

Flora

Culinary School  
Stir-fried Portunus Crab and Rice Cake

# STIR-FRIED PORTUNUS CRAB WITH RICE CAKE

Stir-fried Portunus Crab with Rice Cake is a delicious food made with portunus crab, rice cakes, and other ingredients, rice wine, soy sauce, water and sugar as seasonings. Rice cake and Portunus crab are two famous local ingredients in Ningbo City, they represent the traditional culture and modern economic development of Ningbo.

## MAKING PROCESS

Ingredients:

3 crabs (determined by the size of the crab)

200g Rice cake

100g Cabbage

3g Onion

3g Chives

3g Ginger

3g Garlic

1 scoop Cooking wine

1 scoop Soy sauce

0.5 scoop Oyster sauce

0.2g Chinese five spice powder

Appropriate amount Sugar

Appropriate amount Salt

1. Clean up the crabs, remove the stomach of the crab. Pull off the lid on its back, clean the inside of the lid. Divided each crab into two parts or four parts (also determined by the size of the crab).

2. Prepare for other ingredients. Clean all the ingredients before cutting them. Cut the rice cake into small pieces or strips. Cut the cabbage into pieces. Cut the onion, the ginger, and the garlic into slices. Cut the chives into short sections.

3. Start to stir-fried the crabs. Put a little more oil in the pot, and put the crabs into the pot until the oil is heated. Deep-fry until the color of the crab is golden brown.

4. Put the prepared onion, ginger and garlic into the pot, stir-fried with the crabs. Then put the rice cake and cabbage into the pot, stir-fry quickly with big fire.

5. Pour one scoop cooking wine, one scoop soy sauce, 0.5 scoop oyster sauce, 0.2g Chinese five-spice powder, and an appropriate amount of sugar and salt into the pot (according to individual taste). Stir fry for a moment with small fire.

6. Finally, add the chives section and placed the delicious in the dish.

## INTERVIEW

**Me:** Hi, mom, what's the dish are you cooking now? Could you describe it?

**Mom:** This is called stir-fried Portunus crab with rice cake. It's a typical local dish in Ningbo. The process is generally simple: stir-fried the crab first, add some flavoring, add the rice cake, and stir-fried until all the ingredients are cooked.

**Me:** Sounds great. Is there any particular custom associated with this dish?

**Mom:** Yes. People often eat rice cake when celebrating the Spring festival, and seafood is also the traditional food that is important at the festival, so people usually stir-fried these two ingredients together to cook a delicious dish. Although currently people would cook themselves or eat this dish in the restaurant during daily life except for the festival.



Prepare all the ingredients



Stir-fried the crabs until the color becomes golden-brown



Put rice cake and other ingredients into the pot and continuously stir-fried

Cooking Process

**Me:** So where do you get the ingredients? Where and how these ingredients made or caught?

**Mom:** All the ingredients are local. Traditional rice cake comes from Cicheng, an old county in Ningbo. Some of the villagers there still maintain the traditional methods of making rice cake, pure hand-made with ancient tools. Crabs include wild fishing crab and aquaculture crab. It is a seasonal ingredient and prevails from August to October, during this period of time, most of the crabs in the market are wild crabs, while other time is aquaculture crab.

**Me:** Thanks for sharing all the informations.

#### RESEARCH OF RICE CAKE

Making rice cake is one of the traditional cultures of celebrating the Spring festival in Ningbo. Ningbo rice cake is made from the newly produced late japonica rice. Archaeologist has found well-preserved rice seeds in the prehistoric site of Hemudu in Ningbo, which has a long history of more than 7,000 years. This is a piece of strong evidence that earlier before seven thousand years ago, the ancestors in Ningbo have started to plant rice.

After washing the high-quality rice, soak it in water for 3-4 days or one week, pulverize it with water using the stone mill, remove the water until it is not dry or wet, steam it in a steamer after crushing, finally roll it into striped rice cake in a uniformed size. These purely manual steps have reorganized the molecules of the rice and improved the taste. The natural flavor of the rice overflows and fills the entire countryside courtyard, and the overall taste is soft and sweet.

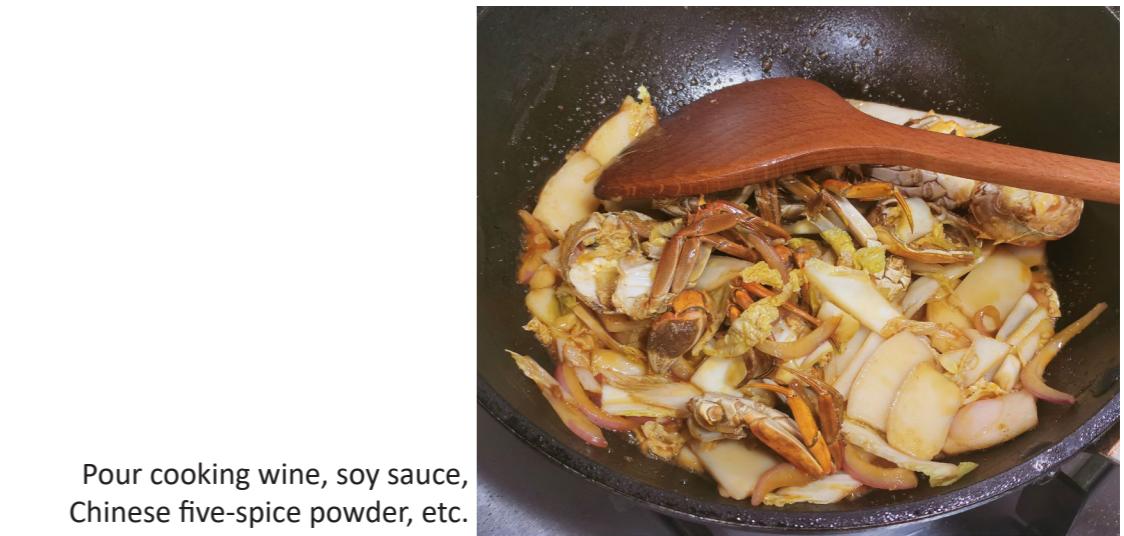
There is a folk saying in the Ningbo area that “the rice cakes are higher year by year, and this year is better than last year”. That is related to the Chinese character and pronunciation of rice cake: the pronunciation is close to the sound of the Chinese word meaning “high” which has an extended meaning of “better, improve, or promote”. For Ningbo people, the rice cake is not only delicious food that often appears on the dining table but also carries their love and miss to their hometown and families, since it is one of the most important food during the celebration of the Spring festival and has the meaning of reunion with family.

#### RESEARCH OF PORTUNUS CRAB

Portunus Crab is a seasonal ingredient. China implements a fishing ban every year. The coastline of Ningbo is located in the East China Sea and the fishing ban in Ningbo is implemented from May to August every year.

There are two ways to get fresh crab. The first method is wild fishing. The fishermen put plastic vials containing bait in a crab cage, which is a cylindrical wire mesh cage, and threw them into the sea together. After a while, use a bamboo stick to hook up the plastic buoy on the crab cage, and then pull the crab cage onto the fishing boat together. Finally, fix the crab feet with rubber bands. Most of the crabs sold in the prevailed time around August to October are wild fishing crabs.

After selling out of the wild crabs, aquaculture crab gradually flows into the market. With the decline of marine resources, wild crabs are decreasing year by year. People who rely on the sea begin to cultivate the crabs artificially. Seed breeding, soil pond breeding, dish processing, leisure tourism, etc., they extended the industrial chains, obtained good economic benefits, and promoted the breeding industry.



Pour cooking wine, soy sauce, Chinese five-spice powder, etc.



Finished dish

Cooking Process



The Whole Process



Pulverize Rice with Water Using Stone Mill



Stone Mill



Pound with Pestle until Smooth and Elastic



Stone Mortar



Roll Each Piece Out Into Shaped Rice Cake



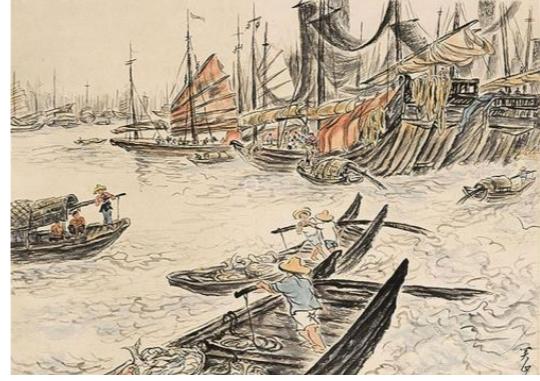
Hearth



Finished Rice Cake



Fishing for Wild Crabs



Fishing for Wild Crabs



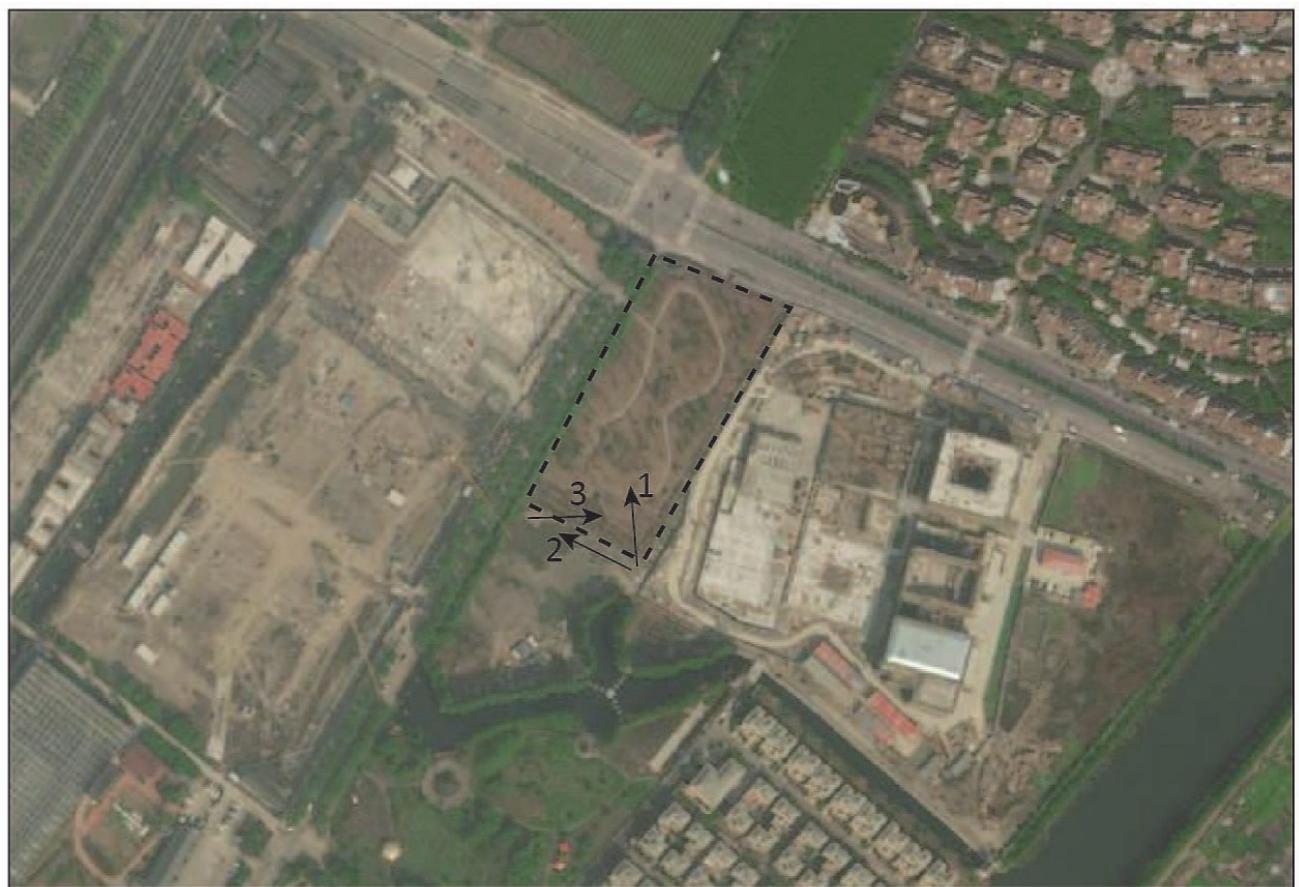
Aquaculture Field for Crabs



Chinese Drawing of Crabs



Picture of Portunus Crab



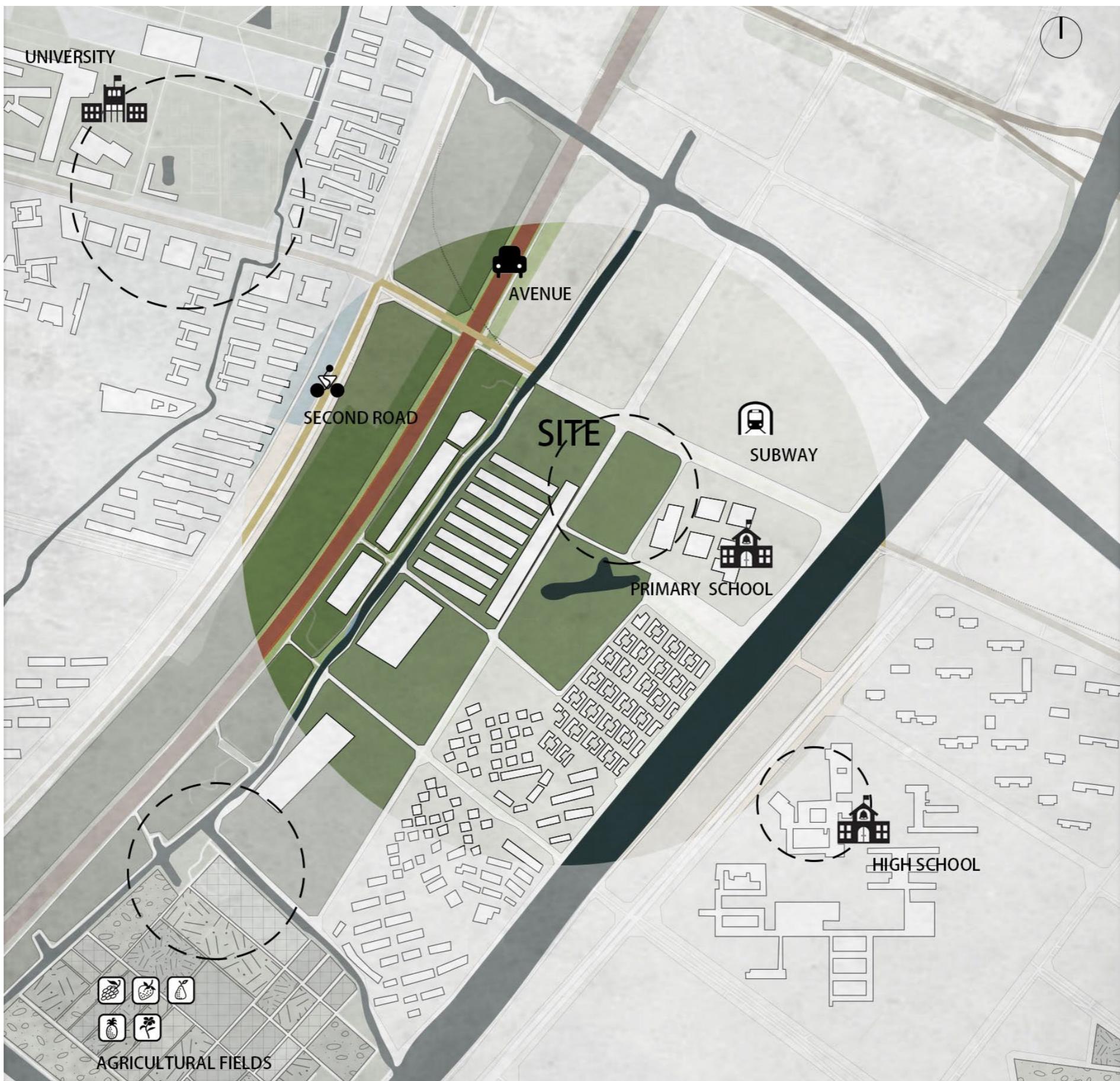
View 1

View 2

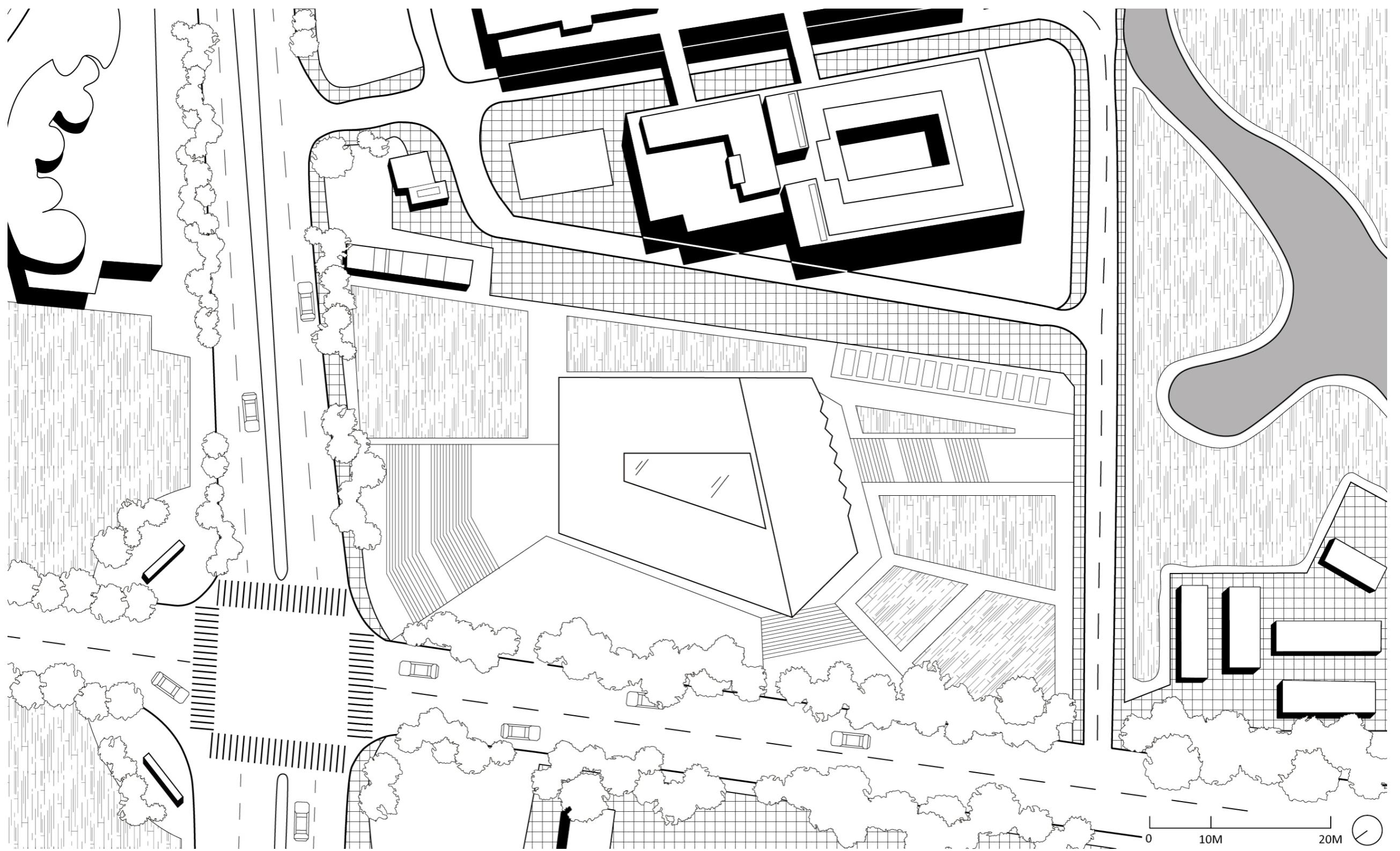
View 3

**Site 1: 12000 square meter**

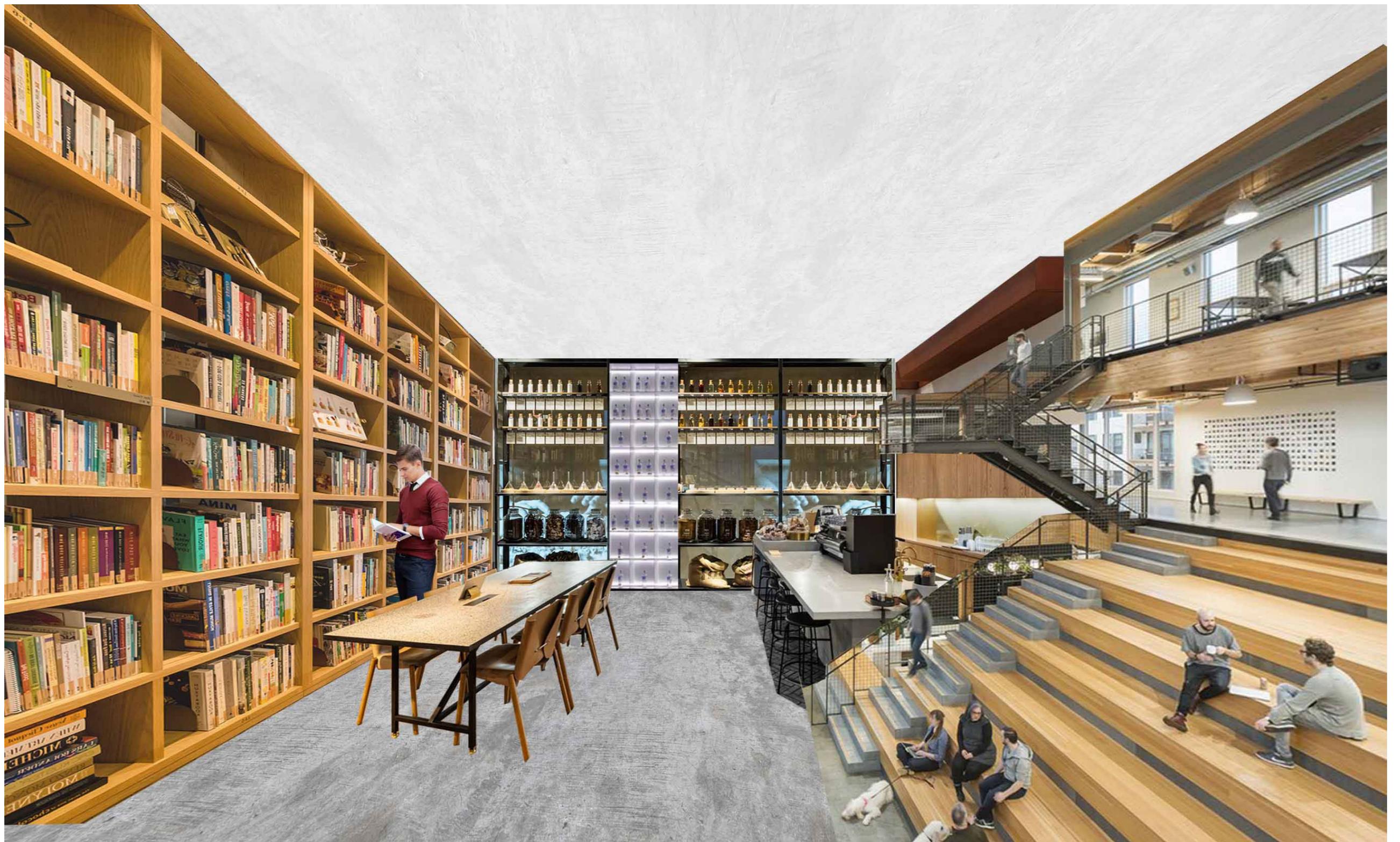
Site Analysis



Site Context Analysis



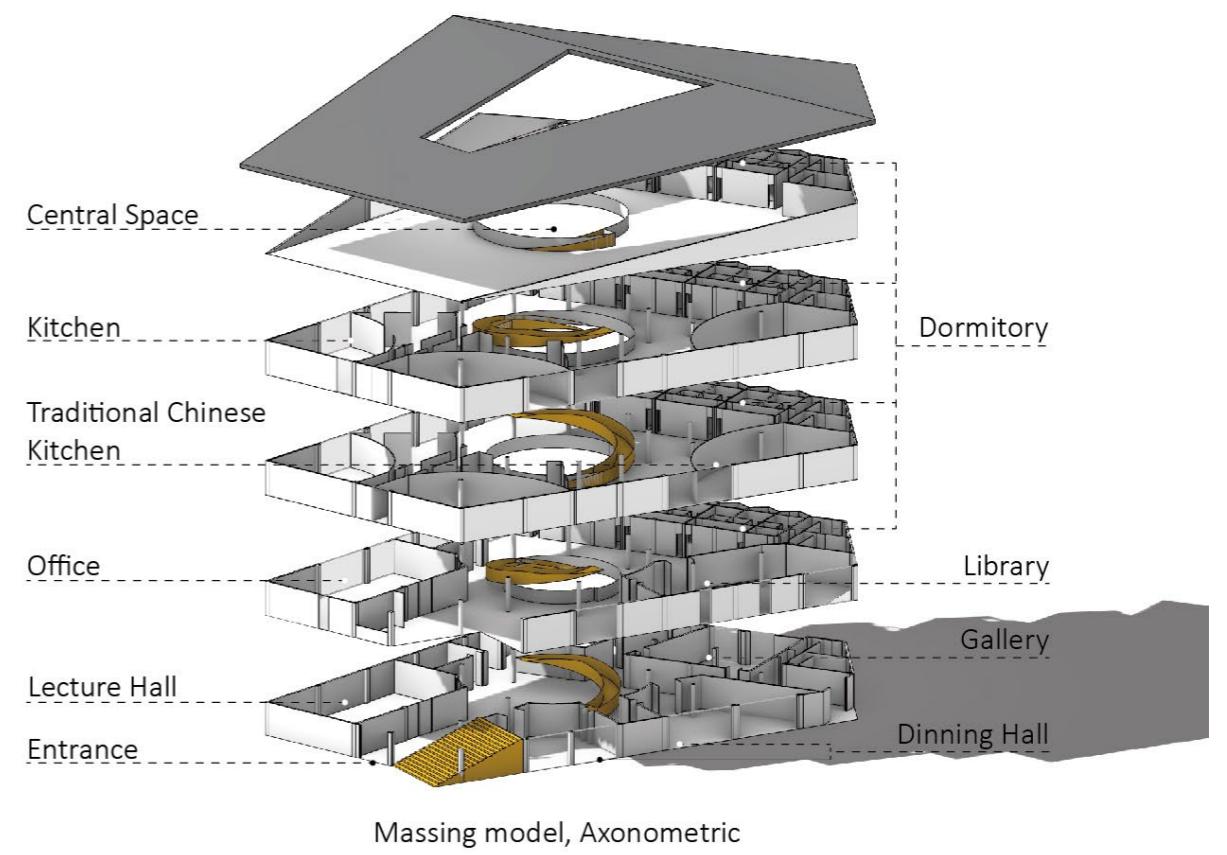
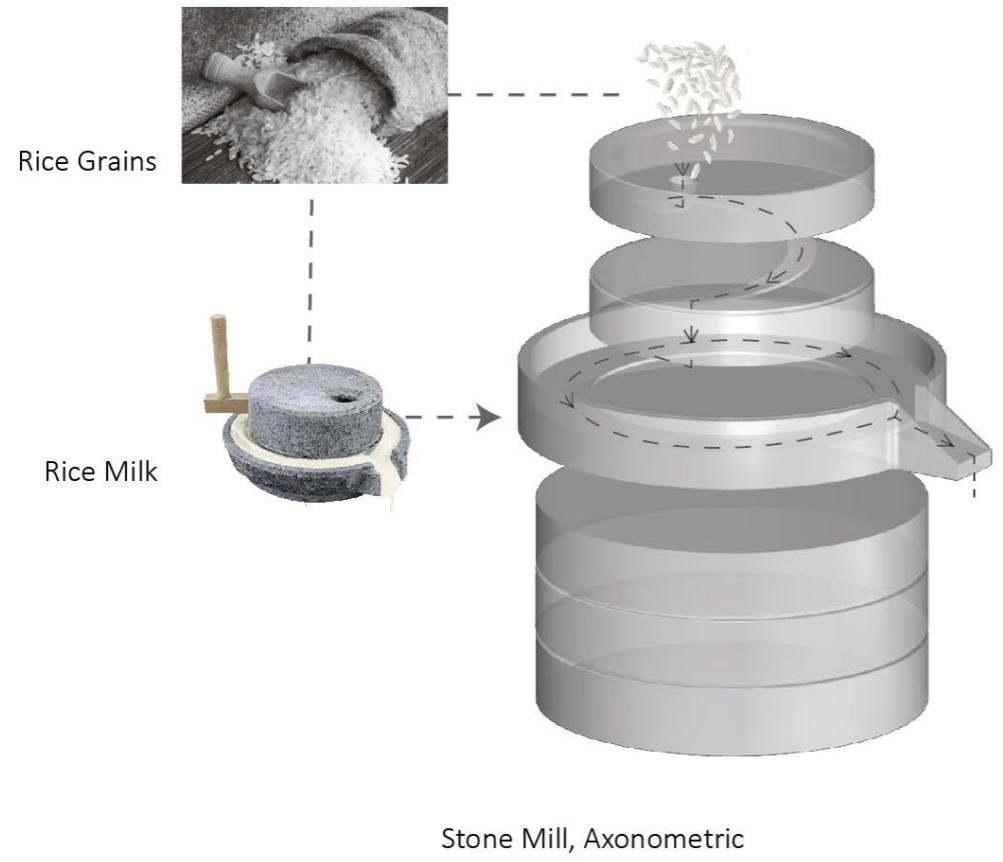
Site Map



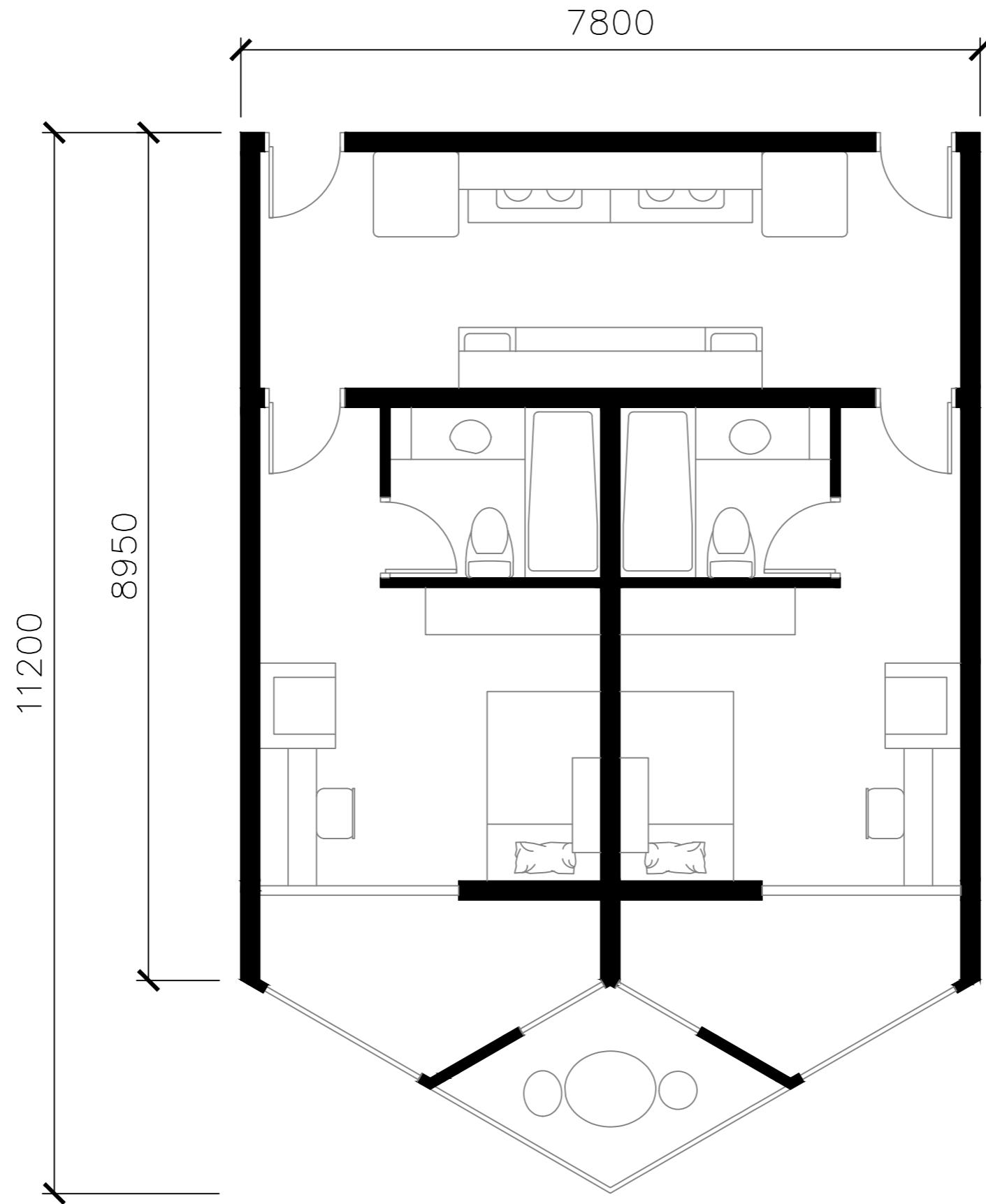
Collage 1-Social Space



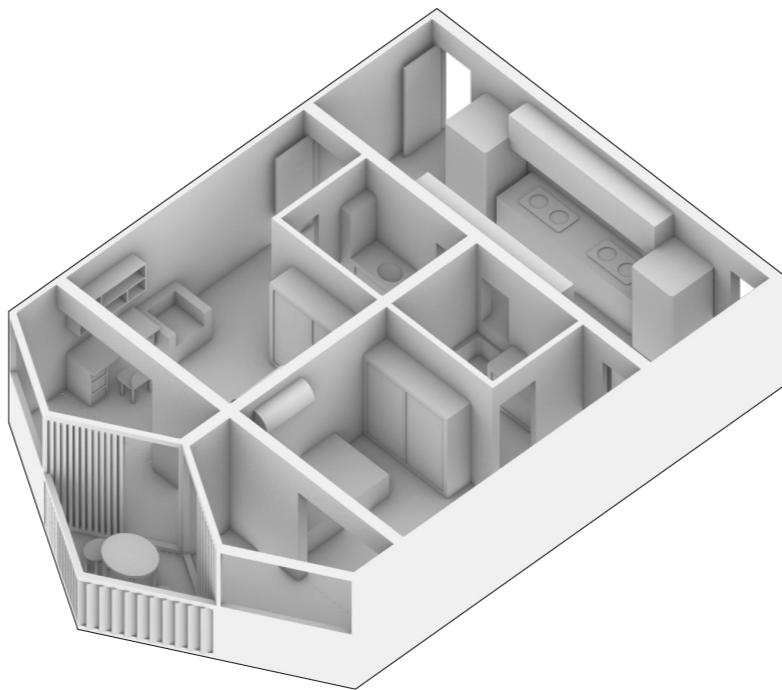
Collage 2-Traditional Chinese Kitchen



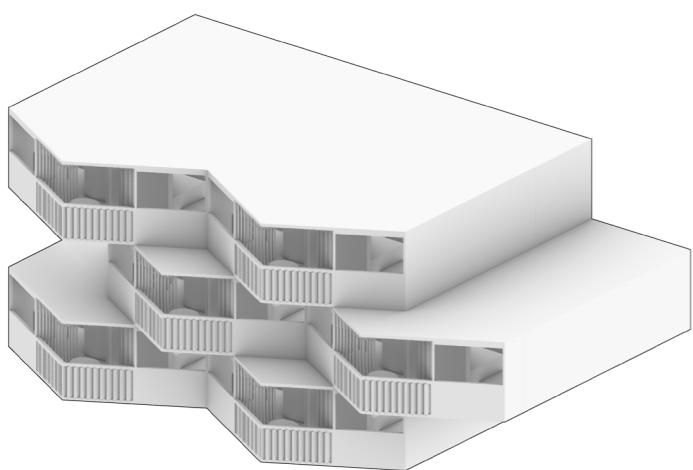
Massing Analysis



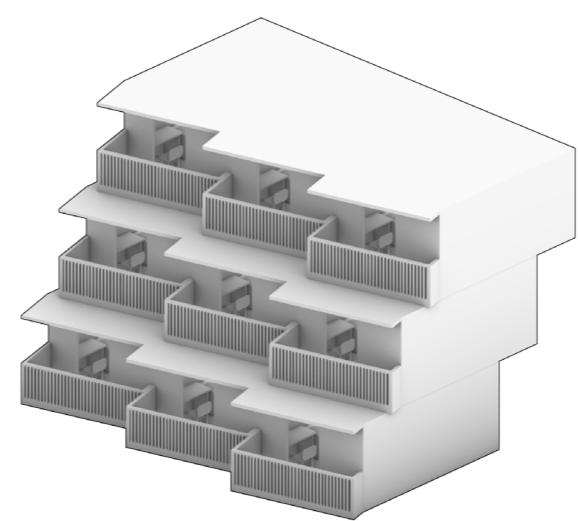
Dormitory Unit Plan



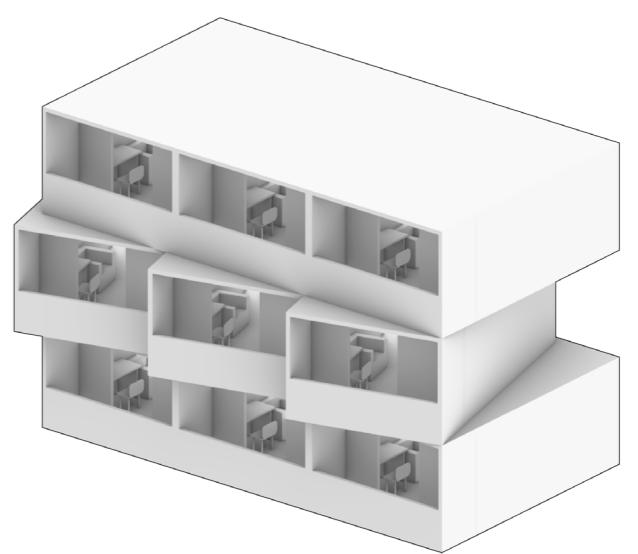
Dormitory Unit, Axonometric



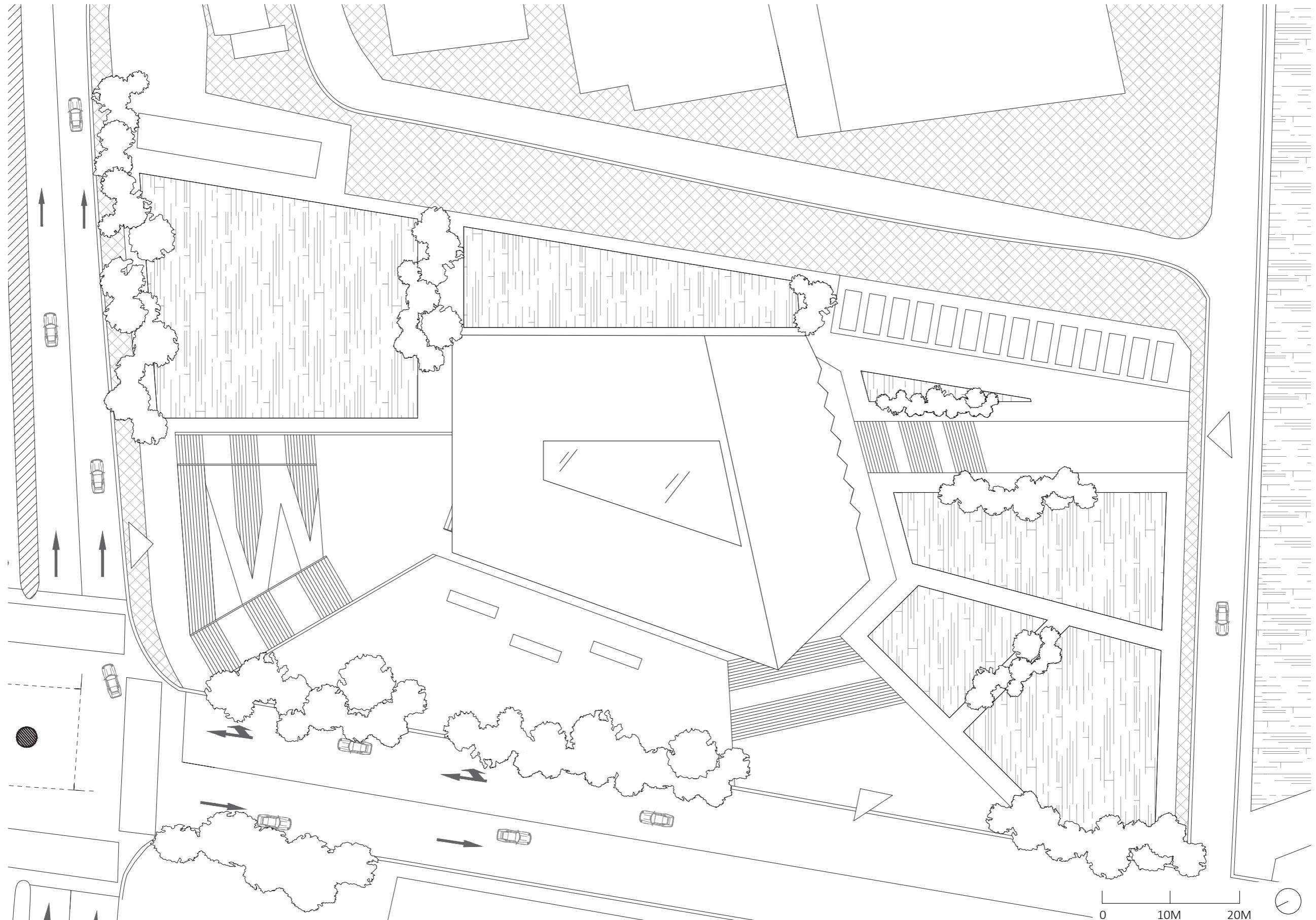
Aggregation 1



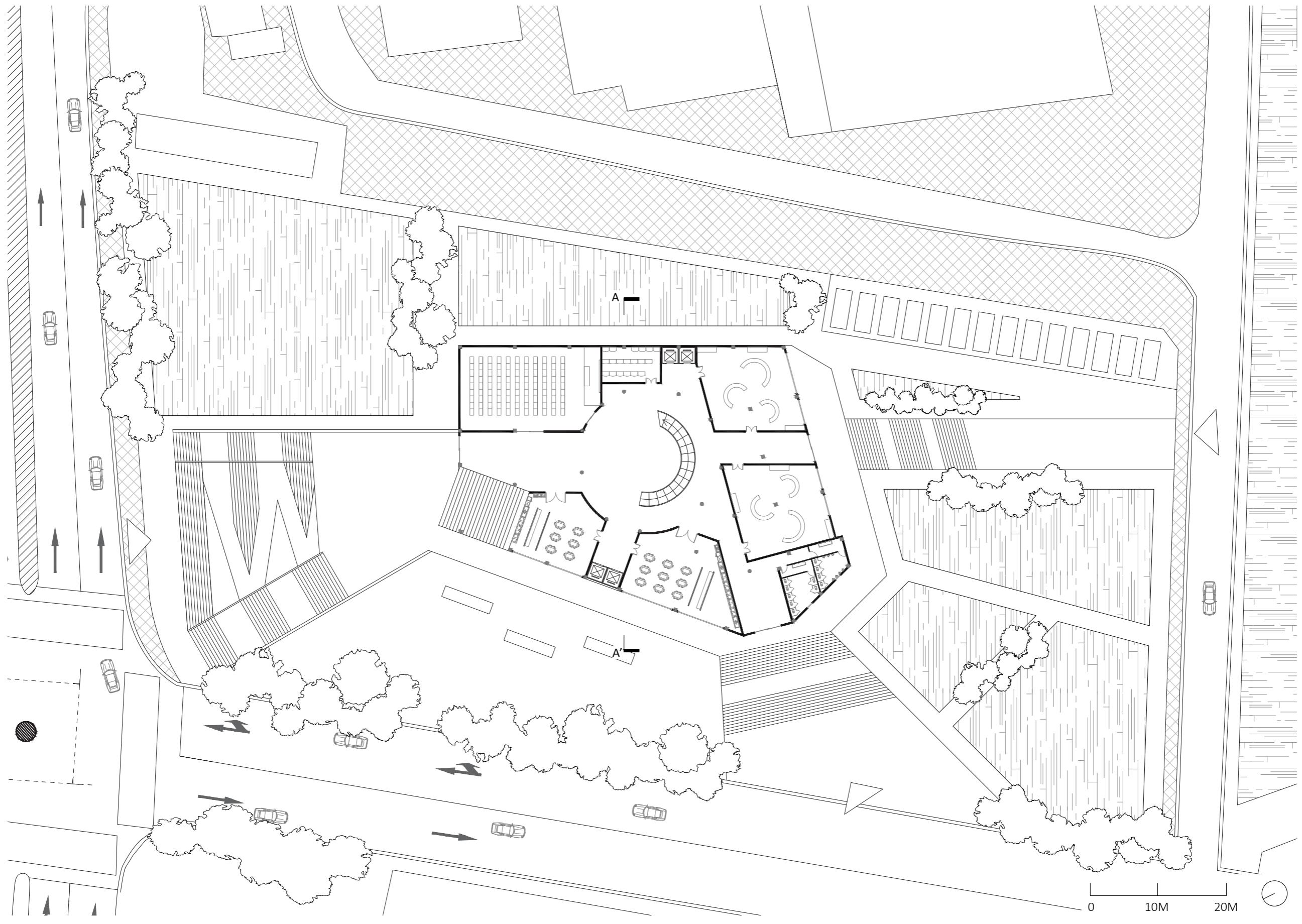
Aggregation 2



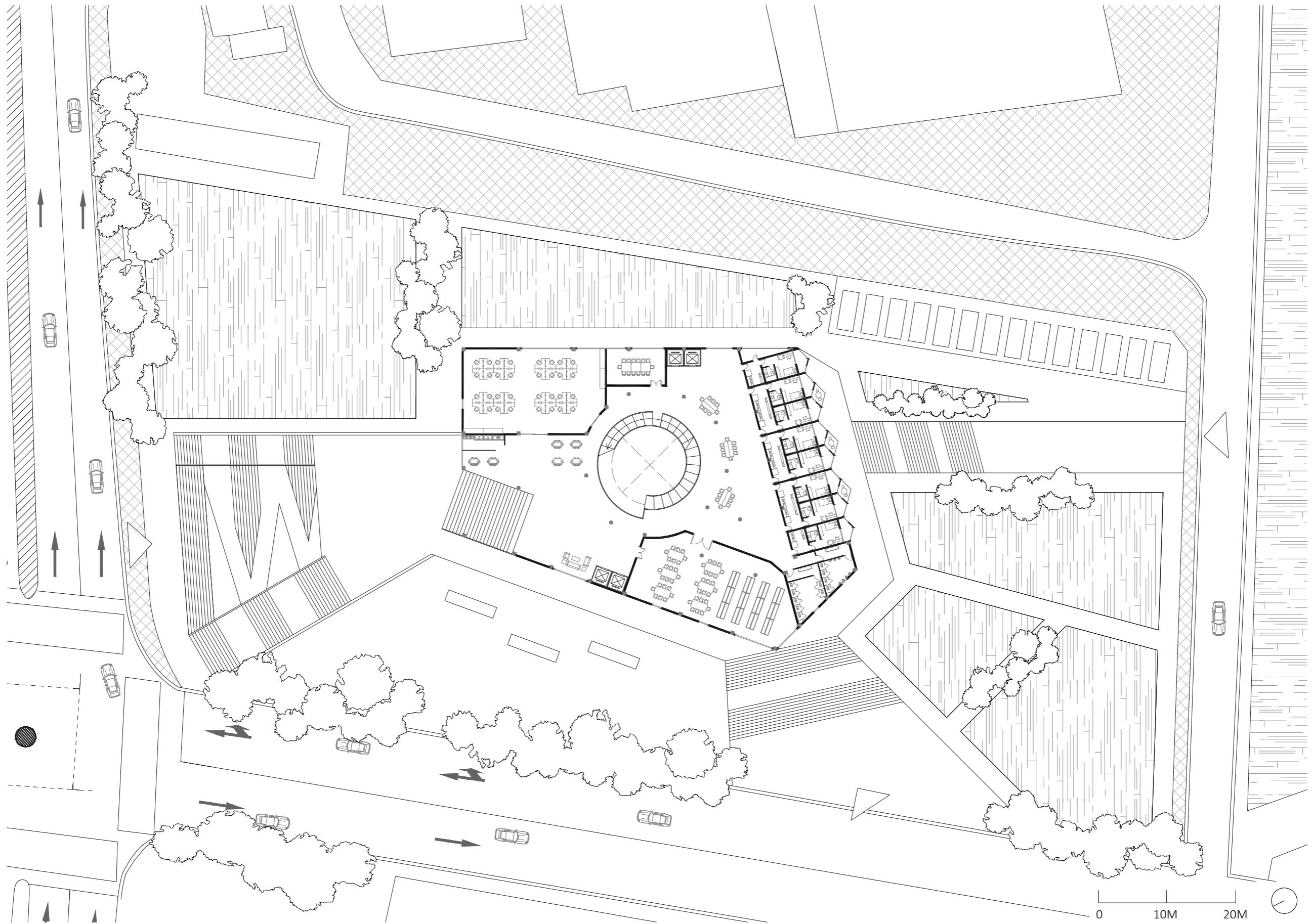
Aggregation 3



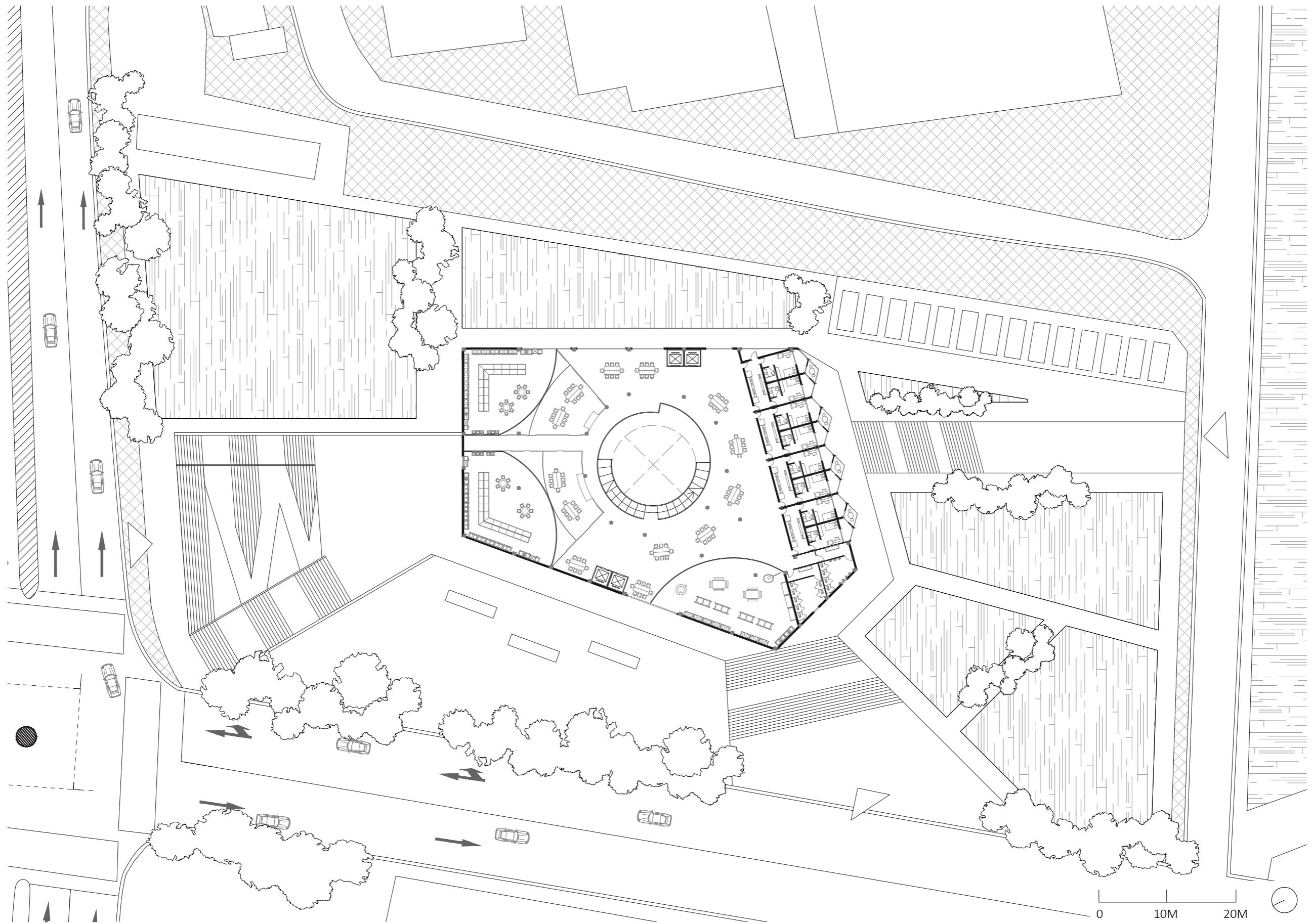
Roof Plan



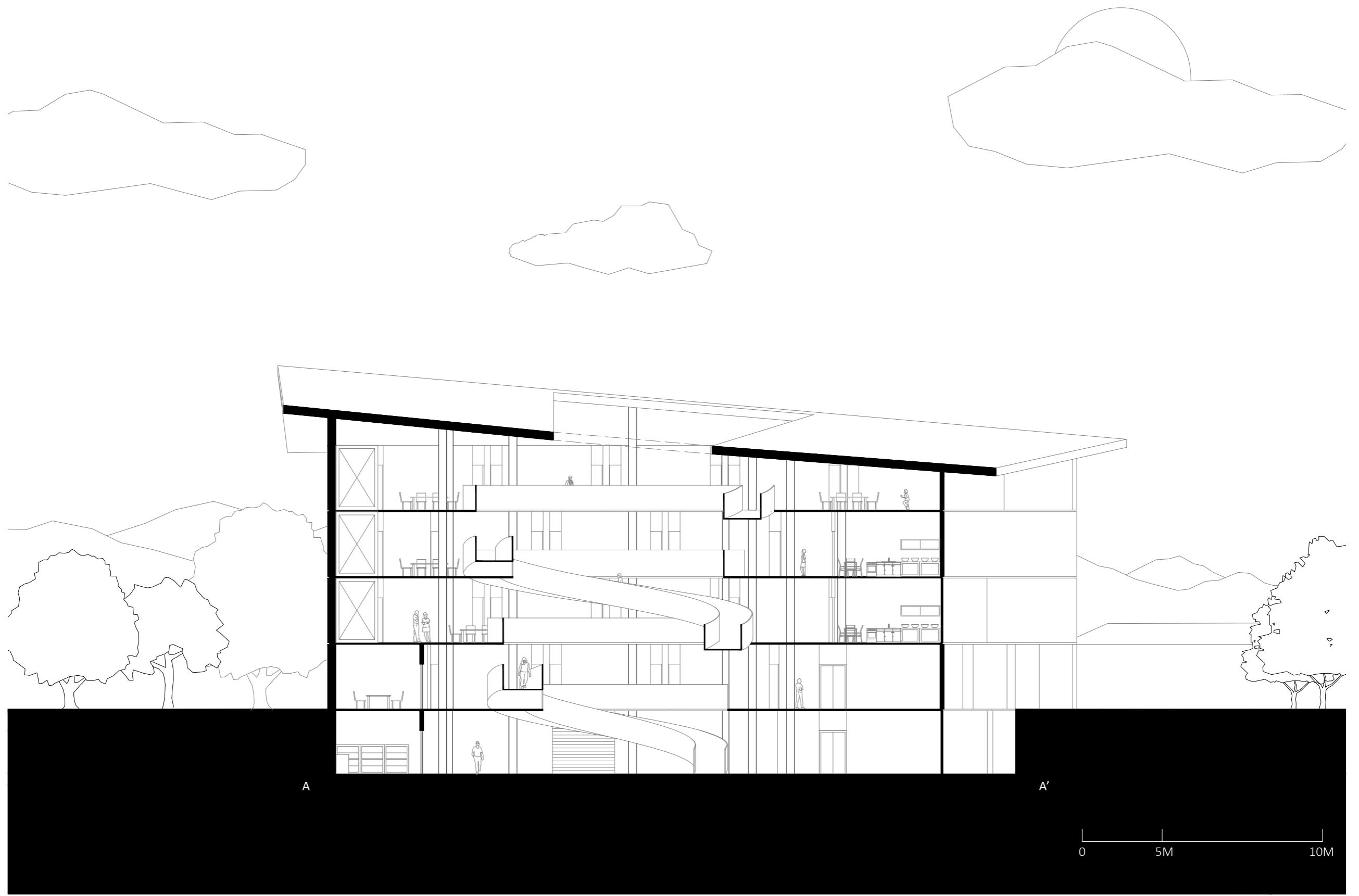
Entry Floor Plan



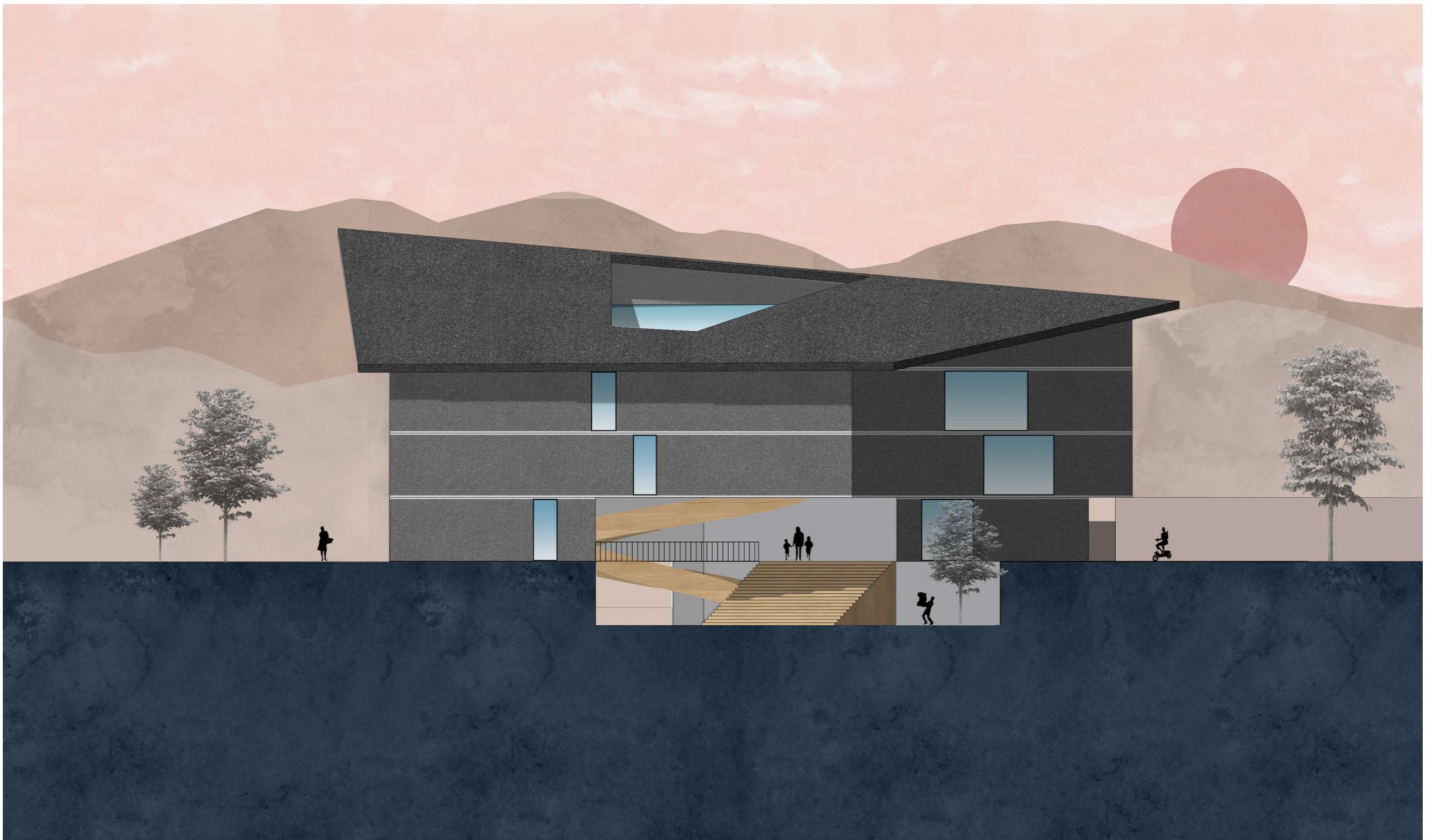
Second Floor Plan



Third Floor Plan



Section AA'



Elevation, Front view



Axonometric



Exterior Rendering-Entrance



Interior Rendering-Second Floor