Lemon Chicken

Ingredients:

Vegetable oil – to deep fry

2 egg whites – lightly beaten

½ a cup of corn flour

150g chicken breast strips

2 tbs of honey

1 Pak Choy – trimmed and halved

Lemon sauce

1 tbs corn flour

1/3 cup freshly squeezed

½ cup Campbells chicken stock

1 tbs honey

1. Pour oil into a medium saucepan until it is one third full. Heat the pan over a medium – high heat until it’s hot.
2. Put the egg whites in a bowl and whisk lightly and then put the corn flour in another bowl. Dip the chicken in the egg whites then put it in the corn flour and shake off what doesn’t stay on. Deep – fry the chicken in small batches for 3 or 4 minutes until golden and crispy. Drain it on a wire rack.
3. To make lemon sauce by whisking corn flour with 1 tbs of cold water and 1/3 cup of lemon juice until it’s a smooth paste. Stir in the chicken stock and honey then put it in a saucepan. Cook over medium heat while stirring for 5 minutes or until the sauce comes to boil.
4. Wash the Pak Choy then put it on a plate, cover it and put it in the microwave on high for 1 minute or until it is tender.
5. Put the chicken with the lemon sauce and serve with Pak Choy.

By Emilia Calabria

Why Is Rice, Tea, Sea Food, Beans and Wheat Popular in China?

Tea is popular in China because it is said that about 5000 years ago, a camellia blossom floated into a cup of boiling hot water that belonged to Emperor Shen Nung. Originally, tea was used as for medical values. Tea is also used as a drink to help digest and that’s why many Chinese people drink it after their meals. The event of tea drinking as an art form came in the 8th Century with the publication of Lu Yu’s ‘The Classic Art of Tea.’ The poet and Buddhist priest had strict ways of brewing, steeping and serving tea. Through the centuries, people followed Yu’s ways and teas popularity spread all over China. Some people would say that rice isn’t popular it’s just a traditional food in China. But it is eaten in daily lives and respected a lot throughout China. Wheat is also popular in China and was first created there.

What Are The Five Chinese Flavours?

The five Chinese flavours are sour, sweet, bitter, hot and salty. The Chinese think all of these must be in a meal to make it a balanced and harmonic meal.

**Sour:**

The people from North China’s Shanxi Province are most known for their love of vinegar. Some say that they must have it on their tables for every meal or whatever they are eating won’t be complete. Some other people say that drops of vinegar make a bowl of noodles more delicious.

**Sweet:**

For people from the East China’s Jiangsu and Zhejiang Provinces, sugar is just as important salt. These people are known for their love of light, fresh and sweet food and they use sugar in all their daily-life cooking. Dim sums are also famous for their sweet flavours.

**Bitter:**

Tea is very important in China as it is one of many bitter Chinese foods. Unlike sweet food which is calming, bitter food is cleansing and drying. Ancient Chinese believed that bitter can bring a long life.

**Hot:**

The people from the Southwest China’s Sichuan Province are famous for their love of hot peppers. Hot pepper was introduced to China from South America at around the end of the 17th century and became one of the favourite flavours in Sichuan. Hot pepper is used in Chinese medicine and is said to help reduce internal dampness. The popularity of hot peppers might also have something to do with that local people were impoverished when hot pepper came to Sichuan and they found chopped chilli added to plain rice a cheap and delicious meal. Even though Sichuan is famous for it’s hot dishes, it wasn’t the first place in China to use hot pepper as a flavour. Historic records show that Southwest Guizhou Province was the first to begin hot pepper being edible rather than ornamental.

**Salty:**

People in Northern China prefer heavy, salty food and salty pickles are a particular favourite. In autumn, housewives are busy making pickles for the coming winter. Pickle jars are seen in most houses. The traditional breakfast for the people in the North of China is millet congee, steamed bread and salty pickles. Even though people’s diets have changed a lot over the years, salty pickles are still popular. Northern China is a lot sunnier than in other parts of China so locals have to have more salt to make up for it lost in perspiration. Pickles were traditionally eaten a lot in winter, mostly because of the dry and cold weather that makes fresh vegetables rare and expensive. Now the tradition of eating pickles continues despite the availability of fresh vegetables at reasonable prices.

What Are Three Customs That Are Observed When Preparing Food For Eating?

One custom is that the Chinese eat two meals a day. Those two meals include rice. They actually eat three meals a day but breakfast is not included as it doesn’t have rice in it. They think a meal without rice in it is not considered a meal. A Chinese table is usually round or square and the dishes are placed in the centre of the table and each person at the table has a bowl for rice, a saucer, chopsticks and a spoon. The host usually signals when it is time to eat.

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