

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “*World Foods: Chinese Cooking*”, answer the following questions.

1. The Chinese believe everything we eat helps to promote _____ .
2. Name 3 sauces used in Chinese cooking.
3. Which spice is the primary spice in Chinese Five Spice Powder? What is flavor of this spice like?
4. What must you do to dried mushrooms before using them?

5. What are some Chinese vegetables that may be found at an Asian market?

6. Why should you use firm or extra firm tofu when making a stir-fry?

7. What is a wok?

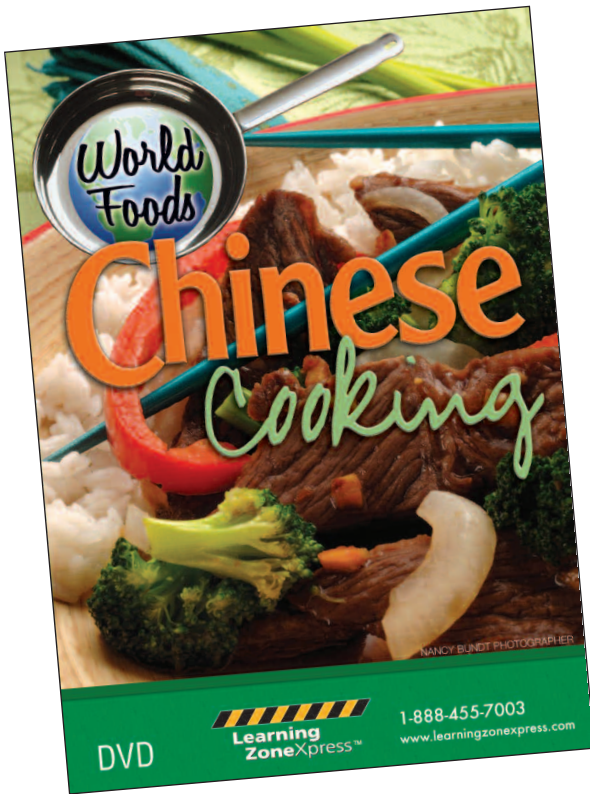
8. Name 3 cooking methods can be done in a wok.

9. **True or False.** When preparing a stir-fry, be sure to organize the recipe components and chop all vegetables before beginning to cook.

10. Would the beef and broccoli stir-fry demonstrated make a healthy meal choice? Why or why not?

11. Why should you wear disposable gloves when cutting a chili pepper?

12. What happens to the egg when added to Egg Drop Soup?



Name: _____

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TEACHER'S KEY

Review

Directions: After watching “*World Foods: Chinese Cooking*”, answer the following questions.

- The Chinese believe everything we eat helps to promote _____ .
good health
- Name 3 sauces used in Chinese cooking.
Answers may include any 3 of the following:
Soy sauce
Hoisin sauce
Oyster sauce
Plum sauce/Duck sauce
- Which spice is the primary spice in Chinese Five Spice Powder? What is flavor of this spice like?
Star anise, tastes like licorice
- What must you do to dried mushrooms before using them?
Dried mushrooms need to be reconstituted in warm water before using.

5. What are some Chinese vegetables that may be found at an Asian market?

Bitter melon

Chinese long beans

Chinese eggplant

Daikon radish

Chive flowers

6. Why should you use firm or extra firm tofu when making a stir-fry?

Firm and extra firm tofu doesn't fall apart like soft-textured tofu when stirred.

7. What is a wok?

A wok is the most common cooking utensil used in Asian cooking. It is a bowl shaped frying pan typically used in Chinese cooking.

8. Name 3 cooking methods can be done in a wok.

Answers may include any 3 of the following:

Stir-frying

Steaming

Braising

Stewing

Deep frying

9. **True or False.** When preparing a stir-fry, be sure to organize the recipe components and chop all vegetables before beginning to cook.

True

10. Would the beef and broccoli stir-fry demonstrated make a healthy meal choice? Why or why not?

Answers will vary based on student opinion. Stir-fry is a healthy meal choice as it combines lean protein, vegetables, and carbohydrates and little oil is added.

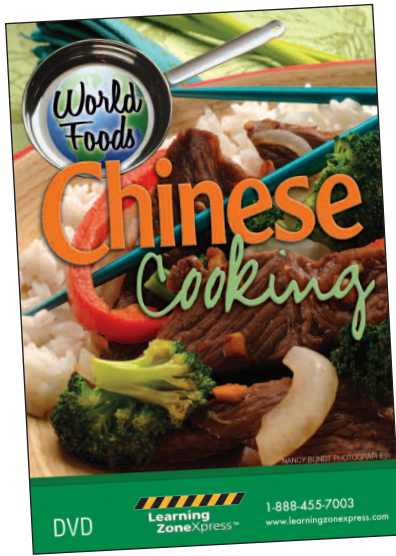
11. Why should you wear disposable gloves when cutting a chili pepper?

The oils in the chili can cause irritation if you touch your eyes, nose, or lips.

12. What happens to the egg when added to Egg Drop Soup?

The egg cooks as it is mixed into the soup, forming thin shreds or strands that float in the soup.





World Foods Chinese Cooking

RECIPES

Beef & Broccoli Stir-Fry

Makes 4 servings

Serve this stir-fry with rice for a complete and colorful meal.

For the sauce:

- 3/4 cup reduced-sodium beef broth
- 2 tablespoons Chinese oyster sauce
- 1 tablespoon soy sauce
- 1/4 teaspoon red pepper flakes, or to taste
- 1 tablespoon cornstarch

For the meat:

- 1 tablespoon soy sauce
- 1 tablespoon dark (Asian) sesame oil
- 2 teaspoons finely chopped fresh ginger
- 1 teaspoon minced garlic
- 8 ounces boneless beef sirloin, cut into 1/8-inch slices

To complete the recipe:

- 2 tablespoons canola oil, divided
- 2 cups small broccoli florets
- 1 cup thinly sliced onion
- 1/2 red bell pepper, cut into 1/4-inch strips

Stir together the sauce ingredients in a small bowl.

For the meat, stir together all the ingredients, except the beef, in a medium bowl. Add the beef and stir until the mixture is evenly combined.

Heat 1 tablespoon of the oil in a wok or large sauté pan over medium-high heat. Add the beef mixture. Cook, stirring constantly, for 3 minutes or until just cooked. Use a slotted spoon to transfer the beef to a bowl and cover to keep warm.

Heat the remaining 1 tablespoon oil in the pan. Add the broccoli; stir-fry for 1 minute. Add the onion and bell pepper; stir-fry for 3 minutes or until the broccoli is crisp-tender.

Add the sauce mixture and the beef. Stir gently for 1 minute or until the sauce thickens.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

Chinese Mapo Tofu with Wheat-Flour Noodles

Makes 4 servings

Mapo Tofu means Grandmother's Tofu and nearly every Chinese grandmother has her own version. Making this variation takes only minutes, and it is prepared from ingredients you can keep in your pantry. Adjust the hotness to suit your taste by varying the amount of red pepper flakes.

For the sauce:

1/2 cup vegetable or chicken broth (prepare using stock concentrate, cubes, or powder)
1/4 cup oyster sauce
1/4 cup soy sauce
1 tablespoon dark (Asian) sesame oil
1 teaspoon sugar
1/8 teaspoon red pepper flakes, or to taste

To complete the recipe:

1 tablespoon canola oil
1/2 cup finely chopped onion
2 teaspoons finely chopped serrano chili
2 teaspoons minced garlic
12 ounces silken extra-firm tofu, cut into 1/2-inch cubes (about 2 cups)
1 cup frozen baby peas, thawed
6 ounces thin Chinese wheat-flour noodles
1/4 cup finely chopped fresh cilantro
Black sesame seeds and finely chopped green onions for garnish

Bring a large pan of water to a boil over high heat.

Meanwhile, stir together the sauce ingredients in a small bowl.

Heat the oil in a wok or large sauté pan over medium-high heat.

Add the onion, chili, and garlic; cook, stirring occasionally, for 2 minutes or until the onion is crisp-tender.

Add the sauce mixture to the sauté pan. Reduce the heat to low. Cook, stirring occasionally, for 2 minutes or until the onion is tender.

Meanwhile, add the noodles to the pan of boiling water and cook according to package instructions; drain well.

Gently stir the tofu and peas into the sauté pan. Cover for 2 minutes or until the tofu and peas are heated through. Add the noodles and cilantro; toss gently.

Serve in deep noodle bowls and garnish with sesame seeds and green onions.

TIP: Tofu is made from soybeans, through a process that resembles cheese making. The curds are pressed into blocks labeled soft, medium, firm, and extra-firm, depending on how much water was released. Soft and medium tofu can be blended to a smooth, creamy consistency and are the best choice for making dressings and sauces. Firm and extra-firm tofu have a denser consistency and hold their shape when cut into cubes. "Silken" tofu has a mild flavor and smooth texture.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

#3504

Egg Drop Soup

Makes 4 servings (6 cups)

A classic of Chinese cuisine, Egg Drop Soup is simplified here for speedy preparation. If you prefer, 1/4 cup non-cholesterol egg product or 4 egg whites works just fine in place of whole eggs. Serve the aromatic soup with sesame crackers.

2 (14-ounce) cans reduced-sodium chicken broth
1 tablespoon soy sauce
4 ounces chicken breast tenders, cut into 1/2-inch strips
1 red bell pepper, cut into 1/8-inch strips
1 cup frozen baby peas
3/4 cup coarsely shredded carrot
3 green onions, finely chopped
1 teaspoon minced garlic
1/4 teaspoon ground white pepper, or to taste
2 eggs
1 teaspoon dark (Asian) sesame oil, or to taste
Salt to taste

Pour the chicken broth into a Dutch oven and stir in the soy sauce. Bring to a boil over high heat.

Stir in the chicken, bell pepper, peas, carrot, green onions, garlic, and white pepper. When the liquid returns to a boil, reduce the heat to medium; cover and cook for 6 minutes or until the chicken is thoroughly cooked through and the vegetables are tender.

In a small measuring cup, lightly beat the eggs with a fork until they are lemon-colored.

Add the eggs to the soup, pouring slowly in a very thin stream; stir constantly until the eggs cook and forms shreds. Stir in the sesame oil and add salt to taste.

TIP: Although eggs will keep for up to one month in the refrigerator, they lose their fresh flavor after one week. Store them with the large end up and the tapered end down, in the coldest part of your refrigerator. Since eggs can absorb odors through their porous shells, storing them in the carton offers protection from the aromas of other foods.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.