



HCCA Healthy Chinese
Cuisine Ambassadors

Supported by Lee Kum Kee



Healthy Chinese Cuisine Ambassadors



Lesson Plan

Key Stage	KS 3 or KS 4
Subject	Design and Technology - Food Technology Cross-Curriculum Learning - Citizenship, History and Geography
Recipe	Shao Mai (Classic dim sum) 燒賣 (Traditional Chinese character) 烧卖 (Simplified Chinese character) (Hanyu Pinyin: shāomài)
Recipe provided by	Lee Kum Kee www.LKK.com
Level	Easy
Cooking Style	Steam

Serves 2

Ingredients

80g Shao Mai wrapper pastry or Yellow wonton pastry
(round in shape and about 20 sheets)

Shao Mai's filling Ingredients:

300g Chicken, minced
100g raw prawns (de-shelled, roughly chopped)
2pcs dried shitake mushrooms, rehydrated and finely diced
1 spring onion (finely diced)
4 goji berries for garnish



Marinade:

1Tbsp Lee Kum Kee Premium Oyster Sauce
1Tbsp Lee Kum Kee Premium Light soy sauce
½ tsp Sugar
½ tsp White Pepper
½ tsp Potato starch

Method:

1. Mix the chicken mince, chopped prawns, finely chopped spring onion and shitake mushrooms together.
2. Add in the marinade to the filling mixture, and then pound against the bowl until it becomes firm and elastic.
3. Put a teaspoon filling in the middle of the pastry.
4. Lightly squeeze the sides up until the pastry forms a cup, leave the filling expose on top, and use a small knife to flatten the top.



5. Finally garnish with a goji berry. Each shao mai is about 30g.
6. Neatly line up the shao mai on a lined bamboo steamer or an oiled plate. Steam over high heat for 10-12 minutes. Serve hot.
7. Great to be serve with Chiu Chow Chilli Oil for a spicy touch!

A. Activity Plan

Learning outcomes:

How to make dim sum, which is one of the traditional and popular categories in Chinese cuisine.
 Use various ingredients like spring onion, goji berry and shitake mushroom which are common in Asian cuisines.
 Use various seasoning sauce e.g. soy sauce, oyster sauce, chilli oil.
 Learn cooking techniques like steaming and wrapping.
 Learn how to use a bamboo basket for steaming.
 Increase cultural understanding through learning Chinese cuisines and eating culture.

Activities:

Time	Content	Notes
Introduction	1. Show the photos of different dim sum to the students. Introduce Chinese (Cantonese) cuisine which is famous for its dim sum and tea culture.	PowerPoint presentation/ Refer to section F
	2. Show the map of China and let students understand more about the location. Let students know that Chinese people in Southern China have a long history of tea and dim sum culture.	PowerPoint presentation/ Refer to section G
	3. Ask the students where they can have dim sum in the UK. Show the photo of Chinese restaurants in Chinatown.	PowerPoint presentation/ section H
	4. For the origin of the cuisine, you can ask students to read the article.	Refer to section I
Development	1. Teach students how to dice the chicken and prawns by cutting them into very small pieces.	
	2. Let the students understand the ingredients e.g. spring onion, goji berries, shitake mushrooms and wonton pastry which are popular in making dim sum.	Refer to section B
	3. Introduce light soy sauce, oyster sauce and how to mix sauces with ingredients.	Refer to section C
	4. Teach students how to wrap the ingredients by using the wrapping technique.	Refer to section D1



	<p>5. Let the students know that the technique of steaming, which is quite popular in Chinese cooking, will consume less oil.</p> <p>6. Introduce how to use the bamboo steamer for steaming and explain the advantages of using this special tool.</p> <p>7. Introduce the cooking tools like wok which is commonly used in cooking Chinese cuisine. We can use wok for steaming by putting water and rack and bamboo steamer. For some schools without these equipments, steamer can be used.</p>	<p>Refer to section D2</p> <p>Refer to section E</p> <p>Refer to section E</p>
Conclusion	<p>1. After cooking, ask students to reflect on what they have learned from the lesson by filling the "Activity sheets 1 & 2".</p> <p>2. Remind students that steaming is a healthy cooking technique that consumes less oil.</p>	<p>Refer to Activity sheets 1 & 2</p> <p>Refer to Activity sheet 1 and useful websites</p>
Further learning	<p>If students are interested in Asian cuisines, ask them to explore other cuisines by searching on the internet. It will widen the understanding of cross curriculum knowledge like geography, cultural difference etc.</p> <p><i>Recommended website:</i> <i>www.britishchinesefoodculture.org.uk</i></p>	<p>PowerPoint presentation</p>

Useful websites:

British Chinese Food Culture www.britishchinesefoodculture.org.uk

NHS <http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

The British Nutrition Foundation <http://www.nutrition.org.uk/>

Food a fact of life <http://www.foodafactoflife.org.uk/>



B. Popular ingredients in Chinese dishes

1. Goji Berries



Goji berries are traditionally cooked before consumption. Goji berries are often used in Chinese tonic soups, boiled as an herbal tea, can be used as garnish as well.

2. Spring Onion



These are onions that have small bulbs and long green stalks. They can be eaten raw or as garnish, but you can also grill or stir-fry them.

3. Dried Shiitake Mushrooms (Dried Chinese Mushrooms)



Though shiitake mushrooms are now cultivated, they have the earthiness and flavour of wild mushrooms. They're large and meaty, and they work well in stir-fries, soups, and side dishes, or as a meat substitute. Dried shiitakes are excellent, and often preferable to fresh due to their more intense flavour. Soak them in water for about thirty minutes to reconstitute them, then use the water they soaked in to enhance your sauce.

4. Yellow Wonton Pastry



Wonton pastry (or wonton skin or wrapper) is made from wheat flour and eggs. Most water-thin wrappers are sold in about 3 inch squares. They can be bought fresh or frozen.

C. Chinese Sauces



Light Soy Sauce

Soy Sauce is an essential ingredient in Chinese cooking. **Lee Kum Kee Premium Light Soy Sauce** is made from a mixture of Soya beans, flour and water. Light Soy Sauce is saltier and lighter in colour, while dark soy sauce has been aged and has a darker colour. Dark soy sauce is thicker and more suitable in stews.



Oyster sauce

Oyster sauce is made with oyster extracts from oysters. **Lee Kum Kee Premium Oyster Sauce** originated since 1888 made with oyster extracts from the finest oysters. Use it as an all-purpose seasoning sauce to uplift the umami taste of meat and vegetables. Traditionally used as a marinade, it is a seasoning for stir-fries, as a condiment for many Chinese dishes.



Chilli Oil

Chilli oil is made from chilli and tastes spicy. Chilli oil is very popular in Chinese areas and good for dipping with all kinds of food. **Lee Kum Kee Chiu Chow Chilli Oil** is authentic regional chili sauce originates from Chiu Chow, China. It is prepared from the finest preserved chilies and garlic blended with soy bean oil into delightful spicy sauce.

D. Preparation and Cooking techniques

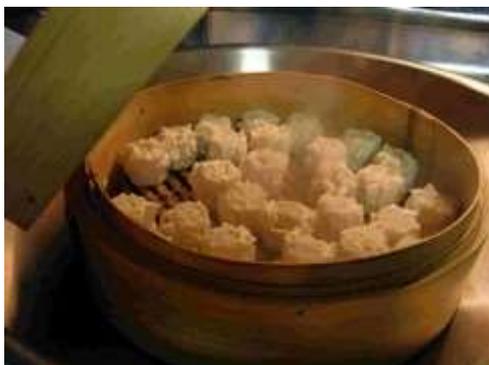
1. Wrapping

There are different kinds of wrapping techniques. When you make a shao mai, you need to put the fillings on a pastry, lightly squeeze the sides up until the pastry forms a cup. Leave the filling exposed on top, and use a small knife to flatten the top.



2. Steaming

Steaming is not a very popular cooking technique in the West but it has been used by the Chinese for thousands of years and today it is very common in China. Steamed food is cooked by a gentle moist heat which must circulate freely in order to cook the food. It is an excellent method for bringing out subtle flavours and is always used for dim sum and fish.





E. Cooking tools

1. Bamboo Basket Steamer



The Bamboo Basket steamer is very popular for steaming especially for dim sum. Bamboo basket steamer comes in several sizes of which the 20cm (8 inches) is the most suitable for general use. The food is put in the bamboo basket steamer and then placed above (a rack can be used to raise the food above the water level) boiling water in a wok or pot. You can simply put it in an electrical steamer. Covering the steamer with a bamboo lid can prevent the steam escaping. Several steamers, stacked one above the other, may be utilized at once.

To prevent the food from sticking to the steamer when it cooks, you can lay a parchment paper or some lettuce leaves. Before using a bamboo basket steamer for the first time, wash it and then steam it empty for few minutes.

2. Rack for Steamer



A rack can be made of wood or metal. It is used to raise the food to be cooked above the water level and it helps the steaming process.

3. Parchment Paper (Baking)/ Bakery Release Paper



Parchment paper and bakery release paper are cellulose-based papers used in baking as a disposable non-stick surface.

4. Wok



A most useful and versatile piece of equipment, the wok may be used for stir frying, blanching, deep-frying and steaming foods.

A wok is a versatile round-bottomed cooking vessel originating in China. It is used especially in East and Southeast Asia. The most common materials used in making woks today are carbon steel and cast iron. Although the latter was the most common type used in the past, cooks today tend to be divided on which woks are superior, i.e. carbon steel or cast iron.



F. Different kind of Dim Sum (點心)



Wonton



Spring Roll



Shao Mai



Steamed Shrimp Dumpling



G. Map of China



Eight main Chinese cuisines

- Guangdong Cuisine (Cantonese Cuisine)
- Sichuan Cuisine
- Shandong Cuisine
- Fujian Cuisine
- Jiangsu Cuisine
- Zhejiang Cuisine
- Hunan Cuisine
- Anhui Cuisine



H. Chinese Restaurants in the UK



I. The origin of dim sum

Dim sum is closely linked to the Chinese tradition of "yum cha" or drinking tea which is originally a Cantonese custom. Tea-houses sprung up to accommodate weary travellers along the famous Silk Road. Rural farmers, exhausted after long hours working in the fields, would also go to the local tea-house for an afternoon of tea and relaxing conversation.

It took several centuries for the culinary art of dim sum to develop. In the past, it was considered inappropriate to combine tea with food. As time went by, people discovered that tea was able to aid digestion and cleanse the palate. Tea house proprietors began including a variety of snacks, and so the tradition of dim sum was born.

Today, dim sum is served throughout China especially in Canton. In Hong Kong, dim sum culture is so popular that restaurants begin serving it as early as 6:30 in the morning continuing through to mid-afternoon.

In the West, dim sum was brought in by Chinese immigrants (mostly from the Canton region) in 19th century. Some gourmards believe that dim sum inspired the whole idea of "brunch" - combining breakfast and lunch into one large mid-morning meal. It is true that the word brunch only came into existence in the late 1800's.

Similarly to a Western morning or afternoon tea, despite the name, yum cha is focused as much on the food items served with the tea as the tea itself. These food items are collectively known as "dim sum", a varied range of small dishes which may constitute or replace breakfast, brunch or afternoon tea.

Dishes are usually steamed or fried and may be savoury or sweet. They include steamed buns such as char siu bao, assorted dumplings, shao mai, and rice noodle rolls, which contain a range of ingredients, including beef, chicken, pork, prawns and vegetarian options. Typical desserts include egg tarts and mango pudding. Many yum cha restaurants also offer plates of steamed green vegetables, roasted meats, congee porridge, and soups.

Dim sum can be cooked by steaming and frying, among other methods. The dim sum are usually small and normally served as three or four pieces in one dish. It is customary to share dishes among all diners on the same table. Because of the small portions people can try a wide variety of food.





Activity sheet 1 Comments from tasters

Name: _____ Date: _____

Name of your dish: _____

Taster	Flavour	Aroma	Texture	Appearance	Overall
e.g. Wilson Smiths	Sweet	Smell fresh	Chicken is tender	Look colourful	Very tasty with good presentation
1					
2					
3					

How could you improve your product?

How could you improve your performance and skills?

What could you serve it with to make a balanced meal? In order to get information about healthy eating, you can go to the following websites:

NHS <http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

The British Nutrition Foundation <http://www.nutrition.org.uk/>



Activity sheet 2 My Cooking Dairy

Name: _____ Date: _____

Name of your dish: _____

What I have learned in the lesson?

Have I discovered something new and what are they?

What do I want to explore more (ingredients, skills, background of the cuisine etc.)?

Self-evaluation

	How many stars?	Comment
Flavour		
Aroma		
Texture		
Appearance		
Overall		