

## TRADITIONAL CHINESE FARE TO WELCOME GOOD FORTUNE IN THE NEW YEAR OF THE RAT



RED is the color of happiness. ROUND shapes, evocative of the full moon, and WHOLE uncut foods (literally from head to tail, 從頭到尾 *cóng tóu dào wěi*) are emblematic of a joyous, complete year.



The Chinese word for ORANGES 橘 (*jú*) in the southern Chaozhou dialect is a homophone for lucky 吉 (*jí*).



TRAY OF COMPLETENESS (全 *quán* - complete- 盒 *hé* - box is a homonym for harmony 和): EIGHT (八 *bā* sounds like wealth, 发 *fā*) lucky treats to sweeten the New Year. RED FRUITS - happiness, MELON - good health; NUTS AND SEEDS (子 *zǐ*) - abundance; WALNUTS (核桃, *tào*) - 核 *hé* is a homonym for harmony 和; PINEAPPLE (凤梨 *fèng lí*) - wealth.



CHICKEN DUMPLINGS (餃子, *jiǎo zi*) in the shape of Chinese silver ingots known as a *ding* or *tael* signify prosperity in the New Year. The Chinese word for chicken (鸡 *jī*) sounds like good luck (吉 *jí*).



Vegetable SPRING ROLLS (春卷 *chūn juǎn*), similar in color and shape to gold bars, signify wealth. Fresh seasonal vegetables welcome a new spring.



The golden color of ROAST DUCK (烤 *kǎo* 鸭 *yā*, representing faithfulness) symbolizes good fortune.



ROAST CHICKEN (烤 *kǎo* 鸡 *jī* sounds similar to good luck 吉 *jí*) embodies wishes for good fortune.



A whole steamed fish (魚 *yú*, a homonym for plentiful, 余 *yú*) is a pun for abundance throughout the year (年年有魚 *nián nián yǒu yú*).



Extra-long uncut LONGEVITY NOODLES (长寿面 *cháng shòu miàn*) convey wishes for long life and good health.



Long uncut (GREEN VEGETABLES: 青菜 *qīng cài*), symbolizing completeness, are eaten for wealth in the New Year (菜 *cài* sounds like wealth, 财 *cái*), and to ensure close relationships (青 *qīng* sounds like 亲 *qīn*, as in 亲热 *qīn rè*, meaning close).



BOK CHOY (白菜 *bái cài* signifies wishes for all kinds of- 百 *bǎi*- prosperity-财 *cái*).



CHINESE SPONGE CAKE (发 *fā* - to raise or be prosperous, 糕 *gāo* - cake, a homonym for high -高 *gāo*) represents the wish for increasing prosperity, year after year.

## CHINESE CHICKEN, CHIVE, AND NAPA CABBAGE DUMPLINGS

Makes about 60 dumplings

Commercially available dumpling wrappers or

### Homemade Dumpling Wrappers

Ingredients:

2 ¼ c flour

¾ c hot water

Instructions: Place flour in food processor and add water till forms grainy pieces that can form a ball and is not too sticky. Let rest 30 minutes. Form into a log by hand and cut for rolling by hand into small pieces or larger pieces for use in a pasta roller (can make thin delicate wrappers). If using pasta roller to cut circles from the rolled sheets.

Re-blend scraps with water to make Green Onion Pancakes. (葱油饼 *Congyou Bing*). For method see:

<https://www.youtube.com/watch?v=KZgUxAAjoRQ>

### Filling ingredients

6 oz Napa cabbage, finely chopped, salted for one hour to release excess moisture, and well drained

1 bunch of Chinese chives (韭菜 *jiu cai*), finely chopped

4 oz firm tofu, crumbled

1 lb. ground chicken

1/2 tsp salt

¼ tsp pepper (white or black)

1 clove fresh garlic, minced

1 tsp fresh ginger root, finely grated

3 T soy sauce

1 egg, beaten

2 ¼ tsp sesame oil

1 ½ tsp Shaoxing rice wine

1 T corn starch

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a small cup of water for wetting the wrapper

Oil for pan frying

For more information, including video on making wrappers see:

<https://tinyurbankitchen.com/chinese-new-year-video-with-nina/>

### Suggested Dipping Sauces:

Soy sauce

Chinese black vinegar with sriracha sauce

Red wine vinegar with grated ginger

CHINESE CHICKEN,  
CHIVE, AND NAPA  
CABBAGE DUMPLINGS







# Napa Cabbage

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大白菜

*Da bai cai*



# Garlic Chives

韭菜

*jiu cai*





Firm tofu

老豆腐  
*lao dofu*



Ground  
Chicken

磨碎的鸡肉

*Mousui de ji rou*





Salt 盐 *yan*

White pepper 白胡椒粉 *bai hujiao fen*

Fresh garlic 大蒜 *da suan*

Grated ginger 生姜 *sheng jiang*

Soy Sauce 酱油 *jiang you*







Sesame oil 芝麻油 *zhima you*

Egg 鸡蛋 *ji dan*

Shaoxing Rice Wine  
花雕酒 *Huadiao jiu*



## Suggested Sauces:

Black Vinegar 鎮江香醋  
*Zhenjiang xiang cu*

Sriracha (Thai: ศรีราชา),

