



**HCCA** Healthy Chinese  
Cuisine Ambassadors

Supported by Lee Kum Kee



## Healthy Chinese Cuisine Ambassadors



## Lesson Plan

<b>Key Stage</b>	KS 3 or KS 4
<b>Subject</b>	Design and Technology - Food Technology Cross-Curriculum Learning - Citizenship, History and Geography
<b>Recipe</b>	Kung Pao Chicken
<b>Recipe provided by</b>	Lee Kum Kee <a href="http://www.LKK.com">www.LKK.com</a>
<b>Level</b>	Easy
<b>Cooking Style</b>	Stir - fry



### Serves 2

#### Ingredients

250g chicken breast, cubed  
1 tbsp vegetable oil  
2 celery sticks, sliced  
1/2 green pepper, diced  
1 clove garlic, crushed  
25g roasted cashew nuts

#### Marinade

1 tbsp Lee Kum Kee Premium Oyster Sauce

#### Sauce Mix

2 tbsp Lee Kum Kee Hoisin Sauce,  
1 tbsp Lee Kum Kee Chilli Bean Sauce (or Lee Kum Kee Chilli Garlic Sauce)  
2 tbsp of water

#### Method

1. Marinate chicken in the Oyster Sauce and set aside
2. Stir fry chicken and garlic over medium heat with 1 Tbsp of oil for 5 minutes.
3. Add all the vegetables and stir-fry for a further 3 minutes before adding the sauce mix.
4. Add in the roasted cashew nuts before serve.



## A. Activity Plan

### Learning outcomes:

- ✚ How to make a traditional Chinese cuisine
- ✚ Use various seasoning source e.g. chilli bean sauce, oyster sauce and hoisin sauce.
- ✚ Learn cooking techniques – stir-frying and marinating
- ✚ Learn to use a wok
- ✚ Increase cultural understanding through learning about Chinese cuisines, utensils like wok and eating culture

### Activities:

Time	Content	Notes
<b>Introduction</b>	Show the map of China (refer to section G) and let students understand more about the location of Sichuan. For the origin of the dish, teacher can ask students to read the story behind the dish (see section F). If time is limited, ask them to read before or after the lesson.	PowerPoint presentation  Refer to section F & section G
<b>Development</b>	<p>1. Let the students understand the ingredients e.g. chicken, green pepper, celery, garlic and cashew nuts which are basic in making Kung Pao Chicken.</p> <p>2. Introduce Chinese sauces e.g. oyster sauce, hoisin sauce and chilli bean sauce.</p> <p>3. Introduce the skills and importance of marinating technique. Ask students to use Chinese sauce to marinade the minced pork/beef/chicken.</p> <p>4. Let the students know that the technique of stir-frying is popular in Chinese cooking. The important technique is to keep stirring the ingredients in the wok and keep the heat constantly.</p> <p>5. Introduce the cooking utensil like wok which is commonly used in cooking Chinese cuisine. For some schools without woks, frying pans can be used.</p> <p>6. Let the students know about the story behind Kung Pao Chicken.</p>	<p>PowerPoint presentation Refer to section B</p> <p>Refer to section C</p> <p>Refer to section D1</p> <p>Refer to section D2</p> <p>Refer to section E</p> <p>Refer to section F</p>
<b>Conclusion</b>	1. After cooking, ask students to reflect on what they have learned from the lesson by filling the Activity sheets 1 & 2.	Refer to Activity sheets 1 & 2



	2. Ask students to explore more about different tastes by doing the Activity sheet 3.	Refer to Activity sheet 3 and useful websites
<b>Further learning</b>	<p>If students are interested in Asian cuisines, ask them to explore other cuisines by searching on the internet. They can also explore the relationship between the geographical locations and their local cuisines e.g. Why Sichuan food is always spicy? It will widen the understanding of cross curriculum knowledge like geography, cultural difference etc.</p> <p><i>Recommended website:</i> <a href="http://www.britishchinesefoodculture.org.uk">www.britishchinesefoodculture.org.uk</a></p>	PowerPoint presentation

Useful websites:

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. Garlic



An essential part of Chinese cookery for thousands of years, used in numerous ways: whole, chopped, diced, crushed or pickled.

### 2. Cashew Nut



A popular snack with rich flavour, they are generally used whole in Chinese cooking.

## C. Chinese Sauces



### *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 Bean Sauce*



Lee Kum Kee's Chilli Bean Sauce, also known as "Toban Djan", is a Sichuan style ingredient paste with a pungent blend of salted chilli peppers, soybean and broad bean pastes. The Chilli Bean Sauce can be used for Sichuan style stir-fries or as a dip. The sauce makes very for a very spicy dish.

### *Hoisin Sauce*



Lee Kum Kee's Hoisin Sauce, is typically used as a glaze for meat or as a dipping sauce. Great when fused in crispy aromatic duck and many Chinese classics such as Kung Pao Chicken. A reddish-brown sauce that is salty, sweet and spicy. The word Hoisin is a romanisation of the Chinese word for seafood 海鮮 (pinyin hoi seen), although it does not contain seafood and tends to be made from soybean paste, garlic, chillies and other spices.



## D. Preparation and Cooking techniques

### 1. Marinating technique



Marinating technique is very important in cooking Chinese dishes. Marination is the process of soaking foods in a seasoned liquid before cooking. It is commonly used to add flavour to the food and to tenderize tougher cuts of meat. The process may last minutes or days. Different marinades are used in different cuisines. In Chinese cuisines, oyster sauce and soy sauce are quite common in marinating meat.

### 2. Stir-frying



Stir-frying is a technique that when properly executed, foods can be cooked in minutes in very little oil so they retain their natural flavours and textures. Stir frying is a popular Chinese cooking technique for preparing food in a wok: chao. The chao technique is similar to the Western technique of sautéing. A small amount of cooking oil is poured down the side of the wok, followed by dry seasonings e.g. ginger and garlic, then at the first moment the seasonings can be smelled, meats are added and agitated.

Sautéing is a method of cooking food that uses a small amount of fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking.

## E. Cooking tools

### 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. Story behind the dishes

Kung Pao Chicken is one of the most famous Chinese dishes and has its origin in Sichuan province. Kung Pao Chicken is linked to the figure of Ding Baozhen, governor (“Gong Bao” in Chinese) of Sichuan province in the 19<sup>th</sup> century: legend has it that one day Ding fell into a river and was rescued by a local man. After saving him, the good-hearted man invited Ding home for dinner and cooked him a fantastic dish of diced chicken, peanuts and Sichuan peppercorns. He liked it so much that the dish became known as Kung (or Gong) Bao Chicken, using his rank as name of the dish.

Another version of the story says that Ding, undercover, went to a local restaurant in the province he was governing to observe the real lives of his subjects, and that is where he ate this dish for the first time. Which story is the authoritative one is unclear; all that we really know was that Ding was surely a big fan of this remarkable dish!

During the Cultural Revolution period in China, this dish changed name, as it was too linked to an Imperial past that many didn't like to remember: as a result, Kung Pao Chicken was renamed "fast-fried chicken cubes" (hong bao ji ding) or "chicken cubes with seared chilies" (hu la ji ding) until the 1980s when its name was restored.

There are many versions of this dish, depending on how spicy it is and which ingredients you add: the main types of Kung Pao Chicken are the Sichuan style (spicier) and “Western” style, which was adapted for milder palates.



The Sichuan version usually has Sichuan chili peppers, which are extremely spicy, and Sichuan peppercorn, which numbs the tongue, creating a hot and numbing feeling. The milder, Western version has more variety, and it is usually the one you find in restaurants in the UK. It can be cooked with other vegetables, ginger, orange, broth and tofu.

(An image of Ding Baozhen)



## 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



## Activity sheet 1 Comments from tasters

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of your dish: \_\_\_\_\_

Taster	Flavour	Aroma	Texture	Appearance	Overall
e.g. Mary Samson	Spicy	Smell chilly	chicken is very soft	Look colourful	Very tasty and spicy
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		



## Activity sheet 3 What does your tongue tell you?

Do you know the difference between taste, flavour and aroma?

- ❖ Taste refers to the senses inside our mouth including our tongue
- ❖ Aroma occurs inside our noses and includes aspects in regards to our sense of smell
- ❖ Flavour is when taste and aroma are experienced together

Our tongue and mouth interact with food and drinks through 2 kinds of receptors: the 'tastebuds' which can be found all over our tongue; 'mouthfeel' which is sensed by free nerve endings all over the inside of our mouth and tongue and it helps us feel the texture and temperature of food (e.g. the crispness of an apple, how hot or cold a soup is).

Fill in this table with ingredients and food that you associate to each taste. Can you think of other tastes?

<b>Taste</b>	<b>Food/ingredient</b>
<b>Sweet</b>	e.g. honey
<b>Sour</b>	e.g. lemon
<b>Bitter</b>	e.g. green leafy vegetables
<b>Salty</b>	
<b>Umami*</b>	

### \*What is umami?

The taste of umami refers to "savoury" or "meaty" taste of many fermented products (or other aged foods, which have full-bodied flavours: think of parmesan cheese or Marmite!). It is often found in Asian cuisine, as they often use Monosodium glutamate, which is known to give food a strong umami taste.