



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

茶葉香談

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# TEA LEAVES

Summer 2016

Colorado Springs Chinese Cultural Institute

www.cscii.org



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## Chinese Proverb

"To the people, food is most important."

民以食为天

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## Tea Leaves Special Edition: Chinese Comfort Foods

Introduction by Jiaying Peng

This summer I will be going back to China and visiting my family, and while I am more than excited to see my family and friends after so long, I am almost as equally excited about eating authentic Chinese food. Though one can sometimes find traditional Chinese food in some parts of larger cities like Denver in Chinatowns, the experience and taste is just not the same as the food in China.

Throughout my years here, my family and I have been trying to hold on to our Chinese heritage and culture, and usually, the way we do that is by cooking authentic Chinese dishes at home. To me, food is one of the best ways to experience a culture. So, whenever I eat something that screams "Chinese" to me, I feel a bit homesick, and lately that has been happening a lot due to my anticipation to go back to my home country.

That is why I have decided to do something special with this edition of Tea Leaves. I had the idea to ask the other writers to choose a Chinese dish that makes them think of home. Waiyuen is writing about a delicious Chinese delicacy known as law bak gow. And my mother, who is a special guest writer this edition, is writing about zong zi, a sticky rice dish my great-grandmother used to make on holidays; her piece is in Chinese. I will be writing about a dish that my hometown of Guilin is famous for, the Guilin rice noodles called mi fen. I hope that this edition of Tea Leaves will bring back memories of comfort foods for everyone, and maybe even encourage those who want to experience Chinese cultural to seek out some of these traditional dishes.



## Mi Fen (米粉)

by Jiaying Peng

My hometown of Guilin is known for many things: the beautiful rock formations springing out of the rivers and lakes that run throughout the entire region, the stunning limestone caves under the city, and most importantly to me, a rice noodle dish that hails from my hometown called mi fen. I grew up eating this dish. My first experience with chopsticks actually was eating mi fen in a small noodle shop with my grandmother when I was about three years old.

Mi fen is a dish made of boiled and blanched rice noodles, comparable to Italian pastas like spaghetti or fettucine. The sauce that is poured over the noodles is a soy sauce based stock in which pieces of beef are boiled and later sliced and eaten with the noodles. Those ingredients are the base for the dish, but native Guilinians (is that what we're called?) usually add pickled green beans, roasted peanuts, and some sort of spicy sauce. The people of Guilin usually eat mi fen at least three times each week, at least that's how much I used to eat mi fen when I lived in China.

Now, as my mom and I are about to go back to Guilin to visit our family, I am more than excited to eat authentic mi fen again, because no matter how much my mother practices her own style of mi fen, it really won't ever taste the same as the mi fen in China. Sorry, Mom, it tastes good, just not like back home. But I know that in the three short weeks that I'm back in China, I can get my fill of mi fen because my mom has promised me that we will eat it every, single day. I hope that three weeks' worth of my favorite food in the world will be enough to hold me over for the next couple of years until I go back home.



## 奶奶的粽子

作者: 莫艳琴

每当每年的五月和朋友聊起那乌红乌红的杨梅和金灿灿的大枇杷, 还有那大肉粽。这时我的耳边总会响起一首儿歌: “五月五, 是端阳。插艾叶, 戴香囊, 吃粽子, 撒白糖, 龙船下水喜洋洋。”

在我的家乡乡下, 家家户户都要在端午节里包粽子、挂菖蒲、艾叶、喷黄酒……诱人的粽子最让人垂涎三尺了, 长长的米粒煮得泛黄, 里面包了肥瘦均匀的五花肉片加上芝麻粉, 一口咬下去, 满嘴便充满了米香肉香和芝麻香。我总会想起奶奶包的粽子, 是我吃过的最好吃的粽子。

奶奶有一双巧手, 包粽子是需要提前做很多准备的。在端午节的前两天就得准备了, 她首先会拿一把稻草烧成灰, 然后把灰放在一个大簸箕里下面放个大木桶, 然后就把水从稻草灰上浇过, 不一会就装了大半桶水, 然后奶奶就把那长长的粒粒饱满的糯米放进那米灰水里泡一个晚上。我问奶奶为什么要稻草灰水来泡糯米? 奶奶说这样包出来的粽子吃起来会更加有黏性和弹性。这也许是我们先辈用的最无公害的食品添加剂吧。

第二天早上也就是端午节的前一天, 奶奶一大早的起来就把买来的五花肉切成小片, 然后加入盐和芝麻粉拌匀放在一旁。接下来她就把米从木桶到出来沥干水然后把泡好的花生米拌进糯米里。然后奶奶就开始包粽子了。她拿起两片粽叶一卷, 再放上糯米、芝麻肉片, 接着三折两叠, 再拿起草条一绑, 一个有4个棱角的粽子便展现在我们面前了。我看后赞叹不已, 一心想学这绝招。奶奶细心地教我, 可是我还是没有学会。

粽子包好已经是晚上了, 奶奶把它们放进一个大铁锅里, 然后就开始煮。那粽叶的清香飘得满屋都是, 我就在旁边不停的问奶奶什么时候可以吃粽子了, 奶奶说要等到明天端午节的早上就可以了。我嗅着一屋的粽香只能睡觉去。

端午节的一大早我就起来, 奶奶已经把一个糯糯的大肉粽放在我前面, 我及不可待的咬了一大口, 那稻香, 肉香, 芝麻香顿时添满了我一嘴。

我喜欢满满粽香的端午节! 当然还有端午的划龙舟比赛!



# Low Bok Gow

## by Waiyuen Zeah

蘿蔔糕 (Law Bok Go) - Carrot Cake is a Cantonese traditional dim sum that can be easily found in any Chinese restaurant in the United States. It is also a very popular dish in Hong Kong, Taiwan, and Singapore as part of an everyday breakfast. Although carrot cake is commonly sold in Chinese restaurant, it can be easily make at home as well.

The main ingredients of 蘿蔔糕 are Chinese turnip or daikon radish, rice flour and water. To add more flavor to it. The following ingredients are often used: scallions, black mushrooms, dried shrimp, Chinese sausage, and Jinhua ham. However, some of the ingredients may be hard to find in the U.S. like Jinhua ham. For personal favor add scallions, black mushrooms, and dried shrimp, and fry it. They taste just as good.

蘿蔔糕 is usually steamed in a big pot, sliced into blocks or thick pieces, and then it is ready to serve. The two most common ways to cook it is to either steamed or fry it. Personally, I like it pan-fried after it is steam cooked. This way the middle is soft and meaty, and the outside is crunchy. Most restaurants would prepare it in this way to please their customers.

Preparing and to make 蘿蔔糕 maybe a lot work, but the process is very simple. Below is the recipe how my family make our carrot cake.

To give it some kick, serve it with Soy sauce or chili sauce. It will taste so good that no one can resist.

### Ingredients:

- 800g turnip (meat only)
- 160g rice flour
- 4 table spoon Tangs flour
- 2 Chinese sausage
- 1 table spoon dried shrimps
- 2 shallots
- 1 cup water
- ¼ slice cane suger
- ¼ tea spoon salt
- A pinch of pepper

**Step 1.** Rinse Chinese sausages with some hot water, then dice. Sock dried shrimps, rinse and drain. Rinse and wipe dry turnip, scrape in tho thick shreds.

**Step 2.** Saute dried shrimps, diced Chinese sausages, mix well and dish up.

**Step 3.** Heat 2 tablespoon oil to saute diced shallots, stir in shredded turnips and seasonings, stew of 8-10 minutes. Remove, the immediately add in rice flour and Tang flour, blend well into a flour paste. Finally, stir in all ingredients to prepare turnip flour paste.

**Step 4.** Transfer turnip flour paste into a greased basin, then steam at high heat for 45-60 minutes till done. Serve hot or when cool, slice and fry briefly to serve.



## 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.

## Become a Member

Colorado Springs Chinese Cultural Institute

To become a member, please complete the information below and send the form with your check or money order to:

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- \_\_\_\_\_ Non-profit organization (up to 5 members) \$125
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- \_\_\_\_\_ Silver Patron \$150
- \_\_\_\_\_ Gold Patron \$250
- \_\_\_\_\_ Platinum Patron \$500

# ATTENTION:

The Dragon Boat Festival is coming to Colorado Springs this year, and the CSCCI wants rowers for our very own boat to compete in the race! We will need 12 rowers to sign up to compete on August 27th at Prospect Lake in Memorial Park. If you are interested, please email Mrs. Debra Bellas-Dow at [debra.bellas-dow@comcast.net](mailto:debra.bellas-dow@comcast.net). We hope to have a full boat and a crowd of spectators at the event on August 27th!

## Upcoming Asian Cultural Events

**8th Annual U.S. Open Taekwondo Hanmadang**  
Broadmoor World Arena, Colorado Springs  
June 17-19, 2016

**Colorado Springs Dragon Boat Festival**  
Prospect Lake, Memorial Park, Colorado Springs  
August 27, 2016

### SPECIAL THANKS TO:



## 8th Annual U.S. Open Taekwondo Hanmadang

By Jiaying Peng

One of the things Asian culture is most associated with is the martial arts. Every year, the U.S. Taekwondo Center of Monument, Colorado holds a "hanmadang" to celebrate the art of taekwondo. Hanmadang means "festival" in Korean, and this event is truly a great festival. The festivities start with an opening ceremony on June 17th at 6pm. This show will include the world-famous Korean Tigers Demo Team performance. But before the show, the Taiko Society drummers will be playing at the main gate Friday afternoon.

There will also be appearances from famous individuals in the taekwondo world. Sloane Cameron, who broke the women's power breaking turning back kick world record at last year's event will be appearing again this year. Cameron will be competing again as well as speaking at this year's event. Nia Sanchez, who was Miss USA in 2014 will also be making an appearance again this year. In addition to being Miss USA, Nia Sanchez is also a 4th degree black belt in taekwondo.

With all of these performances from world-class performance groups like the Korean Tigers and the Taiko Society, and appearances from inspirational ladies like Sloane Cameron and Nia Sanchez who have made their names known in the taekwondo world, the Eight Annual U.S. Open Taekwondo Hanmadang is sure to be a great gathering for everyone, even families. Just remember that there will be no sparring at this event as it is a celebration of forms and board breaking. We hope everyone can make it to this fun event on June 17th through the 19th, and make sure to stop by the CSCCI booth to say hi!

