



Heart of Dinner
愛心餐



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At the Table

An AAPI awareness fundraising exhibition

Racially motivated violence against the Asian diaspora was not born in recent years, but such incidents appeared to be on a growth trajectory starting in 2020, during the heart of the coronavirus pandemic. As the world works its way through its battle against Covid-19, isolation has become a symptom experienced by many. Coupled with the ability to connect virtually, the feeling of isolation has created space for the nuances of our society to come into focus — prompting a reckoning with racial justice.

The population of Asian Americans is 20 million and continues to grow, but resources for disassembling discrimination remain scarce. As a liminal group, we in the AAPI community found compassion through recognizing our own privilege and supporting the calls to action for racial and social justice. But in light of our own problems, even with urgency, hesitation was the first obstacle because nothing is a simple binary, “justice” is nuanced, and fighting alone is frightening.

At the Table is a fundraising project conceived amid rising cases of xenophobia during the pandemic. As one form of response to combat the violence, At the

Table came together to become one of the first large-scale exhibitions to promote AAPI awareness in New York City. With over 25 prominent AAPI artists, the exhibition, presented at Christie’s flagship gallery, will provide opportunities for participants to have their stories and ideas reach larger audiences. We as a team hope that At the Table will be an anchoring point for younger and older generations, as well as people in the art world and beyond. To those in the Asian community, we hope to provide familiarity and empathy. To those who are yet unfamiliar, we wish to be an entry point into the rich and diverse world of AAPI narratives.

At the Table is fortunate to have institutional backing from the Christie’s Corporate Social Responsibility team. Support from the established ethos of a venerable institution helps to add gravity to the burgeoning movement. Under a special arrangement with Christie’s CSR, At the Table will not be an auction. Instead, to protect the artists’ markets from unpredictable outcomes, it will be a private sale managed by curators of the exhibition. In conjunction with the exhibition, At the Table created a cookbook of family recipes from 46

members of the Asian American community. As a way to remember the important conversations and ideas shared during the exhibition, we asked individuals of various backgrounds — artists, chefs, scholars, gallery directors, and others — to submit recipes that touched them in a special way or that they simply wanted to share as a symbol of their story.

Food is a universal necessity that is intertwined in one's journey in life, working as an archive of memory. Individuals' genealogies become imprinted through cultural cuisines and flavors, and therefore, having a meal with others serves as an experience that better acquaints the parties involved. Actively or passively, personal and cultural tastes, as well as empathy and conversations, are exchanged, and those at the table have the opportunity to learn about each other intimately. With the cookbook, we hope you can use or draw inspiration from these special recipes to remember the significance of the At the Table project and continue to spread AAPI awareness.

The hate crimes we continue to witness are devastating to the Asian community, especially our seniors. To provide care and reparations, At the Table

selected Heart of Dinner as the beneficiary of the fundraising exhibition. Heart of Dinner is a New York City-based nonprofit group that combats food insecurity and isolation within the city's elderly Asian American community. Founded by Yin Chang and Moonlynn Tsai, the organization delivers care packages of hot lunches and fresh produce paired with handwritten, illustrated letters in the recipients' native languages. We are delighted that our project will elevate AAPI awareness while caring for elderly Asian Americans. In that spirit, 100% of Christie's proceeds from the exhibition will be donated to Heart of Dinner.

We Asian Americans celebrate our rich histories among ourselves, but in a country where we feel constantly alienated, our American experiences can feel un-American, nullifying our existence. In the U.S., we are like invisible biological data, as our identities are deemed irrelevant by many or eclipsed by shallow stereotypes. But like data on the internet, existence alone does not constitute presence — what exists needs to be searchable and identifiable, and only then is it given the opportunity to be acknowledged. We believe that the more AAPI

culture and output can become available to broader audiences, the more we can be searched and identified. If the dialogue among ourselves can continue to be fostered, our presence can grow; and if our presence is fortified, our activism today cannot be rendered a mere trend.

A table is where ideas and stories are shared, where camaraderie begets growth and development. While our reality can feel like an impossible puzzle, sometimes answers can be found in the ability to empathize. This project is an invitation for all to join *At the Table*.

Since March 2021, *At the Table*'s small team has been working tirelessly to make the project possible. Along the way, we received generous support and help from our friends and colleagues.

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 Catalina Ouyang
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 Erica Chou RIVER AND HILLS HOSPITALITY GROUP
 Hannah & Marian Cheng MIMI CHENG'S DUMPLINGS
 Jae Lee NOWON
 Jenny Kwak HAENYEO
 John Nguyen BLACK SHEEP RESTAURANT GROUP
 Justin Lee FAT CHOY
 Maiko Kyogoku BESSOU
 Nite Yun NYUMBAI
 Peter Ki Suk TRONDREAU VERY FRESH NOODLES, BAR SUZETTE, BANGKOK BAR, TINGS JAMAICAN JERK CHICKEN
 Pooja Bavishi MALAI
 Ryan Wong NEEDLE
 Sol Han LITTLEMAD
 Vivek T. Surti TAILOR NASHVILLE
 Worldy Reyes WOLDY KUSINA

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BY

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Mak Kimchi

When my mom visited Chicago for my graduation from the School of the Art Institute of Chicago in 2016, she made a simplified version of her Mak Kimchi. I had a difficult time getting used to kimchi sold from Korean markets in America because they were too salty and not spicy enough. In comparison, my mom's kimchi was much more refreshing so I started making my own. Also known as Summer kimchi, Mak Kimchi is made with cabbages that are chopped before salting in order to have a quicker pickling process. I like to add fresh red peppers to mine – fresh red peppers are often used for Summer kimchi, which makes a more refreshing flavor compared to kimchis that are made during the Winter.



Ingredients

4–8 lbs napa cabbage
 200g coarse sea salt (per cabbage)
 7–8 fresh red pepper (normally Korean red pepper or Spanish red pepper)
 1.5 cups Korean red pepper powder
 One small radish (optional)
 Half of a small onion
 1 tsp sweet rice flour
 4 tbsp minced garlic
 1.5 tsp minced ginger
 5 tbsp anchovy fish sauce (you can add one more spoon if you want your kimchi to be a bit saltier)
 1 tbsp fermented shrimp sauce
 1/3 bunch of chives
 1 tbsp sesame seeds

For the broth

1 cup dried pollock or dried pollock head (you can find it in a Korean store)
 A piece of dried seaweed
 1 cup dried shitake mushroom

Method

SALTING A CABBAGE

1. Cut cabbages in halves (vertically.)
2. Chop the vertically halved cabbages (this time horizontally) into lengths of approximately 1 inch.
3. Mix 50 g of coarse sea salt and 1.5 L of water. When the salt is dissolved, pour it over the chopped cabbages in a large container.
4. Scatter 25g of salt over the cabbages.
5. Make sure that the cabbages are completely submerged. Leave submerged for 1.5 hr.
6. Flip the cabbage slices and scatter an additional 25g of salt. Leave submerged for another 1- 1.5 hr.
7. If the cabbages can be bent without breaking, they are ready.
8. Rinse under running water.
9. Drain all the water out.

BROTH

1. Add 15g dried pollock, one cup dried shitake mushroom, and a piece of dried seaweed (“Dashima” in Korean or “Kombu” in Japanese) into a pot with 350 ml of water.
2. Boil for 7-8 minutes on high heat and reduce to about 200 - 250 mL.
3. Cool before using.

RICE PORRIDGE

1. Mix 1 tsp of sweet rice powder with a little bit of water (you can also use all-purpose flour if sweet rice powder is not available.)
2. Over low heat, stir the sweet rice powder mixture into the pollock broth.
3. Keep stirring until the mixture has thickened. The mixture should be thick, but still drippy.
4. Add water if the mixture is not saucy enough.
5. Cool before using.

SAUCE

1. Combine the red pepper powder with the pollock broth and rice porridge.
2. Stir over medium heat for 10-15 minutes.
3. Grind half of a small onion, 7-8 fresh red peppers, 1.5 tbsp of ginger and 4 tbsp of garlic.
4. Combine the red pepper mixture and the onion mixture with 5tbsp fish sauce and 1tbsp shrimp sauce.
5. Add more pepper powder if the consistency is too watery.

FINAL STEP

1. Start from the bottom of the cabbage pile and work up, applying a generous amount of sauce between all pieces.
2. Add more sauce after the final layer of cabbage. Repeat for the remaining pieces of cabbage.
3. Leave the kimchi at room temperature for 1 - 2 days to begin fermentation.
4. Refrigerate after the second day, and the kimchi is ready to eat.
5. The kimchi will continue to ferment while refrigerated, and it will continue to develop flavors for another 7-10 days.

Pork & Chive Dumplings

This recipe makes about 80 dumplings, but usually when my family gets together, we make double or triple this amount. Really, there's no point in making only a dozen dumplings. The act is always communal—there's usually an auntie or a grandma in the kitchen in charge of the boiling pot, and five or six family members sitting around a wooden kitchen table folding the dumplings. When it's really serious there's someone else rolling out the wrappers by hand. Sometimes there are children running around, stopping at the table to dirty their hands with flour as the older generations teach them how to fold dumplings. The children quickly become impatient with the technique and turn them into patties, or spaceships, or indeterminate masses of squished-up dough and meat.

Now that I'm living on my own, I look to recreate this environment when I have my friends over. Dumplings are all that's on the dinner menu; dumplings are the main event. It's the act of all sitting together, using our hands to mold and shape the dough around the filling, everyone chatting and passing on tips about the technique, that taps into my memories of being in China as a child.

Amanda Ba is a painter who lives and works between New York City and London. She was born in Columbus, Ohio, but spent the first five years of her life with her grandparents in Hefei, China. Diasporic heritage is central to her work—vivid paintings that combine personal memory with psychosexual fantasy, and figures that usurp a predominantly white Western canon of figural painting. Currently her work also draws upon the critical theory of Mel Chen and Donna Haraway, more specifically the concept of animacy tugged out of its linguistic home and applied to race and queer relations, and the naturecultural relations of the world at large.

Ingredients

Makes about 80 dumplings

For the dumplings

1 lb ground pork

2 large bundles of Chinese garlic chives

1 tsp sesame oil

2 tsp salt

1 tbsp ground ginger

1 tbsp soy sauce

2 tbsp water

2 eggs

3 packs of dumpling wrappers (preferably Twin Marquis Shanghai Style brand)

For the dipping sauce

3 tbsp Chinese black vinegar

1 tsp sesame oil

1 tbsp chili oil of your choice

Method

Chop the Chinese garlic chives into very small pieces. To do so, it's best to line them all up and use a heavy chef's knife or cleaver to chop them into small squares, roughly ¼cm big. This takes some time and practice, so be careful with your fingers and go slowly if you need to.

In a large bowl, mix the rest of the ingredients into the ground pork, adding the 2 tbsp of water last. Your hands are the best tool for this. After the water has been incorporated, spread your fingers into a claw-like position and mix the pork in one direction—either clockwise or counter-clockwise. Do this vigorously for a minute or two. This will break down the fibers of the meat and align them, creating a better texture for the filling. You will see the texture change to being slightly more paste-like. The addition of the water helps with this process and also makes the filling more juicy in the end.

In portions, add the chopped chives to the ground pork. It may seem like a lot of chives, but my family has a rule of thumb for this dumpling filling: it should be like a good herby falafel, where the filling is more green than anything else. Your filling is now done!

Now it's time to form the dumplings. There are many ways to wrap Chinese dumplings—over a dozen, actually—but the simplest way is to put a tablespoon or so of filling into the wrapper, wet half of the edge with a finger dipped in water, and then press the two sides together to seal. This creates a pierogi-like half-circle shape. When my family makes them, we tuck in the ends of the dumpling to create a shape that looks more like a nurse's hat—this helps the dumpling to be more well sealed. For more formal occasions, we pleat the edges. You can look up Youtube videos that have good instructions on how to form different dumpling shapes. The most important thing is to make sure the edges are firmly pressed and sealed. I also highly recommend the Twin Marquis brand of dumpling wrapper—look for the Shanghai Style one. This brand is widely distributed across many Western Asian supermarkets and is very easy to find. They are my personal favorite because of the thickness of the wrapper and the slick and bouncy texture when cooked.

To make boiled dumplings, boil a large pot of water and plop your freshly made dumplings in. After the water comes back up to a boil they should float to the surface. Let them boil for 10 minutes,

and then they are done. The way my family likes to do it is to wait for the water to boil, and then dump a cup of cold water in. When it reaches a boil again, dump another cup of cold water. On the third boil, the dumplings are ready. We do this because the cold water helps the starchy water to not boil over.

Any leftover dumplings should be placed in one layer on a lightly floured tray and frozen. Once they are frozen solid they can be transferred to a resealable bag.

To make potstickers, place as many frozen dumplings as you'd like into a non-stick pan with a tbsp of neutral oil on medium-high heat. Pour in half a cup of water and place the lid on to steam. After 8 minutes, lift the cover and let the rest of the water evaporate. Check the bottoms to make sure they are golden brown, and take them out of the pan.

Pecking House X.O. Sauce

X.O. sauce is a curious product of colonialism in Hong Kong. Its name comes from the perceived bougieness of X.O. cognac, which speaks a lot to how Western products automatically command luxury status and cultural superiority. But unlike most exalted sauces and condiments in Chinese gastronomy, the story of X.O. sauce is but a handful of decades old. So that is to say, it is a relatively new invention. So because it is lacking a long tradition and has a rather apocryphal origin, it has been a favorite of modern chefs to interpret as they will. Is it a relish? Is it a sauce? Is it basically expensive salsa? I mean, I would eat it with chips. I would never deign to say this is a hyper-authentic recipe, but it does taste good and we do put it on a lot of things.

Nowadays, X.O. sauce appears in Michelin-starred restaurants everywhere they exist, and this leads to stickier conversations about appropriation. But much like Hong Kong itself, this thing exists in modernity at the intersection of Western and Eastern cultures and perhaps it's just better to enjoy it for what it is rather than overthink it.

Eric Huang is the chef and owner of Pecking House, a fried chicken restaurant born during the pandemic that owes its existence to an overweight childhood replete with KFC buckets and Taiwanese popcorn chicken.

Eric is Taiwanese-American and was born in the 80s in Long Island, which was definitively “not awesome” for growing up Asian American. After a model minority, one track student life that derailed aggressively, Eric began training as a chef. He has worked in the fancy, tweezer sorts of restaurants in New York City for over a decade such as Cafe Boulud, Gramercy Tavern and finally as a sous chef at Eleven Madison Park. But when the world shut down he turned to frying chicken to keep his family's restaurant going and has now found a great deal of fulfillment in serving chili fried chicken to the masses.

Ingredients

200g cured ham
 200g dried shrimp (small)
 200g dried scallops
 100g ginger
 100g garlic
 300g doubanjiang
 30g oyster sauce
 2L neutral oil
 30g granulated sugar

Method

Find yourself a lovingly cured ham of dignified provenance. Given that hams are a staple of almost every country, your chances of finding a suitable product are high. Prosciutto, jamon Iberico (\$\$\$\$), smoked American ham, speck, Jinhua ham, they all work wonderfully. Remove any extra crusty and hard bits and cut into 1” cubes.

Soak the dried shrimp and dried scallops separately in warm water. Allow the seafood to rehydrate for 30–45 minutes and then remove from the water. The now decidedly funky soaking water can be used as the basis for a broth or noodle soup for it is laden with MSG. Do not throw it away. Your grandmother would be disappointed.

Turn the ham and shrimp into uniform itty bits. The easiest and fastest way to do this is using a meat grinder. Failing that, an exceptional food processor will work. DO NOT put the scallops through the same treatment. Instead, with a rolling pin or your fingers, pull the now-hydrated scallops into their individual threads, the finer the better.

Peel the ginger and garlic and similarly turn into uniform itty bits. The easiest and fastest way to do this is using a meat grinder. Failing that, a sturdy cutting board with two Chinese cleavers wielded by a nigh-geriatric Chinese man will also suffice. This is called a Chinese food processor. Failing that, cut by hand and mince the ginger and garlic with your biggest, meanest knife.

Take your salty magical doubanjiang and turn it into a fine paste. It can be run through the meat grinder or you may use any of the other obtuse methods described above to achieve smooth uniformity. Nothing against

chunky bean paste other than that it has a tendency to cook unevenly.

Grab yourself a large pot and a whisk. Add the oil to the pot and add the ham. Turn the heat up to medium heat. While constantly whisking to prevent sticking, allow the oil to heat up to render and caramelize the ham. This will bubble a great deal, make sure you have a pot with enough clearance. This will smell funky and awesome. Do not be surprised to find your pets lurking around you.

Just before the ground ham browns too assertively, add the ground shrimp and allow the same rendering and caramelizing process to proceed. The funkiness has officially exited the stratosphere of where most white people feel comfortable with. Your kitchen may have some intense aromas for some days. It is worth it.

Once the shrimp looks like it's on the verge of becoming crispy, add the ginger, garlic and doubanjiang to the pot. Did I mention never stop stirring?

**NEVER STOP STIRRING.
 COOKING IS A LABOR OF LOVE.**

The oil will turn a beautiful, deep vermilion. It will not be overly spicy. It will be warm and piquant with distinctive notes of seafood. Not what you want at the beach but definitely what you want out of intense condiments used in moderation.

Allow the ginger and garlic to cook but not caramelize. You simply want to take the rawness off of them and eliminate concerns of botulism, perhaps 3–4 minutes of thorough bubbling. Finally, it is time to add your beautifully threaded scallops which will provide

a wonderful textural contrast to your otherwise uniform, itty bits. It's the star of the show. Let 'em shine.

The scallops are loaded with natural sugar so they will brown rather quickly. Allow them to do so but be prepared to immediately turn the heat off and add your oyster sauce 20 seconds before their ideal shade. This will help to arrest the cooking. This takes some practice and intuition. I believe in you.

Stir in your oyster sauce and add the sugar. Allow the sugar to distribute and taste your X.O. sauce. There are a lot of intensely salty and umami things in there. You need sugar to balance those flavors. The measurement above is a guideline but the best way to do this is to taste, adjust and taste and adjust. Don't burn your mouth. Hot things are hot.

Place into a jar and allow to cool without a lid. Once the X.O. sauce has reached room temperature you can lid it and put it in the refrigerator where it will become immortal. Okay, maybe not immortal, but it lasts a damn long time assuming you don't eat it all. I don't feel comfortable giving you a suggestion that you can then throw back in my face in a court of law, but let's just say I've eaten X.O. sauce that has existed for the amount of time it takes a human to learn some English and it was just more delicious than the day it was born. You can't say that about a baby human, ipso facto X.O. sauce > humans.

Add to the base of fried rice, serve a dollop on top of steamed fish, or smear it on blanched asparagus or roasted eggplant. **EXPERIMENT. ENJOY. CONQUER.**

DETAIL FROM
SHIJANG
BUNSIK

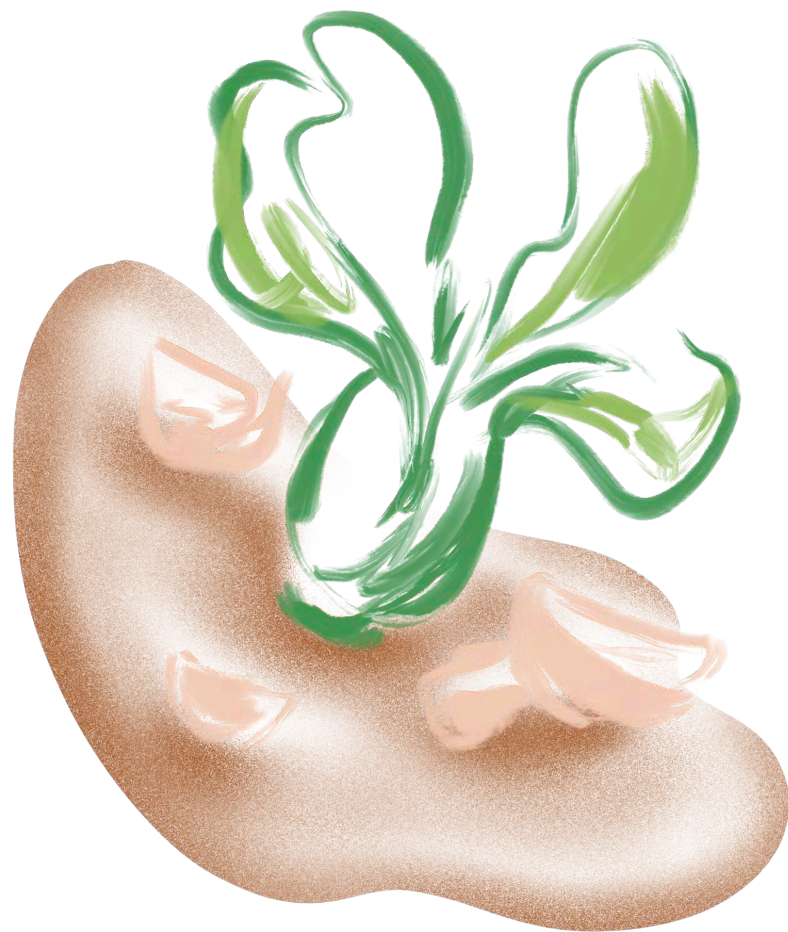
WOOMIN KIM



Tasty Brown Sauce

We wanted to make a simple yet beautiful dish of steamed baby bok choy with the umami of oyster sauce. Our Tasty Brown Sauce is super savory and will help to balance the sweetness of the oyster sauce, which can sometimes be too much. This homemade condiment is used in our restaurant to add depth and bolster the flavors of many dishes. At home, it is a wonderful base to braise, stirfry, or to even transform a simple bowl of rice into a meal.

This is a vegan alternative to oyster sauce! Hence the cheeky intro. No oyster sauce in the ingredients ;)



Ingredients

1 shiitake, sliced ½" thick
¾ cup Shaoxing rice cooking wine
1 cup water
¾ cup soy sauce
Oil to sear

Method

In batches, sear sliced shiitakes with a thick slick of oil in a hot pan until mushrooms are deep golden brown. Remove from the pan and reserve. Deglaze the pan with rice wine and scrape up any bits stuck to the bottom of the pan. Add the seared mushrooms back into the pan with water and soy sauce. Simmer for 10 minutes and then transfer to a blender. Blend until the texture is smooth.

Depending on the portion you are making, you may have to cook in batches. Keep in mind that the volume of the sauce will increase slightly in the blender.

At Fat Choy, we sauce up steamed little bok choys and serve them with both fried and pickled garlic.

Heymul Pajun

SEAFOOD SCALLION PANCAKE

Heymul Pajun is a special dish because it represents my mother's young adulthood, growing up in South Korea. On gray and rainy days, she would peek over the stone-laid walls of her home to invite her neighborhood girlfriends over for scallion pancakes, also known as pajun. When I was growing up, my mother would tell me about the delicious, wafting smell of the pancakes that made her and her friends salivate in anticipation and excitement. It's a simple memory but hey mul pajun continues to remind her of happy times.



Ingredients

Serves 6–8

Seafood

Use fresh quality seafood, cleaned

6 oz minced shrimp

3 oz minced squid (optional)

3 oz oysters (optional)

Tip For easier cutting, place cleaned seafood in freezer for a few minutes to slightly stiffen, then mince. Refrigerate till needed to mix into batter.

Vegetables

2 oz coarsely chopped long hot green chilies, include the seeds if you want it spicy

1 oz julienne carrot, toothpick thickness

1 oz perilla leaves, small ¼" squares

6 oz cleaned scallion cut in thin bias, include the white part of the scallion

1 tbsp pureed garlic or mince almost to a fine mash so it can evenly mix into batter

Batter

2 cups bread flour

1½ tsp Kosher salt

1 cup water

1 egg

For cooking

1½ cup vegetable oil

Dipping sauce

4 tbsp soy sauce

4 tbsp water

4 tbsp rice vinegar

2 tbsp sugar

1 tbsp sesame seeds

Method

Mix Soy sauce, water, rice vinegar, sugar, and sesame seeds to make the dipping sauce. Reserve until it is time to eat.

Combine bread flour, salt, garlic puree, and water to mix with your hands. Do not overmix. Small clumps are okay as they will dissolve naturally when you add other ingredients.

Add vegetables and seafood. Using your hands, mix until the batter feels thick and dry (closer to the consistency of fritter batter, rather than pancake batter). The dryness will help to make the pajun crispy and savory.

In a nonstick pan, add the batter to ¼ cup of cold oil and heat. Gently, use the back of a spoon to distribute the batter evenly. If the batter sticks to the spoon, dab a little oil onto the spoon. Cook over medium heat until desired crispiness. Repeat using cold oil in a cooled nonstick pan for multiple batches.

Use a sheet pan lined with a paper towel to drain out the excess oil. Slice into desired shapes and enjoy the pajun while they are warm. Serve with dipping sauce.

Nem Jien

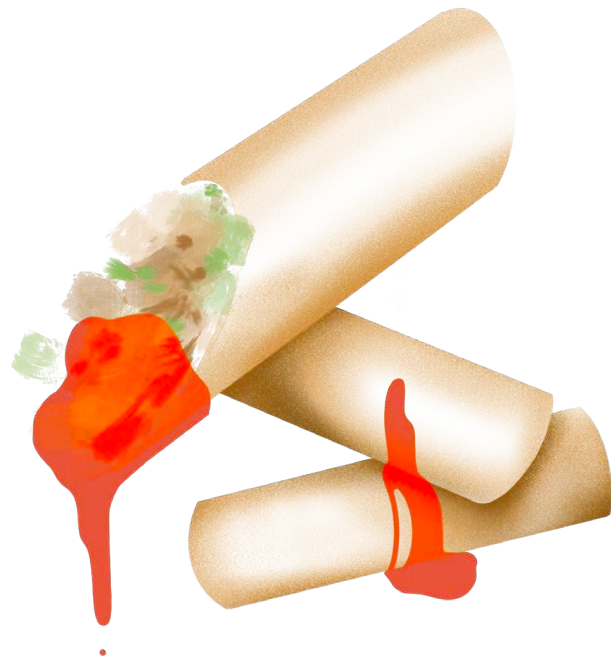
CRISPY PORK EGG ROLLS

Nite Yun found Nyum Bai with a single vision: to preserve and share Cambodian culture through food.

The idea for Num Bai came to Yun at a small noodle stall in Phnom Penh, Cambodia. Halfway through a bowl of Kuy Teav Phnom Penh, Yun realized her need to bring the beauty of Cambodia back with her to the states to represent a culture that has been tainted by war and genocide. She recreated her mother's recipe from scratch, put together a menu, and set out to introduce Cambodian street food classics to the Bay Area. Since 2014, Nite Yun has grown Nyum Bai from catering gigs to popups at Mission Pie, Golden Gate Donuts, and Temescal Brewing, to a food counter in the Emeryville Public Market. They sought to create a space dedicated to the sights, sounds, and tastes of Cambodia's Golden Era, and in February 2018, opened their first brick and mortar location in the Fruitvale neighborhood of Oakland. This is their way of preserving Cambodian culture through food and music.

Made with love. Made to share.

This recipe evokes sweet memories of spending time together with my mom in the kitchen. It was one of the first dishes that I helped my mom prepare. Nem Jien is a popular snack to make for birthday parties and for gatherings at Wat (Buddhist Temple). This will be the crispiest eggroll you've ever tried – amazingly crispy on the outside and creamy on the inside because of the taro. A hit for any gathering!



Ingredients

Serves 3–6

453g ground pork
 220g peeled and shredded taro
 220g shredded green cabbage
 15g minced garlic
 90g diced onions
 3g kosher salt
 4g black pepper
 15g sugar
 56g oyster sauce
 10ml fish sauce
 1 lb package egg roll wrapper Menlo brand
 1 egg for sealing

Method

1. Prepare filling, mix all ingredients together until well combined.
2. Make rolls: spread 2 tbsp filling on bottom third of pastry sheet.
3. Fold pastry sheet over filling and roll up tightly.
4. Seal the sheet with egg wash.
5. Heat oil to 375degrees on medium heat. Fry rolls for about 4 minutes and golden brown and crisp.

Chinese Preserved Radish Omelette

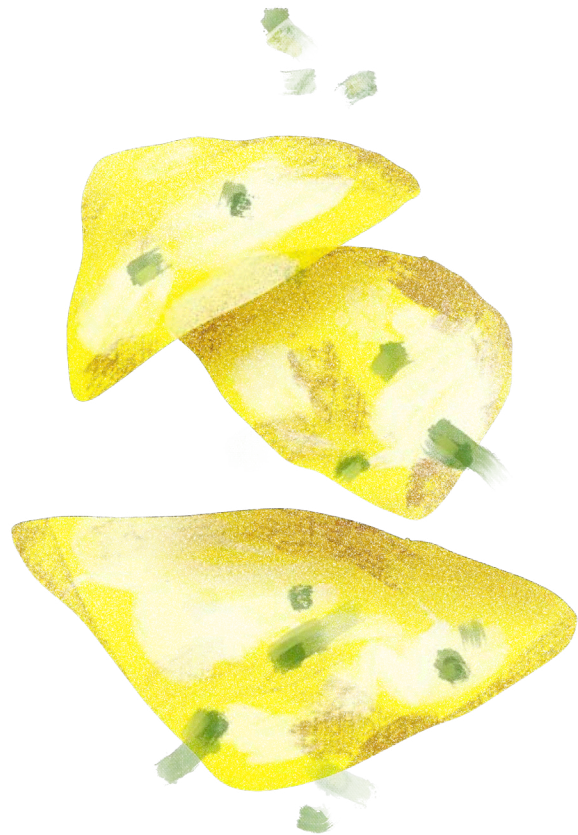
GRANDMA'S CÀI PÒ NENG

Coincidentally both of our grandmothers made this dish for us. It's a simple dish of crunchy egg with pickled daikon and scallion and perfect served over thin vermicelli noodles, porridge, rice or eaten alone.

Both of our Grandmas used to pickle their own daikon—Yin's grandma when they lived in Flushing and then later in Long Island, and Moonlynn's in Taiwan.

Growing up, Yin remembers how her mom and dad used to buy lychee jelly cups that came in tiny plastic containers with red covers on top. Yin and her sisters would finish the jellies in no time, and before they knew it, the empty containers would be filled with pickled daikon! Rather than throwing them away, the leftover containers were repurposed by her grandmother. Having come from a poor upbringing, Yin's grandmother would sometimes share one egg among five other children, so nothing would ever go to waste.

This dish was the way our grandparents infused as many nutrients as possible when feeding their kids and then feeding us and it was one of the very first meals we served to our Elders when Heart of Dinner first started. Overall, CÀI PÒ NENG is more than just a dish; it is symbolic of the sacrifices both of our grandmothers made for their children.



Ingredients

- 50g preserved radish
- 1.5 tbsp oil
- 4 large eggs, lightly beaten
- ¼ cup vegetable stock/water or chicken stock, depending on your preference
- 3 scallions, thinly sliced

Method

1. Wash and rinse preserved radish under cold running water until water runs clear. Pat dry with kitchen towel and set aside.
2. Heat a 10" non-stick pan over medium heat.
3. Add oil, let it heat up.
4. Add preserved radish, stir fry for 2 minutes. Then spread into an even layer.
5. Whisk together eggs, stock/water, and scallions. Pour into the pan over the radish. Cook until the egg is fully set.
6. Remove omelette from pan and cut into 4–8 pieces.
7. Serve immediately over rice, noodles or porridge.

AT THE TABLE

DETAIL FROM
SHIJANG
MUNBANGU

WOOMIN KIM

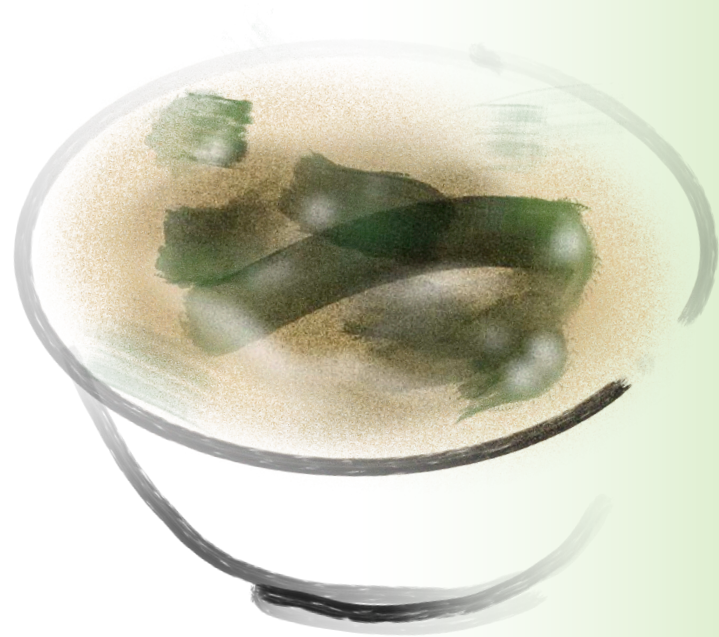


300 원

Seaweed Soup

In May of 2015, near my son's due date, my mother's suitcase was packed with a bunch of dried seaweed. She had flown across the Pacific Ocean on a 14-hour flight just to make seaweed soup for me. After my son was born, I healed my body by eating seaweed soup cooked with my mother's love. With the strength I gained from this soup, I was able to transfer those nutrients and love back to my baby through breastfeeding. Seaweed is a superfood, rich with vitamins as well as minerals such as calcium and iodine, and it is considered a must-eat for mothers who are breastfeeding in Korea. Perhaps for this reason, many Koreans also think that seaweed soup should be eaten on their birthdays every year, but whatever each family's traditions may be, seaweed is a meaningful food for Koreans that represents birth, or the beginning of life.

Born in Seoul, South Korea, Guimi You is a Korean painter who depicts imaginary scenes inspired by moments that leave an impression or emotions observed in her everyday life. She also finds inspiration in the vibrant gardens and beautiful landscapes of the San Francisco Bay Area's East Bay, where she lives in Albany, California with her husband and her son. Her solo exhibition 'Color Me' was exhibited at Make Room Los Angeles this past October.



Ingredients

Serves 2-3

- 0.6 oz dried seaweed
- 0.5 lb beef round steak or filet mignon, sliced into smaller pieces
- ¼ tsp fine sea salt
- A few cracks black pepper
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 1 tsp minced garlic
- 6 cups water

Method

1. Soak the dried seaweed in cold water for 30 minutes and allow it to expand. Drain the water and rinse the seaweed a couple of times in running water. Drain and squeeze the water out. Cut it into bite-size pieces. Set it aside.
2. Combine the sliced beef with the salt and black pepper in a small bowl. Mix them well and set aside until needed.
3. Pre-heat a medium-sized pot over medium heat. Add the sesame oil, seaweed, and beef. Stir them well until the beef is partly cooked. Add the soy sauce, garlic, and 5 cups of water.
4. Cover the pot and boil over medium - medium-high heat for over 40 minutes. Add salt to taste.
5. Serve warm with a bowl of steamed rice and Kimchi.

Tinolang Manok

CHICKEN TINOLA



Ingredients

2 tbsp cooking oil
 6 cloves garlic, peeled and minced
 1 yellow onion, peeled and chopped
 2 thumb-sized ginger, peeled and thinly sliced
 2 lbs chicken thighs and drumstick
 2 cups rice washing or chicken broth
 1 medium size green papaya (or 2 pcs of chayote, peeled and cut into 2 inch wedges)
 1 bunch sili leaves or spinach
 1 tbsp fish sauce or to taste
 Salt and pepper to taste

Method

1. Heat skillet and add cooking oil.
2. Saute garlic, onion and ginger for at least 2 minutes or until onions turns translucent.
3. Add chicken pieces. Stir and cook for 3–5 minutes until pale in color.
4. Add 2 cups of water or broth and let boil. Once it is boiling, turn the heat down and simmer for 30 minutes or until chicken is tender.
5. Add papaya or chayote and cook for another 5 minutes or until tender.
6. Add fish sauce, salt and pepper to taste.
7. Lastly, add sili leaves or spinach before serving.
8. Serve with steamed rice.
9. Kain Na!!!

Mandu-Guk

Mandu is a Korean word for dumplings. My mother's parents moved from North Korea to South Korea immediately after the Korean War. One dish that I have found to be distinctively different between Northern and Southern style Korean food is mandu; the Northern style mandu adds bean sprouts and tofu. Here is my mother's mandu recipe that carries on our heritage. While these mandu can simply be steamed, this is a recipe for mandu-guk: Korean dumpling soup.

Mandu-so filling of Mandu

Mandu-pi skin of Mandu

Ingredients

500g ground pork & ground beef
(mix as preferred)

3 big handful of bean sprout
(remove bean part, blanche and chop them into 0.5cm length. Put them on strainer to remove excessive water)

400g firm tofu (squeeze in cheese cloth until there is almost no moisture left)

1 bunch of scallion (minced)

3 tbsp minced garlic

0.5–1 onion (minced)

handful of chives or shitake mushroom
(minced; optional)

handful of kimchi (rinsed in water, squeezed and minced; optional)

1–2 tbsp salt

1–2 tbsp black pepper

1–2 tbsp sesame oil

1 egg

MANDU-SO

Mix all the prepared ingredient in a big bowl and massage it until they stick to each other.

1. Put flour in a big bowl and add water as you knead it until it's thick and sticky but flexible enough to be flattened.
2. Roll the dough flat and press it with top part of a small bowl or a water pot lid to make palm size circles.

MANDU-PI

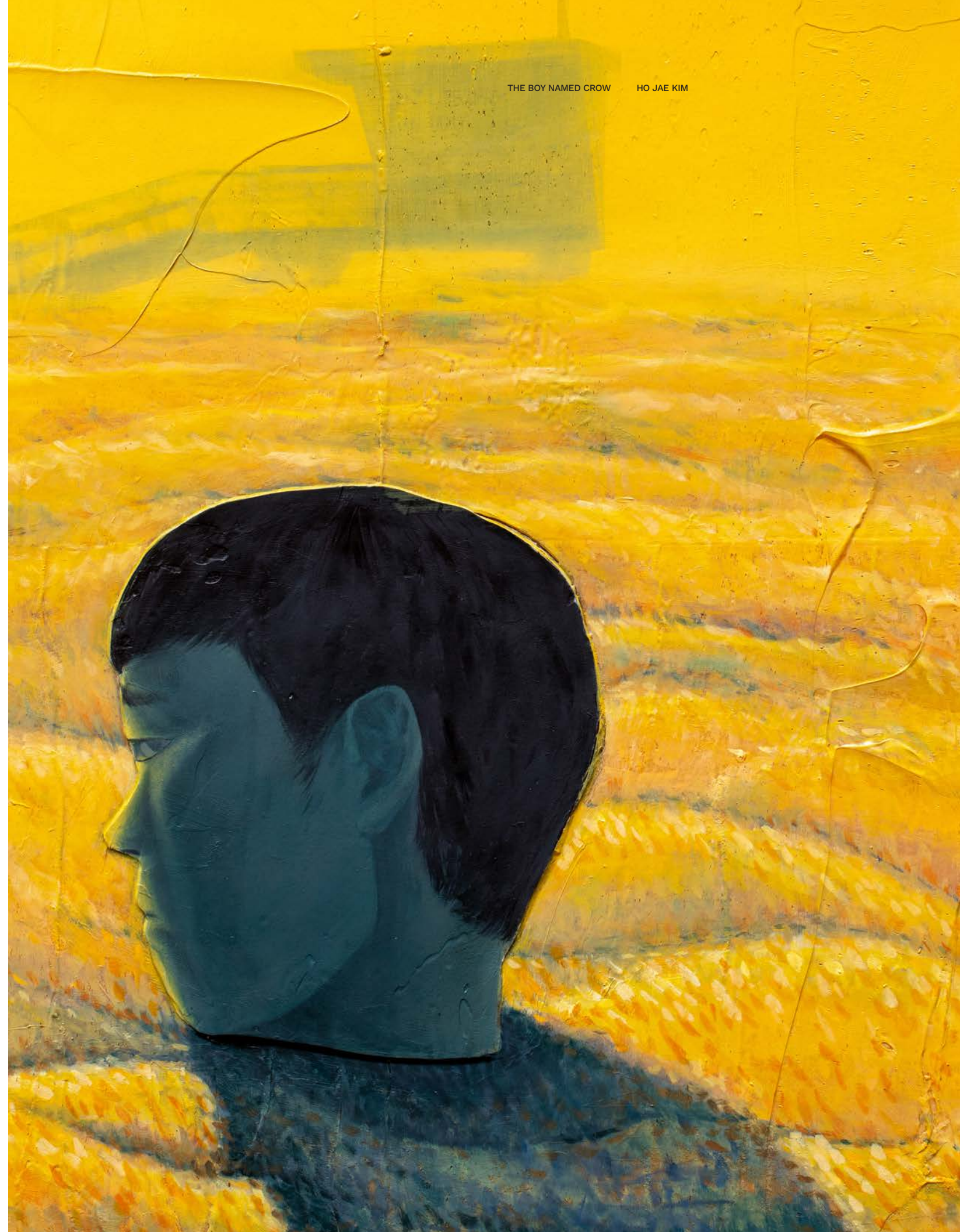
1. Put mandu-pi on your palm.
2. Scoop a big spoonful of mandu-so and put it in the middle of the mandu-pi.
3. Wet the edge of the mandu-pi by dipping your finger in a small cup of water and drawing circle following the edge of the mandu-pi.
4. Fold the mandu-pi making a small pocket for mandu-so, looking like a halfmoon with full belly.
5. Press edge of the mandu-pi securing the fold. Lightly cover the mandu with flour so it doesn't stick with other mandus.
6. Refrigerate at least for 2 hours before cooking them.

BROTH

1. Put dry kelp in 1.5 L of cold water. Leave it for at least 2 hours.
2. Remove kelp from the pot, put one grab of dried anchovies (or dried Alaska Pollock) in the kelp infused water. Heat it under high heat and as soon as it starts boiling, add 3–4 scallion roots and ground garlic. After a couple of minutes, remove everything from the broth and add prepared mandus.

MANDU-GUK

Put desired amount of mandus in the broth and heat under medium fire. As you heat, add salt, soup soy sauce, sliced scallions, mushrooms, sliced Tteok or hand pulled beef or whipped eggs into the soup as preferred.



THE BOY NAMED CROW HO JAE KIM

Tortellini in Brodo



Ingredients

Serves 4

For the tortellini

¼ lb shrimp, peeled & de-veined,
cut into ½ inch pieces

½ lb prosciutto, ground in meat grinder
attachment or food processor

½ lb mascarpone

2g white sugar, equivalent to small pinch

2g mushroom powder, equivalent to
small pinch

1g white pepper, equivalent to few
dashes or couple cracks on peppermill

1 pack round yellow wonton skins

For the brodo

1 oz konbu

4 cups konbu dashi

1 tbsp light soy

1 tbsp sake

1 tbsp white soy

Pinch of mushroom powder

Pinch of salt

1 tsp yuzu juice, can substitute lemon

2 tbsp unsalted butter

For the garnish

12 Korean rice cake tubes, each one
cut into thirds

¼ cup English peas (frozen is okay)

¼ cup carrot (thinly sliced)

1 piece kamaboko
(Japanese fish cake), julienned

Method

TORTELLINI

1. Peel and de-vein the shrimp, then cut into thirds. Wash the shrimp for 10 minutes in cold running water until the shrimp becomes opaque. Drain and pat dry.
2. Grind the prosciutto in a meat grinder (or a food processor). In a tabletop mixer bowl fitted with paddle attachment, mix on medium high speed the shrimp, prosciutto, sugar, mushroom powder and white pepper until combined. It should look like a paste. Then add the mascarpone and mix again.
3. Put ¼ cup of water in a small bowl. Take one wonton wrapper in the palm of your hand. Dip your finger in the water and spread onto the edge of half of the wrapper.
4. Place 1 Tbsp of the filling in the wrapper. Fold the wrapper in half to seal. Then wet one corner of the tortellini and bring the other corner to meet it. Pinch to seal.
5. Boil some water in a large pot. Add the tortellini and cook until they float, approximately 5 minutes. Remove the tortellini from the water and add the rice cakes. Boil the rice cakes for 2 minutes.

BRODO

1. To make konbu dashi, put 8 cups water in a pot with konbu. Bring water to boil. After the water comes to a hard boil, turn off heat and remove konbu.
2. Combine all the ingredients in a medium pot and bring to a boil. Remove from heat and add the butter. Stir to combine.

TO FINISH

Ladle some brodo into a serving bowl, add the tortellini and garnishes.

Winter Melon Soup 1

This recipe for winter melon soup is a simple take on a comforting soup that chef Ryan grew up eating. It reminds him of his home and his upbringing.



Chef Ryan Wong grew up in Los Angeles, California to Chinese parents. He has worked in the restaurant industry for the last 13 years working his way up in the kitchens of top Los Angeles restaurants. In November of 2019, he opened his first restaurant paying homage to his Hong Kong roots and celebrating thoughtful renditions of these classic flavors.

Ingredients

Serves 4

1 qt chicken stock
 ½ lb winter melon, medium dice
 4 ea dried Scallop
 1 oz dry cured ham, diced
 2 tsp Salt
 Ground white pepper to taste

Method

Soak dried scallop overnight in water refrigerated.

Break apart the scallops into small shreds.

Cut to remove rind of winter melon and seeds.

Dice winter melon into half inch cubes.

In a pot, bring chicken stock with the cured ham to a boil.

Turn off heat and add diced winter melon.

Cover pot with a lid and steep for 15 minutes.

Once the winter melon is tender, add the rehydrated dried scallop shreds.

Bring the soup back up to a boil and add the salt and white pepper to taste.

Serve immediately.

Winter Melon Soup 2

My parents used to make winter melon soup when I lived at home – now that I live on my own, I've been trying to recreate some of my favorite family recipes. I started with winter melon soup because it's easy and fast to make and is one of my favorite meals to eat during the winter. What I like about winter melon is that it's like tofu – it absorbs the flavors of whatever ingredients it's cooked with. I like to cook it in a clear chicken broth flavored with ginger and scallions because it makes a very light but filling soup. You can also adjust the ingredients to your liking, and it will almost always turn out delicious.



Ingredients

Serves 2

2 cups chopped winter melon (remove the seeds and cut off the thick outer skin)

5 cups chicken broth (I prefer homemade)

1 handful of a green, leafy vegetable of your choice (I buy whatever is seasonal and fresh at the supermarket)

2 green onions, chopped into ½ inch pieces and divided into the white & green parts

1 tbsp neutral cooking oil

Noodles of your choice (I prefer wide rice noodles)

Salt and pepper to taste

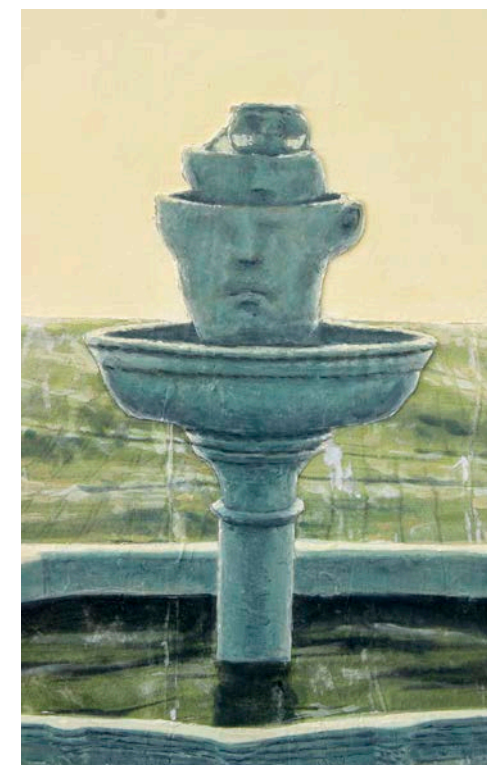
Method

1. Gather and chop your ingredients. If you're making your own chicken broth, I like to flavor mine with ginger and scallions.
2. Pour 1 tbsp of neutral cooking oil (I use vegetable oil) into a pot.
3. Once heated, add white parts of your green onions to the pot. Stir for 30 seconds and then add your chopped winter melon. Sauté the winter melon for about a minute before adding the chicken broth. Cover pot and let it come to a boil.
4. Once the soup is boiling, remove lid and let simmer until the winter melon is cooked through, about 8 minutes. You will know when the winter melon is cooked once it looks slightly translucent and soft. Cook time also depends on how small you cut your pieces of winter melon.
5. Once the winter melon has cooked through, add your green, leafy vegetables and noodles to the soup. I usually use fresh rice noodles, so I add them during this step. If you use dry noodles, make sure to soak in water before adding to your soup. Cook for 1 minute.
6. Season with salt and pepper to taste and finish with the green parts of your green onions.



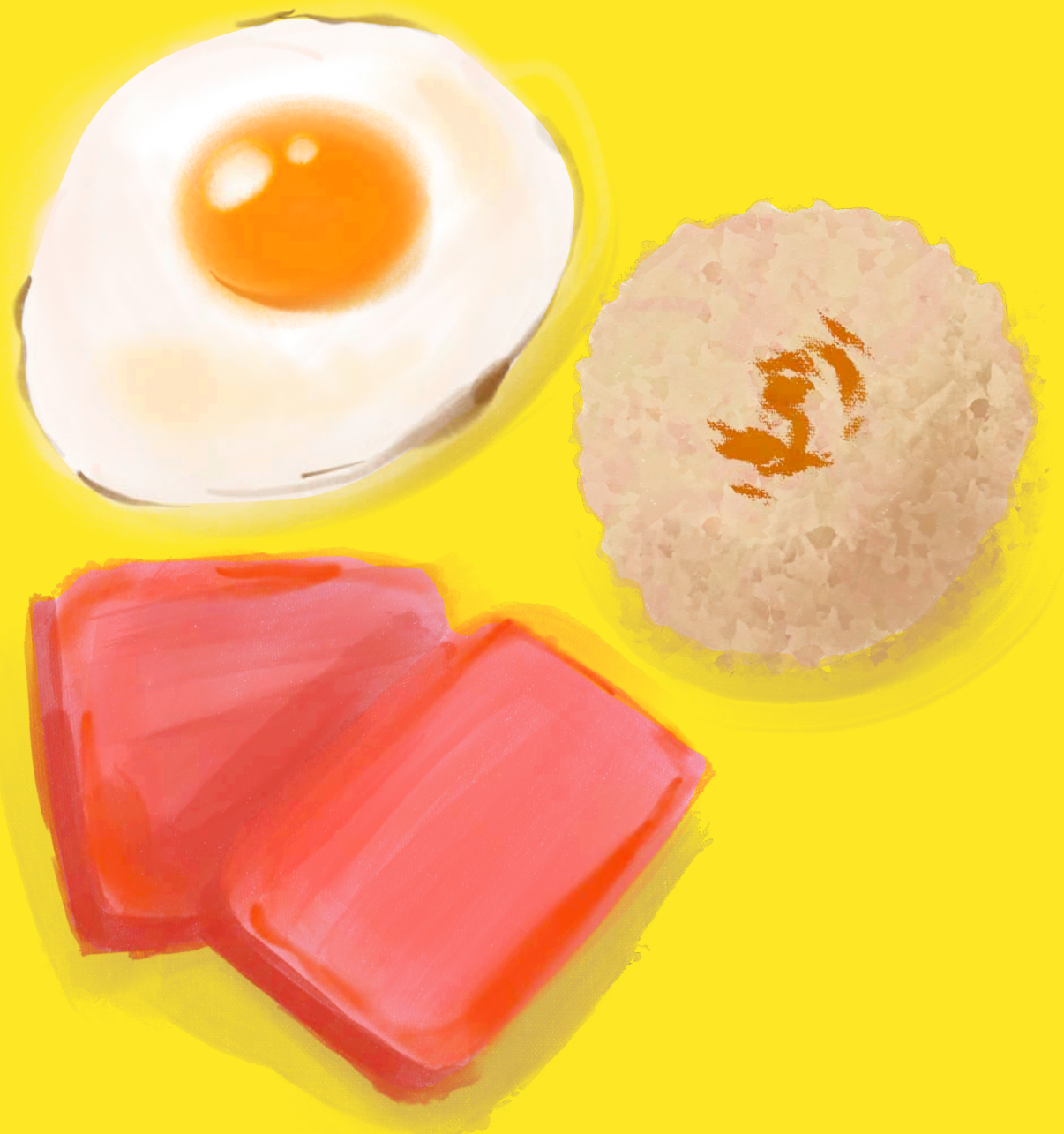
FOUNTAIN

HO JAE KIM



Spamsilog

SPAM, EGG + GARLIC RICE



My dad was never much of a cook. He would drive to Bergenfield, the “Little Manila” of Bergen County, every weekend to stock up on Filipino meals for the week. His favorites included Kare Kare, Bulalo, Crispy Pata, Lechon, and Sisig. We would have a Saturday afternoon feast.

There are legends of my lola, and her ability to whip up a delicious meal from just about anything she found in your cabinets, however, my father never inherited this talent. When it came to actual cooking, he did master one of the basics, a quintessential Filipino American dish known as Spamsilog. Though Spam might be a hangover from American colonialism, it did become an important part of the Filipino food canon, and it is pretty delicious when fried to crispy perfection.

Spamsilog is a portmanteau for the combination of Spam, Sinangag (garlic fried rice) and Pritong itlog (fried egg), you can add a side of sliced tomatoes or cucumbers to freshen it up.

Ingredients

2 cups leftover steamed rice
 4 cloves minced garlic
 Salt
 1 can of Spam, sliced thin (¼-½ inch)
 Eggs, cooked sunny side up
 Cooking oil
 Salt, to taste

Method

SPAM + EGGS

1. Remove the Spam from the can and cut into slices.
2. In a large non-stick pan, heat a small amount of cooking oil over medium-high heat and cook sunny side up eggs.
3. Remove eggs from pan, and fry Spam slices on each side until they are crispy, about 3-5 minutes.
4. Remove the Spam from the pan then place slices on a paper towel to absorb the excess oil.

GARLIC FRIED RICE

1. Heat a frying pan over medium heat.
2. Add 1 tbsp of cooking oil followed by 2 tbsps of minced garlic.
3. Cook the garlic until it begins to turn golden brown.
4. Add the rice to the pan and quickly toss and mix with the garlic and oil.
5. Cook the rice for about 5–7 mins or until the rice is hot and well blended.
6. Stir and mix continuously to avoid scorching.
7. Add salt to taste then continue to cook for an additional 5 mins.
8. Serve with Spam and fried egg.

Jeonbokjuk

KOREAN ABALONE PORRIDGE



Cooking a meal for family is always a thoughtful process, but Jeonbokjuk in particular, which roughly translates to Korean Abalone Porridge, is a dish to be prepared with loving care and sincerity. As a dish that is nourishing, easy to digest, and aids in recovering energy, Jeonbokjuk is often had when one is sick or feeling weak; growing up, my mother always made me a hot pot of Jeonbokjuk when I was sick. Although most Jeonbokjuk is made with the internal organs of the abalone and finely diced vegetables, our family recipe only incorporates the flesh of fresh abalone, focusing on a lighter and clean taste.

Ingredients

Cook time: 1 hr

6 fresh abalone

½ cup short grain sushi rice (4 oz)

½ cup glutinous rice (4 oz)

2 tbsp sesame oil

1 tbsp salt

6 cups water (8 oz cup)

Method

1. Wash and soak the rice for 30 minutes
2. Scrub the abalone thoroughly with a kitchen brush or toothbrush under running water until it is completely clean. Remove the abalone from its shell by using a spoon to detach the muscle, and use a knife to remove the teeth (the hard, pointy bit attached to the end of the abalone) and its intestines.
3. Thinly slice the abalone meat into small pieces.
4. Place the pot over medium heat and add sesame oil and the sliced abalone once the pot is heated. Stir-fry for 1 minute.
5. Drain the rice after soaking for 30 minutes and add the rice to the pot. Stir until the rice starts to become translucent.
6. Add 6 cups of water and bring to a boil, stirring occasionally.
7. Once the juk (porridge) starts to boil, reduce to low-medium heat and keep boiling, stirring frequently.
8. When the rice grains begin to soften and break, add 1 tbsp of salt and stir. Reduce the heat to low and bring to a simmer until the juk reaches a thicker, viscous texture. There should be little to no water. When scooped up with a spoon, the liquid should not separate from the rice and drip down.
9. Pour the Jeonbokjuk into a bowl and sprinkle some sesame seeds to add a savory taste.
10. Serve alongside a small sauce dish of soy sauce and Nabak Kimchi (or any type of kimchi you have at home).

Ganjang Gimhap

SOY SAUCE GIMBAP



This must be the simplest and the laziest gimhap.

Unlike regular gimhap, you don't need to slice this warm, savory gimhap. Just grab, and eat it as you'd do with a burrito. A fried egg goes well with this meal.

Ingredients

Gim
Cooked short grain rice
Soy sauce
Toasted sesame seeds
Toasted sesame oil

Optionally,

Red pepper flakes
Spring onion

Method

1. Toast a sheet of Gim—also known as laver, sushi Nori, or seaweed paper; directly on the open flame of a gas stove till it turns to greenish-brown color. Korean Parae Gim **파래김** is the best option you can choose.
**The #1 step is the essential part of this effortless meal.*
2. Prepare a warm bowl of Ssal Bap—cooked short-grain rice, and season with toasted sesame oil and seed. You can also skip the step and use plain cooked rice.
3. Prepare Ganjang sauce — soy sauce with sesame oil. Optionally, you can add red pepper flakes or/and green onion to this simple concoction.
4. Spread toasted Gim onto the cutting board or any dry cooking surface and spread rice on the half sheet of the Gim.
5. Grab a spoon of Ganjang sauce and wet the middle of the rice bed with the sauce. Careful not to soak the Gim.
6. And roll the Gim & rice. You can wet the tip of Gim to stick better.

Hwaban Rice

Hi, my name is Changki Kang. I want to briefly share my chef story with you.

I decided to become a chef simply because I love to cook and eat. I studied culinary arts and graduated from Woosong University in Daejeon, Korea. After graduation, I worked at Ilhochic, a home-style Korean and Japanese fusion restaurant as an opening member. I then continue my culinary journey at Onjjum, a Michelin One-Star restaurant, well-known for its reinterpretation of Korean royal cuisine. I was there for 4 years and learned to take inspirations from Korean traditional culture and cuisine to join the modern society.

With my knowledge and experience working in well-established Korean restaurants, I wanted to further showcase Korean cuisine in my own way. I started a nomadic journey and applied as a chef at the Korean Embassy in Vienna Austria. Since then, I had participated in multiple pop-up events that are based on Korean cuisine. With the heart to showcase Korean cuisine led me to HAND Hospitality. I want to present dishes base on HAND's philosophy and the concept of each brand so they do not loose their essences in this mecca city of gourmets.

Here, I'd like to introduce one of my favorite dishes, 'Hwaban'. Hwaban is a word originated in the Chinese language where 'Hwa' means flower, 'Ban' means cooked rice. Commonly known dish like bibimbap was called Hwaban during the Joseon dynasty due to its visual presentation that was like blooming flowers.

This is my modern reinterpretation of Hwaban.

Ingredients

Serves 4

600g Pyogo mushroom rice
 4 each flower
 (pansy, borage, elder, chive)
 12 leaves of sorrel
 12 leaves of micro cilantro
 12 leaves of micro mustard
 20 leaves of mitsuba
 12 leaves of dill
 4 tbsp bibim sauce

BIBIM SAUCE

2 tbsp Korean chili powder
 4 tbsp soy sauce
 1 tbsp sugar
 1 tbsp corn syrup
 4 tbsp pyogo mushroom broth
 2 tbsp sliced chive
 1 tbsp sesame oil

1. Put all ingredients under bibim sauce in a bowl and mix until the sugar melts.

BROTH

1L water
 6 each dried pyogo mushroom
 30g onion
 2 each scallion roots
 20g carrot
 2 tsp salt
 1 tbsp soy sauce

1. Put ingredients under pyogo mushroom broth except for salt and soy sauce in a pot of water and turn on the heat.
2. When the water starts to boil, lower the heat and simmer for an hour. Season with salt and soy sauce.

NAMUL

300g sliced pyogo mushroom
 ½ tbsp chopped garlic
 1 tsp chopped scallion
 1 tsp salt
 2 tsp soy sauce
 ½ tbsp sesame oil

1. Put oil on a frying pan and stir-fry the pyogo mushrooms.
2. When the pyogo mushroom is soft, add garlic and scallion.
3. Season with salt, soy sauce, and sesame oil.

PYOGO RICE

2 cups soaked rice
 2 cups pyogo mushroom broth
 100g pyogo mushroom namul
 1ea dashima 1" x 1" size
 1 tsp salt

1. Put all ingredients under pyogo rice in a rice cooker.
2. Turn on the rice cooker and start cooking.

PLATING

1. Put pyogo rice in a bowl.
2. Put the Bibim sauce on the rice.
3. Garnish with flowers and herbs.

DETAIL FROM
OPHELIA, QUIETER
AND COLDER

HYEGYEONG CHOI



Dak Juk

CHICKEN RICE PORRIDGE

Dak Juk (Chicken Rice Porridge) is the perfect example of the comforting nature of Korean cuisine. It is one of those dishes where even if someone has never had Korean cuisine before, one bite of Dak Juk will bring back nostalgic memories of warmth and comfort. Although the dish requires few ingredients, it requires love and time to properly cook the porridge to the right consistency.

One of the hallmarks of Korean cooking is patience, not rushing a process just to save on time. Even with all things being equal, if one cook rushes the Juk while another takes their time, the differences in taste and texture of each will be clearly evident. This is why parents labor over Juk for their children when one is not feeling well - through the constant stirring of the porridge, the cook is almost channeling their love and care through their arm into the dish.

Ingredients

1.5 lbs chicken thigh, bone-in, skin-on

1 cup Korean short grain white rice

1 tbsp sesame oil
(add more as needed to taste)

2 tbsp soy sauce
add more as needed to taste)

2 tbsp scallions, chopped

1 sheet of roasted nori (sushi nori),
cut into thin strips

Salt and pepper to taste

2 eggs (optional)

Method

1. Place rice in a fine mesh strainer, and rinse under cold water until the water comes out clear, and let the rice dry in the strainer over a bowl.
2. While the rice is drying, place the chicken thighs in a small pot with about 4 cups of water.
3. Bring to a boil, then slightly cover and lower to medium heat. Let simmer for 1 hr.
4. Use another small pot (at least 6 cup capacity), and place on high heat.
5. At the same time, set aside a pitcher/kettle/pot of water, 4 cups.
6. Drizzle the sesame oil on the bottom of the pot.
7. Place the washed and dried rice into the pot, and use a long wooden spoon to quickly move the rice around in the hot sesame oil, quickly toasting the rice grains and being careful not to char the grains.
8. After one minute, pour roughly 1 cup of water into the pot, stirring to release the grains from sticking to the bottom of the pot, and then lower heat to medium-high.
9. Constantly stir the rice so that the grains do not stick to the bottom of the pot and burn.
10. As the water level decreases, gradually add more water, just enough so that the liquid level matches the volume of the rice.
11. Continue to stir and add water, this should take about 40 minutes.
12. By this time, the chicken thighs will be fully cooked and tender. Remove from the pot into a small bowl, and skim the resulting broth to remove any excess skin and impurities.
13. Use the freshly made chicken stock to finish off the rice porridge, using the same technique as with the water (roughly 2 cups worth).
14. At this point, the rice should resemble a thick porridge. Turn off the heat.
15. Carefully pull the chicken meat off of the bones into thin strips, and place into the porridge.
16. Add the soy sauce to the porridge, and stir over medium heat to incorporate all of the ingredients. Taste to see if more soy sauce or sesame oil is needed according to preference.
17. **Optional step** – boil a small pot of water (roughly 4 cups) with a few tablespoons of salt. Once boiling, carefully place the two eggs in the pot with a slotted spoon, and let boil for exactly 6 minutes. When the timer goes off, remove the eggs and immediately place in an ice water bath. After a few minutes, carefully peel and set aside.
18. Place the finished porridge into a bowl(s), and garnish with the chopped scallions, nori strips, a pinch of black pepper, and one peeled soft egg if made.

Country Ham & Chinese Celery Rice Cakes



This homey stir-fried rice cake dish has a very special place in my heart that was created from memories of traveling in Yunnan Province, China. It is by no means a traditional dish, especially with its inclusion of vinegar with the rice cakes. I remember my mother tried it and said, “this is good but weird, no one puts vinegar in stir-fried rice cakes!”

Indeed, the quintessential Shanghainese dish is made with pork and pickled vegetables, but this country ham & Chinese celery version beautifully combines our upbringing and tastes as Chinese in America with impressions and experiences of one of China’s most verdant and diverse regions. It is at once comforting and familiar, yet unique with a nod to our own experiences.

Ingredients

- 1 lb rice cakes, bias cut (soaked overnight in cold water)
- 2 oz country ham, sliced paper thin and cut into ½ inch squares
- 8 pieces heirloom cherry tomatoes, cut into halves
- 1 each long red pepper (such as holland chili), cut thinly on bias
- 2 pieces garlic cloves, smashed
- 5 oz chicken stock
- ½ oz dark soy sauce
- 1 oz soy sauce
- 1 oz chinkiang black vinegar
- 1 ½ tbsp doubanjiang chili sauce
- 1 each scallion, split and cut 2 inch sticks
- 1 stalk chinese celery, thin bias-cut (save leaves for garnish)

Erika Chou is first generation Chinese born in Chicago, but raised in the North Carolina while also having lived throughout China, Hong Kong, and Japan growing up.

She gave hospitality a try in 2009 at the Standard Grill in NYC and since then, founded Rivers and Hills Hospitality Group which owns and operates multiple concepts, most notably the Lower East Side darling Wayla, press-powerhouse Kimika, and fast casual Chinese concept, Lotus + Cleaver.

Method

1. In a wok on medium high flame add oil, country ham, long pepper, garlic, and tomatoes. Cook until tomatoes start to break down.
2. Add chicken stock and bring to boil.
3. Add rice cakes, dark soy, rice vinegar and doubanjiang chili sauce and stir gently until rice cakes soften and liquid thickens.
4. Add scallions, celery, and celery leaves and stir until wilted.
5. Serve immediately.

Chopped Cheese Rice Cakes

This recipe is a combination of two street cultures from South Korea and New York City. Ddeokbokki (rice cake) is quintessential Korean street food, and chopped cheese (sandwich) is a very common deli sandwich made from ground beef, cheese, and seasoning. My goal was to introduce rice cakes in a new way. I wondered, how do I deliver flavors of New York, using one of my favorite Korean ingredients?

At 8 years old, Jae Lee left Seoul with his family and a travel visa. Spending the next 12 years in the states without a green card or social security card, he moved forward while holding onto his heritage at his heart. Lee began his culinary career in 2007 at the age of 18 in East Village, NY, at a ramen shop. While studying hospitality management and administration at the City University of New York, Lee furthered his pursuit of Japanese ramen,

falling in love with the craftsmanship that allows the flavor and quality. However, Lee eventually felt a longing for something related to his own heritage. Since then, Lee worked as executive sous chef of Tribeca Canvas under the mentorship of Shik Ahn. From here, Lee worked in a number of illustrative restaurants under prominent figures of the culinary scene: sous chef at Zuma, executive chef at Masaharu, Morimoto's Momosan Ramen & Sake,

50 Bowery Hotel's Rice and Gold under the mentorship of Dale Talde. Before the restaurant closed in 2019, Lee began his pop-up restaurant series, "Him", meaning strength in Korean. Eventually, the resilient chef returned to the East Village in 2019 and opened Nowon, where he now represents his Korean culture as an American citizen.

Ingredients

Prep time: 15 minutes
Total time: 30 minutes

Serves 4

Soy-pickled jalapeños

1 ½ cups (315 ml) rice vinegar
1 cup (250 ml) soy sauce
¼ cup (60g) granulated sugar
¼ cup (60 ml) yuzu juice
4 garlic cloves, thinly sliced
3 jalapeños, sliced ¼-inch thick

Miso sauce

½ cup (125 ml) mirin
¼ cup (88g) white miso
2 tbsp Korean miso

Scallion oil

2 cups (500 ml) canola oil
1 bunch scallions, cut into 1-inch pieces
½ Spanish onion, thinly sliced
1 (½ inch) piece ginger, thinly sliced

Spiced beef

8 oz (225g) ground beef
2 tsp old Bay
2 ½ tsp Korean chili flakes
2 tsp fish sauce
1 tbsp scallion oil

Chopped cheese

3 tbsp canola oil, plus more for frying
1 lb (450g) Korean rice cakes (sticks)
⅓ cup cornstarch
2 oz (60g) American cheese, torn into bite-sized pieces (about 3 or 4 slices)
½ cup (130g) labneh
2 scallions, thinly sliced
Grated parmesan cheese, to serve
Fried shallots, for garnish
Sesame seeds, for garnish

Method

1. **Pickle Jalapeños** – in a medium saucepan, combine rice vinegar, soy sauce, sugar, yuzu juice, and garlic over high. Bring to a boil, and then add jalapeños after removing the saucepan from the heat. Once cooled, cover and refrigerate for 24 hours.
2. **Make Miso Sauce** – place mirin in a small saucepan over high. As the mirin begins to boil, set it on fire using a torch or a lighter. Whisk in the miso and set aside.
3. **Make Scallion Oil** – place all the ingredients in a small saucepan over medium-high. Cook, stirring occasionally until the scallions are golden (approximately 35 to 40 min). Strain to discard solids. Set aside until usage.
4. **Make Spiced Beef** – Combine all of the ingredients in a small bowl.
5. **Make Chopped Cheese** – Heat 2 inches of oil in a large saucepan until a deep-fry thermometer reads 325F. Toss the rice cakes with cornstarch to fry until puffed, but not golden (45 seconds to 1 minute). Transfer to a paper-towel-lined plate
Heat 3 tablespoons of oil in a wok over high. Add spiced beef combination and cook until browned (2 minutes). Add labneh, American cheese, and ⅓ cup of water. Toss until the cheese is melted. Add a small amount of pickled jalapeño and scallions. Transfer to a bowl and grate parmesan on top. Sprinkle with sesame seeds and fried shallot.

Tailor Nashville's Dal Bhat

Vivek T. Surti is the culinary creator behind Tailor Nashville, the dinner-party style South Asian American restaurant that has appeared on Bon Appétit's Hot 10 list of America's best new restaurants, as well as Thrillist's list of 12 Best New Restaurants in America. The restaurant gave a home to Surti's popular VEA Supper Club, Nashville's first and longest running series of pop up restaurants that he created in May 2011.

Surti was a James Beard Foundation 2020 semifinalist for Best Chef in the Southeast and has been described by fellow culinary peers as a "pop up luminary," "bon vivant," "ubiquitous foodie," "beverage connoisseur," "culinary gadabout," and "local raconteur," and the dinners he hosts are often compared to a dinner party - going to a friend's house who has a really cool kitchen, where great food, wine and conversation never seem to end. The same warm dinner party concept is the basis for Tailor.

Surti's food point of view - South Asian American - reflects his heritage of being a first generation American of Indian descent. Many of his dishes are representative of the Gujarati meals he grew up eating as a child, dishes that are American as well as dishes inspired by travel. His hospitality is served up as delightfully as the dishes he prepares, welcoming everyone around the table as if they are in his own home, and his tradition of telling relatable vignettes about each dish as a palate cleanser between courses at his supper club events will continue as he takes up residency at his own restaurant Tailor.

“**In Gujarat, India, the traditional meal is dal bhat with lentils, rice, bread, and chaat. If you walked into my mother's house, this is the dal bhat you'd eat. The dal is a little sweet with jaggery, a little spicy with green chiles, and a little sour with lime juice.**”

Ingredients

Serves 8

Dal

1 plum tomato, coarsely chopped

1 cup toor dal (pigeon peas), rinsed, picked over

5 tbsp Diamond crystal or 3 tbsp Morton kosher salt

3 serrano chiles, halved

6 oz ginger, peeled, coarsely chopped (about ½ cup)

1 cup (lightly packed) grated jaggery

6 tbsp fresh lime juice

2 tsp red chile powder, preferably Kashmiri

1 tsp ground turmeric

Rice & assembly

2 cups basmati rice

9 tbsp vegetable oil, divided

6 curry leaves

3 dried Kashmiri, guajillo, or New Mexico chiles, seeds removed

1 tbsp brown mustard seeds

1 tsp asafetida

½ tsp fenugreek

Ingredient Info

Jaggery, also called gur or palm sugar, can be found at Asian or Indian markets. Asafetida can be found at Indian markets. Both can be found online at foodsofnations.com.

Method

DAL

1. Bring tomato, toor dal, salt, and 8 cups water to a boil in a medium saucepan over medium-high heat, skimming foam from surface and stirring occasionally, 8–10 minutes. Reduce heat and simmer, stirring and skimming occasionally, until dal are very soft but not disintegrated, 45–60 minutes.
2. Meanwhile, process chiles and ginger in a food processor to a coarse purée, about 1 minute. Transfer to a 2-cup measuring glass or a medium bowl; stir in jaggery, lime juice, chile powder, and turmeric. Set seasoning mixture aside.
3. Once dal is done, mix in reserved seasoning mixture and simmer until flavors are melded, about 5 minutes. Blend dal with an immersion blender or in a blender until smooth; it should be about the consistency of heavy cream.

Do Ahead: Dal can be made 3–4 hours ahead. Cover and keep warm.

RICE + ASSEMBLY

1. While the dal is cooking, place rice in a medium bowl and cover with cold water. Swish around with your fingers to remove surface starches, then drain through a sieve or colander. Repeat process until water runs clear, about 4 or 5 changes of water.
2. Heat 2 tbsp. oil in a medium pot over medium. Add rice and stir to coat grains in oil. Add 4 cups water and bring to a boil over high; reduce heat to low, cover pot, and cook 15 minutes. Remove from heat.
3. Just before serving, heat remaining 7 tbsp. oil in a small skillet over medium-high. Add curry leaves, chiles, mustard seeds, asafetida, and fenugreek one at a time, pausing for a second between each addition and swirling pan. Cook until spices are toasted and curry leaves sizzle and pop, about 20 seconds. Spoon spices over dal; serve with rice.



GIMBAP HEAVEN
(LEFT)

IRON WOMEN 2.0
(RIGHT)

HYEGYEONG CHOI



NOODLES

BY

HANNAH + MARIAN CHENG
XIN WANG
HO JAE KIM
TAMMY NGUYEN

Taiwanese Beef Noodle Soup

Growing up, we spent many hot summers in Taipei with our extended family and to attend summer Chinese School. Our mom would have to coax us out in the humid heat with promises of big steaming bowls of niu rou men with slick noodles, big hunks of tender beef, hot sauce, and tangy fermented mustard greens. We always opted for the hong shao version. Air conditioners were not super prevalent at this time so our faces would pour sweat while devouring these delicious bowls. It's some of our fondest food memories.



Method

1. Boil the beef soup bones in a pot with cold water. Immediately upon boiling, take it off the burner and rinse the bones, discarding the dirty water.
2. Char the onion on the stove and then sear the onion with the beef soup bones in an empty stock pot with a little oil. Add all the ingredients except for the beef shank, salt, and liquids.
3. Once all the ingredients are aromatic, add in the liquids, salt and beef shank.
4. Bring everything to a boil and simmer for 2 hours. Remove the beef shank. Continue to cook the broth for another hour or two. Serve with chewy wheat noodles of choice, cilantro, pickled mustard greens, and hot sauce/chili oil.

Ingredients

2 cups of soup per serving

- 4 lbs of beef soup bones
- 2 star anise
- 1 large tomato
- 6 thick slices of peeled fresh ginger
- 6 garlic cloves, smashed
- 2 tbsp sugar
- 1 large onion, charred
- ¼ tsp black pepper
- half of a large carrot
- 2 ¼ lbs of beef shank (cut into 2 inch cubes)
- 10 cups water
- 4 cups chicken stock
- 1 tsp salt
- 1 tbsp chili bean sauce
- 1 cup rice wine
- ½ cup light soy
- ¼ cup dark soy

Breakfast Noodle Soup

Here's a recipe I'd like to share—a very simple breakfast & comfort noodle soup from northeastern China, in Shandong province, but it's really just my parents' cooking that I've enjoyed since childhood.



Method

Start by warming the cooking pan on the stove, add one or two spoons of olive oil, then simmer some chopped green scallion until aromatic. Add chopped tomato chunks (from one tomato), cook until soft and juicy; add one spoon of soy sauce to the mix for another minute before adding a bowl of water. Add somen or soba noodles to the boiling mixture, plus an egg, shrimps & artificial crabmeat.

The soup is ready when the noodles are about to get tender and the texture of the soup has thickened.

Vegetable Japchae

I used to hate Japchae. In my recollection, I'm not sure whether it was the abundance of vegetables or the slimy vermicelli noodle. Perhaps my mom had no talent when it came to Japchae. Regardlessly, I despised its existence.

Long after, in my early 20s, my resume was filled with service experiences from a variety of Korean restaurants, in support of my emerging art career (couldn't really call it a career, but it was all I had). Ironically, every casual Korean restaurant had Japchae as one of its "must-haves", and it eventually came back into my life. One fateful day, a customer never picked up his takeout of Japchae, and the chef advised me to take it home. Being picky is a rich man's privilege, and I was far from such a thing. After closing the restaurant that night, I eventually made my way to my studio with a brown bag of japchae, probably around 12am.

Hungry and exhausted, I placed the clump of cold Japchae into my mouth. Perhaps I was vulnerable or maybe I was a grown-up. Whatever it was, Japchae had never tasted so good, and along with this satisfaction came the memory of my mom. Due to financial situations and family trouble, I had not seen my mom for more than 6 years, and we only kept in touch periodically by phone. I thought of how I once took my mom's home-cooking for granted –how I often complained about her cooking and rejected her multi-leveled-heat-insulated meals because all the kids at school were eating Lunchables. Japchae was a large truck, switching lanes without turning its blinkers on. I was crushed.

I make Japchae at home, especially around holidays. It is one of the ways I try to share warmth and comfort with friends and family. What's not to like? A variety of vegetables, an option for protein, well-textured vermicelli noodles, and a truck full of memories.

Ingredients

Glass noodle: 250g

Onion: ½

carrot : ½

Scallion: 2

Spinach: large fist-full

Shiitake Mushrooms: 3

Button Mushrooms: fist-full

Garlic: 5 cloves

Sesame seeds

Chili pepper flakes

Brown sugar

Soy sauce

Sesame oil

Method

Rest glass noodles in cold water for at least 30 mins. 1 hr recommended

To make the marinade, combine the following:

2 tbsp brown sugar

4 tbsp soy sauce

4 tbsp sesame oil

Pinch of salt

3 garlic minced

Sesame seed

VEGETABLES

1. Julienne onion, carrot, scallion, and both mushrooms
2. Put a generous amount of sesame oil into non-stick pan.
3. When the oil is hot, put chopped carrots and mushrooms into the pan. Add onions slightly later because it will cook faster.
4. When the carrots are almost done, add spinach and scallions into the pan. Cook until spinach wilts.
5. Remove the vegetables from heat.

NOODLES

1. Finely chop 3 garlic cloves and 2 scallions.
2. Add a generous amount of sesame oil into non-stick pan. Set the heat on low and add a tablespoon of chili flakes. Let the chili flakes simmer on very low heat for about 5 mins until the chili flavor is infused into the oil.
3. Add finely chopped garlic and scallions into the chili oil. Keep the heat on low.
 - * Do not let any of the chili flakes, garlic or scallions burn.
4. Once the garlic has toasted, add the glass noodles into the pan and set the heat on high. Add a touch of water.
5. Stir fry the noodles until desired texture.

Add all the cooked ingredients in a large serving plate and add the marinade. Add the marinade incrementally to prevent the dish from becoming too salty.

Bún Riêu

Bún Riêu is a dish that artist Tammy Nguyen often consumed, growing up. This soup is “funky, crabby, and tomato-y”, and is a perfect dish for those who love seafood. Whenever Tammy visits Vietnam, she would always stop by if she saw a street vendor offering Bún Riêu. Bún Riêu is something Tammy has at least 3 times a week when visiting Vietnam.

Method

1. Make a chicken broth with onions and daikon seasoned with sugar, salt, and pepper.
2. Sauté diced tomatoes with annatto seeds, fish sauce, sugar, pepper, and crab paste in a large pot. When the tomatoes are ready, add chicken broth.
3. Blend a can of lump crab with 3 eggs, scallions, sugar, pepper, crab paste, salt, and fish sauce.
4. When the broth comes to a boil, add the blended mixture into the boiling soup. **DO NOT MIX** the blend — let it float to the top and simmer.
5. Separately, on the side, mix shrimp paste with sugar and lemon.
6. Chop scallions and cilantro.
7. Boil a portion of vermicelli noodles and strain.
8. Prepare fresh mint leaves
9. With all the ready ingredients above, assemble a bowl.



VEGETABLES

BY

KYOKO HAMAGUCHI

JUSTIN LEE

SARAH S. HAN

MAIKO KYOGOKU

SAHANA RAMAKRISHNAN

Nimono

BRAISED VEGETABLES



Ingredients

Serves 8

400g carrots

600g daikon

400g lotus roots

400g taro

16 pieces shiitake mushrooms

*900ml water

*3 tsp vegetable stock powder
(I use Kayanoya Dashi Stock)

*2 tbsp lakanto or regular sugar

*3 tbsp mirin

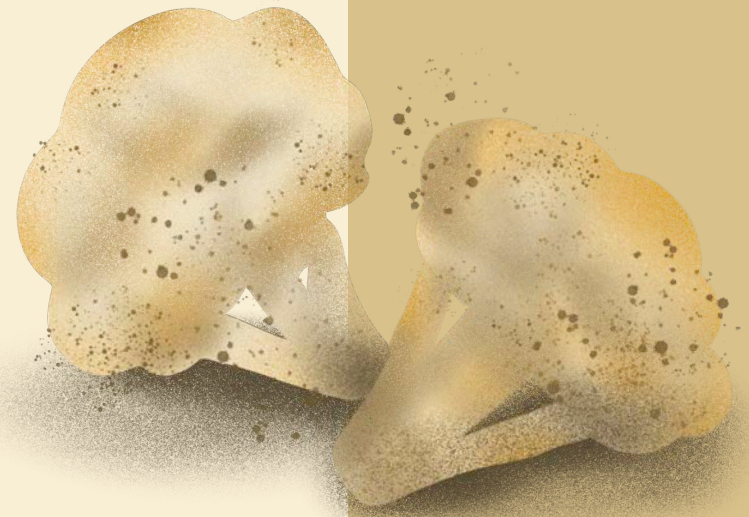
4 ½ tbsp soy sauce
(add at the end)

Method

1. Chop carrots and taro into chunks, and cut daikons and lotus roots in round slices. Remove stems from shiitake mushrooms and score crosses onto the caps (to allow them soak up the soup).
2. Boil daikons, lotus roots and taros (unless it's already boiled when you get them).
3. Add all ingredients marked with * in another pot along with carrots and shiitake mushrooms and the boiled daikons and lotus roots. Heat on high until mixture comes to a boil. Then, simmer on low to medium heat for 10 minutes.
4. Add taro and put an otoshibuta - a drop-lid (I usually use aluminum foil) - over the mixture. Simmer on low to medium heat for ten more minutes.
5. At the end, add soy sauce and cook for three minutes.
6. **Bon appétit!**

Salt & Pepper Cauliflower

When visiting both grandparents in Manhattan's Chinatown we'd always order salt and pepper shrimp, calamari, or soft shell crabs. Aside from being delicious, I liked that something was lost in the translation and it was labeled salt and pepper "baked" on English menus, while they're actually deep fried. When putting together a menu for Fat Choy, I wanted to include this dish that was so ingrained in my happy childhood memories. While the archetype of salt and pepper baked is a lighter batter that's more crispy than it is crunchy, we realized from a logistic standpoint we couldn't achieve that texture. Instead of a more delicate, ala minute battering system, we moved towards a double frying method that kept the essence of the dish, but could be accomplished in a much faster and less messy manner during service. We pair the garlicky, jalapeño fried cauliflower with a creamy caramelized shallot sauce that has a lemony pop to brighten things up. The outcome is not super traditional, but it does pay homage in a delicious, forward thinking way.



Ingredients

Marination

- 1 medium sized cauliflower
- 1 tsp salt
- 1 jalapeño, deseeded and minced
- 5 garlic cloves, minced

Flour & batter

5:2:1 – rice flour:cornstarch:tapioca starch & flour

Creamy shallot sauce

- 1 cup shallot sauce, preferably Bull's Head brand
- 1 pack soft tofu, drained
- ½ cup lemon juice, 2-3 lemons
- 2 tsp salt

Method

MARINATION

Break down cauliflower into bite sized florets. Peel and cut core into thin planks, roughly ¼". Compost peel and leaves, conversely you can use the peels in stock and the leaves, sliced thinly in stir fries or dumpling fillings. Mix florets, planks, jalapeño, garlic, and salt. Marinate for at least an hour, but overnight works best. Note* You can make it spicier by not removing seeds or using a hotter chili like serrano. Don't be afraid to up the garlic quotient either, we try to keep everything a little more middle of the road to please the vast, diverse community the restaurant serves.

FLOUR + BATTER

In an appropriately sized container mix the flours together. We make large batches of the dry mix because it's shelf stable and is a nice tool to have on hand. I recommend you do the same if you like the battering system. Combine the dry mix with the cheapest vodka you can find. Whisk smooth to a thin pancake/stirred creme fraiche consistency. Be sure to mix throughout the frying process as this non-newtonian fluid is bound to separate.

FRYING

Heat an appropriate container less than half full with oil to 350F or until bubbles come off the tip of a submerged chopstick. At home I would use a large, heavy bottomed pot or wok. We use sustainably farmed and produced olive oil (OMED brand) to cook everything at Fat Choy, but feel free to use an oil of your preference. Working in batches, add cauliflower into the batter, shake off excess and gently lower one piece at a time into the hot oil. The closer the food gets to the oil before releasing the smaller the splash. Be sure not to overcrowd the oil or the cauliflower will stick together and not fry up nicely. Fry each batch for about 3-5 minutes, remove with a spider or slotted spoon to drain on a paper towel lined dish or wire rack lined sheet tray. Taste a piece once it cools slightly to make sure the alcohol taste has dissipated, if not fry for an additional 1-2 minutes. At the restaurant we would cool and store the cauliflower to be fried a second time for 1-2 minutes when it's ordered. If you plan on eating immediately, add salt to taste when you remove the cauliflower from the oil.

CREAMY SHALLOT SAUCE

This recipe yields about a quart which is more than you'll need, but it's so good that you might as well use it on everything. Throw all the ingredients into a blender and blend until smooth.

Ganjang Jang-Ajji

After I first moved away from my family home, I had a two-part culinary awakening: 1) I don't know how to cook 2) I miss home-cooked Korean meals a lot more than I thought I would.

No matter how much I tried to remake various dishes that my mom had made for me growing up, I could never capture that flavor unique to my mom's touch. Not to mention how fussy it was to track down some of the ingredients these recipes called for. I never became a master home cook, but I did figure out a way to cut corners to achieve that comfort without any special skills: rice, fried eggs, seaweed, and really good kimchi. I quickly run out of any "really good kimchi" I can get my hands on, and I can't make it myself, so I started to make jang-ajji — a much simpler banchan that (for me) is the perfect understudy for kimchi in this simple comfort meal. It's worth noting, these pickles are also delicious with pizza.

Ingredients

1 onion

2-3 Korean cucumbers (Persian cucumbers sub in nicely)

Handful of hot green peppers (Serrano works)

*any combination of crisp vegetables ideal for pickling can be mixed and matched, including radish, garlic cloves, garlic scapes etc.

Pickling liquid

1 cup soy sauce

1 cup vinegar

1 cup sugar

1 cup water

Method

1. Chop vegetables and place in jar.
2. Boil pickling liquid ingredients together, pour over chopped vegetables.
3. Cover and leave at room temperature for half a day and then refrigerate.

*Pickles can be eaten as early as 1 day after brining.



Mahbo Eggplant

JAPANESE-STYLE MAPO TOFU



* You can substitute a block of tofu if you'd like to make it traditional mapo tofu style

**The doubanjiang and rayu are omitted from the HOD meals to the elderly to keep it mild but we've included the original ingredients here in case you like a little heat!

Ingredients

Serves 2–4

- 1 Japanese eggplant (if you can't find, 2 Italian eggplants cut into large bite size pieces*)
- 0.4 lb ground pork
- 1 tbsp ginger, finely minced
- 3 cloves garlic, finely minced
- 2 stalks scallion, thinly sliced (separate green and white parts)
- 2 tsp doubanjiang**
- 2 tsp rayu chili oil**

For Sauce

- 5 oz chicken broth (or equivalent of Chicken bouillon mixed with water)
- 3 tbsp sake
- 1.5 tbsp soy sauce
- 2 tsp sugar
- 1.5 tbsp miso

For Potato Starch Slurry

- 3 tsp potato starch
- 3 tbsp water

Sesame oil (to taste, to garnish)

Method

1. Make sauce. Stir together ingredients for the sauce. Set aside.
2. Make potato starch slurry. Stir ingredients for the slurry. Set aside.
3. Heat a deep sauté pan on medium-high with enough oil to cover the pan.
4. Add ground pork, breaking larger pieces up into smaller ones, and cook until beginning to brown, about 4 minutes.
5. Add eggplant and sauté, heat through, another 5 minutes.
6. Add garlic, ginger, and the white part of the scallion and continue to cook until fragrant, 2 minutes.
7. Pour the sauce mixture, tobanjan and chili oil in and continue to stir another 2 minutes. Let the flavors meld.
8. Try a bite at this point and adjust with a little water if the sauce is too salty.
9. Turn heat on high and when the sauce is vigorously boiling, add the potato starch slurry. Gently stir slurry into broth for a minute and see it thicken. Lower heat to low.
10. If the sauce is not thick enough, add a little more slurry to thicken.
11. Serve hot over rice with a sprinkle of green scallions and a drizzle of sesame oil to taste!

Mattar Paneer

While I was growing up in Singapore my mum always made sure to feed me as if I was actually ten bison hidden inside the body of a wiry Indian child. I'm sure she took pride in the way I walloped this particular dish down after basketball or cross country practice (best served with hot rotis, made on an open flame, though unfortunately that part of the recipe has been lost on me). My parents migrated to Singapore with me when I was only 1 year old, and one of the primary channels of access I had to my hereditary culture was through my mum's mouth watering cooking.

As I grew older and went off to college in the states, my mum moved back to Bombay, and on the trips home this was the first meal she would prepare for me. I would get off the plane between 9pm and midnight, we would give each other a big hug and head back to her small seaside apartment where a hot pot of Mattar Paneer and a stack of steaming rotis would be awaiting our arrival. We would sit by the balcony, with the full moon's silvery gaze and the ocean breeze wafting through the apartment, and catch up on the year we spent away from each other. Our relationship has always been complicated and rocky, but always this first night together was peaceful.

p.s. If you would like to beat 14-year-old me in an eating contest, you'd have to eat about 7 rotis full of this dish, followed by a dessert of curd-rice (a staple South Indian dish, simply made by mixing yoghurt and rice)

Ingredients

1 onion
 1 inch of ginger
 5–10 garlic pods
 Cumin seeds
 Turmeric powder
 Coriander powder
 Chili powder
 Garam masala
 Black pepper
 2 tomatoes
 Peas
 Cilantro
 Paneer

Method

Grind 1 onion, 1 inch of ginger and 5–10 pods of garlic in a food processor.

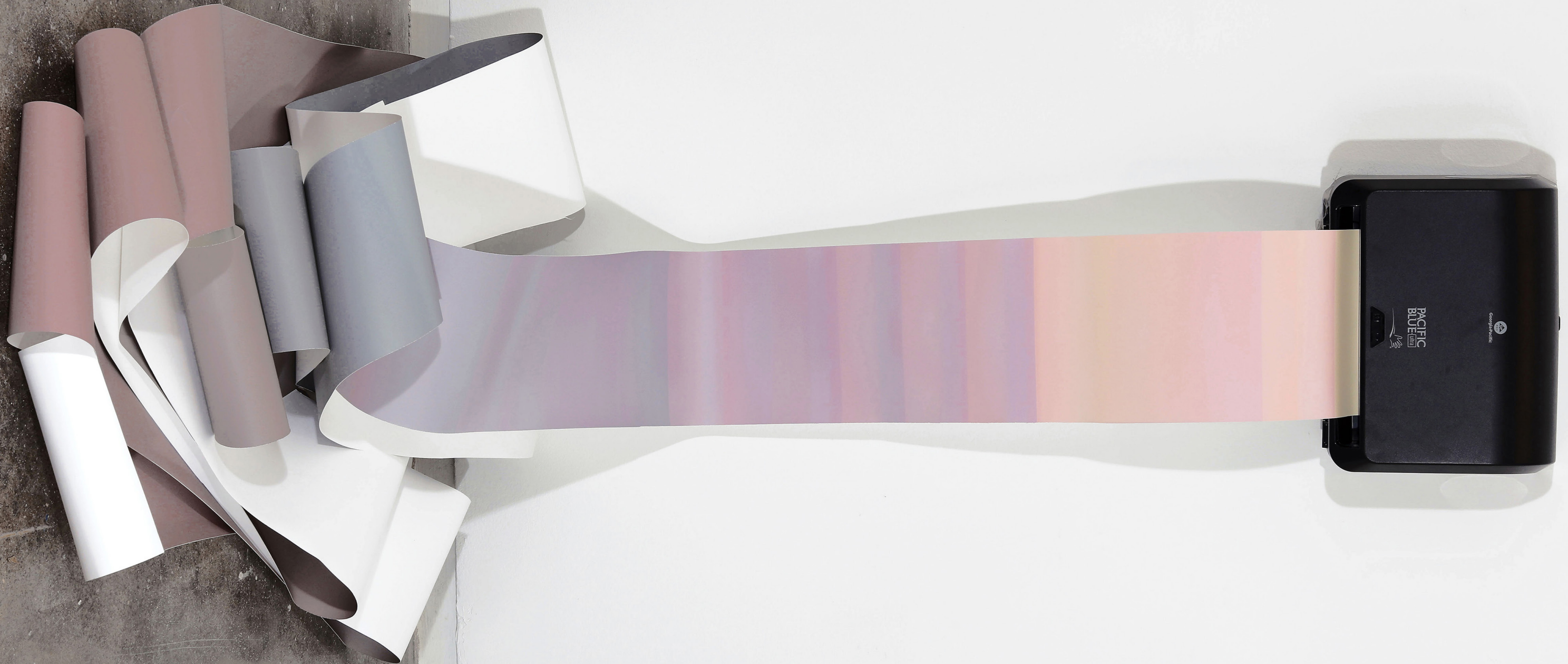
Heat pan and add oil, cumin seeds and the paste from the food processor, stir it well so nothing gets burnt. Add turmeric powder, coriander powder, chilli powder, Garam Masala, salt and ground black pepper - about 1 tbsp of each but feel free to experiment with the quantities! (You may have to watch out for the chili powder.)

After about 5 minutes of stirring, or when the oil begins to separate, add 2 chopped tomatoes, peas, and some water (use your best judgement with the water, depending on how thick or thin you want the curry). When almost cooked add the Paneer, chopped to desired size. Garnish with coriander leaves (cilantro) and serve with roti, naan or basmati rice.

Roti is by far the best.

WAVECASTER

KYOKO HAMAGUCHI



CHICKEN

BY

AIZA AHMED

HIBA SCHAHBAZ

SONJA JOHN

STEVEN ABRAHAM

OSCAR YI HOU

Chicken Jalfrezi

'Chicken Jalfrezi' would always be my answer any time my mother would ask "what should I keep ready for you?"

Whether it be upon my return from a school trip, long day at work or 13 hour flight back home to Dubai during college winter breaks. I would crave the fresh aroma of the spices and herbs, tenderness of the boneless chicken and delicious taste of the tomato-based sauce. No matter how many times I have attempted to cook Chicken Jalfrezi myself, it has never been the same. Perhaps this is because it lacks the love, care and magic in my mother's hands which was undoubtedly passed down from my grandmother, the master-chef in my family. I recall my mother would say that she learnt everything by carefully observing her. Given her exceptional culinary skills and warm hospitality, my mother turned her passion into opening Little Lahore, bringing our hometown's revered specialities and authentic flavors to Dubai.

I can only aspire to continue this family legacy one day but for now I shall start by mastering my favorite dish, Chicken Jalfrezi, and follow my grandmother's wise words, "Khao, piyo aur mauja karo" (eat, drink and enjoy)!

Born in Lahore (1997), Aiza Ahmed is a Pakistani artist currently based in London. She is the daughter of Saira Ahmed, Managing Director of Little Lahore, an award-winning Pakistani restaurant located in Dubai, UAE.

Method

1. Heat the oil on medium flame.
2. Add ginger and garlic and sauté for a minute.
3. Add chicken cubes and cook for a few minutes.
4. Add tomatoes and all the spices. Cover the wok and cook for approximately 15–20 minutes on medium flame. Once the chicken is tender, add yogurt and cook for another 10–15 minutes until oil is released from the mixture.
5. Add peppers and onion and let it simmer for 5 minutes.
6. Top with garnishes and enjoy!

Ingredients

500g boneless chicken (cut in cubes)

¼ cup oil

4 medium-sized tomatoes

½ cup yogurt

1 tsp garlic minced

1 tsp ginger minced

1 tsp salt

½ tsp red chilli powder

¼ tsp crushed red chili powder

½ tsp coriander powder

½ tsp cumin powder

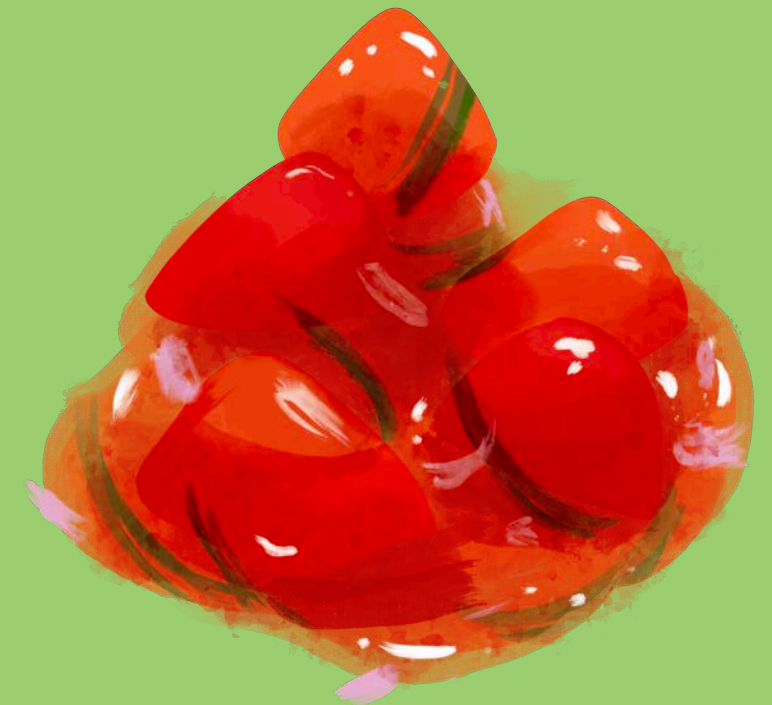
1 green capsicum (cut in squares)

1 red bell pepper (cut in squares)

1 onion (cut in squares)

Coriander leaves (for garnishing)

Green chillies (chopped for garnishing)



(GRANDMA'S) Chicken in Cream Sauce

This traditional Bohri recipe for chicken in cream sauce is from my grandmother's kitchen – a family favorite! Succulent and flavorful, this dish can be enjoyed with Pakastani bread or basmati rice for maximum potency.

Method

1. Grind together ginger, garlic, chillies, salt and lemon to make a paste.
2. Heat oil in a wok or saucepan and fry spice paste for 2–3 minutes.
3. Add chicken pieces and sauce until they begin to brown.
4. Add 1 1/2 cups of water and bring to boil.
5. Cover the pot and lower the heat to a simmer until the chicken is cooked through and half a cup of broth remains.
6. Add pepper and tomato paste and mix well.
7. Fold the cream gently into the mixture. Garnish with parsley leaves and serve hot with a crusty sourdough.

Ingredients

- 3 tsp fresh ground ginger
- 6 cloves minced garlic
- 2 finely chopped green chillies (deseed chillies for milder spice)
- 1 tsp salt
- Juice of half a lemon
- 1–2 tbsp oil
- 1 kg chicken pieces (bone-in or boneless)
- ½ tsp pepper
- 3 tbsp tomato paste
- ½ cup whipped or sour cream
- 2 tbsp fresh parsley





MERIENDA
(LEFT)

EGGS RICE
(RIGHT)

MICHAEL YATES



White-Cut Chicken with Ginger Scallion Sauce

This dish is a Cantonese classic. When I tell people that my parents run a restaurant in Liverpool, they often assume that I get my cooking expertise from my father, who is the chef. But it was actually at home, from my mother, where I learned the Cantonese classics. We don't serve *white-cut chicken* at the restaurant.

I make this dish every Sunday night. I butcher the chicken into four portions which I use throughout the week for curries, stir-fries, or salads. I'll remove all the bones and place them back into the pot in order to make a stock, which I use to make noodle soups or tonkotsu.

I think that nothing exemplifies best Marx's commodity fetish than the McNugget— pulverised, commodified meat completely divorced from its conditions of possibility and the social relations that preconditioned it. As such, I like this dish because it honours in full the animal's life, especially if you make stock from the bones. If there's one thing I hate most, it's wasting animal products. To me, it's disrespectful to life itself. Making white-cut chicken in the way I outlined is perhaps to honour our relationship to the Earth and the sacred transference of life from animal to human.

Ingredients

Serves 4

1 organic whole chicken (washed)
1 thumb of ginger
4 scallions
Extra virgin olive oil
White truffle oil
Sesame oil
Soy sauce
Mirin (or sugar)
Salt

Method

POACHING THE CHICKEN

1. Fill a stock pot with water, leaving enough room at the top so it won't overflow once the chicken is added.
2. On high heat, heat to a rolling boil.
3. Place the chicken into the stock pot. Cover with lid.
4. Once the water heats to a rolling boil again, take out the chicken. Holding the chicken above the pot, angle the cavity downwards so the colder water inside the cavity pours out. This enables the chicken to be more evenly cooked inside. I like to do this using a strainer.
5. Place chicken back in pot. Replace lid.
6. Once the water boils again, turn off heat.
7. Leave overnight, or until room temperature.
8. Once chicken is ready, transfer to a large bowl. Leave the chicken upright for a ten minutes, allowing the water within the chicken to drain.
9. Once chicken is ready, butcher the chicken and plate.
10. Time to prepare the sauce.

PREPARING THE SAUCE

1. Wash the scallions. Divide them in two to separate the green and white halves.
2. Bisect the whites lengthwise, then finely mince.
3. Finely mince the greens.
4. Peel the ginger and finely mince it.
5. Heat approximately three tablespoons of extra virgin oil in a wok, medium-high. Once the oil starts smoking, add the ginger and the whites of the scallions.
6. Add a small dash of soy sauce, aiming it at the side of the wok (the soy sauce sizzling against the hot steel of the wok adds an important wok hei element to the sauce's flavour.)
7. Once the soy sauce has largely boiled off, add in ¼ cup of mirin. If you don't have mirin, you can substitute with a tablespoon of sugar and a ¼ cup of rice wine.)
8. Once the mirin has largely boiled off, turn the heat to low and add the greens of the scallions.
9. After around one minute, or once the greens have been softened sufficiently, turn the heat off. Add a teaspoon of sesame oil, a few drops of white truffle oil, and season with salt to taste.
10. Stir well and plate.
11. Dish is best eaten with fluffy white jasmine rice.

Oscar yi Hou (b. 1998) is an artist who lives and works in New York City. He was born and raised in Liverpool, UK. His parents, who immigrated to Liverpool from Guangdong in the 90's, run a Chinese restaurant in which yi Hou worked as a waiter throughout his adolescence. yi Hou cooks every day.

Ayam Bakar & Lalapan

Ayam Bakar, or literally translated as grilled chicken, is a staple Indonesian and Malay dish. There are hundreds of regional styles of Ayam Bakar in Indonesia, but the one I am fond of is a mix between Sundanese and Javanese styles.

Both of my parents are Sundanese and Chinese from Bandung, but raised our family in the Indonesian capital of Jakarta. Growing up, my parents always tried to find a good Sundanese grilled chicken restaurant in Jakarta but all they could find were restaurants that just said “Ayam Bakar” without further detail. It was as if one were offered a dish simply described as “fish” - so varied are the styles of Ayam Bakar.

And yet beneath this seemingly careless regard for the menu lies a story of Jakarta's long history as a melting pot and finding home on a plate.

Jakarta was founded as a part of the Sundanese Hindu kingdom in the 4th century and since then became home to a string of immigrant communities starting with Chinese traders in the early 13th century. Arab merchants followed in the 15th century and then became the center of the Dutch occupation of Indonesia for 350 years from 1602. The 1970s saw an economic boom, and with it people from all 300 Indonesian ethnic groups flocked to Jakarta to try their luck for a better life, my parents among them.

Somewhere in this long history of migration a saying came about that the “mother city is crueler than step mother” - mother city being the literal Bahasa word for capital city. It was a call out to how chaotic and punishing Jakarta had become, and how easily one can be lost when you don't know anyone.

Reflecting on this saying and my family's food pilgrimages, I have come to think of Jakarta in different terms - one more similar to that of my current home in New York City. I've come to see it as a place that doesn't care where you've come from; where you can at once reinvent yourself and be fiercely proud of your family history. A place where the nondescript Ayam Bakar is offered up as a familiar welcome to all. And once seated, you are treated to wondrous tales of the vendor's lineage and journey to the mother city.

Ingredients

Serves 2–4

Chicken

4 pcs of chicken thighs (bone-in)

2 tbsp of vegetable oil

Braising liquid

2 cups of water

¼ cup of sweet soy sauce (kecap manis)

2 stalks of lemongrass

1 in galangal julienned (ginger will do)

4 bay leaves

2 tsp brown sugar

1 tsp salt

½ tsp ground black pepper

Spice paste

2 shallots

1 red bird's eye chili

1 tbsp coriander (grounded)

¼ tsp cumin (grounded)

½ tsp turmeric (grounded)

½ in sliced ginger

4 cloves garlic

Lalapan & sambal

1 whole butter lettuce

1/2 cucumber (peel off the skin)

Sambal to taste (any type will do - Sambal Oelek can be found at most Asian grocery stores)

Cooked white rice (as desired)

Method

1. Create the lalapan. Rough-chop the butter lettuce and slice the cucumber (medium size is ok). Set aside both separately.
2. Create the braising liquid. Take the lemongrass stalks, cut and set aside the white part. Crush, roll, and gently pound the rest of the stalk to release the aromatics. Julienne the galangal (or ginger). In a medium bowl, mix the braising liquid ingredients and add the lemongrass stalks - set aside.
3. Create the spice paste. Put all the spice paste ingredients into the food processor until it becomes a smooth paste, set aside.
4. Heat up the oil in an oven-safe pan (I use a cast iron skillet) on medium heat and add the spice paste once it's hot. Sauté the paste for about 2-3 min or until it's fragrant.
5. Place the chicken thighs in the pan and coat it with the spice paste until the chicken skins just begin to brown but without burning the spice paste, about 3-4 mins each side.
6. Pour the braising liquid and bring the heat to high until the mixture boils. Once it boils, turn the heat back to medium low until it comes to a simmer and cover. Cook for 20 minutes, check frequently to ensure simmer continues.
7. Turn the heat off, turn the chicken over and leave it to soak in the braising liquid for an hour longer.
8. Remove the excess braising liquid and place it in a bowl - set aside.
9. Set your oven to broil on high. Put the pan with your chicken skin side up in the oven for 15 minutes or until it's slightly charred. While it broils, take it out every 5 minutes and brush the skin with the excess braising liquid.
10. Remove chicken from the pan and assemble on a plate with sambal, rice, and lalapan.

Serve immediately and enjoy!

Adobong Manok Sa Gata

CHICKEN ADOBO WITH COCONUT MILK

Adobo Sa Gata is the Bicolano version of the unofficial national dish of the Philippines, Adobo. Adobo is a chameleon — it has as many variations as there are islands in the Philippine archipelago, and can be made with almost anything. It generally entails stewing meat or vegetables in acid and salt — typically soy sauce and vinegar — with plenty of garlic, peppercorns, and bay leaves. This version is native to the Bicol region of the Philippines, and it is one of my favorite of my grandmother's recipes. In my family's rendition of Adobo Sa Gata, lemon juice replaces the usual vinegar as the acidic element, and the whole dish balances acidity with heat from red chili peppers and the mellowness of coconut milk. Lemongrass adds an essential and uniquely floral fragrance to the dish.



Ingredients

Prep time: 10 minutes

Cook time: 40 minutes

Total: 50 minutes

Serves 4-6

1-2 lbs chicken, bone-in

2-3 pieces (about 2 tbsp) thumb size fresh ginger, julienned

5-7 cloves fresh garlic, finely chopped

1 can (about 1 ½ cup) coconut cream (or full fat coconut milk)

Salt, to taste

1-2 tbsp black peppercorns

Bird's Eye chilies (or other similar fresh red chili peppers), to taste

1 whole lemon, juiced

1 stalk lemongrass, smashed

3 tbsp cooking oil

Method

1. Prepare the lemongrass. Remove the tough outer leaves of the lemongrass. Using kitchen shears or a serrated knife, remove the bulb at the end of the stalk. Slice the tender, fleshy yellow parts near the bulb into small, half-inch pieces. Using the back of your knife, smash the woody ends of the upper section of the stalk. Reserve for stewing.
2. In a heavy bottomed pot or casserole dish, heat the oil and saute the garlic, ginger, and the tender parts of the lemongrass until fragrant. Add in the chicken and cook until golden. Season with salt to taste.
3. After the chicken has browned, add the juice of 1 lemon, the coconut milk, and add the smashed woody stalks of the lemongrass. Add the peppercorns.
4. Stir occasionally. Simmer until the chicken is soft and the coconut milk has thickened to an almost oily consistency. The meat should be tender, but not falling off the bone. Finish the dish with thinly sliced bird's eye chili peppers. If the dish is lacking in salt or acidity, add more lemon juice or salt to taste.
5. Serve hot with steamed jasmine rice. Kain na tayo!

Braised Sirloin



Method

1. Cut sirloin in small chunks and place them in a pot with cold water till boil.
2. 3 minutes after boiling, get rid of the water and residue substances. Gently rinse the sirloin in cold water.
3. Heat up some oil in a wok/pan, and add some ginger slices. Then, add the sirloin to stir fry a bit before adding cooking wine, soy sauce (for the flavor), dark soy sauce (for the color), some sugar, salt, water to boil for 3-5 minutes. (Add few dry red chili pepper if you like spicy.)
4. Pour everything into a pressure cooker. (Make sure the sauce just covers the sirloin; if not, add some more water.) After the air start to pumping out of the pressure cooker, let it cook for 22 minutes.
5. Make sure to let out the pressure, before open the pressure cooker and pour everything back to a wok. Put on high heat to reduce the sauce to desired amount. Give the flavor a try. Add salt or soy sauce accordingly.

Korean Style Beef Pancake & Chive Salad

Chuseok is the biggest thanksgiving holidays in Korea. During Chuseok, all my family members gather together at grandparent's house and enjoy special homemade dishes. It is an old tradition for the entire family to make all kinds of pancake (jeon) together. My family usually spend time with one another telling stories while cooking pancakes (jeons) in the living room.

One of my favorite pancakes (jeon) on the Chuseok table is my mom's beef pancake.



Ingredients

Makes 20–30 pancakes

Beef pancake

1 lb sliced sirloin beef
 1 cup bread crumbs or flour
 3 eggs
 Cooking Oil (avocado oil or grape seed oil)
 Sesame seed Oil
 Ground black pepper
 Salt

Side chive salad

1 bundle Chinese chive
 1 onion
 2 tsp soy sauce
 2 tsp vinegar
 1 tsp corn syrup (oligo syrup)
 ½ tsp sugar
 ½ small teaspoon wasabi

Method

BEEF PANCAKE

1. Lay the sliced beef on a kitchen towel to take out blood from the flesh.
2. Sprinkle little bit of salt and pepper evenly on both side of beefs.
3. Drizzle small amount the sesame seed oil over the beef and spread it evenly with the cooking brush.
4. Coat the beef slices with the bread crumbs or flour. Coat it on both sides
5. Crack the eggs in a bowl and mix well with a pinch of salt.
6. Deep a beef slice in the egg mixture and place it in the nonstick frying pan to cook it.
7. Add some cooling oil on the medium heated pan and cook until the surface of egg mixture become light brown color.

SIDE CHIVE SALAD

1. Cut the chives into 2 in lengths.
2. Slice the onions.
3. Make chive salad dressing by mixing all ingredients above.
4. In a mixing bowl, add all ingredients and ready to serve.





DINNERTIME

AMANDA BA

Galbi Jjim

KOREAN BRAISED SHORT RIBS

Ingredients

Serves 2

2 lb short rib

1 cup soy sauce

½ cup brown sugar

1 cup mirin

⅓ cup sesame oil

1 tsp vanilla extract

2 tsp fish sauce

2 onions

7 cloves garlic cloves

½ tbsp ginger

½ radish

2 carrots

2 scallions

5 baby shiitake mushrooms

2 red peppers

6 black peppercorns

3 bay leaves

Method

1. Soak the short ribs in a bowl of cold water for a minimum 30 min. 1 hour is recommended. During this process draws the blood from the meat, removing the sharp taste of iron when boiled.
2. While the meat rests in cold water, prepare the marinade: blend 1 onion, 7 garlic cloves, ½ tablespoon of ginger until smooth. Mix the blended ingredients: 1 cup soy sauce, ½ cup brown sugar, 1 cup mirin, ⅓ cup sesame oil, 1 tsp vanilla extract, 2 tsp fish sauce.
3. Prepare vegetables: chop in thick pieces. Half an onion, 1 carrot, 2 scallions, 5 baby shiitake mushrooms, 2 red pepper, ½ radish.
4. Once the short ribs are finish resting in cold water, rinse under running water.
5. In a large pot, add the meat, chopped radishes, marinade, 6 black peppercorns and 3 bay leaves into a pot. Put the pot on high heat until the liquid comes to a boil. Once boiling, reduce the heat and simmer. If the sauce becomes too reduced, add water to keep fluid consistency.
6. When the radishes become translucent, add chopped carrots and mushrooms.
7. When the meat becomes tender (approximately 1.5 hours from boil), add the remaining vegetables.
8. When the newly added vegetables are ready (approximately 5 minutes), the dish is ready to serve.

Gateway Bulgogi

The name bulgogi translates to “fire meat” because it was originally cooked over fire on a skewer. 불 (bul) is fire, and 고기 (gogi) is meat. Growing up in America, this was one of my first and favorite Korean dishes that my adopted parents introduced me to in LA’s Koreatown. Thanks to bulgogi’s iconic sweet and salty barbeque sauce, candied over ribeye cuts, it is a delicious gateway into other Korean dishes. This bulgogi recipe was made with accessible ingredients that are common in a typical American pantry, to encourage as many people as possible to try making it for themselves. Hope you enjoy it :)



Ingredients

Serves 2–3

200g Kikkoman soy sauce
 170g Dole pineapple juice
 60g honey
 25g sesame oil
 120g white sugar
 7g black pepper (ground coarse)
 45g onion (med. diced white or Spanish)
 45g garlic (peeled)

16g beef, use thin sliced rib eye, thin enough so when cooked beef is almost falling apart, similar thinness to Shabu-shabu slices

Method

Measure out all ingredients. Blend for 5 seconds until thoroughly mixed. The sauce may separate over time, so mix before use.

Depending on the thickness of the beef, you can cook it as soon as you combine the marinade with the beef. For thicker cuts, marinate overnight. Cook in a hot pan until the meat is just done. Optionally garnish with scallions and sesame seeds. I would recommend eating your bulgogi with short-grain rice and lettuce. Enjoy :)

16 g beef. Use thinly sliced ribeye so that it is almost falling apart when it is cooked. The cut will be very similar to that of shabu-shabu slices.



Part I: Pearls

Dear ovarian cyst,

“What do you really want?”

I found out about your abrupt departure at the ER. The diagnosis “ovarian cyst rupture” alone painted a gory scene that must have involved one or two chestbursters from “Alien.”

“It’s nothing serious.

Actually, it is very common to a regularly ovulating woman,” the doctor told me.

But what about people who are not women? It felt silly to say they misgendered you as a cisgendered ovarian cyst. Are you a cisgendered cyst? Am I assuming your gender just because you grew from my unwomanly ovaries?

I learned that ovaries grow cyst-like structures called follicles each month around the menstrual cycle to produce estrogen and progesterone and release an egg. Around ovulation, follicles sometimes

continue swelling and then turn into cysts. Usually, these cysts disappear on their own in a few months, but I guess you decided to stay and hold onto the estrogen so tightly to the point of your rupture. Why did you hold onto it?

The moment I stepped out from the ER, a motherly voice from my phone desperately filled your void.

“This is happening because you have no control over your life.”
“Your body is honest about what you are going through.”
“Isn’t it about time for you to settle as a woman?”

I felt something swelling inside me. Was it your return?

To be honest with you, your departure didn’t mean much to me at first. I wasn’t even sure what you looked like.

From images I found on the internet, I saw you at the end of the fallopian tube, like a lustrous mollusk sac.

You reminded me of my mom’s pearl necklace that she wore at a family wedding. Enchanted, my 7-year-old hands reached out for it. I thought about how beautiful my mom looked with the starry lights, gifted from her mother, around her neck – I really loved her. I naively fiddled the clasp around my mom’s neck, but I might have done something wrong because the necklace vanished after the wedding.

Pearls are the culmination of a mollusk’s defense mechanism to protect soft tissues against potentially threatening attacks from outside. They seal off any irritation with nacre, lacquering up unpleasantries into dimly glowing calcium carbonate orbs.

While bedridden, I watched a YouTube video of a freshwater pearl harvesting, in which a Chinese pearl farmer carried out a forceful excavation. After aggressively popping out the pearl beads, she scooped out the ragged oyster with a shucking knife. Unfortunately, I am not an oyster and can’t ooze out nacre to erase the cavity of your presence. The blood and debris from the rupture flayed me out on the sweaty bed since Advil couldn’t do much other than seal up the abdominal pain. Maybe this jolt and dizzy spell was a protest from my ovaries unionized against my body over unrequited affection. Your remains at the rupture site were drifting inside of me like mollusk flesh tossed by the stream. Most cysts disappear on their own, but you were different. You lingered as if you wanted to be noticed. You

wanted to be known before you absorbed back into my body like a mermaid who turned into seafoam crushed by Atlantic waves.

“What do you really want [from life]?” my mom asked after my trip to the ER. She didn’t have access to my mourning even though she was sitting by me at this food court overlooking the Hudson River. To be honest, I was still figuring out what I was grieving about. As we watched the stretching New York City skyline shadow toward Jersey City from the mall, my mom recalled she didn’t know what her wants were when she was my age. She might have been a mermaid herself with a desire that’s already crushed and sunken deep like the Heart of the Ocean from “Titanic.” Some lores have said pearls are made from the tears of mermaids. Maybe the pearls are the last surviving proof of their

existence after they departed their long, unrequited love for their final queer transformation. “I couldn’t manifest, but I did exist,” you said to me. Was it too late to recover the missing pearl necklace to free all the beads from the string?

I prepared for a recovery operation at Jacob Riis Beach later in the week. I opened my chest with an ultrasonic dagger to find the parting message that you, the cyst, placed on my nonbinary ovaries. There is a tender part on my tummy where it is still healing, rebuilding the tissues with vulnerable tendrils of hope. I want to see the site with my own eyes and unearth the long lost string of pearls. I want to see and properly mourn the possibility even though I know for a fact I don’t want it to happen.

The lost pearl necklace was never meant to be found inside of me.

The very reason why I cherish this grief is because it is never meant to be manifested.

My ovarian cyst, pearls, exist as entangled denial and hope, a contradictory phenomena.

Part II: Pills

“We are what we eat.”

The idea behind where many diaspora identities were able to empower themselves reforging cultural cuisines has been in the spotlight. If we were to pick something that we consume that highlights our roots and identity, I'd choose my birth control pill, which reminds me that I am a Korean American nonbinary lesbian.

I choose to discuss my birth control not only because the diaspora and food narrative has been zombified, but also, it has only been celebrating biological and cultural ties. There have been many writings on marginalized identities and food, but the theme has breakthrough romanticization. Foods heralded as authentic, such as a Korean mother's kimchi made with love, fit the biologically heteronormative identity narrative perfectly. But since food and cooking are a chemical process, much like contraceptives and hormones, I think the pills I ingest daily

as a queer, female-assigned-at-birth person are relevant to the topic.

After my ovarian cyst rupture, my dose of birth control has been a consistent part of my diet. My contraceptive pills prescription is the kind that contains estrogen and progestin, which is pretty common. My OB-GYN explained that it prevents pregnancy by stopping the ovulation and thickening the mucus on the cervix. “This thicker cervical mucus blocks sperm so it can't swim to an egg – kind of like a sticky security guard.”

While consuming these pills, I learned many things about unpacking my relationship with femininity and the idea of control – how complexly woven together they are, in my experience.

While progestin is a synthetic progesterone found in all hormonal birth control methods, estrogen often gets gen-

dered as female hormones since it is made in the ovaries. Estrogen takes a significant part in puberty, the menstrual cycle and pregnancy of those who are assigned as a female at birth. Since the main function of the pill is to prevent pregnancy, after I fully came out as a lesbian, I ignorantly thought I wouldn't need much of it in my future. Other than the main purpose of contraception, it has other benefits, such as preventing ovarian cysts by aiding hormone regulation. Also, as someone who has immense menstrual cramps and heavy bleeding, the freedom to bleed on my own terms has been very liberating.

To be honest, when I learned that my birth control contained estrogen, it felt a bit unsettling – especially so soon after a phone call with my mother projecting her own definition of “womanhood” onto me. After disclosing my gender dysphoria history, my OB-GYN

suggested alternative methods, but some devilish thought came to my mind, questioning: Why am I gendering estrogen?

As a person who has long discerned femininity from my biological mass, associating estrogen, just a chemical messenger, as feminine felt almost hypocritical. So I wanted to try out my internalized association more until my year-long prescription runs out.

There are still many misconceptions and baggage around birth control, and the last time I sat with my parents at a dinner table, they were very apparent. To simply put it, I really couldn't swallow anything other than my prescription at that dinner. My mother is a devout Catholic who believes any form of contraception is a sin. My father believes humans should not be dependent on any pharmaceutical scams. Instead, they suggested I get counseling so I can fix my

problem instead of potentially damaging the ovaries of their Korean daughter with dangerous synthetic hormones. I don't wish to write about my parents under this light, but it is a slight example of how there are generations of shaming and ownership regarding women's bodies. Often, the reasonings behind the anxiety and control over medical technology for people who don't identify as cisgendered heterosexual men are potentially dangerous.

The history of hormone therapy or hormone replacement therapy might have started in the 1960s with Western medicine, which pushed extra estrogen or testosterone for menopause as part of transgender care. However, bio-identical hormones have been used since ancient times, when older women would use young women's urine to alleviate menopause symptoms. Understandably, potential side effects still exist, but that is true of other medicines!

Perhaps I'm not quite ready to talk about my ancestors' home cooking at the moment. I haven't cried at H Mart – and I have no beef with those who did – but as a queer Asian person, my cries have been more out of frustration during phone calls with my insurance company or over letting my job abuse me for the promise of health benefits.

SEAFOOD

BY

JOHN NGUYEN

BOMSEOL KIM

SOL HAN

Tôm Kho Tàu



Tôm Kho Tàu was one of my favorite dishes growing up. I recall my aunt making this dish on special occasions, and she would use frozen blue river prawns. The tomalley of these prawns adds flavor and thickness, which perfects the sauce. Vietnamese cuisine consists of five flavors: salty, sweet, spicy, sour, and bitter. The combination of these flavors unifies into perfect umami. Tôm Kho Tàu not only brings back memories from my youth, but also the memories of my family bonding over dinner.

My name is John Nguyen and I was born in Saigon, Vietnam. My family escaped Vietnam when I was four years old. I grew up in Orange County, California. It was the largest Vietnamese-American population outside of Vietnam.

The first five to six years of my career as a professional chef, I worked in various French and Italian restaurants in New York City and Los Angeles. One day, I realized that I needed to cook foods of my background. From that moment on, my entire focus was on Vietnamese cuisine. That motivation helped me open Hanoi House in New York City. Hanoi House won many accolades from best new restaurants to Chef of the Year.

After these accomplishments, I decided to push my study for Vietnamese cuisine further by moving to Hong Kong. This allows me easier access to travel to Vietnam almost monthly to explore the many regions of Vietnam. I currently work for Black Sheep Restaurants Group and oversee all of their Vietnamese restaurants.

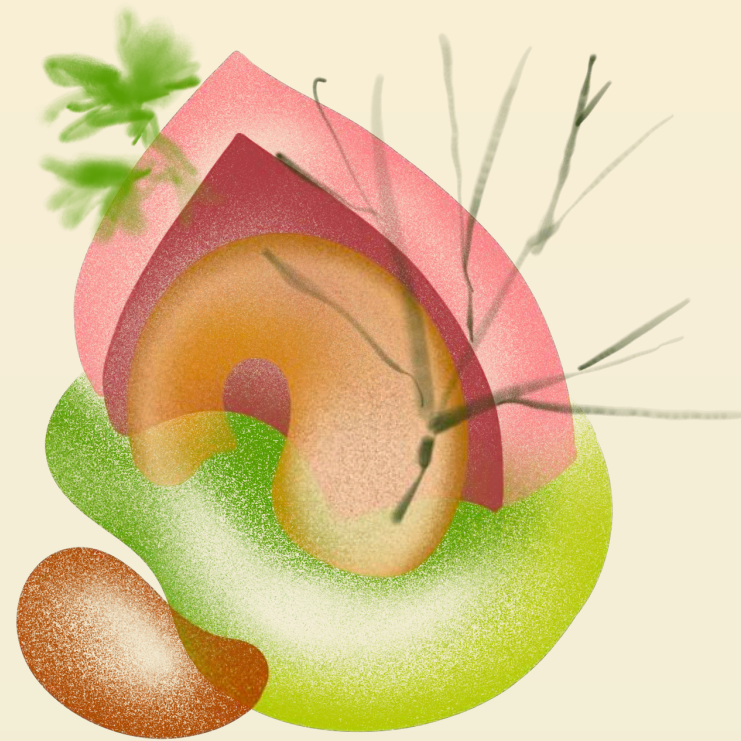
Ingredients

1 pack of frozen fresh water prawns	2 tbsp minced ginger
1 cup annatto oil	2 tbsp minced green onion
½ cup Son Fish Sauce	2 Thai chili
⅓ cup sugar	Black pepper
2 tbsp minced garlic	Salt

Method

1. Defrost the fresh water prawns. Clean it by cutting away the legs and take out the roe in the head. Set aside.
2. Add ⅓ cup to the roe mix, pinch black pepper, 2 tbsp fish sauce.
3. Sauté the minced garlic, ginger and green onion and add the prawn inside.
4. Cook ¾ of the way and add ½ water, ⅓ cup annatto oil, ⅓ cup, 2 tbsp fish sauce.
5. Reduce the sauce until it become thick.
6. Add the roe mixture. Taste the sauce and add black pepper and salt.
7. Serve with rice.

Yellowtail Sashimi



Ingredients

2 oz sushi grade yellowtail,
sliced into 4 slices

Sesame seed dressing

1 cup soy sauce
3 cup neutral oil (we use grapeseed)
1 cup toasted sesame seed
1 cup sugar
Scallion oil
1 cup of scallion green top only
1 cup of grape seed oil

To finish

1 Asian pear
1 lemon
Dash of olive oil
Fleur de Sel or any finishing salt
1 bunch chervil herb
1 bunch dill herb

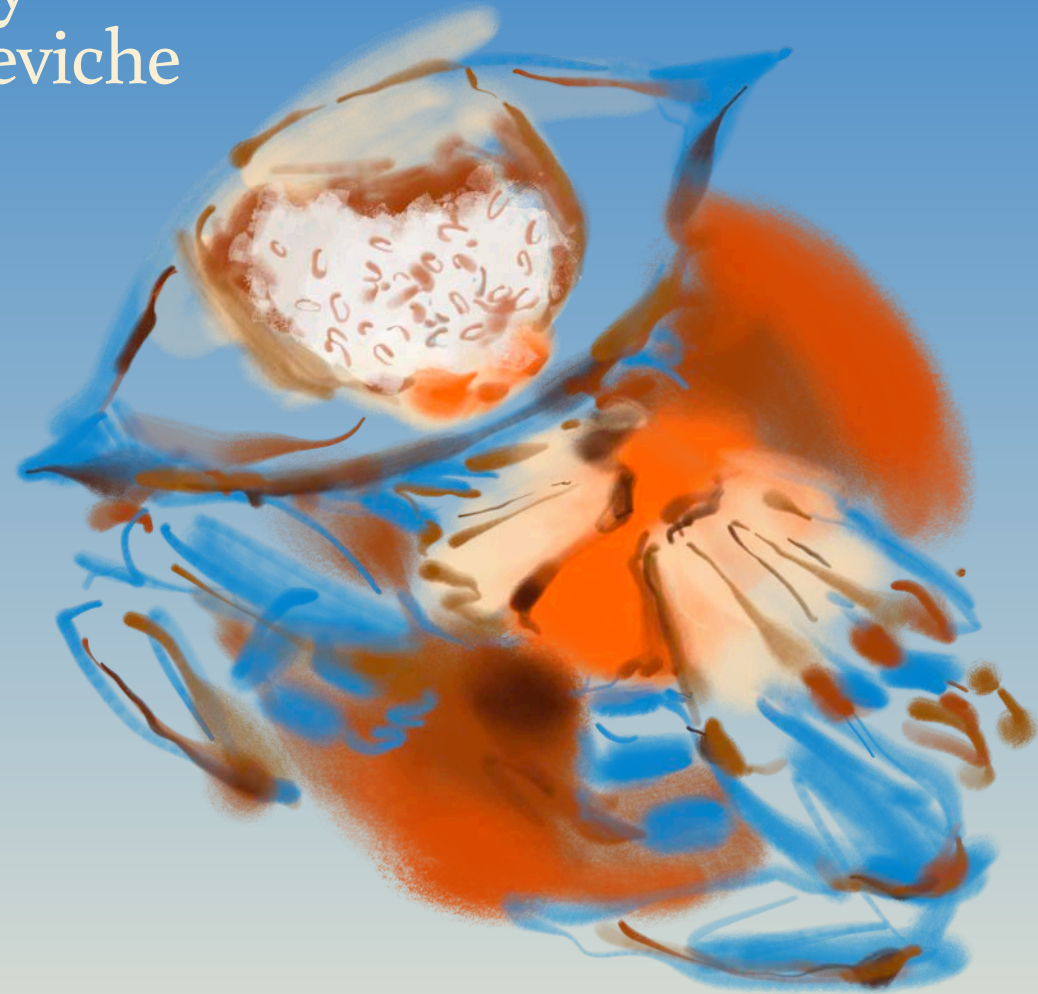
My name is Sol Han and I am Korean American. I live in New York City, and I am the owner-chef of a restaurant called LittleMäd, in partnership with HAND Hospitality group.

This recipe is very important to me as it is an homage to my parents' restaurant where they used the same sesame seed dressing for 20 plus years. I am incorporating a new version of my parents' sesame dressing with my own personal twist. At LittleMäd, the yellowtail sashimi is plated standing up, suggesting a fish swimming in a pond.

Method

1. Begin by slicing the yellowtail sashimi into 4 slices half inch thick pieces.
2. To make sesame vinaigrette, pulse sesame seed dressing three times in a robot coupe. In a mixing bowl mix the sesame seed, grape seed oil, sugar and soy sauce.
3. To make scallion oil, blend the green part of scallion in a blender with grape seed oil, add the blended ingredient into a pot and cook for 5 minutes. Once cooked strain into a coffee strainer and chill.
4. Next, cut Asian pear in quarters right until the core. Slice the pear on a mandolin into 1/8 of an inch thick slices, it should look like half moons.
5. To finish layer Asian pear then sliced yellowtail then Asian pear and put on plate standing up. Once all four are standing, finish with salt, squeeze of lemon, olive oil, sesame seed dressing, olive oil, scallion oil, dill, and chervil.

Raw Soy Crab Ceviche



Method

1. Add 1 oz of dried jujube, 1 oz of milk vetch root, 1 oz of licorice roots, 2 cinnamon sticks in 600ml of water for 10 minutes on medium heat. As milk vetch root and licorice maybe difficult to find, one could replace with dried ginseng roots.
2. Once the herbal roots have boiled for 10 minutes, remove them from the water. If the roots are kept in the broth for longer, the earthiness will be too strong.
3. Add the following into the broth:
2 cups of soy sauce, 1 ounce of scallion roots, 1 tablespoon of whole peppercorns, 10 bay leaves, 3 large kombu, 1 ounce of bonito flakes, 5 whole serrano peppers (do not cut, or it will become too spicy!), half of daikon, 10 garlic cloves, 1 apple, 1 whole ginger sliced, 1 pear, 100 ml of mirin, 100ml of honey, 1 cup of brown sugar, 2 tablespoons of tuna extract (can be replaced with fishsauce)
4. Boil the broth for 30, medium heat
5. After 30 minutes, remove from heat and chill for at least an hour.
6. Add raw crabs (1–1.5kg) into the broth and refrigerate for 24 hours.
7. After 24 hours, take the crab out from the broth. Boil the broth for 10 minutes. Make sure to take the crab out — this is a ceviche dish, so you don't want to cook the crabs with heat. Reboiling the broth removes fishiness and possible microorganisms.
8. Cool broth for at least 2 hours, and then add the raw crabs back into the broth. Refrigerate again for an additional 36 hours.
9. The ceviche crab is ready to eat. The food is recommended with white rice and fried eggs. Enjoy!



DETAIL FROM
SHIJANG
FISH MARKET

WOOMIN KIM

DESSERTS

BY

POOJA BAVISHI

WOLDY REYES

Masala Chai Melted Ice Cream Tea Cake

Masala chai is deeply rooted to the foundation of Malai. Malai's founder, Pooja, has a great passion for flavor and food that can be traced back to her childhood. On any given morning, you could spot Pooja taking long whiffs of her parents' chai (often before they took their first sip), a practice that they patiently indulged. There was something so intoxicating about the aroma — it was the perfect balance of sweet and spicy. She found the practice of making the family masala spice blend — passed on for generations — to be utterly magical, and wanted to be a part of that herself.

This love of aromatics launched a lifelong passion for experimenting with spices, global cuisines and unconventional flavor pairings. Pooja became particularly inspired by the blank palate of an ice cream base, when she discovered that the same South Asian spices of her childhood — ginger, nutmeg, cardamom, and saffron — could be used to robustly flavor ice creams in a way that she never tasted before. One of the first flavors that she ever created was a Masala Chai ice cream flavor that exactly mimicked the cup of chai that her parents still have every morning. This meaningful scoop and flavor profile is the star of her Masala Chai Melted Ice Cream Tea Cake.

Aromatic chai masala — heavy on ginger and black pepper — brings warming notes to this tea cake.

The secret to this rich treat?

We mix in our melted Masala Chai ice cream for extra richness and spice. Whether as a breakfast bite paired with a cup of tea or a cake and ice cream scoop duo, this Masala Chai Melted Ice Cream Tea Cake is true comfort food.

Ingredients

For cake

1 pint ice cream melted
(best with Malai's Masala Chai)
¼ cup sugar
½ tsp salt
2 tbsp coconut oil, melted and cooled
1.5 cups flour
2 tsp baking powder

For glaze

1 cup powdered sugar, sifted
1 tsp. ground spices
(best with Malai Chai Masala)
¼ cup heavy cream
¼ tsp. salt

Method

1. Preheat the oven to 350 degrees. Coat a loaf pan with cooking spray.
2. In a bowl, whisk together sugar and coconut oil until well incorporated. Add melted ice cream and stir to combine. Mix in flour, baking powder and salt, and fold with a rubber spatula until the dry ingredients are fully incorporated into the wet ingredients.
3. Pour into the prepared pan and bake for 35 mins or until a tester comes out clean. Let cool completely on a wire rack.
4. In the meantime, make the glaze by mixing all of the ingredients together. When the cake has cooled, pour glaze on top. Let it sit for 15 minutes until the glaze has hardened. Slice and serve.

Chocolate Bibingka

During the holidays, the one dish that's a staple at our buffet table would be my mom's famous Cassava cake, a Filipino custardy and moist cake. My mom's recipe required no measurements. She would just mix in eggs, sugar, butter, cassava and cheddar cheese. Pour the batter into a baking dish and bake it off in the oven. The sweet aroma from the cassava cake would permeate the entire house.

My mother's baking inspired me to make Bibingka — a traditional Filipino coconut-glutinous rice cake, a cousin to the Cassava cake. I updated the Bibingka recipe by adding in dark chocolate. This sweet confection is a hybrid of a chewy brownie and fluffy chocolate cake.



Ingredients

- 1 ¼ cup sweet rice flour
- 1 ¼ cup glutinous rice flour
- ¾ cups cocoa powder
- 1 cup sugar
- 1 tbsp baking powder
- 1 tsp kosher salt
- 3 eggs, room temperature
- 1 tsp vanilla extract
- 1 can (13.5 oz) unsweetened coconut milk
- ½ cup unsalted butter
- 6 oz 70% dark chocolate, chopped

Special equipment

- 9" cake pan
- Nonstick vegetable oil spray

Woldy Reyes was born and raised in the suburbs of Los Angeles, California to immigrant parents from the Philippines. Woldy is a Filipino-American Queer chef and founder of the boutique catering company Woldy Kusina, which was originally based in Brooklyn and since the pandemic has expanded to the Hudson Valley, where he lives part-time. Woldy takes a farm to table approach that integrates bold, Filipino flavors.

Method

1. Preheat oven to 350 degrees.
2. Spray a 9" cake pan with nonstick vegetable spray.
3. In a small saucepan over medium-low heat, melt the butter and dark chocolate. Stir until the mixture is completely smooth. Set aside.
4. In a bowl, whisk together all the wet ingredients (eggs, vanilla extract and coconut milk) Pour in the butter-chocolate mixture and stir until incorporated and smooth.
5. In a separate bowl, combine and whisk together all the dry ingredients (sweet rice flour, glutinous rice flour, cocoa powder, sugar, baking powder and kosher salt)
6. Pour the wet ingredients into the dry ingredients and whisk until the batter is smooth. Transfer the batter into a cake pan and bake for 40 minutes to 1 hour until it passes the toothpick test.



When I tell people that my parents run a Chinese restaurant back in Liverpool, they often assume that I get my cooking expertise from my father, the chef. It's assumed that he is the one from whom I received a certain strength of hand — inheriting his sinewy forearms, lean, built, and careful from two decades of shuffling cast iron woks over a roaring flame, with skin mottled brown by the flaming debris they could spit out.

But it was actually at home, with my mother, where I learnt to cook the Cantonese classics. My mother is also strong of hand. Of course, she has strong hands in the sense that she moves and buses stacks of hot plates to and from the kitchen, all the while experiencing debilitating pain — a kind of chronic, neurobiological pain that waxes and wanes within her 5' 2" frame — an invisible violence that took too long for the men of the family to believe, before her official diagnosis. But I think of such strength of hand only as the material residue of survivalism under the duress of capital. This kind of strength is like the silt that sits compacted under the riverbed, made strong by repeated deposits of movement work and perpetual work and made dense by its own gravity.

WORK WORK WORK

Her true strength of hand lies in the fact that she writes and has always been a writer.

Must the figure of the mother always be such a fraught topic for queer men? From Ocean Vuong to Xavier Dolan, I've noticed a kind of Freudian throughline running through the homosexual canon. Just as this text is doing now, we seem to mine the mother for our art, our literature, our complexes. The mother is, after all, the most intimate, most base, and most bodily access to femininity that we are wrought into the world through. She represents a special kind of gendered portal, which gay men tend to feel some queer type of way about. We love her. We hate her. We complicate her. I think a lot about what I would be like as a father, and as such, the figure of the mother has always cast a vexed shadow — a little bittersweet in taste, in the sense that I'll never be able to supply traditional motherhood to my children in the way that my mother did. To this end, at times she is a figure I'm compelled to minimise, to somehow evacuate power and meaning from, which of course maybe isn't right, nor fair. Yet I find myself returning to her again and again. Queers love to write about their mothers, indeed — but as do Asian Americans. In both of these canons, she's a muse from whom we cannot escape.

Asian Americans also like to write about food. We love to write about it, in fact. It's another muse of ours. We love to discourse as though white kids calling our lunchboxes smelly is some sort of universal Asian diasporic experience. But my mother sent me into school with microwavable burgers and tuna sandwiches. My father, in the mornings, would make me and my brother a breakfast for kings: thick British bacon rashers, sausages, buttered toast, Heinz baked beans, sautéed mushrooms, eggs sunny-side up, the fried chicken pieces they'd use in the restaurant. At times,

he would add sliced kiwi on the side — I think to mimic the flavour profile of bacon-wrapped cantaloupe he'd once had at the continental breakfast bar in a hotel sometime, somewhere: acid cutting against fat. But the thick tomatoey sauce of the beans would often encroach upon the fruit — debasing it, I would feel — and would thus leave it untouched.

Those were the breakfasts my father cooked. For the one day a week he'd be home during dinnertime, he would generally opt to cook foodstuffs of a similar vein: steak, lamb, asparagus, grilled chicken, cod, sliced tomatoes, cauliflower. I imagine that having to cook Westernised Chinese food day in and day out — sweet and sour chicken, honey chilli fillet steak, crispy spring rolls, hot and sour soup — cooking not for the nourishment or sustenance of one's family, but instead as commodity, and to sell bastardised versions of your native cooking to customers whom you won't even see enjoying it past those swinging kitchen doors, might get a little tiring. And my father never wanted to be a chef; he majored in physics back in China. So I never complained about his steaks.

My mother, on the other hand, was a real Cantonese home cook. She would make white-cut chicken or soy sauce chicken at least once a week. Other days, it would be steamed fish with ginger and scallion; stir-fried tomatoes and eggs; herbal

chicken soup; bitter melon with eggs; tofu with oyster sauce. Always with a bowl or two of jasmine white rice. She never forced the recipes upon us, but knowing that I had secret ambitions to fly across the Atlantic for college, I took it upon myself to learn and study them.

**HEART IS THE HEARTH—
THE HEARTH IS THE HOME—
THE HEART IS THE HOME?**

Whilst my mother might be mainly known as the front-of-house waitress-cum-manager with the accented tongue, she is more. She is, in fact, the very spirit of the restaurant. She calls the shots. Our restaurant is relatively affordable and is located in the suburbs of a post-industrial, northern English city — you can fill a family of four for less than £40 — but we're styled in such a way to give off a more haughty impression, the veneer of something far classier, even if we're sandwiched between a Bargain Booze and a fish-and-chips shop. Beyond the restaurant, such an aesthetic is something she's always pursued, as a style of being: an aesthetic of refinement, of elegance, of class. Real fineness, not porcelain objectification, was something always denied to the yellow woman in the West. But at the very least, it's something you can purchase and ornament yourself with — if you peruse eBay long enough as she does.

As a waiter, donned in a cheap, black no-wrinkle button-down and Zara floral tie, with one

hand tucked behind my back, I'd always be forced to ask the table if they would "care to try the house wine first?" This performance was always a little funny to me — I'd pour a little into their glasses, tipping the bottle with a graceful arc of the wrist, nodding as they "sampled" a wine they could buy for less than £5 at the liquor store next door. Since we had so many regulars over our two-decade run, it'd oftentimes be the wine they'd ordered from us many times before. "Our house wine is Valencia," I would whisper, "a classic Spanish favourite." But something about the dim light, the Norah Jones on loop and the preamble they knew they could expect was, I imagine, a little nice for everyone involved. A little transport away from where we were.

My mother took care to differentiate our restaurant from the stereotypically cheap, greasy Chinese corner joint, those late-night quick comforts, floodlit enterprises where you jostle for a styrofoam box of over-sauced chicken and rice. I guess if you had to, you could say that we were putting on airs, as ethnic pretenders to poshness. But such airs created real surplus value, engendering the concrete benefits of a middle-class home. Regardless of how I feel about class, however, at the very least, the simulacra of a fine-dining experience largely safeguarded my parents from those horror stories you might hear whispered amongst staff at those other Chinese joints, about those late-night drunks with too little patience and too much to say, slanted against the counter, spitting their slurs.

I don't think my mother expected to be a waitress. Back in the tumultuous China of the late 20th century, she graduated with a law degree and worked as an editor for a newspaper. But she was in love, and she followed my father, who followed his brother, who followed his

auntie, who was also in love, who followed her husband — a Scottish soldier I never met. I've asked my mother if she regrets migrating. She tells me how her peers who stayed in China are now all senior partners in law firms but that I would have never even been born under China's one-child policy — and so of course, she regrets nothing. This is what she says, and I believe it. But she quashed her own career and left her native land all to give but a sliver of opportunity to her future children: me and my brother, unborn, yellow-faced but British. These two balls of futurity that she hadn't yet named or decided if she even liked yet. I ask myself: As a parent, would I even be capable of sacrificing my dreams like that? To transfer all my potential to my unborn before I'd even fully realised my own?

At that fraught economic site, the ethnic restaurant, that interface between immigrant and nation, East and West, you are vulnerable. You sell parts of yourself and sacrifice your past in order to generate more future. When you sell your ethnicity as a commodity, as survival, to gain access to the capital and opportunity that you'd otherwise be denied, it pays to be tactical. It pays to put on airs, to be posh, because it's all pretending anyway. It's like an aura, a cloak or a shroud — to buttress and blur those parts of yourself that stick out, that they think stink, that which repulses yet also entices. Sure, overcharge them for cheap wine. Sell them that shit.

HORNY GATE

CARA CHAN



I received your package of love
that you delivered today.

Thank you for your love and care!
Thank you for your compassion for the elderly.

I wish you happiness,
I wish you joy,
I wish you health!

Aiya, I am truly thankful.

Voicemail from an elderly Heart of Dinner recipient,
Brooklyn, August 2020

Long before either of us heard the word “coronavirus,” we’d experienced anti-Asian hate first-hand, from vicious epithets spit at us on New York City streets to casual stereotyping and erasure of the “model minority” that happens to be the fastest-growing racial or ethnic group in the U.S. electorate. In February 2020, cooped up in our small apartment nestled between Chinatown and the Lower East Side, we knew that things were only going to get worse. We worried about the way our elderly would be affected by news of this spreading disease and increasing targeted attacks, and were concerned about how they would navigate their fear and isolation. We were dismayed by the shuttering of Asian-owned restaurants on every block in our neighborhood, long before mandated restaurant closures began. We longed to help, to take action that would change the trajectory of despair and negativity that seemed to be swallowing our community and our country whole. So we channeled the powerful force that sustains us as a couple: love. In that space of compassion and hope, we came up with the idea for Heart of Dinner.

Every Wednesday, Heart of Dinner delivers hot meals and warm messages to East Asian seniors facing hunger and

loneliness. With funding from generous public donations, we purchase food from restaurants and grocers in Chinatown and the Lower East Side that were adversely affected by the pandemic. We wanted to keep them in business and at the same time, relieve the ongoing issue of food security among our seniors (almost 25% of Asian New Yorkers live in poverty). The culturally familiar meals are packaged with colorful, handwritten notes and hand-delivered with care by dedicated volunteers who fan out across the city. We believe it is the notes included in these care packages that are the heart of Heart of Dinner. Mailed to us by supporters around the world, and written in the mother tongue of our beloved recipients (often with the help of Google Translate), they are messages of adoration, encouragement and respect for a generation that wasn’t necessarily raised with effusive expressions of love. We know the words that our generations share with them provide healing and delight. In fact, one beautiful couple, ages 89 and 86, asked us to relay this message to the Heart of Dinner community: “You all are our grandchildren. Thank you for caring for us; thank you for bringing us happiness; thank you for giving us something to look forward to each week. We love you all.”

We are so grateful to the extended family that Heart of Dinner has become, made up of people from different backgrounds and ages who are determined to shine light on the good in the world and innately drawn toward acts of love. The funds you have contributed tonight will not only bring Heart of Dinner to the goal of delivering 250,000+ meals, but also help us continue to build a network that will engage in community issues that existed long before the pandemic.

With this book, we hope you will take a little piece of our Heart with you. We encourage you to engage in loving acts that can change lives – most of all your own. For when we are able to confront despair with unwavering conviction and integrity, we replace it with the beautiful and the good.

祝您健康长寿,

Yin Chang & Moonlynn Tsai
Founders of Heart of Dinner Inc,
a 501(c)(3) non profit

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