

# Chinese Soups

Soup as prepared in Chinese kitchens usually means a flavorful stock with vegetables which comes to the table steaming with white rice. Base for the stock runs the gamut from ham hocks to ground beef.

A flavorful foursome follows:

### Beef or Pork Rice Soup

- Ingredients:**  
 ¾ cup rice, uncooked  
 7 cups water  
 2 tsp. salt  
 1 tsp. cooked oil  
 1 small round onion  
 ½ lb. ground beef or pork  
 2 chicken bouillon cubes  
 ½ tsp. salt  
 1 tsp. sugar  
 2 tsp. soy sauce  
 ½ tsp. liquor  
 1 tsp. cooked oil

- Method:**  
 1. Wash rice.  
 2. Put all ingredients except bouillon, sauce and beef or pork in large pot or kettle and bring to a boil.  
 3. Lower the heat and simmer for 2 to 3 hours, stirring occasionally to prevent burning.  
 4. Add chicken bouillon

cubes. When dissolved, simmer 5 minutes.

5. Marinate beef or pork for 10 minutes. Add to 1 cup hot rice soup. Mix well, then add to rest of soup. Stir and cook for another 5 or 10 minutes.

6. Serve and let individual garnish with shredded lettuce and finely chopped green onions.

### Watercress and Pork Soup

- Ingredients:**  
 1 bunch watercress (remove young leafy portions for garnishing)  
 1 lb. lean pork and pork bone, if available  
 1 large carrot  
 1 onion  
 2 pieces celery  
 6 cups water  
 Salt to taste

- Method:**  
 1. Put all ingredients in large pot and bring to boil.  
 2. Turn heat down to low and cook for 4 hours.  
 3. Strain, add young leafy portions of watercress and return to heat.  
 4. Bring to boil, add salt, and serve.

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## Texture Harmony Contrast

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mackerel  
 1 lemon or lime  
 Cut fillets into fish steak sizes. Sprinkle a half teaspoon of salt over the fish and let stand about 30 minutes. Sprinkle remainder of salt on fish just before broiling. For best results keep fish about six or seven inches from broiler flame. Broil about four minutes on one side, turn and broil other side about six minutes. Squeeze lemon or lime juice over fillets and serve hot.

When broiling over charcoal, skewer with three slender skewers, each about ten inches long. With fillets about seven inches above hot coals, broil about four minutes on one side, turn and broil other side about six minutes. When done, remove skewers and serve hot, sprinkled with lemon or lime juice.

Most white-fleshed fish may be substituted for rockfish or mackerel. Of fresh water fish, trout is best.

Cooking time of course is relative to the thickness of the fillets and the nearness of the flame or coals. If the fish seems to be browning too slowly move closer to the flame.

Arrange skewers for ease of handling. Grasp the joined end. If skewers were arranged parallel to each other, a little pressure inadvertently applied might cause the skewers to break through the fish.

### Sunomono Servings: Four

Sunomono is the Japanese equivalent of a salad. In most respects Japanese salads are not like salads in the United States. Salads in Japan, for example, usually are served in small portions. They are not meant to be full courses in a dinner, but rather taste supplements to the main dishes. Dressings often contain such ingredients as sesame seed, ground peanuts or walnuts, and beanpaste, as well as vinegar and shoyu.

This recipe is for a daikon salad. Daikon, a sort of large white radish, is the most conspicuous vegetable in Japan. It is eaten the year around, pickled, cooked or raw.

- 1 daikon about size of medium cucumber, pared and grated fine  
 1/5 cucumber cut in ¼-inch cubes  
 1 fresh persimmon diced slightly larger than cucumber cubes  
 ½ cup sugar  
 ¼ cup vinegar  
 Pinch of salt  
 1 tsp. freshly grated horseradish  
 1 tsp. freshly grated ginger root

Lightly express some of liquid from freshly grated daikon. Add sugar and salt to vinegar, and mix. Add to grated daikon. Mix grated daikon with cucumber, persimmon, daikon. Mix grated daikon with cucumber, persimmon, horseradish and ginger. Shape in mounds on garnish and serve.

Do not use too much vinegar. An overmoist salad will not stand in a mound.

Boiled shrimp may be used in place of persimmon. Chop four medium-sized shrimp. Mix with daikon, horseradish and ginger. Add sugar, salt and ginger, and mix. Shape in mounds on garnish and serve.

If neither persimmon or boiled shrimp is used, pre-

pare salad as above without these ingredients. Place heaping tablespoon of red caviar on garnish in salad in mounds and serve on top of caviar.

Daikon in some seasons is rather hot. The taste can be made mild by placing grated daikon in a clean cloth, immersing it in cold water for a few minutes, then expressing the liquid before mixing with other ingredients.

A variety of daikon may also be purchased at Chinese grocers; but if neither kind is available, use radishes — the long white kind preferably. Eight medium-sized radishes or about six white radishes should be sufficient. If radishes are strong, grate and immerse in water, as above.

### Chinese Cabbage Pickle

Pickles are an important part of every Japanese meal. There are a number of reasons for this. Pickles have a flavor that goes well with almost all Japanese dishes, and especially with rice and tea. Pickling moreover is an important method of preserving produce as it was in the United States before the advent of refrigerators and home freezers.

Vegetables generally are pickled either in brine, rice bran, bean paste (miso), wine lees, or mustard, or sometimes in a combination of several of these. The recipe below is for Chinese cabbage pickled in brine. I chose this recipe because it is simple and representative, and also because pickling agents such as rice bran are not readily obtainable in the United States.

- 6 lbs. Chinese cabbage  
 ¼ lb. salt  
 10 hot red peppers

Cut Chinese cabbage lengthwise into five or six stalks. Wash thoroughly in water and drain. Lay stalks side by side and in layers in large stone crock of wooden tub, putting each layer crosswise over the layer beneath it. Sprinkle equal amounts of salt between layers and on top layer, and place one or two red peppers between layers. Using a lid, preferably of wood, slightly smaller in diameter than the crock, cover cabbage. Place a stone or other heavy object weighing 15 to 20 pounds — the heavier the better — on lid. Let stand. In about three days water will rise from the cabbage. It is then ready to eat. When serving, rinse off brine and cut in 1 inch slices. Serve with shoyu as dip sauce.

I have found that Chinese cabbage pickle made at least in this quantity somehow tastes best.

## Simplicity

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Tea is the national beverage of Japan. It is served with all meals and between all meals. It is consumed hot in the winter for the warmth it imparts, and hot in the summer for its cooling effect. As in the West, some teas are credited with having medicinal properties. Other teas used in ceremonies are believed to be beneficial to the spirit as well as to the body.

- 1 tbs. bancha  
 3 cups boiling water  
 Place bancha in teapot. Pour boiling water into pot and let tea steep minute or two, depending on strength desired. Serve hot.



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