

# Culinary School

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# STIR- FIRED EEL

Legend of the dishes:

According to legend, the Emperor Qianlong passed through Huzhou on the way to Haining. When he was in Beijing, he was told that the Stir-Fried eel in Digang, Huzhou is a must-try water dish. Emperor Qianlong immediately ordered the chef of Digang to cook this dish. In less than two hours, a light boat slowly approached the dragon boat, which the Emperor Qianlong stayed. A chef held "a ten-inch celadon pot", and the eel, in the pot, was decorated with "five-colored condiments, just like the mountains were full of flowers". (China Cuisine Association, 2018) Meanwhile, the hot oil still boiling.

Emperor Qianlong tasted it on the bow and found it delicious, even claiming that the praise was well-deserved! Therefore, the rotten eel is listed as a palace dish, and this dish has become famous.

Transcription of the interview (Selection of materials):

Me: Hi, do you know a dish, called Stir- Fired eel?

Father: Of course. I've eaten this dish since I was a child. This is a traditional and symbol dish in Huzhou.

Me: Wow, that is great! When is the best time to taste it?

Father: About the eel, in Tai Lake, eels are greatest to be eaten from June to August. So it is the best time to eat.

Me: Could you roughly describe how to choose the main material?

Father: Yes, I have chosen and cooked it several times. Generally, the body size of eels selected is not too large, and most of the diameter is one to two centimeters. Moreover, it is best to buy fresh eel. If you feel the meat of eel is hard or particularly soft, don't buy it. The hard meat of eel should be frozen eel, while those with particularly soft meat are mostly stale.

Me: Thanks for your sharing!

Dietary taboos:

Eel: eel is unfavorable at dog meat, dog blood, pumpkin, spinach, red date eat together.

Shrimp: Shrimp taboo and some fruits eat together. Shrimp is rich in protein, calcium and other nutrients. If they and tannic acid containing fruit, such as grape, pomegranate, hawthorn, persimmon equal food, not only will reduce the nutritional value of protein, and tannic acid and calcium ions combined to form insoluble binding to stimulate the stomach, cause human discomfort, vomiting, dizziness, nausea and abdominal pain, diarrhea and other symptoms. Seafood should be eaten with these fruits at least 2 hours apart.



Ingredience

#### Introduction:

Stir- Fired eel is a traditional and famous dish of Huzhou, and it belongs to Tangqi cuisine in southern China. The color, aroma and taste of the "mush eel silk" are fully displayed in this dish. The selection of main material, eel, is exquisite, which must use the size similar eel. After the eels into the wok, with "five oil" (vegetable oil, meat oil, sesame oil, soy sauce, waste oil) "three spicy" (ginger, green pepper, pepper) with ham and others, it should be use different fire cooking. In this way, this dish will be delicious, unique flavor.

#### Main ingredient:

300g Eel

#### Ingredients:

A piece of ham  
Moderate shredded green pepper, shredded ginger and garlic  
Optional shrimp meat and shallot

#### Condiments:

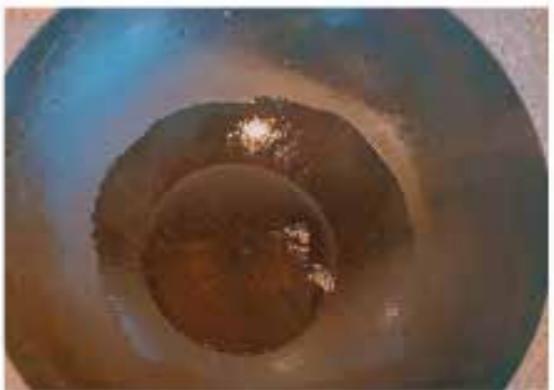
3g salt  
2g sugar  
4ml light soy sauce  
3g soy sauce  
10ml cooking wine  
A moderate amount of oil  
A spoonful of cornstarch

#### Steps:

1. Blanch live eels in a boiling water wok until open, remove and cool. Remove eels' bones and intestine with a bamboo pole.
2. Cut eels' into 5cm strips and rinse.
3. Turn the heat to medium and add the cooked oil. Heat the oil until 40 to 50 percent hot. Add the shrimp meat and cook until done.
4. Heat the oil in the wok until it is six minutes hot, then put the eel under the wok until it is 80-90 percent cooked.
5. Add cooking wine, soy sauce, sugar, burn 1 minute.
6. Starch flour, then add to the wok.
7. Remove them to a bowl.
8. Press a hole in the center of the eel paste with a spoon and sprinkle with pepper.
9. Add ham, green pepper and ginger, minced garlic on eel.
10. Pour the hot oil over this dish.



DIAGRAM/DRAWING



Pour the oil into a pan and heat it until it is 70 to 80 percent



Put the raw eel fillets into the wok and fry them

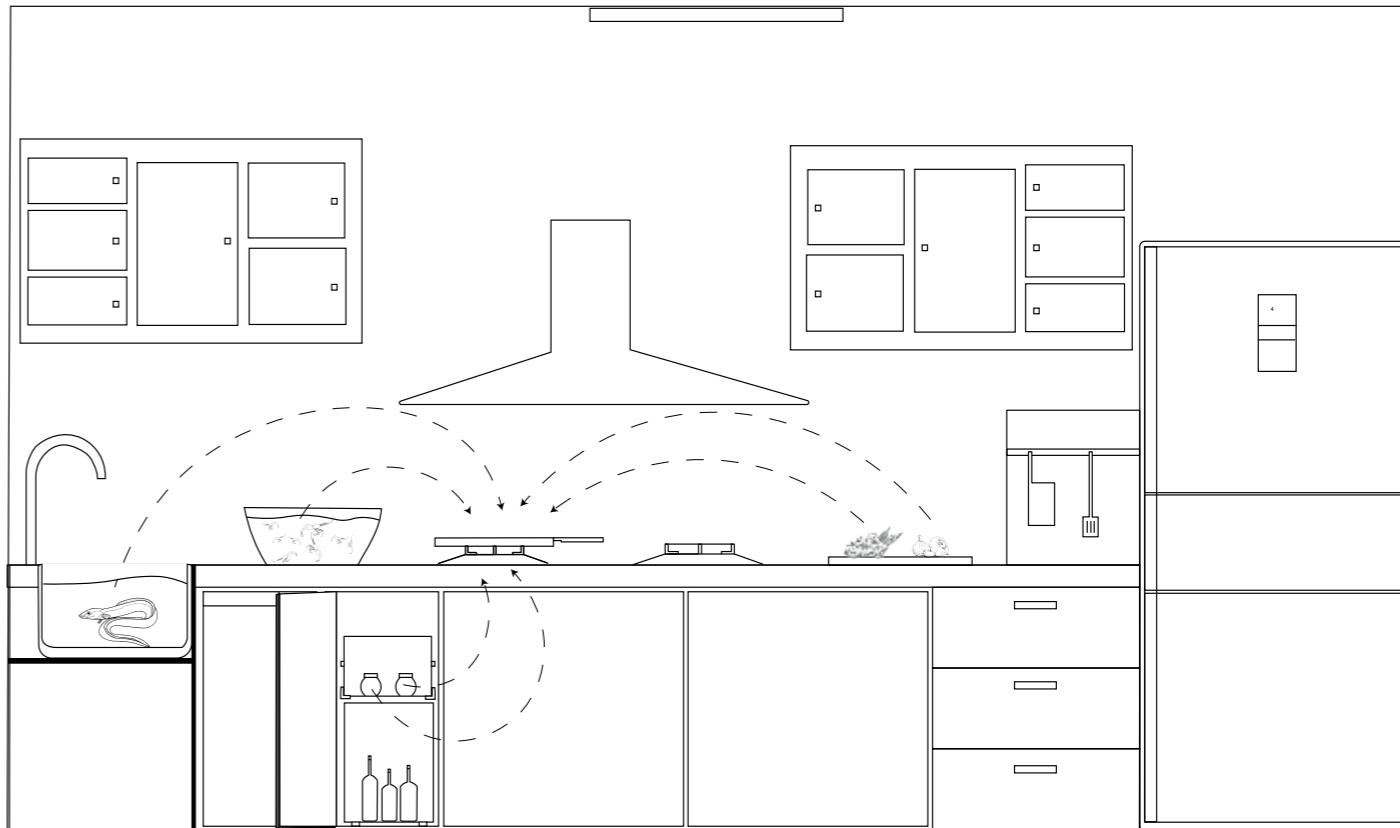


Add cooking wine, light soy sauce and other seasonings for coloring and flavoring



Put the ingredients, green pepper, shrimps, ham, ginger and garlic on the eel. Pour the hot oil on the eel.

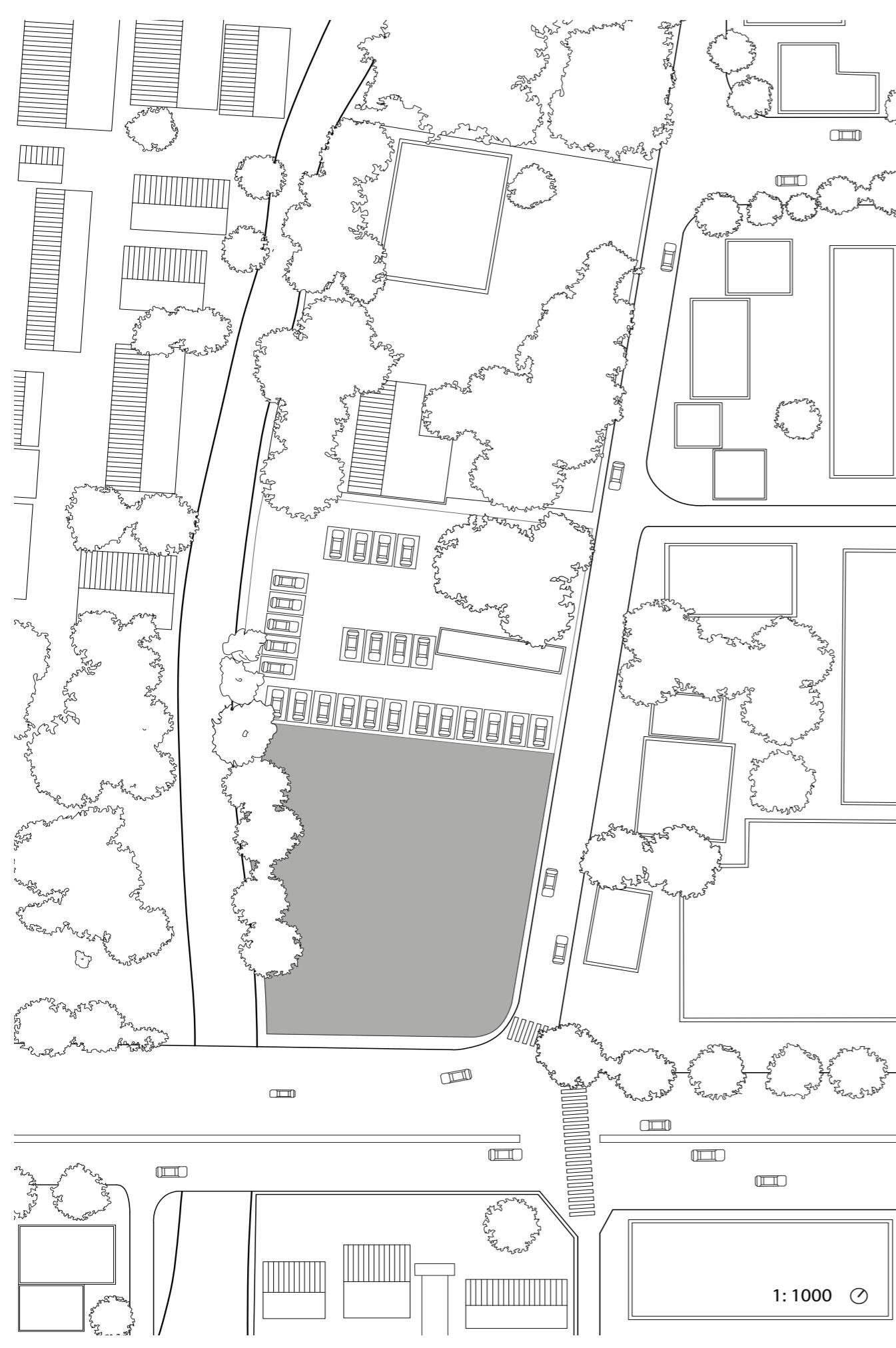
Process



Process



Finished product



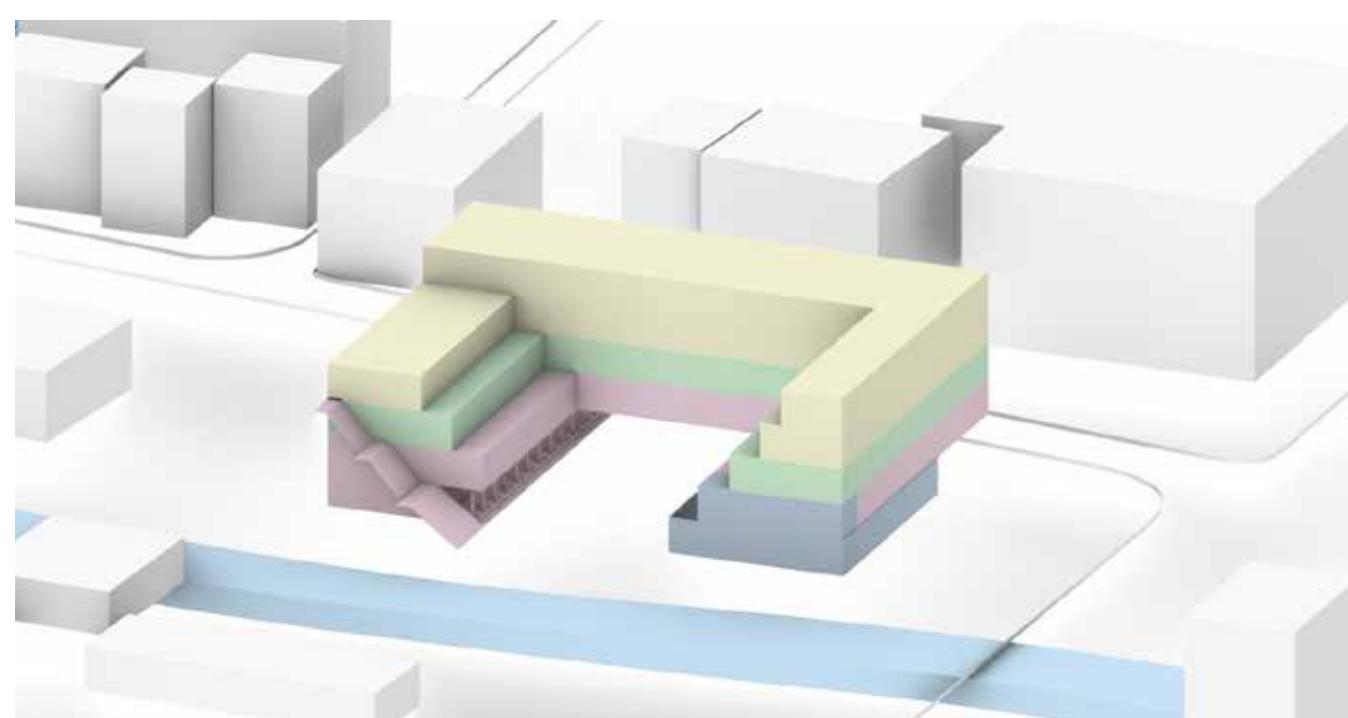
Site



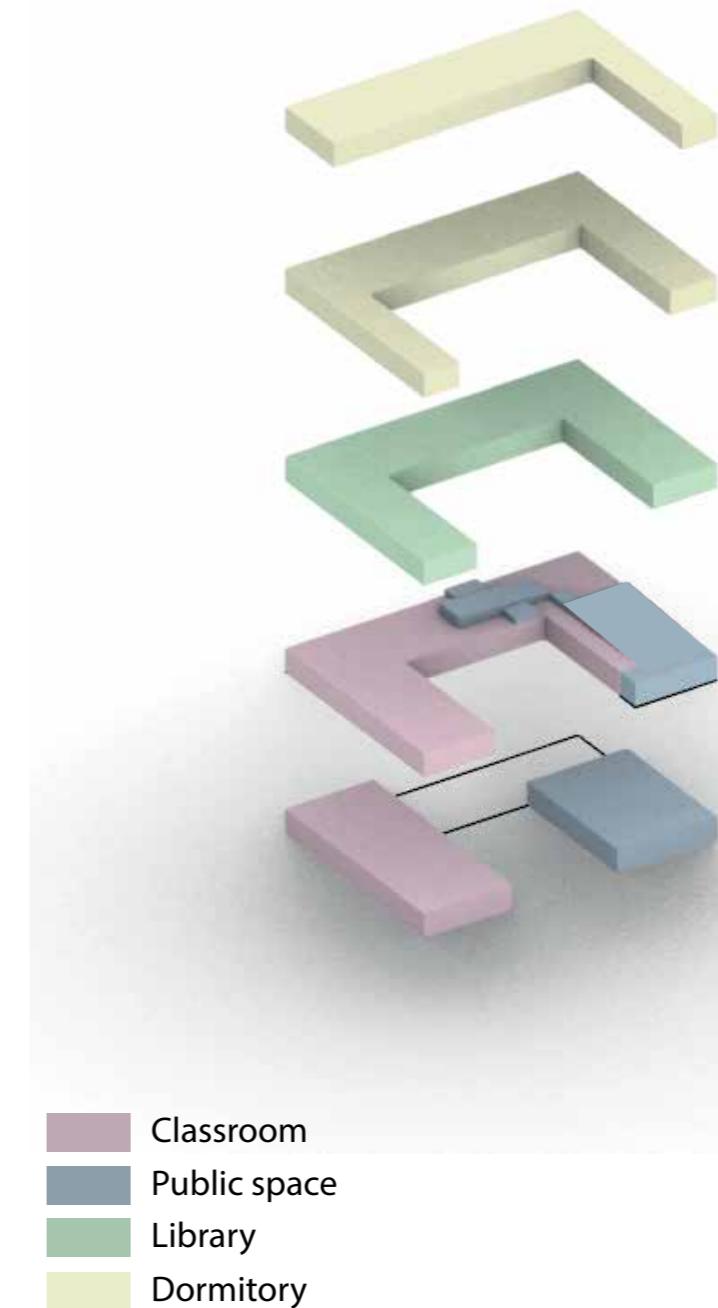
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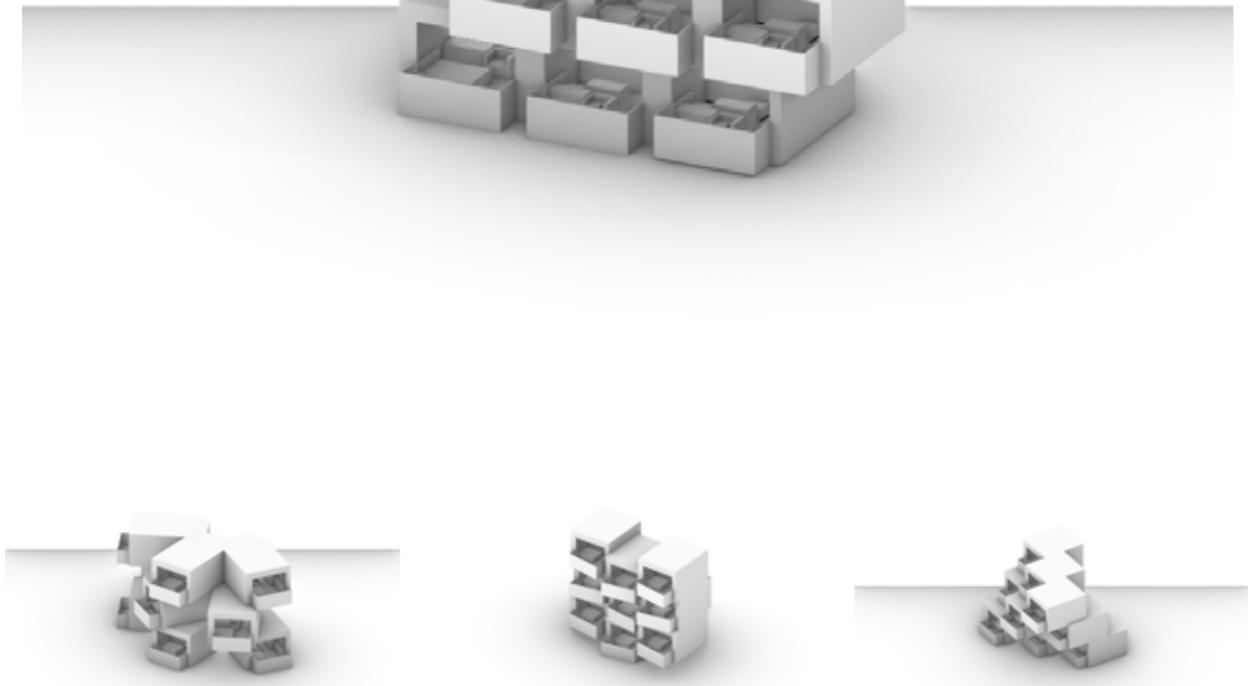
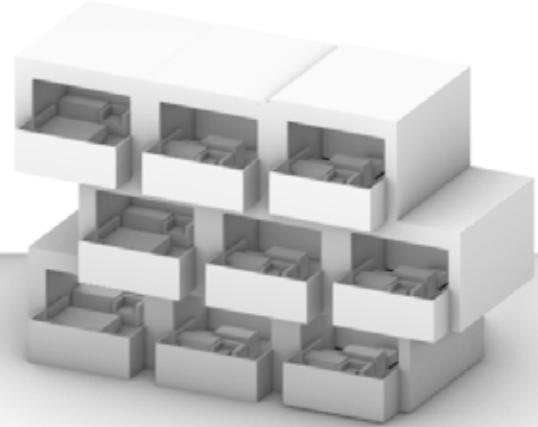
Place around the Site



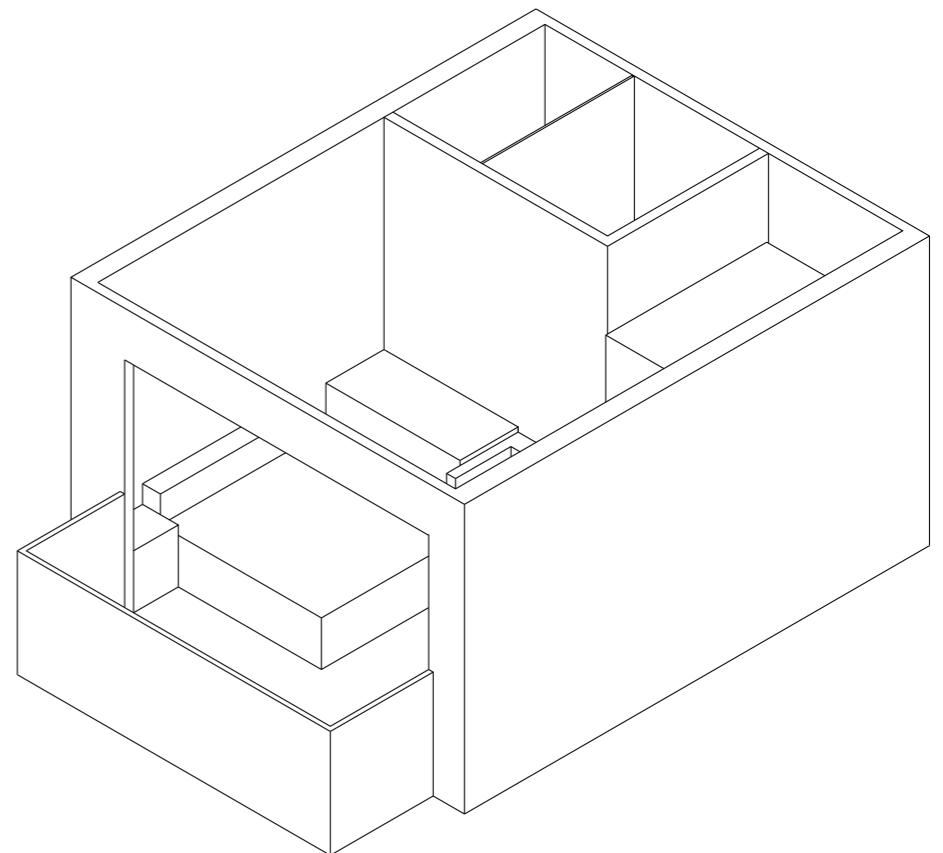
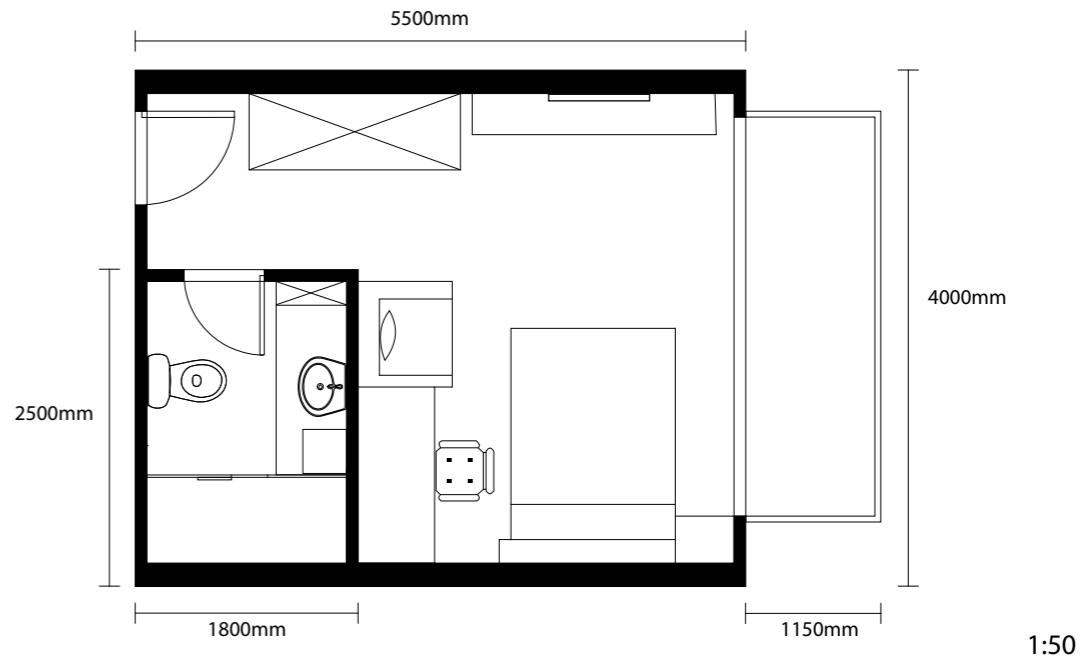
Massing Model



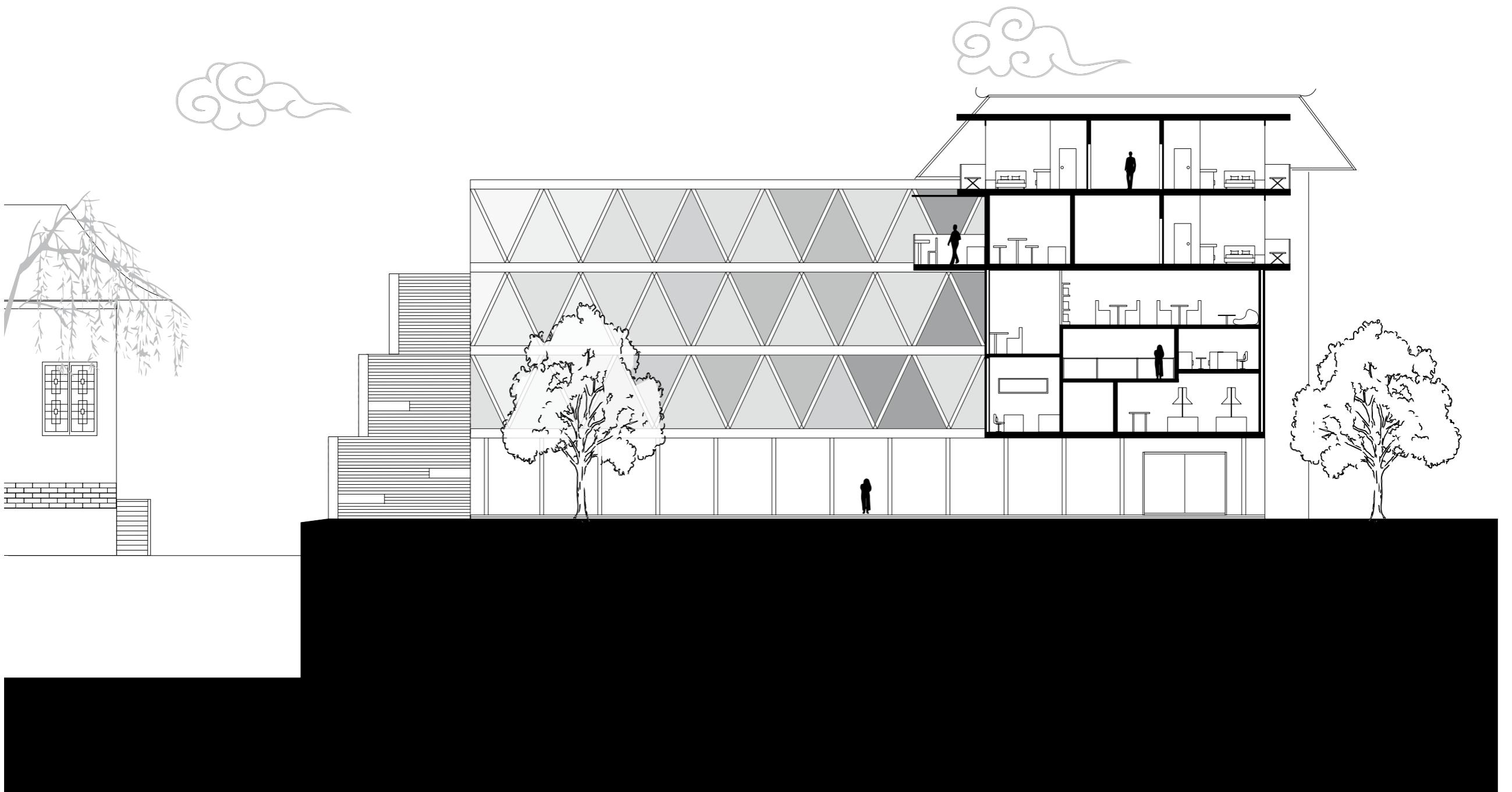
Massing Model

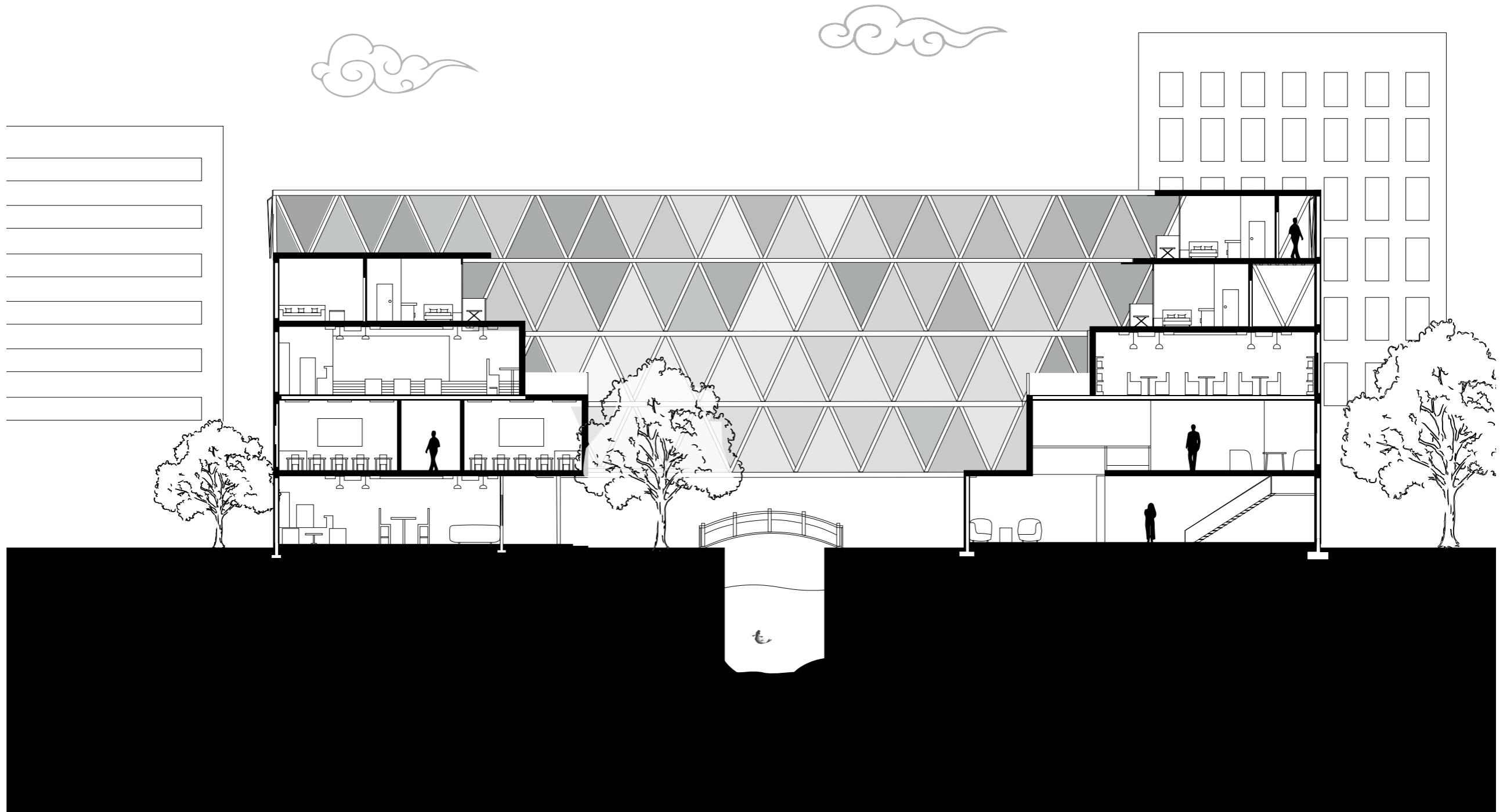


Aggregation of Dormitory Units

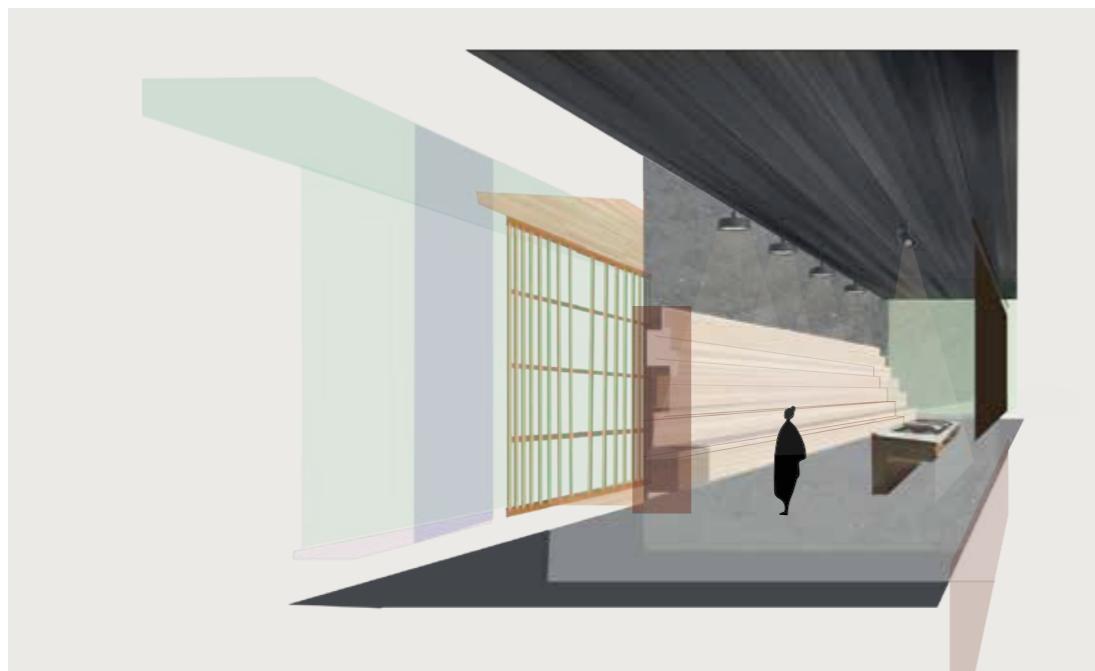


Dormitory Unit

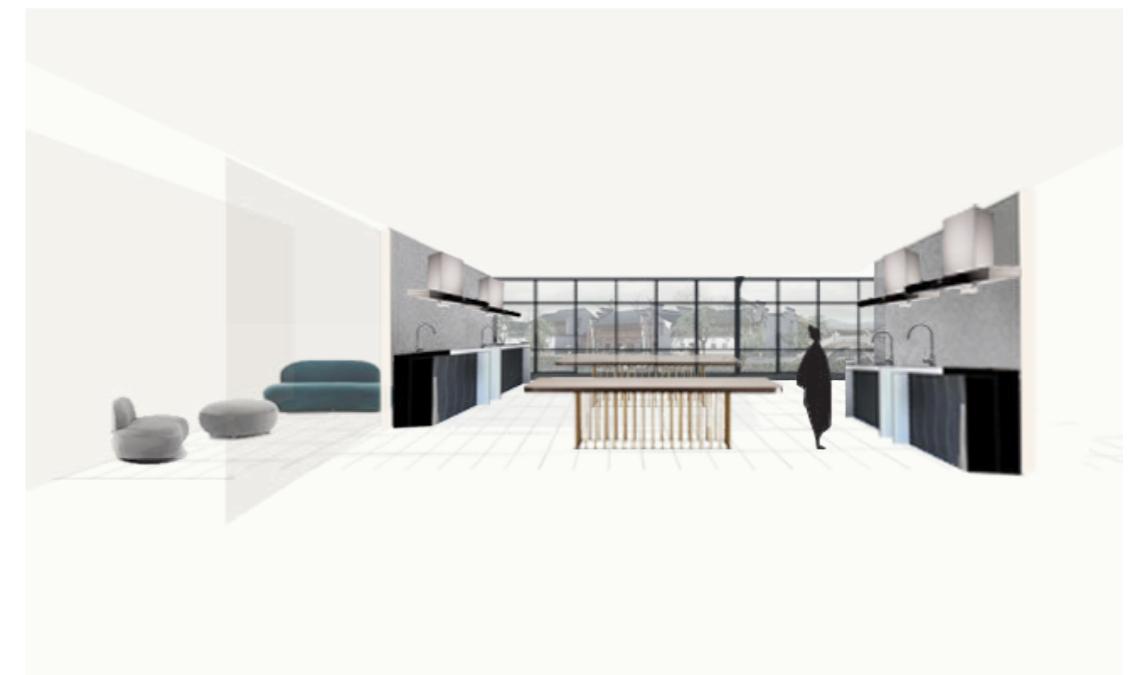




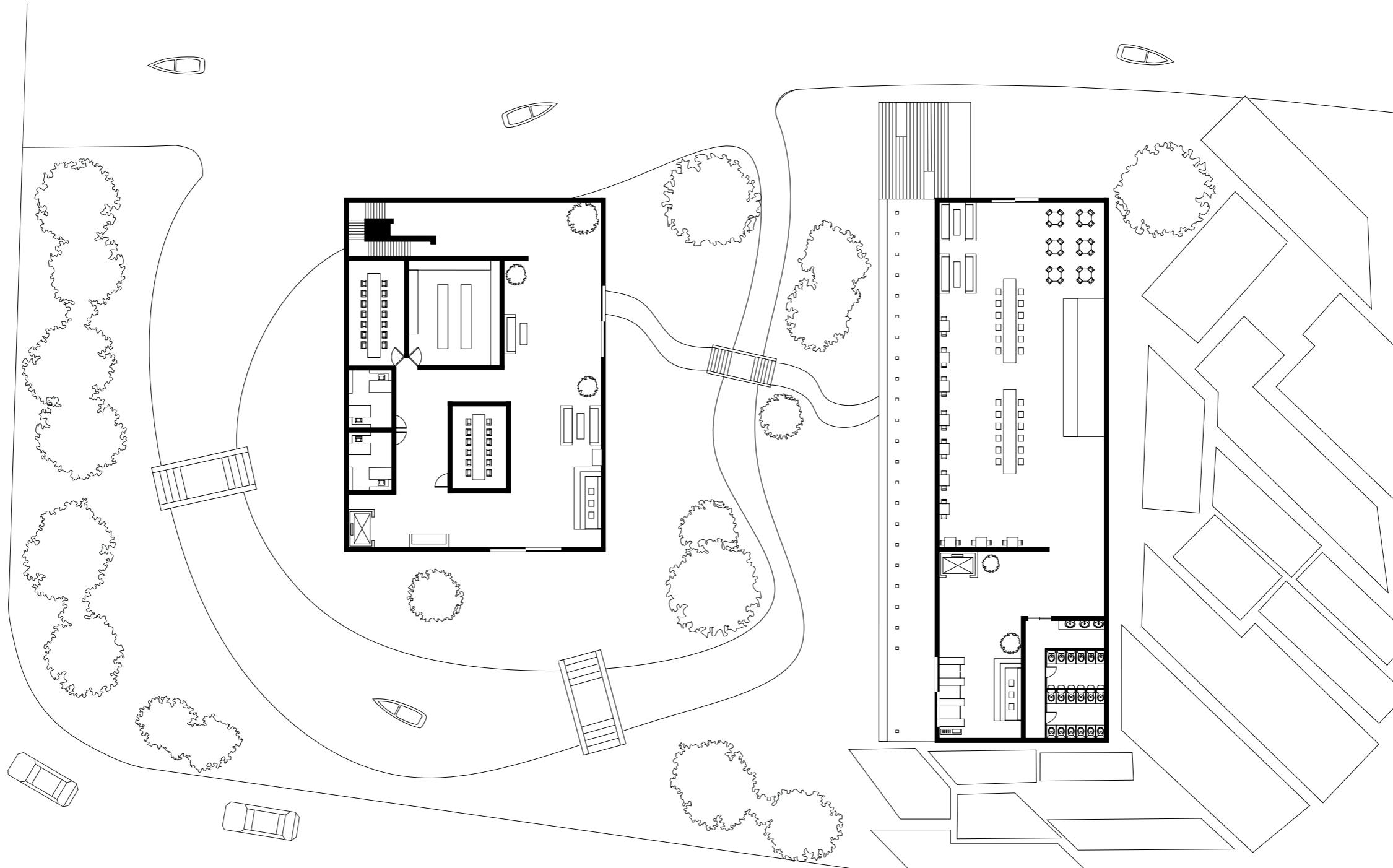
Section



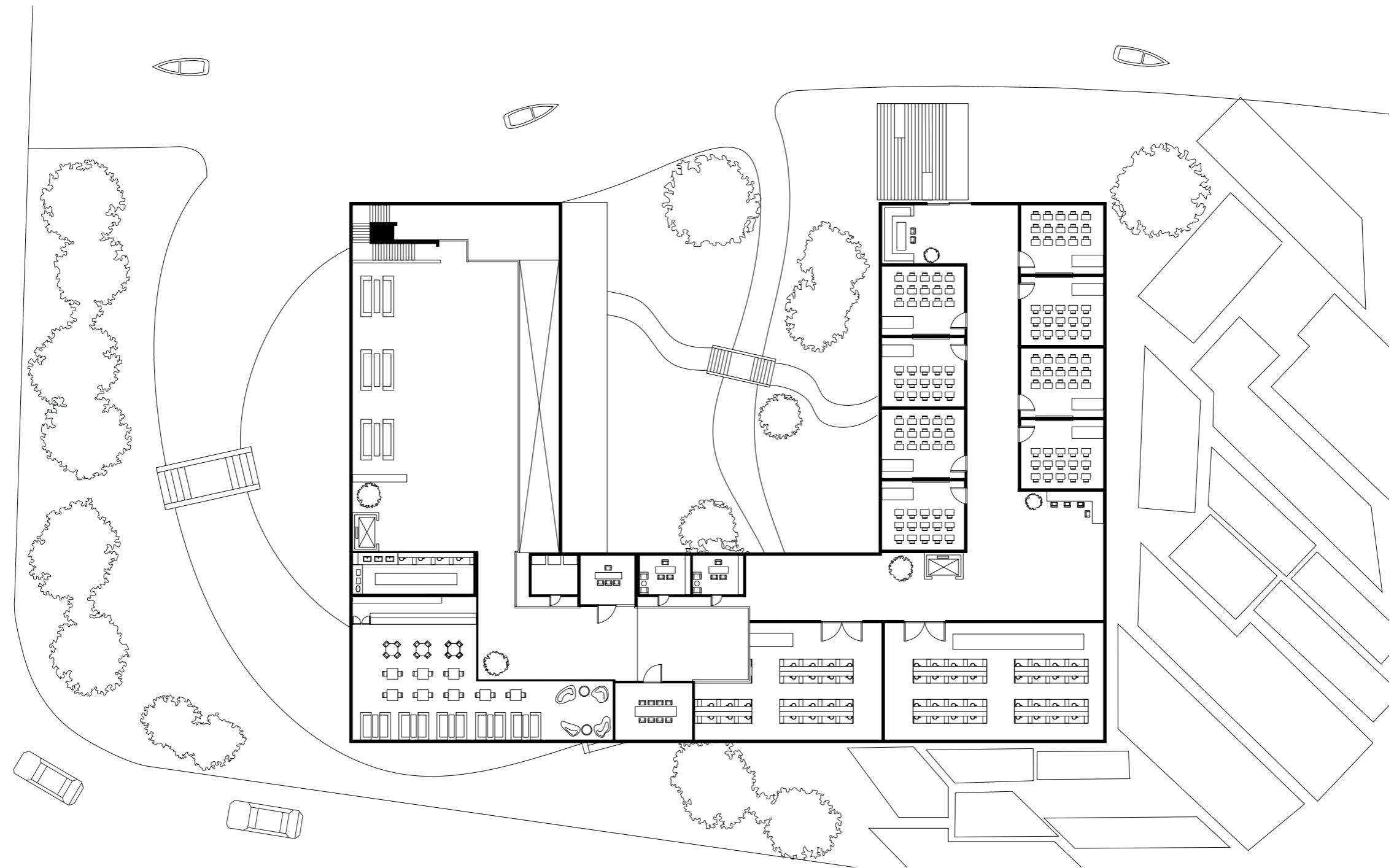
Collages



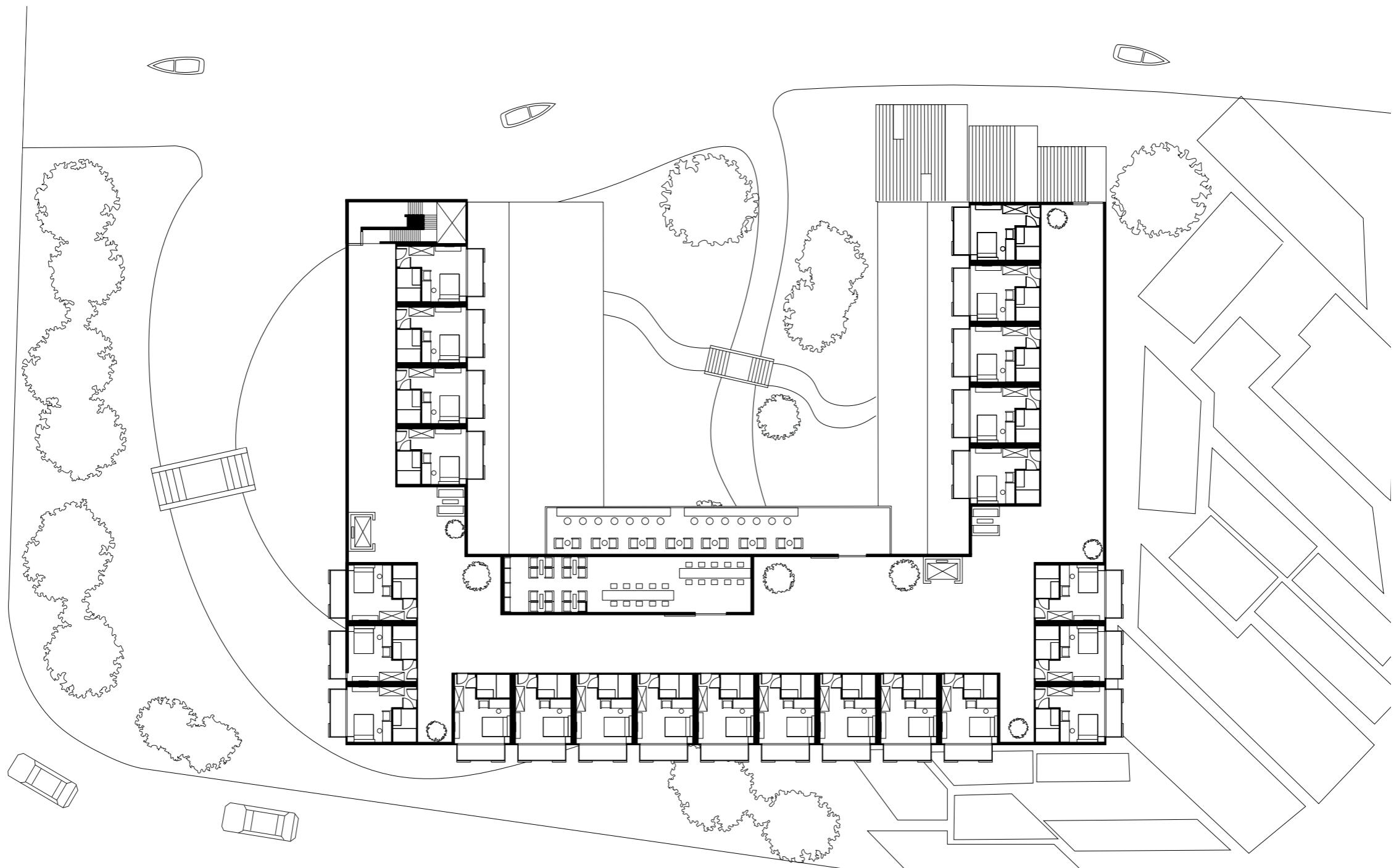
Collages



Entry level plan



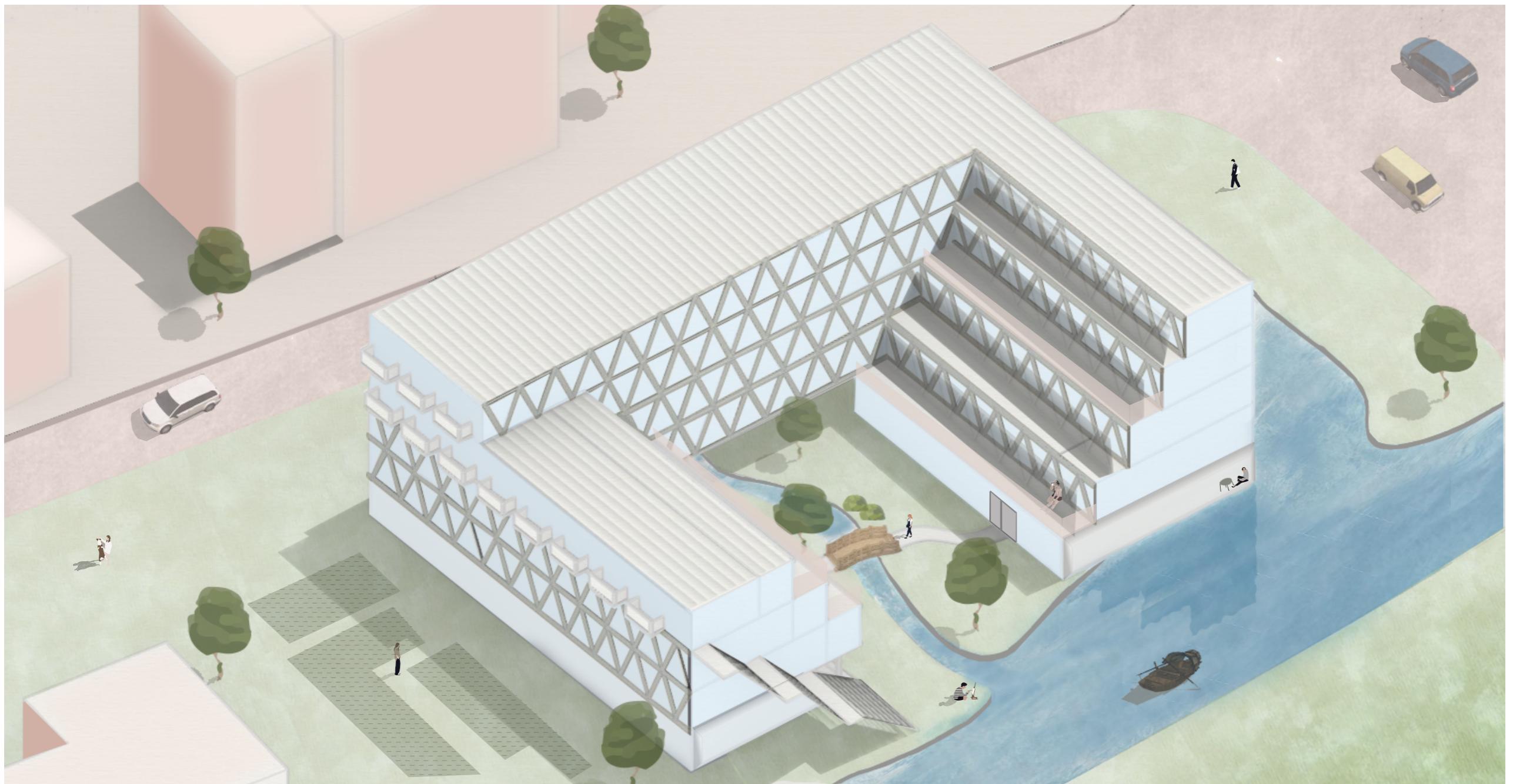
2nd Floor Plan



4th Floor Plan



Elevation



Axonometric drawing



Collage



Collage



Axonometric drawing