



Chinese New Year Cooking Demonstration

Chinese New Year Menu



- Vegetarian longevity noodles
- Pan fry and baked dumplings
 - Pumpkin cheesecake

1) Longevity noodles



CNY food symbols

- Uncut noodles → Long life
- Chives → Everlasting, long life
- Shiitake mushroom → Longevity



Longevity noodles

- Different types of noodles can be used for this dish, for example: meesua, udon, yellow hokkien noodles etc.
- Noodles are usually high in GI as they are easy to digest.
- Spaghetti is also a good choice as it is low GI if it is cooked till al dante and it has less oil.



Longevity noodles

- 300g Ee fu noodles/ spaghetti
- 1 cup of vegetarian stock
- 200g fresh shiitake mushroom (or any other type)
- 200g shredded carrot
- 10 strings of chives
- 2 tbsp mushroom sauce
- 2 tbsp Chinese Zheng Jiang vinegar
- 1 tbsp hoisin sauce
- 1 tbsp sesame oil
- Pinch of sugar
- Pepper to taste



Longevity noodles



- Cook noodles in boiling water for 5 minutes or till noodles is soft. Drain and set aside.
- Heat oil & saute mushroom for 3 minutes till fragrant.
- Add soup stock, sauces & vinegar to mushroom. Bring to a boil.
- Add noodles & toss with sauces and vinegar before adding vegetables.
- Give the mixture a good stir. If too dry, add another 1/5 cup of water and simmer over low flame till most of the liquid has evaporated.
- Add cooking wine, sugar, pepper and sesame oil. Stir into noodles. Ready to serve.

2) Dumplings



CNY food symbols

- Dumplings (饺子) - represents wealth.
- The shape of dumpling is that of a yuanbao ingot.
- Also 'jiǎozi' is the same pronunciation with 角子 that is a small coin used in ancient China.



Dumplings- 2 variations

2 types of filling-

1. Chicken with spring onion
2. Chicken with Kimchi (Korean di

2 cooking method

1. Bake
2. Pan fry



Kimchi

- Kimchi is a red, fermented cabbage dish (occasionally, with radish) made with a mix of salt, vinegar, garlic, chile peppers and other spices.
- These ingredients are fermented in a tightly closed jar and are subsequently served with rice, noodles or soups in every Korean's household.



Benefits of kimchi



1. Contains healthy bacteria or probiotic

Kimchi is fermented and contains “healthy bacteria”(Lactobacilli) that aids in the digestion process. These healthy bacteria also fight off infections in the body.

2. Lowers cholesterol levels

Garlic in kimchi contains allicin and selenium – which lower cholesterol level. In addition, they also prevent plaque build-up in the walls of the arteries.

3. Facilitates healthy body development and clear vision

A 100g serving of kimchi has 18% of the Daily Value of vitamin A. Vitamin A being an antioxidant help get rid of free radicals in the body that cause cancer and it also has anti-aging property. Vitamin A helps in the maintenance of healthy eyesight.

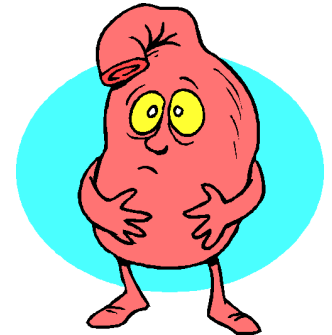
Benefits of kimchi

4. Helps you lose weight

150 grams of kimchi contains only 40 calories. The capsaicin found in chili peppers in Kimchi boosts metabolism, thereby helping weight loss.

5. Prevents the occurrence of peptic ulcer

Peptic ulcer is commonly caused by *Helicobacter pylori*, a gram-negative bacteria found in the stomach. Kimchi contains the substance *Leuconostoc mensesenteroides* which produce dextrin, which in turn helps stop the growth of *H. pylori* in the body!



Benefits of kimchi

6. Boosts immunity

Professor Rina Yu of the Food and Nutrition Department in the University of Ulsan found out kimchi causes the immune cells to be more active and the antibodies to be more abundant and thus, helping to boost immunity



Ways to eat Kimchi



As Kimchi soup



As Kimchi
pancake



As Kimchi
dumplings



As a vegetable in
a meal

Dumplings

- 450g of minced chicken
- 30 wonton skin
- 1 egg
- 1 tbsp minced ginger
- 2 cloves of minced garlic
- 1/3 cup (80ml) water
- **Vegetables:**
 - 1) Chives, water chestnut, spring onion (100g)
 - 2) 100g Kimchi
- 2 tbsp soy sauce
- 1/2 tbsp corn flour
- 1 tbsp cooking wine
- 1 tbsp sesame oil
- White pepper & sugar to taste



Dumplings

- Marinade minced chicken with sauces, pepper, pinch of sugar, sesame oil, ginger, garlic, cooking wine and corn flour. Set aside for 30 minutes.
- Add **vegetables** to minced chicken until evenly blended. Add one beaten egg to the chicken mixture.
- Finally, add about 60-80ml water to moisten chicken mixture.
- Place wonton wrappers & bowl of cold water on the side.



Dumplings

- Place $\frac{1}{2}$ tablespoon chicken mixture in the center of wrapper. Apply water to edges of wrapper. Grab alternating corners, pulling up and pinching together. Finish with remaining 2 corners, pinching all 4 together into a pyramid shape.
- Set dumplings onto a piece of parchment paper. Repeat with the rest.



Dumplings (Bake)

- Preheat oven to 180 degrees Celsius. Heat oil in a pan.
- Place dumplings in pan & cover to steam them for about 1-2 minutes & move dumplings to baking sheet. Continue with the rest.
- Place dumplings into the oven for 5-8 minutes to heat all the way through and crisp up tops of dumplings.



Dumplings (Pan fry)

- Place wrapped dumplings for 2 minutes on frying pan with oil (heated).
- Add some water to cover the base of the dumplings and put on the cover and let the dumplings cook for 3-4 minutes or till water has evaporated.
- Remove cover and cook for another 2 minutes.



Dipping sauce

- Combine dipping sauce ingredients in pan. Stir and bring to a low simmer, immediately pour sauce onto a serving bowl.
- Dipping sauce ingredients:
2 tablespoons soy sauce , 1 tablespoon rice vinegar, 1 teaspoon sesame oil and cut chili and spring onion (optional).



3) Pumpkin cheesecake





Pumpkin cheesecake

Crust:

- 1 cup wholemeal digestive biscuit crumbs
- 2 tablespoons margarine or butter

Filling:

- 100g reduced fat cream cheese & 225g regular cream cheese
 - 150g sugar
 - 2 tablespoons plain flour
 - 1 teaspoon vanilla extract
 - 1 tbsp all spice powder
- 1 tablespoon orange zest & 2 tablespoons orange juice
 - Pinch of salt
 - 3 medium eggs
 - 600g pumpkin

Pumpkin cheesecake

Method:

1. Preheat oven to 160 degree Celsius.
2. To prepare crust, combine first 2 ingredients in a bowl. Press mixture onto the base of a baking tray. Set aside.
3. To prepare filling, beat cream cheese with a mixer at high speed till smooth.
4. Add sugar, salt, vanilla essence, plain flour, all spice powder, orange juice & zest, beat well.
5. Add eggs, 1 at a time, beating well after each addition.
6. Add pumpkin; beat well. Pour mixture into pan.

Pumpkin cheesecake

7. Bake at 160 degree Celsius for about 1 hour or till centre of the cheesecake barely moves when the pan is touched.

8. Remove cheesecake from oven and cool to room temperature. Cover and chill for at least 8 hours.



Toppings for cheesecake



Topping:

- 1 tablespoon brown sugar, 1 tablespoon butter or margarine & handful of pistachio nuts

Method:

- To prepare topping, combine brown sugar, margarine in a small skillet over medium heat; cook for 30 seconds, stirring occasionally.
- Add pistachio nuts, stirring to coat; cool to room temperature. Crumble and sprinkle over cheesecake.



Nuts

- ❖ Rich source of monounsaturated fat.
- ❖ Good source of B vitamins & Vitamin E
- ❖ Source of minerals like calcium, iron, zinc, potassium & magnesium, antioxidant minerals (selenium, manganese and copper)
- ❖ Rich in phytochemicals (flavonoids and resveratrol) plus plant sterols.

Health benefits of pistachio nuts



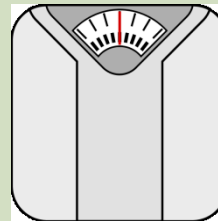
Lower bad cholesterol level and promote heart health



Maintains healthy blood sugar level



Nutrition power house with good fat, protein, fibre, antioxidants, vitamins and minerals



Helps with weight control

**How can we celebrate without
the guilt?**



Know your calorie count



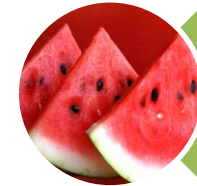
1 medium
mandarin
orange
60 calories



1 slice bak
gua (28g)
115 Calories



One dried
prawn roll
25 calories



1 wedge of
watermelon
(130g)
40 calories



One love
letters
56 calories



One
pineapple
tart
80 calories



1/3 cup of
Melon seeds
130 calories



1 cup of
grapes
61 calories



1 slice kueh
lapis
157 calories



1 piece kueh
bangkit
cookie
23 calories



1 slice of
fried nian gao
190 calories



1 cup of red
date longan
tea
50 calories

Celebration TIPS



- Be selective in what treats you want to eat and choose those that are worthwhile spending your calories on.
- Eat a healthy snack before your reunion dinner so that you don't arrive famished & end up overeating.
- On the day of reunion dinner, keep your other meals during the day lighter.
- Opt for some healthier choices like mandarin oranges, non-sweetened beverages, melon seeds besides your favorite festive treats.
- Stop eating once you have enough.

Celebration TIPS (ii)

- Learn to say "No, thank you."
- Stand further from the food table.
- Eat slowly and talk more.
- Include time for games and other activities like karaoke singing, talking to relatives besides eating.
- Don't forget to exercise
- Remember the problem is not the festive eating but your day-to-day eating.



The bottom line is to.....

Enjoy eating
in moderation



Have a
Happy healthy
Chinese New Year

