



# Design and Technology

Global Food



# Chinese Food



# Thursday 18<sup>th</sup> March 2021

L.C. Can you use a range of food skills to prepare a Chinese spring roll?

## Success Criteria

- I can use some basic food skills such as cracking an egg, peeling and shredding.
- I can use some more advanced cooking techniques such as baking.
- I can accurately follow a recipe.



# Where in the World is China?

Today we are going to be making some foods which are popular in China.



# Spring Rolls

Today, we will be making spring rolls.



Spring rolls are filled, rolled appetisers or Dim Sum found in East Asian and South East Asian cuisine. The name is a literal translation of the Chinese chūn juǎn (春卷 'spring roll'). The kind of wrapper, fillings, and cooking technique used, as well as the name, vary considerably within this large area, depending on the region's culture.

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# Our Chinese Dish



Has anyone ever eaten these foods before?

Can you name some of the ingredients that we will need to make them?

Ingredients for the Spring Rolls

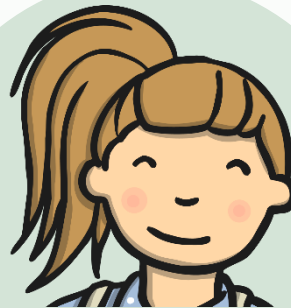
Ingredients for the Dipping Sauce

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# Preparing to Cook



Take off jewellery.



Tie back long hair.



Roll up long sleeves.



Put on an apron.



Wash hands.

# Preparing Vegetables



Use 'The Bridge' hold to help you cut both ends off the pepper, remove the seeds, and then use the bridge hold to cut it in half.





# Preparing Vegetables



Use 'The Claw' hold to help you dice the pepper and ginger.



# Preparing Vegetables



## Spring Rolls



A healthy recipe with tastes of China

### Ingredients

300g cooked rice noodles  
100g fresh bean sprouts  
200g grated carrot  
200g shredded Chinese leaf cabbage or pak choi.  
200g diced peppers  
200g chopped spring onions  
3 garlic cloves, crushed  
1 piece ginger, finely chopped  
splash light soy sauce  
chinese five-spice powder  
15 sheets of filo pastry  
1 egg, beaten  
oil for brushing  
sesame seeds (optional)

### Equipment

fork  
safe knife  
chopping board  
kitchen scissors  
small bowls  
medium sized bowls  
baking paper  
pastry brush  
baking Tray  
garlic press

### Helpful Hint:

You'll find ready-cooked rice noodles in the chilled cabinet at larger supermarkets. If you can't find them, simply soak a bundle of thin rice noodles in kettle-hot water for 5 minutes, then drain and toss in a little oil and leave to cool.



**Step 1.** Measure out 250g (or 1 cup) of rice.

**Step 2.** Take a larger bowl and choose which ingredients you would like to put into your spring roll (noodles are essential). Mix the ingredients together.

**Step 3.** Place the rice in a pan and cover with about double the volume of cold water - 500ml or 2 cups.



**Step 4.** Spoon on some of the vegetable mix along the shorter length of the sheet. Leave about two and half centimetres at the top and on each side of the pastry. Brush the beaten egg around the edges.

**Step 5.** Fold in the top and each edge of the filo sheet. Gently roll the spring roll mixture to form a sausage shape.

**Step 6.** Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg and sprinkle with sesame seeds, if you want.

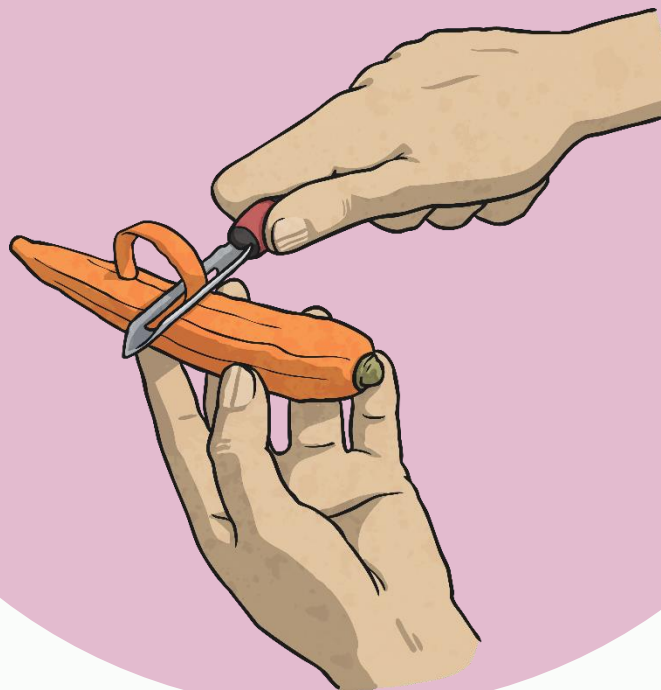
**Step 7.** Bake the rolls for 20-25 mins or until golden.



# Peeling



When using a peeler make sure you peel away from yourself.





# Grating



## How to Grate

First, place the grater onto the chopping board and hold it firmly by its handle.

Hold the cheese at its widest end and rub it down-and-up the grater firmly.

Continue grating until you are left with a small chunk of cheese. Stop at this point. There is no need to try and grate every bit.

Lift up the grater. Spoon the grated cheese into a dish.



# Shredding



Shredding is a useful skill when making salads like coleslaw, or stir-fries and soups where you need finely textured pieces.

Rinse the Chinese cabbage. Pull the leaves off and cut off the bottom section of the stem.

Turn the leaves length ways on the chopping board so the leaves are flat against the board.

Thinly slice the leaves into thin strips.

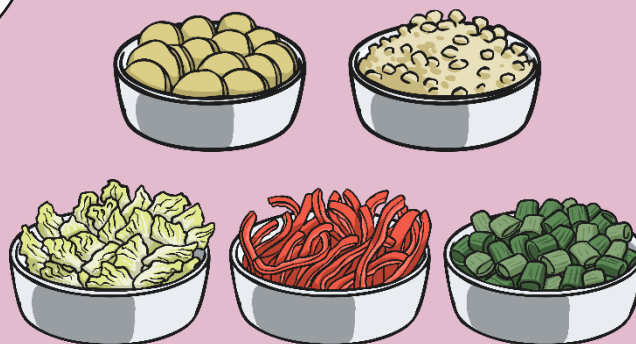


Find out more  
about food skills  
here!

# Prepare Your Vegetables



Now it's your turn  
to have a go.





# Cracking Eggs

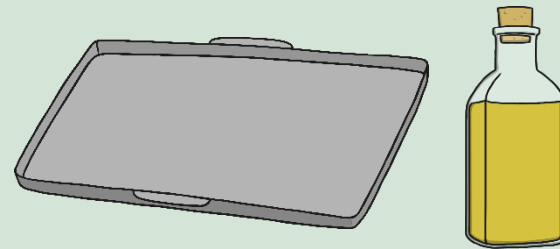


Tap the belly of the egg firmly against a hard surface. Make sure the part of the egg you tap is the widest part; if you break the egg near the top or bottom, the yolk is likely to stick to your hands. Some people gently tap the cracked egg on a flat surface and then pull the egg halves apart. Others crack the egg by rolling it back and forth between the egg halves so that the egg white drops into the bowl and the yolk is preserved whole in a shell half. Some people use a small pointed object, such as a knife, to crack the egg, rather than the other way around. Try taking a heavy knife or another heavy utensil and tapping it firmly across the centre of the egg.

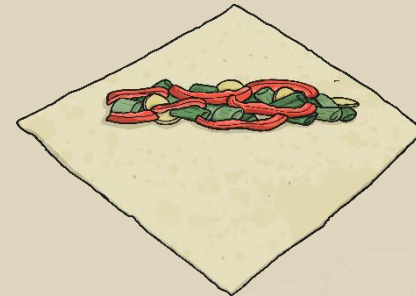
# Assembling the Spring Roll



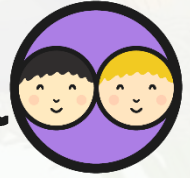
Place some baking paper on a baking tray and brush with oil. Now take out a sheet of filo pastry and place it on a clean surface.



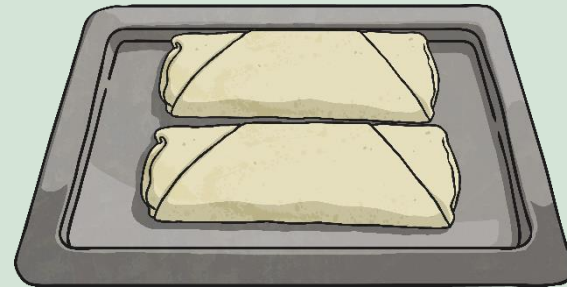
Spoon on some of the vegetable mix along the shorter length of the sheet. Leave about two and half centimetres at the top and on each side of the pastry. Brush the beaten egg around the edges.



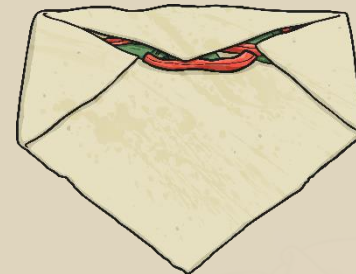
# Assembling the Spring Roll



Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg and sprinkle with sesame seeds, if you want.



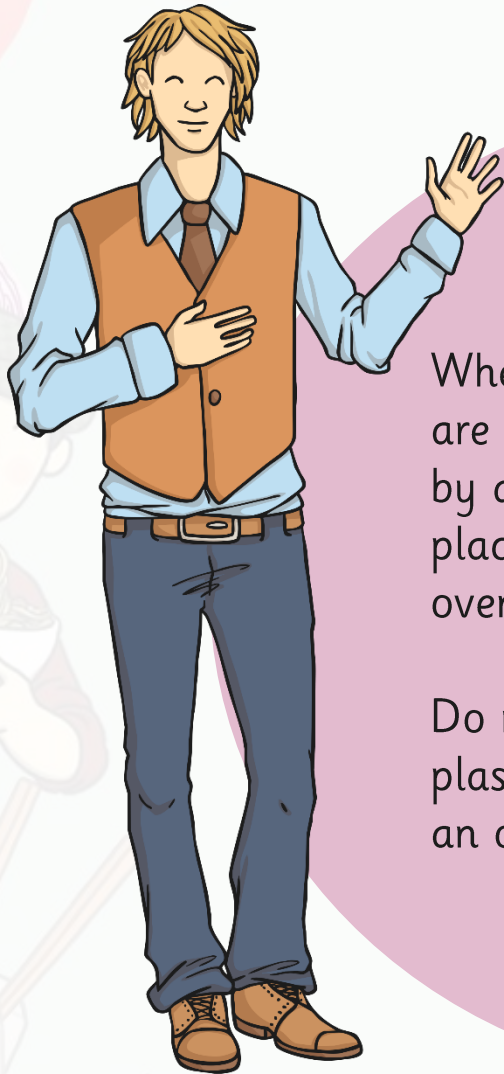
Fold in the top and each edge of the filo sheet. Gently roll the spring roll mixture to form a sausage shape.







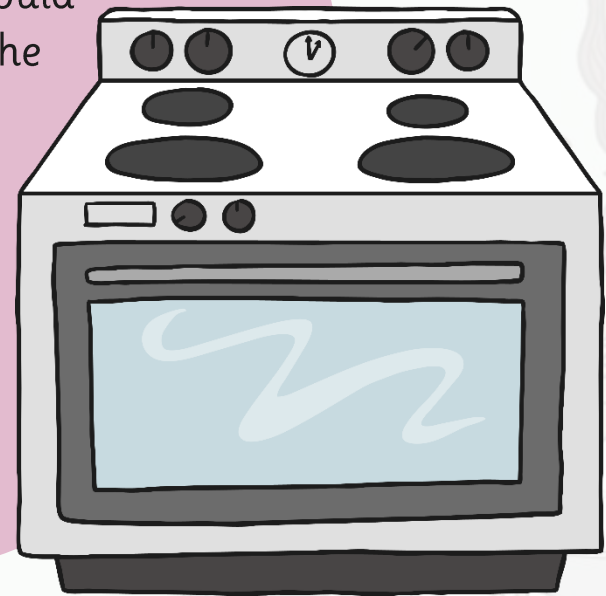
# Baking



## Keep Safe

When using an oven ensure you are always closely supervised by an adult. The adult should place/remove items from the oven.

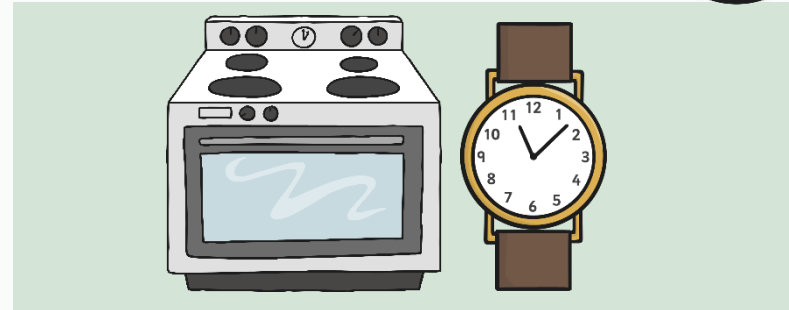
Do not wear disposable plastic aprons if using an oven.



# Checking the Food



Ovens often vary with how long it takes to cook different foods so it is important to keep checking the food to make sure it is cooked correctly.



Ask an adult to take out the food and check to make sure it is not overcooking.



You can use a knife and push it into the centre of the food. Leave for a minute, remove and carefully touch. If the knife is hot then the food is generally cooked.



# Making a Dip



## Ingredients

- 100g tomato ketchup
- 1 tbsp white wine vinegar
- small piece ginger, grated
- pinch of caster sugar



## Method

Simply mix all the ingredients together until the sugar has dissolved.





# Tuck in!



The spring rolls are cooked when the rolls are lightly golden and crispy. With an adult, take the spring rolls out of the oven and wait for them to cool slightly. Serve the spring rolls with the dip!

# Aim



- I can demonstrate a range of basic and advanced food skills and cooking techniques.

## Success Criteria

- I can use some basic food skills such as cracking an egg, peeling and shredding.
- I can use some more advanced cooking techniques such as baking.
- I can accurately follow a recipe.



