



COLORADO SPRINGS
CHINESE CULTURAL INSTITUTE
科泉市中華文化協會

茶葉香談

春 **SPRING**

TEA LEAVES

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Chinese Proverb

“An oil lamp becomes brighter after trimming, a truth becomes clearer after being discussed.”

灯不拨不亮，理不辩不明

CSCCI 2014

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Letter from the Editor: Delicious Edition

One constant found in every corner of the globe is humanity's love for food. Every culture has its own culinary creations developed over thousands of years; forging tradition, culture, and smiles. This edition is focused on that universal bond of delicious food. I encourage you to try some new dishes, maybe savory Beef Lo Mein!

Beef Lo Mein Recipe

Directions:

1) Slice the beef into thin 2-3 inch strips and mix well in a bowl with corn starch, 1 teaspoon soy sauce, and oil. Set aside.

2) If using white noodles, boil them in about 2 quarts of water, rinse in cold water and drain. If using lo mein egg noodles, you can skip this step. If you can't get lo mein or other fresh noodles at your Asian grocer, fresh or dried linguini pasta will do also.

3) Cut your veggies and have them all ready for cooking. Heat the wok until smoking slightly and add a couple tablespoons oil to coat the wok and sear the beef. Take the beef out of the pan

4) Add the garlic and all the vegetables to the pan except the dark green parts of the scallion and the snow peas. Stir-fry on high heat for a minute and add the wine in a circle around the perimeter of the wok.

5) Add the noodles and beef back to the pan and mix well from the bottom up for about 30 seconds. Then cover the wok for one minute. Remove cover and add the remaining tablespoon of regular soy sauce, the dark soy sauce, sesame oil, salt, sugar, bean sprouts and snow peas. Mix well and stir-fry for another minute, or until any remaining liquid has evaporated. Plate and serve!

Ingredients:

- 4 oz. flank steak
- 1 teaspoon corn starch
- 1 teaspoon soy sauce, plus 1 tablespoon (divided)
- 1 teaspoon oil
- 8 oz. fresh lo mein egg noodles or regular white noodles
- 2 cups shredded Napa cabbage
- 2 cups of mung bean sprouts
- 1 medium carrot julienned
- 1/2 of a small red bell pepper, julienned
- 1/2 cup fresh sliced mushrooms
- 1/2 cup sliced winter bamboo shoots
- 2/3 cup snow peas
- 1 scallion, julienned
- 1 clove garlic, minced
- 1 tablespoon shaoxing wine
- 1 tablespoon dark soy sauce
- 1 teaspoon sesame oil
- Pinch of salt
- Pinch of sugar



*Recipe created by Sarah
on The Works of Life

特色美食各霸一方

曉食世界

走遍大江南北，到處吃，到處品味，吃的經驗非常豐富，今天運用腦子的直覺，由記憶中挑出幾樣在當地是典型而且能獨霸一方的美食，是否獨霸全球？就見仁見智了！和大家聊聊，請不要太認真。

臺灣的燒餅油條

我本來先想到鼎泰豐的小籠包，但馬上就被我對香港的印象，給止住了，香港有小籠包的歷史，與臺灣並駕齊驅，而且水準絕對不差。倒是臺灣的燒餅油條是那兒都吃不到的，從小到大，燒餅油條配豆漿，兩種口感：酥軟和酥脆，一直就喜歡脆的燒餅，掉一桌子的渣子，也不嫌麻煩。脆的油條，可能加了非法的添加劑，但偶爾一根，病不了的。臺灣人不珍惜，豆漿店愈來愈少了。異鄉遊子則情有獨鍾！這是在美國或香港都找不到的臺灣正宗美食。

香港的奶茶

英國人將下午茶的觀念帶入香港，西方人喝茶習慣加牛奶和糖，使茶入口更香更滑，奶茶因而造成流行。所謂「絲襪奶茶」，是把煮好的紅茶用一個棉線網先行過濾，作用除了濾走茶渣以外，也使紅茶更香滑。由於棉紗網經奶茶浸泡，網的顏色與絲襪非常接近，市井小民戲稱為「絲襪奶茶」，有些人誤解是以絲襪做為濾網進行過濾的。餐廳裡的伙計將煮開的茶水倒入過濾網，上下拉動以加速茶水的過濾，手法熟練，看起來動作誇張，好像在做秀，很難不引人注目，成為港式茶餐廳的一大特色。

中國西安的羊肉泡饃

對北京全聚德和西湖樓外樓的印象，都敵不過陝西西安的羊肉泡饃，一行人坐入大圓桌，服務生發給每個人一個麵碗，一盤膜子，泡饃中的饃是一種燒餅叫做「坨坨饃」，是用不發酵的麵團燒烤而成。每個人把手洗乾淨了，開始自己用手剝饃，完美的大小是約一立方公分的小塊，太大了，泡湯的時候，不能全入味。再小了，泡湯的時候，容易糊了。一邊剝饃，一邊聊天，好特別的感覺。將剝好的饃放入麵碗，服務生再統一收回，而且詢問每個人要什麼口味的，通常是牛與羊兩種，我喜歡羊的。服務生將麵碗交回廚房，淋上各人要的口味，再端上桌。辣椒大蒜香菜自己任意加，每一粒饃吸收了濃郁的湯汁，美味至極！

美國的 Salad 混合沙拉

從來，談美食，美國通常被摒除在外，但或許由於料理的簡單，在現在注重養生的時代，有些料理還是有可取之處，尤其是 Salad 生菜沙拉，美國的餐廳多半都有自助沙拉吧，各種生菜、菠菜、玉米、碎蛋、胡蘿蔔絲、新鮮草菇、馬鈴薯沙拉、通心粉沙拉，一點火腿肉，配上藍起司 Blue Cheese，當然別的澆醬例如千島和義大利醬也很不錯，混合均勻之後，十分美味，由於食材都非常新鮮，所以就算是在大眾化的餐廳，但是經由自己精心調配出來的沙拉，都能有星級的水準。自己要準備這麼多新鮮蔬菜，費時又費功。留學時代，在學生宿舍餐廳也有類似的沙拉吧！這是一道溫馨美味又十分營養的美食。

日本東京的正宗日本餐廳

東京的大廈商場裡，有好多針對觀光客的餐廳，有英文中文的招牌和菜單，我們卻選了一間只有日文的正宗日本餐廳，一探究竟！心想大不了看圖點餐，我倆頗有面臨尷尬的勇氣，所幸餐廳有位大陸的打工仔，溝通順暢，讓我倆吃了很正宗的日本餐！從生魚片到銀魚飯，從清淡可口的紫菜、胡蘿蔔小菜到口感風味極佳的烏冬，再加上各種醬菜、黑輪，配上日本清酒及彈珠汽水，十分令人滿足的一餐。

德國的豬腳配啤酒

相信一提到德國美食，大家會異口同聲的說，德國豬腳！沒什麼大不了的，但是納悶的是，為什麼臺灣的豬腳不能出名呢？！為什麼臺灣把這麼一道德國人的主要美食，流落到了夜市呢？！酥脆的烤德國豬腳，有半個籃球大，雖有根大骨頭，但是肉的份量仍然非常驚人，我和群兩個人，一個都吃不完，有些膩時，喝一口德國啤酒，吃一口德國酸菜及熱的酸馬鈴薯沙拉，是完美的搭配。到歐洲去，如果因故沒點這道菜，不必太失望！

奧地利維也納的 Schnitzel

英文看起來，聽起來，都應該是很特殊的料理，但是說穿了，毫無神秘性，它就是臺灣夜市的豪大炸雞排或炸豬排，如同豬腳一樣，歐洲的經典美食又成了臺灣的小吃美食，而且價錢差很大，臺灣人應該很驕傲，我們能在自己的夜市，吃到這麼好的歐洲美食。這道菜，歐洲人引以為傲，臺灣人到歐洲旅行，可以不用點這道菜，除非您太懷念臺灣食物了。有天請歐洲的同事吃飯，特別作了炸豬排，他們都臣服於臺灣豬排的高品質！還要什麼證明？他們的食量倒是驚人，一人份的午餐有三大塊豬排，難怪那晚同事打破了我家宴客一人一塊豬排的慣例！

法國里昂 Paul Bocuse 的小牛排

在法國里昂，米其林三星的 Paul Bocuse，一道五分熟的小乳牛排，澆上經典棕褐色白肉汁醬，用奶油菠菜完成擺盤，牛排的份量約六盎司，大小適中。餐盤、小牛排、醬汁和菠菜的顏色搭配的很協調，呈現出簡單高雅的色調，讓人胃口大開，蠢蠢欲動，但得等一桌都到齊了，才能開動。全白的小牛排已反映了肉的高品質，一口咬下，更讓人有入口即化的感覺！嫩透了！真有稱霸全球的架勢。不同於神戶牛排的嫩來自於高脂肪的均勻分佈，小牛排的嫩就是來自於年輕。小牛肉被飼養的特殊程序以及肉質的特點，所有特性的最高境界，得以在此時享受到了！在讚嘆的同時，也不得不同意動物權利組織對於飼養過程的抗議。小牛不是當寵物般的被飼養，飼養它的唯一目的是成為頂級食材。只餵食牛奶，刻意的減少鐵的含量而製造貧血，所以它的肉色能接近白色。殘酷且聰明的人類！

義大利米蘭的海鮮麵

義大利麵有好多種，大部分 Seafood Pasta 用的不是圓形而扁寬形的 Linguini，在加了鹽和橄欖油的滾水中煮約10到15分鐘達到 al dente 的熟度即可，al dente 不是軟而是麵裡外剛熟的那一刻，正具最好彈牙的嚼勁口感，煮的不夠久，麵有生味，煮過頭，麵又嫌太軟，以專家的角度而言，任何 Pasta 的成敗，al dente 的拿捏十分重要。鮮奶油海鮮醬汁有新鮮的蝦、蟹肉、魚、干貝、青口、蛤蜊和火腿為主，再加入新鮮的蕃茄丁或草菇片，麵與醬汁混和在一起，濃郁鮮美而毫不營養的一道美食！米蘭的每一家餐廳似乎都能作出高品質，令人回味無窮！

Zong Zi

By Waiyuen

Zong Zi (Rice Dumpling) 粽子 is a traditional and historical Chinese food that a unique part of Chinese culture for thousands of years. The coming of summer as well as the Duanwu (Dragon Boat) Festival are popular times to eat Zong Zi.

Duanwu Festival falls on May 5th of the Lunar Calendar. In 2015, the festival will be on June 20th of the Gregorian Calendar. The festival is to remind us of a famous Chinese poet, Qu Yuan. In 278BC, during the Warring States Era, Chu's capital was taken by the Qin's kingdom. When Qu Yuan received such bad news, he displayed great patriotism for his kingdom when he grieved by drowning himself in the Miluo River.

After that, people tried to recover his body, but were unsuccessful. The locals of the kingdom began to throw Zong Zi into the river to prevent the fish from eating Qu Yuan's body.

In modern times, the tradition is no longer to throw Zong Zi in to the river, instead we put them into our stomach. Because Zong Zi is a very delicious food with lots ingredients, there is no reason to throw it away.

Zong Zi consist of a coating of sticky rice filled with a variety of ingredients: pork, chicken, salted pork fat, Chinese sausage, conpoy (dried scallops), salted duck eggs, black mushrooms, peanuts, chestnuts, and many more. Making Zong Zi is more than just putting the Ingredients together. The prepared Zong Zi is also wrapped with bamboo leaves, tied with reed, and shaped into a triangular pyramid. After that, it can steamed or boiled.

Today, Zong Zi can be easily found year-round in most Asian supermarket. There are different flavors, shapes and sizes to fit for everyone's tastes. Some people dip Zong Zi in soy sauce or sugar to eat with it, but personally I think it tastes really good by itself. How you want to eat it, make it your way.



Mission Statement

The CSCCI is committed to fostering understanding of Chinese culture by promoting opportunities for events, networking, travel, education and services available to the people of Colorado Springs.

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Ma-Po Tofu Recipe

Ingredients:

- 1/4 cup chicken broth
- 2 tablespoons hot bean paste
- 2 tablespoons soy sauce
- Additive-free kosher salt to taste
- 1 lb regular or soft (not silken) tofu, drained and cut into 1/2-inch cubes
- 1 1/2 to 2 tablespoons corn, peanut, or canola oil
- 1/2 lb ground pork shoulder (preferably 75% lean)
- 1 tablespoon plus 1 teaspoon finely minced garlic
- 1 tablespoon plus 1 teaspoon finely minced peeled fresh ginger
- 1 tablespoon cornstarch dissolved in 2 tablespoons water
- 1 1/2 teaspoons Japanese sesame oil
- 1/2 to 1 teaspoon toasted Sichuan-peppercorn powder
- 3 tablespoons thinly sliced scallion
- Accompaniment: steamed rice



Directions:

- 1) Make sauce: Stir together broth, bean paste, soy sauce, and kosher salt. Set aside.
- 2) Poach tofu: Slide tofu into a saucepan of simmering water and keep at a bare simmer while stir-frying rest of dish.
- 3) Stir-fry pork: Heat a wok or large heavy skillet over high heat until hot and add 1 1/2 tablespoons corn oil, swirling to coat. Add pork and stir-fry, breaking up lumps and adding remaining 1/2 tablespoon corn oil if meat sticks, until no longer pink. Add garlic and ginger and stir-fry over moderate heat until very fragrant, about 2 minutes.
- 4) Finish stir-fry: Stir reserved sauce, then add to pork and bring to a simmer. Drain tofu in a large sieve and slide into sauce, stirring gently.
- 5) Stir cornstarch mixture and add to stir-fry. Bring to a boil, stirring gently, and cook until thickened and glossy, about 15 seconds.
- 6) Turn off heat and sprinkle with sesame oil, Sichuan-peppercorn powder to taste, and 2 tablespoons scallion. Stir once or twice, then serve sprinkled with remaining tablespoon scallion.

*Recipe created by
Epicurious

Upcoming Asian Cultural Events

15th Annual Colorado Dragon Boat Festival *
Sloan's Lake Park, Denver
July 18-19, 2015

*To join us on our 3rd Annual CSCCI Dragon Boat Excursion
find more information and register at csccl.org

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Help Wanted

It has been an honor and fantastic learning experience being the editor of the Tea Leaves Newsletter these past two years. I've loved sharing my perspective on Chinese culture with the community as well as learning about traditions and history myself. At the end of this summer I will be heading to Houston for college, but would still like to continue editing and writing for Tea Leaves. I know this transition might make it difficult to maintain consistent quarterly content, so I would like to ask for help from the Colorado Springs community. If you have enjoyed Tea Leaves and would like to share your perspective of Chinese culture through article contributions, help graphically design the Newsletter, or contribute in any other way, please contact me at ericwoods@gmail.com. Thank you, I look forward to our next edition!

Eric Woods
Newsletter Writer
& Editor-In-Chief

