

Easy Fried Rice and Chinese New Year Lucky Foods


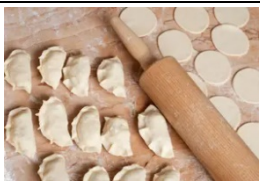



Certain dishes are eaten during the Chinese New Year for their symbolic meaning. Lucky food is served during the 16-day festival season, especially on Chinese New Year dinner on **New Year's Eve**, which is believed to **bring good luck for the coming year**.



The auspicious symbolism of these **traditional Chinese New Year foods** is based on their pronunciations or appearance. Not only do the dishes themselves matter, but also the preparation, and ways of serving and eating mean a lot. The most common **Chinese New Year foods** include dumplings, fish, spring rolls, and niangao.

Refer to the following website:

<https://www.chinahighlights.com/travelguide/chinese-food/chinese-new-year-food.htm>

TASK- Complete the table (NB. you may select at least 3 foods to investigate). An example has been provided.

| LUCKY FOODS | Symbolism | Image or Drawing | Description or Recipes | Lucky sayings |
|----------------------------------|-----------------------------|---|---|---|
| 1. Fish | An increase in prosperity. |  | Steamed fish is most popular. Fish can be cooked in various ways such as boiling, steaming, and braising. The most famous Chinese include West Lake fish with pickled cabbage and chili, steamed fish in vinegar sauce, and boiled fish with spicy broth. | May you always have more than you need! Success in your exam! |
| 2. Chinese Dumplings | Wealth |  | Dumpling usually have minced meat and finely-chopped vegetable wrapped in a thin and elastic dough skin. Popular fillings are minced pork, diced shrimp, fish, ground chicken, beef, and vegetables. They can be cooked by boiling, steaming, frying or baking. | Bringing in wealth and treasure. The more dumplings you eat during new year celebrations, the more money you can make in new year. |
| 3. Spring rolls | Wealth |  | Spring rolls are cylindrical-shaped rolls filled with vegetables, meat, or something sweet. Fillings are wrapped in thin dough wrappers, then fried, when the spring rolls are given their golden-yellow colour. | A ton of gold – a wish for prosperity |
| 4. Glutinous rice cake (Niangao) | A higher income or position |  | The main ingredients of niangao are sticky rice, sugar, chestnuts, Chinese dates and lotus leaves. | Getting higher year-after-year by year |
| 5. Sweet rice balls | Family togetherness |  | The pronunciation and round shape of tangyuan are associated with reunion and being together. That is why they are favoured by the Chinese during New Year. | Happy family reunion! |

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|-----------------------|-------------------------|---|--|---|
| 6. Longevity noodles | Happiness and Longevity |  | . They are longer than normal noodles and uncut, either fried and served on a plate, or boiled and served in a bowl with their broth. | The noodles length and unsevered preparation are symbolic of the eater's life |
| 7. Good fortune fruit | Fullness and Wealth |  | Certain fruits are eaten during the Chinese New Year period, such as tangerines and oranges, and pomeloes (A large citrus fruit). They are selected as they are particularly round and "golden" in colour. | Tangerines and oranges bring good luck and fortunes due to their pronunciation and how they are written. Pomeloes are thought to bring continuous prosperity. |

Easy Fried Rice evaluation:

1. Why should the rice be pre-cooked before using?

Soaking speeds up the cooking process, the grain absorbs the water and the heat softens the grain.

2. List 3 varieties or types of rice.

Arborio rice

Basmati rice

Jasmine rice

3. Rice can be prepared using the absorption method.

<https://www.taste.com.au/quick-easy/articles/how-to-cook-rice/ihoqok2a>

Fill the saucepan with rice with water about 2.5 cm above the rice. Let it boil and lower the heat and cook for 15 mins. Stand covered for 5 mins and fluff it up with a fork.

My Fried Rice



EASY FRIED RICE Serves 2

INGREDIENTS

1 cup long grain rice (Rinsed, micro-waved and cooled) and 2 cups cold water

1 Table spoon Chinese light soy sauce

1 Tablespoon Chinese Shaoxing cooking wine

½ teaspoon white sugar

1 Tablespoon vegetable oil

1 garlic clove, crushed

½ small onion, diced

1 rasher of bacon, chopped

¼ capsicum, diced

1 egg, lightly whisked

1 finely sliced spring onion

¼ cup cooked peas

¼ cup cooked corn

2 teaspoons sesame oil

Ground white pepper

2 teaspoons soy sauce

Garnish: 1 spring onion curl



METHOD

1. Microwave 1 cup of long grain rice and 2 cups cold water in a microwave rice cooker in the microwave set at medium high for 15 minutes. Fluff rice with a fork and spread rice onto a plate to cool.
2. Make the fried rice stir-fry sauce by mixing the soy sauce, Shaoxing wine and sugar.
3. Crush garlic, dice onion, bacon and red capsicum, slice spring onion
4. Heat the vegetable oil in a wok or large frying pan over medium heat.
5. Add the garlic, onion and bacon stir fry until just starting to turn golden.
6. Add the diced capsicum and stir-fry for 1 minute.
7. Push all the ingredients over to one side of the pan or wok. Tilt the pan so that the oil slides into the empty side. Pour the whisked egg into the oil. Use a spatula to spread the egg out so it cooks evenly. Once the egg is set, break it up and mix with other ingredients.
8. Add the rice and break up and incorporate the rice with the other ingredients.
9. Toss through cooked peas and corn spring onion, sesame oil, soy sauce and white pepper. Serve garnished with a spring onion curl.