



**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>	Classic Black Bean 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

300g chicken breast (cut into cubes or diced)  
2 shallots (finely chopped)  
1 small green pepper (diced)  
1 small red or yellow bell pepper (diced)  
1 tbsp cooking oil

#### Marinade

1 tbsp Lee Kum Kee Premium Oyster Sauce

#### Sauce mix

1 tbsp Lee Kum Kee Black Bean Garlic Sauce  
1 tsp sugar  
2tbsp water

#### Methods

1. Marinate the chicken with oyster sauce and set aside.
2. Sauté shallots over medium heat for 2 minutes, add chicken to stir fry for 5 minutes.



3. Add in the peppers and sauce mix for a further 3 minutes until the chicken is cooked through.

Tips: If there is not much juice coming out from the cooking, please add in the 2 tbsp water to aid the cooking.

## A. Activity Plan

### Learning outcomes:

- ✚ How to make a traditional Chinese cuisine.
- ✚ Know various ingredients like shallots, black beans which are common in Asian cuisines.
- ✚ Use various seasoning source e.g. black bean garlic sauce and oyster sauce.
- ✚ Learn cooking techniques – marinating and stir-frying
- ✚ 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>	Introduce black beans, popular ingredients in Chinese cuisine. Ask students comparing black beans with other beans that they know.	PowerPoint presentation Refer to section B
<b>Development</b>	<p>1. When preparing the ingredients, let the students think of the differences (e.g. taste and colour) between green peppers and yellow/red peppers, also between shallots and onions.</p> <p>2. Introduce oyster sauce and black bean garlic sauce.</p> <p>3. Introduce the skills and importance of marinating technique. Ask students to use Chinese sauce to marinade the 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>PowerPoint presentation</p> <p>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>



<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. Introduce the “Quiz” activity to the students and ask them to do in the class if time is allowed.	Refer to Activity sheet 1  Refer to Activity sheet 2
<b>Further learning</b>	If students are interested in Asian cuisines, ask them to read the story behind the cuisine (see section F). Encourage students to visit useful websites for further information.  <i>Recommended website:</i> <a href="http://www.britishchinesefoodculture.org.uk">www.britishchinesefoodculture.org.uk</a>	Refer to section F and useful websites

Useful websites:

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

BBC Good Food <http://www.bbcgoodfood.com/>

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

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

History of Fermented Black Soy-beans <http://www.soyinfocenter.com/pdf/150/FBS.pdf> (pdf)



## B. Popular ingredients in Chinese dishes

### 1. Shallots



These are mildly flavoured members of the onion family, although much smaller than onions. The flavour of a shallot is much milder and sweeter than that of an onion, so if a recipe specifies shallots, substituting onions won't give the same results. Their lower water content means they need to be cooked more gently than onions.

### 2. Black beans (*Douchi*)

These are fermented black soybeans, in Chinese, normally just called "black beans". Soybeans are a good source of fibers, protein, magnesium, calcium etc. They are very popular Chinese cuisine and widely used for making black bean sauce. The flavour is sharp, pungent, and spicy in smell, with a taste that is salty and slightly bitter.



## 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.



### Black bean garlic sauce

**Lee Kum Kee's Black Bean Garlic Sauce** is a fermented and salted soy-bean sauce. A popular flavouring in Chinese cuisine fermented black soy-beans has a long history in the cuisine dating back to 165 BCE. Typically used for flavouring fish or stir-fried vegetables it is used in small quantities due to its strong salty taste.



## 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 flavor to the food and to tenderize tougher cuts of meat. The process may last min 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 seasoning e.g. ginger and garlic, then at the first moment the seasoning 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 South-East 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

Black beans are fermented black soybeans which are native to East Asia. They are widely used in China to produce sauces such as black bean sauce. The beans date back to at least 200 BCE. According to the ancient Chinese myth, in 2853 BCE, the legendary Emperor Shennong of China proclaimed that five plants were sacred: soybeans, rice, wheat, barley, and millet. These five grains have been at the heart of Chinese food and cuisines for millennia! Today soybeans are the third most used grain in China, after rice and wheat.

Soy bean has lower level of carbohydrate than normal legumes, but more protein and oil: it offers protein and calcium, and that is why it is often so used by vegetarians, who don't get these nutrients from meat or dairy products. In ancient days there had been a lot of trial and error in mastering the processes required to cook soy bean; in fact, even after lengthy boiling, soy beans remain quite tough and beany, and taste a little bitter, remaining largely indigestible. After the Zhou Dynasty, the Chinese learned that to more fully exploit the protein, the soy bean needed to be processed further.

Fermented black soybeans are called *douchi* and are used for making sauces: a pot containing *douchi* was found in a tomb dated 165 BCE that was found in 1972. Black soybean also played a central role also in trade and making fortunes. Records show that by 76 BCE two of the wealthiest merchants in the whole China had made their fortune through the trade of fermented black soybeans.

From here we can begin to pick up literary references to black soybeans and in 701 CE the first mention of black soy beans can be found in Japan in the Imperial palace referred to as “kuki” or “shi” . It is not until 1815-1823 that the West got its sample of black soybeans. A mention of them appearing in *A Dictionary of the Chinese Language in Three Parts*, where they are here called “she” ; through the 19<sup>th</sup> century further mention is made of them across the Western world.





# Activity sheet 1 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		



## QUIZ

Questions:

- 1) Which sauces have you used for the recipe?
  
- 2) Name and briefly explain two cooking techniques used in this recipe.
  
- 3) What are the differences between shallot and onion?
  
- 4) What are the differences between green pepper and red/yellow pepper?
  
- 5) What is a black bean?