

# China

Asia

## Menu

### 1. *Gai tong* (clay pot-steamed chicken soup)

Ingredients:

- 4 dried shiitake mushrooms
- 2 skinless chicken legs
- 3 scallions, trimmed, halved and crushed
- 2 Tbsp. fresh ginger
- 2 Tbsp. Chinese light soy sauce
- 1 Tbsp. rice wine
- Salt and pepper to taste
- 4 sprigs cilantro

Directions:

Re-hydrate the shiitakes in hot water for 30 minutes. Remove hard stems and halve the caps. Place chicken, mushrooms, scallions, and ginger in a stockpot with 8 cups water. Cook over medium-low heat; add soy sauce and rice wine. Season with salt and pepper; steam for three hours. Garnish soup with cilantro.

### 2. *Cheung sau jai mien* (longevity noodles)

Ingredients:

- 10 cups cold water
- 5 oz. soybean sprouts, washed and drained
- 1-1/2 tsp. salt
- 1/2 lb. pre-fried longevity noodles (egg noodles)

Sauce ingredients:

- 3-1/2 tsp. soy sauce
- 1/2 tsp. sesame oil
- 1/4 cup chicken stock
- 1 Tbsp. peanut oil
- 1 1/4-in.-thick slice fresh ginger, lightly smashed
- 1/4 lb. snow peas, strings removed
- 3 fresh water chestnuts, peeled and cut in 1/8 in. slices

Directions:

Boil water in a large pot. Place soybean sprouts in a mesh strainer and lower into the boiling water for 15 seconds. Remove strainer, run cold water through the sprouts, drain, and reserve. Add salt and bring water to a boil. Add noodles and cook for 1 minute. Remove from heat and run cold water into the pot. Drain. Repeat the rinsing and drain the noodles thoroughly, using chopsticks to loosen them. Reserve. Combine the sauce ingredients in a small bowl and reserve. Heat a wok over high heat for 45 seconds. Add the peanut oil and coat the wok. Add ginger and cook for 10 seconds. Add the snow peas, stir, and cook for 1 minute. Add water chestnuts, stir, and cook for 30 seconds. Add reserved sprouts, stir well, and cook for 1 minute. Pour the sauce mix into the wok and bring to a

boil. Add the noodles, and cook, stirring well to combine all ingredients, until the sauce is absorbed, about 1-1/2 minutes. Serve hot.

## Consumption comparisons

Percentage of children underweight

United States of America: 1%

China: 16%

## Life in China

China is home to almost one-fifth of the world's population. About 70 percent of the people work in agriculture growing rice, wheat, tea, and a variety of other crops. Many farming families struggle to grow even enough food to feed their children.

## Typical meal

A typical Chinese meal consists of a grain base referred to as *fan* such as rice, noodles, or buns, with meat and vegetable dishes, referred to as *cai*.



A child holds two survival kits provided by World Vision. The survival kit includes daily utensils, food and medicines.

References:

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