

Nutritional Analysis of Chinese and Taiwanese Cuisine: An Educational Cookbook

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For my mother, Ling Hsiu Chung, who sparked my passion for cooking  
and taught me to embrace myself and our culture.

## **Abstract**

Growing up in Tennessee, my locale lacked a significant Chinese community, which often made it difficult to maintain a connection to my heritage. However, my mom always made sure I was connected to my roots by preparing home cooked traditional meals for our family, which subsequently formed my passion for cooking and exploring foreign cultures. In this thesis, I created my own cookbook filled with a collection of Chinese and Taiwanese recipes that transport me home from any kitchen. A thorough nutritional analysis was conducted on these recipes to create the cookbook and support the goals of this thesis. The goals of this project are to educate others on Chinese and Taiwanese food and culture by dispelling stereotypes, spotlighting authentic recipes, discussing their nutritional profile and role in the diet, and emphasizing the growing need for and importance of culturally educated nutrition professionals to patients.

## **Terminology**

**AAPI:** Asian American and Pacific Islander.

**Added sugar:** sugar that is added to a food during processing and before consumption.

**Amino acid:** the most basic molecule that composes proteins. There are nine essential amino acids that the body needs for healthy function and cannot synthesize them from other amino acids. There are eleven nonessential amino that the body needs but can synthesize on its own.

**Complete protein:** a source of protein, usually animal based, that contains all nine essential amino acids.

**Dietary Guidelines for Americans (DGA):** a series of nutrition advice and information based on research that is used to promote health and reduce the risk of disease. It is updated by The U.S. Department of Agriculture (USDA) and Health and Human Services (HHS) in five-year intervals. At the time of this thesis, the most current DGA is 2020-2025.

**Energy dense:** high number of calories in proportion to the weight of a serving of food.

**Fatty acids:** the basic molecule that composes fats.

**Macronutrients:** the main nutrient molecules from which we derive energy in our diet. This includes protein, carbohydrates, and fat.

**Micronutrients:** the vitamins and minerals that are essential in small amounts in the diet for body function and health.

**Mineral:** inorganic substance found in earthly materials that is needed to stay healthy. Major minerals are needed in large quantities, while minor minerals are small.

**Nutrient dense:** high amount of beneficial nutrients, including vitamins and minerals, in proportion to the weight of a serving of food.

**R&D:** Research and Development. In the world of food science, this refers to creating new products and improving current ones in their taste, texture, or nutritional content.

**Vitamin:** organic substance found in plants or animals that is needed to stay healthy.

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## **Chapter I**

### **Introduction**

#### **Deeper Meaning of Food**

Food is not merely nutritious sustenance, but a means to socialize and share traditions and values with one another. The nature of the environment in which one eats their food, the way the ingredients are harvested, caught, and processed, the flavors and aromas of the food, and the presentation of the final product are all essences of the culture that produced the dish. Chinese culture is rich and full of history; this is reflected in the cuisines of every region, including the food of the Taiwanese Han who are the diaspora of China in Taiwan. In recent years, there has been great interest in certain aspects of East Asian culture; this is especially true for Japan and South Korea due to the international fame and popularity of anime and K-Pop (Otmazgin). Chinese culture seems to be the least popular of the three, and because of the coronavirus pandemic, there has been an increase in negative opinion of China as a country (Silver et al.). This is also correlated with a rise in anti-Asian and anti-Chinese sentiment and hate crimes in the United States (*Anti-Asian Hate Crime*).

Though food serves as a means of hospitality, it can also be used to monger fear and hurt others. Many race targeted insults originate from cultural differences in food choices. For example, those in the AAPI community are ridiculed for eating dogs, regardless of whether they have done so. Racial stereotypes can also be rooted in food, which was displayed during the COVID-19 pandemic. During this time, a new food was added to the never-ending list of food-based stereotyping: Wuhan bat soup, one of the alleged origins of the coronavirus. This information has been weaponized by others

against Chinese people and against other Asian people who are ignorantly deemed Chinese by demonizing their food choices and blaming them for starting the coronavirus pandemic (*Anti-Asian Hate Crime*).

### **Cultural Competency in Dietetics**

Cultural backgrounds heavily impact the food preferences of a person. This is especially true for those who need nutrition counsel, since they require changes in their diet to live a healthier life, but still prefer to eat foods with which they are familiar. In the world of dietetics, there is an alarming lack of nutrition professionals who are proficient in cultural competency. One study performed in the Netherlands showed that patients from ethnic minority groups suffered from higher rates of type 2 diabetes under the care of mostly Dutch dietitians, which was caused by the dietitians' lack of knowledge about cultural food preferences and communication barriers (Jager et al.). The patients had trouble following dietary guidelines set forth by the dietitians, since the recommendations were not compatible to their established eating patterns, and they felt they could not trust the dietitians to provide satisfactory advice. In the study, some dietitians recommended their patients to substitute a bread meal for one of their daily meals, which is a food habit more common in Dutch culture (Jager et al.). This was an unrealistic goal for the patients due to their cultural eating habits; therefore, the dietetic counseling was ineffective.

The 2020-2025 Dietary Guidelines for Americans recognizes the role that culture plays in the diet and recommends that Americans should “customize and enjoy nutrient dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations” (USDA). When discussing portion sizes, it should be taken

into consideration that traditional Chinese meals are typically eaten family-style: unlike the Western standard of having a protein, carbohydrate, and vegetable on the plate, a Chinese meal consists of a bowl of rice and an assortment of vegetable and protein dishes to eat from. This may make it difficult for people who grew up in that culture to follow the MyPlate figure promoted by the Dietary Guidelines for Americans, which consists of a plate filled half full of vegetables and fruit, half with protein and grains, and a side of dairy (USDA).

### **Thesis Statement**

This thesis examines authentic Chinese and Taiwanese food and customs by analyzing the nutritional makeup of selected dishes. It focuses on the nutritional value of foods, unique nutritional benefits of specific ingredients, and where these dishes fit within a person's diet. The first goal of this thesis is to teach the importance of eating fresh whole foods by creating a simple cookbook filled with recipes that one can easily make at home. The second goal is to create greater cultural understanding of Chinese food customs as East Asian culture becomes increasingly popular in America and anti-Asian hate crime rates increase. The third goal is to emphasize the need for culturally educated nutrition professionals in a diversifying America. This thesis and cookbook could serve as an educational resource for those with Chinese or Taiwanese patients seeking counsel. It is important to educate others on these food customs to further cultural knowledge and promote tolerance in America.

## Chapter II Methodology

### Recipe Formulation

When brainstorming ideas for my cookbook, I utilized multiple sources for inspiration. This included a few Chinese language cookbooks, online sources, and discussions with my mother regarding our family's recipes. Most importantly, I wanted my recipes to accurately reflect traditional foods while consisting of simple ingredients and requiring minimal cookware. This makes my cookbook more accessible to the general population, since my target population is those who are not familiar with the culture. Keeping these qualities in mind, I started out with a list of thirty recipes that interested me and narrowed it down to fifteen final recipes that would be included in the cookbook after completing the research and development process.

Many of the recipes spotlighted in the cookbook are those with deep roots in my mother's family that I grew up enjoying as a meal or as a delicious snack. This includes the recipes for tea egg, cucumber salad, steamed egg, tomato egg stir fry, *lap cheong* fried rice, scallion chicken, chicken soup, and grass jelly. Other recipes were inspired by cookbooks written by Qiongbai Liang and Mu-Tsun Lee. Lee's recipe for "Steamed Fish" served as the base for my steamed fish recipe (76). Liang's recipes for *chong you bing* and *ye zap gou* inspired my recipes for scallion pancake and coconut jelly (*Small Snacks* 38, 116). In a different book, Liang's recipes for *men nangua* and *kejia qiezi* inspired my recipes for sweet pumpkin, braised pumpkin, and Hakka eggplant (*Quick Lunchboxes* 30, 162). One recipe, *tanghulu*, was inspired by an online source ("Candied Strawberries").

The R&D process began with base recipes from my sources. Then, I made alterations to make them as simple as possible without taking away from their traditional roots. I spent months in my kitchen cooking every recipe at least two times, noting every step I took, the amounts of each ingredient I added, the time needed to prepare and cook, and the number of servings in one recipe so each one can be accurately replicated. The goal of this formulation stage was to perfect each recipe and ensure the steps and conditions I recorded would recreate the final dish exactly. I made detailed notes about the amount of each product, measured in cups, teaspoons, and tablespoons so all the information can be run through nutritional analysis software. Certain recipes were cut from the final cookbook because they were complicated, had long cooking times, or could not be altered to a simple recipe without affecting its true, traditional flavor. Some ingredients are so vital to the final product that they cannot be removed.

To complete this stage, I utilized standard equipment in my kitchen such as a stove and sink. The cookware I used to make each recipe includes a wok, a circular metal rack, a pan, a pot, mixing bowls, measuring cups and spoons, a chef knife, a cleaver, and strainers. Many of the ingredients used in the cookbook are basic pantry items that overlap for many recipes, such as Chinese five spice powder, soy sauce, salt, sugar, and neutral vegetable oil. This was intentional, as I want this cookbook to be simple and not require numerous ingredients and trips to different grocery stores.

### **Nutritional Analysis**

To analyze the nutrition of each recipe, I utilized an online program called HappyForks. This free program combines the USDA National Nutrient Database and the

Health Canada Canadian Nutrient Profile to source all nutrition information (Kochanowski). When a recipe is inputted, the program calculates the macronutrient, micronutrient, and caloric components of a dish. It provides a full breakdown of the lipids, carbohydrates, proteins, vitamins, and minerals provided per serving. Additionally, it generates graphics displaying this information. To better translate this information for the consumer, I collected only data points related to the macronutrient profile. Each recipe has a table listing the grams of protein, fat, and carbohydrates from one serving of a dish, as well as a pie chart graphic to display what percent of calories comes from each macronutrient group in a dish. These graphics are presented to the consumer in a useful way that allows them to understand relevant nutritional data as they are compared to current guidelines from the American Heart Association and the Dietary Guidelines for Americans.

### **Creating the Cookbook**

To make the final cookbook, I utilized Canva, a free online graphic design tool. Using their free content, I created a digital cookbook with a title page, four snacks, seven entrees, and four desserts. According to Canva's Content License Agreement, those who utilize Canva may "use the Free Content in templates for websites, social networking websites, documents, projects or otherwise for distribution and/or sale to third parties"; Canva's free content is also approved for use in "school or university projects" (Canva). Once I had all my recipes prepared with their titles in a Word document, I began to design and format my cookbook. All tables and pie charts were made using Canva's software. Once I perfected the recipes, I took professional pictures of each final dish

using a Sony Alpha 7 II camera, which are displayed for each recipe in the final cookbook. Each recipe also contains a small notes section with useful information for cooking, eating, or serving the dish.

### **Chapter III**

#### **Results**

All nutrition information is sourced from the USDA National Nutrient Database and the Health Canada Canadian Nutrient Profile. Regarding the expanded amino acids section for some recipes, methionine and cysteine are paired because the essential amino acid methionine can be converted to cysteine when needed. The essential amino acid phenylalanine is paired with tyrosine for the same reason.

#### **Steamed Egg**

Steamed egg consists of a water and egg mixture that is cooked with steam and topped with a simple soy sauce mixture for flavor. There are 81 calories in one serving, which consists of 5.9 grams of protein, 5.4 grams of fat, and 2.0 grams of carbohydrate. Of the 5.4 grams of fat, 1.542 grams come from saturated fat. Its calorie profile consists of 31% protein, 59% fat, and 10% carbohydrate. It is a rich source of choline (130.3 mg) and the minerals selenium (13.6 µg) and sodium (339 mg).

#### **Cucumber Salad**

Cucumber salad is made from fresh sliced cucumbers marinated in a spicy savory soy sauce base. There are 40 calories in one serving, which consists of 1.3 grams of protein, 1.4 grams of fat, and 6.1 grams of carbohydrate. Of the 1.4 grams of fat, 0.183 grams come from saturated fat. Its calorie profile consists of 12% protein, 30% fat, and 59% carbohydrate. It is a rich source of vitamin K (23 µg) and consists largely of water.

## **Tea Egg**

Taiwanese marinated tea eggs are hard boiled and lightly cracked before steeping in a sweet soy sauce blend filled with spices and seasonings. There are 82 calories per egg, which consists of 6.9 grams of protein, 4.8 grams of fat, and 2.4 grams of carbohydrate. Of the 4.8 grams of fat, 1.568 grams come from saturated fat. Its calorie profile consists of 36% protein, 53% fat, and 11% carbohydrate. It encompasses a wide variety of amino acids, including tryptophan (0.084 g), threonine (0.302 g), isoleucine (0.362 g), leucine (0.582 g), methionine and cysteine (0.332 g), phenylalanine and tyrosine (0.617 g) and valine (0.457 g). Additionally, it is a rich source of riboflavin (0.251 mg), choline (149.1 mg) and the mineral selenium (15.4 µg).

## **Scallion Pancake**

Taiwanese scallion pancakes are a thin, flaky flatbread filled with scallions and seasoned with salt and Chinese five spice powder. There are 278 calories per pancake, which consists of 6.8 grams of protein, 5.8 grams of fat, and 49.2 grams of carbohydrate. Its calorie profile consists of 10% protein, 18% fat, and 73% carbohydrate. One serving has 2.3 grams of fiber. Of the 5.8 grams of fat, 4.515 grams come from saturated fat. It contains a minimum 20% of the daily recommended intake level for the amino acids tryptophan (0.083 g) and phenylalanine and tyrosine (0.541 g). It is a rich source of the vitamins folate DFE (194 µg DFE), thiamin (0.501 mg), riboflavin (0.324 mg), niacin (3.791 mg), and vitamin K (39.1 µg). For minerals, it is rich in sodium (586 mg), selenium (9 µg), and manganese (0.488 mg).

## **Steamed Fish**

Cantonese style steamed fish consists of a white fish fillet cooked with steam and topped with sauce made from soy sauce and aromatics including scallions, cilantro, and ginger. There are 302 calories per serving, which consists of 31.7 grams of protein, 16.7 grams of fat, and 7.9 grams of carbohydrate. Its calorie profile consists of 41% protein, 49% fat, and 10% carbohydrate. One serving has 1.9 grams of fiber. Of the 16.7 grams of fat, 1.894 grams come from saturated fat. The total amount of polyunsaturated lipids is 4.53 grams, with 1.576 grams coming from a variety of omega 3 (n-3) lipids including 1.33 grams of 18:3 n-3 (ALA), 0.122 grams of 22:6 n-3 (DHA), 0.007 grams of 20:5 n-3 (EPA), and 0.061 grams of 22:5 n-3 (DPA). The rest of the polyunsaturated lipids are omega 6 (n-6) lipids, which amount to 3.071 grams.

It has a minimum 20% of the daily recommended intake level for all nine essential amino acids, including tryptophan (0.306 g), threonine (1.456 g), isoleucine (1.437 g), leucine (2.444 g), lysine (2.675 g), methionine and cysteine (1.181 g), phenylalanine and tyrosine (2.248 g), valine (1.502 g), and histidine (0.716 g). It is a rich source of the water-soluble vitamins folate DFE (83 µg DFE), niacin (6.281 mg), vitamin B-6 (0.331 mg), vitamin B-12 (2.24 µg), and all fat soluble vitamins, including vitamin A (1993 IU), vitamin E (3.92 mg), vitamin D (176 IU), and vitamin K (164 µg). For minerals, it is rich in magnesium (69 mg), phosphorus (304 mg), sodium (1440 mg), copper (0.216 mg), selenium (59.9 µg), and manganese (0.444 mg).

## Lap Cheong Fried Rice

Fried rice can be made with a variety of different ingredients. The fried rice featured in the cookbook uses peas and Chinese sausage, which is also known as *lap cheong*, as main ingredients. The nutritional analysis was conducted by using HappyFork's database for easily searchable ingredients and then manually calculating and adding the nutrition of the Chinese sausage, which is excluded from the database. To accomplish this, I used the nutrition label of the Chinese sausage and calculated the nutrition information for one sausage link, which is the amount in one serving of fried rice. Protein and carbohydrates are both 4 calories per gram, while fat is 9 calories per gram (National Agricultural Library). One sausage link provides 7 grams of total fat (63 calories), 5 grams of carbohydrates (20 calories), and 10 grams of protein (40 calories), as well as 2 grams of saturated fat and 520 milligrams of sodium.

There are 422 calories per serving of lap cheong fried rice, which consists of 22.4 grams of protein, 16.4 grams of fat, and 64.1 grams of carbohydrate. Its calorie profile consists of 18% protein, 29% fat, and 53% carbohydrate. One serving has 1.9 grams of fiber. Of the 16.4 grams of fat, 4 grams come from saturated fat. Though exact amounts cannot be calculated due to the limitations of the Chinese sausage nutrition label, one serving of lap cheong fried rice contains a minimum 20% of the daily recommended intake level for all nine essential amino acids. It is a rich source of the water-soluble vitamins folate DFE, thiamin, riboflavin, niacin, pantothenic acid, and vitamin B-6. For fat soluble vitamins, it is a good source of vitamin A and vitamin K. For minerals, it is rich in phosphorus, iron, sodium, zinc, selenium, and manganese.

## **Scallion Chicken**

Scallion chicken consists steamed or boiled chicken thigh topped or dipped in a salted ginger scallion oil. There are 273 calories per serving, which consists of 34.6 grams of protein, 13.1 grams of fat, and 3.1 grams of carbohydrate. Of the 13.1 grams of fat, 8.263 grams come from saturated fat. Its calorie profile consists of 54% protein, 42% fat, and 4% carbohydrate. It has a minimum 20% of the daily recommended intake level for all nine essential amino acids, including tryptophan (0.434 g), threonine (1.546 g), isoleucine (1.692 g), leucine (2.847 g), lysine (3.297 g), methionine and cysteine (1.248 g), phenylalanine and tyrosine (2.63 g), valine (1.787 g), and histidine (1.279 g). It is a rich source of the water-soluble vitamins riboflavin (0.29 mg), niacin (14.701 mg), pantothenic acid (2.294 mg), and vitamin B-6 (1.253 mg). It is also rich in the fat-soluble vitamin K (54.3 µg). For minerals, it is rich in phosphorus (304 mg), sodium (1440 mg), and selenium (59.9 µg).

## **Tomato Egg Stir Fry**

Tomato egg stir fry is a scrambled egg dish set in a sweet and savory tomato sauce. There are 211 calories per serving, which consists of 12.4 grams of protein, 12.8 grams of fat, and 12.5 grams of carbohydrate. Its calorie profile consists of 24% protein, 54% fat, and 22% carbohydrate. One serving has 2.6 grams of fiber. Of the 12.8 grams of fat, 3.369 grams come from saturated fat. The total amount of polyunsaturated lipids is 4.366 grams, with 0.399 grams coming from omega 3 (n-3) lipids, including 0.344 grams of 18:3 n-3 (ALA) and 0.048 grams of 22:6 n-3 (DHA). The rest of the polyunsaturated lipids are omega 6 (n-6) lipids, which amount to 3.775 grams.

It has a minimum 20% of the daily recommended intake level for all nine essential amino acids, including tryptophan (0.154 g), threonine (0.526 g), isoleucine (0.608 g), leucine (0.974 g), lysine (0.828 g), methionine and cysteine (0.573 g), phenylalanine and tyrosine (1.079 g), valine (0.765 g), and histidine (0.289 g). It is a rich source of vitamin C (27.3 mg), folate DFE (80 µg DFE), riboflavin (0.438 mg), pantothenic acid (1.444 mg), vitamin B-6 (0.293 mg), choline (257.7 mg), and vitamin B-12 (0.74 µg). It is also rich in the fat-soluble vitamin A (2083 IU) and vitamin K (73.4 µg). For minerals, it is rich in phosphorus (215 mg), sodium (936 mg), copper (0.181 mg), and selenium (25.8 µg).

### **Braised Pumpkin**

Braised pumpkin is made from kabocha squash simmered in a savory broth. Once cooked, this type of squash has a soft and edible green rind. There are 68 calories per serving, which consists of 2.3 grams of protein, 1.3 grams of fat, and 13.8 grams of carbohydrate. Of the 1.3 grams of fat, 0.236 grams come from saturated fat. Its calorie profile consists of 9% protein, 17% fat, and 74% carbohydrate. One serving has 2.5 grams of fiber. It is a rich source of the fat-soluble vitamin A (10940 IU) and vitamin K (32.7 µg). For minerals, it is rich in copper (0.191 mg).

### **Hakka Eggplant**

Hakka eggplant is a southern Chinese dish made of sliced eggplants stir fried in a savory basil sauce. There are 119 calories per serving, which consists of 3.7 grams of

protein, 4.0 grams of fat, and 20.7 grams of carbohydrate. Of the 4.0 grams of fat, 2.871 grams come from saturated fat. Its calorie profile consists of 8% protein, 29% fat, and 63% carbohydrate. One serving has 8.4 grams of fiber. It is a rich source of the water-soluble vitamin B-6 (0.286 mg) and the fat-soluble vitamin K (29.1 µg). For minerals, it is rich in sodium (407 mg), copper (0.252 mg), and manganese (0.81 µg).

### **Chicken Soup**

This chicken soup base is made from chicken soup, ginger, garlic, scallions, and soy sauce. It is meant as a base for noodle soup or a simple soup with fresh vegetables and a protein such as tofu or chicken. There are 100 calories per serving, which consists of 8.5 grams of protein, 3.4 grams of fat, and 11.7 grams of carbohydrate. Of the 3.4 grams of fat, 0.821 grams come from saturated fat. Its calorie profile consists of 30% protein, 28% fat, and 42% carbohydrate. It is a rich source of the water-soluble niacin (5.156 mg) and the fat-soluble vitamin K (46.8 µg). For minerals, it is rich in sodium (658 mg) and copper (0.216 mg).

### **Coconut Jelly**

Coconut jelly is a staple Cantonese dessert in dim sum restaurants. There are 198 calories per serving, which consists of 4.7 grams of protein, 10.0 grams of fat, and 24.1 grams of carbohydrate. Of the 10.0 grams of fat, 8.356 grams come from saturated fat. Its calorie profile consists of 9% protein, 43% fat, and 48% carbohydrate.

## **Sweet Pumpkin**

Sweet pumpkin is simply chunks of kabocha squash stewed in sweetened water. There are 86 calories per serving, which consists of 1.4 grams of protein, 0.1 grams of fat, and 21.7 grams of carbohydrate. Its calorie profile consists of 4% protein, 1% fat, and 95% carbohydrate. One serving has 2.1 grams of fiber. It is a rich source of the fat-soluble vitamin A (10791 IU). For minerals, it is rich in copper (0.176 mg).

## **Tanghulu**

Tanghulu is a Chinese dessert consisting of candied bite sized fruits on a skewer. There are 30 calories per serving, which consists of 0.2 grams of protein, 0.1 grams of fat, and 7.7 grams of carbohydrate. Its calorie profile consists of 2% protein, 2% fat, and 96% carbohydrate. One serving does not contain a minimum 20% of the daily recommended intake level for any micronutrients.

## **Grass Jelly**

Grass jelly has a mild herbal taste and is a versatile ingredient in many sweet drinks and desserts. In this recipe, it is simply cubed and mixed with sweetened condensed milk for flavor. HappyForks was used to analyze the nutrition of sweetened condensed milk. The nutrition of the grass jelly was manually calculated using its nutrition label for one serving. A one cup serving of grass jelly provides 1 gram of total fat (9 calories), 4 grams of carbohydrates (16 calories), 0 grams of protein, and 73 milligrams of sodium. The 1 gram of fat is all saturated fat.

There are 41 calories per serving of grass jelly, which consists of 0.5 grams of protein, 1.6 grams of fat, and 7.5 grams of carbohydrate. Its calorie profile consists of 5% protein, 31% fat, and 64% carbohydrate. Of the 1.6 grams of fat, 1.4 grams come from saturated fat. One serving does not contain a minimum 20% of the daily recommended intake level for any micronutrients.

## **Chapter IV**

### **Major Takeaways**

#### **Discussion**

For fat, the recommended target range for healthy adults is 20% to 35% of daily calories (USDA). Nine out of fifteen recipes in the cookbook were within or under the ideal fat distribution for a meal. For saturated fat, the American Heart Association recommends under 13 grams per day for an adult eating a 2,000 calorie diet. For someone who consumes three daily meals, this equals about 4.3 grams of saturated fat per meal. Frequent consumption of a diet rich in saturated fat can lead to significant health problems later in life, including an increased risk for cardiovascular disease (American Heart Association). Eleven out of fifteen recipes provide less than 4.3 grams of saturated fat per serving. One dish, steamed fish, is unique for its high amount of omega-3 fatty acids. Omega-3 fatty acids are common in fish and can reduce inflammation and lower blood pressure in those with hypertension (Stepnick). Overall, the selected traditional Chinese and Taiwanese dishes could be recommended as healthy meal options that are low in saturated fat and contain healthy fats.

For protein, the recommended target range for healthy adults is 10% to 35% of daily calories (USDA). In comparison to this range, six recipes fell within, six recipes fell below, and three recipes were above. The recipes below the range were mostly desserts, which contain a high amount of carbohydrates due to their added sugar content. Most recipes above the range, including steamed fish and scallion chicken, have an inflated percentage of calories from protein and are intended to be eaten with rice. Eating these dishes with rice will alter the total macronutrient makeup by increasing the amount of

carbohydrates in the meal. Six out of fifteen recipes contain a minimum 20% of the daily value for all nine essential amino acids, which is from the complete protein sources in their ingredients. This includes eggs, chicken, fish, and pork sausage. The selected Chinese and Taiwanese dishes in this cookbook can be recommended as good sources of complete protein.

To reduce the risk for coronary heart disease, current fiber consumption recommendations are 38 grams for men and 25 grams for women (USDA). For a food to be considered high in fiber, it must contain a minimum of 5 grams of fiber per serving. Six out of fifteen recipes provide between 1.9 to 2.6 grams of fiber per serving; one recipe, Hakka eggplant, provides 8.4 grams per serving. Without making a few alterations or substitutions, the selected Chinese and Taiwanese recipes in this cookbook would not make good recommendations for a person needing more fiber in the diet. Some examples of fiber rich additions would be peas, beans, or lentils (USDA).

A food is a good source of a nutrient if one serving makes up 20% of its daily value. Minerals come from earthly materials and are found in whole, fresh ingredients or are fortified in some processed foods. Eleven out of fifteen recipes contain a minimum 20% of the daily value for at least one mineral. Across these recipes, eight are high in sodium, seven are rich in selenium, six are rich in copper, four are rich in manganese, four are rich in phosphorus, and zinc, iron, and magnesium are rich in one recipe each. Though sodium is needed in the diet for water balance, muscle contraction, and nerve signaling, too much sodium in the diet is linked to high blood pressure and should be limited to 2,300 mg per day (USDA). Many of the recipes in the cookbook contain soy sauce, which is high in sodium. To make the dishes more sodium-friendly, low sodium

soy sauce can be substituted for regular soy sauce without compromising flavor. The selected Chinese and Taiwanese recipes use plenty of fresh produce, which provides a variety of vital major and minor minerals in the diet.

Vitamins are vital for many basic bodily functions; they play a role in immune function, blood clotting, cell growth and differentiation, nutrient metabolism, energy production, and act as antioxidants (Stepnick). Twelve out of fifteen recipes contain a minimum 20% of the daily value for at least one of the water-soluble or fat-soluble vitamins. The three recipes that do not contain a high number of vitamins are all desserts. The water-soluble vitamins present in these recipes, listed from most to least prevalent, are niacin, vitamin B-6, folate, riboflavin, pantothenic acid, thiamin, vitamin B-12, and vitamin C. The recipes also contain all four fat-soluble vitamins, with vitamin K being the most prevalent in nine recipes. Vitamin K is typically sourced from leafy green vegetables and plant oils (Stepnick). The selected Chinese and Taiwanese recipes utilize a variety of fresh produce that are rich in vitamins.

## **Reflection**

Creating a Chinese and Taiwanese cookbook taught me about the hard work and effort that goes into cooking meals from scratch. As I conducted research for each recipe, I wondered how difficult it was for my great grandmother to cook multiple dishes for a large family during a time in which food insecurity and starvation were rampant in southern China. I grew sense of appreciation for my culture and the foods it created, since they are what helped my family and millions of others survive. As a Taiwanese

American, I felt that cooking Chinese and Taiwanese ethnic foods helped me reconnect with my culture. I learned new Mandarin and Cantonese vocabulary related to my recipes. I also learned about new recipes that were not eaten in my family, which taught me about the cuisines of other ethnic groups in China and Taiwan. Though I initially sought to create an authentic cookbook based on my personal experience, I still gained new insight about the diversity of Chinese and Taiwanese food. This process has also been a wonderful family bonding activity, as it ignited new conversation topics that my mother and I have never previously discussed.

## **Conclusion**

Food is an important aspect of Chinese and Taiwanese culture. By learning how to cook cultural foods, people within the culture can feel reminded of their upbringing and reconnect with their culture, and those who do not know the culture can learn about it in a hands-on way. There are plenty of healthy and delicious Chinese and Taiwanese foods made from whole ingredients. Though some recipes may not be as healthy as others, it is important to make space for foods for enjoyment in the diet, even if they may be energy dense and lack important nutrients. If desired, it only takes a little bit of research to find cultural recipes and develop ways to make them fit better within a person's diet to meet their health goals. Too often are Chinese and Taiwanese ethnic foods demonized; this can change if nutritionists and dietitians change the narrative by educating themselves on the cultural eating habits of their patients by utilizing resources such as the cookbook in this thesis.

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## **Appendices**

# simple taiwanese + chinese



**A STUDENT COOKBOOK**  
by Aura Ling Ganster

Appendix B  
Separation Page Example



## Appendix C

### Cookbook Introduction

Cooking healthy homestyle meals with whole foods in your own kitchen doesn't have to be difficult!

We eat food not just to nourish our bodies, but to share traditions and values with each other. In my opinion, one of the best ways to experience culture is through food. This cookbook is a collection of Chinese and Taiwanese recipes, both traditional and modern.

Though I created these recipes with college students in mind, this book is for anyone who wants to make cheap, easy, and filling meals at home. Apart from fresh produce, nearly everything in this book can be made with just a few main ingredients.

DEDICATED TO MY MOM, LING HSIU CHUNG, WHO RAISED  
ME ON SOME OF THESE DISHES AND TAUGHT ME  
EVERYTHING I KNOW ABOUT COOKING AND OUR CULTURE.

## Appendix D

### Steamed Egg Recipe



## Steamed Egg

### 蒸蛋

 2 SERVINGS

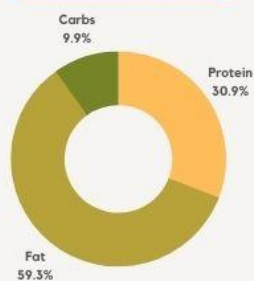
 10 MINUTES

PER SERVING	81 KCALS
	5.9G PROTEIN
	5.4G FAT
	2.0G CARBS

## INGREDIENTS

2 eggs  
water  
a pinch of salt  
1 tsp soy sauce  
½ tsp sesame oil  
½ tsp sugar  
1 scallion, chopped

### KCAL DISTRIBUTION



## DIRECTIONS

1. Crack 2 eggs into a liquid measuring cup and note the amount. Pour eggs into a glass bowl and whisk.
2. Measure water to the same amount as the eggs and whisk into the eggs. Add a pinch of salt.
3. Cover glass bowl with plastic wrap and poke a few small holes to vent.
4. Boil water in a steamer, place glass bowl inside, and steam for 10 minutes on medium-high heat or until fully cooked.
5. Mix soy sauce, sesame oil, and sugar together.
6. Remove glass bowl from steamer and create crisscross slits in the egg.
7. Pour the sauce over the eggs, top with scallions, and serve!

## NOTES

If you don't want bubbles in your egg, filter the egg water mixture through a strainer before steaming. This will give it a texture similar to silken tofu.


## Appendix E

### Cucumber Salad Recipe



#### Cucumber Salad 拍黄瓜

 2 SERVINGS

 25 MINUTES

**PER  
SERVING** 120 KCALS  
1.3G PROTEIN  
1.4G FAT  
6.1G CARBS

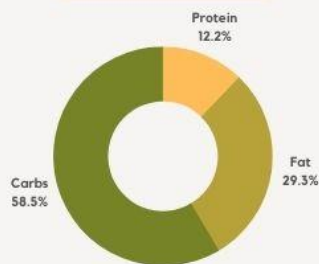
#### INGREDIENTS

- 1 English cucumber
- 1 scallion, minced
- 1 tsp sugar
- 1 tsp salt
- $\frac{1}{2}$  tsp sesame oil
- 2 tsp soy sauce
- 2 garlic cloves, minced
- 1 tsp Lao Gan Ma chili crisp (optional)

#### DIRECTIONS

1. Wash cucumber and slice into bite size pieces. Place into a bowl with salt and enough water to cover. Let sit for 20 minutes.
2. Drain water from bowl and dry the cucumbers as much as possible by squeezing them.
3. Mix all other ingredients in a separate bowl to make the sauce.
4. Mix the cucumbers with the sauce.
5. If desired, add chili crisp and serve!

#### KCAL DISTRIBUTION



#### NOTES

Bathing the cucumbers in the salt water is a vital step. Cucumbers release water, which can dilute the marinade. The salt draws out the water from the cucumbers, lessening the water released later.

## Appendix F

### Tea Egg Recipe



## Tea Eggs

### 茶叶蛋

 10 SERVINGS

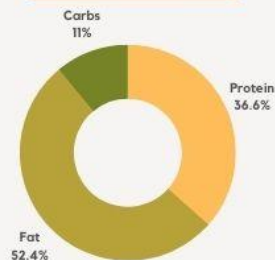
 2 HOURS

**PER  
SERVING** 82 KCALS  
6.9G PROTEIN  
4.8G FAT  
2.4G CARBS

### INGREDIENTS

10 eggs  
¼ cup soy sauce  
1 tbsp sugar  
½ tsp salt  
1 bag black tea  
1 bag oolong tea  
1 inch of cinnamon stick  
1 star anise  
a pinch of whole peppercorns  
water to fill pot

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Place eggs in a pot and fill with water until fully covered. Bring to a boil on stove, then turn heat to low and simmer for 20 minutes.
2. Set eggs aside and cool until they are warm to the touch.
3. Once cooled, tap the shell lightly with a spoon to make cracks in the egg. This will create its signature tie-dyed look.
4. Dump out the old water and add all marinade ingredients to the pot, half filled with water. Boil the water and then steep for 10 minutes.
5. Return the cracked eggs in and boil for 20 minutes.
6. Remove pot from heat and cool for 20 minutes.
7. Return pot to heat and boil for a final 20 minutes.
8. Turn off heat and cool eggs in the marinade. To eat, simply peel the shell from the egg.
9. Keep extra eggs, with shell on, in the marinade in the fridge.

### NOTES


When peeling, start at the bottom of the egg. There is usually a gap here that makes peeling the rest of the shell much easier.

## Appendix G

### Scallion Pancake Recipe



### Scallion Pancake 葱油饼

 4 SERVINGS

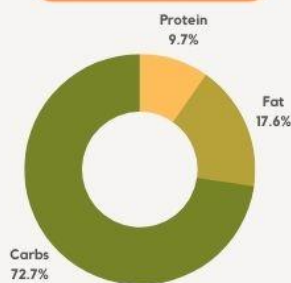
 35 MINUTES

**PER  
SERVING** 278 KCALS  
6.8G PROTEIN  
5.8G FAT  
49.2G CARBS

### INGREDIENTS

2 cups all-purpose flour  
½ cup hot boiling water  
½ cup cold water  
1 tsp salt  
¼ tsp Chinese five spice powder  
5 green onions, thinly chopped  
1½ tbsp coconut oil or lard  
vegetable oil for pan frying

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Add flour to a bowl, make a well in the middle, and add hot water. Let sit for 10 minutes.
2. After 10 minutes, add the cold water and mix until it is a shaggy dough. Add a few pinches of flour and knead until it is a smooth ball that isn't too sticky. Cover with a wet towel and rest for 30 minutes.
3. Chop the scallions very fine and mix in salt and five spice powder.
4. Divide the dough into 4 equal parts and roll them into a thin circle.
5. Brush the coconut oil or lard and sprinkle Chinese five spice powder and scallions all over, leaving 1 cm of space from the edge.
6. Roll the circle into a long tube. Then, roll one end to the other, making a swirl shape. Roll the swirl into a circle.
7. On medium-high heat, spray oil on a pan and fry the circle until golden brown. Flip and fry the other side until golden brown.
8. Remove from pan, cut into wedges, and serve with hot sauce.

### NOTES

Chinese five spice adds a special kick to the scallion pancake, but it is optional if it is too spicy.  
Try to roll out the dough thin to avoid a doughy pancake.

## Appendix H

### Steamed Fish Recipe



## Steamed Fish

清蒸魚

 2 SERVINGS

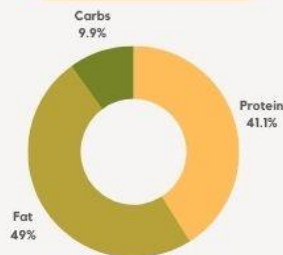
 15 MINUTES

**PER  
SERVING** 302 KCALS  
31.7G PROTEIN  
16.7G FAT  
7.9G CARBS

### INGREDIENTS

- 1 bunch of scallions
- 1 bunch cilantro
- 1 inch ginger
- 3 tbsp soy sauce
- $\frac{1}{2}$  tsp salt
- 1 tsp sugar
- 2 tbsp water
- 10 oz fillet of white fish
- 2 tbsp vegetable oil

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Julienne the ginger, slice the scallions into lengths, and roughly chop the cilantro.
2. Combine soy sauce, salt, and sugar in a small bowl.
3. Boil water in a steamer. Rinse and dry the fish fillet and lay it on a metal plate that fits in the steamer.
4. Cover and steam for 8-10 minutes depending on the size and thickness of your fish fillet. Check for doneness using a fork. If it falls easily through the thickest part of the fillet to the bottom of the plate, the fish is done.
5. Remove from heat and drain any liquid on the plate. Spread the scallions, ginger, and cilantro on top of the steamed fish.
6. Heating a wok on high heat, add vegetable oil. Pour the sizzling hot oil over the fish.
7. Pour the sauce mixture from earlier over the fish and serve!

### NOTES

Most neutral tasting white fish will work well in this recipe. Some examples are tilapia, sea bass, and haddock. The picture above shows the recipe prepared using tilapia, which is also one of the cheapest and most common fish in the grocery store.


## Appendix I

### Lap Cheong Fried Rice Recipe



#### Lap Cheong Fried Rice 腊肠炒饭

 4 SERVINGS

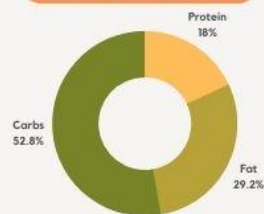
 25 MINUTES

PER SERVING	498 KCALS
	22.4G PROTEIN
	16.4G FAT
	64.2G CARBS

#### INGREDIENTS

- 4 cups of cooked rice, at least 1 day in the fridge
- 4 lap cheong links (Chinese sausage)
- 1 bunch scallions
- 4 large eggs
- 5 cloves of garlic, minced
- ½ cup frozen peas
- 2 tsp soy sauce
- 2 tsp oyster sauce
- ¼ tsp sesame oil
- A pinch of salt
- A pinch of sugar
- 1 tbsp vegetable oil

#### KCAL DISTRIBUTION



#### DIRECTIONS

1. Peel the casings off and boil for 2 minutes. Remove from water and slice into thin oblong shapes, about ¼ inch thick.
2. Chop the scallions. Peel and mince the garlic.
3. Crack eggs into a bowl and whisk.
4. Heat pan to medium high and add oil. Add beaten eggs and cook, breaking them into smaller pieces. Set aside.
5. Set temperature to high, add lap cheong, and stir fry for 1 minute. Add scallions and garlic and stir fry until fragrant. Stir constantly to avoid burning the food.
6. Add the cooked rice and peas to the pan. Mix it into the scallions, garlic, and lap cheong, breaking apart any clumps and heating the rice thoroughly.
7. Add soy sauce, oyster sauce, sesame oil, salt, and sugar and thoroughly mix. Taste and add more salt or sugar as needed.
8. Turn off the heat and add the cooked eggs and more scallions to the pan and mix.
9. Garnish with scallions and serve!

#### NOTES

The beauty of fried rice is its versatility. I often make fried rice out of whatever I have left in the fridge at the end of the week. Be sure to use cold rice that is at least 1 day old!

## Appendix J

### Scallion Chicken Recipe



#### Scallion Chicken

蔥油雞

 3 SERVINGS

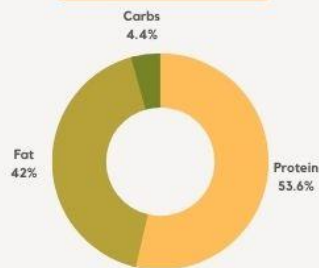
 20 MINUTES

**PER SERVING** 273 KCALS  
34.6G PROTEIN  
13.1G FAT  
3.1G CARBS

#### INGREDIENTS

- 1 lb boneless and skinless chicken thighs
- 1 bunch of scallions, minced
- 2 inches ginger, minced
- 2tbsp vegetable oil
- $\frac{1}{2}$  tsp salt

#### KCAL DISTRIBUTION



#### DIRECTIONS

1. Mince ginger and scallions. Slice 1 scallion into 2 inch lengths and make 3 slices of ginger.
2. Rinse the chicken thighs.
3. Boil water in a pot with the scallion lengths and 3 ginger slices. Place chicken thighs into the water and boil for 2 minutes.
4. Turn heat to low and cover for 15 minutes, or until chicken is fully cooked (165 F). Remove chicken from the water and rest.
5. Heat a pot or wok on high heat with oil. Pour the hot oil into a bowl with minced ginger and scallions. Mix salt into the ginger scallion oil.
6. Slice and plate the chicken. Top with the ginger scallion oil and serve!

#### NOTES

Let the oil steep in the ginger and scallions to render the maximum amount of flavor. Steaming is another good method to cook the chicken thighs, which are juicier than chicken breasts.

## Appendix K

### Tomato Egg Stir Fry Recipe



#### Tomato Egg Stir Fry 蕃茄炒蛋

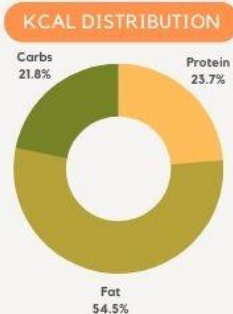
 3 SERVINGS

 10 MINUTES

**PER  
SERVING** 211 KCALS  
12.4G PROTEIN  
12.8G FAT  
12.5G CARBS

#### INGREDIENTS

1 bunch of scallions  
4 medium tomatoes  
5 eggs  
1 tsp salt  
1 tsp white vinegar  
2 tsp sugar  
2 tsp ketchup  
1 tbsp vegetable oil



#### DIRECTIONS

1. Beat the eggs with 1 tsp of vinegar and  $\frac{1}{2}$  tsp salt.
2. Spray the pan with a neutral cooking oil and set the stove to medium-high. Cook the eggs until they are soft and scrambled. Remove the eggs from the pan and set aside.
3. Chop the green onions and slice the tomatoes into 1 inch wedges. Save some of the green parts of the green onion for garnish.
4. Spray some more oil and stir fry the green onion until the aroma comes out.
5. Add the tomatoes and cook until they soften.
6. Add 2 tsp sugar, 2 tsp ketchup, and  $\frac{1}{2}$  tsp salt to the pan and mix. Keep stirring until the sauce thickens and the tomatoes are your preferred texture.
7. Turn off the stove, remove pan from heat, and mix the eggs into the tomato mixture.
8. Garnish with green onion and serve with rice!

#### NOTES

Keeping ketchup packets from fast food restaurants comes in handy for this recipe. Two packets will suffice. Also, be sure not to fully cook the eggs in step 1; they will continue cooking once you add them back to the tomato sauce.

## Appendix L


### Braised Pumpkin Recipe



#### Braised Pumpkin

燜南瓜

 4 SERVINGS

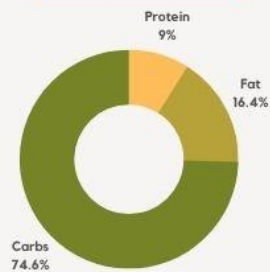
 20 MINUTES

<b>PER SERVING</b>	68 KCALS
	2.3G PROTEIN
	1.3G FAT
	13.8G CARBS

#### INGREDIENTS

- ½ kabocha squash
- 4 scallions, chopped
- 2 tbsp soy sauce
- 1 tbsp sugar
- 1 cup water
- 1 tsp sesame oil

#### KCAL DISTRIBUTION



#### DIRECTIONS

1. Wash the squash, scrubbing the outside skin well to remove impurities. Cut the squash in half with a cleaver if using a whole squash and scoop out the seeds. Keep the rind and cut the squash into bite size pieces.
2. Wash and chop scallions.
3. On high heat, add water, sugar, and soy sauce to pan.
4. Add squash chunks, cover pan with lid, and wait until it boils.
5. When it boils, turn heat to medium, cover lid, and simmer for 5 minutes or until soft.
6. Stir occasionally to ensure the squash does not stick or burn. Add more water if needed.
7. Once soft, turn heat to medium high, uncover lid, and stir to evaporate excess water. The liquid will thicken and have an applesauce-like texture.
8. Remove from heat, mix in sesame oil and green onion, and serve!

#### NOTES

Try to find a precut kabocha squash if possible. This makes cutting up the squash much easier. A cleaver may be needed to cut through thicker squashes. Also, the green rind is completely edible, so no need to peel it!

## Appendix M

### Hakka Eggplant Recipe



## Hakka Eggplant

### 蕃茄炒蛋

 4 SERVINGS

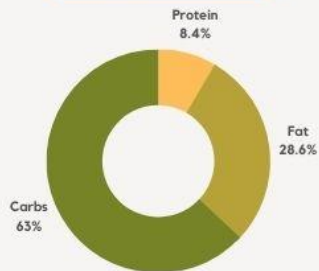
 10 MINUTES

PER SERVING	119 KCALS
	3.7G PROTEIN
	4.0G FAT
	20.7G CARBS

## INGREDIENTS

- 3 Japanese eggplants
- 3 bunches Thai basil
- 4 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp sugar
- $\frac{1}{4}$  tsp salt
- 1 tbsp vegetable oil

### KCAL DISTRIBUTION



## DIRECTIONS

1. Wash and chop eggplants into bite sized chunks. Wash the Thai basil, pluck and roughly chop all the leaves, and set aside.
2. In a wok on medium high heat, stir fry the garlic until the aroma comes out.
3. Add eggplant chunks and stir to coat with garlic and oil.
4. Add soy sauce, sugar, and salt to the wok and mix to coat all eggplant pieces.
5. Cook eggplant until it is a little soft. Stir the basil leaves into the mix.
6. Turn off heat and remove wok from heat source.
7. Serve and enjoy!

## NOTES

Be sure to select Japanese or Chinese variants of eggplant, which can easily be found at Asian supermarkets. Italian eggplants, which are more common in the grocery store, have thicker and tougher skin compared to their slimmer and longer Asian counterparts.

## Appendix N Chicken Soup Recipe



### Chicken Soup 雞湯底

 2 SERVINGS

 10 MINUTES

**PER  
SERVING** 100 KCALS  
8.5G PROTEIN  
3.4G FAT  
11.7G CARBS

### INGREDIENTS

3 cups low sodium chicken stock  
2 cloves garlic, smashed  
½ inch of ginger, sliced  
1 tbsp soy sauce  
2 tsp sugar  
¼ tsp salt  
½ tsp sesame oil  
3 scallions, chopped  
1 pack of dried noodles (optional)  
Lao Gan Ma chili crisp (optional)

### DIRECTIONS

1. Peel and slice ginger, peel and smash garlic, and chop scallions.
2. Pour and boil everything in a pot.
3. Simmer for five minutes.
4. For chicken noodle soup: in a separate pot, boil water and cook noodles for the instructed amount of time.
5. Strain noodles into a bowl, add soup, and top with a fried egg. Serve with Lao Gan Ma for extra spice!

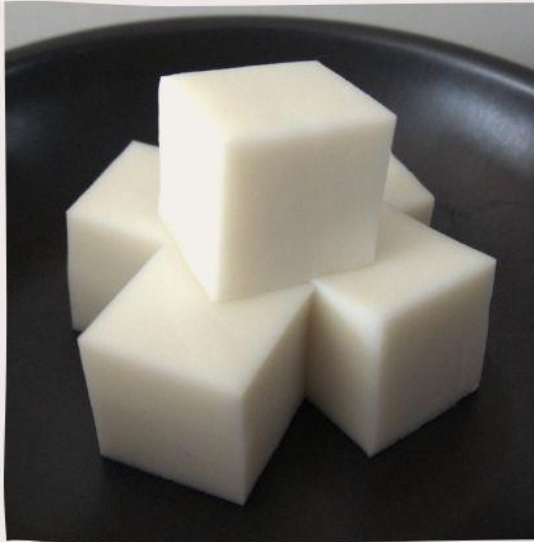


### NOTES

This chicken soup base is very versatile. To make chicken noodle soup, boil noodles separately and add a fried egg. Feel free to add bite sized chicken breast chunks for added protein.

## Appendix O

### Coconut Jelly Recipe



## Coconut Jelly

椰汁糕

 10 SERVINGS

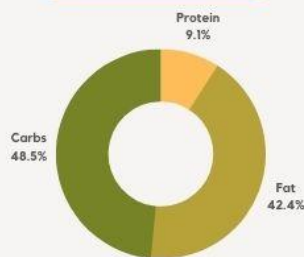
 20 MINUTES PREP  
+ OVERNIGHT

**PER  
SERVING** 198 KCALS  
4.7G PROTEIN  
10.0G FAT  
24.1G CARBS

### INGREDIENTS

14 oz can of coconut milk  
16 oz whole milk  
 $\frac{1}{2}$  cup sugar  
2 oz water  
 $\frac{1}{2}$  cup cornstarch  
1 oz gelatin powder (4 packets)

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Prepare a 9x9 glass container by spraying the inside with a neutral vegetable oil. Use a paper towel to evenly spread the oil all over the inside, including corners and edges.
2. Mix the cornstarch and water together in a small bowl and set aside.
3. On medium heat in a pot, mix coconut milk, whole milk, and sugar.
4. Gradually add gelatin to the mixture in small amounts. Stir continuously to avoid clumps.
5. Add cornstarch mixture, stirring continuously.
6. Keep stirring until everything is fully mixed and bubbles appear at the edge of the pot.
7. Pour the hot mixture through a sieve into the glass container and let cool.
8. Once cool, cover with plastic wrap and refrigerate overnight.
9. When the jelly is fully chilled and the gelatin is set, take it out of the fridge and use a knife along the edges to loosen the jelly from the mold.
10. Flip the dish upside down onto a plate to remove the jelly from the mold.
11. Slice the jelly into cubes and serve!

### NOTES

Please do not skip the sieve step! This removes any clumps of gelatin or cornstarch that may have formed, as well as unsightly bubbles.

## Appendix P

### Sweet Pumpkin Recipe



### Sweet Pumpkin

甜爛南瓜

 4 SERVINGS  
 20 MINUTES

**PER SERVING**  
86 KCALS  
1.4G PROTEIN  
0.1G FAT  
21.7G CARBS

### INGREDIENTS

½ kabocha squash  
4 tbsp sugar  
1 cup water

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Wash the squash, scrubbing the outside skin well to remove impurities. Cut the squash in half with a cleaver if using a whole squash and scoop out the seeds. Keep the rind on and cut the squash into bite size pieces.
2. On high heat, add water and sugar to pan.
3. Add squash chunks, cover pan with lid, and wait until it boils.
4. When it boils, turn heat to medium, cover lid, and simmer for 5 minutes or until soft.
5. Stir occasionally to ensure the squash does not stick or burn.
6. Once soft, turn heat to medium high, uncover lid, and stir to evaporate excess water. The liquid will thicken and have an applesauce-like texture.
7. Remove from heat, serve, and enjoy!

### NOTES

This is an extremely easy recipe that can be customized by adding nuts and fruit to add texture and a wider variety of flavors.

## Appendix Q

### Tanghulu Recipe



## Tanghulu

糖葫蘆

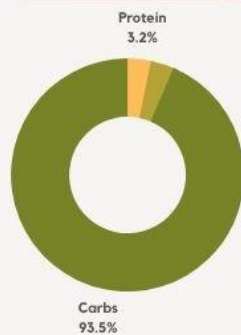
 10 SERVINGS  
 15 MINUTES

**PER SERVING**  
30 KCALS  
0.1G PROTEIN  
0.1G FAT  
7.7G CARBS

### INGREDIENTS

1 cup sugar  
½ cup water  
½ pound of strawberries

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Wash and dry fruit of choice.
2. Stick 1-3 pieces of fruit on a skewer.
3. In a pot on high heat, mix water and sugar together. Stir continuously to avoid burning.
4. Test the syrup by dipping a metal spoon into it and immediately dipping the spoon into cold water. If it hardens, the syrup is ready.
5. Dip fruit into the hot syrup and set aside onto parchment paper.
6. Once the sugar hardens, the tanghulu fruit is ready to eat!

### NOTES

The best fruits to use are berries, grapes or mandarin slices, but you can pick fresh and ripe fruits that are in season! Here is a list of what fruits are best for each season in America.

Spring: Apricot, Kiwi, Pineapple, Strawberries

Summer: Apricots, Blueberries, Blackberries, Cantaloupe, Cherries, Honeydew, Peaches, Plums, Strawberries, Watermelon

Fall: Cranberries, Grapes, Kiwi, Mango, Pear, Pineapple, Raspberries

Winter: Grapefruit, Kiwi, Orange, Pear, Pineapple

## Appendix R

### Grass Jelly Recipe



## Grass Jelly

仙草

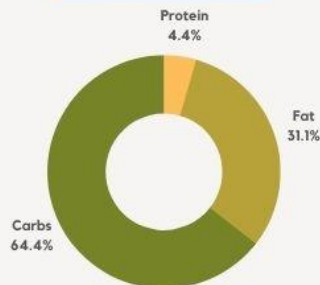
 5 SERVINGS  
 5 MINUTES

**PER SERVING** 41 KCALS  
0.5G PROTEIN  
1.6G FAT  
7.5G CARBS

### INGREDIENTS

1 can grass jelly  
1 can sweetened condensed  
milk  
optional toppings

#### KCAL DISTRIBUTION



### DIRECTIONS

1. Open cans of grass jelly and condensed milk with can openers or knives.
2. Slice the jelly into cubes. Store in a container in the fridge.
3. Transfer condensed milk to a mason jar to store in the fridge.
4. To serve, take a 1 cup scoop of grass jelly and add a teaspoon of condensed milk.
5. Mix until the condensed milk is even distributed.
6. You may choose to eat as is or add toppings and serve!

### NOTES

Grass jelly is a very versatile dessert. It has an extremely mild herbal flavor with the texture of Jello. Adding sweetened condensed milk adds sweetness and creaminess to the dessert, but you could add honey if you do not like dairy. Adding sliced fruits or crushed nuts are wonderful additions to this dessert.