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Executive Summary

Assignment question: You should create your own dish from each international cuisine listed.

Summary: International cuisine for Malaysian including Chinese cuisine, Indian Cuisine, Western Cuisine. For this assignment I will pick one dish to do for each cuisine. The dishes are rice dumpling (Chinese Cuisine), Spinach potato (Indian Cuisine), and Pasta (Western Cuisine). Dumpling is a small savory ball of dough filled with or without meat that maybe boiled, fried or baked. Rice dumpling is also known as 'Tang Yuan' at china for long and longer time ago, it is a dish which the Chinese always eat on lantern festival day. For the spinach potato, it is a dish of the Indian. Spinach potato is cooked with spinach, potatoes, and other natural seasoning from India. We can also find spinach potato at some of the Indian restaurant such as 'mamak' or 'ABC'. Spinach potato also is a best food that serves with 'Naan', that also a dish from Indian cuisine. For the western cuisine that most popular dish in Malaysia is Pasta. It is a staple food of traditional Italian cuisine. Pasta is typically a noodle made from unleavened dough of durum wheat flour mixed with water or eggs. The popular pasta dishes are spaghetti with tomato sauce or cream sauce in Malaysia. From these three dishes, I learnt that cooker must be a mindful and patient person who will cause a dish become tasty or not delicious. And also we can be very creative in any dishes to create our own dishes in culinary life.

Introduction

The meaning of International Cuisine is the dishes from foreign countries such as Italy, China, Indian, Philippine, Indonesia, Korea, Japan and etc. The dishes from foreign countries mean that not the local food. Like examples, the dishes from foreign countries for Malaysian such as Pasta, English scrambled egg, Italian Pizza, Tiramisu, Tandoori chicken, Spicy Vegetable (Sze Chuan Mala Chye), Thai Curry, Nam Chin, Sisig, Sushi, Kimchi and etc.

For Chinese cuisine, it pays attention to the taste, smell and colour of the dishes. Cooking is based on the ingredient used, cutting skill, cooking time and seasoning. The traditional Chinese cuisine including Sichuan Cuisine, Guangdong Cuisine, Zhejiang Cuisine, Hunan Cuisine, Jiangsu Cuisine, Fujian Cuisine, Shandong Cuisine, Anhui Cuisine. Sichuan Cuisine brings out the spicy flavour dishes. For Guangdong Cuisine is mostly used with stir frying and steaming. Hunan Cuisine is not much different between Sichuan and Guangdong Cuisine, and the dishes including Beer Duck, Chang-sha style stewed beef Bee Hoon, Dong-an Chicken, Chang-sha style stinky Tofu and etc.

For Indian cuisine, the chef will mostly use the local spices and herbs to season their dishes such as cumin, mustard seed, turmeric, coriander and etc. The popular main ingredient used by chef is potato. It has a highly nutritional value. The chefs always season the potatoes with herbs or spices to bring out tasty and fragrant dishes.

For Korean Cuisine is largely based on rice, vegetables, and meats. The popular dishes at Korea are Kimchi and grilled meat. The ingredient they use mostly including sesame oil, soy sauce, doenjang (fermented bean paste), garlic, ginger and etc.

For Japanese Cuisine, the traditional food is based on rice and miso soup. They mostly served seafood such as fish and prawn. The often cooking method used on seafood is grilled but also served raw as sashimi, and that we know is sushi. Popular dishes are also including Udon Noodle and Ramen.

The flavour of dishes are depend on the ingredient and seasoning used by chef, a creative chef can also bring out a new dishes anytime anywhere.

Assignment Questions

Assignment 3

You should create your own dish from each international cuisine listed.

Required:

Choose one dish for each cuisine:

- (i) Chinese cuisine
- (ii) Indian Cuisine
- (iii) Western Cuisine

You should be able create own recipes.

I. Chinese Cuisine

Original recipe for Tang Yuan (Soft and sticky Rice Dumpling with sweet soup)

- 3 tbsp peanut butter (smooth or crunchy; I prefer crunchy)
- 3 tbsp sugar
- 1½ tbsp sesame seeds, toasted
- 1½ tbsp unsweetened shredded coconut, toasted
- 2 cups glutinous rice flour
- 1 tbsp oil
- about 1 cup water
- 3 cups water
- 1 stick brown sugar (or ½ cup packed brown sugar)
- sliced ginger to taste
- star anise (optional)

Original Recipe – Preparation

- First, toast the sesame seeds and coconut. You can do this in a dry frying pan on medium heat, and stir continuously until they are a uniform golden brown. I prefer to toast the ingredients separately as coconut can go from perfectly toasted to burn very fast.
- If I am making this, I usually toast a lot more of each and then have toasted sesame seeds and toasted coconut on hand. Toasted sesame is very good on ramen or any kind of noodle dish and stir fries. Toasted coconut is great on your oatmeal, cereal, yogurt, in cakes and cookies, and both go in granola.
- Stir all the filling ingredients together and put it in the fridge until needed.
- Measure out the flour. Make a well in the middle and add the oil and half the water. Stir until the dough turns stiff and lumpy. Then add the water a little at a time, stirring it in until everything comes together in a soft dough and it doesn't stick to the sides of your bowl. You may not have to use all the water for this. Cover the bowl with some plastic wrap while we make the syrup.
- If you have access to a chinese grocery store, you can buy brown sugar in neat bars. If you don't, measure ½ cup of regular brown sugar and put it in the pot with the water and sliced ginger. I usually slice about 1½"-2" of ginger which is enough unless you like things spicier. I put a star anise in mine for a little exotic flavour. Bring the syrup to a simmer and stir until the sugar dissolves. Then cover and keep it on low heat until the dumplings are ready.
- Take out about a quarter of the dough. Leave the rest covered in the bowl so it doesn't dry out. Roll out the dough on a lightly floured board into a rope about an inch thick and pinch it into 1" pieces.
- Dust your hands with a little glutinous rice flour. Flatten one of the pieces of dough into an oval, and place a pea sized lump of filling onto it. Fold the dough in half and roll it between your hands to make a ball. Place the tangyuan onto a floured plate.
- Repeat until you run out of dough. If you run out of filling, you can just make unfilled tangyuan.
- At this point, the tangyuan can be easily frozen for later. Just put the plate in the freezer and transfer the tangyuan to a freezer bag once they are frozen.
- Note: It is extremely tempting to put more and more filling into the dumplings as you make them! Try to resist this! You will end up with tangyuan that will leak all their delicious filling out into the broth when you cook them.
- Bring the simmering syrup back to a boil. Hold a spoon or a ladle under the surface of the liquid and gently drop the tangyuan onto the spoon, then release it into the syrup. This helps prevent the tangyuan from sticking to the bottom. Don't crowd too many of them in the pot. When the tangyuan float, they are done!
- If you are cooking them from frozen, just drop the frozen tangyuan right into the boiling syrup, bring back to a boil, and cook as above.

- Ladle out the tangyuan into small bowls with some of the syrup and serve immediately. Eat them while they are still hot! If the tangyuan have been sitting a while in the bowl, they will start to stick together.



Photo 1: Original Ingredients and dish Tang Yuan

Own recipe for Tang Yuan (Soft and sticky Rice Dumpling with sweet soup)

Ingredients

Soup

- few pandan leaves
- few sliced ginger
- ½ cup brown sugar
- 1 liter plain water
- White sugar to taste

Dumpling

- 400g glutinous rice flour
- 1 rose flavor essence
- 50ml hot water



Photo 1: Ingredients

Preparation

- For the soup part, prepare few pandan leaves and sliced ginger.
- Bring a medium pot with water to boil, put in all the ingredients including pandan leaves, sliced ginger, and brown sugar. Turn into medium low heat and cooked for about 30 – 60minutes.
- For dumpling part, the ingredients are only use the glutinous rice flour and hot water. Tang yuan must do it by the glutinous rice flour.
- Prepare 400g of glutinous rice flour and hot water. Then put the rice flour into a big bowl, add in the hot water slowly, and knead the dough at the same time. Aware don't

- add in too much water, the dough will become softy and wet, it cannot make a good dumpling.
- If you want the color or flavor on the dumpling, you can just add in any essence to color the dumpling.
 - After the dough is done, next parts we do are taking out small dough and rub it to become a small ball and put it on a big flat plate. Rub all the dough until the dough is finish.
 - Prepare a medium pot with water, bring it to boil. Put the rice ball slowly and gently. With one time, we can put around 10 – 15 rice balls into a pot.
 - Wait until the rice balls floating up on the surface of water, and leave another 30 seconds, then pick up the cooked rice balls.
 - Use the cold water to bath the rice balls can help to increase the taste of rice balls.
 - When all the rice balls are cooked, transfer all the rice balls into the sweet soup. Add in more sugar if you feel like less sweet.
 - Cover with a lid and leave it about 15minutes.



Photo 2: Rice balls rub by hand



Photo 3: Rice balls in the sweet soup



Photo 4: Side dish Tang Yuan (Glutinous rice ball)

II. Indian Cuisine

Original recipe for Sag Aloo (Spinach Potato)

Ingredients:

- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp chopped ginger
- 500g potato, cut into 2cm, $\frac{3}{4}$ in chunks
- 1 large red chili, halved, deseeded and finely sliced
- 250g spinach leaves

Preparation:

1. Heat the oil in a large pan, add the onion, garlic and ginger, and fry for about 3 mins. Stir in the potatoes, chilli, spices and half a tsp salt and continue cooking and stirring for 5 mins more. Add a splash of water, cover, and cook for 8-10 mins.
2. Check the potatoes are ready by spearing with the point of a knife, and if they are, add the spinach and let it wilt into the pan. Take off the heat and serve.



Photo 1: Original dish Sag aloo

Own recipe for Sag Aloo (Spinach Potato)

Ingredient

- 1 packet of spinach
- 3 local potatoes, peeled and cubed
- 3 garlic cloves, finely chopped
- 2 onions, finely chopped
- curry powder to taste
- black pepper ground to taste
- salt to taste
- ¼ cup of water



Photo 1: Ingredients

Preparation

- First, bring a medium pot with water to boil. Put the cleaned spinach into the pot. Wait until the spinach become tender, take it out from pot and dry up the spinach. Finely chop the spinach and leave it at a side.
- When we waiting for the spinach, finely chop the onion and garlic cloves at the same time.
- Prepare another small pot, add some olive oil or butter, and then add the chopped garlic cloves and onions. Cook it until color become golden.
- Add the cubed potatoes into the pot, and turn to the medium low heat.
- Add little water into the pot to avoid potatoes become dry.
- Then, add in the curry powder, salt and black pepper ground according to personal taste.
- Put in the chopped spinach, stir it and mix it together.

- Cover pot with the lid, turn into low heat and slow cooked the potatoes until it become tender.
- Add in little water once potatoes become dry.
- Open the lid and taste it.



Photo 2: Cooking Spinach Potato



Photo 3: Dish Sag Aloo (Spinach Potato)

III. Western Cuisine

Original Pasta Carbonara

Ingredients

- 1 pound dry spaghetti
- 2 tablespoons extra-virgin olive oil
- 4 ounces pancetta or slab bacon, cubed or sliced into small strips
- 4 garlic cloves, finely chopped
- 2 large eggs
- 1 cup freshly grated Parmigiano-Reggiano, plus more for serving
- Freshly ground black pepper
- 1 handful fresh flat-leaf parsley, chopped



Photo 1: Original Dish Carbonara

Preparation

- Prepare the sauce while the pasta is cooking to ensure that the spaghetti will be hot and ready when the sauce is finished; it is very important that the pasta is hot when adding the egg mixture, so that the heat of the pasta cooks the raw eggs in the sauce.
- Bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente.") Drain the pasta well, reserving 1/2 cup of the starchy cooking water to use in the sauce if you wish.
- Meanwhile, heat the olive oil in a deep skillet over medium flame. Add the pancetta and saute for about 3 minutes, until the bacon is crisp and the fat is rendered. Toss the garlic into the fat and saute for less than 1 minute to soften.
- Add the hot, drained spaghetti to the pan and toss for 2 minutes to coat the strands in the bacon fat. Beat the eggs and Parmesan together in a mixing bowl, stirring well to prevent lumps. Remove the pan from the heat and pour the egg/cheese mixture into the pasta, whisking quickly until the eggs thicken, but do not scramble (this is done off the heat to ensure this does not happen.) Thin out the sauce with a bit of the reserved pasta water, until it reaches desired consistency. Season the carbonara with several turns of freshly ground black pepper and taste for salt. Mound the spaghetti carbonara into warm serving bowls and garnish with chopped parsley. Pass more cheese around the table.

Own Pasta Carbonara

Ingredients

- 160gram of cooked spaghetti
- salt to taste
- black pepper power to taste
- 1/3 cup of heavy cream
- 1 garlic clove, finely chopped
- 1 onion, finely chopped
- few chicken sausage, sliced



Photo 1: Ingredients

Preparation

- First, prepare all of the ingredients that we need. Bring one medium pot with water to boil, and put in 1/3 packet of spaghetti and also add little olive oil to avoid it stick together. Stir it for 10minutes, drain it and add in little olive oil and leave it a side.
- Then, finely chop the onion and garlic. And also slice the sausage into small pieces or any shape and size that you like.
- Preheat the pan, add in little olive oil and put in the chopped garlic and onion bring to golden color.
- Add in the sausage and start to cook it until cooked.
- Now, put the spaghetti into the pan and add in the heavy cream and start to stir it.
- Add little water to avoid it become dry.
- Almost done, add in pinch of salt and black pepper according the taste you like and stir it mix together.



Photo 2: Chopped garlic, onion and sliced sausage



Photo 3: Cooking spaghetti



Photo 4: Dish Pasta Carbonara

Conclusion

International cuisine according to different culture of country and it will bring out different taste of dishes. For example, Indian almost use potatoes as their main ingredient. Pizza and pasta is out from Italy. My favorite local dish is Nasi ayam penyet and also for the foreign dishes are pasta, roasted lamb rack, pizza and etc. Food is just food, but we can create the different recipe to bring out the different taste. That make the people can choose their favourite dishes around the world. Some of the people also go to foreign country for look for the dishes that they like.

Nowadays, food from different countries is spread to different corners of the world. Culinary also pay attention to the plating skill. A higher plating skill can get higher value for the dishes. For example, a simple scrambled egg, it can be served with wholemeal toast, mushroom, cherry tomato and also depend how creative you design or plate it.

A good dish, it will caused by the ingredients, seasoning and also the cooking method and time. Different country of local ingredient such as potatoes, it will have different cooking method on it to bring out tastier dish. For example, Chinese cuisine such as herbal soup, it must be cook with longer time, if not it can't be bring out the taste of soup. Indian dish the main point is seasoning, they use local natural seasoning to bring out the dishes taste and also the seasoning is from natural, it contain much higher nutrition and become the dishes more healthier.

For my opinion, I think a good cooker must be a very patient and careful people. And also a creative people who can create own new dishes to bring out the value of dish and also for the own country glory.

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