

CHINESE FOOD IN AUTUMN



MINCED PORK CONGEE WITH PRESERVED EGG

1 pot= 10 servings

Estimated time= around 1 hour

INGREDIENTS:

2 cups of raw rice

10 cups of water

3 preserved eggs (or one –hundred-year egg)

Pork

Ginger

Green onion

Salt

Pepper



LABA CONGEE

Rice porridge with nuts and dried fruit eaten on the eighth day of the twelfth lunar month

1 pot= 10 servings

Estimated time= around 1 hour

INGREDIENTS:

1 cup of raw rice

1/3 cup of black rice

1/3 cup of red bean

1/3 cup of peanut

1/3 cup of oatmeal

1/3 cup of pecan

3 spoons of sugar

Dried Chinese dates

10 cups of water



SCALLOP WITH EGG CUSTARD

1 bowl= 2-3 servings

Estimated time= 15 minutes

INGREDIENTS:

2 eggs

4 scallops

Warm water

Salt

Soy sauce

This one is quite easy to cook and it will not take too much time. And seafood with egg

is very popular in Asia, especially in Japan and China. Also, fresh scallops in fall are very good for health.



TANGHULU/ CRISPY SUGAR-COATED FRUIT

INGREDIENTS:

Strawberry

Cherry tomato

Kiwi fruit

Grapes

Pineapples

Any fruit!

Bamboo skewers

Sugar/warm water=1/1(around 200g for 10 persons)

