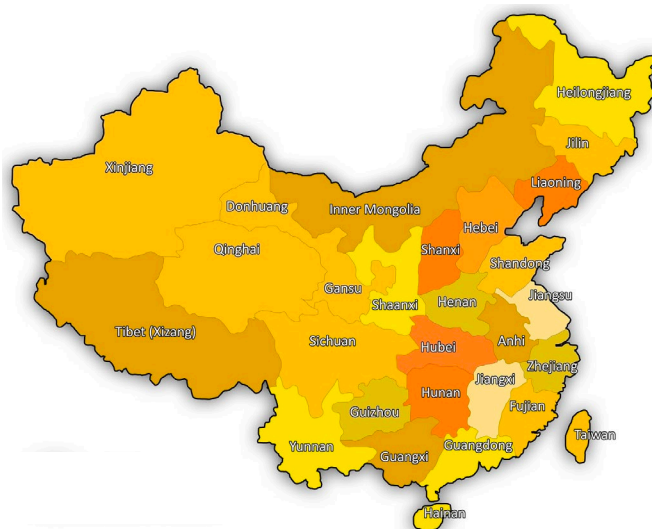
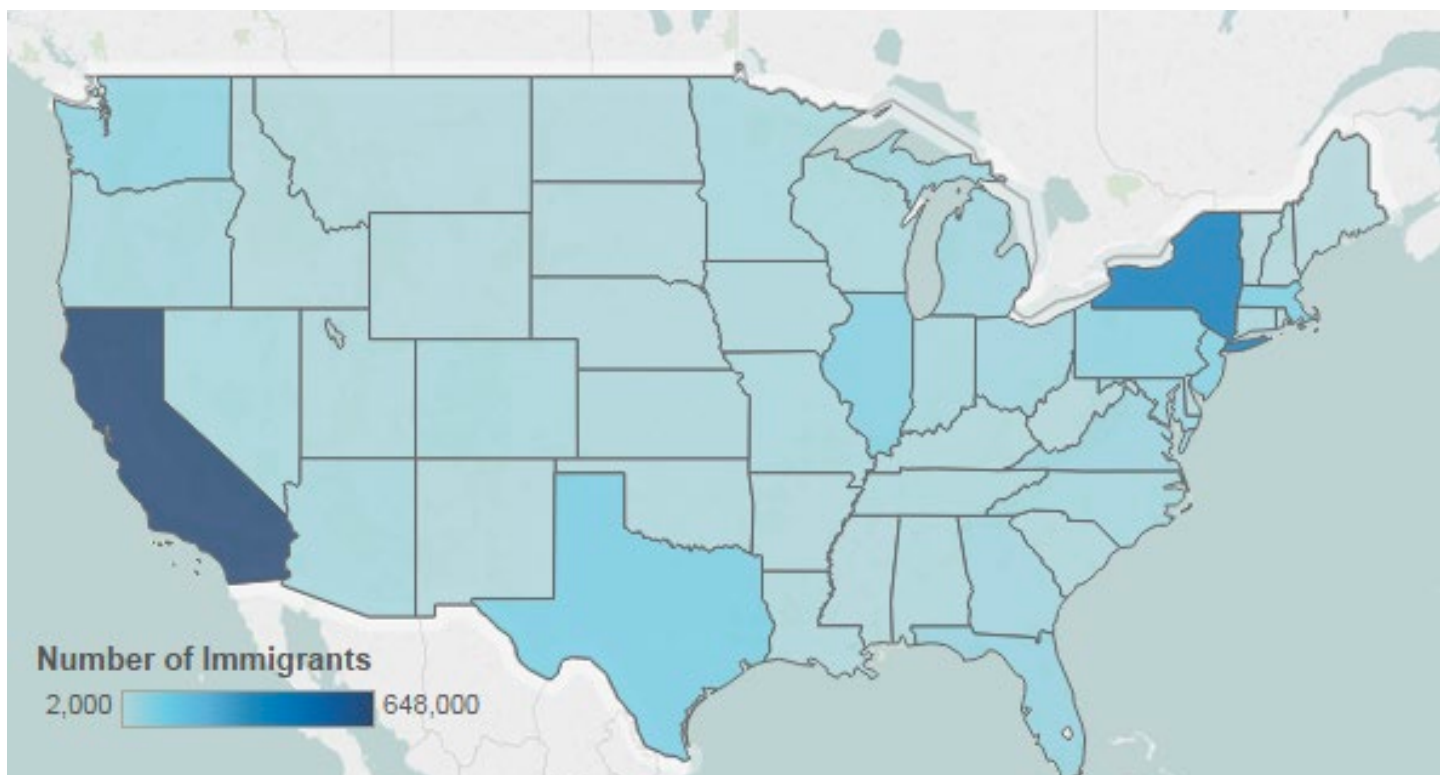




## Overview

China is a massive country spanning over 3.7 million square miles, and it is difficult to briefly describe the culture and customs of the almost 1.4 billion people who live there. These people speak any of over nine languages, including Chinese (comprised of Mandarin, Cantonese, and other regional versions), Mongolian, Tibetan, and Uyghur; eat one of eight major types of cuisine; and have had a major impact on the world for thousands of years. However, through a selection of some specific holidays, ingredients, and notable people, we can begin to appreciate the depth and richness of the country's history and culture and its impact on the United States.





## Notable People

Chinese-Americans and their ancestors came to the United States in two distinct waves: the first, in the mid 1800s, was fueled by workers, who took agricultural, mining, and railroad construction jobs. This wave caused intense anti-Chinese sentiment that fueled the Chinese Exclusion Act of 1882, which barred many from citizenship until its repeal in 1943. The second wave--from the 1970s to today--has seen almost 2.5 million people immigrate as of 2016. These Chinese-Americans are largely concentrated in California and New York, and some we may know include:

### Martin Yan

Martin Yan, born in Guangzhou in Southern China, was inspired at a young age by his mother, who cooked in the kitchen of the family's restaurant. After formal culinary training in Hong Kong, he starred in the eponymously-named Yan Can Cook, which, though originating in Canada, garnered international attention. He has since been named a Master Chef; opened the Yan Can International Cooking School in San Francisco; penned over two dozen cookbooks; and appeared on well-known shows such as Iron Chef America, Top Chef, and Hell's Kitchen.





## Notable People cont.

### Lucy Liu

A first generation American born to parents from Shanghai and Beijing, Lucy Liu has made a name for herself as an actress, director, and artist. Born and raised in New York, she was discovered at age 19 by an agent; her acting career took off in the coming years, and since becoming known for her starring roles, she has becoming known for her art, which includes multimedia art, photography, sculpture, and painting.



### Steven Chu

With ancestry from Liuhe, Taicang, in Jiangsu, China, Dr. Steven Chu was born and raised in St. Louis, Missouri. With a PhD from the University of California, Berkeley, he has become known for his research on the cooling and trapping of atoms with laser light, as well as his tenure from 2009-2013 as the 12th United States Secretary of energy under the Obama administration. He is an advocate for research into renewable energy and nuclear power.



### Judy Chu

Dr. Judy Chu, the first Chinese-American woman elected to the U.S. Congress, was born in Los Angeles to parents from Xinhui, Jiangmen, Guangdong, China. She earned her PhD from the University of California, Los Angeles; taught psychology at the Los Angeles Community College District for 20 years; served as Chair of the California Board of Equalization from 2007-2009; and, most recently, was elected to Congress, where she currently serves California's 27th district.



## Notable People cont.

### BD Wong

With ancestry in Hong Kong, Bradely Darryl Wong was born and raised in San Francisco. While in high school, he discovered a love of acting; he followed this passion and has since become known for roles in *Law and Order: Special Victims Unit*, *Oz*, *Jurassic Park*, and *Mulan*. When not acting, Wong donates much of his time to many LGBT and arts-related charities.



### Steve Chen

When Steven Chen was 15, he and his family moved from their home in Taipei, Taiwan, to Prospect Heights, Illinois. After obtaining a degree in Computer Science, he worked at PayPal and Facebook, but left after not long to start YouTube. He served there as Chief Technology Officer, and in 2006, he and YouTube co-founder Chad Hurley sold YouTube to Google for \$1.65 billion.



### Constance Wu

Constance Wu is an American actress best known for her roles in *Fresh Off the Boat* and *Crazy Rich Asians*. Her parents, immigrants from Taiwan, settled down in Richmond, Virginia, where Constance was born and raised. In high school, she studied at the Lee Strasberg Theatre and Film Institute, and she graduated with a bachelor of fine arts in acting from State University of New York at Purchase. Her image has also been used in the #StarringConstanceWu hashtag, which places her image into film promotional materials to highlight the scarcity of Asian actors filling starring roles.



### Ming Tsai

Born in California and raised in Dayton, Ohio, Ming Tsai grew up helping with the cooking in his mother's restaurant. Although he studied mechanical engineering in college, his love of cooking steered his career, and he has since become known for his take on East-West fusion cuisine, which he has shared in cookbooks, restaurants, and his public television cooking program, *Simply Ming*. He is also known for his philanthropy and advocacy of food allergens.







## Holidays & Festivals

### Chinese New Year

One of several Lunar New Years celebrated in Asia, Chinese New Year is celebrated in accordance with the Chinese calendar and features a festival honoring deities and ancestors. The celebrations span 15 days and are the cause of the largest annual mass human migration in the world. Families gather, houses are cleaned to make way for incoming good luck, windows and doors are decorated with paper-cuts, and food is shared, including:

### Buddha's Delight

This elaborate Chinese and Buddhist creation is a vegetarian dish traditionally eaten by monks. Various vegetables, which can include arrowhead, bamboo shoots, carrot, fat choy, tofu, water chestnuts, or snow peas, are cooked in a soy sauce-based liquid until tender. The vegetarian nature of this dish is traditionally thought to purify the self at the beginning of the new year.

<http://ourrecipeforunity.org/recipes/buddhas-delight/>







## Holidays & Festivals cont.

### Dragon Boat Festival

Celebrated on the 5th day of the 5th lunar month, the Dragon Boat Festival celebrates the Confucian concepts of loyalty and filial piety (virtue and respect for one's parents and ancestors), as well as commemorates the Chinese poet Qu Yuan, a patriotic Chinese poet from the 200s BC that drowned himself in the Miluo River out of despair that his country's capital had been captured. Traditional celebrations include drinking realgar wine (Chinese yellow wine mixed with powdered realgar, a mineral thought to ward off evil spirits), racing dragon boats (to symbolize those who raced their boats to save Qu Yuan), and eating:

### Zongzi

These glutinous rice dumplings can be stuffed with any kind of filling (which can include, but which is not limited to, mung beans, red bean paste, sausage, chicken fat, pork, cooked peanuts, or dried scallops) before they are wrapped in banana leaves and steamed or boiled. According to legend, these dumplings were created when Qu Yuan's spirit returned to ask his friends to wrap their rice in three-cornered packages to ward off the dragon.

<https://ourrecipeforunity.org/recipes/pork-zongzi/>







## Food Palate

While many know “Chinese food” to be a selection of western takes on traditional Chinese dishes, the day-to-day cuisine of Chinese and Chinese-American people involves a rich diversity of ingredients, dish types, and cooking methods. In Chinese culture, food is central, and accompanies or symbolizes many social situations and interactions. The regions of China define this cuisine, and are often grouped into the following eight categories:

1. **Guangdong/Contonese:** This is the most internationally famous Chinese cuisine, featuring sweeter and often braised or stewed meals.
2. **Sichuan:** This spicy cuisine uses plenty of chili, garlic, and ginger and leaves your mouth pleasantly numbed.
3. **Jiangsu:** This seafood-dominant cuisine is known for its presentation and gourmet, refined style.
4. **Zhejiang:** this region, which borders Shanghai, is focused on fresh, crispy food served raw (or nearly raw).
5. **Fujian/Min:** Seafoods and soups feature in this cuisine, which sources its ingredients primarily from the sea and mountains.
6. **Hunan:** this even-hotter-than-Sichuan style of cuisine favors chiles and sour, spicy flavors.
7. **Anhui:** Using more wild plants and animals, Anhui cuisine features many hearty, homestyle stews.
8. **Shandong:** Salty and crispy dishes take the spotlight in Shandong cuisine, which is known for its crispy, vinegary, salty seafood dishes.



Today, most Chinese cuisine features these ingredients and dishes:

Primary Starches	Primary Proteins	Primary Produce
<ul style="list-style-type: none"><li>• Rice</li><li>• Wheat</li><li>• Noodles</li><li>• Bao</li></ul>	<ul style="list-style-type: none"><li>• Soybeans</li><li>• Tofu</li><li>• Bean curd</li><li>• Chicken</li><li>• Eggs</li><li>• Pork</li><li>• Crab</li><li>• Shrimp</li></ul>	<ul style="list-style-type: none"><li>• Bok Choy</li><li>• Mustard greens</li><li>• Watercress</li><li>• Scallions</li><li>• Onion</li><li>• Leeks</li><li>• Garlic</li><li>• Ginger</li><li>• Bamboo shoots</li><li>• Bean sprouts</li><li>• Snow peas</li><li>• Chinese eggplant</li><li>• Lotus root</li><li>• Water chestnuts</li><li>• Mushrooms</li></ul>
Primary Seasonings	Primary Cooking Methods	Foundational Dishes
<ul style="list-style-type: none"><li>• Rock sugar</li><li>• White pepper</li><li>• Red sichuan peppercorn</li><li>• Dried red chili pepper</li><li>• Chili powder</li><li>• Star anise</li><li>• Five Spice powder</li><li>• Dried orange peels</li><li>• Bay leaves</li><li>• Turmeric powder</li><li>• Coriander seed</li><li>• Fennel seed</li><li>• Chinese cinnamon</li><li>• Cloves</li><li>• Cardamom</li><li>• Ginger</li><li>• Sesame seeds</li></ul>	<ul style="list-style-type: none"><li>• Stir-frying</li><li>• Steaming</li><li>• Boiling</li><li>• Deep frying</li><li>• Braising</li><li>• Roasting</li><li>• Red cooking (slow-cooking and using soy sauce and/or caramelized sugar)</li></ul>	<ul style="list-style-type: none"><li>• Chow mein</li><li>• Zhajiangmian</li><li>• Braised pork</li><li>• Kung Pao chicken</li><li>• Peking duck</li><li>• Soy egg</li><li>• Buddha's delight</li><li>• Dumplings</li><li>• Cha siu bao</li><li>• Congee</li><li>• Hot and sour soup</li><li>• Tong sui</li><li>• Ma Po Tofu</li></ul>



## Featured Ingredients

### Tofu

This absolutely pervasive ingredient is made, similarly to cheese, by coagulating soy milk and pressing the curds into solid blocks of varying softness. It has been made and eaten in China, where it was invented, for over 2,000 years. Tofu has spread all throughout the world, and is enjoyed in dishes such as:

### Mapo Tofu

This Sichuan dish, whose name in Chinese references the old, pock-marked woman who sold it at her restaurant, consists of tofu set in a spicy red sauce made with fermented broadbean and chili paste, fermented black beans, and minced meat.



<https://ourrecipeforunity.org/recipes/mapo-tofu/>







## Featured Ingredients cont.

### Bok Choy

This cabbage variant--now largely grown in Northern Europe due to its winter hardiness--has its roots in 15th century China. Known as "bai cai" in Mandarin, the name we know arises from the pronunciation of those characters (青菜) in Cantonese--"pak choi." It features in:

### Stir Fried Baby Bok Choy:

This vegetable (sometimes in "baby" form) is often simply stir fried with ingredients like garlic, ginger, soy sauce, and/or sesame oil to produce a healthy and flavorful meal or side dish.



<https://ourrecipeforunity.org/recipes/stir-fried-bok-choy/>





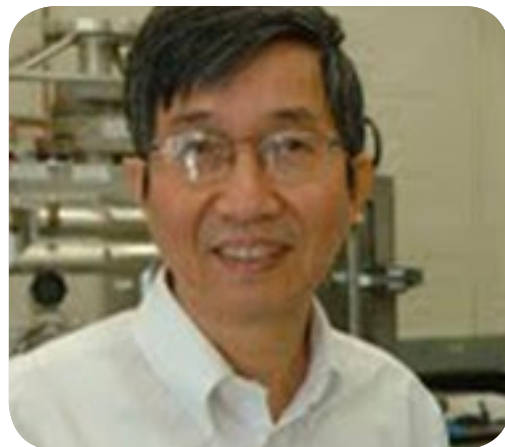
## Did you know...

### ...that Organic Light Emitting Diodes (OLEDs)

were invented by a Chinese-American?

That's right--Ching W. Tang, an accomplished chemist whose alma maters include King's College, Hong Kong; University of British Columbia; and Cornell University, invented the Organic Light-Emitting Diode (OLED), a type of LED light used to make digital displays. While discussions of the principles behind OLEDs date back to the 1950s, it was Tang and his team that built the first practical OLED device in 1987.

You see these OLEDs all around you--for instance, they are in many of your smartphones, televisions, monitors, and smartwatches, where they provide levels of contrast, color, and veiwability unmatched by other types of displays.





## Embassy Information

The Embassy of the People's Republic of China in the United States of America is in Washington, D.C.

2201 Wisconsin Avenue, NW, Suite 110

Washington, D.C. 20007

(202) 337-1956

<http://www.china-embassy.org/>



## Organizations and Places to Learn More

### Organization of Chinese- Americans (OCA)

#### Asian Pacific American Advocates

(Washington, DC)

<https://www.ocanational.org/>

(202) 223-5500

Founded in 1973, OCA is "dedicated to advancing the social, political, and economic well-being of Asian Americans and Pacific Islanders (AAPIs)." They fight for clearer pathways to citizenship, accessible education, fair treatment, and broadband access to communities that need it.

### Committee of 100 (New York, NY)

<https://www.committee100.org/>

(212) 371-6565

The Committee of 100 is a leadership organization of highly-achieved Chinese Americans that aims to promote "the full participation of all Chinese Americans in American society and acting as a public policy resource for the Chinese-American community," as well as to advance "constructive dialogue and relationships between the peoples and leaders of the United States and Greater China."

### Chinese-American Citizens Alliance (CACA) (San Francisco, CA)

<http://www.cacanational.org/>

The Chinese-American Citizens Alliance empowers Chinese Americans by "promoting the highest ethics and morals, by practicing and defending American citizenship in its fullest rights and responsibilities, by observing respectfully American patriotism, by preserving historical and cultural traditions, and by providing youth leadership and community learning through education."

### Chinese Historical Society of America (CSHA)

(San Francisco, CA)

<http://www.chsa.org/>

(415) 391-1188 x101

Founded in 1963, CHSA "promotes the contributions and legacy of the Chinese in America through its exhibitions, publications, and educational and public programs in the Museum and Learning Center"

## Caveat

*Our Recipe for Unity is not suggesting that any person's culture or ethnic identity can be synthesized into one Fact Sheet. Our resources are just a place of beginning. We encourage you to learn more by contacting any of the organizations mentioned at the end of our Fact Sheets; to talk with people from different cultures and ethnicities to learn from them; and to please feel free to send us any resources that you think would be helpful to include on this site or in these Fact Sheets.*

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