



NI HAO, Y'ALL!

Eat, Learn & Shop with Chinese Southern Belle

Saturday, Nov. 21, 2009

Buford Highway Farmers Market

Chinese Southern Belle™ is a new business that connects people, food, culture and learning. Mother-daughter team, Natalie and Margaret, offer a unique combination of multicultural teaching, travel, cooking and business experience and have delighted friends with Country Asian creations and Buddha-to-Bubba™ stories in Atlanta since the 1970's.

As the company's founder and co-owner, Natalie is a Harvard Kennedy School graduate trained in multicultural communications and social marketing, and has served in public office. Margaret was a schoolteacher in the gifted program for 20 years and now is a realtor and avid fisherman. "Back then, I couldn't find soy sauce or tofu at the Winn-Dixie grocery and wonton soup was considered exotic!"

From fortune cookies to Fortune 500, Margaret and Natalie are popular with a wide range of groups, from farmers markets to private dinner parties and corporate events. "We hope to add a fun fusion touch to the kitchen, a cross-cultural dimension to Atlanta's immigrant tapestry, and raise awareness about the importance of diversity, sustainability and community."

Visit www.chinesesouthernbelle.com for a full list of offerings, food and product tips, plus more cross-cultural stories of a Chinese-American family living in the Deep South.

Today's Topic: Homemade Spring Rolls!

Homemade spring rolls are so good, it's worth the effort! A food processor speeds up the veggie prep but we usually do by hand to avoid the cole slaw effect. Pan-fry in a nonstick pan and mix and match seasonal ingredients to keep it healthy. For more helpful tips and resources, visit www.chinesesouthernbelle.com

- Step 1: Finely chop/slice vegetables; soak noodles and mushrooms
- STEP 2: Stir-fry and season filling ingredients
- STEP 3: Roll and pan-fry as shown in CSB demo
- STEP 4: Eat hot with your favorite dipping sauce!



A Little Eggroll History:

Also known as spring rolls or lumpia, eggrolls are characterized by finely chopped filling in a very thin wrapper, usually made of flour and water, with or without egg. "Chun juan" in Chinese, literally means "spring roll" since they were historically made with light spring vegetables during the Tang Dynasty (618-907 A.D.) to mark the sowing of a new year's crop in early February. Served as a snack or main meal, their popularity has spawned a variety of fillings, dipping sauces, shapes, sizes and wrappers, although the regular or mini-shaped rolls are most common. The thicker wrappers require deep-frying to cook while the paper-thin variety may be pan-fried or baked (brushed with oil). Thai and Vietnamese fresh rolls use a translucent rice paper wrapper with carrot, cucumber, rice noodles, basil/mint and are eaten cold.

Shopping List - Basics

Ingredient/Product	Location/Aisle #	Brand/Tips
Thin spring roll wrappers	Aisle 22, Japanese/Chinese Frozen in front	Spring Home "TYJ Spring Roll Pastry"
Ground meat (optional)	Case facing Deli	Beef, pork, turkey or combo
Vegetables: cabbage, carrot, garlic, celery, green onion, ginger root, garlic, bean sprouts	Fresh produce	
Eggs	Aisle 13, American cooler	Scramble eggs seasoned with garlic powder, salt/pepper, cut into strips or finely chopped
Dried black mushrooms	Aisle 27, Korean/Chinese, mid-right Aisle 28, Chinese, 3/4 down on left	Any brand/price is OK, soak/soften in water
Cellophane/bean thread noodle	On end, between Aisle 30 & 29	Often in "pink" net bags, cut with scissors after cooked

White pepper	Aisle 8, American	Different “Asian” taste from black pepper
Soy sauce	Aisle 24, Japanese, back right Aisle 28, Chinese, right back end	Naturally brewed Kikkoman is excellent and easy to find. Avoid lower quality (cheaper) sauces
Sesame oil	Aisle 24, Japanese, right, back Aisle 28, Chinese, right middle	Asian/Chinese is stronger than American type
Cooking oil	Aisle 8, American	Safflower, canola. Don’t use olive oil
Dipping sauce	See Condiments below	Choose your favorite: Thai sweet chili, duck sauce, hot mustard, soy sauce, peanut sauce
Chopsticks	Smallwares, on wall	Regular or long cooking ones are handy when pan-frying rolls

Shopping List - Optional Products/Variations

Ingredient/Product	Location/Aisle #	Brand/Tips
Fresh, seasonal vegetables –red pepper, collards, kale, zucchini	Fresh produce	Be creative, mix in what’s fresh, local, seasonal
Smoked/Baked/5-spice tofu (5-spice)	Produce, refrigerated case,	Good meat substitute; adds different flavor twist back left side
Fried tofu	Produce, refrigerated case, back left side	Ready-made, packaged
Preserved radish/vegetable	Aisle 28, Chinese, right middle	Very salty, only 2 tbs. minced per recipe
Chicken/avocado/salsa		Tex-mex version
Banana, strawberry, chocolate, PB		Sweet, dessert options!

Condiments

Duck sauce/hot mustard	Aisle 28, Chinese, right middle	Oriental Mascot
Peanut sauce	Aisle 28, Chinese, right middle	Lee Kum Kee
Thai sweet chili sauce	On end cap between aisle 27 and 28 and aisle 30, left, in middle	Sweet and spicy Thai twist

Tip: You can make spring rolls in advance (day/night before), keep in fridge and fry later. Keep covered/sealed so they don’t dry out. Fry and serve immediately. Fried rolls are hard to revive after they lose their crispiness, but you can re-crisp by pan-frying them.

MOM’S HOMEMADE SPRINGROLLS

www.chinesesouthernbelle.com

Wrappers: 1-2 packs of spring roll skins, 10-25 in a pack (frozen section, very thin, not traditional “egg roll dough” type.) Thaw out one hour before making rolls

Essential seasonings: minced green onion, fresh garlic, grated fresh ginger

Filling: Meat

- Ground pork/beef/turkey (can mix or use one; optional)
- Marinate meat with soy sauce, salt, black pepper

Fresh vegetables - Finely chop/grate:

- Green onion (1/4 c), fresh ginger (2T), garlic (2T)
- Cabbage (4 c), onion (1/2 c), celery, carrot (1/2 c each)
- Seasonal/optional veggies: chopped kale, chard, zucchini, red pepper (1/2 c each)
- Handful of fresh bean sprouts (add at the end)

Other Ingredients:

- Dried Chinese Black Mushroom (1/2 c, softened/chopped)
- Cellophane Noodle (a.k.a. bean thread, glass noodle, 2 c)
- Seasoned, scrambled egg/strips (salt, garlic powder, black pepper) (1/2 c)
- Chopped preserved radish (optional, 1-2 T)

- Soy sauce (3 T in meat marinade, 2 T in filling)
- Cooking oil (1 c), Asian sesame oil (1 T), salt, white pepper (1/2 T)

- 1) Soak/soften cellophane/glass/bean thread noodles in hot water. Soak/soften dried black mushrooms in hot water. Make seasoned egg strips. Finely chop all vegetables.
- 2) Cook the meat (separately): Heat 2-4 tsp cooking oil and stir-fry 3 key ingredients (reserve half) for a minute: Green Onion, Ginger, Garlic. Add meat and stir-fry, separating clumps, cook until done, set aside
- 3) Stir-fry Vegetables: Heat 2-3 Tsp cooking oil, stir-fry remaining half of chopped green onion, ginger, garlic. Cook/put in vegetables, this order: white/yellow onion, carrots, celery, cabbage, egg strips, chopped softened black mushrooms, softened cellophane noodles, preserved radish. DO NOT OVERCOOK! Mix for 2 minutes and add salt, white pepper, soy sauce to taste.
- 4) Add fresh bean sprouts, sprinkle in sesame oil and toss. Add cooked meat and mix well.
- 5) Wrap and deep fry or pan-fry (CSB demo). Serve hot. If you refrigerate/freeze the rolls, defrost in microwave and pan-fry to re-crisp.

