

# News Vol. 2

**CCC Chuen Yuen College – January 2012**

## **Cantonese Cuisine: The Food Issue**



Hi everyone!

This is the second newsletter, and the theme of the issue is Cantonese food! Do you like Hong Kong food? If your answer is yes, have a look in this month's issue. We think you will find something interesting to read. There are fresh games to play and some more interviews, as well as an updated English Corner schedule.

Thank you. We hope you enjoy our newsletter!

From Sally, Linda, Candy and Wincy.

### Content:

Cover	p.1
Cha Chaan Teng	p.2-3
Red Bean Pancakes	p.4-5
Glutinous Rice Dumplings	p.6-7
Hong Kong Hot Pot	p.8-9
Interviews	p.10-11
Game Zone	p.12
Language Corner Schedule	p.13
Message from Maddie	p.14
Newsletter Team Members	p.15

# Hong Kong Cha Chaan Teng

How many traditional foods do you know in Hong Kong? Have you ever eaten them? Do you like them?



**Hong Kong Cha Chaan Teng**

Hong Kong's cuisine is renowned for its fusion of eastern and western flavours. The wide variety of cuisine and the high quality of service has given Hong Kong the reputation of being a gourmet's paradise.

Cha Chaan Tengs are restaurants that originated in Hong Kong. They are common throughout Hong Kong and offer cheap western-style cuisine, such as sandwiches, toast, fried eggs, ham, sausage and many more foods. When I want a fast breakfast, this style of food is good for me! If you haven't booked breakfast in a hotel, and you don't want to "Yum Cha" every morning, I recommend trying to find a Hong Kong style restaurant for "western tea".



Moreover, Cha Chaan Tengs also serve lunch and dinner. As well as the foods above, they also provide noodles, pasta, rice and more. If you haven't been before, maybe you can try a bowl of noodles there during tea break. While it offers a unique blend of western-style food, you will also find much traditional food in Cha Chaan Tengs, such as egg tarts, pineapple buns, Yuanyang , and Hong Kong-style milk tea. These are just some of the famous and delicious foods you can find in Cha Chaan Tengs.



Personally, I enjoy going to Cha Chaan Tengs very much. I like drinking Hong Kong-style milk tea and eating one or two pineapple buns every Sunday morning. I also enjoy having breakfast with my family there. Cha Chaan Tengs remind us of when we were young and have a warm atmosphere that can't be found in a fast food shop. They have become a real part of our lives. Don't you think so?



# Red bean pancake

Red Bean Pancakes are a famous Hong Kong snack. They are made of two pieces of hot cake with sweet red bean paste sandwiched in the middle. What did you say? You can't wait to eat one? Okay, let's make one together!

What we need:



<b>Eggs</b>	<b>x 2</b>
<b>Sugar</b>	<b>3oz</b>
<b>Water</b>	<b>70ml</b>
<b>Self-raising flour</b>	<b>3 1/2oz</b>
<b>Baking soda</b>	<b>1/2 tsp</b>
<b>vanialla essence</b>	<b>1/2 tsp</b>
<b>canned red bean paste</b>	<b>1 can</b>

ARE YOU READY??

Okay, now I will give you a secret and very special recipe. If I tell you, you must promise to not give it to anyone else!!

### **First**

**Beat eggs in large bowl until light. Add sugar a little at a time and continue beating until light and fluffy.**

### **Second**

**Dissolve baking soda in water and stir into egg mixture together with vanilla essence. Stir until a smooth paste forms.**

### **Third**

**Heat the pan slightly. Shape the mixture into small round cakes of about 3-4 inches in diameter. Pan fry cakes. When cakes are cooled, fill two pieces of pancake with desired amount of bean paste.**

### **Tip...**

**Red bean** paste can be substituted by peanut butter, cream, jam



**or chocolate spread according to your preference.**

**WOW, A YUMMY RED BEAN PANCAKE .....**

**ENJOY!!**

# Glutinous Rice Dumplings

Rice. We all eat it every day, but how about rice dumplings? Rice dumplings are a traditional dessert in China. Let's walk through a recipe together!



So, what are the ingredients?

**Glutinous Flour 300g**

**Warm Water 375ml**

**Red Bean Paste 150g**

**Desiccated Coconut 100g**

**Cherries 10pcs**

**Ready? Okay, let's  
begin....YOYOYO!**

1. Stone the cherries and blend them into a paste.
2. Mix the glutinous rice flour with warm water and the cherry paste, kneading to a soft dough. Divide into 16 portions.
3. Knead red bean paste slightly, and divide into 16 small lumps.
4. Shape each piece of dough into a round ball. Flatten it slightly, and wrap it around a small lump of red bean paste. Seal and shape the dough back into a round ball.
5. Cook the dumplings in a large pot of boiling water until they float.
6. Drain and coat with desiccated coconut immediately.



**Now it is time to try them!**  
**Enjoy :D**

# Do you like Hot Pot?

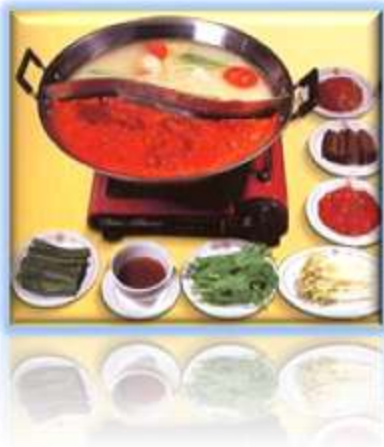
## What is hot pot?

Chinese hot pot boasts a history of more than 1,000 years. Hot pot cooking seems to have spread in northern China during the Tang Dynasty (AD 618-906). In time, regional variations developed with different ingredients such as seafood. By the Qing Dynasty, the hot pot had become popular throughout most of China. Today in many modern homes, particularly in the big cities, the traditional coal-heated steamboat or hot pot has been replaced with electric, gas or induction cooker versions.



## How does it work?

While the hot pot is kept simmering, ingredients are placed into the pot and are cooked at the table. Typical hot pot dishes include thinly sliced meat, leafy vegetables, mushrooms, wontons, dumplings, and seafood. Vegetables, fish, and meat should be fresh. There can be no peculiar smell or degradation because these hot pot dishes are particular about fresh, tender food, and heating time is short. The cooked food is usually eaten with a dipping sauce. In many areas, hot pot meals are often eaten in the winter.



### *This sounds nice... what ingredients do I need?*

Frozen meat is sliced deli-thin to prepare it for hot pot cooking. Slicing frozen meat this way causes it to roll up during cooking, and it is often presented as such. Meats used include lamb, beef, chicken, duck, mutton, and others. The cooking pot is often sunk into the table and fueled by propane, or alternatively is above the table and fueled by a portable butane gas stove or hot coals. Meat or vegetables are loaded individually into the hot cooking broth by chopsticks, and cooking time can take from 1 minute to 15, depending on the type of food. Meat should be cooked at the very least 20 seconds. Other hot pot dishes include leafy vegetables, mushrooms, seafood, and noodles. Hot pot can be eaten bland or very spicy, depending on how much spice has been put in the stew.

### *So, does everyone eat hot pot the same way?*

There are often disagreements between different styles of hot pot enthusiasts. Some like to place items into the hot pot at a relaxed, leisurely pace, enjoying the cooking process, while others prefer to put everything in at once and wait for the hotpot to return to a boil. Occasionally, due to evaporation, more water needs to be added. Usually the stew is strong and zesty enough to not require adding more condiments.

*I would recommend you try hot pot if you haven't! It is a delicious and fun way to eat your supper with friends and family!*



# Interview

## Student 1: Venus

Have you ever eaten in Cha Chaan Tengs?

Yes, I have. I go to Cha Chaan Tengs about once a week. Sometimes I go there with my parents to have breakfast.

What is your favourite food/drink in Cha Chaan Tengs? Why?

I love pineapple buns. They are one of the most popular foods in Cha Chaan Tengs and they taste delicious. Also, the price of pineapple buns is reasonable there.

Do you know any traditional Hong Kong foods? Which ones do you know?

Yes, I know some of them. There are egg tarts, milk tea, waffles and fish balls. We can buy them almost anywhere nowadays.

What is your favourite traditional Hong Kong food? Why?

My favourite food is egg tarts because they are delicious. Also, I always ate egg tarts when I was small, so they have become part of my childhood memories.

Which country's food do you love the most? Why?

I love Chinese food the most, such as dim sum and turnip cakes and spring rolls. I love the Chinese food culture as there are many choices for me and Chinese food suits my taste.

Would you recommend some special foods to us?

I would recommend rice dumplings to all of you. Rice dumplings are a traditional Chinese food. They are used to commemorate the death of Qu Yuan, so I think they are quite meaningful. They are tasty too.

## Student 2: Mary

*Have you ever been to a Cha Chaan Teng?*

Yes, I have. I go to Cha Chaan Tengs about twice a week as the quality of food in Cha Chaan Tengs is quite good.

*What is your favourite food/drink in Cha Chaan Tengs? Why?*

I love milk tea the most as it is famous in Hong Kong, and the taste of milk tea is better in Cha Chaan Tengs.

*Do you know any traditional Hong Kong foods? If yes, will you tell us about them?*

Yes, I know a few. They are egg tarts, marinated tofu and pineapple buns. They are all well-known in Hong Kong, and most people love them.

*What is your favourite traditional Hong Kong food? Why?*

My favourite food is the egg tart as it's yummy and it's affordable. It is also easy to find. There are even different flavours for us to choose, such as chocolate egg tart.

*Which country's food do you love the most? Why?*

I love Korean cuisine the most because I love to eat spicy food. I enjoy eating Kimchi, dumpling soup and spicy rice cakes as they taste different from Chinese food, and I have fewer opportunities to have Korean cuisine.

*Would you recommend some foods to us?*

Yes, I would like to recommend bean curd dessert. It is famous in Hong Kong and quite cheap. It is healthy food since it contains lots of soybeans and is full of protein.

# Game Corner

	1			9	7	2
4	5			1		6 9
				8 5		4
9	7		4			
		8	5		7	4
				8		7 2
6			3	7		
	2	7		6		8 1
	9	4	8			6

Easy

	4		9	5		3
	6		7			5
		2	8			4 1
	7		1			2
		6	3		2	7
		3			8	5
8	4			7	1	
		9			4	6
	3		5		9	4

Medium

	2		3			6
9	6			7	4	1
	7			6		
7						8
	5	1			9	4
8						3
			1			6
	1	5	7			9 2
3				5		7

Hard

		7	8			9
		2				5
4				2		6
2			6			4
9			2	7		1
	1			8		7
8			7			9
	9				7	
	6			1	3	

Evil

Good Luck!

# Language Corner Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunchtimes	Board Games or Movie – PART ONE	Brand New!  Karaoke	MUSIC APPRECIATION	ENGLISH TV SHOWS	Board Games or Movie – PART TWO
After School	Monday Movies!	Newsletter and Broadcasting Help Session!		Music Workshop	Board games



## It's so easy to get extra C.A. Marks!

By playing games and taking part in Language Corner activities, you will get extra stamps for your Language Corner Passport!

For every 10 stamps you will be given 1 extra C.A. Mark.

A special prize will be given to students who get the most stamps in the year.

Also, students who get 10 or more stamps will be eligible for a prize draw at the end of term. You can win!



# Message from Maddie

## Happy New Year!!

Hello Everyone,

I hope you all had a relaxing Christmas holiday, and I hope you did well in test week! This issue is all about food. I'm sure you will enjoy reading it. Make sure you come to the English Corner this term. Join the Karaoke club, and earn some CA marks.

Love from Maddie :D



(My sisters and me  
at home for  
Christmas!)

# Newsletter Team Members



Sally (5D)



Linda (5D)



Wincy (5B)



Candy (5D)