



Republic of Rwanda
Ministry of Education



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TVET BOARD

RQF LEVEL 5



FOOD AND BEVERAGE OPERATIONS

FBOCD501

Production of Chinese
Hot Dishes

TRAINEE'S MANUAL

April 2025



Republic of Rwanda
Ministry of Education



PRODUCE CHINESE HOT DISHES



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LIST OF ABBREVIATIONS AND ACRONYMS

CBET:	Competence Base Education and Training
PPE:	Personal Protective Equipment
RQF:	Rwanda Qualification Framework
RS:	Rwandan Standard
RSB:	Rwanda Standards Board
RTB:	Rwanda TVET Board
TVET:	Technical and Vocational Education and Training

INTRODUCTION

This trainee's manual encompasses all necessary skills, knowledge and attitudes required to **Produce Chinese Hot Dishes**. Students undertaking this module shall be exposed to practical activities that will develop and nurture their competences. The writing process of this training manual embraced competency-based education and training (CBET) philosophy by providing practical opportunities reflecting real life situations.

The trainee's manual is subdivided into units; each unit has got various topics. You will start with a self-assessment exercise to help you rate yourself on the level of skills, knowledge and attitudes about the unit.

A discovery activity is followed to help you discover what you already know about the unit.

After these activities, you will learn more about the topics by doing different activities by reading the required knowledge, techniques, steps, procedures and other requirements under the key facts section, you may also get assistance from the trainer. The activities in this training manual are prepared such that they give opportunities to students to work individually and in groups.

After going through all activities, you shall undertake progressive assessments known as formative and finally conclude with your self-reflection to identify your strengths, weaknesses and areas for improvement.

Do not forget to read the point to remember the section which provides the overall key points and takeaways of the unit.

UNIT 1: PERFORM PRE-DISH PREPARATIONS ACTIVITIES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform pre dish preparations activities. It covers the Cleaning of Chinese hot kitchen, Checking of Personal grooming Chinese hot kitchen chef, Selection of tools and equipment for Chinese hot kitchen.

Self-Assessment: Unit 1

1. Look at the unit illustration above and discuss:
 - a. What does the illustration show?
 - b. What do you think will be the topics to be covered under this unit based on the illustration?
2. Fill out the below self-assessment. Think about yourself. Do you think you can do this? How well? Read the statements across the top. Assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquired during the learning process
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
3. At the end of this unit, you will assess yourself again

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Check Personal grooming for Chinese chief					
Describe the concepts and principles of Chinese balance and harmony					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Select cleaning tools, equipment and cleaning agents for Chinese hot kitchen					
Select tools, equipment a for Chinese hot kitchen as per their categories					
Clean Chines hot kitchen using various methods					



Key Competencies:

Knowledge	Skills	Attitudes
Describe cleaning principles	Check Chinese kitchen chef personal grooming	Be flexible when Check Chinese kitchen chef attire
Differentiate cleaning tools, equipment and cleaning agents	Select cleaning tools equipment and cleaning agents	Very kin and focus on expired products
Identify kitchen chef attire	Apply cleaning methods	Pay attention to the details and sensitive on Poor Hygiene



Discovery activity:



Task 1:

Read careful scenario and answer the following questions:

Scenario 1

Your school is waiting for RTB's inspection to align your kitchen with standardized Chinese hot kitchen under the new trade of Food and Beverage Operations, your trainer delegates you to assist in the following tasks and answering the following questions:

1. The Cleanliness of hot Chinese kitchen is among to be inspected:

- a. As an expert in hospitality industry, demonstrate how properly a Chinese chef can wear as personal grooming?
- b. Explain at least five elements under principles of Chinese balance and harmony
- c. As per surface to be cleaned what are the cleaning agents to be chosen?

2. While applying cleaning methods

- a. Which tools and equipment will you select for cleaning?
- b. What things to be kept in mind when you are handling cleaning agents?
- c. What are the cleaning methods to be applied?

Topic 1.1: Perform Chinese hot kitchen preliminary activities



Activity 1: Problem Solving



Task 2:

Answer the questions below related to the chef personal grooming:

1. What do you know about chef attire?
2. Why chef attire is important in the kitchen?
3. Who supposed to wear chef attire?
4. Which tools can be used for cleaning Chinese kitchen?

5. List down possible cleaning products can be applied in cleaning the kitchen?

Key Facts 1.1: Perform Chinese hot kitchen preliminary activities

- **Checking Personal grooming of Chinese kitchen chef**

- ✓ **Introduction to the concepts and principles of Chinese balance and harmony**

 **Yin and Yang:** The concept of yin and yang has permeated every aspect of Chinese culture, from martial arts and medicine to cooking and feng shui. The goal is to strike the perfect balance between these two forces. In Traditional Chinese Medicine, for example, diseases are often attributed to an imbalance of yin and yang within the body. So, the next time you're feeling under the weather, maybe it's just your yin and yang playing tricks on you!

 Five Elements Theory

- Wood fuels fire.
- Fire forms earth (volcanoes, ash, etc.).
- Earth contains metal.
- Metal carries water (buckets, pipes, etc.).
- Water feeds wood (trees, plants, etc.)

 **Symbolism in Chinese culture:** In Chinese culture, symbols hold profound meanings, embodying beliefs, values, and traditions. From animals like the dragon and the phoenix, to plants like the lotus and the bamboo, each symbolizes unique virtues and concepts. Delve into the rich tapestry of Chinese symbolism, where every stroke tells a story. Explore how these symbols are intertwined with Chinese culture, conveying ideas of luck, prosperity, and harmony.

- ✓ **Description of Chinese kitchen**

 **Chef Attire:** Is about traditional clothing worn by chefs to ensure safety, maintain hygiene, and present a professional appearance. It is designed to protect the chef from heat, spills and other hazards while also conveying professionalism. Here below are its components.



Towel



Footwear



Protective gloves

Apron: An apron in the kitchen is a protective garment worn over the front of the body, typically covering the chest and waist. It's designed to protect the wearer's clothing from spills, stains, and splashes while cooking or baking. Kitchen aprons often have pockets for storing utensils, recipe cards, or small tools, and they may come in various materials like cotton, linen, or polyester.

Head covering: A tall, white hat traditionally worn by chefs. It helps keep hair away from food and adds a professional touch. The height of the hat is sometimes thought to indicate rank or experience in the kitchen.

A cloth or fabric tied around the head, often used by chefs or cooks to keep hair contained and out of the way

Fitting clothes: Is the attire worn by chefs, cooks and kitchen to maintain hygiene, ensure safety and present a professional appearance.



Chinese chef attire



Apron



Head covering



Fitting clothes

Footwear: refer to specialized shoes worn by kitchen staff to ensure safety, comfort, and hygiene in fast-paced environment. These shoes are designed to meet the unique challenge of working in a kitchen such as slippery floors, long hours of standing, and the risks of

sharp or heavy objectives falling.

🧺 **Towel:** Is a piece of absorbent fabric used for drying or wiping surfaces and dishes, countertops and handling hot cookware.

🧤 **Protective Gloves:** kitchen protective gloves are essential safety tools designed to protect hands while performing various tasks in the kitchen. They provide protection from heat, sharp objects, or chemicals and come in different materials suited for specific purposes.

- **Cleaning Chinese kitchen**

✓ **Cleaning tools, equipment :** Cleaning equipment are divided into two parts

🧺 Manual cleaning equipment:

🧺 Mechanical cleaning equipment

✓ **Manual cleaning equipment:** Manual cleaning equipment require human energies to operate while a Mechanical cleaning equipment are big in size and usual use electricity energy to operate

Manual cleaning equipment(tools)		Use of the manual cleaning equipment (tools)
Mop	Dry mop 	Static mops - consist of acrylic, nylon, or polyester strands fixed to a backing stretched over a metal frame. These are used for holding the dust by sweeping.
	Wet mop 	Kentucky mops- consist of cotton strands fixed to a length of cotton fabric which is in turn inserted into a metal flat stock.

Broom	Soft broom	These brooms are made of corn-fibre, grass and are used for smooth floors.
	Hard broom 	These brooms are made of coconut fibre or palm oil tree fibre and are used for coarse surface, especially outdoors
	Wall broom 	These are ceiling brooms called Turk's head. These brooms are used to remove cob webs or dust from ceiling, and high ledges.
Dust pan		These are used along with a broom and brush for gathering dust from the floor. They are normally made of either plastic or metal, being durable and less expensive plastic dust pans are the usual choice these days
Containers	Dust bins 	This used to collect waste from guest rooms and it may be made of plastic, metals, or wood. This should be emptied and wiped daily.

	Buckets 	Plastic or galvanized iron buckets are used in different areas even in the kitchen for cleaning its surfaces
	Caddy box 	This tool is used for carrying cleaning agents
Ladder		This is a tool which used for cleaning on high surface
Brushes	1. Scrubbing brush 	It is a type of wide brush with a long shaft used for cleaning hard floors or surfaces.
	2. Soft brush 	Soft brushes have bristles that are fairly flexible and set close together. They help to remove loose soil and litter on hard and smooth surfaces. Such brushes may be designed to dust carpets and furniture, especially those that are made of cane and wicker

Squeegees	Rubber/water squeezer 	A Squeegee is a cleaning tool with a flat, smooth and thick rubber blade, used to remove or control the flow of liquid on a flat surface. It is used for cleaning floors and small thin and flexible squeegee is used for cleaning windows.
	Window cleaning squeegee 	

 **Mechanical cleaning equipment:** Mechanical Cleaning Equipment are that equipment usually uses electrical energy for their operations

Mechanical cleaning equipment		Use of the mechanical cleaning equipment
Vacuum Cleaner Different types of vacuuming used in area cleaning	Dry vacuum cleaners 	Dry Vacuum Cleaners are used for removing dust and small pieces of debris from the floors, upholstery, furnishings walls and ceilings.
	Diskette or Handheld Vacuum Cleaners 	These are small, lightweight vacuum cleaners carried in the hand and used for cleaning curtains, upholstery edges, mattresses, computers and music systems. They clean by brushing and suction and are very easy to handle.

	Wet-and-dry vacuum cleaners 	Wet and Dry Vacuum are extremely useful in hotel housekeeping operations. They can pick up spills and excess wash water when on the wet mode. When on the dry mode, they help in removal of dust and debris
	Scrubbing machine 	This machine is pushed from behind where human force is needed to propel the machine forward and control the speed of that motion. One tier up from that would be machines that have traction assist. What this means is that a human being is still pushing the machine, but the onboard motor traction is helping to propel the machine forward. Then the third is a fully ride-on operation, where you have somebody actually sitting or standing on the machine and steering the auto scrubber, which self-propels it.
✓ General rules in the use of cleaning equipment		

- ✚ Check electrical appliances and equipment before use. Check if there are frayed wires, loose plugs and connections. Never use any appliance that is defective.
- ✚ Handle equipment with care and make sure it does not bump on hard surfaces.
- ✚ Clean and store equipment in their custodial room immediately after use.
- ✚ Empty dust bags of dry vacuum cleaners before they overload and after each use.
- ✚ Follow manufacturer's operating instruction.
- ✚ Schedule a regular check-up of equipment to prevent serious breakdown.
- ✚ To avoid electric shock or short circuit, do not expose equipment to rain or water. Store them indoors to protect them from getting wet. Electrical equipment should never be used in wet surfaces.

✓ Cleaning agents

- ✚ **Introduction:** Cleaning agents are substances, usually in liquid form, powders, sprays, or granules that are used to remove dirt, including dust, stain, bad smell and clutter in solid surfaces.

Cleaning agents		Uses
• Acids		This agent removes rust mark and tarnish from metal

• Detergent ✓ Liquid e.g., Washing up liquid ✓ Powder ✓ Soap bars ✓ Synthetic detergents	 	Washing floors, walls and bathroom tiles. Clean most hard surfaces.
• Disinfectants and antiseptics		Disinfectants kill bacteria while Antiseptics prevent bacterial growth.
• Degreasers ✓ Methylated spirits ✓ Non fuming Degreasers		Degreasers are sometimes known as solvent cleaners and are used to remove grease from surface such as counters and grill backslashes
• Abrasives		Abrasives are generally used to remove heavy

		accumulations of soil that are difficult to remove with detergents, Solvents and acids. These products must be carefully used to avoid damage to the surface being cleaned. Substance or chemicals are used while rubbing or scrubbing to clean soil from hard surfaces.
✓ Examples of popular cleaning agent used in hotel cleaning ✚ Multi-surface ✚ Glass cleaner ✚ Air freshener ✚ Furfure polish ✚ Disinfectant ✚ Stain remover ✚ Toilet: Vim and Lifeguard For effective cleaning, be sure to select the correct cleaning agent for the type of item to be cleaned, the cleaning method you'll be using and the type of soiling on the item. ✓ Something to keep in your mind while handling cleaning agent ✚ Remember that exposure to chemicals used in cleaning agents can lead to skin irritation, Chemical poisoning, respiratory problems and in extreme case, even death. ✚ Storing chemicals in a secure place in their sealed original containers, well away from food or any equipment may come into contact with food ✚ Wearing personal protective equipment (PPE) required to be worn when handling the product, such as gloves or safety glasses		

- ✚ Following the manufacturer's instructions when using the product or disposing of the product
- ✚ Cleaning and sanitizing cleaning equipment such as brushes, mops and other janitorial tools after use and storing them in a well maintained, dry, locked area
- ✚ Using different cloths for wiping and cleaning, and replacing them regularly

✓ **Cleaning principles**

- ✚ Soil should be removed without harming surfaces
- ✚ Cleaning should proceed from high to low where possible
- ✚ Cleaner should take all safety precautions while cleaning
- ✚ Clean from top to bottom, start with the highest areas and work your way down. This prevents dirt and dust from falling onto surfaces that haven't been cleaned yet.
- ✚ **Clean from cleanest to dirtiest:** Start with cleaner areas and work your way to dirtier areas. This prevents the spread of soil to cleaner areas.
- ✚ **Use the right tools:** Use the right cleaning methods and equipment for the type of surface, the amount of soil, and the purpose of the area.
- ✚ **Follow instructions:** Follow the manufacturer's instructions for mixing, dilution, and contact time.

✓ **Cleaning methods**

- ✚ **Dusting:** is the act of making something clean by brushing or wiping away dirt and dust from the surface.
- ✚ **Polishing:** it is a process that gives a material a smooth, shiny surface by removing surface irregularities and applying a polishing agent
- ✚ **Sweeping:** act of cleaning a floor by using a brush to remove the dirt

-  **Scrubbing:** is often used to clean hard surfaces, such as countertops, floors, dishes, or bathrooms, where a stronger action is needed to remove stubborn dirt or stains
-  **Mopping:** is the act of cleaning floors using a mop, which is typically a cleaning tool consisting of a long handle with a head made of absorbent material like cotton or microfiber.



Activity 2: Guided Practice



Task 3:

Read this scenario careful and do the associated your assigned role.

Your school organizes an open day and expecting to receive visitors who are curious on what took place under Chinese hot kitchen, you and your classmates; **John and Dowel** among preferred learners in the trade of food and beverage operations you are requested to present what you learnt day per day, **John** has been tasked to wear like Chinese chef as fitting grooming, **Dowel** requested to select necessary cleaning tools, equipment and cleaning agents, Meanwhile you, you are assigned to check personal grooming for John and ensure the relevancy of tools, equipment and cleaning agents selected by **Dowel**.

Use the following checklist to check your classmates' performance

Checklist	Observation	
	Yes	No
<i>Chef attire is well respected</i>		
✓ Chef coat is dressed		
✓ Fitting clothes are dressed		
✓ Apron is worn		
✓ Head covering is dressed		
✓ Protective glove is put on		
✓ Footwear is dressed		

Relevancy of Cleaning tools, materials and Equipment	Yes	No
✓ Both Mechanical and Manual cleaning equipment are selected		
✓ Cleaning and sanitizing agents are selected		
✓ Surface cleaning tools are selected		



Activity 3: Application



Task 4: Refer to the scenario in task 3 and perform the tasks below

1. Demonstrate your classmates how to clean the kitchen area using selected tools, materials and equipment
2. Show visitors how Chinese chief/sous-chef personal grooming will look like.



Formative Assessment

Answer by true or false to the statement below:

1. The following are methods of cleaning the kitchen areas
 - a. Pressing
 - b. vacuuming
 - c. Scouring
 - d. Steaming
 - e. Mopping
2. Circle the best answer

One of the following tools is used for collecting waste from kitchen area

 - a. Dust pan
 - b. Pedad bin
 - c. Dust bin
 - d. Broom
 - e. Mopping Trolley

3. Tools and equipment
4. What do you know about chef attire?
5. What do you supposed to wear as chef attire?



Points to Remember

- Always consider these points:
 - ✓ Never use expired chemicals while cleaning kitchen area
 - ✓ Use always correct PPE when handling chemicals to avoid burns and injuries
 - ✓ Never eat, smoking or drinking when handling chemicals
 - ✓ Select always chef attire when you're going to perform all related kitchen activities



Self-Reflection

1. Re-take this self-assessment at the end of this unit by fill in the tables and identify your areas of strength, areas for improvement and actions to take for improvement.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Check Personal grooming for Chinese chief					
Describe the concepts and principles of Chinese balance and harmony					
Select cleaning tools, equipment and cleaning agents for Chinese hot kitchen					
Select tools, equipment a for Chinese hot kitchen as per their categories					
Clean Chines hot kitchen using various methods					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 2: MISE-EN PLACE OF CHINESE HOT DISHES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform Mise-en place of Chinese hot dishes. It covers the Preparation of ingredients for Chinese Meat and sea food hot dishes, Preparation of Ingredients for Chinese Starch and noodles hot dishes, Preparation of Ingredients for Chinese Vegetable hot dishes, Preparation of Ingredients for Chinese soup dishes and Preparation of Ingredients for Chinese sauce dishes

Self-Assessment: Unit 2

1. Look at the unit illustration above and discuss:
 - a. What does the illustration show?
 - b. What do you think will be the topics to be covered under this unit based on the illustration?
2. Fill out the below self-assessment. Think about yourself: do you think you can do this? How well? Read the statements across the top. Assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquired during the learning process
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
3. At the end of this unit, you will assess yourself again

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Prepare the ingredients for Chinese Meat, seafood Starch and noodles hot dishes.					
Select mise-en place tools and equipment					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Apply different preparation techniques for Chinese hot Dishes					
Prepare ingredients Chinese vegetables, soup and sauce					



Key Competencies:

Knowledge	Skills	Attitudes
1. Differentiate Chinese hot kitchen mise-en place tools and equipment	1. Select ingredients preparation tools and equipment	1. Be protective while selecting tools and equipment
2. Identify weighing tools and equipment	2. Select ingredient for Chinese Meat and sea food hot dishes and Chinese Starch and noodles hot dishes	2. Be punctual and kin on details
3. Describe the ingredients for Chinese food hot dishes	3. Apply different preparation techniques for Chinese hot dishes	3. Be practical when preparing ingredients for Chinese hot dishes



Discovery activity:



Task 5:

Read careful scenario and answer the following questions

MP hotel expect to host 30 visitors funder Chinese embassy Aid project to Rwanda Polytechnic, Musanze college, for the honor of guests, the MP hotel decides to prepare and cook for them the different Chinese hot dishes **including** Crispy pork belly, Szeshuan chicken and wonton soup, currently the hotel has only one chef to cook for them and invites you from the crowd to come and help him in performing the mise-en place so that for quickly service delivery. Before perform your assignment answer the questions below:

1. What main ingredient will you select to make mise-en place of the following dishes
 - a. Wonton soup
 - b. Crispy pork belly
 - c. Szeshuan chicken
2. In which preparation techniques will you apply for the below dishes
 - a. Wonton soup
 - b. Crispy pork belly
 - c. Szeshuan chicken

Topic 2.1. Preparation of ingredients for Chinese Meat and sea food hot dishes



Activity 1: Problem Solving



Task 6:

According to your experience answer the following questions

1. List the kitchen tools under each category below:
 - a. Weighing tools
 - b. Mixing tools
 - c. Cutting tools
 - d. Cooking tools
 - e. Presentation tools
2. Describe the use of chine kitchen equipment as per operation?

- a. Blender
 - b. Chafing dish
 - c. Electrical scale
3. Classify the dishes below according to their food categories by ticking in the appropriate corresponding cell (row X column).

Dishes	Food Categories				
	Meats	Sea food	Vegetables	noodles	Starch
a. Crispy pork belly					
b. Beef and broccoli					
c. Mongorian Beef					

4. What are the main ingredients for the below dishes
- a. Crispy pork belly
 - b. Szeshuan chicken
 - c. Mongorian Beef
5. List down at least two ingredient preparation techniques can be used to perform mise-en place of Chinese hot dishes

Key Facts 2.1: Preparation of ingredients for Chinese Meat and sea food hot dishes

- **Selection of tools and equipment for Chinese hot kitchen**
 - ✓ **Chinese hot kitchen cooking tools and equipment**
 - ✓ **Pots and pans:** Pots and pans may seem easy to distinguish at first glance, but once you get to know the different types of pots and pans, you might find yourself scratching your head trying to figure out which is which. We understand, and that's why we're here to help.

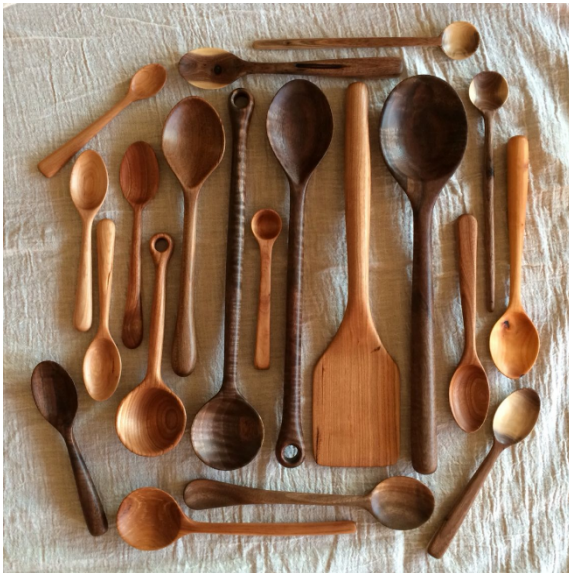
	Pots	Pans
Typical Uses	Boiling, simmering, and slow-cooking	Frying, sautéing, and fast-cooking
Depth	>4 inches	<4 inches
Sides	Straight/Curved	Mostly straight
Handles	Two shorts	One long
Accessories	Steamers or pasta inserts	Less suitable
Shape	Round, oval	Round, square
Lid	Often used with a lid for slow-cooking or boiling	Typically used without a lid
Examples	Stockpot, saucepan, dutch oven	Frying pan, sauté pan, grill pan



- ✓ **Cutting board:** A cutting board is an essential kitchen tool used for preparing food. It provides a stable and hygienic surface for chopping, slicing, and dicing ingredients. Cutting boards come in various materials, shapes, and sizes to accommodate different cooking needs.



- ✓ **Wooden spoons:** is a versatile kitchen tool made from durable hardwoods which is used for stirring, mixing and serving.





✓ **Baking sheets and pans:** Are essential tools for baking and roasting. Here below is quick breakdown Baking sheets itself is a flat, rectangular metal trays with a rimmed or rimless edge. Baking pans is a deeper, with varying shapes (rectangular, round, square) and sizes.

✓ **Weighing tools and equipment**

✓ **Measuring cups and spoons:** are essential tools for accurately measuring ingredients, especial baking and cooking.



✓ **Jug**



- ✓ **Electrical scale:** Is a device used to measure the weight of ingredients accurately, essential for cooking and baking.



- ✓ **Cups:** might loosely refer to a bowl or vessel used for measuring liquids, but it's not fixed standard

- ✓ **Cutting tools and equipment**

- ✓ **Knife:** Is a versatile tool used for cutting, chopping, slicing, and dicing food.

- ✓ **Grater:** Is a kitchen tool used to shred or grate foods into smaller pieces or fine shreds.



- ✓ **Peeler:** Is a kitchen tool used remove the outer skin or peel from fruits and vegetables. It typically consists a handle and a sharp blade, which is often swivel mounted for flexibility.



- ✓ **Mixing tools and equipment**

- ✓ **Blender:** Is a kitchen appliance used for mixing, pureeing, chopping and blending various ingredients to create smooth textures such as smoothies, soups, sauces, or even doughs.

- ✓ **Hand tongs:** Is a kitchen tool used for gripping and lifting foods items, typically



with a spring mechanism or a hinge that allows them to open and close.

- ✓ **Whisk:** Is a kitchen tool used for beating, stirring, or whipping ingredients, typically to incorporate air and create smooth mixtures.



- ✓ **Spatula:** Is a kitchen utensil used for flipping, lifting, spreading or scraping food.



- **Preparation ingredients Crispy Pork Belly**



- ✓ **Crispy Pork Belly:** is a delicious dish that pairs wonderfully with a variety of sides and flavors. Here's a simple recipe to get you started.

✓ **Main ingredients**

- ✚ Pork belly
- ✚ Tablespoon salt
- ✚ Teaspoon black pepper
- ✚ Teaspoon garlic powder
- ✚ Teaspoon onion powder
- ✚ Teaspoon paprika
- ✚ Tablespoon olive oil
- ✚ Description

Crispy pork belly is a culinary delight known for its rich, savory flavor and irresistible texture. The dish features a succulent piece of pork belly, which is seasoned and roasted to perfection. The key to achieving the perfect crispy pork belly lies in the preparation and cooking process.

✓ **Key Characteristics:**

- ✚ **Crispy Skin:** The skin of the pork belly is scored and seasoned, then roasted at a high temperature to create a crackling, crispy exterior.
- ✚ **Tender Meat:** Beneath the crispy skin, the meat remains tender and juicy, absorbing the flavors of the seasonings and spices.
- ✚ **Flavorful Seasoning:** Common seasonings include salt, pepper, garlic powder, onion powder, and paprika, which enhance the natural flavors of the pork.

✓ **Purpose (taste and visual appearance)**

- ✚ The purpose of crispy pork belly is to provide a delightful culinary experience through its unique combination of flavors and textures

✓ **Taste:**

- ✚ **Savory and Rich:** The meat is seasoned with a blend of spices, creating a deep, savory flavor that is both rich and satisfying.
- ✚ **Crispy and Crunchy:** The skin is roasted to perfection, resulting in a crispy, crunchy texture that contrasts beautifully with the tender meat underneath.

 **Juicy and Tender:** The meat remains juicy and tender, absorbing the flavors of the seasonings and providing a melt-in-your-mouth experience.

✓ **Visual Appearance:**

 **Golden Brown Skin:** The skin of the pork belly is a golden-brown color, with a crackling, crispy texture that is visually appealing.

 **Juicy Meat:** The meat underneath is a succulent, juicy pink, indicating that it has been cooked to perfection.

 **Seasoning:** The seasoning on the meat adds a touch of color and enhances the overall visual appeal of the dish.

✓ **Ingredient preparation techniques**

✓ **Measuring**

 **Dry Ingredients:** Use measuring cups or spoons. Level off the top with a knife for accuracy.

 **Liquid Ingredients:** Use a liquid measuring cup. Place it on a flat surface and check at eye level

 Washing

 **Fruits and Vegetables:** Rinse under cold running water. Use a brush for firm produce like potatoes.

 **Poultry:** Generally, it's not recommended to wash meat and poultry as it can spread bacteria. Instead, pat them dry with paper towels.

 Peeling

 **Vegetables:** Use a vegetable peeler or a paring knife. Peel away from your body to avoid accidents.

 **Fruits:** For fruits like apples or pears, a vegetable peeler works well. For citrus fruits, use a zester or a grater.

 Cutting

 **Chopping:** Use a sharp knife. Keep your fingers tucked in and use a rocking motion.

 **Dicing:** Cut the ingredient into strips, then cut across to create small cubes.

✚ **Slicing:** Cut the ingredient into thin, even pieces. For onions, cut in half first, then slice.

✓ **Preparation of ingredients for Szechuan chicken**

✚ **Szechuan chicken:** Szechuan chicken is a popular Chinese dish known for its



bold, spicy, and flavourful profile. Originating from the Sichuan province in China, this dish is characterized by its use of Szechuan peppercorns,

which give it a unique numbing sensation, along with a variety of other spices and ingredients.

✚ **Main ingredients**

- Chicken breast or thighs, cut into bite-sized pieces
- Szechuan peppercorns
- Dried red chili peppers
- Garlic and ginger
- Soy sauce
- Hoisin sauce
- Rice vinegar
- Sugar
- Cornstarch (for coating the chicken)
- Green onions

✚ **Description:** Szechuan chicken is a vibrant and flavorful dish that hails from the Sichuan province in China. It's renowned for its bold, spicy, and numbing flavors.

✚ **Key Ingredients:**

- **Chicken:** Typically, chicken breast or thighs are used, cut into bite-sized pieces.
- **Szechuan Peppercorns:** These provide the characteristic numbing sensation.
- **Dried Red Chili Peppers:** These add heat and color to the dish.
- **Garlic and Ginger:** Essential aromatics that enhance the overall flavor.

- **Soy Sauce and Hoisin Sauce:** These create a rich, savory base for the sauce.
- **Rice Vinegar and Sugar:** These balance the flavors with tanginess and a hint of sweetness.

✓ **Purpose (taste and visual appearance)**

 Taste:

- **Spicy and Tangy:** The dish is known for its intense spiciness, balanced with tangy notes from ingredients like soy sauce, vinegar, and garlic.
- **Numbing Sensation:** Szechuan peppercorns provide a unique numbing sensation that complements the heat from the chili peppers.
- **Rich and Savory:** The sauce is rich and savory, often made with a combination of soy sauce, hoisin sauce, and sometimes a touch of sugar for balance.
- **Visual Appearance:**
- **Vibrant Colors:** The dish is visually appealing with its vibrant red and brown hues from the chili peppers and sauce.
- **Crispy Chicken:** The chicken pieces are usually golden brown and crispy, adding a delightful texture to the dish.
- **Garnishes:** Often garnished with green onions and bell peppers, adding a pop of color and freshness.

✓ **Preparation techniques**

 Measuring

- **Dry Ingredients:** Use measuring cups or spoons. Level off the top with a knife for accuracy.
- **Liquid Ingredients:** Use a liquid measuring cup. Place it on a flat surface and check at eye level
- **Washing**
- **Fruits and Vegetables:** Rinse under cold running water. Use a brush for firm produce like potatoes.

- **Meat and Poultry:** Generally, it's not recommended to wash meat and poultry as it can spread bacteria. Instead, pat them dry with paper towels.

Peeling

- **Vegetables:** Use a vegetable peeler or a paring knife. Peel away from your body to avoid accidents.
- **Fruits:** For fruits like apples or pears, a vegetable peeler works well. For citrus fruits, use a zester or a grater.

Cutting

- **Chopping:** Use a sharp knife. Keep your fingers tucked in and use a rocking motion.
- **Dicing:** Cut the ingredient into strips, then cut across to create small cubes.
- **Slicing:** Cut the ingredient into thin, even pieces. For onions, cut in half first, then slice.

✓ **Preparing ingredients for Mongolian Beef**



- ✓ **Mongolian Beef:** is a popular Chinese-American dish known for its savory and slightly sweet flavor. Despite its name, it doesn't have roots in Mongolian cuisine but is a creation of Chinese-American restaurants.

✓ **Description of main ingredients**

Key Characteristics:

- **Tender Beef:** The beef is typically thinly sliced and marinated to ensure it's tender and flavorful.

- **Rich Sauce:** The sauce is a combination of soy sauce, brown sugar, garlic, and ginger, creating a sweet and savory profile.
- **Crispy Texture:** The beef is often coated in cornstarch and stir-fried until crispy, adding a delightful texture to the dish.
- **Vegetables:** Commonly includes green onions and sometimes bell peppers for added flavor and color.

Ingredients:

- Beef (flank steak or similar)
- Soy sauce
- Brown sugar
- Garlic
- Ginger
- Cornstarch
- Green onions
- Optional: Bell pepper

✓ **Purpose (taste and visual appearance)**

Taste:

- **Savory and Sweet:** The sauce, made from soy sauce and brown sugar, creates a perfect balance of savory and sweet flavors.
- **Rich and Umami:** The addition of garlic and ginger enhances the umami taste, making the dish rich and flavorful.
- **Tender and Juicy:** The beef is marinated and stir-fried to ensure it remains tender and juicy, absorbing the flavors of the sauce.
- **Visual Appearance:**
- **Golden Brown Beef:** The beef is typically golden brown and crispy on the outside, giving it an appetizing look.
- **Glossy Sauce:** The sauce coats the beef, giving it a glossy and appealing appearance.
- **Colorful Garnishes:** Green onions and bell peppers add a pop of color, making the dish visually vibrant and inviting

✓ **Preparation techniques**

 **Measuring:** When preparing Mongolian Beef, accurate measuring of ingredients is crucial to achieve the perfect balance of flavors. Here is a guide on how to measure the key ingredients:

✓ **Measuring Ingredients:**

- **Beef:** Use a kitchen scale to measure the beef. Typically, you will need about 1 pound (450 grams) of flank steak or similar cut.
- **Soy Sauce:** Use a liquid measuring cup. You will need about 1/4 cup (60 ml) of soy sauce for the marinade and sauce.
- **Brown Sugar:** Use a dry measuring cup. Measure 1/4 cup (packed) of brown sugar.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Cornstarch:** Use a dry measuring cup. Measure 1/4 cup (30 grams) of cornstarch for coating the beef.
- **Green Onions:** Use a kitchen scale or measuring cup. Typically, you will need about 1/2 cup (50 grams) of chopped green onions.
- **Tips for Accurate Measuring:**
- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

✓ **Washing:** When it comes to washing beef for Mongolian Beef, it is generally not recommended to wash raw meat, including beef, as it can spread bacteria to other surfaces in your kitchen. Instead, here are some steps you can follow to ensure your beef is safe and ready to cook:

- **Washing steps:**
 - **Pat Dry:** Use paper towels to pat the beef dry. This helps remove any excess moisture and ensures a better sear when cooking.

- **Clean Surfaces:** Make sure all surfaces, utensils, and your hands are clean before and after handling raw meat to prevent cross-contamination.
- **Marinate:** Once the beef is dry, you can proceed to marinate it as per your recipe.
By following these steps, you can safely prepare your beef for cooking without the need to wash it.
- ✓ **Peeling:** When preparing Mongolian Beef, there is no need to peel the beef itself. However, if you are including vegetables like carrots or bell peppers, you might need to peel them.
 - **Peeling Vegetables:**
 - **Carrots:** Use a vegetable peeler to remove the outer skin. Hold the carrot firmly and peel away from your body to avoid accidents.
 - **Garlic:** To peel garlic, place the clove under the flat side of a knife and give it a quick press. The skin should come off easily.
 - **Ginger:** Use the edge of a spoon to scrape off the skin. This method is gentle and helps preserve more of the ginger.

For the beef itself, focus on slicing it thinly against the grain to ensure tenderness.
- ✓ **Cutting:** Cutting the beef properly is crucial for making Mongolian Beef tender and flavorful. Here's how to do it:
 - 🔪 **Steps for Cutting Beef:**
 - **Choose the Right Cut:** Flank steak or a similar cut is ideal for Mongolian Beef.
 - **Freeze Slightly:** Place the beef in the freezer for about 15-20 minutes. This makes it firmer and easier to slice thinly.
 - **Slice Against the Grain:** Look for the direction of the muscle fibers (the grain) and slice perpendicular to them. This helps break down the muscle fibers, making the beef tender.
 - **Thin Slices:** Aim for slices that are about 1/4 inch thick. Thinner slices cook quickly and evenly, ensuring a tender texture.

- **Uniform Pieces:** Try to keep the slices uniform in size for even cooking.

Tips:

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to slice thinly.
- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.

By following these steps, you will ensure that your Mongolian Beef is tender and delicious.

✓ **Preparing ingredients for Beef and broccoli**



 **Beef and broccoli** is a classic Chinese-American dish that combines tender beef with crisp broccoli in a savory sauce. A quick and delicious meal is perfect for any night of the week.

✓ **Description of main ingredients**

Key Characteristics:

- **Tender Beef:** The beef is typically thinly sliced and marinated to ensure its tender and flavorful.
- **Crisp Broccoli:** The broccoli is cooked until just tender, retaining a slight crunch.
- **Savory Sauce:** The sauce is a combination of soy sauce, oyster sauce, garlic, and ginger, **creating** a rich and savory profile.

Ingredients:

- Beef (flank steak or similar)
- Broccoli florets
- Soy sauce
- Oyster sauce
- Garlic
- Ginger

- Cornstarch (for coating the beef)
- Optional: Sesame oil, green onions

✓ **Purpose (taste and visual appearance):** Beef and broccoli are a delightful dish that combines tender beef with crisp broccoli in a savory sauce. Here's a detailed description of its taste and visual appearance:



Taste:

- **Savory and Umami:** The sauce, made from soy sauce, oyster sauce, garlic, and ginger, creates a rich, savory flavor with a deep umami taste.
- **Slightly Sweet:** The addition of a bit of sugar or hoisin sauce adds a subtle sweetness that balances the savory elements.
- **Tender and Juicy Beef:** The beef is marinated and stir-fried to ensure it remains tender and juicy, absorbing the flavors of the sauce.
- **Crisp Broccoli:** The broccoli is cooked until just tender, retaining a slight crunch that contrasts nicely with the tender beef.



Visual Appearance:

- **Vibrant Green Broccoli:** The broccoli retains its bright green color, making the dish visually appealing and fresh looking.
- **Glossy Sauce:** The sauce coats the beef and broccoli, giving the dish a glossy and appetizing appearance.
- **Golden Brown Beef:** The beef is typically golden brown and slightly crispy on the edges, adding to the dish's visual appeal.
- **Colorful Garnishes:** Optional garnishes like green onions or sesame seeds can add a pop of color and texture.

Beef and broccoli are not only a treat for the taste buds but also a feast for the eyes.

✓ **Preparation techniques**

 **Measuring:** When preparing Beef and Broccoli, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here is a guide on how to measure the key ingredients:

 Measuring Ingredients:

- **Beef:** Use a kitchen scale to measure the beef. Typically, you will need about 1 pound (450 grams) of flank steak or a similar cut.
- **Broccoli:** Measure about 3 cups of broccoli florets. You can use a measuring cup for this.
- **Soy Sauce:** Use a liquid measuring cup. You will need about 1/4 cup (60 ml) of soy sauce for the sauce.
- **Oyster Sauce:** Measure 2 tablespoons of oyster sauce using a measuring spoon.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Cornstarch:** Use a dry measuring cup. Measure 1/4 cup (30 grams) of cornstarch for coating the beef.
- **Optional Ingredients:** If using sesame oil or green onions, measure 1 teaspoon of sesame oil and 1/2 cup of chopped green onions.

 Tips for Accurate Measuring:

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

✓ **Washing:** When preparing Beef and Broccoli, it is important to handle the ingredients properly to ensure they are clean and safe to eat. Here's how to wash the key ingredients:

 Washing Beef:

- **Do Not Wash:** It is generally not recommended to wash raw beef as it can spread bacteria to other surfaces in your kitchen. Instead, pat the beef dry with paper towels before marinating or cooking.

Washing Broccoli:

- **Rinse under cold water:** Place the broccoli florets in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.
- **Soak if Needed** if the broccoli is particularly dirty, you can soak it in a bowl of cold water for a few minutes, then rinse again.
- **Dry:** Shake off excess water and pat the broccoli dry with a clean kitchen towel or paper towels.

By following these steps, you can ensure that your ingredients are clean and ready to use for your Beef and Broccoli dish.

- ✓ **Peeling:** When preparing Beef and Broccoli, there is no need to peel the beef itself. However, if you are including vegetables like carrots or ginger, you might need to peel them. Here's how to handle peeling for common vegetables used in Beef and Broccoli:

Peeling Vegetables:

- **Carrots:** Use a vegetable peeler to remove the outer skin. Hold the carrot firmly and peel away from your body to avoid accidents.
- **Garlic:** To peel garlic, place the clove under the flat side of a knife and give it a quick press. The skin should come off easily.
- **Ginger:** Use the edge of a spoon to scrape off the skin. This method is gentle and helps preserve more of the ginger.

For the beef itself, focus on slicing it thinly against the grain to ensure tenderness.

- ✓ **Cutting:** Cutting the beef and broccoli properly is essential for making a delicious Beef and Broccoli dish. Here's how to do it:

Cutting Beef:

- **Choose the Right Cut:** Flank steak or a similar cut is ideal for Beef and Broccoli.
- **Freeze Slightly:** Place the beef in the freezer for about 15-20 minutes. This makes it firmer and easier to slice thinly.

- **Slice Against the Grain:** Look for the direction of the muscle fibers (the grain) and slice perpendicular to them. This helps break down the muscle fibers, making the beef tender.
- **Thin Slices:** Aim for slices that are about 1/4 inch thick. Thinner slices cook quickly and evenly, ensuring a tender texture.
- **Uniform Pieces:** Try to keep the slices uniform in size for even cooking.

Cutting Broccoli:

- **Separate the Florets:** Use a knife to cut the broccoli head into individual florets. Cut through the stem where the florets branch off.
- **Trim the Stems:** If the stems are thick, you can trim them down to a more manageable size. Peel the outer layer of the stems if they are tough.
- **Uniform Size:** Try to cut the florets into uniform sizes to ensure even cooking.

Tips:

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to slice thinly.
- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.

By following these steps, you'll ensure that your Beef and Broccoli is tender, flavorful, and cooked to perfection.

- **Chinese beef Sizzling:** **Sizzling beef** is a popular dish in Chinese cuisine, known for its rich flavors and the dramatic presentation of the beef served on a hot, sizzling platter.

✓ **Description of main ingredients**

Key Characteristics:

- **Tender Beef:** The beef is typically marinated and stir-fried to ensure it's tender and flavorful.
- **Savory Sauce:** The sauce is a combination of soy sauce, oyster sauce, garlic, and ginger, creating a rich and savory profile.
- **Sizzling Presentation:** The dish is served on a hot, sizzling platter, which adds a dramatic flair and enhances the flavors.

 Ingredients:

- Beef (flank steak or similar)
- Soy sauce
- Oyster sauce
- Garlic
- Ginger
- Cornstarch (for coating the beef)
- Vegetables (such as bell peppers, onions, and mushrooms)
- Optional: Sesame oil, green onions

 **Purpose (taste and visual appearance):** Sizzling beef is a delightful dish that offers a rich combination of flavors and a visually impressive presentation. Here is a detailed description of its taste and visual appearance:

- **Taste:**
 - **Savory and Umami:** The sauce, made from soy sauce, oyster sauce, garlic, and ginger, creates a deep, savory flavor with a rich umami taste.
 - **Slightly Sweet:** The addition of a bit of sugar or hoisin sauce adds a subtle sweetness that balances the savory elements.
 - **Tender and Juicy Beef:** The beef is marinated and stir-fried to ensure it remains tender and juicy, absorbing the flavors of the sauce.
 - **Crisp Vegetables:** The vegetables, such as bell peppers and onions, are cooked until just tender, retaining a slight crunch that contrasts nicely with the tender beef.
- **Visual Appearance:**
 - **Sizzling Presentation:** The dish is served on a hot, sizzling platter, which adds a dramatic flair and enhances the flavors.
 - **Golden Brown Beef:** The beef is typically golden brown and slightly crispy on the edges, adding to the dish's visual appeal.
 - **Glossy Sauce:** The sauce coats the beef and vegetables, giving the dish a glossy and appetizing appearance.

- **Colorful Vegetables:** The inclusion of bell peppers, onions, and green onions adds vibrant colors, making the dish visually appealing and fresh-looking.

Sizzling beef is not only a treat for the taste buds but also a feast for the eyes. Its combination of tender beef, crisp vegetables, and rich sauce makes it a standout dish that is sure to impress.

✓ **Preparation techniques**

 **Measuring:** When preparing Chinese Sizzling Beef, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here's a guide on how to measure the key ingredients:

Measuring Ingredients:

- **Beef:** Use a kitchen scale to measure the beef. Typically, you'll need about 1 pound (450 grams) of flank steak or a similar cut.
- **Soy Sauce:** Use a liquid measuring cup. You'll need about 1/4 cup (60 ml) of soy sauce for the marinade and sauce.
- **Oyster Sauce:** Measure 2 tablespoons of oyster sauce using a measuring spoon.
- **Garlic and Ginger:** Use measuring spoons. You'll need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Cornstarch:** Use a dry measuring cup. Measure 1/4 cup (30 grams) of cornstarch for coating the beef.
- **Vegetables:** Measure about 1 cup each of sliced bell peppers, onions, and mushrooms. You can use a measuring cup for this.
- **Optional Ingredients:** If using sesame oil or green onions, measure 1 teaspoon of sesame oil and 1/2 cup of chopped green onions.

Tips for Accurate Measuring:

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing:** When preparing Chinese Sizzling Beef, it's important to handle the ingredients properly to ensure they are clean and safe to eat. Here's how to wash the key ingredients:

- **Washing Beef:**

Do Not Wash: It's generally not recommended to wash raw beef as it can spread bacteria to other surfaces in your kitchen. Instead, pat the beef dry with paper towels before marinating or cooking.

- **Washing Vegetables:**

- **Rinse under cold water:** Place the vegetables (such as bell peppers, onions, and mushrooms) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.
- **Soak if Needed:** If the vegetables are particularly dirty, you can soak them in a **bowl** of cold water for a few minutes, then rinse again.
- **Dry:** Shake off excess water and pat the vegetables dry with a clean kitchen towel or paper towels.

 **Cutting:** Cutting the beef and vegetables properly is essential for making a delicious Chinese Sizzling Beef dish. Here's how to do it:

- **Cutting Beef:**

- **Choose the Right Cut:** Flank steak or a similar cut is ideal for Chinese Sizzling Beef.
- **Freeze Slightly:** Place the beef in the freezer for about 15-20 minutes. This makes it firmer and easier to slice thinly.
- **Slice Against the Grain:** Look for the direction of the muscle fibers (the grain) and slice perpendicular to them. This helps break down the muscle fibers, making the beef tenderer.
- **Thin Slices:** Aim for slices that are about 1/4 inch thick. Thinner slices cook quickly and evenly, ensuring a tender texture.
- **Uniform Pieces:** Try to keep the slices uniform in size for even cooking.

- **Cutting Vegetables:**

- **Bell Peppers:** Cut off the top and bottom, remove the seeds and membranes, then slice into thin strips.
- **Onions:** Cut off the ends, peel, and slice into thin rings or half-rings.
- **Mushrooms:** Wipe clean with a damp cloth and slice thinly.

- **Tips:**

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to slice thinly.
- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting

- **Preparing ingredients for Sezam chicken :** Sesame Chicken is a popular Chinese-



American dish known for its crispy chicken pieces tossed in a sweet and savory sesame sauce.

✓ **Description of main ingredients**

 Key Characteristics:

- **Crispy Chicken:** The chicken is typically coated in a batter and fried until golden brown and crispy.
- **Sweet and Savory Sauce:** The sauce is a combination of soy sauce, honey, garlic, and sesame oil, creating a perfect balance of sweet and savory flavors.
- **Sesame Seeds:** The dish is garnished with toasted sesame seeds, adding a nutty flavor and a bit of crunch.

 Ingredients:

- Chicken breast, cut into bite-sized pieces
- Soy sauce
- Honey
- Garlic

- Sesame oil
- Cornstarch (for coating the chicken)
- Eggs (for coating the chicken)
- Flour (for coating the chicken)
- Toasted sesame seeds
- Green onions

 **Purpose (taste and visual appearance):** Sesame Chicken is a delightful dish that offers a perfect balance of sweet and savory flavors, along with a visually appealing presentation. Here is a detailed description of its taste and visual appearance:

 Taste:

- **Sweet and Savory:** The sauce, made from soy sauce, honey, garlic, and sesame oil, creates a harmonious blend of sweet and savory flavors.
- **Crispy and Tender:** The chicken is coated in a batter and fried until crispy on the outside while remaining tender and juicy on the inside.
- **Nutty Flavor:** The toasted sesame seeds add a nutty flavor that complements the sweet and savory sauce.

 Visual Appearance:

- **Golden Brown Chicken:** The chicken pieces are golden brown and crispy, making them visually appealing and appetizing.
- **Glossy Sauce:** The sauce coats the chicken, giving it a glossy and attractive appearance.
- **Sesame Seeds:** The dish is garnished with toasted sesame seeds, adding a touch of elegance and a bit of crunch.
- **Colorful Garnishes:** Optional garnishes like green onions add a pop of color and freshness to the dish. Sesame Chicken is not only a treat for the taste buds but also a feast for the eyes

Preparation techniques

 **Measuring:** When preparing Sesame Chicken, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here's a guide on how to measure the key ingredients:

Measuring Ingredients:

- **Chicken:** Use a kitchen scale to measure the chicken. Typically, you will need about 1 pound (450 grams) of chicken breast, cut into bite-sized pieces.
- **Soy Sauce:** Use a liquid measuring cup. You will need about 1/4 cup (60 ml) of soy sauce for the marinade and sauce.
- **Honey:** Measure 2 tablespoons of honey using a measuring spoon.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Cornstarch:** Use a dry measuring cup. Measure 1/4 cup (30 grams) of cornstarch for coating the chicken.
- **Flour:** Measure 1/2 cup (60 grams) of flour using a dry measuring cup.
- **Sesame Oil:** Measure 1 teaspoon of sesame oil using a measuring spoon.
- **Toasted Sesame Seeds:** Measure 2 tablespoons of toasted sesame seeds using a measuring spoon.
- **Optional Ingredients:** If using green onions, measure 1/2 cup of chopped green onions.

Tips for Accurate Measuring:

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing:** When preparing Sesame Chicken, it's important to handle the ingredients properly to ensure they are clean and safe to eat. Here's how to wash the key ingredients:

- **Washing Chicken: Do Not Wash:** It is generally not recommended to wash raw chicken as it can spread bacteria to other surfaces in your kitchen. Instead, pat the chicken dry with paper towels before marinating or cooking.
- **Washing Vegetables:**
 - **Rinse under Cold Water:** Place the vegetables (such as bell peppers, onions, and any other vegetables you might be using) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.
 - **Soak if Needed** if the vegetables are particularly dirty, you can soak them in a bowl of cold water for a few minutes, then rinse again.
 - **Dry:** Shake off excess water and pat the vegetables dry with a clean kitchen towel or paper towels.

By following these steps, you can ensure that your ingredients are clean and ready to use for your Sesame Chicken dish.

 **Peeling:** When preparing Sesame Chicken, there is no need to peel the chicken itself. However, if you are including vegetables like carrots, garlic, or ginger, you might need to peel them. Here's how to handle peeling for common vegetables used in Sesame Chicken:

- **Peeling Vegetables:**
 - **Carrots:** Use a vegetable peeler to remove the outer skin. Hold the carrot firmly and peel away from your body to avoid accidents.
 - **Garlic:** To peel garlic, place the clove under the flat side of a knife and give it a quick press. The skin should come off easily.
 - **Ginger:** Use the edge of a spoon to scrape off the skin. This method is gentle and helps preserve more of the ginger.

For the chicken itself, focus on cutting it into bite-sized pieces and marinating it to ensure it absorbs the flavors well.

 **Cutting:** Cutting the chicken properly is essential for making delicious Sesame Chicken. Here's how to do it:

- **Cutting Chicken:**

- **Choose the Right Cut:** Boneless, skinless chicken breast is ideal for Sesame Chicken.
- **Trim Excess Fat:** Use a sharp knife to trim any excess fat from the chicken breasts.
- **Cut into Bite-Sized Pieces:** Slice the chicken breasts into bite-sized pieces, about 1-inch cubes. This ensures they cook evenly and are easy to eat.
- **Uniform Pieces:** Try to keep the pieces uniform in size for even cooking.
- **Tips:**
 - **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to cut evenly.
 - **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.
 - By following these steps, you will ensure that your Sesame Chicken is tender, flavorful, and cooked to perfection.

- **Preparing ingredients for Kung pao beef**



Kung Pao Beef is a spicy and flavorful Chinese dish that combines tender beef with vegetables and peanuts in a savory and slightly sweet sauce. Here's a brief overview:

- ✓ **Description of main ingredients**

- 📖 **Key Characteristics:**

- **Spicy and Savory:** The dish is known for its bold flavors, with a spicy kick from dried red chilies and a savory sauce made from soy sauce, hoisin sauce, and vinegar.
- **Tender Beef:** The beef is typically marinated and stir-fried to ensure it's tender and flavorful.
- **Crispy Vegetables:** The dish often includes bell peppers, onions, and sometimes zucchini, which add a fresh crunch.

- **Peanuts:** Roasted peanuts add a nutty flavor and crunchy texture.



Ingredients:

- Beef (flank steak or similar)
- Soy sauce
- Hoisin sauce
- Rice vinegar
- Garlic
- Ginger
- Dried red chilies
- Bell peppers
- Onions
- Peanuts
- Cornstarch (for coating the beef)
- Optional: Green onions, sesame oil



Instructions:

- **Marinate the Beef:** Slice the beef thinly against the grain and marinate it in a mixture of soy sauce and cornstarch.
- **Prepare the Sauce:** In a bowl, mix soy sauce, hoisin sauce, rice vinegar, minced garlic, and grated ginger. Set aside.
- **Cook the Beef:** Heat oil in a wok or skillet over high heat. Stir-fry the beef until crispy and cooked through. Remove and set aside.
- **Stir-fry the Vegetables:** In the same wok, add more oil if needed and stir-fry the bell peppers, onions, and dried red chilies until tender.
- **Combine and Serve:** Add the beef back to the wok along with the sauce and peanuts. Toss everything together until well coated and heated through. Garnish with green onions if using. Serve hot with steamed rice.

Kung Pao Beef is a delicious and easy-to-make dish that brings the bold flavors of Chinese cuisine to your table.

- ✓ **Purpose (taste and visual appearance):** Kung Pao Beef is a vibrant and flavorful dish that offers a delightful combination of spicy, savory, and slightly sweet flavors. Here's a detailed description of its taste and visual appearance:

 Taste:

- **Spicy and Savory:** The sauce, made from soy sauce, hoisin sauce, rice vinegar, garlic, and ginger, creates a bold, savory flavor with a spicy kick from dried red chilies.
- **Slightly Sweet:** The addition of hoisin sauce and a bit of sugar adds a subtle sweetness that balances the savory and spicy elements.
- **Tender Beef:** The beef is marinated and stir-fried to ensure it remains tender and juicy, absorbing the flavors of the sauce.
- **Crunchy Peanuts:** Roasted peanuts add a nutty flavor and a satisfying crunch that complements the tender beef and vegetables.

 Visual Appearance:

- **Colorful Vegetables:** The dish often includes bell peppers and onions, which add vibrant colors and a fresh look.
- **Glossy Sauce:** The sauce coats the beef and vegetables, giving the dish a glossy and appetizing appearance.
- **Golden Brown Beef:** The beef is typically golden brown and slightly crispy on the edges, adding to the dish's visual appeal.
- **Red Chilies:** The dried red chilies add a pop of color and hint at the dish's spiciness.
- **Peanuts:** The roasted peanuts sprinkled on top add texture and visual interest.

Kung Pao Beef is not only a treat for the taste buds but also a feast for the eyes. Its combination of tender beef, crisp vegetables, and rich sauce makes it a standout dish that is sure to impress.

- ✓ **Preparation techniques**

 **Measuring:** When preparing Kung Pao Beef, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here's a guide on how to measure the key ingredients:

Measuring Ingredients:

- **Beef:** Use a kitchen scale to measure the beef. Typically, you will need about 1 pound (450 grams) of flank steak or a similar cut.
- **Soy Sauce:** Use a liquid measuring cup. You will need about 1/4 cup (60 ml) of soy sauce for the marinade and sauce.
- **Hoisin Sauce:** Measure 2 tablespoons of hoisin sauce using a measuring spoon.
- **Rice Vinegar:** Measure 1 tablespoon of rice vinegar using a measuring spoon.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Dried Red Chilies:** Measure 6-8 dried red chilies using a measuring spoon.
- **Bell Peppers and Onions:** Measure about 1 cup each of sliced bell peppers and onions. You can use a measuring cup for this.
- **Peanuts:** Measure 1/4 cup (30 grams) of roasted peanuts using a measuring cup.
- **Cornstarch:** Use a dry measuring cup. Measure 1/4 cup (30 grams) of cornstarch for coating the beef.
- **Optional Ingredients:** If using green onions or sesame oil, measure 1/2 cup of chopped green onions and 1 teaspoon of sesame oil.

Tips for Accurate Measuring:

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing: Do Not Wash:** It is generally not recommended to wash raw beef as it can spread bacteria to other surfaces in your kitchen. Instead, pat the beef dry with paper towels before marinating or cooking.

Washing Vegetables:

- **Rinse under cold water:** Place the vegetables (such as bell peppers, onions, and any other vegetables you might be using) in a colander and

rinse them thoroughly under cold running water. This helps remove any dirt or debris.

- **Soak if Needed** if the vegetables are particularly dirty, you can soak them in a bowl of cold water for a few minutes, then rinse again.
- **Dry:** Shake off excess water and pat the vegetables dry with a clean kitchen towel or paper towels.

By following these steps, you can ensure that your ingredients are clean and ready to use for your Kung Pao Beef dish.

 **Peeling:** When preparing Kung Pao Beef, there is no need to peel the beef itself. However, if you are including vegetables like carrots, garlic, or ginger, you might need to peel them.

- **Peeling Vegetables:**
 - **Carrots:** Use a vegetable peeler to remove the outer skin. Hold the carrot firmly and peel away from your body to avoid accidents.
 - **Garlic:** To peel garlic, place the clove under the flat side of a knife and give it a quick press. The skin should come off easily.
 - **Ginger:** Use the edge of a spoon to scrape off the skin. This method is gentle and helps preserve more of the ginger

 **Cutting of Kung pao beef:** Cutting the beef and vegetables properly is essential for making a delicious Kung Pao Beef dish.

- **Cutting Beef:**
 - **Choose the Right Cut:** Flank steak or a similar cut is ideal for Kung Pao Beef.
 - **Freeze Slightly:** Place the beef in the freezer for about 15-20 minutes. This makes it firmer and easier to slice thinly.
 - **Slice Against the Grain:** Look for the direction of the muscle fibers (the grain) and slice perpendicular to them. This helps break down the muscle fibers, making the beef more tender.
 - **Thin Slices:** Aim for slices that are about 1/4 inch thick. Thinner slices cook quickly and evenly, ensuring a tender texture.

- **Uniform Pieces:** Try to keep the slices uniform in size for even cooking.
- **Cutting Vegetables:**
 - **Bell Peppers:** Cut off the top and bottom, remove the seeds and membranes, then slice into thin strips.
 - **Onions:** Cut off the ends, peel, and slice into thin rings or half-rings.
 - **Mushrooms:** Wipe clean with a damp cloth and slice thinly.
- **Tips:**
 - **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to slice thinly.
 - **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.
- **Preparing ingredients for Chinese BBQ pork:** Chinese BBQ Pork, also known as Char



Siu, is a popular Cantonese dish known for its sweet and savory flavors and vibrant red color.



Description of main

ingredients



Key Characteristics:

- **Sweet and Savory:** The marinade typically includes hoisin sauce, soy sauce, honey, and Chinese five-spice powder, creating a perfect balance of sweet and savory flavors.
- **Tender and Juicy:** The pork is marinated and then roasted until tender and juicy.
- **Vibrant Red Color:** The dish is known for its distinctive red color, which comes from the marinade and sometimes food coloring.



Ingredients:

- Pork shoulder or pork belly
- Hoisin sauce
- Soy sauce
- Honey
- Chinese five-spice powder
- Garlic
- Red food coloring (optional)
- Rice wine or Shaoxing wine

✓ **Purpose (taste and visual appearance):** Chinese BBQ Pork, or Char Siu, is a delightful dish that offers a perfect balance of sweet and savory flavors, along with a visually appealing presentation. Here's a detailed description of its taste and visual appearance:



Taste:

- **Sweet and Savory:** The marinade, made from hoisin sauce, soy sauce, honey, and Chinese five-spice powder, creates a harmonious blend of sweet and savory flavors.
- **Tender and Juicy:** The pork is marinated and roasted until it becomes tender and juicy, absorbing the rich flavors of the marinade.
- **Slightly Smoky:** The roasting process adds a slightly smoky flavor that enhances the overall taste.



Visual Appearance:

- **Vibrant Red Color:** The pork has a distinctive red color, which comes from the marinade and sometimes food coloring. This vibrant hue makes the dish visually striking.
- **Glossy Glaze:** The pork is often finished with a glaze made from honey and water, giving it a glossy and appetizing appearance.
- **Charred Edges:** The edges of the pork are slightly charred, adding texture and visual appeal.
- **Sliced Presentation:** The pork is typically sliced into thin pieces, showcasing the tender and juicy interior.

✓ **Ingredient preparation technique**

 **Measuring:** When preparing Chinese BBQ Pork (Char Siu), accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here's a guide on how to measure the key ingredients:

○ **Measuring Ingredients:**

- **Pork:** Use a kitchen scale to measure the pork. Typically, you'll need about 2 pounds (900 grams) of pork shoulder or pork belly.
- **Hoisin Sauce:** Use a liquid measuring cup. You'll need about 1/4 cup (60 ml) of hoisin sauce.
- **Soy Sauce:** Measure 2 tablespoons of soy sauce using a measuring spoon.
- **Honey:** Measure 2 tablespoons of honey using a measuring spoon.
- **Chinese Five-Spice Powder:** Use a measuring spoon to measure 1 teaspoon of Chinese five-spice powder.
- **Garlic:** Use measuring spoons. You'll need about 2-3 cloves of garlic (minced).
- **Rice Wine or Shaoxing Wine:** Measure 2 tablespoons of rice wine or Shaoxing wine using a measuring spoon.
- **Red Food Coloring (Optional):** If using, measure a few drops of red food coloring.
- **Honey Glaze:** For the glaze, measure 2 tablespoons of honey and mix with a bit of water.

○ **Tips for Accurate Measuring:**

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing:** When preparing Chinese BBQ Pork (Char Siu), it's important to handle the ingredients properly to ensure they are clean and safe to eat. Here's how to wash the key ingredients:

- **Washing Pork: Do Not Wash:** It's generally not recommended to wash raw pork as it can spread bacteria to other surfaces in your kitchen. Instead, pat the pork dry with paper towels before marinating or cooking.
- **Washing Vegetables:**
 - **Rinse under Cold Water:** Place the vegetables (such as bell peppers, onions, and any other vegetables you might be using) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.
 - **Soak if Needed** if the vegetables are particularly dirty, you can soak them in a bowl of cold water for a few minutes, then rinse again.
 - **Dry:** Shake off excess water and pat the vegetables dry with a clean kitchen towel or paper towels.



Cutting: Cutting the pork properly is essential for making delicious Chinese BBQ Pork (Char Siu). Here's how to do it:

- **Cutting Pork:**
 - **Choose the Right Cut:** Pork shoulder or pork belly is ideal for Char Siu.
 - **Trim Excess Fat:** Use a sharp knife to trim any excess fat from the pork. You want a good balance of meat and fat for tenderness and flavor.
 - **Cut into Strips:** Slice the pork into long strips, about 1 to 1.5 inches wide and 4 to 6 inches long. This size allows the pork to cook evenly and absorb the marinade well.
 - **Uniform Pieces:** Try to keep the strips uniform in size for even cooking.
- **Tips:**
 - **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to cut evenly.
 - **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.

 **Basting and Glazing:** Basting and glazing are crucial steps in making Chinese BBQ Pork (Char Siu) to ensure it remains moist and develops a beautiful, glossy finish. Here's how to do it:

- **Basting:**

- **Prepare the Marinade:** Reserve some of the marinade before you starts marinating the pork. This will be used for basting during the roasting process.
- **Baste During Roasting:** While the pork is roasting in the oven, baste it with the reserved marinade every 15-20 minutes. Use a brush to apply the marinade evenly over the pork. This helps to keep the pork moist and enhances the flavor.

- **Glazing:**

- **Prepare the Glaze:** In the last 10 minutes of roasting, prepare a glaze by mixing 2 tablespoons of honey with a bit of water. This will create a shiny, sweet coating on the pork.
- **Apply the Glaze:** Brush the honey glaze over the pork during the final 10 minutes of roasting. This will give the pork a beautiful, glossy finish and add a touch of sweetness.

- **Tips:**

- **Consistent Basting:** Make sure to baste the pork consistently throughout the roasting process to keep it moist and flavorful.
- **Even Glazing:** Apply the glaze evenly to ensure a uniform, glossy appearance.

 **Resting and Slicing:** Resting and slicing are crucial steps to ensure your Chinese BBQ Pork (Char Siu) is tender and flavorful. Here's how to do it:

- **Resting:**

- **Remove from Oven:** Once the pork is done roasting, take it out of the oven.
- **Resting Time:** Let the pork rest on a cutting board for about 10-15 minutes. This allows the juices to redistribute throughout the meat, making it more tender and flavorful.

- **Slicing:**

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the meat and make it harder to slice evenly.
- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while slicing.
- **Slice Thinly:** Slice the pork into thin pieces, about 1/4 inch thick. Thin slices ensure that each piece is tender and flavorful.
- **Uniform Pieces:** Try to keep the slices uniform in size for a consistent presentation.

- **Preparing ingredients for Sea food tofu stew**



Seafood Tofu Stew is a delicious and comforting dish that combines the flavors of fresh seafood with soft tofu in a savory broth.

- ✓ **Description of main ingredients**

- ✚ **Key Characteristics:**

- **Savory and Umami:** The broth is rich and flavorful, often made with seafood stock, soy sauce, and other seasonings.
- **Tender Tofu:** Soft or silken tofu is used, which absorbs the flavors of the broth and adds a delicate texture.
- **Fresh Seafood:** A variety of seafood such as shrimp, scallops, fish, and squid can be used, adding different textures and flavors.
- **Vegetables:** Common additions include mushrooms, bok choy, and green onions, which add freshness and color.

- ✚ **Ingredients:**

- Soft or silken tofu
- Seafood (shrimp, scallops, fish, squid)

- Seafood stock or chicken broth
- Soy sauce
- Garlic
- Ginger
- Mushrooms
- Bok choy
- Green onions
- Cornstarch (optional, for thickening)
- Sesame oil

✓ **Purpose (taste and visual appearance):** Seafood Tofu Stew is a delightful and comforting dish that offers a rich combination of flavors and a visually appealing presentation. Here's a detailed description of its taste and visual appearance:

 Taste:

- **Savory and Umami:** The broth, often made with seafood stock, soy sauce, garlic, and ginger, provides a deep, savory flavor with a hint of umami.
- **Tender Tofu:** Soft or silken tofu absorbs the flavors of the broth, adding a delicate and smooth texture.
- **Fresh Seafood:** The variety of seafood, such as shrimp, scallops, fish, and squid, adds different textures and flavors, from sweet and tender to slightly briny.
- **Vegetables:** Ingredients like mushrooms and bok choy contribute freshness and a slight crunch, balancing the dish.

 Visual Appearance:

- **Colorful Ingredients:** The stew features a mix of vibrant colors from the seafood, tofu, and vegetables. The pink shrimp, white tofu, green bok choy, and brown mushrooms create a visually appealing contrast.
- **Clear Broth:** The broth is usually clear or golden, allowing the colors of the ingredients to stand out.
- **Garnishes:** Chopped green onions or cilantro can be added as garnishes, providing a pop of green and enhancing the overall presentation.

✓ Preparation techniques

 **Measuring:** When preparing Seafood Tofu Stew, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here is a guide on how to measure the key ingredients:

○ **Measuring Ingredients:**

- **Tofu:** Use a kitchen scale to measure the tofu. Typically, you will need about 1 pound (450 grams) of soft or silken tofu.
- **Seafood:** Use a kitchen scale to measure the seafood. You will need about 1/2 pound (225 grams) each of shrimp, scallops, fish, and squid.
- **Seafood Stock or Chicken Broth:** Use a liquid measuring cup. You will need about 4 cups (960 ml) of seafood stock or chicken broth.
- **Soy Sauce:** Measure 2 tablespoons of soy sauce using a measuring spoon.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Mushrooms:** Measure about 1 cup of sliced mushrooms using a measuring cup.
- **Bok Choy:** Measure about 2 cups of chopped bok choy using a measuring cup.
- **Cornstarch (Optional):** Use a dry measuring cup. Measure 1 tablespoon of cornstarch if you prefer a thicker broth.
- **Sesame Oil (Optional):** Measure 1 teaspoon of sesame oil using a measuring spoon.
- **Green Onions:** Measure about 1/2 cup of chopped green onions using a measuring cup.

○ **Tips for Accurate Measuring:**

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.



Washing

○ Washing Seafood:

- **Rinse under Cold Water:** Place the seafood (such as shrimp, scallops, fish, and squid) in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
- **Pat Dry:** After rinsing, pat the seafood dry with paper towels to remove excess moisture.

○ Washing Tofu:

- **Rinse Gently:** Soft or silken tofu is delicate, so handle it carefully. Rinse the tofu block under cold running water.
- **Drain:** Place the tofu on a plate lined with paper towels to drain any excess water.

○ Washing Vegetables:

- **Rinse under Cold Water:** Place the vegetables (such as mushrooms, bok choy, and green onions) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.
- **Soak if Needed** if the vegetables are particularly dirty, you can soak them in a bowl of cold water for a few minutes, then rinse again.
- **Dry:** Shake off excess water and pat the vegetables dry with a clean kitchen towel or paper towels.



Cutting: Cutting Sea food tofu stew cutting the ingredients properly is essential for making a delicious Seafood Tofu Stew. Here is how to do it:

○ Cutting Seafood:

- **Shrimp:** Peel and devein the shrimp if not already done. You can leave them whole or cut them into bite-sized pieces.
- **Scallops:** If using large scallops, cut them in half horizontally to ensure even cooking.
- **Fish:** Cut the fish fillets into bite-sized pieces, about 1-inch cubes.
- **Squid:** Clean the squid and cut it into rings or bite-sized pieces.

- **Cutting Tofu: Soft or Silken Tofu:** Handle the tofu gently as it is delicate. Cut the tofu into 1-inch cubes. Be careful not to break the tofu while cutting.
- **Cutting Vegetables:**
 - **Mushrooms:** Wipe clean with a damp cloth and slice thinly.
 - **Bok Choy:** Cut off the base and separate the leaves. Chop the leaves and stems into bite-sized pieces.
 - **Green Onions:** Slice the green onions thinly for garnish.
- **Tips:**
 - **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the ingredients and make it harder to cut evenly.
 - **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.
- ✓ **Prepare the Broth:** Preparing the broth for Seafood Tofu Stew is a crucial step to ensure a rich and flavorful base. Here's how to do it:
 - 🍴 **Ingredients for the Broth:**
 - Cups (960 ml) of seafood stock or chicken broth
 - Tablespoons of soy sauce
 - Cloves of garlic, minced
 - Tablespoon of grated ginger
 - Optional: 1 tablespoon of rice wine or Shaoxing wine for added depth of flavor
- ✓ **Prepare the Seafood:** Preparing the seafood properly is essential for making a delicious Seafood Tofu Stew. Here's how to do it:
 - 🍴 **Shrimp:**
 - **Peel and Devein:** If not already done, peel the shrimp and remove the veins. You can leave the tails on for presentation or remove them.
 - **Rinse:** Rinse the shrimp under cold running water and pat dry with paper towels.

Scallops:

- **Rinse:** Rinse the scallops under cold running water and pat dry with paper towels.
- **Cut if Needed** if using large scallops, cut them in half horizontally to ensure even cooking.

Fish:

- **Rinse:** Rinse the fish fillets under cold running water and pat dry with paper towels.
- **Cut into Pieces:** Cut the fish fillets into bite-sized pieces, about 1-inch cubes.

Squid:

- **Clean:** Clean the squid by removing the head, innards, and cartilage. Rinse thoroughly under cold running water.
- **Cut into Rings:** Cut the squid into rings or bite-sized pieces.

Tips:

- **Freshness:** Ensure that the seafood is fresh for the best flavor and texture.
- **Uniform Pieces:** Try to keep the pieces uniform in size for even cooking.
- **Pat Dry:** Patting the seafood dry helps it cook better and prevents excess moisture in the

• **Preparing ingredients for Stir- fry Shrimp**



✓ **Description of main ingredients**

Stir-frying shrimp is a quick and delicious way to prepare them. Here's how to do it:

Ingredients:

- Shrimp, peeled and deveined
- Vegetable oil
- Cloves of garlic, minced
- Grated ginger
- Soy sauce
- Rice wine or shaoxing wine
- Sesame oil
- Vegetables of your choice (e.g., bell peppers, snap peas, carrots)
- Green onions for garnish

✓ **Purpose (taste and visual appearance):** Chinese Stir-Fry Shrimp is a delightful dish that offers a perfect balance of flavors and a visually appealing presentation. Here's a detailed description of its taste and visual appearance:

 Taste:

- **Savory and Umami:** The combination of soy sauce, oyster sauce, garlic, and ginger create a rich, savory flavor with a hint of umami.
- **Tender Shrimp:** The shrimp are cooked just until they turn pink and opaque, ensuring they remain tender and juicy.
- **Fresh Vegetables:** The vegetables, such as bell peppers, snap peas, and carrots, add a fresh and slightly sweet crunch that complements the shrimp.
- **Aromatic:** The addition of ginger and garlic provides a fragrant aroma that enhances the overall taste.

 Visual Appearance:

- **Colorful Ingredients:** The dish features a mix of vibrant colors from the shrimp and vegetables. The pink shrimp, green snap peas, red bell peppers, and orange carrots create a visually appealing contrast.
- **Glossy Sauce:** The sauce coats the shrimp and vegetables, giving the dish a glossy and appetizing appearance.
- **Garnishes:** Chopped green onions or sesame seeds can be added as garnishes, providing a pop of green and enhancing the overall presentation.

✓ **Preparation techniques**

✓ **Measuring**

○ **Measuring Ingredients:**

- **Shrimp:** Use a kitchen scale to measure the shrimp. Typically, you will need about 1 pound (450 grams) of peeled and deveined shrimp.
- **Vegetable Oil:** Use a liquid measuring cup. You will need about 2 tablespoons of vegetable oil.
- **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
- **Soy Sauce:** Measure 1-2 tablespoons of soy sauce using a measuring spoon.
- **Oyster Sauce:** Measure 1 tablespoon of oyster sauce using a measuring spoon.
- **Rice Wine or Shaoxing Wine (Optional):** Measure 1 tablespoon of rice wine or Shaoxing wine using a measuring spoon.
- **Sesame Oil (Optional):** Measure 1 teaspoon of sesame oil using a measuring spoon.
- **Vegetables:** Measure about 1 cup each of sliced bell peppers, snap peas, carrots, and broccoli using a measuring cup.
- **Green Onions:** Measure about 1/2 cup of chopped green onions using a measuring cup.

○ **Tips for Accurate Measuring:**

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 Washing

○ **Washing Shrimp:**

- **Peel and Devein:** If not already done, peel the shrimp and remove the veins.

- **Rinse under Cold Water:** Place the shrimp in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
- **Pat Dry:** After rinsing, pat the shrimp dry with paper towels to remove excess moisture.
- **Washing Vegetables:**
 - **Rinse under Cold Water:** Place the vegetables (such as bell peppers, snap peas, carrots, and broccoli) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.

 **Cutting:** Cutting the ingredients properly is essential for making a delicious Chinese Stir-Fry Shrimp. Here is how to do it:

- **Cutting Shrimp:**
 - **Peel and Devein:** If not already done, peel the shrimp and remove the veins.
 - **Rinse and Pat Dry:** Rinse the shrimp under cold running water and pat dry with paper towels.
 - **Leave Whole or Cut:** You can leave the shrimp whole or cut them into bite-sized pieces, depending on your preference.
- **Cutting Vegetables:**
 - **Bell Peppers:** Cut off the top and bottom, remove the seeds and membranes, then slice into thin strips.
 - **Snap Peas:** Trim the ends and remove any strings.
 - **Carrots:** Peel the carrots and slice them into thin rounds or julienne strips.
 - **Broccoli:** Cut the broccoli into small florets.
 - **Green Onions:** Slice the green onions thinly for garnish.

 **Tips:**

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the ingredients and make it harder to cut evenly.

- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.
- **Preparing ingredients Pan-fried Salmon: Pan-fried Salmon** Pan-fried salmon is a simple yet delicious dish that highlights the natural flavors of the fish. Here's how to make it
 - ✓ **Description main ingredients**
 - ✓ **Ingredients:**
 - 2 salmon fillets (about 6 ounces each)
 - Salt and pepper to taste
 - 2 tablespoons of olive oil or butter
 - 1 lemon, sliced
 - Fresh herbs (such as dill, parsley, or thyme) for garnish
 - 🍴 **Purpose (taste and visual appearance):** Pan-fried salmon is a delightful dish that offers a perfect balance of flavors and a visually appealing presentation. Here is a detailed description of its taste and visual appearance:
 - 🍴 **Taste:**
 - **Rich and Savory:** The salmon has a rich, savory flavor, enhanced by the seasoning and the slight caramelization from the pan-frying process.
 - **Tender and Juicy:** When cooked properly, the salmon remains tender and juicy on the inside, with a slightly crispy exterior.
 - **Citrusy Notes:** The addition of lemon slices adds a fresh, citrusy note that complements the richness of the salmon.
 - **Herbal Aroma:** Fresh herbs like dill, parsley, or thyme add a subtle herbal aroma and flavor.
 - 🍴 **Visual Appearance:**
 - **Golden Brown Crust:** The salmon develops a beautiful golden-brown crust on the outside, making it visually appealing.
 - **Vibrant Color:** The natural pink color of the salmon contrasts nicely with the golden crust and the green herbs.
 - **Caramelized Lemon Slices:** The caramelized lemon slices add a touch of color and elegance to the dish.

- **Herb Garnish:** Fresh herbs sprinkled on top provide a pop of green and enhance the overall presentation.

✓ Preparation techniques



Measuring

- **Measuring Ingredients:**
 - **Salmon Fillets:** Use a kitchen scale to measure the salmon fillets. Typically, you will need about 6 ounces (170 grams) per fillet.
 - **Salt and Pepper** Use measuring spoons to measure the salt and pepper. A pinch or teaspoon of each is usually sufficient for seasoning each fillet.
 - **Olive Oil or Butter:** Use a liquid measuring cup. You will need about 2 tablespoons of olive oil or butter.
 - **Lemon:** Measure the lemon by slicing it into thin rounds. One lemon is usually enough for garnish and flavor.
 - **Fresh Herbs:** Use a measuring cup to measure the fresh herbs. About 1/4 cup of chopped fresh herbs (such as dill, parsley, or thyme) is typically enough for garnish.
- **Tips for Accurate Measuring:**
 - **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
 - **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.



Washing

- **Rinse under cold water:** Place the salmon fillets in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
- **Pat Dry:** After rinsing, pat the salmon fillets dry with paper towels to remove excess moisture. This step is crucial for achieving a nice sear when pan-frying.

Tips:

- **Handle Gently:** Be gentle when handling the salmon to avoid damaging the delicate flesh.
- **Check for Bones:** While rinsing, check for any small bones and remove them with tweezers if necessary.

Cutting

- **Remove Pin Bones:** If your salmon fillets have pin bones, use tweezers to carefully remove them.
- **Portion the Fillets:** If you have a large piece of salmon, cut it into individual portions. Each portion should be about 6 ounces (170 grams). Trim **the Skin (Optional):** If you prefer skinless salmon, use a sharp knife to carefully remove the skin. Place the fillet skin-side down and slide the knife between the flesh and the skin, keeping the blade as close to the skin as possible.
- **Pat Dry:** After cutting, pat the salmon portions dry with paper towels to remove excess moisture.

• **Preparing ingredients for Sweet and sour Fish**



✓ **Description of main**

ingredients: Sweet and Sour Fish is a delightful dish that combines crispy fish with a tangy and sweet sauce. Here's how to make it:

Ingredients:

- Pound (450 grams) of white fish fillets (such as cod, tilapia, or snapper)
- Salt and pepper to taste
- Cup of cornstarch
- Cup of all-purpose flour
- Egg, beaten

- Cup of vegetable oil for frying
- Cup of pineapple chunks
- Bell pepper, cut into chunks
- Onion, cut into chunks
- Cup of ketchup
- Cup of rice vinegar or white vinegar
- Cup of sugar
- Tablespoon of soy sauce
- Tablespoon of cornstarch mixed with 2 tablespoons of water (for thickening)
- Green onions for garnish

✓ **Purpose (taste and visual appearance):** Sweet and Sour Fish is a delightful dish that offers a perfect balance of flavors and a visually appealing presentation.

 Taste:

- **Tangy and Sweet:** The sauce, made with ketchup, vinegar, sugar, and soy sauce, provides a tangy and sweet flavor that complements the fish perfectly.
- **Crispy Fish:** The fish is coated in a cornstarch-flour mixture, fried until golden brown, and crispy, adding a satisfying crunch.
- **Juicy Pineapple:** Pineapple chunks add a burst of sweetness and juiciness to the dish.
- **Fresh Vegetables:** Bell peppers and onions add a fresh, slightly crunchy texture that balances the dish.

 Visual Appearance:

- **Golden Brown Fish:** The fish pieces are golden brown and crispy, making them visually appealing.
- **Vibrant Colors:** The dish features a mix of vibrant colors from the pineapple chunks, bell peppers, and onions. The red, yellow, and green colors create a visually appealing contrast.

- **Glossy Sauce:** The sauce coats the fish and vegetables, giving the dish a glossy and appetizing appearance.
- **Garnishes:** Chopped green onions or cilantro can be added as garnishes, providing a pop of green and enhancing the overall presentation.
- ✓ **Preparation techniques**
- ✓ **Measuring:** When preparing Sweet and Sour Fish, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here's a guide on how to measure the key ingredients:
 - **Measuring Ingredients:**
 - **White Fish Fillets:** Use a kitchen scale to measure the fish fillets. Typically, you will need about 1 pound (450 grams) of white fish fillets.
 - **Salt and Pepper** Use measuring spoons to measure the salt and pepper. A pinch or 1/4 teaspoon of each is usually sufficient for seasoning the fish.
 - **Cornstarch and Flour:** Use dry measuring cups. Measure 1/2 cup of cornstarch and 1/2 cup of all-purpose flour.
 - **Egg:** Use one large egg, beaten.
 - **Vegetable Oil:** Use a liquid measuring cup. You will need about 1/2 cup of vegetable oil for frying.
 - **Pineapple Chunks:** Measure 1/2 cup of pineapple chunks using a measuring cup.
 - **Bell Pepper and Onion:** Measure about 1 cup each of bell pepper and onion chunks using a measuring cup.
 - **Ketchup:** Measure 1/2 cup of ketchup using a measuring cup.
 - **Rice Vinegar or White Vinegar:** Measure 1/4 cup of rice vinegar or white vinegar using a liquid measuring cup.
 - **Sugar:** Measure 1/4 cup of sugar using a dry measuring cup.
 - **Soy Sauce:** Measure 1 tablespoon of soy sauce using a measuring spoon.
 - **Cornstarch (for thickening):** Measure 1 tablespoon of cornstarch and mix with 2 tablespoons of water using measuring spoons.

- **Green Onions:** Measure about 1/4 cup of chopped green onions using a measuring cup.

- **Tips for Accurate Measuring:**

- **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
- **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing:** When preparing Sweet and Sour Fish, it is important to handle the fish and vegetables properly to ensure they are clean and safe to eat. Here is how to wash the key ingredients:

- **Washing Fish:**

- **Rinse under Cold Water:** Place the fish fillets in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
- **Pat Dry:** After rinsing, pat the fish fillets dry with paper towels to remove excess moisture. This step is crucial for achieving a nice, crispy texture when frying.

- **Washing Vegetables:**

- **Rinse under Cold Water:** Place the vegetables (such as bell peppers, onions, and pineapple chunks) in a colander and rinse them thoroughly under cold running water. This helps remove any dirt or debris.

 **Peeling:** When preparing Sweet and Sour Fish, there is no need to peel the fish itself. However, if you are including vegetables like carrots, garlic, or ginger, you might need to peel them.

- **Peeling Vegetables:**

- **Carrots:** Use a vegetable peeler to remove the outer skin. Hold the carrot firmly and peel away from your body to avoid accidents.

- **Garlic:** To peel garlic, place the clove under the flat side of a knife and give it a quick press. The skin should come off easily.
- **Ginger:** Use the edge of a spoon to scrape off the skin. This method is gentle and helps preserve more of the ginger.

For the fish, focus on cleaning and cutting it properly to ensure it absorbs the flavors of the sauce.

 **Cutting:** Cutting the ingredients properly is essential for making a delicious Sweet and Sour Fish. Here is how to do it:

○ **Cutting Fish:**

- **Portion the Fillets:** If you have a large piece of fish, cut it into individual portions. Each portion should be about 1-inch cubes.
- **Pat Dry:** After cutting, pat the fish portions dry with paper towels to remove excess moisture. This step is crucial for achieving a nice, crispy texture when frying.

○ **Cutting Vegetables:**

- **Bell Peppers:** Cut off the top and bottom, remove the seeds and membranes, then cut into chunks.
- **Onion:** Cut off the ends, peel, and cut into chunks.
- **Pineapple Chunks:** If using fresh pineapple, cut off the top and bottom, peel, remove the core, and cut into chunks. If using canned pineapple, drain and cut into chunks if not already done.

 Tips:

- **Sharp Knife:** Use a sharp knife to make clean cuts. A dull knife can tear the ingredients and make it harder to cut evenly.
- **Cutting Board:** Use a sturdy cutting board to ensure safety and stability while cutting.

- **Preparing ingredients for Shrimp lo mein**



Description of main ingredients: Shrimp Lo Mein is a delicious and quick-to-make dish that combines tender shrimp with vegetables and noodles in a savory sauce.



Ingredients:

- Pound (450 grams) of shrimp, peeled and deveined
- Ounces (225 grams) of lo mien noodles or spaghetti
- Tablespoons of vegetable oil
- Cloves of garlic, minced
- Tablespoon of grated ginger
- Bell pepper, sliced
- Carrot, julienned
- Cup of snap peas
- Cup of soy sauce
- Tablespoons of oyster sauce
- Tablespoon of hoisin sauce
- Tablespoon of sesame oil
- Green onions, sliced



Purpose (taste and visual appearance): Shrimp Lo Mein is a delightful dish that offers a perfect balance of flavors and a visually appealing presentation. Here's a detailed description of its taste and visual appearance:



Taste:

- **Savory and Umami:** The combination of soy sauce, oyster sauce, hoisin sauce, garlic, and ginger create a rich, savory flavor with a hint of umami.
- **Tender Shrimp:** The shrimp are cooked just until they turn pink and opaque, ensuring they remain tender and juicy.

- **Fresh Vegetables:** The vegetables, such as bell peppers, snap peas, and carrots, add a fresh and slightly sweet crunch that complements the shrimp.
- **Aromatic:** The addition of ginger and garlic provides a fragrant aroma that enhances the overall taste.



Visual Appearance:

- **Colorful Ingredients:** The dish features a mix of vibrant colors from the shrimp, noodles, and vegetables. The pink shrimp, green snap peas, red bell peppers, and orange carrots create a visually appealing contrast.
- **Glossy Sauce:** The sauce coats the shrimp, noodles, and vegetables, giving the dish a glossy and appetizing appearance.
- **Garnishes:** Sliced green onions and sesame seeds can be added as garnishes, providing a pop of green and enhancing the overall presentation.

✓ **Apply preparation techniques**



Measuring: When preparing Shrimp Lo Mein, accurate measuring of ingredients is essential to achieve the perfect balance of flavors. Here is a guide on how to measure the key ingredients:

- **Measuring Ingredients:**
 - **Shrimp:** Use a kitchen scale to measure the shrimp. Typically, you will need about 1 pound (450 **grams**) of peeled and deveined shrimp.
 - **Lo Mein Noodles or Spaghetti:** Use a kitchen scale or measuring cup. You will need about 8 ounces (225 grams) of noodles.
 - **Vegetable Oil:** Use a liquid measuring cup. You will need about 2 tablespoons of vegetable oil.
 - **Garlic and Ginger:** Use measuring spoons. You will need about 2-3 cloves of garlic (minced) and 1 tablespoon of grated ginger.
 - **Bell Pepper, Carrot, and Snap Peas:** Measure about 1 cup each of sliced bell pepper, julienned carrot, and snap peas using a measuring cup.
 - **Soy Sauce:** Measure 1/4 cup of soy sauce using a liquid measuring cup.

- **Oyster Sauce:** Measure 2 tablespoons of oyster sauce using a measuring spoon.
- **Hoisin Sauce:** Measure 1 tablespoon of hoisin sauce using a measuring spoon.
- **Sesame Oil:** Measure 1 tablespoon of sesame oil using a measuring spoon.
- **Green Onions:** Measure about 1/4 cup of sliced green onions using a measuring cup.
- **Sesame Seeds (Optional):** Use a measuring spoon to measure about 1 teaspoon of sesame seeds for garnish.
- **Tips for Accurate Measuring:**
 - **Dry Ingredients:** Level off the top of the measuring cup or spoon with a knife for accuracy.
 - **Liquid Ingredients:** Place the measuring cup on a flat surface and check at eye level to ensure the correct amount.

 **Washing:** When preparing Shrimp Lo Mein, it is important to handle the ingredients properly to ensure they are clean and safe to eat. Here is how to wash the key ingredients:

- **Washing Shrimp:**
 - **Peel and Devein:** If not already done, peel the shrimp and remove the veins.
 - **Rinse under Cold Water:** Place the shrimp in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
 - **Pat Dry:** After rinsing, pat the shrimp dry with paper towels to remove excess moisture.

 **Cutting:** Cutting the ingredients properly is essential for making a delicious Shrimp Lo Mein. Here is how to do it:

- **Cutting Shrimp:**

- **Peel and Devein:** If not already done, peel the shrimp and remove the veins.
- **Rinse and Pat Dry:** Rinse the shrimp under cold running water and pat dry with paper towels.
- **Leave Whole or Cut:** You can leave the shrimp whole or cut them into bite-sized pieces, depending on your preference.
- **Cutting Vegetables:**
 - **Bell Peppers:** Cut off the top and bottom, remove the seeds and membranes, then slice into thin strips.
 - **Carrots:** Peel the carrots and slice them into thin rounds or julienne strips.
 - **Snap Peas:** Trim the ends and remove any strings.
 - **Green Onions:** Slice the green onions thinly for garnish.
- **Preparing ingredients for Oyster omelette**



✓ **Description Main ingredients:** Oyster omelette is a popular dish in many Asian cuisines, known for its savory and slightly crispy texture.

 Ingredients:

- Cup of fresh oysters, drained
- Large eggs
- Cup of cornstarch
- Cup of water
- Tablespoons of vegetable oil
- Cloves of garlic, minced
- Cup of chopped green onions
- Cup of chopped cilantro
- Salt and pepper to taste

- Optional: 1 tablespoon of fish sauce or soy sauce

✓ **Purpose (taste and visual appearance):** Oyster omelette is a delightful dish that offers a unique combination of flavors and a visually appealing presentation.

 Taste:

- **Savory and Umami:** The oysters provide a rich, briny flavor that pairs beautifully with the savory eggs.
- **Crispy and Tender:** The cornstarch batter gives the omelette a slightly crispy texture on the outside, while the inside remains tender and juicy.
- **Aromatic:** The addition of garlic, green onions, and cilantro adds a fragrant aroma and enhances the overall taste.
- **Balanced Seasoning:** The optional fish sauce or soy sauce adds depth and umami, balancing the flavors perfectly.

 Visual Appearance:

- **Golden Brown Exterior:** The omelet has a golden brown, slightly crispy exterior that makes it visually appealing.
- **Vibrant Garnishes:** The green onions and cilantro provide a pop of color, making the dish look fresh and inviting.
- **Plump Oysters:** The oysters are visible within the omelette, adding to its rustic charm and indicating the delicious seafood inside.

✓ **Ingredient preparation technique**

 Measuring

- **Measuring Ingredients:**
 - **Fresh Oysters:** Use a kitchen scale to measure the oysters. Typically, you will need about 1 cup of fresh oysters, drained.
 - **Eggs:** Use three large eggs.
 - **Cornstarch:** Use a dry measuring cup to measure 1/4 cup of cornstarch.
 - **Water:** Use a liquid measuring cup to measure 1/4 cup of water.
 - **Vegetable Oil:** Use a liquid measuring cup to measure 2 tablespoons of vegetable oil.
 - **Garlic:** Use measuring spoons to measure 2 cloves of garlic, minced.

- **Green Onions:** Use a measuring cup to measure 1/4 cup of chopped green onions.
- **Cilantro:** Use a measuring cup to measure 1/4 cup of chopped cilantro.
- **Salt and Pepper:** Use measuring spoons to measure salt and pepper to taste. A pinch or 1/4 teaspoon of each is usually sufficient.
- **Fish Sauce or Soy Sauce (Optional):** Use a measuring spoon to measure 1 tablespoon of fish sauce or soy sauce.

Washing

○ **Washing Oysters:**

- **Rinse under Cold Water:** Place the oysters in a colander and rinse them thoroughly under cold running water. This helps remove any surface impurities.
- **Pat Dry:** After rinsing, pat the oysters dry with paper towels to remove excess moisture.

Washing Vegetables:

- **Rinse under Cold Water:** Place the vegetables (such as green onions and cilantro) in a colander and rinse them thoroughly under cold running water.

Cutting: Cutting the ingredients properly is essential for making a delicious Oyster Omelets. Here is how to **do it**:

○ **Cutting Oysters:**

- **Drain and Pat Dry:** After rinsing, drain the oysters and pat them dry with paper towels. This step is crucial for achieving the right texture in the omelet.
- **Leave Whole or Cut:** You can leave the oysters whole or cut them into smaller pieces, depending on your preference.

- **Cutting Vegetables:**

- **Green Onions:** Slice the green onions thinly.
- **Cilantro:** Chop the cilantro finely.

- ✓ **Preparation of Oysters**

- **Shucking the Oysters:**

- **Tools Needed** Oyster knife, thick gloves or a kitchen towel.
- **Method:** Hold the oyster with the flat side up and the hinge facing you. Insert the oyster knife into the hinge and twist it to pop the shell open. Slide the knife along the top shell to cut the muscle and remove the top shell. Slide the knife under the oyster to detach it from the bottom shell.

- **Cleaning the Oysters:**

- **Rinse under cold water:** Place the shucked oysters in a colander and rinse them thoroughly under cold running water to remove any grit or shell fragments.
- **Pat Dry:** After rinsing, pat the oysters dry with paper towels to remove excess moisture.
- **Optional Marinating:**
- **Marinate for Flavor:** If desired, you can marinate the oysters in a mixture of lemon juice, garlic, and herbs for about 15-30 minutes to enhance their flavor before cooking.

- **Tips:**

- **Freshness:** Ensure the oysters are fresh. Fresh oysters should have a mild sea smell and be tightly closed. Discard any oysters that are open and do not close when tapped.
- **Safety:** Always use a proper oyster knife and wear gloves or use a kitchen towel to protect your hands while shucking

- **Preparing ingredients for Fish ball (Yu wan**

✓ **Description:** Fish balls, also known as "yu wan" in Chinese, are a popular ingredient in many Asian cuisines.



They are made from finely minced fish meat that is seasoned and formed into small, round balls.

Main ingredients

- Pound (450 grams) of white fish fillets (such as cod, haddock, or pollock)
- Tablespoon of cornstarch
- Tablespoon of all-purpose flour
- Egg white
- Tablespoon of soy sauce
- Tablespoon of rice wine or dry sherry
- Teaspoon of salt
- Teaspoon of white pepper
- Teaspoon of sugar
- Green onions, finely chopped
- Tablespoon of minced ginger
- Tablespoon of minced garlic
- Cup of cold water
- Vegetable oil for frying (optional)

✓ **Purpose (taste and visual appearance):** Fish balls, or "yu wan," offer a delightful combination of flavors and a visually appealing presentation. Here's a detailed description of their taste and visual appearance:

Taste:

- **Savory and Umami:** The fish balls have a rich, savory flavor with a hint of umami from the soy sauce and seasonings.

- **Tender and Juicy:** The texture is tender and juicy, with a slight bounce that is characteristic of well-made fish balls.
- **Aromatic:** The addition of ginger, garlic, and green onions provides a fragrant aroma that enhances the overall taste.
- **Balanced Seasoning:** The combination of salt, white pepper, and a touch of sugar creates a well-balanced flavor profile.

Visual Appearance:

- **Smooth and Round:** The fish balls are smooth and round, with a uniform shape that makes them visually appealing.
- **Golden Brown (if fried):** If you choose to fry the fish balls, they will have a golden brown, crispy exterior that adds to their visual appeal.
- **Garnished with Green Onions:** Chopped green onions can be used as a garnish, adding a pop of green color and enhancing the overall presentation.

✓ **Preparation techniques**

 **Preparing the Fish Paste:** Preparing the fish paste is a crucial step in making delicious fish balls (yu wan). Here is how to do it:

Ingredients:

- Pound (450 grams) of white fish fillets (such as cod, haddock, or pollock)
- Tablespoon of cornstarch
- Tablespoon of all-purpose flour
- Egg white
- Tablespoon of soy sauce
- Tablespoon of rice wine or dry sherry
- Teaspoon of salt
- Teaspoon of white pepper
- Teaspoon of sugar
- Green onions, finely chopped
- Tablespoon of minced ginger
- Tablespoon of minced garlic
- Cup of cold water

🚦 **Seasoning:** Seasoning is key to enhancing the flavor of your fish balls (yu wan). Here is how to season the fish paste properly:

○ **Ingredients for Seasoning:**

- Soy Sauce
- Rice Wine or Dry Sherry
- Salt
- White Pepper
- Sugar
- Green Onions
- Ginger
- Garlic

✓ **Forming the Fish Balls:** Forming the fish balls (yu wan) is a key step in ensuring they have the right texture and shape. Here's how to do it:

🚦 **Instructions:**



○ **Prepare Your Hands:** Wet your hands with water to prevent the fish paste from sticking.

○ **Scoop the Paste:** Take a small amount of the fish paste, about 1 tablespoon, and place it in the palm of your hand.

○ **Shape the Ball:** Gently roll the paste between your palms to form a smooth, round ball. The ball should be about 1 inch in diameter.

○ **Repeat:** Continue forming balls with the remaining fish paste, wetting your hands as needed to prevent sticking.



Activity 2: Guided Practice



Task 7:

Read scenario below and answer the questions

SHEMA's family organizes a birthday party; Chinese hot dishes are among dishes to be prepared as innovation to make participants very happy, to make it enjoyable they invited

you as an expert in food and beverage operation to assist the family kitchen's chef for selecting the appropriate tools and equipment as per categories below:

1. Required number of tools

- a. Two weighing tools
- b. Four mixing tools
- c. Four cutting tools
- d. two cooking tools
- e. Four presentation tools

2. Required number of equipment

- a. One weighing equipment
- b. One cutting equipment
- c. One presentation equipment



Activity 3: Application



Task 8:

Read careful scenario and perform the assigned tasks

Mr. Jack works at **CHIN-WOUN**'s home, one of his duties is to prepare and serve dishes, he lacks skills about chine hot dishes especially crispy pork dish. He approaches you skilled person in preparing all chine dishes, so go with him and show him the quality ingredients to be bought and prepare them on his behalf.

Topic 2.2: Preparation of Ingredients for Chinese Starch and noodles hot dishes



Activity 1: Problem Solving



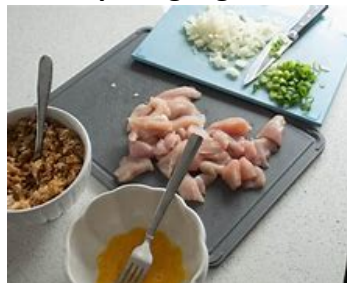
Task 9:

Read careful and answer the questions

1. How do you know about mise-en-place of the following dishes?
 - a. Chicken Fried Rice
 - b. Fried Chinese Starch Noodle
2. List down the main ingredients for the dishes below:
 - a. Chicken Fried Rice
 - b. Fried Chinese Starch Noodle
3. What are techniques to be applied while the preparing Chicken Fried Rice?
4. Why is it important to perform the mise en place before cooking any dish?

Key facts2.2: Preparation of Ingredients for Chinese Starch and noodles hot dishes

- **Preparing ingredients for Chicken Fried Rice**



- ✓ **Main ingredients**

🌈 **Description:** Chicken Fried Rice is a classic and delicious dish that combines tender chicken, vegetables, and rice in a savory sauce.

- **Ingredients:**

- Cups of cooked rice (preferably day-old)
- Pound (450 grams) of chicken breast, diced
- Tablespoons of vegetable oil
- Cloves of garlic, minced
- Small onion, diced
- Cup of mixed vegetables (such as peas, carrots, and corn)
- Eggs, beaten
- Tablespoons of soy sauce
- Tablespoon of oyster sauce (optional)

- Teaspoon of sesame oil
- Green onions, sliced
- Salt and pepper to taste

Purpose (taste and visual appearance)

✓ **Preparation techniques**

-  Measuring
-  Washing
-  Peeling
-  Cutting

• **Preparing ingredients for Fried Chinese Starch Noodle**

Fried Chinese Starch Noodles, also known as "Chao Fen Pi" (炒粉皮), are a delicious and popular dish in Chinese cuisine. These noodles are made from mung bean starch and have a unique, chewy texture.



✓ **Main ingredients**

Description

○ **Ingredients:**

- Ounces (225 grams) of Chinese starch noodles (mung bean noodles)
- Tablespoons of vegetable oil
- Cloves of garlic, minced
- Small onion, sliced
- Cup of mixed vegetables (such as bell peppers, carrots, and snap peas)
- Cup of soy sauce
- Tablespoon of oyster sauce (optional)
- Teaspoon of sesame oil
- Green onions, sliced
- Salt and pepper to taste
- Optional: 1 tablespoon of chili sauce or paste for a spicy kick

Purpose (taste and visual appearance)

✓ **Preparation techniques**

Starch Preparation

Cooling and Cutting

Draining and Cooling

- **Preparing ingredients for Chinese style crispy stir-fried potatoes**

Chinese-style crispy stir-fried potatoes is a popular dish known for its crispy texture and



savory, slightly spicy, and tangy flavor. The dish features thinly sliced or julienned potatoes that are first stir-fried until crispy, then combined with a flavorful seasoning mix and stir-fried with aromatics such as garlic, ginger, and green onions.

✓ **Main ingredients**

Description

○ **Ingredients**

- Potatoes (thinly sliced or julienned)
- Garlic (minced)
- Ginger (minced, optional)
- Dried red chilies (optional, for heat)
- Green onions (chopped)
- Soy sauce (for flavor)
- Rice vinegar (for a bit of tanginess)
- Sugar (for balance)
- Sesame oil (for aroma and flavor)
- Vegetable oil (for frying)
- Salt and pepper (for seasoning)

✓ **Purpose (taste and visual appearance)**

 **Taste:** Chinese-style crispy stir-fried potatoes have a delightful combination of flavors. The exterior of the potatoes is crispy and slightly crunchy, while the inside remains tender and soft. The dish is savory and has a balance of flavors from the soy sauce and rice vinegar, with a subtle sweetness from the sugar. Depending on the seasoning, there may also be a slight spiciness from dried red chilies or heat from chili flakes. The sesame oil adds a fragrant, nutty aroma, enhancing the overall savory profile of the dish.

🌈 **Visual Appearance:** Visually, the dish is quite appealing with golden-brown, crispy potato strips or thin slices. The potatoes have a crispy, slightly charred surface, contrasting with the tender, pale interior. Green onions are often scattered on top for a fresh pop of color, while the dish may be garnished with dried red chilies or sesame seeds for additional texture and vibrancy. The sauce gives the potatoes a glossy sheen, making them look even more appetizing. The overall look is vibrant, with a mix of golden, brown, and green hues.

✓ **Application of preparation techniques**

- 🌈 Peel the potatoes and cut them into thin, uniform strips (like fries).
- 🌈 Soak the potato strips in cold water for about 15-20 minutes. This helps remove excess starch, which contributes to the crispy texture.
- 🌈 Bring a pot of water to a boil. Add a pinch of salt.
- 🌈 Drop the potato strips into the boiling water and cook for about 3-4 minutes, until they are just slightly tender but not fully cooked.
- 🌈 Drain the potatoes and set them aside to cool. This step ensures that the potatoes are crispy on the outside while still tender inside.

• **Preparing ingredients for Minchee (Chinese beef and potato Hash):** Minchee, also



known as Chinese beef and potato hash, is a comforting and flavorful dish that combines ground beef, potatoes, and seasonings

✓ **Main ingredients**

🌈 **Description**

○ **Ingredients:**

- Pound (450 grams) of ground beef
- Large potatoes, peeled and diced
- Onion, diced
- Cloves of garlic, minced
- Tablespoons of soy sauce
- Tablespoon of oyster sauce (optional)
- Tablespoon of Worcestershire sauce
- Teaspoon of sugar
- Teaspoon of white pepper
- Tablespoons of vegetable oil

- Green onions, sliced
- Salt and pepper to taste
- Tablespoon of chili sauce

✓ **Purpose (taste and visual appearance)**

 Taste:

- **Savory and Umami:** The flavor is predominantly savory; with the meat (usually pork or beef) absorbing, the seasonings like soy sauce, oyster sauce, and sometimes a hint of sugar, which gives it a well-balanced taste between salty and slightly sweet.
- **Slightly Sweet:** A subtle sweetness comes from the addition of a bit of sugar and sometimes onions or other vegetables that caramelize slightly when cooked.
- **Umami and Richness:** The use of soy sauce, oyster sauce, and sometimes a bit of Chinese rice wine contributes to a rich, umami-packed base.
- **Garlicky and Earthy:** Depending on the recipe, garlic, ginger, and sometimes scallions are used to add depth and fragrance to the dish.
- **Mild Heat:** While Minchee is not typically spicy, a pinch of white pepper can be added for mild heat.

 Visual Appearance:

- **Color:** The dish often has a deep brownish hue, influenced by the soy sauce and oyster sauce, which gives it a rich, caramelized look. The ground meat is usually browned and slightly crispy, adding a contrast of darker and lighter tones in the dish.
- **Texture:** The meat is ground, so it appears in crumbled, tender bits throughout the dish. The potatoes (if included) might be diced or julienned, adding a bit of contrast in texture and a pale golden color.
- **Garnish:** It is typically garnished with chopped cilantro or scallions, which adds fresh, green specks of color, brightening up the dish. Sometimes, a fried egg is placed on top, adding a bright yellow hue and a glossy finish.

The overall appearance of Minchee is homely and rustic, with a comforting, hearty appeal due to the warm colors and texture of the ground meat, potatoes, and any garnishes used. It is often served over steamed white rice,

which contrasts the rich, brown sauce and makes the dish look inviting and satisfying.

✓ **Application of preparation techniques**

-  Measuring
-  Washing
-  Peeling
-  Cutting



Activity 2: Guided Practice



Task 10:

Read the statement below and perform related assignment:

In your respective school workshop, under supervision of your trainer during the Continuous Assessment Test, Prepare the mise en place (ingredients) of the Minchee recipe within 10 minutes



Activity 3: Application



Task 11: Read careful scenario and perform the assigned tasks

A new restaurant in Musanze city is planning a festival of hot chine dishes. The head chef has requested you to assist in preparing the ingredients for Chinese stlye crispy stir-fried potatoes that will served in that event. Your task is to prepare the ingredients for the above-mentioned dish.

Topic 2.3: Preparation of Ingredients for Chinese Vegetable hot dishes



Activity 1: Problem Solving



Task 12:

From your experience, answer the questions

1. What is Saucy vegetable stir-fried?
2. Answer by true or false

The following are preparation techniques for Saucy vegetable stir-fried

- a. Measuring
 - b. cooking
 - c. Washing
 - d. Pooling
 - e. Cutting
3. Outline the main ingredients of Di San Xian?

Key facts2.3: Preparation of Ingredients for Chinese Vegetable hot dishes

- Preparing ingredients for Saucy vegetable stir-fried



Saucy vegetable stir-fry is a delicious and versatile dish that combines fresh vegetables with a savory sauce.

✓ Main ingredients

📌 Description

○ Ingredients:

- 2 tablespoons of vegetable oil
- Cloves of garlic, minced
- Small onion, sliced
- Cup of broccoli florets
- Cup of bell peppers, sliced
- Cup of snap peas
- Carrot, julienned
- Cup of soy sauce
- Tablespoons of oyster sauce (optional)
- Tablespoon of hoisin sauce
- Teaspoon of sesame oil
- Cup of vegetable broth or water
- Tablespoon of cornstarch mixed with 2 tablespoons of water (for slurry)
- Green onions, sliced

✓ **Purpose (taste and visual appearance)**

 Taste:

- **Savory and Umami:** The sauce typically combines soy sauce, oyster sauce, or hoisin sauce, giving it a savory, umami-rich flavor. This adds depth to the dish while complementing the natural sweetness of the vegetables.
- **Mildly Sweet:** Many stir-fried vegetable dishes include a small amount of sugar or a sweet component like bell peppers or carrots, which contribute a slight sweetness that balances out the savory flavors.
- **Aromatic and Fragrant:** The dish is often cooked with garlic, ginger, and sometimes chili peppers, which lend a fragrant and aromatic quality to the stir-fry. These elements also add a hint of heat and spice (if chili is used).
- **Lightly Tangy:** Some versions might include a splash of vinegar (rice vinegar or Chinese black vinegar) for a mild tanginess, enhancing the overall flavor profile.
- **Fresh and Crisp:** The vegetables maintain a crisp texture, giving the dish a refreshing contrast to the sauce. The stir-fry process helps the veggies retain their natural flavors, which are brightened by the sauce.

Visual Appearance:

- **Colorful and Bright:** The dish often boasts a vivid array of colors, thanks to the variety of vegetables used. Common vegetables in a saucy stir-fry include bell peppers (red, yellow, and green), carrots, snow peas, mushrooms, and broccoli, creating a lively, multicolored appearance.
- **Glossy and Saucy:** The sauce coats the vegetables in a shiny, glossy finish, often dark brown from the soy sauce or lighter if lighter sauces like hoisin or a simple stir-fry sauce are used. The sauce gives the dish a visually appetizing sheen.
- **Crisp and Vibrant Vegetables:** The vegetables should appear fresh and crisp, with slight charring or browning on the edges where the stir-frying has occurred, adding texture and visual appeal.
- **Even Distribution:** The sauce is evenly distributed throughout the dish, lightly covering the vegetables, ensuring that each bite is flavorful but not drowning in sauce. Vegetables maintain their individuality in terms of shape and color, creating a well-balanced look.
- **Garnishes:** The dish may be garnished with fresh herbs like cilantro or scallions, and sometimes a sprinkle of sesame seeds, which add green and white highlights to the dish, making it look fresh and appealing.

Overall, a **Saucy Vegetable Stir-Fried** dish is visually striking with its range of bright colors, glossy finish, and fresh, crisp textures. The taste is a well-balanced combination of savory, sweet, tangy, and aromatic flavors that enhance the vegetables' natural taste.

✓ **Preparation techniques**

-  Measuring
-  Washing
-  Peeling
-  Cutting

✓ **Other preparation techniques**

🍳 **Prepare the Sauce:**

Mix soy sauce, oyster sauce, hoisin sauce, a dash of sesame oil, and cornstarch (dissolved in water) in a bowl. Adjust quantities to taste, balancing between salty, sweet, and savory flavors.

🍳 **Prepare the Vegetables:**

Wash and chop the vegetables into bite-sized pieces. Keep harder vegetables (like carrots and broccoli) smaller and softer ones (like bell peppers) slightly larger for even cooking.

🍳 **Prepare the Protein (if using):**

If including tofu or meat, cut it into small pieces and marinate with a bit of soy sauce and cornstarch for tenderizing and flavor.

🍳 **Heat the Wok or Pan:**

Use a large wok or skillet. Heat it over medium-high heat until it's very hot.

• **Preparing ingredients for Cabbage rolls with tomato and sumac Sauce.**



Cabbage rolls with tomato and sumac sauce are a delicious and hearty dish that combines tender cabbage leaves with a flavorful filling and a tangy sauce

✓ **Main ingredients**

🍳 **Description**

○ **Ingredients:**

- Tablespoons of vegetable oil
- Cloves of garlic, minced
- Small onion, sliced
- Cup of broccoli florets
- Cup of bell peppers, sliced
- Cup of snap peas
- Carrot, julienned
- Cup of soy sauce

- Tablespoons of oyster sauce (optional)
- Tablespoon of hoisin sauce
- Teaspoon of sesame oil
- Cup of vegetable broth or water
- Tablespoon of cornstarch mixed with 2 tablespoons of water (for slurry)
- Green onions, sliced
- Salt and pepper to taste

Purpose (taste and visual appearance)

- **Savory & Umami:** The filling inside the cabbage rolls, usually made of ground meat (like beef or lamb) and rice, offers a rich, savory flavor, often seasoned with herbs and spices like garlic, onion, and pepper.
- **Tangy & Citrusy:** The sumac sauce adds a distinctive tartness that is both fruity and tangy, giving the dish a refreshing zing that balances the richness of the meat and rice filling.
- **Sweet & Mildly Acidic:** The tomato sauce provides a subtle sweetness and acidity, complementing the savory flavors of the filling and the brightness of the sumac.
- **Comforting & Aromatic:** The overall flavor is warming and comforting, with the sumac's unique earthy, lemony flavor providing an intriguing twist to the familiar taste of cabbage rolls.

✓ **Ingredient preparation technique**

 Prepare the Cabbage

 Make the Filling

 Assemble the Rolls

 Cutting

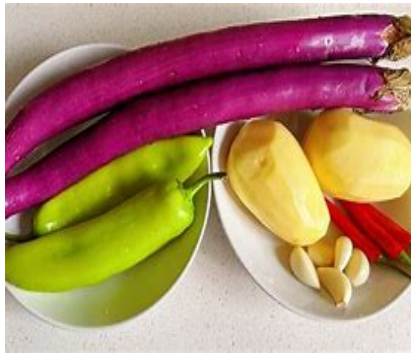
- **Cabbage Preparation:**
 - **Blanch the Cabbage:** Start by carefully removing the outer leaves of a whole cabbage. Place the cabbage in a large pot of boiling water for 2-3 minutes, or until the outer leaves become soft and pliable. Use tongs to remove the leaves one by one. You may need to repeat this process until all the required leaves are removed.

- **Trim the Stems:** Cut out the thick, hard stems from the base of each cabbage leaf to make them easier to roll.
- **Filling Preparation:**
 - **Cook Rice:** If using rice as part of the filling, cook it according to package instructions until it is just undercooked (al dente). This prevents it from becoming too mushy when the cabbage rolls cook.
 - **Prepare the Meat:** Brown the ground meat (beef, pork, or a mix of both) in a pan. Season it with salt, pepper, onions, garlic, and any spices you like (such as paprika or cumin) until it is fully cooked and aromatic.
 - **Combine Ingredients:** In a large bowl, combine the cooked rice, browned meat, finely chopped onions, and any desired herbs like parsley, dill, or thyme. You can also add some tomato paste for extra flavor. Mix until well combined.
- **Rolling the Cabbage Rolls:**
 - **Fill the Cabbage Leaves:** Place a small amount of the meat and rice mixture onto each cabbage leaf. Fold the sides of the leaf over the filling, then roll it up tightly, ensuring the filling is secure inside.
 - **Secure the Rolls:** Place the rolled cabbage rolls seam side down in a large pot or Dutch oven. Continue until all the cabbage rolls are made.

For the Tomato and Sumac Sauce:

- **Prepare the Sauce Base:**
 - **Tomatoes:** Use fresh, ripe tomatoes or canned crushed tomatoes. If using fresh, blanch them briefly in hot water to peel the skins off, then chop or crush the flesh.
 - **Onions and Garlic:** Sauté finely chopped onions and garlic in olive oil until soft and fragrant. This creates a flavorful base for the sauce.
 - **Add Tomatoes:** Add the tomatoes (fresh or canned) to the onions and garlic. Stir and let them cook down to form a rich sauce.

- **Seasoning:** Season the sauce with salt, pepper, and a pinch of sugar to balance acidity. Add other herbs like bay leaves, thyme, or oregano if desired.
- **Sumac Addition:**
 - **Add Sumac:** Once the tomato sauce has thickened and the flavors melded, stir in ground sumac. Start with a small amount (around 1 to 2 teaspoons) and adjust to taste, as sumac has a tangy, citrusy flavor that can be quite strong.
 - **Simmer the Sauce:** Allow the sauce to simmer for an additional 10-15 minutes to allow the flavors to combine and deepen.
- **Preparing ingredients for Di San Xian (Stir fried Eggplant, Potato and pepper)**



Di San Xian, which translates to "Three Delights of the Earth," is a popular Chinese dish that features stir-fried eggplant, potato, and bell pepper

✓ Main ingredients

📌 Description

- **Ingredients:**
 - Large eggplant, cut into bite-sized pieces
 - Large potatoes, peeled and cut into bite-sized pieces
 - Bell pepper, cut into bite-sized pieces
 - Tablespoons of vegetable oil
 - Cloves of garlic, minced
 - Tablespoon of soy sauce
 - Tablespoon of oyster sauce (optional)
 - Teaspoon of sugar

- Teaspoon of sesame oil
- Green onions, sliced
- Salt and pepper to taste

✓ **Purpose (taste and visual appearance):** **Di San Xian** (地三鲜) is a popular Chinese dish, particularly from the northern regions, featuring a harmonious combination of stir-fried vegetables. The name translates to "Three Earthly Delights," referring to the three main ingredients: potatoes, eggplants, and bell peppers. Here's an overview of its **taste** and **visual appearance**:

 Taste:

- **Savory & Umami:** The dish has a well-balanced, savory flavor, often enhanced with soy sauce, garlic, and a touch of sugar or vinegar. The stir-frying brings out the umami richness of the vegetables.
- **Slightly Sweet & Earthy:** The sweetness comes from the natural sugars in the vegetables, particularly the bell peppers and eggplants, which are roasted and caramelized during cooking. Potatoes also lend a starchy, earthy undertone.
- **Mildly Spicy (optional):** Depending on the preparation, some variations of Di San Xian might include a hint of spiciness from chili peppers or peppercorns.

 Visual Appearance:

- **Vibrant Colors:** The dish is visually appealing, showcasing a colorful medley of vegetables. The glossy purple of the eggplant, the deep green of bell peppers, and the golden-brown of the stir-fried potatoes create a visually striking contrast.
- **Chunky Texture:** The vegetables are often cut into large chunks or strips, giving the dish a rustic and hearty appearance.
- **Glazed Look:** The vegetables are typically coated in a slightly glossy sauce, giving them a shiny finish that adds to the visual appeal of the dish.

Overall, Di San Xian is a visually striking dish with a flavorful, comforting, and mildly savory taste profile. It is both satisfying and vibrant, making it a popular choice in Chinese home cooking

✓ **Preparation techniques**

 Measuring

○ **Measuring Ingredients:**

- **Eggplant:** Use a kitchen scale to measure 1 large eggplant, cut into bite-sized pieces.
- **Potatoes:** Use a kitchen scale to measure 2 large potatoes, peeled and cut into bite-sized pieces.
- **Bell Pepper:** Use a kitchen scale to measure 1 bell pepper, cut into bite-sized pieces.
- **Vegetable Oil:** Use a liquid measuring cup to measure 3 tablespoons of vegetable oil.
- **Garlic:** Use measuring spoons to measure 2-3 cloves of garlic, minced.
- **Soy Sauce:** Use a measuring spoon to measure 1 tablespoon of soy sauce.
- **Oyster Sauce (Optional):** Use a measuring spoon to measure 1 tablespoon of oyster sauce.
- **Sugar:** Use a measuring spoon to measure 1 teaspoon of sugar.
- **Sesame Oil:** Use a measuring spoon to measure 1 teaspoon of sesame oil.
- **Green Onions:** Use a measuring cup to measure 2 green onions, sliced.
- **Salt and Pepper:** Use measuring spoons to measure salt and pepper to taste. A pinch or 1/4 teaspoon of each is usually sufficient.
- **Chili Sauce or Paste (Optional):** Use a measuring spoon to measure 1 tablespoon of chili sauce or paste if you like it spicy

 **Washing:** When preparing Di San Xian (Stir-fried Eggplant, Potato, and Pepper), it is important to handle the vegetables properly to ensure they are clean and safe to eat. Here's how to wash the key ingredients:

 Washing Vegetables:

- **Eggplant:**

- **Rinse under Cold Water:** Place the eggplant pieces in a colander and rinse them thoroughly under cold running water to remove any dirt or debris.
- **Pat Dry:** After rinsing, pat the eggplant pieces dry with paper towels to remove excess moisture.

- **Potatoes:**

- **Rinse under Cold Water:** Place the potato pieces in a colander and rinse them thoroughly under cold running water to remove any dirt or debris.
- **Soak if Needed** if the potatoes are particularly dirty, you can soak them in a bowl of cold water for a few minutes, then rinse again.
- **Pat Dry:** After rinsing, pat the potato pieces dry with paper towels to remove excess moisture.

- **Bell Pepper:**

- **Rinse under Cold Water:** Place the bell pepper pieces in a colander and rinse them thoroughly under cold running water to remove any dirt or debris.
- **Pat Dry:** After rinsing, pat the bell pepper pieces dry with paper towels to remove excess moisture

 **Peeling:** Peeling the vegetables for Di San Xian (Stir-fried Eggplant, Potato, and Pepper) is an important step to ensure they are ready for cooking. Here's how to do it:

 Peeling Instructions:

- **Eggplant:**

- **Optional:** Peeling eggplant is optional. If you prefer a smoother texture, you can peel the eggplant using a vegetable peeler. If you like, the slightly chewy texture and added nutrients, you can leave the skin on.

- **Potatoes:**

- **Peel:** Use a vegetable peeler to remove the skin from the potatoes. Make sure to peel away any blemishes or eyes.

- **Bell Pepper:**

- **No Peeling Needed:** Bell peppers do not need to be peeled. Simply wash them thoroughly and remove the seeds and membranes before cutting.

 Tips:

- **Sharp Peeler:** Use a sharp vegetable peeler to make the peeling process easier and more efficient.
- **Uniform Pieces:** After peeling, cut the vegetables into uniform bite-sized pieces to ensure even cooking.
- ✚ **Cutting:** Cutting the vegetables properly is essential for making a delicious Di San Xian (Stir-fried Eggplant, Potato, and Pepper). Here's how to do it:
- ✚ **Cutting Instructions:**
 - **Eggplant:**
 - **Cut into Bite-Sized Pieces:** Slice the eggplant into rounds about 1/2 inch thick. Then, cut each round into bite-sized pieces. This ensures the eggplant cooks evenly and absorbs the flavors well.
 - **Potatoes:**
 - **Julienne or Dice:** Peel the potatoes and cut them into thin julienne strips or small bite-sized cubes. Julienne strips will give a crispier texture, while cubes will be tenderer inside.
 - **Bell Pepper:**
 - **Cut into Bite-Sized Pieces:** Remove the seeds and membranes from the bell pepper. Cut the bell pepper into bite-sized pieces, similar in size to the eggplant and potatoes.



Activity 2: Guided Practice



Task 13:

After reading the scenario below, perform the assignment

In the school workshop, there is a variety of chine dishes ingredients for different usage, you are assigned to select and prepare the ingredients of the following dishes:

1. Di San Xian
2. Saucy vegetable stir-fried



Activity 3: Application



Task 14:

Read care the below scenario and react on it.

Mr. Claude is suggested by his supervisor at home to prepare a Minchee as a Chinese dish and he doesn't have enough information about their preparation. Advise him on:

1. Selection of ingredients
2. Preparation techniques

Topic 2.4: Preparation of Ingredients for Chinese soup dishes



Activity 1: Problem Solving



Task 15:

Prior to your experience, answer the following questions:

1. What are the main ingredients of wonton soup dish?
2. What are the preparation techniques of wonton soup dish?

Key facts2.4: Preparation of Ingredients for Chinese soup dishes

- **Preparing ingredients for Wonton Soup:** Wonton Soup is a classic Chinese dish that consists of delicate wontons served in a flavorful broth



✓ Main ingredients

📌 Description

- **Ingredients for the Wontons:**
 - Pound (225 grams) of ground pork or shrimp
 - Green onions, finely chopped
 - Tablespoon of soy sauce
 - Tablespoon of rice wine or sherry
 - Teaspoon of sesame oil
 - Clove of garlic, minced
 - Teaspoon of grated ginger
 - Teaspoon of white pepper
 - package of wonton wrappers
 - Water for sealing the wontons

- **Ingredients For the Soup:**
 - Cups of chicken broth
 - Cups of water
 - Tablespoon of soy sauce
 - Tablespoon of rice wine or sherry
 - Teaspoon of sesame oil
 - Clove of garlic, minced
 - Teaspoon of grated ginger
 - Green onions, sliced
- ✓ **Purpose (taste and visual appearance):** By focusing on both taste and visual appearance, you can create a Wonton Soup that is not only delicious but also visually appealing, making it a delightful experience for all the senses.
- ✓ **Ingredient preparation techniques**
 - 🔧 **Measuring:** Accurate measuring ensures that your Wonton Soup will have the perfect balance of flavors, making it a delicious and satisfying dish.
 - 🔧 **Washing:**
 - **Rinse under Cold Water:** Place the vegetables in a colander and rinse them thoroughly under cold running water to remove any dirt or debris.
 - **Pat Dry:** After rinsing, pat the vegetables dry with paper towels to remove excess moisture. Chop or slice as needed for the soup. you can ensure that your ingredients are clean and ready to use for your Wonton Soup.
 - 🔧 **Peeling:** Peeling the ingredients for Wonton Soup is a straightforward process, but it is important to handle it correctly to ensure the best texture and flavor.
 - 🔧 **Cutting:** Cutting the ingredients properly is essential for making a delicious Wonton Soup. Here's how to do it:
 - 🔧 **Cutting Instructions:**
 - **Green Onions:**
 - **Slice:** Trim off the roots and any wilted parts of the green onions. Slice them thinly, both the white and green parts. These will be used in both the filling and as a garnish for the soup.
 - **Garlic:**
 - **Mince:** After peeling the garlic cloves, mince them finely. This will be used in both the filling and the broth.

- **Ginger:**
 - **Grate or Mince:** After peeling the ginger root, grate it using a fine grater or mince it finely. This will be used in both the filling and the broth.
- **Optional Vegetables (e.g., Baby Bok Choy, Mushrooms):**
 - **Bok Choy:** If using baby bok choy, trim off the root end and separate the leaves. Slice any large leaves or stalks into bite-sized pieces.
 - **Mushrooms:** If using mushrooms, trim off the stems and slice the caps thinly.
- **Preparing the Wonton Filling:** Preparing the filling for your wontons is a key step to ensure they are flavorful and satisfying
- **Folding the Wontons:** Folding wontons can be a fun and rewarding process, you'll have beautifully folded wontons ready for cooking in your Wonton Soup.
- **Preparing the Broth:** Preparing the broth for Wonton Soup is essential to create a flavorful base for the wontons. you'll have a delicious and aromatic broth ready for your Wonton Soup.
- **Preparing ingredients for Chinese Herbal and chicken soup**



Chinese Herbal Chicken Soup is a nourishing and comforting dish that combines tender chicken with a variety of herbs known for their health benefits.

✓ **Main ingredients**

🌈 **Description**

- **Ingredients:**
 - Whole chicken, cut into pieces or 4 chicken legs
 - Cups of water
 - Piece of ginger (about 2 inches), sliced
 - Cloves of garlic, crushed
 - Dried shiitake mushrooms

- Pieces of Chinese herbal mix (often includes ingredients like goji berries, red dates, dried longan, dang guide (angelica root), and astragalus root)
- Green onions, cut into sections
- Tablespoon of rice wine or sherry
- Salt and pepper to taste

✓ **Purpose (taste and visual appearance):** Chinese Herbal Chicken Soup is not only a nourishing dish but also a feast for the senses.

✓ **Preparation techniques**

🌈 **Measuring:** Accurate measuring ensures that your Chinese Herbal Chicken Soup will have the perfect balance of flavors, making it a nutritious and satisfying dish.

🌈 **Washing:** When preparing Chinese Herbal Chicken Soup, it's essential to handle the ingredients properly to ensure they are clean and safe to eat.

🌈 **Peeling:** Peeling the ingredients for Chinese Herbal Chicken Soup ensures the best texture and flavor.

🌈 **Cutting:** Cutting the ingredients properly is essential for making a delicious Chinese Herbal Chicken Soup. You will ensure that your ingredients are perfectly prepped and ready for your Chinese Herbal Chicken Soup.

• **Preparing ingredients for Vegetarian Chinese hot and sour soup**



Vegetarian Chinese Hot and Sour Soup is a flavorful and hearty dish that combines the tangy and spicy flavors typical of this classic soup.

✓ **Main ingredients**

🌈 **Description**

○ **Ingredients:**

- Cups vegetable broth
- Cup water

- Cup sliced mushrooms (shiitake or button)
 - Cup bamboo shoots, julienned
 - Cup firm tofu, cut into thin strips
 - Cup rice vinegar
 - Tablespoons soy sauce
 - Tablespoon chili garlic sauce (adjust to taste)
 - Teaspoon ground white pepper
 - Teaspoon sesame oil
 - Tablespoon cornstarch mixed with 2 tablespoons water (slurry)
 - Eggs, lightly beaten (optional, omit for vegan)
 - Green onions, sliced
 - Carrot, julienned
 - Tablespoon grated ginger
 - Cloves garlic, minced
 - Salt to taste
- ✓ **Purpose (taste and visual appearance):** Vegetarian Chinese Hot and Sour Soup is designed to be both flavorful and visually appealing. By focusing on both taste and visual appearance, you can create a Vegetarian Chinese Hot and Sour Soup that is not only nutritious but also a delight to the senses.
- ✓ **Preparation techniques**
-  **Measuring:** Accurate measuring ensures that your Vegetarian Chinese Hot and Sour Soup will have the perfect balance of flavors, making it a delicious and satisfying dish.
 -  **Washing:** When preparing Vegetarian Chinese Hot and Sour Soup, it's crucial to handle the vegetables and other ingredients properly to ensure they are clean and safe to eat.
 -  **Peeling:** Peeling the ingredients for Vegetarian Chinese Hot and Sour Soup ensures the best texture and flavor.
 -  **Cutting:** Cutting the ingredients properly is key to making a delicious Vegetarian Chinese Hot and Sour Soup. This allows them to cook evenly and release their flavor into the soup.

- **Preparing ingredients for Chinese Noodle soup**



Chinese Noodle Soup is a comforting and versatile dish that can be customized with various ingredients to suit your taste. Here's a simple and delicious recipe to get you started:

- ✓ **Main ingredients**

- 🌈 **Description**

- **Ingredients:**

- Cups chicken broth (or vegetable broth for a vegetarian option)
 - Cups water
 - Tablespoon soy sauce
 - Tablespoon oyster sauce (optional)
 - Teaspoon sesame oil
 - Glove garlic, minced
 - Teaspoon grated ginger
 - Green onions, sliced
 - Cup sliced mushrooms (shiitake or button)
 - Cup baby bok choy, halved
 - Cup julienned carrots
 - Grams (about 7 ounces) fresh or dried Chinese noodles (like egg noodles or rice noodles)
 - Cup firm tofu, cubed (optional for added protein)
 - Optional toppings: bean sprouts, cilantro, lime wedges, chili oil

- ✓ **Purpose (taste and visual appearance):** Chinese Noodle Soup is a beloved dish for many reasons, both in terms of taste and visual appeal, a visually balanced dish with a variety of colors and textures can make the meal more enjoyable. The contrast between the green bok choy, orange carrots, and white tofu adds to the overall appeal.

✓ **Preparation techniques**

-  **Measuring:** Accurate measuring ensures that your Chinese Noodle Soup will have the perfect balance of flavors, making it a delicious and satisfying dish.
-  **Washing:** When preparing Chinese Noodle Soup, it is essential to wash the ingredients properly to ensure they are clean and safe to eat.
-  **Peeling:** you will have perfectly peeled and prepped ingredients ready for your Chinese Noodle Soup.
-  **Cutting:** you will have perfectly prepped ingredients ready for your Chinese Noodle Soup.



Activity 2: Guided Practice



Task 16:

Read careful the statement below and answer the following questions:

In the school workshop, there is a variety of chine dishes ingredients with different usage, you are assigned to select and prepare the ingredients of the following dishes:

1. Wonton Soup
2. Vegetarian Chinese hot and sour soup



Activity 3: Application



Task 17:

Read careful and perform the following tasks

You as a sous chef in a Chinese restaurant specialised in hot dishes. The head chef has requested you prepare ingredients by performing a mise en place of wonton soup dish by respecting Chinese restaurant's guideline to maintain the smooth operation and perfect Flavors.

Topic 2.5: Preparation of Ingredients for Chinese sauce dishes



Activity 1: Problem Solving



Task 18:

Read careful and answer the questions

1. List down the ingredient of the chine garlic sauce
2. What are the preparation techniques of Chinese Garlic Sauce

Key facts2.5: Preparation of Ingredients for Chinese sauce dishes

- Preparing ingredients for Chinese Garlic Sauce



Chinese Garlic Sauce is a flavorful and versatile sauce that is perfect for stir-fries, dipping, and drizzling over various dishes.

✓ Main ingredients

🌈 Description

○ Ingredients:

- Cup soy sauce
- Cup vegetable broth or water
- Tablespoons rice vinegar
- Tablespoons hoisin sauce
- Tablespoon sugar (or to taste)
- Tablespoon cornstarch
- Tablespoon vegetable oil
- Cloves garlic, minced
- Teaspoon grated ginger
- Teaspoon sesame oil

- ✓ **Purpose (taste and visual appearance):** Chinese Garlic Sauce is all about delivering a rich, flavorful experience and enhancing the visual appeal of your dishes

- ✓ **Preparation techniques**

- ✚ **Measuring:** Accurate measuring ensures that your Chinese Garlic Sauce will have the perfect balance of flavors, making it a delicious and versatile addition to your dishes.

- ✚ **Washing:** Ensuring your ingredients are properly washed is crucial for preparing a clean and healthy Chinese Garlic Sauce.

- ✚ **Peeling:** you will have perfectly peeled and prepped ingredients ready for your Chinese Garlic Sauce.

- ✚ **Cutting:** Cutting the ingredients properly is crucial for making a flavorful and consistent Chinese Garlic Sauce.

- **Preparing ingredients for Chinese Stir –fried** Chinese stir-fry is a quick, versatile, and



delicious way to prepare a meal. It typically involves cooking a variety of ingredients, such as vegetables, proteins, and sauces, in a hot pan or wok.

- ✓ **Main ingredients**

- ✚ **Description**

- **Ingredients:**

- Tablespoons vegetable oil
 - Clove garlic, minced
 - Teaspoon grated ginger
 - Bell pepper, sliced
 - Carrot, julienned
 - Cup broccoli florets
 - Cup snap peas
 - Cup sliced mushrooms

- Block firm tofu, cubed (optional)
- Green onions, sliced
- Tablespoons soy sauce
- Tablespoons hoisin sauce
- Tablespoon rice vinegar
- Tablespoon cornstarch mixed with 2 tablespoons water (slurry)
- Teaspoon sesame oil
- Red pepper flakes

✓ **Purpose (taste and visual appearance):** Chinese Stir-Fry is a popular and versatile dish that excels in both taste and visual appeal.

✓ **Preparation techniques**

🔪 **Measuring:** Accurate measuring ensures that your Chinese stir-fry will have the perfect balance of flavors, making it a delicious and satisfying dish.

🔪 **Washing:** Washing the ingredients properly is crucial for preparing a clean and healthy Chinese stir-fry.

🔪 **Peeling:** you will have perfectly peeled and prepped ingredients ready for your Chinese stir-fry.

🔪 **Cutting:** Cutting the ingredients properly is essential for a delicious Chinese stir-fry.

• **Preparing ingredients for Chinese Sweet and Sour Sauce**



is a classic Chinese sauce that's beloved for its balanced combination of sweet and tangy flavors.

✓ **Main ingredients**

🔪 **Description**

○ **Main Ingredients:**

- **Ketchup:** Adds sweetness and a rich tomato flavor.

- **Rice Vinegar:** Provides the tangy, acidic component of the sauce.
 - **Soy Sauce:** Adds umami and a hint of saltiness to balance the sweetness.
 - **Brown Sugar:** Contributes to the sweet flavor and helps to thicken the sauce.
 - **Pineapple Juice:** Adds natural sweetness and a tropical twist.
 - **Cornstarch:** Used to thicken the sauce to the desired consistency.
 - **Water:** Used to adjust the consistency of the sauce as needed.
 - **Garlic (optional):** Adds depth and an aromatic flavor to the sauce.
 - **Ginger (optional):** Adds a fresh, slightly spicy note to the sauce.
- ✓ **Purpose (taste and visual appearance):** Sweet and Sour Sauce is cherished for both its delightful taste and its appealing visual presentation.
- ✓ **Preparation techniques**
- 🔪 **Measuring:** Accurate measuring ensures that your Sweet and Sour Sauce will have the perfect balance of flavors, making it a delicious and versatile addition to your dishes.
 - 🔪 **Washing:** you can ensure that your fresh ingredients are clean and ready to use for your Sweet and Sour Sauce.
 - 🔪 **Peeling:** Peeling the ingredients for Sweet and Sour Sauce ensures the best texture and flavor.
 - 🔪 **Cutting:** Cutting the ingredients properly is essential for achieving the best texture and flavor in your Sweet and Sour Sauce.

• **Preparing ingredients for Chinese White sauce**



Chinese White Sauce, also known as "Velveting Sauce," is a light and savory sauce commonly used in Chinese cuisine, particularly in stir-fries.

✓ **Main ingredients**

 Description

○ **Main Ingredients:**

- **Chicken Broth:** Provides a savory base.
- **Water:** Dilutes the broth slightly.
- **Cornstarch:** Thickens the sauce to the desired consistency.
- **Vegetable Oil:** Helps to cook the aromatics and adds a bit of richness.
- **Garlic:** Adds depth and an aromatic flavor.
- **Ginger:** Adds a fresh, slightly spicy note.
- **Salt:** Enhances the overall flavor.
- **Sugar (optional):** Adds a touch of sweetness if desired.

✓ **Purpose (taste and visual appearance):** Chinese White Sauce, also known as "Velveting Sauce," serves distinct purposes in terms of both taste and visual appeal.

✓ **Preparation techniques**

 **Measuring:** Chinese white Sauce, also known as "Velveting Sauce," serves distinct purposes in terms of both taste and visual appeal.

 **Washing:** When preparing ingredients for Chinese White Sauce, it's important to ensure that all fresh components are properly washed.

 **Peeling:** Peeling the ingredients for Chinese White Sauce is an important step to ensure the best texture and flavor.

 **Cutting:** Cutting the ingredients properly is essential for making a delicious and well-balanced Chinese White Sauce.



Activity 2: Guided Practice



Task 19:

Read carefully and work on the below questions

Chinese trainees here in Rwanda are looking for an expert commis in related Chinese dishes so that help them to prepare Chinese Garlic Sauce, you as shortlisted candidate on that position. Select the ingredient and apply techniques of preparing that dish as its first part of exam



Task 20:

Read carefully and work on the below questions

Mr. Ezri lacks the appetite due to much sweet food consumed. He needs you as his neighbor and requested you to help in preparing ingredients Chinese White Sauce, also known as "Velveting Sauce," so that he recovers quickly



Formative Assessment

1. Use True or False by answering the following questions

The following are preparation techniques of Saucy vegetable stir-fried

- a. Measuring
 - b. cooking
 - c. Washing
 - d. Pooling
 - e. Cutting
2. With clear examples explain the kitchen tools as per categorized here below
- a. Weighing tools
 - b. Mixing tools
 - c. Cutting tools
 - d. Cooking tools
 - e. Presentation tools

3. How the following chine kitchen equipment is useful in kitchen operation?
 - a. Blender
 - b. Chafing dish
 - c. Electrical scale
4. What are the main ingredients of wanton soup dish?
5. What are the preparation techniques of Chinese Noodle soup?
6. What are the preparation techniques of wanton soup dish?
7. A new restaurant in musanze city is planning a vestival of hot chines dishes. The head chef has requested you to assist in preparing the ingredients for chinese stlye crispy stir-fried patatoes that will served in that event.
 - a. List down its main ingredients
 - b. List down its preparation techniques
 - c. Why is it important to do a mise en place?



Points to Remember

- **Always consider these points:**
 - ✓ Avoid selecting mall functioning kitchen equipment to avoid accident and loss in kitchen premises
 - ✓ Put on a chef attire for keeping professional image, personal protection and safety of food items
 - ✓ Use a kitchen scale to measure the fish food items
 - ✓ Ensure that the seafood is fresh for the best flavor and texture
 - ✓ Use a measuring spoon to measure salt, sugar and Peppa
 - ✓ Cutting the beef and vegetables properly is essential for making a delicious Chinese Sizzling Beef dish
 - ✓ When preparing Sesame Chicken, accurate measuring of ingredients is essential to achieve the perfect balance of flavors
 - ✓ Use a clean sturdy cutting board to ensure safety and stability while cutting.



Self-Reflection

1. Re-take this self-assessment at the end of this unit by fill in the table and identify your areas of strength, areas for improvement and actions to take for improvement.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Prepare the ingredients for Chinese Meat, seafood Starch and noodles hot dishes.					
Select mise-en place tools and equipment					
Apply different preparation techniques for Chinese hot Dishes					
Prepare ingredients Chinese vegetables, soup and sauce					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 3: COOK HOT CHINESE DISHES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to Apply cooking methods and techniques for Chinese Meat dishes, Chinese sea-food dishes, Chinese Starch and noodles dishes, Chinese Vegetables hot Dishes, Chinese soups and Chinese sauces.

Self-Assessment: Unit 3

- Look at the unit illustration in the Manuals and discuss:
 - What does the illustration show
 - What do you think will be topics to be covered under this unit based on the illustration?
- Fill out the below self-assessment. Think about yourself: do you think you can do this? How well? Read the statements across the top. Assess your level of knowledge, skills and attitudes under this unit.
 - There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquired during the learning process
 - Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
- At the end of this unit, you will assess yourself again

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Select Chinese hot kitchen cooking tools, materials and equipment					
Describe cooking methods and techniques for cooking different chine hot dishes					
Cook Meat, sea food, Starch and noodles hot dishes Chinese hot Dishes					
Prepare Chinese hot Dishes accompaniments and garnishing spices					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Prepare and plate chine hot dishes					
Operate different cooking equipment used in chines hot kitchen					
Cook vegetables, soup and sauce Chinese hot dishes					



Key Competencies:

Knowledge	Skills	Attitudes
1. Describe cooking methods and techniques for cooking different chines hot dishes	1. Select Chinese hot kitchen cooking tools, materials and equipment	1. Prudent and enthusiastic
2. Differentiate different tools, materials and equipment used in Chinese hot kitchen	2. Cook Meat, sea food, Starch & noodles, vegetables, soup and sauce Chinese hot Dishes	2. Be protective when cooking Chinese hot dishes
3. Describe Chinese hot dishes purpose (taste and appearance)	3. Prepare Chinese hot Dishes accompaniments and garnishing spices	3. Being poor hygiene sensitive
	4. Prepare and plate chine hot dishes	4. Very kin on details



Discovery activity:



Task 21:

Read careful scenario and answer the following questions

After completing her TVET Certificate V, Kamikaze got a job in one of the five-star hotels in Rwanda to work under foods and beverage department. Her duties include preparing Chinese hot dishes. The hotel is expecting to receive a group of 20 guests and among their menu is a variety of Chinese hot dishes unfortunately Kamikazi has never prepared Chinese hot dishes for such a large group of people before; she comes to you for advice, So advise her on the following:

1. What are cooking tools should be in place?
2. What could be in place in terms of cooking equipment?
3. What could be mandatory as work attire for Chinese kitchen cook?

Topic 3.1: Application of cooking methods and techniques for Chinese hot dishes



Activity 1: Problem Solving



Task 22: Read careful and answer the questions

1. What the tools to select when ready to cook chine hot dishes?
2. List down the various cooking methods can be used in Chinese hot dishes to the bellow listed dishes
 - a. Crispy pork bell
 - b. Beef and broccoli
 - c. Kung pao beef

- **Selection of Chinese hot kitchen cooking tools and equipment**

- ✓ **Selection of cooking tools and equipment**

- **Wok and Stir-frying/frying Equipment (Pots and pans)**

- **Supporting Equipment**

- **Charcoal/ gas grills:** A gas grill is a type of outdoor cooking appliance that uses **liquefied petroleum gas (LPG)** or **natural gas** as a fuel source to heat a cooking surface, typically grates or plates, to cook food. Gas grills are a popular choice for barbecuing because they offer convenience, ease of use, and precise temperature control compared to traditional charcoal grills.
- **Rotisseries setups:** A **rotisserie setup** is a cooking method and equipment used to roast meat by rotating it over a heat source, typically on a spit, which is a long rod or skewer. The rotating motion allows the meat to cook evenly on all sides by exposing it to heat continuously. **Rotisserie setups** can be used on both gas and charcoal grills, and they offer a great way to cook large cuts of meat like chicken, pork, lamb, or even beef.
- **Ovens (baking, clay and slow roasting):** An oven is a kitchen appliance used for cooking, baking, roasting, or heating food. It operates by generating heat through electric or gas-powered elements and distributing it evenly throughout its interior.
- **Soup burners (low-heat simmering):** It seems like you might be referring to soup burners or soup heating appliances, which are devices used to keep soups or liquids warm. There are a few types of products that could fit this description:
- **Soup Warmers (or Soup Kettles):** These are specially designed appliances often used in restaurants or catering. They are typically large, insulated pots that can be heated electrically or with gas, designed specifically to keep soups, broths, or stews at a safe and warm temperature for serving. They have adjustable temperature settings to ensure the soup stays at the right consistency and temperature without overcooking.

- **Portable Induction Burners or Stoves:** These are portable electric stoves or burners that can be used for cooking or warming soups. These burners use induction or regular electric heating elements to cook or heat food in a pot. They are often used when more traditional stovetop space is unavailable or when cooking outdoors.
- **Burners on Traditional Stoves:** The burners on conventional stoves (whether gas or electric) can be used to heat soup in a pot. They provide direct heat to the pot, allowing the soup to be simmered, boiled, or kept warm.

 **Steaming Equipment:** Steaming equipment is used for cooking food using steam, which is a gentle and healthy way to prepare various dishes. Steaming preserves nutrients and Flavors while avoiding the use of oils or fats.

Steamer Pots



Electric Steamers



 **Braising and Soup-making Equipment**

- **Large Stockpot**



Noodle and dumpling tools

Noodle and dumpling tools are kitchen utensils designed to help with the preparation and shaping of noodles and dumplings. Here's a breakdown of the tools commonly used for both:

- **Noodle Tools:**

- **Noodle Cutter:** A handheld or tabletop tool that helps cut fresh pasta dough into uniform noodles. Often, this tool can be adjusted to produce various widths of noodles like spaghetti or fettuccine.



- **Pasta Machine:** A manual or electric machine used to roll and cut dough into thin sheets for making pasta. It often includes attachments for different types of pasta, such as ravioli, spaghetti, or lasagna.



- **Rolling Pin:** A cylindrical tool used to roll out dough into thin sheets for noodles. It is essential for those who prefer hand-cut pasta over using a machine.



- **Dough Scraper:** Used to help divide and portion dough into smaller pieces before rolling or cutting.



- **Noodle Drying Rack:** A rack that holds noodles as they dry after being cut, which helps prevent them from sticking together.



- **Dumpling Tools:**

- **Dumpling Mold:** A mold or press used to help shape dumplings quickly and evenly. These can be used for various types of dumplings, such as potstickers or wontons.
- **Dumpling Rolling Pin:** A smaller, often tapered rolling pin used to roll out the dough for dumplings, particularly useful for creating thin wrappers.
- **Dumpling Wrapping Tools:** Tools like a dumpling folding board or dumpling maker can help with the precise folding and pleating of dumpling wrappers.
- **Dumpling Steamer:** Typically, a bamboo or metal basket used to steam dumplings, keeping them moist and preventing them from sticking to the surface.
- **Fork or Dumpling Crimping Tool:** A fork or specialized crimping tool is often used to press and seal the edges of dumplings, creating decorative indentation

🚦 **Sauce and Seasoning tools:** Sauce and seasoning tools are essential for preparing, mixing, and serving the flavors that complement your dishes. Here's a breakdown of the tools typically used for making and applying sauces and

seasonings:

- **Saucepan:** A small to medium-sized pan with a long handle, ideal for simmering and preparing sauces, soups, and gravies.



- **Whisk:** A kitchen tool used for stirring or beating sauces to create smooth textures or to combine ingredients without lumps.



- **Wooden Spoon:** Often used to stir sauces while cooking, as it doesn't conduct heat and helps prevent the sauce from sticking or burning.



- **Ladle:** A deep-bowled spoon with a long handle, perfect for serving sauces, soups, or gravies without making a mess.



- **Cooking methods for Crispy Pork Belly**

- ✓ **Description:** Pork belly is a cut of meat that comes from the underside of a pig and has a crispy pork belly skin.

- ✓ **Main ingredients**

- ✚ 1 kg pork belly
 - ✚ 1 tablespoon salt
 - ✚ 1 teaspoon black pepper
 - ✚ 1 teaspoon garlic powder
 - ✚ 1 teaspoon onion powder
 - ✚ 1 teaspoon paprika
 - ✚ 1 tablespoon olive oil

- ✓ **Cooking methods:**

- ✚ **Boiled:** The boiling cooking method involves cooking food by immersing it in water or other liquids heated to its boiling point (100°C or 212°F at sea level). The food is cooked through direct contact with the hot liquid, which provides even heat for cooking.

- ✚ **Roasting:** The roasting cooking method involves cooking food using dry heat in an oven or over an open flame. This technique browns the surface of the food, enhancing its flavor, while evenly cooking the interior.

- ✓ **Preparation**

- ✚ **Select** and clean the pork belly rinse under cold water and pat it dry with paper towels
 - ✚ Branch purposely to soften the skin and remove impurities and simmer for 10-15
 - ✚ Use a skew or a fork to poke tiny holes all over the skin to release moisture and create crispiness during cooking
 - ✚ Season the meat by flipping the pork belly so the meat side faces up and avoid seasoning to the skin to prevent burning
 - ✚ Then prepare skin for crispiness by rubbing the skin with vinegar or lemon juice and sprinkle a generous amount and allow the pork belly to air-dry by refrigerator for 6-12 hours

-  Pre-heat the oven to **180°C (350°F)** for roasting.
-  Prepare a baking tray lined with aluminum foil to catch drippings and place a wire rack on top for even air circulation.
-  Place the pork belly on the wire rack, and skin side up and flat
-  Then roast to 40-50 minutes
-  After initial roasting, increase temperature to 220°C (430°F) and roast to 10-15 minutes
-  To this stage there should be a way to keep eye during this stage to prevent skin from burning
-  Remove the pork belly from the oven and let it rest for 10-15 minutes on the wire rack.
-  Use a sharp knife to slice the pork belly into bite-sized pieces, ensuring you don't crush the crispy skin.

✓ **Tips to follow**

-  **Cooking Time: 2 hours and 12 hours for pre-preparation activities**
-  **Temperature:** Set the oven to 220°C (430°F) for roasting.
-  **Serving Time and Temperature:** Serve hot

• **Cooking methods for Szechuan chicken**

- ✓ **Description:** Szechuan chicken is a spicy and flavourful Chinese dish originating from the Sichuan province. It features tender chicken pieces stir-fried with vegetables in a bold, savoury sauce made with garlic, ginger, soy sauce, and the signature heat and numbing sensation of Sichuan peppercorns and chilli peppers.

✓ **Ingredients:**

-  500g boneless chicken breast or thighs cut them into bite-sized pieces
-  2 tablespoons cornstarch
-  1 tablespoon cooking oil (for frying)
-  3 tablespoons soy sauce
-  1 tablespoon dark soy sauce (optional for color)
-  1 tablespoon rice vinegar
-  1 tablespoon hoisin sauce

-  1 teaspoon sesame oil
-  1 teaspoon sugar (optional, to balance flavors)
-  1/4 cup chicken stock or water
-  1 teaspoon cornstarch (to thicken)
-  2–3 dried red chilies (adjust to taste)
-  1 tablespoon Sichuan peppercorns (or to taste)
-  2–3 cloves garlic (minced)
-  1 tablespoon ginger (grated or finely chopped)
-  1 small onion (sliced)
-  1 small bell pepper (red or green, sliced)
-  1/2 cup celery (sliced, optional)
-  2–3 green onions (cut into 1-inch pieces)

✓ **Cooking methods:**

-  **Stir-frying:** Stir-frying is a quick cooking method where ingredients are cooked in a small amount of oil over high heat, typically in a wok or skillet. The food is stirred and tossed continuously to ensure even cooking and preserve texture, color, and flavor.
-  **Deep-frying:** Deep-frying is a cooking method where food is fully submerged in hot oil and cooked at high temperatures, resulting in a crispy, golden exterior and a thoroughly cooked interior.
-  **Simmering:** Simmering is a cooking method where food is gently cooked in liquid at a temperature just below boiling, typically between 85°C and 95°C (185°F and 205°F). Small bubbles form and rise to the surface without breaking into a full boil.

✓ **Preparation**

-  Marinate the chicken pieces with corn starch and soya sauce and let it marinate for 15-20 minutes
-  Prepare sauce with 2 tablespoons and 1 table spoon of dark soya sauce and 1 for rice vinegar and 1 for hoisin sauce mix with one teaspoon of sesame oil, then add in a teaspoon of sugar with stock or water stir until smooth and set aside.

🍳 Cook the chicken in heated 2-3 tablespoons of oil in a wok over medium-heat heat add marinated chicken and stir-fry until golden set aside

🍳 In a work still fry chilies and Sichuan peppercorns and garlic, ginger and red onions and celery.

🍳 Pour the prepared sauce over the chicken and vegetables then stir well to coat everything in the sauce for 2-3 minutes until the sauce thickens and everything is evenly mixed.

✓ **Tips to follow**

🍳 **Cooking Time:** 35 minutes

🍳 **Temperature:** Set the oven to 180-200 °C

🍳 **Serving:** Serve hot

• **Cooking methods for Mongolian Beef**

✓ **Main ingredients**

🍳 **Description:** Mongolian beef is a savoury and mildly sweet Chinese-American dish featuring tender strips of beef stir-fried with garlic, ginger, and green onions in a rich soy-based sauce. Often served with steamed rice or noodles, it's known for its flavourful combination of sweet and salty notes with a hint of umami.

🍳 **Ingredients:**

- 500g flank steak
- 2 tablespoon cornstarch
- 2 tablespoons vegetables oil
- ¼ cup soy sauce
- ¼ cup brown sugar
- 1 teaspoon sesame oil
- 1 tablespoon hoisin sauce
- 1 teaspoon cornstarch
- ¼ cup of beef stock
- Garlic clove 3
- Ginger 1 tablespoon
- Green onions 4 green

Cooking methods

 **Stir-Frying:** Stir-frying is a cooking method where ingredients are quickly cooked in a small amount of oil over high heat, typically in a wok or skillet. The food is continuously stirred and tossed to ensure even cooking, retain crispness, and preserve vibrant colors and flavors.

 **Simmering:** Simmering is a cooking method where food is cooked in liquid at a low temperature, just below the boiling point (usually between 85°C and 95°C or 185°F to 205°F). Small bubbles form and gently rise to the surface, allowing the food to cook slowly and evenly, often resulting in tender textures and enhanced flavors.

✓ **Preparation**

 Slice beef and coat them with 2 tablespoons of cornstarch.

 Prepare sauce by missing ¼ cup of soy sauce with ¼ cup of sugar, then ¼ cup of beef stock, add a tablespoon of sesame oil and 1 teaspoon of cornstarch then mix well

 Heat the wok add 2 tablespoon vegetables oil to medium heat cook the cornstarch-coated beef sliced in a single layer then still fry in 3-5 minute until beef become browned and crispy on the outside.

 Remove and set aside

 In same wok add more oil and add minced garlic and grated ginger to the wok and still fry in 30 second

 Add the sauce and pour in stir and bring to simmer in 2-3 minutes the and beef stirring to coat the meat evenly with the sauce and 1 teaspoon of cornstarch to thicken well simmer and green onions till there are soft.

 Serve it hot

✓ **Tips to follow**

 **Cooking Time:** 30 minutes

 **Temperature:** 180-200 °C

 **Serving Time and Temperature:** Serve hot

- **Mongolian chicken**

- ✓ **Description:** Mongolian chicken is a savory Chinese-American dish that features tender chicken pieces stir-fried in a flavorful sauce made with soy sauce, brown sugar, garlic, ginger, and green onions. It has a balance of sweet and salty flavors, often with a slight caramelized coating. Similar to Mongolian beef, it is typically served with rice or noodles and is known for its rich, umami-filled taste.

- ✓ **Ingredients:**

-  500g flank of chicken breast
-  2 tablespoon cornstarch
-  2 tablespoons vegetables oil
-  ¼ cup soy sauce
-  ¼ cup brown sugar
-  1 teaspoon sesame oil
-  1 tablespoon hoisin sauce
-  1 teaspoon cornstarch
-  ¼ cup of beef stock
-  Garlic clove 3
-  Ginger 1 tablespoon
-  Green onions 4 green

- ✓ **Cooking methods**

-  **Stir-Frying:** Stir-frying is a cooking method where ingredients are quickly cooked in a small amount of oil over high heat, typically in a wok or skillet. The food is continuously stirred and tossed to ensure even cooking, retain crispness, and preserve vibrant colors and flavors.

-  **Simmering:** Simmering is a cooking method where food is cooked in liquid at a low temperature, just below the boiling point (usually between 85°C and 95°C or 185°F to 205°F). Small bubbles form and gently rise to the surface, allowing the food to cook slowly and evenly, often resulting in tender textures and enhanced flavors.

- ✓ **Preparation**

-  Slice of chicken breast and coat them with 2 tablespoons of cornstarch.

🍳 Prepare sauce by missing ¼ cup of soy sauce with ¼ cup of sugar, then ¼ cup of beef stock, add a tablespoon of sesame oil and 1 teaspoon of cornstarch then mix well

🍳 Heat the wok add 2 tablespoon vegetables oil to medium heat cook the cornstarch-coated beef sliced in a single layer then still fry in 3-5 minute until beef become browned and crispy on the outside.

🍳 Remove and set aside

🍳 In same wok add more oil and add minced garlic and grated ginger to the wok and still fry in 30 second

🍳 Add the sauce and pour in stir and bring to simmer in 2-3 minutes the and beef stirring to coat the meat evenly with the sauce and 1 teaspoon of cornstarch to thicken well simmer and green onions till there are soft.

🍳 Serve it hot

✓ **Tips to follow**

🍳 **Cooking Time: 30 minutes**

🍳 **Temperature: 180-200 °C**

🍳 **Serving Time and Temperature: Serve hot**

• **Beef and broccoli**

✓ **Description:** Beef and broccoli is a popular Chinese-American dish featuring tender slices of beef stir-fried with crisp-tender broccoli in a savory sauce. The dish is typically made with soy sauce, garlic, ginger, and oyster sauce, creating a rich, umami-packed flavor. It is often served with steamed rice and is known for its balance of flavors, combining the savory beef with the fresh, slightly bitter taste of broccoli.

✓ **Ingredients:**

🍳 500g beef steak or sirloin

🍳 1 tablespoon soy sauce

🍳 1 tablespoon cornstarch

🍳 3 tablespoon vegetable oil

🍳 ¼ cup soy sauce

🍳 ¼ cup oyster sauce

-  2 tablespoons water or beef stock
-  1 tablespoon brown sugar
-  1 teaspoon sesame oil
-  1 teaspoon cornstarch
-  2-3 garlic cloves
-  1 tablespoon fresh ginger
-  4 cups broccoli florets

✓ **Preparation**

-  Stir-fry the marinated beef into a two heated 2 tablespoons of vegetable oil in a wok then set them aside
-  Prepare broccoli blanch in boiling water for 2-3 minutes then, quickly transfer them to ice water to stop cooking then steam the broccoli until tender-crisp for 4-5 minutes set them aside.
-  Prepare sauce in a small bowl mix together ¼ cup soya sauce, then ¼ cup oyster sauce then adds 2 tablespoons or beef stock then add brown sugar then, sesame oil and cornstarch mix well set them aside
-  In a same wok add little more oil add minced garlic and grated ginger then stir frying for 30 seconds until fragrant.
-  Add sauce then combine well then add beef then steamed broccoli toss gently to combine with the beef and sauce.
-  Then simmer in 1-2 minute then serve it hot.

✓ **Tips to follow**

-  **Cooking Time: 20 minutes**
-  **Temperature: 180-200 °C**
-  **Serving Time and Temperature:** Serve hot
- **Sezam chicken:** Sesame chicken is a popular Chinese dish featuring crispy chicken pieces coated in a sweet, savory sauce made from soy sauce, honey or sugar, and a hint of tanginess. The chicken is often stir-fried or battered and deep-fried to create a crunchy texture, then tossed in a flavorful sauce and topped with sesame seeds. The

dish is typically served with rice and garnished with green onions, offering a satisfying combination of sweet, salty, and nutty flavors.

✓ **Ingredients:**

-  500g boneless chicken breast
-  ¼ cup cornstarch
-  ¼ cup all-purpose flour
-  1 egg
-  ½ teaspoon salt
-  ½ teaspoon black pepper
-  Vegetable oil
-  ¼ cup soya sauce
-  ¼ cup honey
-  2 tablespoon rice vinegar or white vinegar
-  1 tablespoon sesame oil
-  2 tablespoons water
-  1 tablespoon hoisin sauce
-  1 tablespoon cornstarch
-  1-2 teaspoons chili paste or sriracha
-  2 tablespoons toasted sesame seeds
-  2-3 green onions sliced

✓ **Frying:** The chicken is coated in a mixture of cornstarch, flour, and egg, then deep-fried or pan-fried in hot oil until golden and crispy. This method gives the chicken its signature crunch.

✓ **Simmering:** The prepared sauce is simmered to thicken and develop its flavors. Cornstarch in the sauce helps create a glossy, rich texture.

✓ **Stir-Frying (Optional):** In some variations, the fried chicken is stir-fried in the sauce to ensure it is evenly coated and heated through.

✓ **Preparation**

-  Toasted sesame seeds and set them aside

- 🍳 Prepare a sauce of ¼ cup of soya sauce, then ¼ cup honey, 2 tablespoons rice vinegar, 1 tablespoon sesame oil, 2 tablespoon water, 1 tablespoon of hoisin sauce then 1 tablespoon of cornstarch to thicken the sauce then chill paste mix well and set them aside
- 🍳 Coat chicken pieces with cornstarch and wheat flour then salt and black pepper and deep into beaten eggs in batches to avoid overcrowding. Then fry in 4-5 minutes.
- 🍳 In a separate skillet heat 1 tablespoon of oil over medium heat add the prepared sauce mixture to the skillet, stirring continuously then bring to simmer for 2-4 minutes to thicken well.
- 🍳 Once the sauce has thickened, add the fried chicken pieces into the skillet with the sauce stir it coat the chicken evenly with the sauce.
- 🍳 Then simmer for 1-2 minutes to let the chicken absorb the flavors
- 🍳 Then garnish with toasted sesame and green onions
- 🍳 Serve it hot

✓ **Tips to follow**

- 🍳 **Cooking Time:** 25 minutes
- 🍳 **Temperature:** 175°C–190°C (350°F–375°F).
- 🍳 **Serving Time and Temperature:** Serve hot

• **Kung pao beef**

- ✓ **Description:** Kung Pao beef is a spicy and flavorful Chinese stir-fry dish featuring tender beef, crisp vegetables like bell peppers and zucchini, and crunchy peanuts or cashews. The dish is tossed in a bold sauce made from soy sauce, hoisin sauce, vinegar, and chili peppers, creating a balance of savory, tangy, and mildly sweet flavors with a spicy kick. It's a vibrant and satisfying dish, often served with steamed rice for a complete meal.

✓ **Ingredients:**

- 🍳 500g flank steak or sirloin thinly sliced against the grain
- 🍳 2 tablespoon soy sauce
- 🍳 1 tablespoon cornstarch

-  1 tablespoon vegetable oil
-  3 tablespoon soya
-  1 tablespoon hoisin sauce
-  1 tablespoon rice vinegar
-  1 tablespoon sugar or honey
-  1 teaspoon sesame oil
-  1 teaspoon cornstarch
-  2 tablespoon of beef stock
-  2-3 dried chilies
-  3 cloves garlic minced
-  1 tablespoon fresh ginger grated
-  ½ cup unsalted peanuts or cashews toasted
-  1 red bell sliced into bit-sized pieces
-  1 zucchini
-  2 tablespoon vegetable oil
-  2-3 green onions cut into 1-inch pieces

✓ **Preparation**

-  Slice the beef then marinate with 2 tablespoons of soya sauce and 1 tablespoon of cornstarch and set to 15-20 minutes.
-  Prepare the sauce by mixing together 3 tablespoons of soya sauce, then add 1 tablespoon of hoisin sauce and add 1 tablespoon of rice vinegar, add 1 tablespoon sugar then add sesame oil and 1 teaspoon cornstarch and 2 tablespoons water and mix well until combined and set aside
-  Slice vegetables cut the bell peppers into bite-sized pieced and slice the zucchini
-  Heat 1-tablespoon vegetable oil in a wok medium-high heat, cook the marinated beef, and stir-fry until they are browned.
-  Stir the aromatics by cooking chilies to a wok and stir in the minced garlic and grated ginger then cook in 30 second.
-  Add the bell peppers and zucchini to the wok then stir-fry for 2-3 minutes until slightly tender but still crisps.

 Combine everything by adding sauce and bring to simmer for 1-2 minutes until 1-2 minutes until thickened.

 Then add beef and thicken with cornstarch and simmer to 1-3 minutes.

 Garnish with green onions

✓ **Tips to follow**

 **Cooking Time: 25 minutes**

 **Temperature: 175°C–190°C (350°F–375°F).**

 **Serving Time and Temperature:** Serve hot

• **Chinese BBQ pork**

✓ **Description:** Chinese BBQ Pork, also known as **Char Siu**, is a flavorful and aromatic Cantonese dish featuring marinated pork that is roasted to perfection. The pork is typically coated with a sweet and savory glaze made from ingredients like soy sauce, hoisin sauce, honey, five-spice powder, and garlic. Its signature deep red or mahogany color comes from either natural ingredients or food coloring. Char Siu is known for its caramelized crust, tender texture, and smoky, slightly sweet taste. It is commonly served as a main dish, in noodle soups, or as a filling for steamed buns (bao).

✓ **Ingredients:**

 1kg pork loin or pork belly

 3 tablespoon soy sauce

 2 tablespoon hoisin sauce

 2 tablespoon oyster sauce

 2 tablespoon oyster sauce

 4 tablespoon honey

 2 tablespoon Chinese Shaoxing wine dry cherry

 1 tablespoon brown sugar

 1 teaspoon sesame oil

 1 teaspoon five-spice powder

 2 cloves garlics minced

 ½ teaspoon red food color

 1 tablespoon of water

✓ **Cooking methods**

 **Roasting:** Roasting is a dry-heat cooking method that involves cooking food, typically uncovered, in an oven or over an open flame. It uses high, consistent heat to brown and caramelize the surface of the food while locking in flavors and maintaining a tender interior.

 **Grilling:** Grilling is a cooking method that uses direct, high heat from an open flame or heated surface to cook food quickly. It produces a charred, smoky flavor and is commonly used for meats, vegetables, and seafood.

 **Air frying:** Air frying is a cooking method that uses hot, rapidly circulating air to cook food, creating a crispy texture similar to deep frying but with significantly less oil.

✓ **Ingredients**

 1kg pork shoulder or pork bell or pork lion

 3 tablespoon soy sauce

 2 tablespoon hoisin sauce

 2 tablespoon oyster sauce

 2 tablespoon honey

 1 tablespoon Chinese Shaoxing wine

 1 tablespoon brown sugar

 1 teaspoon sesame oil

 1 teaspoon five spices powder

 2 cloves garlicks minced

 ½ teaspoon red food coloring

✓ **Preparation**

 Make the pork strips in a large re-sealable plastics bag or shallow dish

 And marinate the pork and cover at least 4 hours preferably overnight to allow the flavors to penetrate then add sauce of mixed soya sauce, hoisin sauce, oyster sauce, honey, Chinese Shaoxing wine and brown sugar then add sesame oil with 5 spices spice powder and minced garlic cloves with red food coloring.

-  Prepare the glaze by mixing 2-tablespoon bowl then mix with 1 tablespoon then mix.
-  Pre heat oven and place wire rack on top of it to allow air circulation around the pork.
-  Place the pork on the rack after removing them into marinade and place it on the prepared wire rack, and make sure to leave space between the pieces for even cooking.
-  Roast the pork for 25 minutes on one side. After minutes flip the pork to the other side for even cooking and brush more glaze every 10 minutes until the pork is golden brown and slightly caramelized.
-  Pork is fully cooked turn the oven to broil and cook the pork for an additional 2 minutes then keep eye on this roasting to preventing burning for pork.
-  Check the doneness that the internal temperature of the pork has reached **70°C (160°F)** to ensure its fully cooked then remove after 10 minutes after being so tender then slice the pork
-  serve it hot

✓ **Tips to follow**

-  **Cooking Time: 2 hours**
-  **Temperature: 70°C (160°F)**
-  **Serving Time and Temperature: Serve hot**



Activity 2: Guided Practice



Task 23:

Do the following task

Visit school workshop, under guidance of your trainer, before beginning to cook select the tools and equipment needed to be used for the following dishes; Beef and broccoli and Kung pao beef and present them to rest of your class

N.B: Respect the kitchen rules and equipment utility norms



Activity 3: Application



Task 24:

Read careful and do the below given task

In a prepared trip at X hospitality training center, you are given the task of cooking the below recipes on behalf of the temporary workers when they are overloaded.

1. Crispy pork bell
2. Beef and broccoli
3. Kung pa

Topic: 3.2. Application of Cooking methods and techniques for Chinese sea-food dishes



Activity 1: Problem Solving

1. Mention the specific cooking methods can be used in Chinese sea-food dishes to the bellow listed dishes
 - a. Sea food tofu stew
 - b. Pan fried Salmon
2. What are the properly cooking temperature for the below
 - a. Sea food tofu stew
 - b. Pan fried Salmon
3. What are the cooking procedures of see food tofu stew

Key facts 3.2: Application of Cooking methods and techniques for Chinese sea-food dishes

- **Sea food tofu stew**

Seafood Tofu Stew is a comforting and flavorful dish combining tender tofu, assorted seafood, and vegetables in a savory and slightly spicy broth. Originating from East Asian cuisines, this stew is known for its rich umami flavor, often enhanced with garlic, ginger, and fermented seasonings like soybean paste or chili paste. The soft tofu provides a delicate texture, while the seafood adds depth and variety. It is a hearty meal typically served hot and enjoyed with steamed rice.

✓ **Ingredients:**

-  2 tablespoons vegetable oil
-  2 cloves garlic, minced

- ✚ 1 teaspoon fresh ginger, minced
- ✚ 2–3 tablespoons Korean chili paste (gochujang) or other chili paste
- ✚ 1 tablespoon soy sauce
- ✚ 1 tablespoon fish sauce
- ✚ 4 cups seafood or chicken stock
- ✚ 200g (7 oz) shrimp, peeled and deveined
- ✚ 200g (7 oz) mussels or clams, cleaned
- ✚ 200g (7 oz) squid, cleaned and sliced into rings
- ✚ For the Tofu and Vegetables:
- ✚ 1 block soft or silken tofu, cut into large cubes
- ✚ 1 cup napa cabbage, chopped
- ✚ 1 cup zucchini, sliced
- ✚ 1/2 cup mushrooms (shiitake or button), sliced
- ✚ 1 green onion, chopped for garnish
- ✚ For Seasoning and Garnish:
- ✚ 1 teaspoon sesame oil
- ✚ 1/2 teaspoon sugar
- ✚ Salt and black pepper, to taste
- ✚ 1 fresh chilli, sliced

✓ **Cooking Methods**

✚ **Simmering:** To slowly cook the stew base, vegetables, tofu, and seafood together, allowing the flavours to meld.

✚ **Stir-Frying:** For aromatic ingredients like garlic and ginger to release their flavours. Preparation Procedures for Seafood Tofu Stew

✓ **Preparation**

- ✚ Clean and prepare shrimp, mussels/clams, and squid. Pat them dry
- ✚ Tofu: Cut the tofu block into large cubes. Handle gently to avoid breaking
- ✚ Chop napa cabbage, slice zucchini, and mushrooms
- ✚ Stir-Fry Aromatics Heat vegetable oil in a large pot over medium heat add minced garlic cloves and minced ginger. Stir-fry for 30 seconds until fragrant.

🍳 Build Stir in Korean chilli paste, soy sauce, and 1-tablespoon fish sauce. Cook for 1 minute pour in 4 cups seafood or chicken stock and bring to a boil

🍳 Add Vegetables add napa cabbage, zucchini, and mushrooms to the pot. Then, reduce heat to medium and simmer for 5–7 minutes, or until vegetables start to soften add Tofu and Seafood. Gently add the tofu cubes, followed by the shrimp, mussels/clams, and squid.

🍳 Simmer for another 5–7 minutes, or until the seafood is fully cooked and mussels/clams open.

🍳 Final Seasoning with sesame oil and adjust salt, pepper, or sugar to taste.

🍳 Serve

✓ **Tips to follow**

🍳 Cooking Time: 30 minutes

🍳 Temperature: 70°C (160°F)

🍳 Serving Time and Temperature: Serve hot

- **Shrimp stir-fry:** Shrimp Stir-Fry is a vibrant and flavourful dish featuring tender, juicy shrimp cooked quickly over high heat with a colourful medley of vegetables such as bell peppers, broccoli, carrots, and snap peas. Tossed in a savoury sauce made from soy sauce, garlic, ginger, and a touch of sweetness, this dish is a perfect balance of flavours and textures. It is a quick and healthy meal option, often served over steamed rice or noodles, making it a favourite for weeknight dinners and a staple in Asian-inspired cuisine.

✓ **Ingredients:**

🍳 500g peeled and deveined, tails optional

🍳 1 teaspoon salt

🍳 1/2 teaspoon black pepper

🍳 1 teaspoon cornstarch

🍳 1 cup broccoli florets

🍳 1/2 cup red bell pepper, thinly sliced

🍳 1/2 cup yellow bell pepper, thinly sliced

🍳 1/2 cup snap peas

🍳 1/2 cup carrots, julienned or thinly sliced

 2–3 green onions, chopped into 1-inch pieces

 3 tablespoons soy sauce

 2 tablespoons oyster sauce

 1 tablespoon hoisin sauce

 1 teaspoon sesame oil

 1 tablespoon cornstarch dissolved

 2 tablespoons water

 1 teaspoon sugar **or honey**

 1/2 teaspoon chili flakes

 2 tablespoons vegetable oil

 2 cloves garlic, **minced**

 1 teaspoon fresh ginger, **grated**

✓ **Stir-Frying (Optional):** In some variations, the fried chicken is stir-fried in the sauce to ensure it is evenly coated and heated through.

✓ **Preparation**

 Prepare the Shrimp clean and marinate and pat dry with a paper towel and toss the shrimp in a bowl with, salt and black pepper then optionally, add cornstarch for a light coating. Then Let marinate for 10–15 minutes while preparing the other ingredients.

 Prepare the Vegetables Wash and slice, broccoli florets, red bell pepper and yellow bell pepper, thinly slice, and snap peas with, carrots, julienned or thinly sliced while, green onions into 1-inch pieces then make the Stir-Fry Sauce

 In a small bowl, whisk together: tablespoons soy sauce, tablespoons oyster sauce, tablespoon hoisin sauce, and teaspoon sesame oil and teaspoon sugar or honey then teaspoon chili flakes (optional, for heat)

 Dissolve 1-tablespoon cornstarch in 2 tablespoons water, then add it to the sauce mixture.

 Stir-Fry the Shrimp into heated the pan vegetable oil then cook the shrimp

- ✚ Add the shrimp to the pan in a single layer and cook for 1–2 minutes per side, or until pink and slightly curled.
- ✚ Remove the shrimp from the pan and set aside.
- ✚ Stir-Fry the Vegetables add 1 tablespoon vegetable oil to the same pan add minced garlic and grated ginger and stir-fry for 30 seconds until fragrant.
- ✚ Toss in the vegetables: Start with harder vegetables like broccoli and carrots and stir-fry for 2–3 minutes, then add softer vegetables like bell peppers and snap peas, stir-frying for another 2 minutes until tender-crisp.
- ✚ Combine Everything shrimp add sauce and vegetables
- ✚ Return the cooked shrimp to the pan.
- ✚ Pour the prepared sauce over the shrimp and vegetables toss everything together for 1–2 minutes until the sauce thickens and evenly coats the ingredients.
- ✚ Serve

✓ **Tips to follow**

- ✚ **Cooking Time: 2 hours**
- ✚ **Temperature: 70°C (160°F)**
- ✚ **Serving Time and Temperature: Serve hot**

• **Pan fried Salmon**

- ✓ **Description:** Pan-Fried Salmon is a simple yet flavorful dish that features salmon fillets seared to perfection in a hot skillet. The fish develops a crispy golden-brown crust on the outside while remaining tender, flaky, and moist on the inside. Often seasoned with basic ingredients like salt, pepper, and lemon juice, pan-fried salmon highlights the natural richness of the fish. It pairs well with a variety of sides, such as roasted vegetables, rice, or a light salad, making it a versatile and healthy meal option.

✓ **Ingredients:**

- ✚ 4 (200g) salmon fillet (skin or skinless)
- ✚ 1 teaspoon salt
- ✚ 1 teaspoon salt

- ✚ 1/2 teaspoon black pepper
- ✚ 1 teaspoon garlic powder
- ✚ 1 teaspoon paprika
- ✚ 2 tablespoons olive oil
- ✚ 2 tablespoons unsalted butter
- ✚ 2 cloves garlic, minced
- ✚ 1 teaspoon fresh thyme leaves or rosemary
- ✚ 1 lemon, sliced or juiced
- ✚ Fresh parsley, chopped

✓ **Cooking method**

- ✚ **Frying:** The chicken is coated in a mixture of cornstarch, flour, and egg, then deep-fried or pan-fried in hot oil until golden and crispy. This method gives the chicken its signature crunch.
- ✚ **Simmering:** The prepared sauce is simmered to thicken and develop its flavors. Cornstarch in the sauce helps create a glossy, rich texture.
- ✚ **Stir-Frying (Optional):** In some variations, the fried chicken is stir-fried in the sauce to ensure it is evenly coated and heated through.

✓ **Preparation**

- ✚ Prepare the salmon by drying and sprinkle salt and black pepper with garlic powder and paprika
- ✚ Heat the pan Add **2 tablespoons olive oil** and let it heat until shimmering but not smoking
- ✚ Sear the Salmon Place the salmon fillets in the skillet, skin-side down if using skin-on salmon.
- ✚ Sear for **4–5 minutes** without moving the fillets. This allows the skin to crisp and prevents sticking.
- ✚ **Flip the Fillets:** Gently flip the salmon with a spatula. Sear the other side for **3–4 minutes** until the flesh is golden brown and cooked to your desired doneness.
- ✚ During the last minute of cooking, add **2 tablespoons butter, 2 minced garlic cloves, and 1 teaspoon fresh thyme or rosemary** to the pan.

-  Use a spoon to baste the salmon with the melted butter for extra richness and flavor
-  The salmon is cooked when it reaches an internal temperature of **50–57°C (125–135°F)** for medium-rare to medium doneness
-  Serve with lemon juice and parsley

- **Sweet and sour Fish**

- ✓ **Description:** Sweet and Sour Fish is a classic Asian dish known for its vibrant flavours and appealing presentation. It features crispy, golden-fried fish fillets coated in a tangy and sweet sauce made from a blend of ingredients like vinegar, sugar, ketchup, and soy sauce. The dish is often paired with colourful stir-fried vegetables such as bell peppers, pineapple chunks, and onions, adding a refreshing and zesty contrast. Sweet and Sour Fish is beloved for its perfect balance of crispy texture, savoury tanginess, and sweetness, making it a popular choice in Chinese cuisine and beyond.

- ✓ **Ingredients:**

-  500g fish fillets tilapia
-  1 teaspoon salt
-  1/2 teaspoon black pepper
-  1 tablespoon soy sauce
-  1/2 cup corn-starch
-  Vegetable oil (for deep-frying)
-  1/2 cup red bell pepper, diced
-  1/2 cup green bell pepper, diced
-  1/2 cup pineapple chunks
-  1/2 cup onion, diced
-  1/2 cup carrot, julienned or thinly sliced
-  3 tablespoons ketchup
-  3 tablespoons white vinegar
-  2 tablespoons soy sauce
-  4 tablespoons sugar

 1 teaspoon sesame oil

 1/2 cup water

✓ **Cooking method**

 **Frying:** The chicken is coated in a mixture of cornstarch, flour, and egg, then deep-fried or pan-fried in hot oil until golden and crispy. This method gives the chicken its signature crunch.

 **Simmering:** The prepared sauce is simmered to thicken and develop its flavors. Cornstarch in the sauce helps create a glossy, rich texture.

 **Stir-Frying (Optional):** In some variations, the fried chicken is stir-fried in the sauce to ensure it is evenly coated and heated through.

✓ **Preparation**

 Prepare fish by drying and season with salt, black pepper and soya sauce and marinate for 10-15 minutes then coat with cornstarch

 Heat enough vegetable oil in a wok or deep-frying pan to submerge the fish.

 Fry the coated fish pieces in batches for 3–4 minutes or until golden brown and crispy

 Remove and drain on paper towels

 Prepare vegetables stir- onions, carrots, and bell peppers. Stir-fry for 2–3 minutes until slightly softened then pineapple.

 Pour in vegetables sauce prepared with ketchup, white vinegar, soya sauce, sugar, sesame oil, water, and a tablespoon of cornstarch to thicken

 Then combine them with the fried fish pieces to the wok with the vegetables and sauce.

 Toss everything together and coat the fish then serve it immediately.

✓ **Tips to follow**

 **Cooking Time: 2 hours**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature:** Serve hot

- **Shrimp lo Mein:** Shrimp Lo Mein is a popular Chinese noodle dish featuring tender egg noodles stir-fried with juicy shrimp and a mix of vibrant vegetables like carrots,

bell peppers, and cabbage. The dish is tossed in a savory, slightly sweet soy-based sauce infused with garlic, ginger, and sesame oil, creating a flavorful and satisfying meal. Often enjoyed as a comforting takeout favorite, Shrimp Lo Mein is loved for its balance of textures and rich, umami flavors.

✓ **Ingredients:**

-  500 g of shrimps (peeled and deveined)
-  1 tablespoon soy sauce
-  1 tablespoon cornstarch
-  250g lo mein noodles or eggs noodles
-  1 cup shredded cabbages green or napa
-  1 carrot julienned
-  1 red bell pepper
-  ½ cup bean sprout
-  2-3 green onions cut into 2-inch pieces
-  1 cup broccoli florets
-  3 tablespoons soy sauce
-  2 tablespoons oyster sauce
-  1 tablespoon hoisin sauce
-  1 teaspoon sesame oil
-  1 teaspoon sugar
-  1 tablespoon cornstarch (dissolved in 2 tablespoons water)
-  2–3 tablespoons vegetable oil
-  2 cloves garlic, minced
-  1 teaspoon fresh ginger, grated or minced

✓ **Preparation**

-  Peel and devein 500g (1 lb) shrimp, if not already done In a bowl marinate the shrimp with 1 tablespoon soy sauce and 1 teaspoon cornstarch and mix then sit 10-15 minutes.
-  Boil 250 g lo mein noodles then drain and rinse under cold water to prevent sticking.
-  Prepare the vegetables wash and slice 1 cup of shredded cabbage, 1 carrot julienned and 1 red bell pepper, thinly sliced and 1 cup broccoli florets stir-fry them and add bean sprouts with green onions.
-  Make sauce in a small bowl then mix 3 tablespoons soy sauce, add 2 tablespoons oyster sauce, 1 tablespoon hoisin sauce, 1 teaspoon sesame oil and add teaspoon of sugar and mix well with 1 tablespoon cornstarch dissolved in 2 tablespoons water.

-  Prepare for Stir-Frying with Mince 2 cloves garlic and grate or mince 1 teaspoon fresh ginger, into 2-3 tablespoons of vegetables oil.
-  Heat 2 tablespoons of vegetable oil in a large wok or skillet over medium-high heat until shimmering.
-  Add the marinated shrimp to the hot wok.
-  Stir-fry for 2–3 minutes until the shrimp turn pink and are cooked through
-  Remove the shrimp from the pan and set aside.
-  Still fry the Vegetables by starting 1 tablespoon of oil to the wok add garlic and ginger and stir-fry for 30 seconds until fragrant.
-  Toss in the vegetables and start with harder vegetables like broccoli florets and carrots. Stir-fry for 2 minutes.
-  Add softer vegetables like cabbage, bell peppers, and bean, and sprout then stir fry for another 2-3 minutes until tender but crisps.
-  Combine the ingredients by Return the cooked shrimp to the wok, then add the cooked lo mein noodles to the pan and pour the prepared sauce over the noodles and stir everything together to coat evenly.
-  Then remove and serve hot as a main dish

✓ **Tips to follow**

-  **Cooking Time: 2 hours**
-  **Temperature: 70°C (160°F)**
-  **Serving Time and Temperature: Serve hot**



Activity 2: Guided Practice



Task 26:

In your school workshop, you have been asked to prefer cooking the dish from Chinese sea-food dishes which is easier and quickly for you to cook.

1. Consider the following
 - a. Number of ingredients and its quantity
 - b. Preparation techniques
 - c. Timeline
 - d. Temperature
2. Which is that dish?



Activity 3: Application



Task 27:

Answer the following questions

Assume you are hired as sous-chef of ROMANTIC Chinese restaurant, your head chef asking you to cook Pan-fried Salmon for 2 clients then after explained how you achieve portioning, the taste and texture of Pan-fried Salmon dish across production processes?

Topic 3.3: Application of cooking methods and techniques for Chinese Starch and noodles dishes



Activity 1: Problem Solving



Task 28:

According to your experience in cooking Chinese hot dishes answer the following questions

1. What are the main activities done in preparing sea-food in Chinese Starch and noodles dishes?
2. What are preparation techniques to be applied to chicken fried rice?

Key Facts 3.3: Application of cooking methods and techniques for Chinese Starch and noodles dishes

- **Chicken Fried Rice**
 - ✓ **Description of Chicken Fried Rice:** Chicken Fried Rice is a popular and versatile dish featuring tender chicken, rice, and a colorful mix of vegetables, all stir-fried together in a hot wok or pan. The rice is typically cold, making it ideal for frying as it separates well and absorbs the flavors of the soy sauce, garlic, and other

seasonings. Often garnished with green onions and served with egg, this dish is a quick, satisfying meal, commonly found in Chinese and other Asian cuisines.

✓ **Ingredients:**

-  2 tablespoons vegetable oil (for stir-frying)
-  2 chicken breasts or thighs, cut into small cubes or thin strips
-  2 cups cooked rice (preferably cold, day-old rice works best)
-  1/2 cup frozen peas
-  1/2 cup carrots, diced
-  1 small onion, chopped
-  2–3 cloves garlic, minced
-  2–3 eggs
-  2–3 green onions, chopped for garnish
-  3 tablespoons soy sauce
-  1 tablespoon oyster sauce (optional, for extra umami)
-  1 teaspoon sesame oil
-  1 teaspoon sugar (optional, for a hint of sweetness)
-  1 tablespoon hoisin sauce or chili sauce (for extra flavor or heat)
-  Sesame seeds for garnish (optional)

✓ **Cooking methods**

 **Stir-fry:** **Stir-frying** is a quick cooking method where ingredients are cooked at high heat in a small amount of oil, while being constantly stirred or tossed in a wok or skillet. This method helps retain the ingredients' texture, color, and nutrients.

 **Boiling:** Boiling is a cooking method where food is cooked by immersing it in water or other liquid heated to its boiling point (100°C or 212°F at sea level), causing the liquid to bubble vigorously. It is commonly used for cooking vegetables, pasta, rice, and certain meats.

✓ **Preparation**

 Prepare the Ingredients:

- Cook rice let it cool for at least an hour (or refrigerate overnight). Cold rice works best for fried rice.

- Chicken: cut into small cubes or strips season with a pinch of salt and pepper.
- Vegetables: Dice 1/2 cup carrots and chop 1 small onion. Mince 2–3 cloves garlic.
- Eggs: Beat 2–3 eggs in a bowl.
- Stir-Fry the chicken in vegetable oil in a large wok over medium-high heat. Add the chicken and stir-fry until cooked through, about 5–7 minutes. Remove the chicken from the wok and set aside
- Cook the Vegetables, in the same wok, add vegetable oil, add the chopped onions, garlic, carrots, and frozen peas. Stir-fry for **2–3 minutes** until the vegetables are tender but still crisp.
- Prepare scramble the eggs and push the vegetables to one side of the wok. Add beaten eggs to the empty space and scramble them until fully cooked, about 2 minutes.
- Combine everything Add the cooked chicken back into the wok with the vegetables and eggs. And add the cold rice and stir to combine everything evenly.
- Season the fried rice by pour in soy sauce, sesame oil, and then stir everything together, ensuring the rice is evenly coated in the sauce. Add sugar (optional) for a slight sweetness. Stir-fry for an additional 2–3 minutes to allow the flavors to meld.
- Garnish with chopped green onions and sesame seeds.



Tips to follow

- **Cooking Time: 30 minutes**
- **Temperature: 70°C (160°F)**
- **Serving Time and Temperature: Serve hot**
- **Fried Chinese Starch Noodle**
 - ✓ **Description:** Fried Chinese Starch Noodles, also known as "Chow Mein" when stir-fried with various vegetables and proteins, are a delicious, crispy, and savory dish commonly found in Chinese cuisine. The noodles, made from starch (such as mung bean or rice flour), are stir-fried until they become golden and crispy. They are

typically served with a variety of vegetables, meats, or seafood, all tossed together in a flavorful sauce made from soy sauce, oyster sauce, and sesame oil. This dish offers a balance of textures, with the crispy noodles contrasting nicely with the tender vegetables and proteins.

✓ **Ingredients**

-  200g (7 oz) Chinese starch noodles
-  tablespoons vegetable oil (for frying)
-  1 tablespoon vegetable oil (for stir-frying)
-  1/2 cup onion, thinly sliced
-  1/2 cup bell pepper, sliced
-  1/2 cup carrots, julienned or thinly sliced
-  1/2 cup napa cabbage, shredded (or other leafy greens)
-  2–3 cloves garlic, minced
-  1 tablespoon ginger, minced
-  200g (7 oz) protein (shrimp, chicken, or beef, optional)
-  1/2 cup mushrooms (shiitake or button), sliced
-  3 tablespoons soy sauce
-  1 tablespoon oyster sauce
-  1 tablespoon sesame oil
-  1 teaspoon sugar
-  1/4 cup chicken or vegetable broth
-  1 teaspoon cornstarch
-  Green onions, chopped
-  Sesame seeds
-  Chili flakes (optional)

✓ **Cooking Methods**

-  **Boiling:** The noodles are first boiled to soften them.
-  **Stir-Frying:** The main cooking method used to achieve crispy noodles and cook the vegetables and protein.

✓ **Preparation**

-  Boil the Chinese starch noodles in a large pot of water according to package instructions, typically 3–5 minutes until tender.
-  Drain the noodles and rinse them under cold water to stop the cooking process.
-  In a small bowl add soy sauce, oyster sauce, sesame oil then add sugar, add broth mix well then add cornstarch to make sauce thicken.
-  Stir-Fry the vegetables and protein in the wok add vegetable oil add onion, bell pepper, carrots, and napa cabbage. Stir-fry for 3–4 minutes until vegetables begin to soften. Then add the 2–3 cloves minced garlic and 1 tablespoon minced ginger. Stir-fry for another 30 seconds until fragrant.
-  Add the 200g of chicken, until fully cooked, about 3–5 minutes.
-  Add the boiled noodles and fry them in the oil, flipping occasionally, until they become golden and crispy. This usually takes around **5–7 minutes**. Remove from the pan and set aside.
-  Pour the sauce over the cooked vegetables and protein. Stir well to coat everything evenly. And combine everything then garnish with chopped green onions, sesame seeds, and chili flakes

✓ **Tips to follow**

-  **Cooking Time: 30 minutes**
-  **Temperature: 70°C (160°F)**
-  **Serving Time and Temperature: Serve hot**

• **Chinese style crispy stir-fried potatoes**

- ✓ **Description:** Chinese-style crispy stir-fried potatoes are a savory, crispy, and tender dish often featured in Chinese home cooking. The potatoes are sliced thinly or cut into matchsticks, stir-fried in high heat until crispy on the outside and tender on the inside. They are typically flavored with garlic, ginger, soy sauce, and a hint of vinegar or sugar to achieve a balanced sweet-savory taste. The texture of the potatoes, combined with the seasonings, makes this dish both flavorful and satisfying.

✓ **Ingredients**

-  2 large potatoes, peeled and cut into matchsticks or thin slices

-  2 tablespoons vegetable oil (for stir-frying)
-  2 cloves garlic, minced
-  1 teaspoon ginger, minced
-  1 small onion, sliced (optional)
-  1 bell pepper, sliced (optional)
-  2–3 green onions, chopped for garnish
-  1 tablespoon soy sauce
-  1 tablespoon rice vinegar (or white vinegar)
-  1 teaspoon sugar (optional, for sweetness)
-  1/2 teaspoon chili flakes (optional, for heat)
-  Salt and black pepper, to taste

✓ **Cooking Methods**

-  **Stir-Frying:** The primary cooking method used, where the ingredients are quickly cooked over high heat in a small amount of oil.
-  **Deep-Frying:** Potatoes may be partially deep-fried before stir-frying to achieve extra crispiness.

✓ **Preparation**

-  Peel the potatoes and cut them into thin matchsticks, about 1/4 inches thick. Soak the sliced potatoes in cold water for about 10 minutes to remove excess starch. This helps them become crispy when cooked. Then, drain and pat the potatoes dry with a paper towel to ensure they are as dry as possible.
-  Pre-frying vegetables for extra crispiness in a separate pan, heat vegetable oil for deep-frying. Fry the potato slices in batches for about **2–3 minutes**, until they are golden and crispy. Remove from the oil and drain on paper towels.
-  Stir-Fry the Vegetables, in a wok or large skillet, heat vegetable oil over medium-high heat. Then, add the minced garlic and ginger, stir-frying for 30 seconds until fragrant. And add the sliced onion and bell pepper, and stir-fry for another 2 minutes until they start to soften.
-  Add the Potatoes stir-fry for **5–7 minutes** over high heat, tossing frequently, until the potatoes are crispy on the edges and tender inside. Ensure that the potatoes are evenly cooked.

🍳 Add the sauce made by the combination of soya sauce, rice vinegar, sugar and chili flakes then, stir everything together to coat the potatoes evenly with the sauce, and cook for an additional 2–3 minutes to allow the sauce to thicken and caramelize slightly.

🍳 Garnish with chopped green onions and Serve

✓ **Tips to follow**

🍳 Cooking Time: 30 minutes

🍳 Temperature: 70°C (160°F)

🍳 Serving Time and Temperature: Serve hot

• **Minchee (Chinese beef and potato Hash)**

✓ **Description:** Minchee (or "Chinese Beef and Potato Hash") is a comforting and flavorful Chinese dish often enjoyed as a quick and hearty meal. The dish combines ground beef and tender potatoes, stir-fried together with aromatics like garlic, ginger, and onions. It's seasoned with soy sauce and other savory sauces, giving it a delicious umami flavor. The potatoes are usually diced or shredded, offering a satisfying texture that complements the savory beef. Minchee is commonly served over rice, making it a filling and well-rounded dish.

✓ **Ingredients**

🍳 200g ground beef (or pork for variation)

🍳 2 medium potatoes, peeled and diced into small cubes

🍳 1 medium onion, chopped

🍳 2–3 cloves garlic, minced

🍳 1 tablespoon ginger, minced

🍳 1/2 cup bell pepper, diced

🍳 1/2 cup peas

🍳 2 tablespoons vegetable oil

🍳 2 tablespoons soy sauce

🍳 1 tablespoon oyster sauce

🍳 1 teaspoon sugar

🍳 1 teaspoon rice vinegar or Chinese cooking wine

 1/4 cup chicken or beef broth

 1 tablespoon cornstarch

 Chopped green onions

 Sesame seeds

✓ **Cooking Methods**

 **Stir-Frying:** The main cooking method used, where all ingredients are stir-fried over high heat to allow the flavors to meld together.

✓ **Preparation**

 Peel and dice potatoes into small cubes (about 1/2 inch).

 Mince 2–3 cloves garlic and 1 tablespoon ginger.

 Chop 1 medium onion and dice 1/2 cup bell pepper.

 Prepare 200g ground beef

 1/2 cup peas and set aside.

 In a large pan or wok, heat vegetable oil over medium heat then add the diced potatoes and cook for 5–7 minutes, stirring occasionally, until they are tender and lightly browned. Remove them from the pan and set aside.

 **Stir-Fry the Aromatics** In the same pan, add another vegetable oil. Then add the minced garlic, ginger, and chopped onion, stir-frying for about 1–2 minutes until fragrant and the onions are soft.

 **Cook the Ground Beef:** Add the ground beef to the pan and cook, breaking it up with a spatula, until it's browned and fully cooked, about 5 minutes.

 Add potatoes and season returns the cooked potatoes to the pan with the beef.

 Add bell pepper and peas

 Stir everything together and cook for an additional 3–5 minutes until the vegetables are tender and well combined with the beef.

 **Make the Sauce** in a small bowl, mix together: soy sauce, oyster sauce, sugar, rice vinegar or Chinese cooking wine and water

 Pour the sauce over the beef and potato mixture. Stir well to coat the ingredients evenly. Then thicken the sauce with cornstarch with a bit of water to create a slurry. Add it to the pan and stir until the sauce thickens to your

desired consistency, about 1–2 minutes. And combine everything and Garnish with chopped green onions and sesame seeds.

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve hot**



Activity 2: Guided Practice



Task 29:

Read careful scenario and answer the following questions

Your neighbouring school doesn't have an expert in Chinese hot dishes and your trainer delegates you to demonstrate for them how to cook Saucy vegetable stir-fried and Cabbage rolls with tomato and sumac Sauce by make sure that the dish preparation process is applied as you learnt.



Activity 3: Application



Task 30:

Refer to the scenario above on guided activity perform the below task

1. Gather and portioning ingredients for cook the planned recipe of TWO clients and draft the menu.

Topic: 3.4. Application of cooking methods and techniques for Chinese Vegetables hot Dishes



Activity 1: Problem Solving



Task 31:

As expert in cooking various Chinese hot dishes answer the following questions

- Which cooking methods that is primary for Saucy vegetable stir-fried?
- Be specific how a prepared sauce used for preparing Saucy vegetable stir-fried?

Key Facts 3.4. Application of cooking methods and techniques for Chinese Vegetables hot Dishes

- **Saucy vegetable stir-fried**

- ✓ **Description:** A Saucy Vegetable Stir-Fry is a colorful and nutritious dish made by quickly cooking a variety of fresh vegetables in a flavorful sauce. The vegetables are stir-fried to retain their crispness while absorbing the savory sauce made from ingredients like soy sauce, oyster sauce, and sesame oil. This dish is both healthy and versatile, often served as a side dish or a main course when paired with rice or noodles. The sauce can be adjusted to taste, and a variety of vegetables can be used depending on what's in season or preferred.

- ✓ **Ingredients**

-  1 cup broccoli florets
-  1 carrot, thinly sliced
-  1/2 cup bell pepper, sliced red, green, or yellow
-  1/2 cup snow peas or snap peas
-  1/2 cup baby corn, sliced
-  1/2 cup mushrooms, sliced
-  1 small onion, sliced
-  2–3 cloves garlic, minced
-  1 tablespoon ginger, minced

-  2 tablespoons vegetable oil
-  2 tablespoons soy sauce
-  1 tablespoon oyster sauce (or hoisin sauce for a vegetarian option)
-  1 tablespoon rice vinegar or lime juice
-  1 tablespoon sesame oil
-  1 teaspoon sugar (optional, for sweetness)
-  1/4 cup vegetable broth or water
-  1 teaspoon cornstarch (optional, to thicken the sauce)
-  Chopped green onions
-  Sesame seeds
-  Chili flakes (optional, for heat)

✓ **Cooking Methods**

-  **Stir-Frying:** The primary cooking method, where vegetables are quickly cooked in a small amount of oil over high heat to retain their texture and nutrients.
-  **Simmering:** The sauce may be simmered briefly to allow it to thicken and coat the vegetables.

✓ **Preparation**

-  Prepare mise-en-palace the Vegetables by wash and chop the vegetables. Cut the broccoli into florets, slice the carrot thinly, and slice the bell pepper into strips. Then prepare the snow peas, baby corn, mushrooms, and onion, and mince the garlic and ginger.
-  Make the Sauce in a small bowl, combine, soy sauce, oyster sauce, rice vinegar or lime juice, sesame oil, sugar, vegetable broth or water and cornstarch with a little water to make slurry and add it to the sauce mixture.
-  Stir-Fry the Vegetables with heated vegetable oil in a large wok or skillet over medium-high heat. Add the minced garlic and ginger, stirring for about 30 seconds until fragrant. Add the vegetables, starting with the firmer ones like carrots and broccoli. Stir-fry for 2–3 minutes. Then, add the bell pepper, snow peas, baby corn, and mushrooms, and stir-fry for an additional 3–4 minutes until the vegetables are cooked but still crisp.
-  Add the Sauce pour the prepared sauce over the vegetables. Stir well to coat the vegetables evenly with the sauce.

 Then remove from heat and garnish with chopped green onions, sesame seeds, and chili flakes then serve.

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve hot**

• **Cabbage rolls with tomato and sumac Sauce**

✓ **Description: Cabbage Rolls with Tomato and Sumac Sauce** is a flavorful Middle Eastern-inspired dish made by wrapping seasoned meat (usually beef or lamb) and rice in tender cabbage leaves. These rolls are then simmered in a tangy and aromatic sauce made from tomatoes, sumac, and spices. The sumac adds a unique tartness that complements the sweetness of the tomatoes, creating a harmonious flavor. This dish is often served with a side of yogurt or a fresh salad to balance out the richness of the rolls.

✓ **Ingredients:**

 1 medium head of cabbage (for rolling)

 500g ground beef (or lamb)

 1/2 cup rice (washed)

 1 small onion, finely chopped

 2 cloves garlic, minced

 1 teaspoon allspice

 1 teaspoon cinnamon

 Salt and pepper, to taste

 1 tablespoon olive oil

 2 cups tomato puree

 2 tablespoons olive oil

 2 tablespoons sumac

 1 tablespoon lemon juice

 1 teaspoon sugar

 1/2 teaspoon salt

 1/4 teaspoon black pepper

🍴 1–2 cups water or vegetable broth

✓ **Cooking Methods**

🍴 **Blanching:** The cabbage leaves are blanched to make them pliable for rolling.

🍴 **Simmering:** The cabbage rolls are simmered in a flavorful sauce until cooked through.

🍴 **Sautéing:** The onions, garlic, and ground meat are sautéed to develop flavors before being rolled in the cabbage leaves.

✓ **Preparation**

🍴 Bring a large pot of water to a boil. Remove the core from the medium cabbage and carefully separate the leaves. Blanch the leaves by placing them in the boiling water for about 2–3 minutes until softened. Remove the leaves and set them aside to cool.

🍴 Make the filling in a skillet, heat olive oil over medium heat. Add the chopped onion and sauté for about 2–3 minutes until softened. Then add the minced garlic and cook for another 30 seconds.

🍴 Then add the ground beef (or lamb) to the pan, breaking it up with a spoon, and cook until browned, about 5–7 minutes.

🍴 Stir in the washed rice, allspice, cinnamon, salt, and pepper, and cook for another 2 minutes to combine the spices with the meat. Remove from heat and set aside to cool slightly.

🍴 Prepare rolling of cabbage by taking each cabbage leaf and remove the thick vein from the center to make rolling easier place a spoonful of the meat and rice mixture on the leaf near the base. Then fold in the sides and roll up tightly like a burrito to enclose the filling then apply to all leaf.

🍴 Prepare the Tomato and Sumac Sauce: In a saucepan, heat olive oil over medium heat. Add the tomato puree (or crushed tomatoes) and stir to combine. Add the sumac, lemon juice (if using), sugar, salt, and black pepper. Let the sauce simmer for about 5–7 minutes to allow the flavors to meld together. Adjust the seasoning as needed, adding more sumac for tartness or sugar to balance the acidity.

🍴 Then cook the Cabbage Rolls: In a large pot, arrange the cabbage rolls tightly together, seam-side down. Pour the tomato and sumac sauce over the rolls, ensuring they are well-covered. Add 1–2 cups of water or vegetable broth to the

pot to help the rolls steam and cook. Bring the sauce to a simmer, cover the pot, and cook for about 45 minutes to 1 hour or until the rice is tender and the cabbage is soft.

 Serve

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve hot**

• **Di San Xian (Stir fried Eggplant, Potato and pepper)**

✓ **Description:** Di San Xian, which translates to "Three Fresh from the Earth," is a traditional Chinese stir-fry dish originating from Northeast China. The dish is made up of three key ingredients: eggplant, potatoes, and green peppers. These vegetables are stir-fried together in a savory and slightly sweet sauce, making the dish both hearty and flavorful. The eggplant becomes tender and silky, while the potatoes provide a satisfying texture, and the peppers add a bit of crunch. The sauce, typically made with soy sauce and garlic, enhances the natural sweetness of the vegetables, making it a comforting and balanced dish.

✓ **Ingredients**

 1 medium eggplant, cut into strips

 2 medium potatoes, peeled and sliced into thin strips

 2–3 green bell peppers, sliced

 2–3 cloves garlic, minced

 1 tablespoon ginger, minced

 1 tablespoon soy sauce

 1 tablespoon rice vinegar or white vinegar

 1 tablespoon sugar (optional, for sweetness)

 1/4 teaspoon chili flakes (optional, for heat)

 2–3 tablespoons vegetable oil (for stir-frying)

 2 tablespoons soy sauce

 1 tablespoon oyster sauce (optional)

 1 teaspoon sesame oil

-  1 tablespoon rice wine or Shaoxing wine
-  1/2 cup water or vegetable broth
-  1 teaspoon cornstarch mixed with 1 tablespoon of water (to thicken the sauce)
- ✓ **Cooking Methods**
-  **Stir-Frying:** The vegetables are quickly fried over high heat to retain their freshness and crunch while absorbing the sauce.
-  **Deep-Frying:** Potatoes and eggplant can be deep-fried briefly before stir-frying to add a crisp texture to the vegetables.
- ✓ **Preparation**
-  **Prepare the Vegetables:** cut eggplant into strips (about 1-inch long). If you want to reduce any bitterness, you can salt the eggplant slices and let them sit for about 10-15 minutes before rinsing and patting dry. Then, peel potatoes and slice the potatoes into thin strips (about the same size as the eggplant). You can soak them in water to remove excess starch, which helps them crisp up during cooking. Then, bell peppers: Slice the green bell peppers into thin strips. While Garlic and Ginger: Mince the garlic and ginger finely.
-  **Deep-Fry the Potatoes and Eggplant** in vegetable oil in a wok or large skillet over medium-high heat. Then, deep-fry the potatoes for about 3-4 minutes until golden and slightly crispy. Remove them from the oil and drain on paper towels.
-  **Stir-Fry the Vegetables:** In the same wok or skillet, add vegetable oil and heat over medium-high. Add the minced garlic and ginger. Stir-fry for about 30 seconds until fragrant. Add the sliced bell peppers to the wok and stir-fry for about 2-3 minutes until they start to soften. Add the fried potatoes and eggplant to the wok. Stir everything together to combine.
-  **Make the Sauce:** by mixing in a small bowl soy sauce, oyster sauce, rice wine or Shaoxing wine, sesame oil and water.
-  Add the sauce mixture to the wok and stir everything well. And thicken with cornstarch
-  Season with more soy sauce, salt, or a pinch of sugar and chili flakes
- ✓ **Tips to follow**
-  **Cooking Time: 30 minutes**
-  **Temperature: 70°C (160°F)**
-  **Serving Time and Temperature: Serve**



Activity 2: Guided Practice



Task 32:

Take your time and work on the following question

After paying a study visit to the nearest hotel, you are requested to present what you learnt about preparation process of Di San Xian dishes.



Activity 3: Application



Task 33:

Take your time; read the scenario below and perform the assignment

Your boss is advised to eat Chinese vegetables hot dishes in order maintain him healthy and you are hired to prepare and cook for him Cabbage Rolls with Tomato and Sumac Sauce. Then after you explain him what you have done to maintain good taste and aromatics of the dish.

Topic 3.5: Application of cooking methods and techniques for Chinese soups



Activity 1: Problem Solving



Task 34:

Help your classmate to understand what Chinese soups are all about by answer the following questions

1. How wonton soup is prepared as per Chinese hot dishes standards?
2. In the list below Soup is classified which category? (answer by Circle the letter right corresponding to the correct answer)
 - a. Main course

- b. Appetizer
- c. Desert
- d. Aromatize

Key Facts 3.5: Application of cooking methods and techniques for Chinese soups

- **Wonton Soup**

- ✓ **Description of Wonton Soup:** **Wonton Soup** is a classic Chinese dish consisting of delicate dumplings (wontons) filled with seasoned ground meat, typically pork or shrimp, wrapped in thin dough. These dumplings are cooked in a flavorful broth, often made with chicken or pork stock, and seasoned with soy sauce, ginger, and garlic. The wontons are usually served in a light, savory broth with a sprinkle of green onions and sometimes bok choy or other vegetables. The soup is both comforting and satisfying, making it a popular choice in Chinese cuisine, especially as an appetizer or light meal.

- ✓ **Ingredients**

-  200g ground pork (or shrimp, or a combination of both)
-  1/4 cup finely chopped green onions
-  2 cloves garlic, minced
-  1 tablespoon grated ginger
-  1 tablespoon soy sauce
-  1 tablespoon rice wine or Shaoxing wine
-  1/2 teaspoon sesame oil
-  1/4 teaspoon white pepper
-  1 egg, beaten
-  Wonton wrappers
-  4 cups chicken broth
-  2 tablespoons soy sauce
-  1 teaspoon sesame oil
-  1 tablespoon rice wine
-  2-3 slices of ginger

-  2-3 cloves garlic, smashed
-  Salt and pepper, to taste
-  2-3 stalks green onions, chopped
-  Bok choy or spinach

✓ **Cooking Methods**

-  **Boiling:** The wontons are boiled in water or broth until cooked through.
-  **Simmering:** The soup broth is simmered to extract flavors from the aromatics like garlic, ginger, and soy sauce.
-  **Steaming:** In some variations, the wontons are steamed before being added to the soup, although this is less common than boiling.

✓ **Preparation**

-  Prepare the Wonton Filling: In a bowl, combine the ground pork (or shrimp), green onions, minced garlic, grated ginger, soy sauce, rice wine, sesame oil, white pepper, and the beaten egg. Mix everything thoroughly until the ingredients are well combined, creating a smooth filling.
-  Assemble the Wontons: Lay a wonton wrapper flat on a clean surface. Place about 1 teaspoon of the filling in the center of the wrapper.
-  Moisten the edges of the wrapper with a little water, then fold the wrapper over the filling to create a triangle shape. Press the edges to seal. Repeat with the remaining wrappers and filling.
-  Prepare the Soup Broth: In a large pot, bring the chicken broth (or pork broth) to a boil. Add the soy sauce, sesame oil, rice wine, smashed garlic cloves, and ginger slices. Stir to combine and let the broth simmer for about 5-10 minutes to allow the flavors to meld. And Season the broth with salt and pepper to taste.
-  Cook the Wontons: Once the broth is ready, gently drop the assembled wontons into the simmering broth. Be careful not to overcrowd the pot.
-  Cook the wontons for about 4-6 minutes. They are done when they float to the surface and the filling is cooked through. Use a slotted spoon to remove the wontons from the broth and set them aside.
-  Serve Ladle the hot broth into bowls, making sure to distribute the garlic, ginger, and vegetables evenly. Add the cooked wontons to the broth and garnish with

chopped green onions. Optionally, add extra vegetables or a drizzle of sesame oil before serving.

✓ **Tips to follow**

🍳 **Cooking Time: 30 minutes**

🍳 **Temperature: 70°C (160°F)**

🍳 **Serving Time and Temperature: Serve**

• **Chinese Herbal and chicken soup**

✓ **Description:** Chinese Herbal and Chicken Soup is a traditional and nourishing soup known for its healing properties, often enjoyed as a comfort food or restorative tonic in Chinese culture. The dish combines chicken with a variety of Chinese herbs, which are believed to provide health benefits like boosting the immune system, promoting vitality, and balancing the body's energy. The soup has a delicate, earthy flavor from the herbs, which are simmered with the chicken until tender, allowing all the nutrients to infuse into the broth. It's commonly served as a light, aromatic soup during colder months or for recovery after illness.

✓ **Ingredients**

🍳 1 whole chicken (preferably a small, young chicken, or 2-3 chicken thighs or drumsticks)

🍳 10–12 cups water (or chicken broth for extra flavor)

🍳 1 tablespoon dried Chinese red dates (jujube)

🍳 2-3 slices dried Chinese ginseng (optional, can be omitted if unavailable)

🍳 1 tablespoon dried goji berries

🍳 3-4 slices dried lotus root (optional, for added texture)

🍳 1-2 pieces of dried angelica root (dong quai) (optional, for added health benefits)

🍳 2-3 slices of Chinese yam (shan yao) (optional, for added texture)

🍳 2-3 slices of dried astragalus root (huang qi) (optional, for immunity boosting)

🍳 2-3 slices ginger (fresh or dried)

🍳 1 small onion, peeled (optional)

🍳 Salt (to taste)

✓ **Cooking Methods**

 **Simmering:** This is the primary method for preparing the soup. The ingredients are simmered gently to extract the flavors and nutrients from the herbs and chicken without boiling too vigorously.

 **Stewing:** In some recipes, you may stew the soup for a longer period to get a more concentrated broth, enhancing the flavor and health benefits.

✓ **Preparation**

 **Prepare chicken:** If using a whole chicken, clean and cut it into parts. You can also use bone-in chicken thighs or drumsticks. Herbs: Rinse the dried Chinese herbs like red dates, goji berries, ginseng, and others under cold water to remove any impurities. Ginger and Onion: Peel the ginger and onion. Slice the ginger into thin pieces, and leave the onion whole or cut it into quarters, depending on preference. The onion is optional but can help add sweetness to the broth.

 **Boil the Chicken:** Place the chicken pieces (whole or cut into parts) in a large pot and cover them with 10–12 cups of water or chicken broth. Bring it to a boil over high heat. Once boiling, reduce the heat and skim off any impurities or foam that rise to the surface (this will help keep the broth clear and clean). **Add the Herbs:** Add the prepared **dried Chinese herbs** (red dates, goji berries, dried lotus root, angelica root, Chinese yam, astragalus, etc.) into the pot with the chicken. Add the slices of ginger and onion (if using) into the pot as well.

 **Simmer the Soup:** Lower the heat to a simmer, cover the pot, and cook for about 1.5 to 2 hours. The chicken will become tender, and the herbs will infuse their flavors into the broth. Check the liquid level throughout the cooking process, adding more water if needed to ensure that the ingredients remain covered.

 **Season the Soup:** After simmering, remove the pot from the heat and taste the soup. Add **salt** to taste, depending on your preference. The seasoning should be light and not overpower the delicate herbal flavors.

 **Strain and Serve:** Once the soup is ready, you can strain the broth to remove the solid herbs and ginger, or serve it as is if you prefer the herbs to remain in the soup. Serve the soup hot, ensuring each bowl has a few pieces of chicken

along with the fragrant broth. Garnish with fresh herbs or green onions if desired.

- **Vegetarian Chinese hot and sour soup**

- ✓ **Description of Vegetarian Chinese Hot and Sour Soup:** is a flavorful and tangy dish that offers a balance of spicy, sour, and savory flavors, traditionally enjoyed in Chinese cuisine. This version of the popular soup excludes meat, making it suitable for vegetarians. The soup is rich in texture and has a variety of vegetables and tofu, creating a hearty and satisfying meal. The hot flavor comes from ingredients like white pepper and chili paste, while the sourness is derived from ingredients like rice vinegar and tamarind. It's typically served as an appetizer or light meal, providing both warmth and depth of flavor.

- ✓ **Ingredients**

-  6 cups vegetable broth (or water for a lighter broth)
-  2 tablespoons soy sauce
-  2 tablespoons rice vinegar (for sourness)
-  1 tablespoon sesame oil
-  1 teaspoon white pepper (adjust to taste for heat)
-  1 tablespoon chili paste or chili oil (adjust to taste for heat)
-  1 teaspoon sugar (to balance the sourness)
-  1 tablespoon cornstarch (for thickening the soup)
-  1/4 cup water (for dissolving cornstarch)
-  200g firm tofu, cut into thin strips (or diced)
-  1/2 cup mushrooms, sliced (shiitake, button, or wood ear mushrooms are good choices)
-  1/2 cup bamboo shoots, julienned
-  1 small carrot, julienned
-  1/2 cup baby corn, sliced
-  1/2 cup snow peas or bok choy
-  2 cloves garlic, minced
-  1-inch piece ginger, minced

 2 green onions, chopped

 1 egg, lightly beaten

✓ **Cooking Methods**

 **Simmering:** The soup base is simmered to allow the flavors to meld together and to cook the vegetables.

 **Thickening:** The soup is thickened using cornstarch dissolved in water, creating a slightly gelatinous texture that's typical of hot and sour soup.

 **Stir-frying:** Some recipes may involve stir-frying the vegetables (garlic, ginger, mushrooms) to release their flavors before adding them to the broth.

 **Boiling:** The broth is brought to a boil and then simmered, allowing the tofu and vegetables to cook through.

✓ **Preparation**

 **Prepare the Soup Base:** In a large pot, combine the **vegetable broth, soy sauce, rice vinegar, sesame oil, white pepper, chili paste, and sugar**. Stir well to combine the ingredients. Bring the mixture to a boil over medium-high heat, then reduce the heat to simmer.

 **Prepare the Vegetables:** While the soup base is simmering, slice the **mushrooms, carrot, and baby corn**. If using **bamboo shoots**, ensure they are julienned. Cut the **tofu** into thin strips or small cubes. If desired, gently press the tofu to remove excess moisture.

 **Add the Vegetables and Tofu:** Add the sliced **mushrooms, bamboo shoots, carrot, and baby corn** to the simmering broth. Cook for about **5-7 minutes** until the vegetables are tender. Add the **tofu** and continue to simmer for another **3-5 minutes** until the tofu is heated through.

 **Thicken the Soup:** In a small bowl, mix **1 tablespoon cornstarch** with **1/4 cup water** to create slurry. Slowly pour the cornstarch mixture into the simmering soup while stirring continuously. Allow the soup to thicken and cook for another **2-3 minutes**.

 **Add the Egg and Taste and Adjust:** Taste the soup and adjust the seasoning as needed. If you prefer it to be more sour, add extra **rice vinegar**. For more heat, add additional **chili paste** or **white pepper**. If you prefer a thicker soup, you can add a little more cornstarch slurry.

 Then Garnish and Serve

 Ladle the soup into bowls and garnish with **chopped green onions**. Serve hot with

- **Chinese Noodle soup**

✓ **Description: Chinese Noodle Soup** is a comforting and flavorful dish that features a rich broth, tender noodles, and a variety of toppings such as vegetables, meat, or tofu. It's a staple in Chinese cuisine, often served as a quick meal or during colder months for its warming properties. The broth can vary from light and clear to rich and hearty, while the noodles are usually wheat-based, though other types like rice noodles may be used depending on the region. The soup is customizable and can include ingredients like bok choy, mushrooms, and eggs, providing a balance of textures and flavors in each bowl.

✓ **Ingredients**

-  6 cups chicken or vegetable broth
-  2 tablespoons soy sauce
-  1 tablespoon sesame oil
-  1 tablespoon rice vinegar
-  1 teaspoon sugar
-  1-2 slices fresh ginger
-  2 cloves garlic, smashed
-  1 tablespoon Chinese rice wine
-  1 tablespoon miso paste or hoisin sauce
-  200g Chinese egg noodles
-  200g cooked chicken, pork, or beef
-  Tofu (fried or soft, for vegetarians)
-  Bok choy, chopped
-  Shiitake or button mushrooms, sliced

-  Carrots, julienned
-  Snow peas, optional
-  Green onions, chopped
-  Bean sprouts, optional
-  Boiled egg
-  Chili paste or sriracha

✓ **Cooking Methods**

-  **Simmering:** The broth is simmered to extract the flavors from ginger, garlic, and other seasonings.
-  **Boiling:** The noodles are boiled separately to prevent them from overcooking in the broth.
-  **Stir-frying (optional):** Some recipes may call for stir-frying the vegetables or protein before adding them to the soup to enhance their flavors.

✓ **Preparation**

-  **Prepare the Broth:** In a large pot, combine chicken or vegetable broth, soy sauce, sesame oil, rice vinegar, sugar, ginger slices, and garlic. Add Chinese rice wine (if using) and miso paste or hoisin sauce for added depth of flavor. Bring the broth to a boil over medium-high heat, and then reduce the heat to low and let it simmer for 15-20 minutes to allow the flavors to infuse.
-  **Prepare the Noodles:** While the broth is simmering, bring a separate pot of water to a boil. Cook the Chinese egg noodles (or your choice of noodles) according to package instructions, usually for about 4-6 minutes. Drain the noodles and rinse them under cold water to prevent them from sticking together. Set aside.
-  **Prepare the Toppings:** Vegetables: If you're using bok choy, carrots, snow peas, or any other vegetables, prepare them by chopping or slicing as needed. For mushrooms, slice them thinly. Protein: If you're adding cooked chicken, pork, or beef, slice them thinly. For vegetarians, you can use tofu—either soft tofu or fried tofu for added texture. Egg: For a soft-boiled egg, gently lower the egg into

boiling water and cook for about 6-7 minutes for a runny yolk. For hard-boiled eggs, cook for 9-10 minutes.

 **Assemble the Soup:** Divide the cooked noodles into serving bowls. Pour the hot broth over the noodles in each bowl. Add your desired toppings, such as sliced **chicken, tofu, vegetables**, and a **boiled egg**. Garnish with **green onions** and **bean sprouts** (if using), and drizzle with **chili paste** or **sriracha** for extra spice.

 **Serve**

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve**



Activity 2: Guided Practice



Task 35:

Take your time and answer the followings questions

Assume your school received visitors from RTB, eagerly to know whether the practical lesson took place in the workshop, you trainer requests you to go in the kitchen and cook for them the Chinese Noodle soup among other dishes.



Activity 3: Application



Task 36:

Read scenario and work together to perform below

You are shortlisted as a candidate in Chinese restaurant, and you are given an entrance test to cook at least one Chinese soup of your choice by considering the following tips; name the soup are you going to cook, respect Hygiene and safety, apply appropriate preparation procedure, respect cooking methods and temperature, do it in appropriate period of time.

Topic 3.6: Application of cooking methods and techniques for Chinese sauces



Activity 1: Problem Solving



Task 37:

Help your classmate to understand what are Chinese sauces hot dishes by answering the following questions

1. What are main cooking methods used for Chinese sauces
2. List down the preparation techniques for Chinese Garlic Sauce

Key facts 3.6: Application of cooking methods and techniques for Chinese sauces

- **Chinese Garlic Sauce**

- ✓ **Description:** **Chinese Garlic Sauce** is a savory and aromatic sauce commonly used in Chinese cuisine. It's known for its bold, garlicky flavor, balanced with sweet, salty, and spicy elements. The sauce is versatile and can be used to stir-fry vegetables, tofu, chicken, or beef. It is characterized by its rich, garlicky base, with the addition of ingredients like soy sauce, hoisin sauce, and rice vinegar, which contribute to its well-rounded flavor profile. Often paired with a thickened consistency, Chinese garlic sauce provides a delicious coating for stir-fried dishes, offering a satisfying combination of flavors.

- ✓ **Ingredients**

- ✚ 3 tablespoons soy sauce
- ✚ 2 tablespoons rice vinegar
- ✚ 1 tablespoon hoisin sauce
- ✚ 1 tablespoon sugar
- ✚ 2 teaspoons cornstarch
- ✚ 1/4 cup water
- ✚ 6-8 cloves garlic, finely minced

-  1 tablespoon ginger, minced
-  1 teaspoon sesame oil
-  1 teaspoon chili paste or sriracha
-  1/4 teaspoon white pepper
-  1 tablespoon vegetable oil

✓ **Cooking Methods**

-  **Stir-frying:** Garlic sauce is typically prepared by stir-frying the garlic and other aromatics to release their flavors, followed by the addition of liquids and thickening agents.
-  **Simmering:** After the garlic and other ingredients are stir-fried, the sauce is simmered briefly to meld the flavors together and allow the sauce to thicken.

✓ **Preparation**

-  **Prepare the Sauce Base:** In a small bowl, mix the **soy sauce, rice vinegar, hoisin sauce, sugar, and water**. Stir well to dissolve the sugar completely. In another small bowl, dissolve **cornstarch** in **1/4 cup water** to create cornstarch slurry. This will be used to thicken the sauce later.
-  **Stir-fry the Garlic:** Heat **vegetable oil** in a pan or wok over medium heat. Once the oil is hot, add the **minced garlic** (and **ginger**, if using) and stir-fry for about **30 seconds to 1 minute**, or until the garlic becomes fragrant and golden. Be careful not to burn the garlic, as it can become bitter.
-  **Add the Sauce Ingredients:** Pour the **soy sauce mixture** into the pan with the garlic, stirring to combine. Bring the mixture to a simmer over medium heat, allowing the sauce to cook for **2-3 minutes**. This helps to meld the flavors and allows the sugar to dissolve fully.
-  **Thicken the Sauce:** Add the **cornstarch slurry** to the simmering sauce, stirring constantly. This will thicken the sauce and give it a smooth, glossy texture. Then simmer for another 1-2 minutes, or until the sauce reaches your desired thickness.
-  **Final Seasoning:** Stir in **sesame oil** for a nutty flavor and **chili paste or sriracha** (if using) for a bit of heat. Taste the sauce and adjust the seasoning as necessary.

You can add more **sugar** for sweetness, **vinegar** for acidity, or **white pepper** for extra heat.

 **Serve**

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve**

- **Easy Chinese Sweet and sour Sauce**

✓ **Description: Chinese Sweet and Sour Sauce** is a popular sauce in Chinese cuisine, known for its perfect balance of sweet and tangy flavors. It has a glossy, smooth texture and is typically used in dishes like Sweet and Sour Chicken, Sweet and Sour Pork, or as a dipping sauce for fried appetizers. The sauce combines sugar, vinegar, and ketchup with a hint of soy sauce for a savory note. This quick and easy recipe allows you to make the sauce at home with simple pantry ingredients, delivering that signature sweet, sour, and tangy flavor in a matter of minutes.

✓ **Ingredients**

 1/2 cup ketchup (for sweetness and color)

 1/4 cup rice vinegar (for tanginess)

 1/4 cup sugar (white or brown sugar works)

 2 tablespoons soy sauce (for a savory depth of flavor)

 1 tablespoon cornstarch (for thickening)

 1/2 cup water (to dissolve the cornstarch)

 1 tablespoon pineapple juice (optional, for extra fruity sweetness)

 1/2 teaspoon garlic powder (optional, for a hint of garlic flavor)

 1/2 teaspoon ginger powder (optional, for warmth)

 1 tablespoon vegetable oil (for cooking)

✓ **Cooking Methods**

 **Simmering:** The sauce ingredients are simmered together to blend the flavors and thicken the sauce.

 **Thickening:** Cornstarch slurry is added to thicken the sauce to a smooth, glossy consistency.

✓ **Preparation**

 **Prepare the Cornstarch Slurry:** In a small bowl, combine **cornstarch** and **water**. Stir until the cornstarch is fully dissolved, forming a smooth slurry. Set it aside for later use.

 **Combine Sauce Ingredients:** In a medium-sized saucepan, combine **ketchup**, **rice vinegar**, **sugar**, and **soy sauce**. Add the **pineapple juice** (if using), **garlic powder**, and **ginger powder** for extra flavor.

 Stir well to combine all the ingredients

 **Simmer the Sauce:** Place the saucepan over medium heat and bring the mixture to a simmer. Stir occasionally to prevent burning and ensure the sugar dissolves completely. Let it simmer for **3-5 minutes** to allow the flavors to meld together.

 **Add the Cornstarch Slurry:** Once the sauce is simmering and the sugar has dissolved, slowly pour in the **cornstarch slurry**, stirring continuously. This will help thicken the sauce. Continue to cook for **1-2 minutes**, stirring constantly, until the sauce reaches a smooth, glossy consistency.

 **Taste and Adjust:** Taste the sauce and adjust the sweetness or sourness according to your preference. If you prefer it sweeter, add more **sugar**. For more tanginess, add a little more **vinegar**.

 Once the sauce is ready, remove it from the heat. It is now ready to be used with your favorite stir-fried dishes or as a dipping sauce for appetizers.

• **Chinese White sauce**

✓ **Description of Chinese white Sauce:** is a light, savory sauce commonly used in Chinese cuisine, particularly in stir-fries with vegetables, chicken, pork, and seafood. It is known for its smooth, silky texture and subtle, delicate flavor. The white sauce is made with simple ingredients like chicken broth, soy sauce, and cornstarch to thicken, resulting in a mild and versatile sauce that doesn't overpower the natural flavors of the ingredients. It's often used in dishes like **chicken with broccoli**, **shrimp with vegetables**, and various stir-fried vegetable dishes.

✓ **Ingredients**

 1 cup chicken broth (or vegetable broth for a vegetarian version)

-  2 tablespoons soy sauce (for a savory depth of flavor)
-  1 tablespoon oyster sauce (optional, for added umami)
-  1 tablespoon rice wine (or dry sherry, optional for depth of flavor)
-  1/2 teaspoon sugar (optional, for balance)
-  1-2 tablespoons cornstarch (for thickening the sauce)
-  2 tablespoons water (to dissolve the cornstarch)
-  1 tablespoon vegetable oil (for stir-frying)
-  1/4 teaspoon white pepper (optional, for mild heat)
-  1-2 teaspoons sesame oil (optional, for a nutty finish)

✓ **Cooking Methods**

-  **Simmering:** The chicken broth and soy sauce are simmered to develop the base flavors.
-  **Thickening:** Cornstarch slurry is used to thicken the sauce, creating a smooth consistency.
-  **Stir-frying:** The sauce is often added during stir-frying to coat the ingredients evenly.

✓ **Preparation**

-  In a small bowl, combine **cornstarch** and **water**, and stir until the cornstarch is completely dissolved. Set this aside for later use.
-  **Heat the Broth:** In a medium saucepan, combine the **chicken broth**, **soy sauce**, **oyster sauce** (if using), and **rice wine** (if using). Stir to combine.
-  Bring the mixture to a gentle simmer over medium heat, allowing the flavors to meld together. This should take about **3-5 minutes**.
-  **Add the Cornstarch Slurry:** Once the broth mixture is simmering, slowly add the **cornstarch slurry** to the saucepan while stirring constantly. This will help thicken the sauce. Continue to cook and stir for another **2-3 minutes**, or until the sauce thickens and reaches a smooth, silky consistency.
-  **Add Final Seasonings:** Stir in the **white pepper** (if using) and **sesame oil** (if using) to add a bit of heat and a nutty finish to the sauce. Taste the sauce and adjust the seasoning, if necessary, by adding a little **sugar** to balance out the saltiness, or more **soy sauce** for a stronger flavor.

 **Serve:** The sauce is now ready to be used in stir-fries or as a glaze for vegetables, meats, or seafood. You can pour the sauce directly over stir-fried vegetables, meats, or tofu for a light, savory finish.

✓ **Tips to follow**

 **Cooking Time: 30 minutes**

 **Temperature: 70°C (160°F)**

 **Serving Time and Temperature: Serve**



Activity 2: Guided Practice



Task 38:

Do the following assignment

After being explained more about Chinese soups, demonstrate ingredients and procedures followed when cooking any dish from your preference among Chinese soups you have learnt.



Activity 3: Application



Task 39:

Individual work

As it is requested by the guest from China who attends the event of Rwanda Galaxy award, prepare for her Chinese White-sauce in 10 minutes then explain the composition of this sauce. Do it professionally so that to maximize satisfaction to your guest.



Formative Assessment

Use True or False by answering the following questions

1. The following are the main cooking techniques of Sea food tofu stew
 - a. Simmering
 - b. Boiling
 - c. Stir-Frying
 - d. Shallow Frying
 - e. Grilling
2. What are the preparation techniques of crispy pork belly?
3. What are the cooking techniques of wonton soup dish?



Points to Remember

- **Always consider these points:**
 - ✓ Put on a chef attire for keeping professionals and safety of food items
 - ✓ Use a kitchen scale to measure the fish food items
 - ✓ Use recommended time and temperature
 - ✓ Ensure that the seafood is fresh for the best flavor and texture
 - ✓ Use a measuring spoon to measure salt, sugar and Peppa
 - ✓ When preparing Sesame Chicken, accurate measuring of ingredients is essential to achieve the perfect balance of flavors
 - ✓ Use a clean sturdy cutting board to ensure safety and stability while cooking.



Self-Reflection

1. Re-take this self-assessment at the end of this unit by fill in the table and identify your areas of strength, areas for improvement and actions to take for improvement.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Select Chinese hot kitchen cooking tools, materials and equipment					
Describe cooking methods and techniques for cooking different Chinese hot dishes					
Cook Meat, sea food, Starch and noodles hot dishes Chinese hot Dishes					
Prepare Chinese hot Dishes accompaniments and garnishing spices					
Prepare and plate Chinese hot dishes					
Operate different cooking equipment used in Chinese hot kitchen					
Cook vegetables, soup and sauce Chinese hot dishes					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 4: PRESENTING CHINESE DISHES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to Present Chinese hot dishes. It covers the presentation of Chinese meat dishes, sea food dishes, Chinese starch & noodles dishes, Chinese vegetation hot dishes, soups dishes and Chinese sauces dishes, their garnishing and accompaniments.

Self-Assessment: Unit 4

1. Look at the unit illustration in the Manuals and discuss:
 - a. What does the illustration show
 - b. What do you think will be topics to be covered under this unit based on the illustration?
2. Fill out the below self-assessment. Think about yourself: do you think you can do this? How well? Read the statements across the top. Assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquired during the learning process
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
3. At the end of this unit, you will assess yourself again

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe principles of plating in Chinese culinary presentation					
Select tools, materials and equipment neat for Chinese hot dishes presentation					
Differentiate presentation techniques for Chinese hot dishes					
Describe Chinese hot dishes visually appealing as per					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
traditional presentation practices.					
Set and Arrange buffet of Chinese hot dishes with creativity					
Garnish Chinese hot dishes appropriately to enhance visual appeal without overwhelming flavours.					



Key Competencies:

Knowledge	Skills	Attitudes
1. Describe principles of plating in Chinese culinary presentation	1. Select tools, materials and equipment neat for Chinese hot dishes presentation	1. Respectful to the chef attire when presenting the Chinese hot dishes
2. Describe Chinese hot dishes visually appealing as per traditional presentation practices.	2. Set and arrange buffet of Chinese hot dishes with creativity	2. Attention to detail in presenting Chinese dishes.to high quality presentation of Chinese hot dishes
3. Differentiate presentation techniques for Chinese hot dishes	3. Garnish Chinese hot dishes appropriately to enhance visual appeal without overwhelming flavours.	3. Be knowledgeable when presenting hot dishes



Discovery activity:



Task 40:

Read scenario below and answer the related questions

The Chinese ambassador in Rwanda, is having a birthday party for his son, he invited at home his workmates and want to set a main course buffet of Chinese different hot dishes, as per your experience in buffet set up, guide them on how to set this buffet by answering the following questions:

1. What should be available before setting tables?
2. What are the presentation techniques for crispy pork belly dish
3. What to consider when doing the following tasks as per conducting Chinese dishes presentation?
 - a. Placing chafing dishes
 - b. Arranging the meals

4. Answer by True or False

In the presentation of Chinese Herbal and chicken soup; the following is the main tips for laying tables clothes:

- a. Choose the right size tablecloth
- b. Smooth out wrinkles
- c. Align the cloth correct
- d. Allow for proper hanging length
- e. Use tablecloth clips or weights

Topic 4.1.: Presentation of Chinese Meat and sea food dishes



Activity 1: Problem Solving



Task 41:

Help your trainer to answer the following questions asked by the new enrolled trainees in the trade of food and beverage operations

1. What are the main set up tools and equipment used when presenting sea Mongorian Beef?
2. What activities to be carried out when presenting the above said dish?
3. Why is important to garnishing sea Mongorian Beef dish?

Key Facts 4.1: Presentation of Chinese Meat and sea food dishes

- Chinese hot dishes presentation tools and equipment

- ✓ Presentation tools and equipment



Tongs: are a kitchen tool used to grip and lift food or objects, typically made of two arms joined at one end.



Scissors: Also known as kitchen shears, are a versatile tool used in food preparation



🌈 **Opener:** Is a kitchen tool used to open metal cans and alcohol drinks. It



typically consists of a handle, a cutting wheel and a rotating mechanism to puncture the can and then cut around its lid.

🌈 **Chafing dish:** Is a portable food heating dish often used in catering or buffets.



It's typically used to keep food warm during serving, usually by placing it over a flame or using hot water underneath to maintain the heat.

🌈 **Plates and cutleries:** Are essential element of table setting and dining



🌈 **Table mats and clothes:** are important elements for setting the dining table,



adding both functionality and style

A table mat itself is individual mat placed under place, glasses and cutlery to protect the surface of the table from heat.

A table cloth is a large cloth that covers the entire table, and it is often used for formal meals special occasions, or to protect the table from spills and stains

 **Table household:** Refer to all items that placed on table to facilitate people while they eating fore stance service, Peppa holder, and salt holder.



✓ Crispy Pork Belly

 **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. **The set-up of crispy pork belly cooked** refers to the preparation and presentation of a dish of cooked crispy pork belly, ensuring it is served at its best both in flavor and appearance

Use tables

○ **Additional Tips for Buffet Table Setup:**

- **Table Linens:** Use tablecloths to cover the buffet tables. This helps create a cohesive look and adds an element of sophistication. You can also use decorative runners or cloths that match the event's theme.
- **Elevate Dishes:** To create visual interest and help with food visibility, use risers, tiers, or boxes under the tablecloth to elevate some dishes. This allows you to layer dishes and makes them easier to access.
- **Spacing:** Ensure there is enough space between the tables and each food item to allow guests to move freely and comfortably. Avoid overcrowding the tables with too many dishes at once.
- **Flow and Access:** Arrange the buffet table(s) with the food in the following order: plates, appetizers, main dishes, sides, and then

desserts and beverages at the end. This allows guests to move logically through the buffet line.

Laying table clothes

- **Tips for laying tables clothes**
 - Choose the right size tablecloth
 - Smooth out wrinkles
 - Align the cloth correct
 - Allow for proper hanging length
 - Use tablecloth clips or weights

Consider layering

- **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
- **Multiple Layers:** For added elegance, you can use a combination of tablecloths (e.g., a white linen base with a colored or patterned cloth on top) to create visual interest, especially for larger buffets or formal events.

Place chafing dishes

- **Tips for placing chafing dishes**
 - Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
 - For large events, consider setting up multiple food stations to prevent crowding at a single table
 - Group similar food items together for ease of access. For example, place all proteins (chicken, beef, fish) in one area, followed by starches (potatoes, rice), vegetables, and sauces.
 - Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
 - Elevate some chafing dishes using risers or display stands to create a visually dynamic setup
 - Ensure each chafing dish has enough space for the serving utensils and plates.

- Clearly label each chafing dish with a sign or card that identifies what's inside, including any dietary information (e.g., vegetarian, gluten-free, etc.), so guests can make informed choices.

 **Place Plate & service spoons:** When serving Chinese dishes, the arrangement of plates and serving spoons plays a crucial role in ensuring both practical functionality and aesthetic appeal

- **Tips for placing plates and services spoons effectively**

- Place individual small plates or bowls near the buffet or serving area. In Chinese dining, food is often served family-style, so smaller plates help guests take portions of various dishes without overloading a larger plate.
- Group Plates by Dish Type
- For each dish, provide a dedicated service spoon or ladle. In Chinese cuisine, many dishes have sauces or gravies, so having an appropriate spoon for each dish ensures guests can serve themselves without mixing flavors.
- Label for Special Spoons
- Position Plates and Spoons for Easy Access
- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme
- Label the Dishes

✓ **Arrangement of meals**

 **According to type of cooked foods**

- **Arrangement of Buffet Table**

- **Flow of Traffic:** Organize the buffet in a way that allows guests to move smoothly from start to finish. Arrange the buffet so the plates are at the beginning, followed by appetizers, then main dishes, and finally sides and desserts.

- **Placement:** Put hot dishes toward the back of the table and cold items, like salads or desserts, at the front to ensure they stay at the right temperature.
- **Condiments & Garnishes:** Place condiments like soy sauce, hoisin sauce, and chili paste on the table for easy access, along with garnishes like sesame seeds, chopped green onions, or cilantro.

 **Filling chafing dishes as per labels:** Filling chafing dishes properly ensures that your buffet presentation looks organized and professional, while also maintaining the right temperature and quality of the food.

 **Procedures of Filling chafing dishes**

- **Understand the Labeling System**
 - **Labeling:** Start by clearly labeling each chafing dish with the food it contains. This helps guests identify dishes easily. Use small, readable signs or tags next to each dish.
 - **Positioning:** Place the labels at the front of the chafing dish so guests can quickly see the name of the dish. If you are serving multiple dishes with similar names, include more detailed descriptions (e.g., "Chicken Kung Pao" vs. "Beef with Broccoli").
- **Prepare the Chafing Dishes**
 - **Insert Water Pan:** Fill the water pan (the lower part of the chafing dish) with about 1–2 inches of hot water. This is essential to maintain the heat of the food. Ensure that the water does not touch the food pan.
 - **Heat Source:** If using Sterno (canned heat), light it before setting up the food. Adjust the flame as needed to maintain a consistent temperature.
- **Filling the Chafing Dishes**
 - **Layering and Portion Control:** Fill each chafing dish with the corresponding dish in layers, ensuring a proper balance of volume and visual appeal.
- For **entrées** (e.g., chicken, beef), fill the dish about halfway to ensure it stays warm throughout the event and doesn't overcrowd. Leave some space at the top to prevent spillage.

- For **rice or noodles**, layer them evenly in the pan. If you're serving fried rice or lo mein, ensure the noodles or rice are not clumped together and are spread out for easy serving.
- For **vegetable or side dishes**, ensure they are distributed evenly across the dish to avoid uneven heating.
- **Avoid Overcrowding:** Leave some space at the top of each pan (about 1 inch) to prevent spillage while the food is being served. You want to make sure the food is easily accessible, and serving it in multiple layers might be necessary if you have a large number of people.
- **Temperature Control**
 - **Preheat the Food:** Before placing the chafing dishes on the buffet table, preheat the food in the oven or stovetop to ensure that it's served at the correct temperature. The heat from the Sterno or other warming equipment will maintain the temperature but not cook the food.
 - **Monitor the Temperature:** Throughout the event, check the food periodically to ensure it remains hot. Stir the food occasionally and replace any Sterno cans that are running low. You can also rotate dishes to ensure all food stays evenly heated.
- **Food-Specific Filling Tips**
 - **Fried Foods (e.g., egg rolls, spring rolls):** Since these foods can get soggy if they stay too long in a hot pan, serve them in smaller batches and refill as needed. Consider placing a parchment paper or small napkin underneath fried items to absorb excess oil.
 - **Soups and Sauces:** If you're serving soup or saucy dishes (like a sweet and sour chicken), use the chafing dish with a deeper pan. Fill the pan until it's about $\frac{3}{4}$ full to avoid spillage, and keep the soup at a constant simmer.
 - **Steamed Dishes:** If you're serving dim sum or dumplings, use a chafing dish with a lower water level to keep the items moist without overcooking them. Make sure you add water occasionally to prevent it from evaporating.
- **Arrangement of Chafing Dishes**

- **Position on Buffet Table:** Place the chafing dishes in the order that encourages a logical flow for guests to serve themselves. For example, hot items should come after appetizers, but before side dishes or rice.
- **Space Between Dishes:** Leave enough space between dishes to prevent guests from crowding and to allow them to serve themselves comfortably.
- **Final Presentation**
 - **Garnish:** Before covering the chafing dishes, consider adding garnishes like fresh herbs, sesame seeds, or sliced scallions on top of your dishes to make them more visually appealing.
 - **Cover:** Once filled, cover the chafing dishes with their respective lids to maintain heat. Use lids only, when necessary, as guests will appreciate being able to view the dishes, especially for dry items.
- **Refilling**
 - **Keep Extra Supplies Ready:** If you're expecting a large crowd, prepare extra food in advance. Have it ready to refill the chafing dishes throughout the event as they empty.
 - **Rotation:** If you're serving multiple dishes, rotate the dishes between the chafing pans to ensure all items stay fresh and the food isn't sitting too long under heat.
- ✓ **Visual Symmetry and appearance:**
 - 🎨 **Balance of Flavors and Textures**
 - **Seasoning:** Pork belly should be well seasoned to enhance its flavor. Common seasonings include salt, pepper, garlic powder, onion powder, and other spices like five-spice powder, paprika, or fennel seeds. These seasonings help build a savory and aromatic profile.
 - **Crispy Skin:** The skin should be rendered to achieve the desired crispiness. This is often achieved by scoring the skin and then roasting at a high temperature or broiling towards the end of cooking. The skin should crackle and become golden brown, with a crispy and crunchy texture that contrasts beautifully that creates a dynamic and celebratory visual balance
 - 🎨 **Chinese color Harmony**

- **Color:** A golden brown or crispy amber hue is often achieved when the pork belly skin is roasted or broiled at a high temperature. This color represents the *Yang* (the active, fiery, and warm energy) and is a symbol of richness and prosperity in Chinese culture.
- **Flavor Harmony:** The crispy skin's golden color also signifies the perfect texture—crunchy, savory, and full of umami flavors.

Garnishing

- **Herbs and Garnishes:** To elevate the dish, garnishes like fresh herbs (parsley, cilantro, or microgreens) can be added. These can be sprinkled over the pork belly or placed on the plate for a fresh contrast to the richness of the meat. That contributing to the overall harmony and adding a visual sense of balance and health.
- **Other Garnishes:** If desired, add pickled vegetables, sliced chilies, or citrus zest for an added burst of flavor and color.

Presentation process for Crispy pork belly

- Choose the right plate/dish plate
- Perfectly slice the pork belly
- Arrange the pork belly
- Enhance with complementary sides
- Drizzle sauce or artfully
- Garnish for color and texture
- Highlight the crispy texture
- Add pop of color

✓ **Welcome to the guest**

 **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

 **Meals well done:** It is an important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

 **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

 Tips

- Be warm and respectful
- Acknowledge the food's specialty
- Incorporate Chinese phrases
- Encourage sharing and enjoyment
- Appreciate the company
- Focus on the freshness and quality
- Mind the setting
- Complement the meal's experience



Activity 2: Guided Practice



Task 42:

Get read and work on the questions below

1. In your respective school training workshop, under guidance of your trainer, do the presentation of cooked Chinese hot dishes below.
 - a. See food tofu stew
 - b. Pan fried Salmon
2. Remember to consider plating procedure during the above activity



Activity 3: Application



Task 43:

Read the scenario and make a logical flow chart of dish presentation activity

Miss. Alice and Mr. Olivie are domestic workers at Shema's new home in Kigali city. Their Boss is organizing a lunch for his visitors and make order of various meat and sea food chinese dishes and ask them to set the up the buffet, for you information he provided them the list of activities to be respected in buffet set up, so as someone experienced in presentation of chines hot dishes help Alice & Oliver to set in logical sequence the activities below:

1. Garnishing
2. Food-Specific Filling Tips
3. Filling the Chafing Dishes
4. Labeling System
5. Temperature Control
6. Arrangement of Chafing Dishes
7. Prepare the Chafing Dishes

Topic: 4.2. Presentation of Chinese Starch and noodles dishes



Activity 1: Problem Solving



Task 44:

Refer to your prior experience in Chinese hot dish presentation answer the following questions

1. What tools and equipment should be used to set up when presenting sea food tofu stew?
2. What activities to carry out when presenting that dish said above?
3. Why plating and garnishing that dish is important?

Key facts 4.2. Presentation of Chinese Starch and noodles dishes

- **Sea food tofu stew**

- ✓ **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. **The set-up of crispy pork belly cooked** refers to the preparation and presentation of a dish of cooked crispy pork belly, ensuring it is served at its best both in flavor and appearance

- **Use tables**

- **Additional Tips for Buffet Table Setup:**

- **Table Linens:** Use tablecloths to cover the buffet tables. This helps create a cohesive look and adds an element of sophistication. You can also use decorative runners or cloths that match the event's theme.
- **Elevate Dishes:** To create visual interest and help with food visibility, use risers, tiers, or boxes under the tablecloth to elevate some dishes. This allows you to layer dishes and makes them easier to access.
- **Spacing:** Ensure there's enough space between the tables and each food item to allow guests to move freely and comfortably. Avoid overcrowding the tables with too many dishes at once.
- **Flow and Access:** Arrange the buffet table(s) with the food in the following order: plates, appetizers, main dishes, sides, and then desserts and beverages at the end. This allows guests to move logically through the buffet line.

- **Laying table clothes**

- **Tips for laying tables clothes**

- Choose the right size tablecloth
- Smooth out wrinkles
- Align the cloth correct
- Allow for proper hanging length
- Use tablecloth clips or weights

- **Consider layering**

- **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
- **Multiple Layers:** For added elegance, you can use a combination of tablecloths (e.g., a white linen base with a colored or patterned cloth on top) to create visual interest, especially for larger buffets or formal events.

Place chafing dishes

- **Tips for placing chafing dishes**
 - Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
 - For large events, consider setting up multiple food stations to prevent crowding at a single table
 - Group similar food items together for ease of access. For example, place all proteins (chicken, beef, fish) in one area, followed by starches (potatoes, rice), vegetables, and sauces.
 - Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
 - Elevate some chafing dishes using risers or display stands to create a visually dynamic setup
 - Ensure each chafing dish has enough space for the serving utensils and plates.
 - Clearly label each chafing dish with a sign or card that identifies what's inside, including any dietary information (e.g., vegetarian, gluten-free, etc.), so guests can make informed choices.

 **Place Plate & service spoons:** When serving Chinese dishes, the arrangement of plates and serving spoons plays a crucial role in ensuring both practical functionality and aesthetic appeal

- **Tips for placing plates and services spoons effectively**

- Place individual small plates or bowls near the buffet or serving area. In Chinese dining, food is often served family-style, so smaller plates help guests take portions of various dishes without overloading a larger plate.
- Group Plates by Dish Type
- For each dish, provide a dedicated service spoon or ladle. In Chinese cuisine, many dishes have sauces or gravies, so having an appropriate spoon for each dish ensures guests can serve themselves without mixing flavors.
- Label for Special Spoons
- Position Plates and Spoons for Easy Access
- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme
- Label the Dishes

✓ **Arrangement of meals**

According to type of cooked foods

○ **Arrangement of Buffet Table**

- **Flow of Traffic:** Organize the buffet in a way that allows guests to move smoothly from start to finish. Arrange the buffet so the plates are at the beginning, followed by appetizers, then main dishes, and finally sides and desserts.
- **Placement:** Put hot dishes toward the back of the table and cold items, like salads or desserts, at the front to ensure they stay at the right temperature.
- **Condiments & Garnishes:** Place condiments like soy sauce, hoisin sauce, and chili paste on the table for easy access, along with garnishes like sesame seeds, chopped green onions, or cilantro.

 **Filling chafing dishes as per labels:** Filling chafing dishes properly ensures that your buffet presentation looks organized and professional, while also maintaining the right temperature and quality of the food.

 Choose a Variety of Seafood

 Prepare and Clean the Seafood

 Create a Flavorful Base

 Incorporate Vegetables

 Season and Spice

✓ **Arrangement of meal**

 Serve the **Seafood Tofu Stew** in a deep bowl, ensuring a balanced mix of tofu, seafood (shrimp, squid, fish, etc.)

 Include a side of **steamed white rice** or **brown rice** to complement the stew's flavors.

 Add a small bowl of soy sauce with chili flakes or sesame oil for diners to enhance the stew to their taste.

 Serve with a side of crusty bread or soft noodles for soaking up the flavorful broth.

 Pair with a light starter like hot and sour soup or seaweed salad to create a multi-course meal.

✓ **Visual symmetry and appearance**

 Center placement

 Layer presentation

 Garnish symmetry

 Accompanying sides

 Color coordination

✓ **Welcome to the guest**

 **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

 **Meals well done:** It is an important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

 **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

✓ **Tips**

-  Be warm and respectful
-  Acknowledge the food's specialty
-  Incorporate Chinese phrases
-  Encourage sharing and enjoyment
-  Appreciate the company
-  Focus on the freshness and quality
-  Mind the setting
-  Complement the meal's experience

• **Shrimp stir-fry**

✓ **Set up**

-  Seasonings with sauce
-  Serving so hot
-  Preparation clean and devein
-  Ingredients mainly the vegetables

✓ **Arrangement of meal**

-  Beverage pairing
-  Plating symmetry centerpiece
-  Final garnishes include lemon
-  Dipping sauces and condiments
-  Complementary vegetables

✓ **Visual symmetry and appearance**

-  Placement across the dish
-  Vegetables distribution showcase colors

- ✚ Color balance
- ✚ Layered presentation base first top garish

✓ **Welcome to the guest**

- ✚ Highlight the freshness
- ✚ Encourage the enjoyments
- ✚ Set the mood
- ✚ Warm and friendly greeting

• **Pan fried Salmon**

✓ **Set up**

- ✚ Main dish presentation serve use a garnish
- ✚ Dinnerware and neutral-colored plates or bowls
- ✚ Cutlery

✓ **Arrangement of meal**

- ✚ Main dish placement

✓ **Visual symmetry and appearance**

- ✚ Sauce or Garnish
- ✚ Accompanying Sides
- ✚ Balance and Symmetry

✓ **Welcome to the guest**

- ✚ Set the atmosphere
- ✚ Encourage Enjoyment
- ✚ Share the Inspiration

• **Sweet and sour Fish**

✓ **Set up**

- ✚ Main dish presentation serve use a garnish
- ✚ Dinnerware and neutral-colored plates or bowls
- ✚ Cutlery
- ✚ Fish placement
- ✚ Sauce application

✓ **Arrangement of meal**

- ✚ Plate Arrangement

 Final Touch

 Serving Style

✓ **Visual symmetry and appearance**

 Plate Choice

 Clean Edges

 Elevate the Fish

 Vegetable Placement center

✓ **Welcome to the guest**

 Set the atmosphere

 Encourage Enjoyment

 Share the Inspiration



Activity 2: Guided Practice



Task 45: Read careful the situation below and work on related assignment

Mr. Keza works at Richard's home, one of her duties is to prepare and serve meals. By now given to serve pan fried salmon dishes, she lacks skills in plating Chinese Starch and noodles dishes. He approaches you as a skilled and knowledgeable person in setting buffet of all related Chinese hot dishes, so help him by presenting any of TWO categories of Chinese Starch and noodles dishes of your choice



Activity 3: Application



Task 46: Read careful the scenario and work the associated task below

At Shai-chi hotel is soon having 20 guests from chine embassy attending special event relating to their cultural, due to the value of that event, the hotel is preparing for hosting them and cook the following chine hot dishes Crispy pork belly Szeshuan Pan fried Salmon. As per their request, currently the hotel has only one specialized chef to perform that activity that's mean

he is overloaded, fortunately take you from list of casuals as an expert in setting buffet, plating and garnishing all Chinese Starch and noodles dishes related hot dishes

Topic: 4.3. Presentation of Chinese Vegetable dishes



Activity 1: Problem Solving



Task 47:

Answer the following questions

1. What are the main set up the tools and equipment used when presenting Chicken Fried Rice?
2. What activities to carry out when presenting that dish said above?
3. Why garnishing that dish is important?

Key facts 4.3. Presentation of Chinese Vegetable dishes

- **Chicken Fried Rice**

- ✓ **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. The **set-up of Chicken Fried Rice cooked** refers to the preparation and presentation of a dish of cooked crispy pork belly, ensuring it is served at its best both in flavor and appearance



Use tables

- **Additional Tips for Buffet Table Setup:**

- **Table Linens:** Use tablecloths to cover the buffet tables. This helps create a cohesive look and adds an element of sophistication. You can also use decorative runners or cloths that match the event's theme.

- **Elevate Dishes:** To create visual interest and help with food visibility, use risers, tiers, or boxes under the tablecloth to elevate some dishes. This allows you to layer dishes and makes them easier to access.
- **Spacing:** Ensure there's enough space between the tables and each food item to allow guests to move freely and comfortably. Avoid overcrowding the tables with too many dishes at once.
- **Flow and Access:** Arrange the buffet table(s) with the food in the following order: plates, appetizers, main dishes, sides, and then desserts and beverages at the end. This allows guests to move logically through the buffet line.



Laying table clothes

- **Tips for laying tables clothes**
 - Choose the right size tablecloth
 - Smooth out wrinkles
 - Align the cloth correct
 - Allow for proper hanging length
 - Use tablecloth clips or weights
 - Consider layering
 - **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
 - **Multiple Layers:** For added elegance, you can use a combination of tablecloths (e.g., a white linen base with a colored or patterned cloth on top) to create visual interest, especially for larger buffets or formal events.



Place chafing dishes

- **Tips for placing chafing dishes**
 - Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
 - For large events, consider setting up multiple food stations to prevent crowding at a single table

- Group similar food items together for ease of access. For example, place all proteins (chicken, beef, fish) in one area, followed by starches (potatoes, rice), vegetables, and sauces.
- Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
- Elevate some chafing dishes using risers or display stands to create a visually dynamic setup
- Ensure each chafing dish has enough space for the serving utensils and plates.
- Clearly label each chafing dish with a sign or card that identifies what's inside, including any dietary information (e.g., vegetarian, gluten-free, etc.), so guests can make informed choices.

 **Place Plate & service spoons :** When serving Chinese dishes, the arrangement of plates and serving spoons plays a crucial role in ensuring both practical functionality and aesthetic appeal

○ **Tips for placing plates and services spoons effectively**

- Place individual small plates or bowls near the buffet or serving area. In Chinese dining, food is often served family-style, so smaller plates help guests take portions of various dishes without overloading a larger plate.
- Group Plates by Dish Type
- For each dish, provide a dedicated service spoon or ladle. In Chinese cuisine, many dishes have sauces or gravies, so having an appropriate spoon for each dish ensures guests can serve themselves without mixing flavors.
- Label for Special Spoons
- Position Plates and Spoons for Easy Access
- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme

- Label the Dishes

✓ **Arrangement of meals**

 According to type of cooked foods

○ **Arrangement of Buffet Table**

- **Flow of Traffic:** Organize the buffet in a way that allows guests to move smoothly from start to finish. Arrange the buffet so the plates are at the beginning, followed by appetizers, then main dishes, and finally sides and desserts.
- **Placement:** Put hot dishes toward the back of the table and cold items, like salads or desserts, at the front to ensure they stay at the right temperature.
- **Condiments & Garnishes:** Place condiments like soy sauce, hoisin sauce, and chili paste on the table for easy access, along with garnishes like sesame seeds, chopped green onions, or cilantro.

 Filling chafing dishes as per labels

Filling chafing dishes properly ensures that your buffet presentation looks organized and professional, while also maintaining the right temperature and quality of the food.

✓ **Procedures of Filling chafing dishes**

 Understand the Labeling System

- **Labeling:** Start by clearly labeling each chafing dish with the food it contains. This helps guests identify dishes easily. Use small, readable signs or tags next to each dish.
- **Positioning:** Place the labels at the front of the chafing dish so guests can quickly see the name of the dish. If you're serving multiple dishes with similar names, include more detailed descriptions (e.g., "Chicken Kung Pao" vs. "Beef with Broccoli").

Prepare the Chafing Dishes

- **Insert Water Pan:** Fill the water pan (the lower part of the chafing dish) with about 1–2 inches of hot water. This is essential to maintain the heat of the food. Ensure that the water does not touch the food pan.
- **Heat Source:** If using Sterno (canned heat), light it before setting up the food. Adjust the flame as needed to maintain a consistent temperature.

Filling the Chafing Dishes

- **Layering and Portion Control:** Fill each chafing dish with the corresponding dish in layers, ensuring a proper balance of volume and visual appeal.
- For **entrées** (e.g., chicken, beef), fill the dish about halfway to ensure it stays warm throughout the event and doesn't overcrowd. Leave some space at the top to prevent spillage.
- For **rice or noodles**, layer them evenly in the pan. If you're serving fried rice or lo mein, ensure the noodles or rice are not clumped together and are spread out for easy serving.
- For **vegetable or side dishes**, ensure they are distributed evenly across the dish to avoid uneven heating.
- **Avoid Overcrowding:** Leave some space at the top of each pan (about 1 inch) to prevent spillage while the food is being served. You want to make sure the food is easily accessible, and serving it in multiple layers might be necessary if you have a large number of people.

Temperature Control

- **Preheat the Food:** Before placing the chafing dishes on the buffet table, preheat the food in the oven or stovetop to ensure that it's served at the correct temperature. The heat from the Sterno or other warming equipment will maintain the temperature but not cook the food.
- **Monitor the Temperature:** Throughout the event, check the food periodically to ensure it remains hot. Stir the food occasionally and replace any Sterno cans that are running low. You can also rotate dishes to ensure all food stays evenly heated.

Food-Specific Filling Tips

- **Fried Foods (e.g., egg rolls, spring rolls):** Since these foods can get soggy if they stay too long in a hot pan, serve them in smaller batches and refill as needed. Consider placing a parchment paper or small napkin underneath fried items to absorb excess oil.
- **Soups and Sauces:** If you are serving soup or saucy dishes (like a sweet and sour chicken), use the chafing dish with a deeper pan. Fill the pan until it's about $\frac{3}{4}$ full to avoid spillage, and keep the soup at a constant simmer.
- **Steamed Dishes:** If you are serving dim sum or dumplings, use a chafing dish with a lower water level to keep the items moist without overcooking them. Make sure you add water occasionally to prevent it from evaporating.

Arrangement of Chafing Dishes

- **Position on Buffet Table:** Place the chafing dishes in the order that encourages a logical flow for guests to serve themselves. For example, hot items should come after appetizers, but before side dishes or rice.
- **Space between Dishes:** Leave enough space between dishes to prevent guests from crowding and to allow them to serve themselves comfortably.

Final Presentation

- **Garnish:** Before covering the chafing dishes, consider adding garnishes like fresh herbs, sesame seeds, or sliced scallions on top of your dishes to make them more visually appealing.
- **Cover:** Once filled, cover the chafing dishes with their respective lids to maintain heat. Use lids only, when necessary, as guests will appreciate being able to view the dishes, especially for dry items.

Refilling

- **Keep Extra Supplies Ready:** If you are expecting a large crowd, prepare extra food in advance. Have it ready to refill the chafing dishes throughout the event as they empty.
- **Rotation:** If you are serving multiple dishes, rotate the dishes between the chafing pans to ensure all items stay fresh and the food is not sitting too long under heat.

✓ **Visual Symmetry and appearance**

Balance of Flavors and Textures

○ **Flavor balance:**

- **Savor:** Use soy sauce, oyster sauce, or salt for the umami base
- **Sweet:** Add finely diced carrots, a touch of sugar, or a drizzle of sweet soy sauce.
- **Salty:** Balance soy sauce with a pinch of salt or seasonings like chicken bouillon.
- **Umami Depth:** Incorporate ingredients like sesame oil, garlic, or mushroom for a richer flavor.
- **Freshness:** include green onion or cilantro for a bright, fresh finish.

 **Chinese color Harmony:** The Chinese color harmony in chicken fried rice emphasizes a balance of vibrant colors to create visual appeal while reflecting the dish's freshness and diversity. Here show to achieve it:

Key colors and ingredients:

- **White/yellow (neutral base):** Rice provides a neutral white or light-yellow base. Scrambled eggs add a bright yellow hue.
- **Green :(Freshness):** Add Spring onions, Pease, or chopped bok choy for a lively green.
- **Red/Orange (Warmth and Energy):** Use diced red bell peppers, carrots or small bits of red chili for pops of warmth
- **Brown/Golden (Depth and Earthiness)** Soy sauce or oyster sauce lends a golden-brown tint. Proteins like chicken or shrimp, lightly fried, enhances this color.
- **Black (contrast):** A touch of black soy sauce, sesame seeds, or shitake mushrooms offers contrast.

Harmony Tips:

- **Balance the colors:** Avoid overwhelming the dish with any color. For example, balance the dark hues of soy sauce with lighter rice and bright vegetables.
- **Texture and shape matter:** combine diced, julienned, and finely chopped ingredients for variety.

- **Presentation:** Arrange the garnish (e.g., green onions, red chili slices) strategically to highlight the colors.

Garnishing

- **Spring onion (Scallions):** Finely chop green onions and sprinkle them over the rice for a fresh, vibrant touch.
- **Sesame seeds:** Toasted sesame seeds add a nutty flavor and a nice crunch.
- **Cilantro:** fresh cilantro leaves give a burst of color and hint of citrusy Flavors.
- **Fried shallots:** crispy shallots add a Savory crunch.
- **Thinly sliced:** for a spicy kick and a pop of color.
- **Egg strips:** Thinly sliced omelet strips can enhance the dish's look and add richness.
- **Lime Wedge:** Serve on the side for a zesty twist.
- **Cucumber or Tomato Slices:** Arrange these for a refreshing contrast.
- **Crushed peanuts:** Add a slightly sweet and crunchy element.

✓ **Welcome to the guest**

 **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

 **Meals well done:** It is an important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

 **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

✓ **Tips**

 Be warm and respectful

 Acknowledge the food's specialty

-  Incorporate Chinese phrases
-  Encourage sharing and enjoyment
-  Appreciate the company
-  Focus on the freshness and quality
-  Mind the setting
-  Complement the meal's experience

- **Fried Chinese Starch Noodle**

- ✓ **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. The **set-up of crispy pork belly cooked** refers to the preparation and presentation of a dish of cooked crispy pork belly, ensuring it is served at its best both in flavor and appearance

- **Use tables**

- **Additional Tips for Buffet Table Setup:**

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- **Tips for laying tables clothes**
 - Choose the right size tablecloth
 - Smooth out wrinkles

- Align the cloth correct
- Allow for proper hanging length
- Use tablecloth clips or weights
- **Consider layering**
 - **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
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- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme
- Label the Dishes

✓ **Arrangement of meals**

 **According to type of cooked foods**

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- For vegetable or side dishes, ensure they are distributed evenly across the dish to avoid uneven heating.
- **Avoid Overcrowding:** Leave some space at the top of each pan (about 1 inch) to prevent spillage while the food is being served. You want to make sure the food is easily accessible, and serving it in multiple layers might be necessary if you have a large number of people.
- **Temperature Control**
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- **Arrangement of Chafing Dishes**

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 - **Final Presentation**
 - **Garnish:** Before covering the chafing dishes, consider adding garnishes like fresh herbs, sesame seeds, or sliced scallions on top of your dishes to make them more visually appealing.
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 - **Refilling**
 - **Keep Extra Supplies Ready:** If you're expecting a large crowd, prepare extra food in advance. Have it ready to refill the chafing dishes throughout the event as they empty.
 - **Rotation:** If you're serving multiple dishes, rotate the dishes between the chafing pans to ensure all items stay fresh and the food isn't sitting too long under heat.
 - ✓ **Visual symmetry and Appearance**
 - 🎨 **Balance of flavors and textures**
 - **Flavor balance**
 - **Umami:** fried noodle can benefit from umami-rich ingredients such as soy sauces. These sauces not only add depth but also enhance the overall flavor profile.
 - **Savory:** incorporation aromatics like garlic, ginger, and scallions can provide a Savory base that complements the noodle
- Balance of Flavors and Textures

- **Sweet:** a touch of sweetness from ingredients like sugar or a sweet soy sauce can balance the Savory and salty notes.

Spicy: if desired, adding chili sauce or fresh chili can introduce a spicy kick, contrasting nicely with the rich flavors.

- **Aromatic Elements:** fresh herbs (like cilantro or basil) or toasted sesame oil can add aromatic notes that elevate the dish.

 **Chinese color harmony:** Chinese color harmony in dishes, such as fried Chinese starch noodle, is vital for aesthetics and appeal. Typically, it features vibrant color that reflect freshness and flavor. For fried noodle, you might see:

- **Golden yellow:** from the noodle, showing they are properly cooked.
- **Bright green:** from fresh vegetables like bell peppers, bok choy, or green onions.
- **Deep red:** from bell peppers or chili for a hint of spice.
- **Earthy Brown:** from soy sauce or stir-fried meats, adding depth.
- **Creamy white:** from garlic or onions, balancing.

 **Garnishing**

- **Fresh Herbs:** Sprinkle chopper scallions (green onions), cilantro, or basil for freshness.
- **Sesame seeds:** toasted sesame seeds add a nutty flavor and crunchy texture.
- **Chilies:** thinly sliced fresh red or green chilies for heat.
- **Crispy onions:** friend shallots or onions provides a crunchy.
- **Vegetables:** sliced cucumbers, shredded carrots, or bell peppers for color and crunch.
- **Egg:** A soft- boiled or fried egg on top for richness.
- **Sauces:** Drizzle with soy sauce, chili oil, or hoisin sauce for extra flavor.
- **Lime Wedges:** Seve with lime wedges for a zesty kick.

✓ **Welcome to the guest**

✚ **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

✚ **Meals well done:** It is an important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

✚ **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

✚ **Tips**

- Be warm and respectful
- Acknowledge the food's specialty
- Incorporate Chinese phrases
- Encourage sharing and enjoyment
- Appreciate the company
- Focus on the freshness and quality
- Mind the setting
- Complement the meal's experience

• **Chinese style crispy stir-fried potatoes**

✓ **Chinese style crispy stir-fried potatoes**

✚ **Balance of flavors and Textures**

- **Crispiness:** Achieved through frying (or double frying) the potatoes until golden brown.
- **Tenderness:** Maintain a soft interior by cooking the potatoes just enough before frying or stir-frying.
- **Flavors:** Balance savory (soy and oyster sauce), sweetness (sugar), heat (chili), and acidity (vinegar) for a rounded taste.
- **Contrast:** Add crunchy toppings like peanuts or sesame seeds to contrast with the crispy potatoes.

Chinese color Harmony

- Golden brown from the potatoes symbolizes warmth and balance.
- Red from the chilies and bell peppers brings energy and luck.
- Green from the onions and cilantro brings freshness and vitality.
- Beige/yellow tones from garlic and ginger add grounding warmth.
- Optional white or black sesame seeds or crushed peanuts give the final touch of neutral elegance and texture contrast.

Garnishing

- **Use Fresh Ingredients:** Fresh herbs and crunchy garnishes like green onions and cilantro provide a vibrant, fresh contrast to the rich stir-fried potatoes.
- **Consider Color Balance:** Aim for a balance of green (fresh), red (spicy or sweet), and gold (crispy potatoes) for an aesthetically pleasing dish.
- **Textures:** Combine crunchy elements (like sesame seeds or peanuts) with the crispy potatoes and fresh herbs for a well-rounded texture profile.
- **Simplicity:** Chinese garnishes often aim for simplicity, enhancing the dish without overwhelming the main ingredients. **A little goes a long way.**

✓ **Minchee (Chinese beef and potato Hash)**

Balance of flavors and Textures

- **Flavors:** The rich, savory umami from the beef and soy sauce is balanced by a touch of sweetness (from sugar), sourness (from vinegar), and heat (from chilies). Aromatic spices like ginger and garlic further enhance the depth.
- **Textures:** Crispy potatoes contrast with tender beef, crunchy vegetables, and optional garnishes like sesame seeds and peanuts for added crunch. This creates a satisfying textural experience with every bite.

Chinese color Harmony

- Golden brown crispy potatoes form the base.
- Tender beef with a rich, reddish-brown color complements the potatoes.
- Chopped green onions (fresh green) scattered on top for contrast.
- Red chilies for a pop of vibrant red.
- A sprinkle of toasted sesame seeds (white or black) to add texture and elegance.

- A final garnish of cilantro to add freshness and a bright green touch.



Garnishing

- Garnishing Minchee enhances both the visual appeal and flavor of the dish. Here are some traditional and creative ideas for garnishing:
 - **Crispy Fried Shallots or Garlic:** Fried shallots or crispy garlic add texture and a burst of aromatic flavor, which contrasts nicely with the soft minced meat. Sprinkle these on top right before serving.
 - **Fresh Herbs**
 - ❖ Coriander (cilantro) leaves work well, adding freshness and a bright green color.
 - ❖ Spring onions (scallions), finely sliced on the diagonal, are often used to add color and a mild, fresh flavor.

- **Chili Slices:** Thin slices of red chili or bird's eye chili can add a pop of color and a hint of heat. For an aesthetic touch, place them in a circular pattern on top.
- **Sesame Seeds:** Toasted sesame seeds (white or black) provide a nutty crunch and elevate the dish's flavor profile.
- **Julienned Vegetables:** Carrots or bell peppers, julienned or thinly sliced, can add a vibrant color contrast and a slight crunch. You can briefly sauté or lightly blanch them to maintain some crunchiness.
- **Lime Wedges:** Serve the Minchee with wedges of lime on the side. A squeeze of fresh lime juice can brighten up the dish and enhance its savory flavors.
- **Pickled Vegetables:** Pickled vegetables such as pickled cucumbers or pickled radishes add a tangy flavor that balances the richness of the minced meat.
- **Shredded Lettuce:** Some people garnish with shredded lettuce or basil leaves. It gives a fresh and crispy contrast to the richness of the meat.
- **Fried Egg:** A classic garnish for many Cantonese dishes, especially if serving Minchee with rice, is a fried egg on top. The runny yolk adds richness when mixed into the rice.
- **Crispy Tofu or Wontons:** Adding a few crispy tofu cubes or crispy wonton strips on top can provide extra texture and flavor.
- **Final Presentation Tip:**
 - ❖ Arrange the garnishes symmetrically or in a circular pattern for visual appeal. A touch of vibrant green (herbs) and a pop of red (chili) against the brownish color of the meat will create an appetizing look.
 - ❖ These garnishes not only make your dish look more appealing but also enhance the depth of flavor and texture, giving the dish a balance of freshness, crunch, and richness



Activity 2: Guided Practice



Task 48:

In your training workshop, under guidance of your trainer, show what you can do during preparing the presentation of fried Chinese starch noodles' hot dishes



Activity 3: Application



Task 49:

Read the scenario below then perform the assigned task

Chinese restaurant is soon having 120 guests from chine embassy attending special event relating to their cultural, due to the value of that event, the hotel is preparing for hosting them and cook the following chine hot dishes chicken fried rice and Minchee. As per their request, currently the restaurant has only one specialized chef to perform that activity, that's mean he is overloaded, fortunately take you from list of casuals as an expert in setting buffet, plating and garnishing all related chines hot dishes

Consider the following aspects

1. Arrangement of meals
2. Balance of flavors and textures
3. Chinese color harmony

Topic: 4.4. Presentation of Chinese soups dishes



Activity 1: Problem Solving



Task 50:

Think critically and answer the following questions

1. What are the main set up the tools and equipment used when presenting Wonton?
2. What activities to carry out when presenting that dish said above?
3. Outline the tips for placing chafing dishes when prepare to present
4. Why garnishing that dish is important?

Key facts 4.4: Presentation of Chinese soups dishes

- **Wonton Soup**

- ✓ **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. The **set-up of Wonton Soup** refers to the preparation and presentation of a dish of cooked **Wonton Soup**, ensuring it is served at its best both in flavor and appearance



Use tables

Additional Tips for Buffet Table Setup:

- **Table Linens:** Use tablecloths to cover the buffet tables. This helps create a cohesive look and adds an element of sophistication. You can also use decorative runners or cloths that match the event's theme.
- **Elevate Dishes:** To create visual interest and help with food visibility, use risers, tiers, or boxes under the tablecloth to elevate some dishes. This allows you to layer dishes and makes them easier to access.
- **Spacing:** Ensure there's enough space between the tables and each food item to allow guests to move freely and comfortably. Avoid overcrowding the tables with too many dishes at once.
- **Flow and Access:** Arrange the buffet table(s) with the food in the following order: plates, appetizers, main dishes, sides, and then desserts and

beverages at the end. This allows guests to move logically through the buffet line.

Laying table clothes

- **Tips for laying tables clothes**
 - Choose the right size tablecloth
 - Smooth out wrinkles
 - Align the cloth correct
 - Allow for proper hanging length
 - Use tablecloth clips or weights
 - Consider layering
 - **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
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Place chafing dishes

- **Tips for placing chafing dishes**
 - Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
 - For large events, consider setting up multiple food stations to prevent crowding at a single table
 - Group similar food items together for ease of access. For example, place all proteins (chicken, beef, fish) in one area, followed by starches (potatoes, rice), vegetables, and sauces.
 - Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
 - Elevate some chafing dishes using risers or display stands to create a visually dynamic setup

- Ensure each chafing dish has enough space for the serving utensils and plates.
- Clearly label each chafing dish with a sign or card that identifies what's inside, including any dietary information (e.g., vegetarian, gluten-free, etc.), so guests can make informed choices.

 **Place Plate & service spoons:** When serving Chinese dishes, the arrangement of plates and serving spoons plays a crucial role in ensuring both practical functionality and aesthetic appeal

- **Tips for placing plates and services spoons effectively**

- Place individual small plates or bowls near the buffet or serving area. In Chinese dining, food is often served family-style, so smaller plates help guests take portions of various dishes without overloading a larger plate.
- Group Plates by Dish Type
- For each dish, provide a dedicated service spoon or ladle. In Chinese cuisine, many dishes have sauces or gravies, so having an appropriate spoon for each dish ensures guests can serve themselves without mixing flavors.
- Label for Special Spoons
- Position Plates and Spoons for Easy Access
- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme
- Label the Dishes

✓ **Arrangement of meals**

 **According to type of cooked foods**

- **Arrangement of Buffet Table**

- **Flow of Traffic:** Organize the buffet in a way that allows guests to move smoothly from start to finish. Arrange the buffet so the plates are at the

beginning, followed by appetizers, then main dishes, and finally sides and desserts.

- **Placement:** Put hot dishes toward the back of the table and cold items, like salads or desserts, at the front to ensure they stay at the right temperature.
- **Condiments & Garnishes:** Place condiments like soy sauce, hoisin sauce, and chili paste on the table for easy access, along with garnishes like sesame seeds, chopped green onions, or cilantro.

 **Filling chafing dishes as per labels:** Filling chafing dishes properly ensures that your buffet presentation looks organized and professional, while also maintaining the right temperature and quality of the food.

- **Procedures of Filling chafing dishes**

- Understand the Labeling System
- **Labeling:** Start by clearly labeling each chafing dish with the food it contains. This helps guests identify dishes easily. Use small, readable signs or tags next to each dish.
- **Positioning:** Place the labels at the front of the chafing dish so guests can quickly see the name of the dish. If you are serving multiple dishes with similar names, include more detailed descriptions (e.g., "Chicken Kung Pao" vs. "Beef with Broccoli").

- **Prepare the Chafing Dishes**

- **Insert Water Pan:** Fill the water pan (the lower part of the chafing dish) with about 1–2 inches of hot water. This is essential to maintain the heat of the food. Ensure that the water does not touch the food pan.
- **Heat Source:** If using Sterno (canned heat), light it before setting up the food. Adjust the flame as needed to maintain a consistent temperature.

- **Filling the Chafing Dishes**

- **Layering and Portion Control:** Fill each chafing dish with the corresponding dish in layers, ensuring a proper balance of volume and visual appeal.

- For **entrées** (e.g., chicken, beef), fill the dish about halfway to ensure it stays warm throughout the event and does not overcrowd. Leave some space at the top to prevent spillage.
- **For rice or noodles**, layer them evenly in the pan. If you're serving fried rice or lo mein, ensure the noodles or rice are not clumped together and are spread out for easy serving.
- **For vegetable or side dishes**, ensure they are distributed evenly across the dish to avoid uneven heating.
- **Avoid Overcrowding:** Leave some space at the top of each pan (about 1 inch) to prevent spillage while the food is being served. You want to make sure the food is easily accessible, and serving it in multiple layers might be necessary if you have a large number of people.
- **Temperature Control**
 - **Preheat the Food:** Before placing the chafing dishes on the buffet table, preheat the food in the oven or stovetop to ensure that it's served at the correct temperature. The heat from the Sterno or other warming equipment will maintain the temperature but not cook the food.
 - **Monitor the Temperature:** Throughout the event, check the food periodically to ensure it remains hot. Stir the food occasionally and replace any Sterno cans that are running low. You can also rotate dishes to ensure all food stays evenly heated.
- **Food-Specific Filling Tips**
 - **Fried Foods (e.g., egg rolls, spring rolls):** Since these foods can get soggy if they stay too long in a hot pan, serve them in smaller batches and refill as needed. Consider placing a parchment paper or small napkin underneath fried items to absorb excess oil.
 - **Soups and Sauces:** If you are serving soup or saucy dishes (like a sweet and sour chicken), use the chafing dish with a deeper pan. Fill the pan until it's about $\frac{3}{4}$ full to avoid spillage, and keep the soup at a constant simmer.

- **Steamed Dishes:** If you are serving dim sum or dumplings, use a chafing dish with a lower water level to keep the items moist without overcooking them. Make sure you add water occasionally to prevent it from evaporating.
- **Arrangement of Chafing Dishes**
 - **Position on Buffet Table:** Place the chafing dishes in the order that encourages a logical flow for guests to serve themselves. For example, hot items should come after appetizers, but before side dishes or rice.
 - **Space between Dishes:** Leave enough space between dishes to prevent guests from crowding and to allow them to serve themselves comfortably.
- **Final Presentation**
 - **Garnish:** Before covering the chafing dishes, consider adding garnishes like fresh herbs, sesame seeds, or sliced scallions on top of your dishes to make them more visually appealing.
 - **Cover:** Once filled, cover the chafing dishes with their respective lids to maintain heat. Use lids only, when necessary, as guests will appreciate being able to view the dishes, especially for dry items.
- **Refilling**
 - **Keep Extra Supplies Ready:** If you are expecting a large crowd, prepare extra food in advance. Have it ready to refill the chafing dishes throughout the event as they empty.
 - **Rotation:** If you are serving multiple dishes, rotate the dishes between the chafing pans to ensure all items stay fresh and the food is not sitting too long under heat.
- ✓ **Visual Symmetry and appearance**
 -  **Balance of flavors and Texture**
 - **Savory:** the filling usually includes minced pork or shrimp, seasoned with Soy sauce, ginger, garlic, and green onions, providing a rich umami flavor.

- **Umami:** the broth is often made from a combination of chicken, pork, or seafood Broth, enhance with ingredient like mushroom or dried fish.
- **Freshness:** Adding green vegetables like bok choy or scallions brings a fresh, slight peppery note.
- **Spiciness:** you can add chili oil or a sprinkle of white pepper for heat, balancing the Savory.

 **Chinese color harmony:** In Chinese cuisine, color harmony is an important aspect that reflect balance, Beauty, and nutrition in dishes, including wonton soup. Here's how color harmony playout

 **In wonton soup.**

- **Wonton:** the wontons themselves are typically a light golden or beige color, due to the
- Wheat-based dough. This represents warmth and comfort.
- **Both:** the broth can vary in color from light golden brown, depending on the ingredients
- used (like chicken, pork, or seafood) and cooking time.
- **Greens:** often, wonton soup is garnished with leafy green such as bok choy, spinach.
- **Herbs and spices:** additional colourful garnishes, like cilantro sliced red chili, can be added for
- Flavor and visual appeal.

 **Garnishing**

- **Green onions:** finely chop and sprinkle them on top for a fresh, herbal flavor and a pop of
- Color.
- **Sesame oil:** drizzle a few drops of toasted sesame oil for a rich, nutty flavor.
- **Chili oil:** a few drops of chili oil can add heat depth to the soup
- **Mushroom:** sliced shiitake or enoki mushroom can add flavor
- **Boiled eggs:** a half or quarter of boiled egg can be a hearty addition

- **Fried shallots:** these can add peanuts on top before serving

✓ **Welcome to the guest**

 **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

- A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

 **Meals well done:** It is important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

 **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

 Tips

- Be warm and respectful
- Acknowledge the food's specialty
- Incorporate Chinese phrases
- Encourage sharing and enjoyment
- Appreciate the company
- Focus on the freshness and quality
- Mind the setting
- Complement the meal's experience

● **Chinese Herbal and chicken soup**

✓ **Balance of flavor and textures**

 **Aromatic Freshness:** The fragrance of ginger, garlic, and spring onions infuses the soup, providing a warming and aromatic experience that enhances its comforting appeal. The ginger, in particular, lends a subtle, warming spice that's gentle and soothing to the palate.

 Chinese color harmony

- The golden broth forms the warm, nourishing base, symbolizing vitality and prosperity.

- The red hues from goji berries and Chinese dates bring a sense of energy, happiness, and longevity, infusing the soup with a sense of good fortune.
- The earthy brown tones of the chicken and herbs ground the dish, adding stability and balance.
- Clear and translucent elements, such as the broth, create a sense of purity and health, making the soup appear light and restorative.
- Green accents from herbs or vegetables offer freshness, renewal, and balance, while white ginger slices evoke purity and medicinal properties.

 **Garnishing:** A few slivers of fresh ginger or spring onions can be added to the top for an aromatic, fresh contrast. If you are using shiitake mushrooms or other vegetables, they can be artfully arranged on top to showcase their texture.

- **Vegetarian Chinese hot and sour soup**

- ✓ **Balance of flavor and textures**

- **Flavor Balance:**

- Start with the right proportions of vinegar and white pepper to achieve the perfect level of sourness and heat. Do not let either one dominate.
- Add soy sauce slowly to achieve a rich umami base, but be mindful of salt levels since soy sauce can be salty.
- If the sourness is too sharp, a pinch of sugar can help mellow it out.
- The broth should have a layered complexity, with the tanginess from vinegar, heat from white pepper, and umami from soy sauce and mushrooms.

- **Texture Balance:**

- Ensure there is a good mix of soft (tofu, mushrooms), chewy (wood ear mushrooms, tofu), crunchy (bamboo shoots, carrots), and velvety (the broth, egg ribbons) textures. No one texture should dominate.
- The cornstarch slurry should thicken the broth just enough to give it body, without making it too gloopy.
- Crispy garnishes should be added at the very end to preserve their crunch.

- **Chinese Noodle Soup**

✓ **Balance of flavor and textures:** The harmony of **flavors** and **textures** in Chinese noodle soup is a carefully orchestrated combination of savory, sweet, salty, sour, and spicy elements, along with a range of textures from the smooth broth to the chewy noodles, tender meat, and crunchy or soft vegetables.

- The noodles provide the primary texture, offering chewiness or slipperiness, depending on the type used.
- The broth serves as the backdrop, either light and clear or rich and silky, absorbing and highlighting the flavors of the toppings.
- The toppings (meats, vegetables, and herbs) add variety, from tender, soft to crunchy, and crisp, contributing additional complexity.

Chinese color harmony

- **Noodles:** Yellow egg noodles or wheat noodles.
- **Broth:** Clear or light golden broth (sometimes with a slight reddish tint if tomato-based or with soy sauce).
- **Protein:** Slices of red (beef, pork) or golden (chicken) meat.
- **Vegetables:** Bright green bok choy or spinach, scallions, and cilantro for garnish.
- **Mushrooms:** Dark shiitake mushrooms or black fungus (wood ear).
- **Garnishes:** A sprinkle of sesame seeds (black or white), chili oil for heat, and pickled vegetables for contrast.

Garnishing

- **Balance flavors and textures:** A good garnish adds not only visual appeal but also contrast in texture and flavor. For instance, if the broth is rich and savory, a fresh, crunchy garnish like scallions or pickled vegetables can provide a pleasant contrast.
- **Use colors thoughtfully:** Garnishing should add visual harmony. The colors of the garnishes—greens, reds, yellows, and whites—should complement the overall color scheme of the soup for aesthetic balance.
- **Don't overpower the soup:** Keep the garnishes light and fresh. The goal is to enhance, not overwhelm, the soup's natural flavors.



Activity 2: Guided Practice



Task 51: Read careful the statement below and do the

At Mukire's home there is a team to serve Chinese noodle dishes at lunch. Write for them the process to pass through while presenting the above-mentioned dish.



Activity 3: Application



Task 52:

After elaborating the process provided in task 51 from above; perform the following task related to presentation of vegetarian Chinese hot and sour soup Bowl by respecting the activities below:

1. Garnish for visual appeal
2. Textures highlight
3. Serving temperature
4. Side element

Topic 4.5: Presentation of Chinese sauces' dishes



Activity 1: Problem Solving



Task 53: According to your prior experience answer the following questions

1. What are the main set up the tools and equipment used when presenting Chinese Garlic sauce?
2. What activities to carry out when presenting that dish said above?
3. Why garnishing that dish is important?
4. Why is it important to balance flavor and textures?

Key facts 4.5: Presentation of Chinese sauces' dishes

- **Chinese Garlic Sauce**

- ✓ **Set up:** In a kitchen context, the set-up of cooked foods refers to the process of preparing, plating, and arranging dishes before they are served. The set-up of Chinese Garlic Sauce refers to the preparation and presentation of a dish of cooked Chinese Garlic Sauce, ensuring it is served at its best both in flavor and appearance

Use tables

- **Additional Tips for Buffet Table Setup:**

- **Table Linens:** Use tablecloths to cover the buffet tables. This helps create a cohesive look and adds an element of sophistication. You can also use decorative runners or cloths that match the event's theme.
- **Elevate Dishes:** To create visual interest and help with food visibility, use risers, tiers, or boxes under the tablecloth to elevate some dishes. This allows you to layer dishes and makes them easier to access.
- **Spacing:** Ensure there's enough space between the tables and each food item to allow guests to move freely and comfortably. Avoid overcrowding the tables with too many dishes at once.
- **Flow and Access:** Arrange the buffet table(s) with the food in the following order: plates, appetizers, main dishes, sides, and then desserts and beverages at the end. This allows guests to move logically through the buffet line.

Laying table clothes

- **Tips for laying tables clothes**
 - Choose the right size tablecloth
 - Smooth out wrinkles
 - Align the cloth correct
 - Allow for proper hanging length
 - Use tablecloth clips or weights
 - Consider layering

- **Table Runners:** For a more dynamic look, consider adding a table runner on top of the main tablecloth. A table runner can add color contrast, texture, or a decorative element, especially for themed buffets.
- **Multiple Layers:** For added elegance, you can use a combination of tablecloths (e.g., a white linen base with a colored or patterned cloth on top) to create visual interest, especially for larger buffets or formal events.

Place chafing dishes

○ **Tips for placing chafing dishes**

- Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
- For large events, consider setting up multiple food stations to prevent crowding at a single table
- Group similar food items together for ease of access. For example, place all proteins (chicken, beef, fish) in one area, followed by starches (potatoes, rice), vegetables, and sauces.
- Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
- Elevate some chafing dishes using risers or display stands to create a visually dynamic setup
- Ensure each chafing dish has enough space for the serving utensils and plates.
- Clearly label each chafing dish with a sign or card that identifies what's inside, including any dietary information (e.g., vegetarian, gluten-free, etc.), so guests can make informed choices.

 **Place Plate & service spoons :** When serving Chinese dishes, the arrangement of plates and serving spoons plays a crucial role in ensuring both practical functionality and aesthetic appeal

○ **Tips for placing plates and services spoons effectively**

- Place individual small plates or bowls near the buffet or serving area. In Chinese dining, food is often served family-style, so smaller plates help guests take portions of various dishes without overloading a larger plate.

- Group Plates by Dish Type
- For each dish, provide a dedicated service spoon or ladle. In Chinese cuisine, many dishes have sauces or gravies, so having an appropriate spoon for each dish ensures guests can serve themselves without mixing flavors.
- Label for Special Spoons
- Position Plates and Spoons for Easy Access
- Organize for Smooth Flow
- Consider Chopsticks and Other Utensils
- Keep Plates and Serving Spoons Clean
- Mind the Aesthetic and Theme
- Label the Dishes

✓ Arrangement of meals

According to type of cooked foods

○ Arrangement of Buffet Table

- **Flow of Traffic:** Organize the buffet in a way that allows guests to move smoothly from start to finish. Arrange the buffet so the plates are at the beginning, followed by appetizers, then main dishes, and finally sides and desserts.
- **Placement:** Put hot dishes toward the back of the table and cold items, like salads or desserts, at the front to ensure they stay at the right temperature.
- **Condiments & Garnishes:** Place condiments like soy sauce, hoisin sauce, and chili paste on the table for easy access, along with garnishes like sesame seeds, chopped green onions, or cilantro.

 **Filling chafing dishes as per labels:** Filling chafing dishes properly ensures that your buffet presentation looks organized and professional, while also maintaining the right temperature and quality of the food.

○ Procedures of Filling chafing dishes

- Understand the Labeling System

- ❖ **Labeling:** Start by clearly labeling each chafing dish with the food it contains. This helps guests identify dishes easily. Use small, readable signs or tags next to each dish.
- ❖ **Positioning:** Place the labels at the front of the chafing dish so guests can quickly see the name of the dish. If you're serving multiple dishes with similar names, include more detailed descriptions (e.g., "Chicken Kung Pao" vs. "Beef with Broccoli").
- **Prepare the Chafing Dishes**
 - ❖ **Insert Water Pan:** Fill the water pan (the lower part of the chafing dish) with about 1–2 inches of hot water. This is essential to maintain the heat of the food. Ensure that the water does not touch the food pan.
 - ❖ **Heat Source:** If using Sterno (canned heat), light it before setting up the food. Adjust the flame as needed to maintain a consistent temperature.
- **Filling the Chafing Dishes**
 - ❖ **Layering and Portion Control:** Fill each chafing dish with the corresponding dish in layers, ensuring a proper balance of volume and visual appeal.
 - ❖ For **entrées** (e.g., chicken, beef), fill the dish about halfway to ensure it stays warm throughout the event and doesn't overcrowd. Leave some space at the top to prevent spillage.
 - ❖ For **rice or noodles**, layer them evenly in the pan. If you're serving fried rice or lo mein, ensure the noodles or rice are not clumped together and are spread out for easy serving.
 - ❖ For **vegetable or side dishes**, ensure they are distributed evenly across the dish to avoid uneven heating.
 - ❖ **Avoid Overcrowding:** Leave some space at the top of each pan (about 1 inch) to prevent spillage while the food is being served. You want to make sure the food is easily accessible, and serving it

in multiple layers might be necessary if you have a large number of people.

- **Temperature Control**

- ❖ **Preheat the Food:** Before placing the chafing dishes on the buffet table, preheat the food in the oven or stovetop to ensure that it's served at the correct temperature. The heat from the Sterno or other warming equipment will maintain the temperature but not cook the food.
- ❖ **Monitor the Temperature:** Throughout the event, check the food periodically to ensure it remains hot. Stir the food occasionally and replace any Sterno cans that are running low. You can also rotate dishes to ensure all food stays evenly heated.

- **Food-Specific Filling Tips**

- ❖ **Fried Foods (e.g., egg rolls, spring rolls):** Since these foods can get soggy if they stay too long in a hot pan, serve them in smaller batches and refill as needed. Consider placing a parchment paper or small napkin underneath fried items to absorb excess oil.
- ❖ **Soups and Sauces:** If you are serving soup or saucy dishes (like a sweet and sour chicken), use the chafing dish with a deeper pan. Fill the pan until it's about $\frac{3}{4}$ full to avoid spillage, and keep the soup at a constant simmer.
- ❖ **Steamed Dishes:** If you're serving dim sum or dumplings, use a chafing dish with a lower water level to keep the items moist without overcooking them. Make sure you add water occasionally to prevent it from evaporating.

- **Arrangement of Chafing Dishes**

- ❖ **Position on Buffet Table:** Place the chafing dishes in the order that encourages a logical flow for guests to serve themselves. For example, hot items should come after appetizers, but before side dishes or rice.

- ❖ **Space between Dishes:** Leave enough space between dishes to prevent guests from crowding and to allow them to serve themselves comfortably.
- **Final Presentation**
 - ❖ **Garnish:** Before covering the chafing dishes, consider adding garnishes like fresh herbs, sesame seeds, or sliced scallions on top of your dishes to make them more visually appealing.
 - ❖ **Cover:** Once filled, cover the chafing dishes with their respective lids to maintain heat. Use lids only, when necessary, as guests will appreciate being able to view the dishes, especially for dry items.
- **Refilling**
 - ❖ **Keep Extra Supplies Ready:** If you are expecting a large crowd, prepare extra food in advance. Have it ready to refill the chafing dishes throughout the event as they empty.
 - ❖ **Rotation:** If you are serving multiple dishes, rotate the dishes between the chafing pans to ensure all items stay fresh and the food is not sitting too long under heat.
- ✓ **Visual symmetry and appearance**
 - 🎨 **Balancing of flavor and texture**
 - **Garlic:** the star ingredient, garlic for a pungent aroma and depth of flavor.
 - Soy sauce: adds umami and saltiness. A light soy sauce provides a
 - More delicate flavor, while dark soy sauce adds sweet
 - And richness.
 - Sugar: typically, a small amount of sugar (white or brown) is added
 - To counterbalance the saltiness of the soya sauce and
 - Enhances the overall flavor.
 - Vinegar: helps to add acidity and brightness. Rice vinegar or
 - Chinkiang vinegar works well.
 - Chili paste/oil: for those who enjoy heat, adding chili paste or chili oil Can enhance the sauce without overpowering the garlic flavor.

 **Chinese color harmony:** Chinese color harmony revolves around the cultural significance of colors and their association with elements. Emotions, seasons, and directions. In traditional Chinese thought, colors are not just aesthetic choices; they carry deep symbolic meaning and are believed to influence the energy in the environment.

- **Five elements theory**

- **Wood:** green (associated with spring, growth)
- **Fire:** Red (associated with summer, passion)
- **Earth:** yellow (associated with the center)
- **Metal:** white (associated with autumn)

- **Colors and emotions:**

- **Red:** joy, happiness, celebration, often used in festivals and weddings.
- **Yellow:** balance, also associated with royalty
- **Green:** harmony, fertility, and life.
- **White:** purity, mourning, traditionally worn at funerals.
- **Black:** depth, can also represent darkness or negativity.

- **Seasonal Associations:**

- **Spring:** Green-symbolizes renewal and hope.
- **Summer:** red- embodies exuberance and life.
- **Winter:** Black-signifies rest and introspection.

- **Direction significance: Colors are associated with cardinal direction**

- **East:** green (spring)
- **South:** red (summer)
- **West:** white(winter)
- **Center:** yellow(earth)

 Garnishing

- **Chopper green onions:** finely green onions (scallions) add freshness and a pop of color.
- **sesame seeds:** Toasted sesame seeds can add a nutty flavor and a beautiful texture contrast.

- **cilantro leaves:** fresh cilantro can provide a burst of color and aroma.
- chili flakes or fresh slices: for a bit of heat, add some crushed red pepper flakes or thin slices pepper.
- **Sliced radishes:** thinly sliced radishes can add a crispy texture and a pop of color. They work well for a fresh, crunchy contrast.
- **Microgreens:** for a modern touch, consider garnishing with microgreens for added color and nutrition.

✓ **Welcome to the guest**

 **Greeting:** In Chinese culture, hospitality is highly valued. A respectful and warm welcome is an expression of good manners, and greeting guests shows them that they are appreciated.

Example of simple greeting

A polite, simple greeting like "Welcome!" or "Ni hao" (你好, meaning "Hello" in Mandarin) is appropriate.

 **Meals well done:** It is an important to let a guest know that a meal is well done, especially if the meal is cooked or prepared to their specific preferences

 **Wish them enjoy:** When wishing your guests to enjoy their Chinese dishes, it's important to keep the greeting warm, respectful, and culturally appropriate, while also adding a touch of enthusiasm about the food.

✓ **Tips**

-  Be warm and respectful
-  Acknowledge the food's specialty
-  Incorporate Chinese phrases
-  Encourage sharing and enjoyment
-  Appreciate the company
-  Focus on the freshness and quality
-  Mind the setting
-  Complement the meal's experience

● **Chinese Stir-fried sauce**

- ✓ **Balance of flavour and textures**

 Layering Flavors:

- Start with a base of umami (soy sauce, oyster sauce, or broth) for depth.
- Add sweetness subtly to complement the Savory components, not dominate.
- Introduce a hint of sourness for freshness and balance the richness of stir-fried ingredients.
- Add spiciness to build flavor and bring out the other elements without overwhelming them.

 Layering Textures:

- Ensure a mix of crisp and soft elements, with ingredients like carrots, baby corn, and water chestnuts offering contrast to softer tofu or meats.
- The broth or sauce should have enough thickness to coat the ingredients but remain light and smooth, not too heavy or cloying.
- Ingredients like mushrooms, tofu, and meat should remain tender and juicy, absorbing the stir-fry Flavors without becoming too soggy or dry.

 Avoid Overcooking:

- Stir-fried soup relies on quick cooking to retain the natural crunch and freshness of vegetables. Overcooking can lead to mushy textures and loss of vibrancy in both flavor and appearance.

 Final Touches:

- Garnish with fresh herbs (like cilantro or scallions) for a burst of freshness.
- A drizzle of sesame oil or chili oil can add aroma and a hint of richness.
- If you like a slightly thicker soup, a cornstarch slurry can be added at the end to create a velvety finish without making it too heavy.

 Chinese color harmony

- **Visual Appeal:** The combination of vivid reds, greens, and yellows with earthy browns and neutral whites ensures that the dish is visually stimulating and balanced. It invites diners to enjoy the variety of colors and textures in each bite.

- **Flavors and Textures:** The vibrant and bold colors align with the Flavors and textures, enhancing the experience of the soup. The colors signify the balance of heat, freshness, sweetness, and rich umami, while the textures of crispy, tender, and silky ingredients offer a satisfying variety in each spoonful.
- **Cultural Significance:** In Chinese culinary tradition, each color is meant to nourish both the body and the spirit, representing a balance of the five elements (wood, fire, earth, metal, water), and ensuring a harmonious meal.



Garnishing

- Fresh cilantro and scallions for herbal brightness and color contrast.
- Toasted sesame seeds for nuttiness and crunchy texture.
- Crispy shallots or fried garlic for aromatic depth and texture contrast.
- Chili oil or chili paste for added heat and vibrant red color.
- Lime or lemon wedges for an extra tangy, refreshing kick.
- Pickled vegetables for a hint of tang and visual contrast.
- Fresh bean sprouts for crunch and freshness.
- Tofu (fried or silken) as a garnish for texture and protein.
- Microgreens or fresh herbs to add elegance and a burst of freshness.

- **Easy Chinese Sweet and Sour Sauce**

- ✓ **Balance of flavor and textures**



Taste as you go: It's important to taste the sauce at various stages of cooking. If the sauce is too sweet, add a bit more **vinegar**; if it's too sour, a little more **sugar** or **pineapple juice** can help. Adjust the saltiness with **soy sauce** and the thickness with more cornstarch slurry if necessary.



The Right Proportions:

- The **classic ratio** of sweet to sour in this sauce is typically **2:1**—meaning 2 parts sweetness (sugar or pineapple juice) to 1 part sourness (vinegar). However, this ratio can be adjusted depending on personal preference or the dish you're pairing it with.

- The **soy sauce** should be used in moderation to add **umami** without making the sauce too salty. A splash is usually enough to round out the flavor.

 **Add Some Fresh Fruit:** For an added layer of texture, you can include pineapple chunks or even bell peppers for a bit of crispness, especially if the dish you're preparing involves stir-frying or deep frying. The fruit or vegetables will add not just flavor but also textural contrast.

 **Adjust Thickness:** If the sauce feels too thick, you can adjust it with a bit more pineapple juice or a splash of water. If too thin, thicken it further with cornstarch, but remember to dissolve it in cold water first to avoid lumps.

Chinese color harmony

- Red and orange represent the sweet and tangy components of the sauce, creating a vibrant and inviting base.
- Yellow introduces a layer of freshness and lightness, often from pineapple, which brings a fruity and delicate flavor.
- Brown and amber hues from soy sauce or other savory components introduce depth, signaling umami and complexity in the sauce.
- The clear gloss adds a smooth, polished finish, making the sauce look appetizing and well-balanced.
- If used, the green garnish (like fresh herbs or vegetables) provides a refreshing contrast, keeping the sauce visually balanced and enhancing its fresh flavors.

Garnishing

- Fresh cilantro and scallions for herbal brightness and color contrast.
- Toasted sesame seeds for nutty crunch and visual interest.
- Sliced red or green chilies for spice and a pop of color.
- Fresh pineapple chunks for fruity contrast and tropical flavor.
- Bell pepper strips for crunch and colorful contrast.
- Crispy fried onions for texture and savory depth.
- Lime or lemon wedges for citrus freshness and tang.

- Roasted cashews or peanuts for nutty flavor and crunch.
- Microgreens for a delicate, fresh herbal touch.
- Carrot or cucumber ribbons for a creative, fresh texture and vibrant color.



Activity 2: Guided Practice



Task 54:

Read careful the scenario below and perform related assignment questions

Perhaps even more than with most other foods, the appearance and arrangement of a soup are essential to its quality. The colorful variety of soup ingredients gives the chef an opportunity to create miniature works of art on the soup ball.

1. Select tools and equipment to be use when arranging and presenting that dish?
2. Explain what to consider when placing chafing dish at buffet?



Activity 3: Application



Task 55:

Read this assignment and accomplish assigned task

Four guests from my neighboring country prefer to consume Chinese noodle soup

At their arrival, you as an expert in arranging and presenting all related Chinese dishes, do a presentation on that dish and make it attractive.



Formative Assessment

Use True or False by answering the following questions

1. The following are the main tips for laying tables clothes for the preparing presentation of Chinese Herbal and chicken soup
 - a. Choose the right size tablecloth
 - b. Smooth out wrinkles

- c. Align the cloth correct
 - d. Allow for proper hanging length
 - e. Use tablecloth clips or weights
2. What should be available before setting tables?
 3. What are the presentation techniques of crispy pork belly?
 4. What to consider when doing the following tasks as per conducting Chinese dishes presentation?
 - I. Placing chafing dishes
 - II. Arranging the meals
 5. Perhaps even more than with most other foods, the appearance and arrangement of dishes are essential to its quality. Buffet dishes in good visually appealing, gives the chef an opportunity to create miniature works of art on the Chinese hot dishes. One Chinese restaurant in Kigali, he invited you and ask you to perform tasks below:
 - a. Place and set the tables at a designed place
 - b. Holding and laying tables
 - c. Place chafing dishes
 - d. Arrange meals as per Chinese standard
 - e. to improve appearance, be specific as per type of dish
 6. Above tasks should be performed to the following dishes as have been already cooked
 - a. Szechuan Garnish chicken
 - b. Mongorian Beef
 - c. Pan fried Salmon
 - d. Sweet and sour Fish
 - e. Wonton Soup
 - f. Chinese Garlic Sauce



Points to Remember

- **Always consider these points:**
 - ✓ Put on a chef attire for keeping professionals and safety of food items
 - ✓ Arrange the chafing dishes in a way that allows guests to move easily along the buffet table
 - ✓ Make sure hot chafing dishes are placed away from cold items to maintain their respective temperatures
 - ✓ Before covering the chafing dishes, remember adding garnishes
 - ✓ Use a clean tools and equipment to ensure safety and professionalism while conducting presentation.



Self-Reflection

1. Re-take this self-assessment at the end of this unit by fill in the table and identify your areas of strength, areas for improvement and actions to take for improvement.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe principles of plating in Chinese culinary presentation					
Select tools, materials and equipment neat for Chinese hot dishes presentation					
Differentiate presentation techniques for Chinese hot dishes					
Describe Chinese hot dishes visually appealing as per					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
traditional presentation practices.					
Set and Arrange buffet of Chinese hot dishes with creativity					
Garnish Chinese hot dishes appropriately to enhance visual appeal without overwhelming flavours.					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.



Summative Assessment

Read the situation below and perform the tasks required

A five-star hotel called ISHEMA is located in KIGALI CITY Nyarugenge District, is hosting soon a group of 10 delegate from China, coming for a meeting and wish to take lunch in your hotel as said through their reservation, their buffet will be comprised of the following recipes: Pan fried Salmon, Chicken Fried Rice, Saucy vegetable stir-fried Wonton Soup,

Chinese Garlic Sauce. Fortunately, you as an expert in Chinese cuisine, you're hired temporarily to prepare the above-mentioned dishes within 3 hours

N.B: All equipment, material tools and Consumables are available in that hotel

Resources

Tools	Chinese Wok, Wok Shovel, wok brush, Ladle , Chinese Scoop Strainer, Fine mesh strainer, Chinese meat cleaver, Cutting Board, Clay pot, mandolin slicer, Metal steamer , Rice cooker, Ginger Grater, Stock Pot, Chinese rolling pins, cooking chop sticks, Porcelain Soup spoon , Mortar and Pestle, Measuring tools, Mixing tools, cooking tools, Presentation tools, Forks, spoons, plates, tongs, presentation bowls, knives Baskets, Pails/Rack, Serving boards, Tongs, Serving dish, baking trays, decoration tools,
Equipment	Deep fryer, Stoves, Tables, Oven, Refrigerator, Working tables, Storing shelves, trolley
Materials/consumables	Fillets salmon. olive oil, capers, salt, ground black pepper, slices lemon Sunflower oil, eggs, pack mixed stir-fry vegetable, mild curry powder, frozen sweet corn, cooked rice see tip, below, roasted chicken breast, finely shredded, low-salt soy sauce, sweet chilli sauce, ketchup Vegetables, mushrooms, tofu, and lots, herbs Soy sauce, vinegar, mirin, sugar, sesame oil, garlic, chili, black bean sauce, and vegetable stock

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