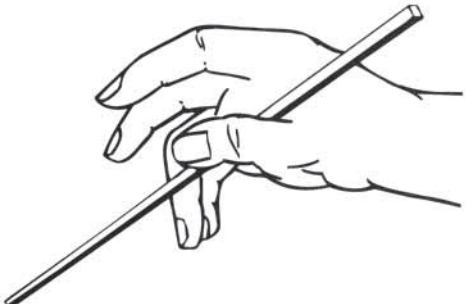

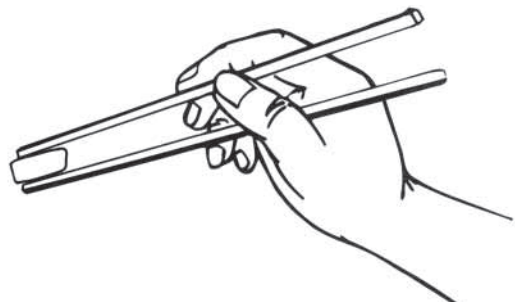


Chapter 50

Foods of South and Eastern Asia

Using Chopsticks

Directions: In China, Japan, and some other Asian countries, chopsticks are the traditional eating utensils. Using them can add to your enjoyment of Asian cuisine. Read about this technique below, and practice using chopsticks as described. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

<p>1. Place one chopstick in the groove between your thumb and fingers. Rest the chopstick on the end of your third finger, pressing gently with the lower part of the thumb to keep the chopstick in place.</p>	
<p>2. Hold the other chopstick with your thumb and first two fingers, as you would hold a pencil. The upper end of the chopstick rests against the side of your first finger. The lower end rests against the end of your second finger. The tip of your first finger presses down on top of the chopstick for control.</p>	
<p>3. Hold the lower chopstick and your thumb steady. Use your first two fingers to move the upper chopstick up and down. You can grip small pieces of food between the two chopsticks. Chopsticks can also be used for stirring and turning foods when cooking.</p>	

If you've never used chopsticks, try the technique shown. You can use two pencils if chopsticks aren't available. At first it may seem awkward, but in time you'll improve. Try picking up a pencil eraser or other small object. What difficulties do you encounter? Do the chopsticks become easier to use with practice?

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Thinking Critically

1. What foods or techniques are unique to Asian cuisine?

2. What impact has Asian food had on your diet?

3. What food from the Asian cuisines have you never eaten? Would this food be a new taste sensation for you? Why or why not?

4. What are your favorite Asian foods? How have they become part of your food culture?

For Further Study

- ◆ Investigate either Japanese or Chinese cuisine. Research the cooking utensils used, the basic ingredients used, and the cooking methods used. Prepare a report, PowerPoint® presentation, or demonstration of a cooking method. Share your presentation or demonstration with the class.
- ◆ Aesthetic appearance (color, shape, and arrangement of food) is important to Japanese cuisine. Investigate *kaiseki* (kah-ee-SEE-kee), or an elegant Japanese formal dinner similar to the French haute cuisine (OHT kwih-ZEEN). Write a summary explaining how you would prepare and present a favorite dish using the kaiseki tradition. Submit your summary to your teacher.
- ◆ Some people believe that things in their natural state cannot be improved. This belief is true of an Asian cuisine called *shogin ryori*. Investigate shogin ryori. Share your findings with the class.
- ◆ Create a recipe file on foods of South and Eastern Asia. Label and identify sections on Indian, Chinese, Japanese, and Vietnamese cuisine. Include recipes for special sauces and chutneys.