings>

CARROT DUMPLINGS





MEAT DUMPLINGS RECIPE



Instructions

To make the filling: Coarsely chop the cabbage, and then transfer it to a food processor. Pulse until the cabbage is finely chopped but not puréed. (Alternatively, very finely chop the cabbage and place in a colander. Sprinkle lightly with salt, toss to combine, and let sit for 10 minutes.) Transfer the cabbage to a clean kitchen towel, roll it up, and squeeze to remove excess liquid.

Transfer the cabbage to a large bowl. Add the pork, scallions, garlic chives, garlic, ginger, soy sauce, and sesame oil and use your hands to combine; do not overwork or the filling will be tough. If you wish to taste for seasoning, poach or fry a small amount of the filling, and adjust the seasonings to your liking.

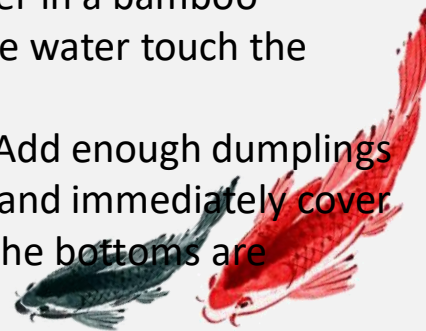
To fill the dumplings: Have a small bowl of water ready. Place a dumpling wrapper in the flat of your hand. Place a scant tablespoon of the filling in the center of the wrapper. Dip a finger in the water and use it to wet the edges of the wrapper. Fold the dumpling in half to form a half-moon shape, pressing out the air as you seal the dumpling. If desired, use your opposite thumbs to fold a tiny pleat on either side of the dumpling, then press firmly to seal the dumpling closed. Place on a baking sheet. Repeat until all the filling is used, you will have extra wrappers.

Here are 3 different ways to cook dumplings:

1) Boil: Boiling dumplings is the most traditional way to cook them. Bring a large pot of water to a boil. Add the dumplings and simmer until they float to the surface. Then add about a cup of cold water. When the water returns to a boil, add another cup of cold water. When the dumplings float to the surface again, use a slotted spoon to remove them to a platter.

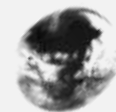
2) Steam: Pour about 2 inches of water into a wide pot or a wok and bring to a boil. Arrange the dumplings in a single layer in a bamboo steamer lined with the extra Napa cabbage leaves or parchment paper. Cover the steamer, place it in the pot (don't let the water touch the dumplings), and steam on medium heat until cooked through, about 5 minutes.

3) Pan-fry: Heat a large nonstick frying pan over medium-high heat. Add 2 tablespoons vegetable oil and swirl it around. Add enough dumplings for a singler layer but leave enough space so that they do not touch. Add 1/4 cup of water (be careful, as it will splatter!) and immediately cover the pan. Cook on medium heat for 3 minutes, then uncover and continue to cook until all the water has evaporated and the bottoms are browned and crispy.





MEAT DUMPLINGS RECIPE



- 1、猪肉切丁后剁成肉末，加入磨碎的姜蓉；
- 2、肉末中加入10ml盐；
- 3、加入30~40ml生抽、15ml生粉拌匀；
- 4、分次加入250ml的清水，边加水边用筷子向着同一个方向搅拌；
- 5、直至肉末起胶，放入冰箱冷藏；
- 6、大白菜切碎，加入10ml盐拌匀，静置15分钟；
- 7、挤去多余水分；
- 8、加入10ml麻油，拌匀；
- 9、与肉馅拌匀，如果感觉水分太大，继续放入冰箱冷藏一会再用；
- 10、取一块饺子皮，中间放入一勺大白菜猪肉馅；
- 11、捏成饺子；
- 12、依次包完全部饺子,可以整盘放入冰箱冷冻后再分袋装好冷冻。
- 14、平底锅抹一层薄油，排进饺子，中火煎至饺子定型；
- 15、沿着锅边，倒入按1:10比例兑好的生粉水（1汤匙生粉加10汤匙清水），没过饺子一半。（或者是面粉水也可以）
- 16、盖上盖子中小火煮至生粉水将干，打开盖子，撒上芝麻，转中大火煎至水分干透，底部香脆即可





VEGGIE DUMPLINGS RECIPE

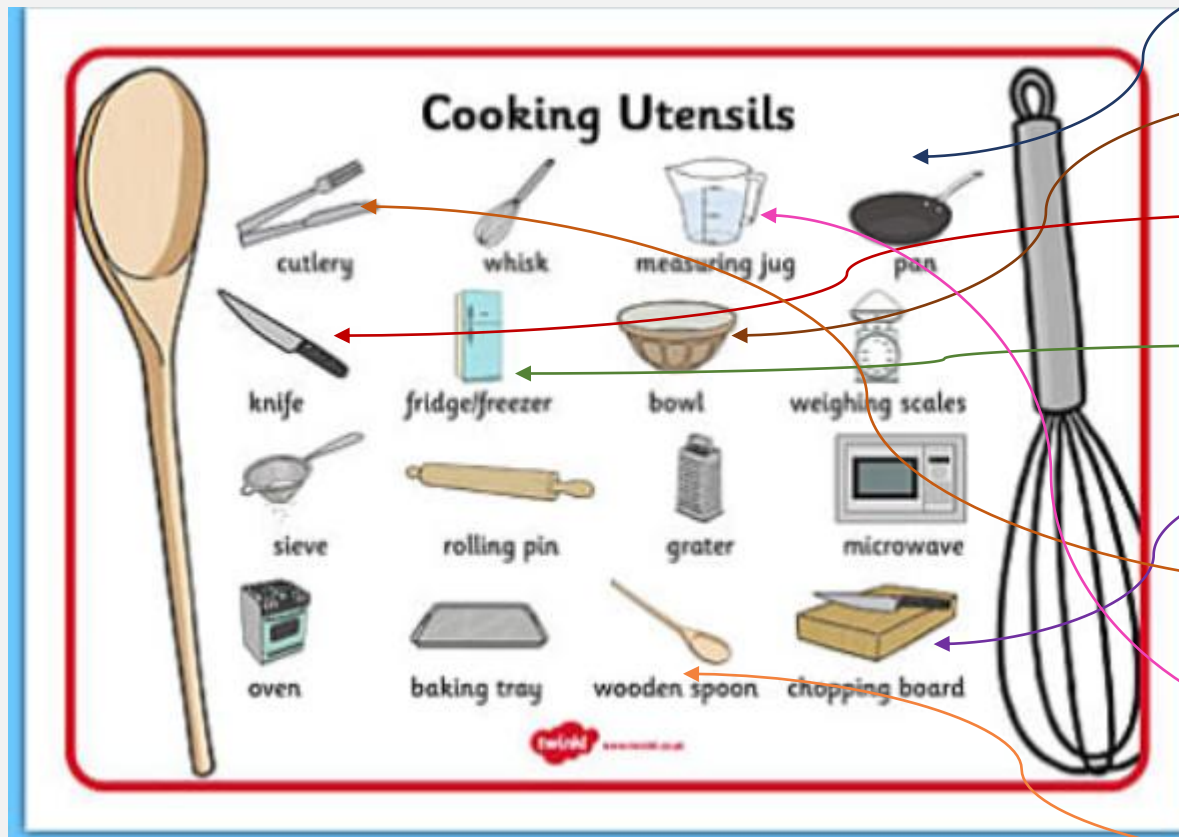
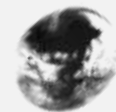
Wrap dumplings

- Combine potato starch with 2 tablespoons water, mix well.
- Prepare a large tray. Spray a thin layer of oil onto it to prevent dumplings from sticking.
- Wrap dumplings one at a time. Brush the potato starch slurry onto the edge of the wrapper. Place 1 to 1.5 tablespoon filling onto the center of the wrapper. Pinch the edges together to seal the dumplings.
- While wrapping dumplings, wet a few pieces of paper towel and cover the dumpling wrappers with it. Wet another few pieces of paper towel and cover the finished dumplings, to prevent them from drying out.





VOCABULARY



锅 guō

碗 wǎn

刀 dāo

冰箱 bīngxiāng

菜板 cài bǎn

餐具 cānjù

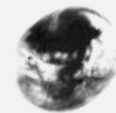
量杯 liángbēi

木勺 mùsháo





VOCABULARY



yíge pánzi/ wǎn

一个盘子/碗 a plate/bowl

yì shuāng kuàizi → a pair of chopsticks

一双筷子

yì bǎ dāozi/chāzi/sháozi

一把刀子/叉子/勺子

一碗鸡蛋汤

一碗汤圆

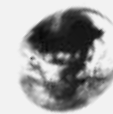
两碗饺子







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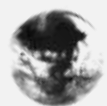
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