

## Asian Cuisine Outline (China, Korea, Taiwan)

### I. Introduction

#### A. Healthy foods

1. plenty of grains
2. large servings of vegetables
3. small meat portions
4. abundance of soybeans
5. light cooking techniques

#### B. Asian Ingredients

1. bamboo shoots
2. bean sprouts
3. chili paste
4. cilantro (coriander)
5. fish sauce
6. fresh ginger root
7. lemon grass
8. miso
9. rice vinegar / rice wine
10. sesame oil
11. tempeh
12. tofu (bean curd)

### II. Korea

#### A. Staple Foods

#### B. Meal patterns

#### C. Special Foods/Utensils

### III. China

#### A. Staples

1. Soybeans

2. Rice
3. Wheat
4. Vegetables

B. Regional variations ( five regions characterized by flavor or two regions based on climate and availability of foodstuffs )

1. Northern ( millet, sorghum and soybeans)
2. Southern (rice and soybeans)
  - a. Szechwan (inland using chillies, garlic and faraga)
  - b. Yunan (using dairy products and hot and spicy)
  - c. Cantonese (stir-fried, seafood, delicate thickened sauces)

C. Meal Composition and Cycle

1. .3 meals per day with numerous snacks
2. balance between yin and yang foods

D. Special Occasions

1. New Year's Foods that sound like lucky words
2. Moon cakes ( large round cakes filled with spices, nuts, fruits or red bean paste

E. Sauces/Spices/ Miscellaneous

1. Black bean, Char Siu, Chile paste, Hoisin sauce, oyster-flavored sauce, plum sauce, Soy sauce
2. Chinese five-spice, Chinese hot mustard, Sichuan peppercorns, star anise,
3. egg roll wrappers, spring roll wrappers and wonton and potstickers
4. mushrooms
5. stir-fry