Chinese cuisine

Complete this table.

|  |  |
| --- | --- |
| Distinctive features and characteristics of Chinese cooking |  |
| The foods grown, reared and caught in China |  |
| Traditional dishes made in China |  |
| Equipment and cooking methods used in Chinese cooking |  |
| Eating patterns in China |  |
| Difference in regional cooking within China |  |

**Task 2**

Watch the demonstration of Mrs Patel making Sweet and Sour Chicken. Link will be put on SMHW.

**Task 3**

Read the recipe thoroughly.

**Sweet and sour chicken ingredients – serves 2-3 people**

* 2 chicken breasts
* 20g cornflour
* 2 tbsp soy sauce
* 2 tbsp vinegar
* 2 tbsp brown sugar
* 2 tbsp tomato ketchup or puree
* 1 onion
* 1 pepper
* 1 carrot
* 1 clove garlic
* 2cm piece fresh ginger
* 1 x 425g can pineapple pieces in juice
* Chinese five-spice powder (optional)
* 2 tbsp oil

\*Note – you can choose other vegetables if you wish eg. Baby corn, sugar snap peas, broccoli, etc

**Sweet and Sour Chicken Method**

1. Peel the onion and cut into 8 wedges
2. De-seed the pepper and cut into chunks.
3. Peel the carrot and cut into even strips
4. Peel and crush the garlic, grate the ginger.
5. Drain the pineapple over a measuring jug to catch the juice
6. Make the juice up to 300 mls with cold water
7. Chop the pineapple into even pieces
8. Cut the chicken into small even sized pieces
9. Heat the oil in a wok and stir-fry the chicken for a few minutes until slightly golden all over.
10. Add the onion, carrot, pepper, garlic and ginger and stir-fry for a few minutes, add the five-spice powder. Turn off the heat.
11. Place the cornflour into a mixing bowl and add 2 tbsp of the pineapple juice and stir until a smooth paste is formed.
12. Add the soy sauce, vinegar, sugar and ketchup/puree to the cornflour then add the rest of the pineapple juice.
13. Pour this mixture over the chicken and vegetables and simmer over a medium heat until the mixture thickens.
14. Add the pineapple and simmer until the chicken is cooked, about 10 minutes.
15. Serve with rice or noodles.

Create a time plan for the recipe. Make sure you include all details and include any health and safety points such as storage of food, food hygiene, etc. I have started you off below:

|  |  |  |
| --- | --- | --- |
| **Time** | **Order of work: activity/method/processes** | **Health & safety/ Extra information** |
| 5.00pm | * Organise/clean work space * Weigh/measure out ingredients * Wash vegetables * Collect equipment | Personal hygiene – tie hair back, wear clean apron, wash hands with antibacterial soap  Clean work surfaces  Make sure all equipment is clean  Store high risk foods in the fridge (btwn below 5°C to 0°)  Use correct chopping boards |
| 5.15pm | * Peel the onion and cut into 8 wedges | Use knife using bridge and claw methods |
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**Task 4**

* Make the dish as one of your family meals.
* Meet the success criteria:
  + Thoroughly cooked chicken
  + Evenly cut vegetables
  + Correct consistency of sauce
* You can scale the recipe up or down as necessary.
* Take photos of your finished dish and email to your teacher:

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\*Note – if you do not have the resources to cook this dish then don’t worry, however, this is one of the dishes you would have made if we were in school. If you cannot find some of the ingredients then you can leave them out but the cornflour is needed to thicken the sauce. You can change the chicken to another meat or Quorn.

**Task 5**

1. List the food science words that apply to this dish:
2. Fill out the sensory analysis table below, also ask the opinion of your family.

|  |  |  |  |
| --- | --- | --- | --- |
| **Sensory properties** | **Tester 1**  **/5** | **Tester 2**  **/5** | **Tester 3**  **/5** |
| Taste |  |  |  |
| Texture |  |  |  |
| Aroma |  |  |  |
| Appearance |  |  |  |

1. Write a review of your dish. Could it be improved and how?