



PROGRAM PLANNING IDEAS FROM THE GLOBAL CULINARY INITIATIVE COMMITTEE

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Hello, World!

THE GCI NEWSLETTER

The Foodways of East Asia

from The Global Culinary Initiative Committee

[Asia](#) is the world's largest, most populous continent, and it is divided into five geographical [subregions](#). This issue explores the culinary heritage, traditions, and trends of [East Asia](#), which includes China, Hong Kong and [Macao](#) (highly autonomous, Special Administrative Regions of China), Mongolia, [Taiwan](#), Korea, Japan and [Okinawa Prefecture](#) in the Ryūkyū Islands. Some scholars classify Vietnam with East Asia; geographically it is part of Southeast Asia, the focus of Newsletter #11.

[Korea](#), Japan, and China—one of the cradles of civilization—are part of an East Asian [cultural sphere](#) based on Confucian ethical philosophy, Buddhism, and a common [writing system](#). In the United States, the Chinese, who arrived a decade before the Civil War, constituted the first large surge of [American immigrants](#).

East Asian Food Tsunami Makes Waves

- From [furikake](#) to miso, Japanese ingredients move to the [mainstream](#).
- Japanese farmers create an “a-peeling” new [banana](#)—you can eat the skin!
- [Food truck fusions](#) of Asian-American dishes have hit the restaurants. Sichuan food is on the rise.
- [Mongolian cuisine](#) remains mysterious to the outside world just like its people. Here are seven hearty dishes and beverages that have sustained Mongols for thousands of years.
- Okinawa Ken (Prefecture) has its own [uniqueness](#).

[food culture](#), the result of both its location and complex history.

- Regional Chinese and Korean cuisines have [exploded in popularity](#); watch for flaky [chunbing](#) flatbread wraps and creative uses for kimchi.
- Is North America's best Asian food in [British Columbia](#)?
- [Toronto](#), with its many vibrant Asian communities, allows us to experience food cultures in a global context. Here is the complete guide to the city's Chinatown.
- Good food wasn't the only thing [New York Chinatown](#) was known for in the 1890s. Today, Manhattan's Chinatown is one of the city's most loved and culturally valuable neighborhoods.
- Chinese food has become a staple in [Mexico City](#). Chinese and Mexican food have been intermingling for hundreds of years, but this [new cuisine](#) (don't call it fusion) is leaping forward in Los Angeles.
- Forget about baguettes and bistros: Korean fried chicken and thick, hand-pulled noodles are the new dishes de rigueur on the [Parisian restaurant scene](#). After lunch, visit one of the top three Asian fine arts [museums](#) in Paris.
- Chinese cuisine in England dates back to the 1880s. Chinese restaurateur William Poon started the trend of [shortened, set menus](#) for easier ordering.
- There is much to learn from this article on Chinese cuisine by [Diane Jacobs](#), LDEI's 2016

M.F.K. Fisher Award winner.

- [Shokuhin sanpuru](#) (food samples) have been tempting diners into Japan's restaurants for almost a century. These fake food models strike a balance between realism and aesthetics for menu items in thousands of restaurants.
- Street foods are less common in Japan than in other Asian countries, but food vendors take to the streets at festival time. One popular dish is [takoyaki](#) or crispy, fried dough balls with octopus, green onions, ginger, and tempura pieces.
- Japanese [taiyaki](#) is a small, fish-shaped cake with a waffle-like texture. The cakes are often stuffed with red bean paste or sometimes with matcha custard or even ice cream.

Food for the Seoul

- [Korean-inspired cuisine](#) and barbecue are growing fast in the U.S., reports the NPD Group, Inc., an American market research company.
- “Five colors, five flavors, five textures” is a traditional [guiding principle](#) of Korean cuisine and the philosopher's guide to a perfect meal.
- From its vibrant street food to its cafe scene and fine dining, Seoul is a [fabulous city](#) for foodies with an eclectic blend of traditional and modern tastes.
- Despite cultural changes over the past decades, [40 Korean dishes](#) remain close to the heart.
- In South Korea, you are never far from delicious [street foods](#); here's a hungry traveler's guide.

Courtesies & Dining Etiquette

East Asian countries have a deep-rooted code of conduct that developed from their early history. Careful attention is paid to courtesies, especially when related to dining etiquette. “[Chinese Table Manners](#)—The Dining Etiquette You Need To Know” is an indispensable guide to creating an enjoyable Chinese dining experience. In Korea, [Confucian teachings](#) have contributed substantially to modern-day dining etiquette. The [proper etiquette](#) in Japan demonstrates good manners and respect. [Click here](#) for tips on chopstick etiquette in Hong Kong and China. On [Ishigaki Island](#) in the Okinawa Prefecture, restaurant customers have been banned for lack of manners.



Food Safety, Health, & Environment

- [Food safety](#) has haunted China over the decade with food processing and distribution as areas of concern. Chinese food producers are adopting technological innovations—IoT and Blockchain—to prove the value of their products and regain consumer confidence.
- From the [Independent](#) in the UK: “Cracking Down on China’s Dangerous Fake Food Sector.”
- The Chinese media voiced despair over corruption and threats to public health in the wake of fake and [toxic food scandals](#).
- Take a look at [12 fake foods](#) in China that you wouldn’t believe existed.
- Significantly updated in 2016, the [Chinese Dietary Guidelines](#) help consumers move toward adopting a balanced diet and serve as a reference point for the food industry.
- Here’s what people in China will be eating [in 2050](#) to stay healthy.
- With China’s rapid economic growth, the [demand for meat](#) has risen dramatically; consumer awareness of resources and climatic implications for meat production is limited.
- Japan has successfully [transformed](#) its diet from sustenance to one of culinary aesthetics, health, and deliciousness (umami) within one generation.

- Korean cuisine uses less oil than some other types of Asian cooking, and fermented kimchi offers probiotic power. When [dining out](#), Korean cuisine can be a smart choice.
- The traditional Japanese diet is revered and studied for its [health benefits](#). The manner of serving food and healthy attitudes toward eating also play a role: *hara hachi bu*, meaning “eat until you are 80 percent full.”
- Here’s how a [diabetic](#) living in Korea managed to learn how to read nutrition labels. Nutritional information from the Korean Diabetes Association is included.

Recipes

- Here’s a tasty recipe for a savory dish with [chewy rice cakes](#) (*teokbokki*) that is found in Korean food stalls as well as home kitchens.
- [Mongolian Hot Pot](#), a simplistic stew reputed to have been originally cooked in the helmet of a Mongolian warrior, has been transformed by neighboring Sichuan cooks into a [hot pot of broth](#) for cooking meat and vegetables.
- [Natto](#), or fermented soybeans, is a nutritious Japanese food typically topped with soy sauce, mustard, chives or other seasonings, and served over rice. Fermentation increases its beneficial plant compounds and helps with nutrient absorption.
- Try your luck at making Beijing-style [hand-pulled noodles](#).

Chapter Activities

- Celebrate the Asian New Year with a chapter [Japanese tea](#)—here’s an article with the steps of matcha preparation.
- Chapter members love [potlucks](#)—here are ideas for a Mongolian-themed gathering.
- Here’s an interesting [video](#) that highlights some top Mongolian dishes—it could be a fun thing to show at the above mentioned potluck.
- Enjoy a taste of [Taiwan](#) without the price of an airline ticket Chapters could plan a visit to an Asian tea shop to enjoy [pearl milk tea](#)—or as it is called bubble tea because the drink is filled with tapioca balls.
- How about having a chapter get together in the late summer or fall to make [bubble tea](#)? Sometimes it’s also called Chinese breakfast tea.

Resources

- Culturally complex and delicious, the formality of Korean food is best described in Alan Davidson’s invaluable reference book, *The Oxford Companion to Food*. Though out-of-print, it’s easily found at bargain prices through [www.BookFinder.com](#).
- Elizabeth Andoh, an American who has made her life in Japan, has authored five definitive and masterly cookbooks that embrace the complexity of the styles and regions of Japanese cooking. Search at [www.thriftbooks.com/](#).
- [The Illustrated Wok](#) is an anthology of charming, hand-drawn Chinese recipes providing insights on trending world chefs who experiment with food while respecting time-honored Chinese flavors and techniques. San Francisco Dame [Linda Lau Anusasananan](#) is a contributor. The book is from the creators of [The Cleaver Quarterly](#), a print and online magazine that invites readers into the global diaspora of Chinese cuisine.
- A set of 52 pocket-sized [trading cards](#) from [The Cleaver Quarterly](#), each depicting a classic Chinese vegetable, is used to play games or for reference on a plant-based diet that has kept the Chinese civilization humming for centuries. The cards spell out how these ingredients are traditionally eaten in China with tips for home cooking.
- [Plate](#) is an inspiring source for Asian food stories including several on ramen with new flavor twists. The magazine’s editor, [Chandra Ram](#), and publisher [Susan Szymanski](#) are active members of LDEI Chicago.
- The “food forum” is a newsletter from [Kikkoman Corporation](#) covering various aspects of Japanese food culture, traditions, and current trends. San Francisco Dame [Helen Roberts](#) is the Public Relations Manager at Kikkoman.



GCI Committee: Co-Chairs Susan Fuller Slack (Charleston) and Roberta Duyff (St. Louis); GCI Founder Suzanne Brown (Atlanta), Teresa Farney (Colorado), Margaret Happel Perry (New York), Anita Lau and Cecilia Fileti (Los Angeles), Advisor Sandy Hu (San Francisco). Photos, Page one: Mongolian barbecue (Burke/Triolo), *Oriental Appetizers & Light Meals* by Susan F. Slack; hand-pulled noodles by Romansa, and sushi by Wesal, Unsplash; Page two: kimchi, Susan F. Slack.

Nashville Conference, 2019: GCI Session #2, Immigrants and Diverse Flavors: An Exploration of the Three Grand Divisions of Tennessee. Our expert panelists will discuss the state’s history, traditions, and foodways and how they relate to past and present immigration. Food tastings and Appalachian folk music will enrich your learning experience. GCI Newsletter #11, the Conference issue, will focus on Southeast Asia and immigrants in Tennessee and Southern Appalachia.