



NI HAO, Y'ALL!

Eat, Learn & Shop with Chinese Southern Belle

Saturday, Dec. 12, 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, grew up working in the family restaurant 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 and festivals to private dinner parties and school workshops. "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 Natalie's blog, a full list of offerings, food and product tips, plus more cross-cultural stories of a Chinese-American family living in the Deep South.

Fusion Favorites & Asian Eco-Cookware/Gift Ideas!

The Chinese Southern Belle-style of cooking and teaching is more akin to art than science -- best captured "live and in action" on the seasoned canvas of a cast-iron skillet or in the form of strategies and tips--than on a 3x5 recipe card. In our shows, we try to "simplify the authentic" by giving you helpful shortcuts and creative alternatives with ingredients and methods that are accessible, seasonal and healthy! We leave room for adaptability and creativity and enjoy hearing new ideas so let us know how you're blending cultures and spices in your life! Share with us at www.chinesesouthernbelle.com.

Going Off-Road, Off-Recipe – Fusion Tips:

- STEP 1: What do I have or need to use in the fridge/pantry?
- STEP 2: What flavors or food type am I craving? (e.g. Stir-fry, noodles, soup or curry/coconut?)
- STEP 3: Prepare meat/vegetables and mix sauce (with recipe or pre-made)
- STEP 4: Add a fusion twist!



- Ginger, garlic, soy sauce (Chinese)
- Fish sauce, basil (Vietnamese)
- Seaweed, teriyaki sauce, sushi rice (Japanese)
- Kimchi, pickled vegetables, red chilies (Korean)
- Coconut milk, lime, peanut, shrimp/fish paste (Thai)
- Curry spices - cumin, cardamon, turmeric (Indian)
- Tomato sauce, Italian herbs, olive oil (Italian)
- Dairy, butter, batter (American)

Natalie's Favorites & Creative Gift Ideas

Product	Location/Aisle #	Brand/Tips
Chopstick sets	Kitchen/smallwares	Great for eating noodles!
Asian serving ware	Kitchenware	
Thermal cooking pot	Kitchenware	Tiger
Cleaver/good knife	Kitchenware, against wall	J.A. Henckels, Dexter-Russell
Sushi bamboo mat roller	Kitchenware, against wall	
Sushi gift basket set	Japanese aisle, smallwares	Roller, rice, paddle, nori, wasabi, soy
Thai gift basket set	Thai aisle, Bulk rice aisle	Rice & curry sampler

Thai Twist Chili

www.chinesesouthernbelle.com

5 cups of mixed stew vegetables, small chunks (potato, carrots, parsnips, sweet potato, onions, green/red peppers)
1 can chickpeas, drained
1 small can coconut milk

2 c water/broth
3-4 Golden Curry blocks, 1/2t Thai chili paste, 3 G's (1t each: ginger, garlic, green onion), 2 T sugar, 2 T fish-sauce, ¼ t tamarind sauce, 1 T veg oil, salt to taste

Cook/steam vegetables in water/broth until tender. Add more liquid if needed. Heat oil and stir fry seasonings (3G's, chili, tamarind). Stir in fish sauce, sugar, coconut milk. Mix in chickpeas, cooked veggies. Simmer 20 minutes, garnish with cilantro/crushed peanuts (optional), serve hot.

A Little Curry History:

Curry is a generic term used to describe a general variety of spiced dishes, best known in Indian cuisines, especially South Asian cuisine but has become a pan-Asian and global phenomenon, with immense popularity in Thai and Japanese cuisines. Distinctive spices include turmeric, cumin, coriander, fenugreek, and red pepper. The original Tamil word kari means "gravy" or "sauce." In most South Indian languages, the word means "side dish," and is often eaten along with a main dish like rice or bread. Each culture has adopted spices in their indigenous cooking, to suit their own unique tastes and cultural sensibilities. www.epicurious.com

Fast Asian Cole Slaw with Ramen Croutons

1 small Napa or Chinese cabbage (about 4 cups shredded)
1 cup daikon radish, shredded
1 red pepper, thin strips (or carrot, grated)
1 green pepper, thin strips
2 green onions, chopped



Dressing: 1/4c seasoned rice vinegar, 1t minced garlic, ½ t white pepper, ¼ t sesame oil, salt to taste

Topping: 1 pack instant ramen noodles, crumbled (any flavor, I only use the plain noodles)

Toss vegetables in dressing, crumble ramen on top & serve. (If not serving immediately, mix veggies first with 3 T salt, let sit 30 min. to release liquid, rinse off salt/drain, then toss in dressing)

Shopping List - Optional Products/Variations

Ingredient/Product	Location/Aisle #	Brand/Tips
THAI TWIST CHILI:		
Golden Curry blocks	Aisle 24, Japanese, left at first	S&G or Vermont brands are similar
Coconut milk	Aisle 30 Vietnamese, Thai, Indonesian, middle right side	
Vegetables: potato, carrot, parsnips, sweet potato, green and red peppers, ginger, garlic	Fresh produce	Small chunks for chili. Add peppers last to not overcook.
Fish sauce	Aisle 30 Vietnamese, Thai, Indonesian, middle right side	
Tamarind sauce	Aisle 30 Vietnamese, Thai, Indonesian, middle right side	
Thai chili paste	Aisle 30 Vietnamese, Thai, Indonesian, middle right side	
Chick peas (can)	Aisle 7, American	
Cooking oil	Aisle 8, American	Safflower, canola. Don't use olive oil
ASIAN COLE SLAW:		
Napa/Chinese Cabbage	Fresh produce	
Daikon radish	Fresh produce	White, long, can break in half to buy
Slaw vegetables: red/green peppers, garlic, green onions	Fresh produce	
White pepper	Aisle 8, American or Aisle 28, Chinese	
Sesame oil	Aisle 24, Japanese, right, back Aisle 28, Chinese, right middle	Asian/Chinese is stronger than American type
Seasoned rice vinegar	Aisle 24, Japanese, right middle	Marukan is pre-seasoned or mix your own rice vinegar+ sugar+salt
Ramen Noodles	Aisle 33 (whole aisle)	Simple packs or deluxe bowls w/toppings

For more East-West fusion ideas, tips for eating out, good restaurants, environmentally-friendly cookware, and resources to support good, healthy eating and sustainable living, visit www.chinesesouthernbelle.com!