

# CELEBRATING **Chinese New Year**

Chinese New Year, also referred to as Lunar New Year or Spring Festival, is one of China's most important holidays. It marks the beginning of the lunar year in China and is a time that families and friends come together to celebrate the new year and good fortune. This time is also called Spring Festival because it marks the end of winter and the beginning of spring—a new year and new life. Each lunar year is assigned one of the twelve rotating Chinese zodiac symbols.

When discussing Chinese New Year with your children, traditional cultural ideas such as luck, astrology, and honoring ancestors may arise. You may use these opportunities to explain aspects of Chinese culture; however, they are also opportunities to share the hope and stability of Christ with your children. Followers of Christ can rest solidly on the sovereignty of God instead of luck, His creativity and wisdom instead of astrology, and the truth of His word about death and life. Chinese New Year is a great way to connect culturally and to speak of God's truth.

This packet contains resources to help you and your family celebrate Chinese New Year. You may discover new traditions for your family that will spark special memories every year. Use the content list below to help you find tips and options for celebration.

DECORATING - PAGES 2-3

ACTIVITIES - PAGES 4-14

FOOD - PAGES 15-21

RECOMMENDED BOOKS - PAGE 22

SOURCE LINKS - PAGE 23



# Decoration

Decorating your home for Chinese New Year can help build excitement for the event and create some opportunities for fun family crafts. You could set aside time to decorate as a family or surprise your children with a decorated room or home. Both approaches are sure to create great New Year memories!

## RED

Be sure to incorporate lots of the color red, as it is the most popular color in China. Red most often represents luck but also can represent happiness, beauty, and good fortune.

## LANTERNS

Lanterns are commonly used in decoration for Chinese New Year because of the Lantern Festival that marks the first full moon of the new lunar year and the end of Chinese New Year celebrations. The festival and lanterns are meant to represent/promote peace and forgiveness. This year's Lantern Festival is held on Saturday, February 8th.

## FU SYMBOL

Another common tradition is displaying the Fu symbol upside down. You may also display it right side up, expressing wishes for happiness and blessing in the new year. The Fu character/symbol means fortune or good luck, and its upside down display during Chinese New Year signals that happiness, good fortune, etc. is "arriving." This symbol is commonly used during the Spring Festival or Chinese New Year each year. When this character is upside-down, it is said to be similar to the character that represents "to arrive". When you turn the Fu symbol or good luck/fortune upside-down, it means that good luck is arriving soon.



## THE STORY OF FU

Emperor Zhu Yuanzhang, a founder of Ming dynasty, once used the character as a hidden signal to notify his soldiers to kill someone. His wife, the kind-hearted Empress Ma, decided to eliminate the tragedy of killing, so she ordered everyone in the city to post the character Fu on the door of their house before the sun rose the next day.

Everyone followed Empress Ma's orders. When the emperor's soldiers went into the city, they found that every family had put the character Fu on their door, except for one illiterate family, which had posted the character upside down. When the emperor found out he was very angry and ordered that the family be executed.

Empress Ma heard what was happening and wittingly told the emperor, "That family knew you're coming today, so they purposely turned the label upside down. Doesn't that mean 'luck arrives?'" After hearing this explanation, the emperor was pleased and immediately let the family go. From then on, people began to post the character Fu upside down for good luck and to honor Empress Ma.





# Activities



Wearing red on New Year's Day, giving gifts of money in red envelopes, and eating mandarin oranges are traditional ways to celebrate Chinese New Year with your family. If you live in an area that celebrates with a Chinese New Year parade, attending could be a fun family experience, and you would probably catch sight of some dragon or lion dancing! In addition to these traditions and festivities, we have gathered some craft ideas themed around Chinese New Year. Check out the basic instructions below, and for more detailed instructions and video demonstrations visit the web links on the last page of this packet.

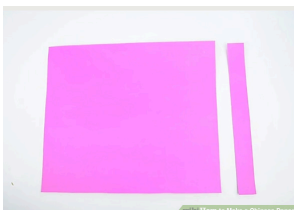
## PAPER LANTERN

### WHAT YOU NEED

*Construction paper, scissors, a ruler, and a stapler or clear tape*

### STEPS

1. Choose a sheet of construction paper (at least 8.5" x 11" in size). Red is traditional, but you may choose whatever color you like. Yellow is also a good accent color with red, if you are planning to make several lanterns.



2. Use a pencil and ruler to draw a line, 1 inch from one of the short edges. Cut the strip off with scissors, then set it aside. This will become the lantern's handle at the end of the craft. For an extra-long handle, cut your strip 1 inch from one of the long edges.



3. Fold the paper lengthwise (hotdog style).

4. Draw a line from 1 inch down from the top of the paper (the long side without the fold), then cut slits into the folded side, stopping at the line you drew. Make even slits about 1 inch apart. You may draw lines to guide your cutting. Erase out any pencil marks still visible when you are done.



5. Unfold your paper and then roll it into a cylinder, bringing the shorter ends together. Make sure that your fold is bowing outward by pressing on the ends of the cylinder. Staple or tape both top and bottom of the cylinder where the paper overlaps.



6. Now take the strip you cut off at the beginning and staple or tape both ends to the top of the cylinder to create a handle.



Check out the full tutorial on [WIKIHOW](#) to learn how to create a two-toned lantern.



# CUPCAKE LINER DRAGON

## WHAT YOU NEED

*Black cardstock, mini cupcake liners (red, orange and blue but you can use any colors you want to), googly eyes, gold and white cardstock, red yarn, orange and yellow tissue paper, red marker, scissors, and glue.*

## STEPS

1. Begin by cutting about eight mini cupcake liners in half. Glue one of the cupcake liner halves onto your black cardstock paper, towards the top with the round curve pointed at the left of the page. This is the start of your dragon body. Continue gluing and layering the cupcake liner halves down your page to form your dragon body. You can add a curve in your dragon or leave it straight down the page; it's up to you.

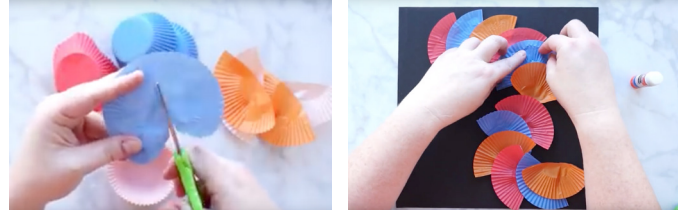
2. Now make your dragon head. You'll need two cupcake liners. Cut one of them in half (discard the other half) and fold the other liner in half. Cut the sides off of both of these pieces (picture below). Glue the two pieces together to make a dragon head, making sure the folded section opens and closes at the bottom of the face.



3. Glue your dragon head onto the front of your dragon body. Cut horns from your gold cardstock and glue them onto your dragon. Cut out white teeth and glue them on the inside of the dragon mouth.

4. Cut out a few small pieces of orange and yellow tissue paper and glue them onto the inside of your dragon mouth. Crinkle the ends of the tissue a little to look like fire coming out of the dragon's mouth. Add a bit of glue on top of the tissue paper and glue the dragon's mouth shut.

5. Finish your cupcake liner dragon craft by drawing nostrils on your dragon with a red marker and then glue two short strands of red yarn coming off of the dragon face like long whiskers.



# JIANZI

Jianzi is a national sport in China. The goal of the game is to keep the shuttlecock in the air using feet and other parts of the body, but never the hands. If you've ever played with a hacky sack in the U.S., Jianzi will be a similar sport for you. However, instead of a small ball, Jianzi is played with a shuttlecock.



## WHAT YOU NEED

3 – 6 inch feathers, 2 washers (ideally, 1 1/4 inch diameter with 1/4 inch hole, but you may get creative with what you have at home and adjust as needed for the age and abilities of children.) Consider that a lighter material like cardboard or smaller washers will not have as much weight, but you also don't want to use something heavy that could bruise people or break windows. You will also need craft foam, a plastic drinking straw, a hot glue gun, the template on the next page, and scissors.

## STEPS TO MAKE THE SHUTTLECOCK

1. Using the template, cut four circles out of foam.
2. Mark the center of 3 circles and snip an X in those centers as indicated on the template.
3. From a plastic drinking straw, cut a piece 1 1/2 inches long. Measure 1/2 inch from one end and mark. Using scissors, make 4 evenly spaced vertical cuts up to the 1/2 inch mark on the short end of the straw piece.
4. Place one of the snipped foam circles over the non-cut end of the straw. Slide the circle down to the cut portion of the straw. On the back side, fold out the 4 cut sections so they are flush against the foam circle. Using a hot glue gun, carefully glue each of the 4 straw sections to the foam circle.
5. Glue the unsnipped foam circle on top of the straw attachments, sandwiching the 4 glued sections of the straw between the 2 foam circles.

6. Slide washer, foam circle, washer, foam circle onto the remaining straw. Gently slide them into place on top of the other 2 foam circles. About 1 inch of the plastic drinking straw will protrude beyond the last foam circle. You may choose to glue these or not. Make sure they are on securely. If desired, you can wrap fabric or plastic around this heavier bottom and secure with string or glue.

7. Place one feather into the end of the straw. Push it all the way down through the straw until it hits the bottom foam circles. Position the feather so the natural curve of the feather is away from the center.

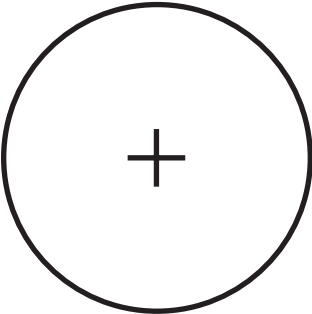
8. Add the next 2 feathers in the same manner. The width of the feathers will likely hold them well in the straw. If not, you may wish to glue them.

## HOW TO PLAY

Throw the shuttlecock into the air. The object is to see how many times you can hit it before it hits the ground. You can use any part of your body except your hands. The weight of the base will make it drop first, and that is the part you want to hit. You may play as an individual or with a small group of friends standing in a circle.



# JIANZI SHUTTLECOCK TEMPLATE



# LUCKY MONEY RED ENVELOPE CRAFT

With the Chinese New Year coming up, celebrate it with your family with the tradition of giving money in lucky red envelopes. It is said to bring good fortune for the new year. You can buy these envelopes, or use the template on the next page to print a few at home and assemble them yourselves.





# LUCKY MONEY RED ENVELOPE TEMPLATE

**Instructions:** Print at 100% (do not scale) and cut out along the solid lines.

Fold the Short flap to the back and apply double-sided tape or a glue stick to the indicated area. Fold the long flap back over it and press to secure.

Fold the bottom flap up over the closed side flaps and secure with adhesive.

Allow to dry before inserting paper money or coins into the envelope through the top flap. Fold it over, tuck it in, and gift it to your parents or children to bring them good fortune in the New Year!



# CHINESE NEW YEAR SLIME

## WHAT YOU NEED

Water, clear washable school glue, liquid starch, red food coloring, gold sequins, and gold glitter

## SAFETY

Making slime is a fun chemistry experiment! However, like any cool science experiments, they should be done with adult supervision. Adults should measure and handle all chemicals used when making slime.

Also, slime activities should be properly cleaned up afterward. Disinfect surfaces, mixing tools, and containers when you are finished with your slime experiment.

Wash hands thoroughly after playing with slime.

Do not switch out ingredients if not listed. Many slimes contain borax or a form of borax, even liquid starch which contains sodium borate.

## STEPS

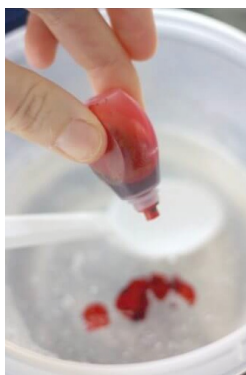
1. In a bowl mix 1/2 cup water and 1/2 cup of glue (mix well to combine completely.)

2. Now's the time to add color, glitter, or confetti! Remember when you add color to white glue, the color will be lighter. Use clear glue for jewel-toned colors!

You can never add too much glitter! Mix the glitter and color into the glue and water mixture.

3. Pour in 1/4 cup of liquid starch. You will see the slime immediately start to form. Keep stirring until you have a gooey blob of slime. The liquid should be gone! If you have Sta-Flo brand liquid starch you may need more starch! All brands are different. Recommended is the Lin-it brand.

4. Start kneading your slime! It will appear stringy at first but just work it around with your hands and you will notice the consistency change. You can also put it in a clean container and set it aside for 3 minutes, and you will also notice the change in consistency!



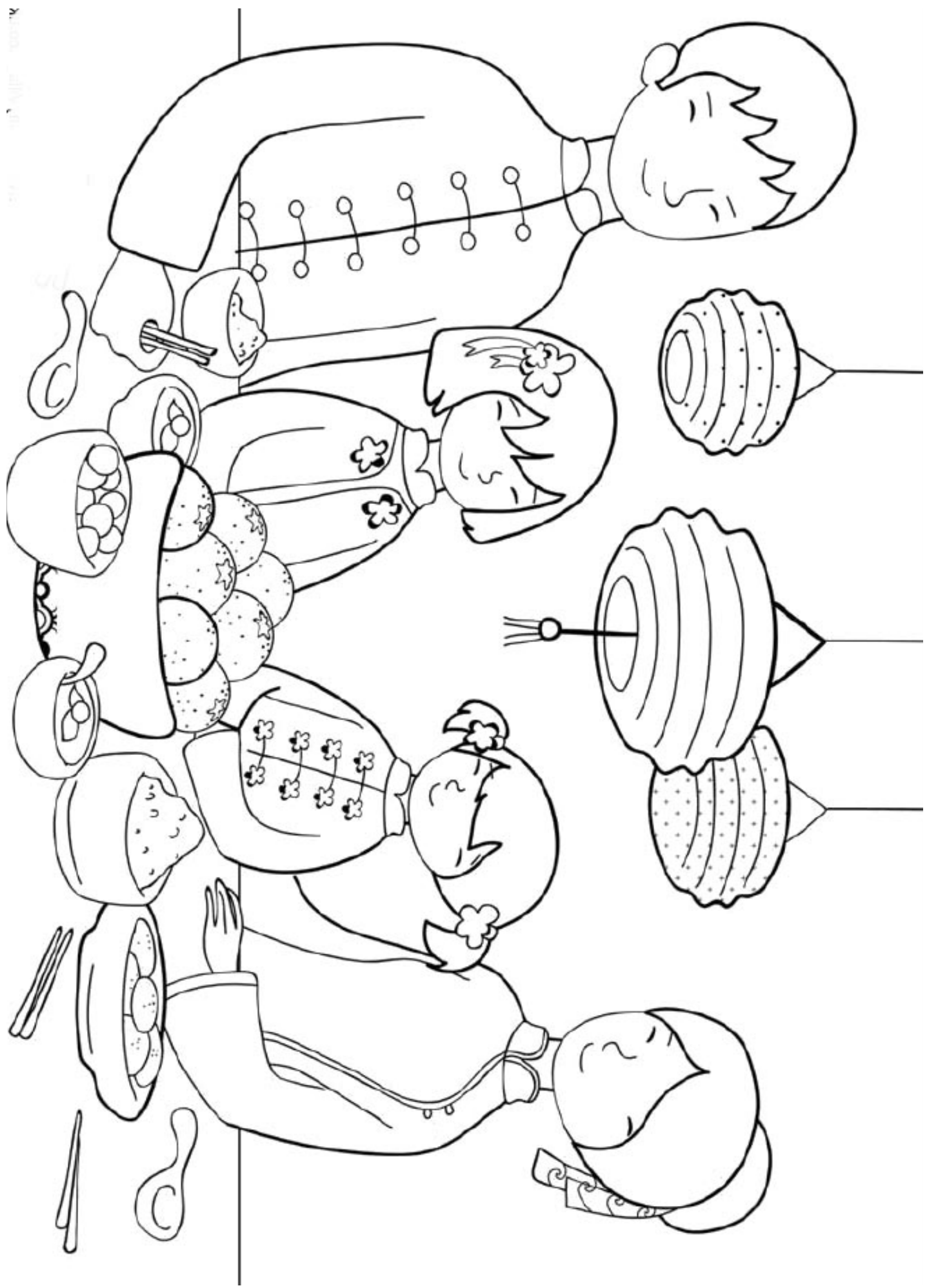
福 Fú

Good fortune; blessing; happiness.











# Food

Eating a special dinner with your family is a great way to celebrate Chinese New Year. Most families come together on New Year's Eve for a dinner feast known as "Reunion Dinner," which is widely considered to be the most important meal of the year. Below are some recipes that could help make your feast fantastic!



## SPRING ROLLS

50 min total., makes 12

### INGREDIENTS

1/4 pound barbecued pork (purchase at Asian markets or make your own Chinese barbecued pork)  
3 dried black mushrooms  
1/2 cup mung bean sprouts  
1/2 medium carrot  
2 tablespoons red bell pepper (chopped)  
2 teaspoons dark soy sauce  
2 teaspoons oyster sauce  
2 tablespoons chicken broth  
1/2 teaspoon granulated sugar  
A few drops sesame oil (to taste)  
2 tablespoons oil (or as needed, for stir-frying)  
12 spring roll wrappers (or egg roll wrappers)  
1 egg (lightly beaten, or 2 tablespoons cornstarch mixed with 1 tablespoon water)  
3 cups oil (or as needed, for deep-frying)

### INSTRUCTIONS

1. Cut the barbecued pork into very thin strips.
2. Soften the dried black mushrooms by soaking in hot water for 20 to 30 minutes. Squeeze out any excess water and finely chop.
3. Rinse and drain the mung bean sprouts.
4. Peel the carrot. Shred until you have 1/4 cup.
5. In a small bowl, combine the dark soy sauce, oyster sauce, chicken broth, granulated sugar, and sesame oil. Set aside.
6. Heat a wok over medium-high to high heat. Add 2 tablespoons oil. When the oil is hot, add the barbecued pork. Stir-fry for 1 minute.
7. Add the vegetables and stir-fry for another minute, then push up to the side of the wok.
8. Add the sauce in the middle. Heat briefly, then mix in with the pork and vegetables. Remove the wok from the heat and allow the filling to cool.
9. Preheat the oil for deep-frying to 360° F while preparing the spring rolls.
10. Lay a spring roll wrapper in front of you so that it forms a diamond shape. Use your index finger to wet all the edges with the beaten egg or cornstarch/water paste. Place approximately 2 tablespoons of filling near the bottom.
11. Roll over once, tucking in the sides.
12. Continue rolling and seal the top.
13. Deep-fry the spring rolls in 3 to 4 batches, cooking until they are golden brown and crispy (about 3 minutes).
14. Remove with a slotted spoon and drain on paper towels.



## FIVE SPICE PEANUT CANDY

Peanuts are a symbol of longevity in Chinese culture and are a popular snack at Chinese New Year and year-round. For a snack, they are often served unshelled, but you can try this recipe as a sweet and spicy dish for your celebration. It's similar to peanut brittle in the U.S. You may enjoy experimenting with different measurements of five-spice powder or use different spices for your taste.

### INGREDIENTS

2 cups unsalted peanuts (without skins)  
2 tablespoons butter  
1/4 cup brown sugar  
1 tablespoon light corn syrup  
1/2 teaspoon five-spice powder

### INSTRUCTIONS

1. Line a baking sheet with wax paper or spray with non-stick cooking spray.
2. In a small heavy saucepan, melt the butter, brown sugar and corn syrup over medium heat to dissolve the sugar. Stir in the five-spice powder. Bring to a boil.
3. Let boil for several minutes without stirring, until mixture reaches the "soft ball" stage (approx. 235° F). Remove from the heat. Stir in the peanuts.
4. Spread the mixture out on the baking sheet. Let stand until it has hardened. Break into pieces. Store in a sealed container.





# DUMPLINGS

Options for pork, veggie, and shrimp fillings  
Makes 24

## INGREDIENTS

4 cups all-purpose flour  
2 teaspoons salt, divided  
1 1/4 cups warm water  
2 cups red cabbage  
2 cups green onion, sliced  
6 cloves garlic, minced  
4 tablespoons ginger, minced  
2 tablespoons soy sauce  
2 tablespoons sesame oil  
1/2 pound ground pork  
1/2 teaspoon pepper  
3/4 cup mushroom, diced  
3/4 cup carrot, diced  
1/2 pound shrimp, peeled and deveined

## INSTRUCTIONS

1. In a large bowl, combine the flour, 1 teaspoon of salt, and the warm water and mix until well-combined.
2. Roll out dough on a floured surface and knead until smooth.
3. Divide the dough into 4 equal parts.
4. Roll out 1 piece of dough into a thin log and divide into 6 or 8 pieces, depending on the size of dumplings you want. Repeat with the remaining dough portions.
5. Lightly flour the dough pieces and roll out 1 piece into a thin circle roughly 4-inches (10 cm) in diameter.
6. Keep the dumpling wrappers separated with a small piece of parchment paper and repeat with the remaining dough.
7. Combine the cabbage, green onions, garlic, ginger, soy sauce, and sesame oil in a medium bowl and mix until well-incorporated.
8. For the pork filling, combine the ground pork with the remaining teaspoon of salt, the pepper and 1 cup (125g) of the cabbage mixture and stir until well-incorporated.
9. For the veggie filling, combine the mushrooms and carrot and microwave for 3 minutes, until soft. Add 1 cup (125g) of the cabbage mixture and stir until well-incorporated.
10. For the shrimp filling, combine the shrimp with 1 cup (125g) of the cabbage mixture and stir until well-incorporated.
11. To assemble the dumplings, add roughly 1 heaping tablespoon of filling to the center of a dumpling wrapper. With your finger, lightly coat half of the inside of the wrapper with water. Fold the moistened half of the wrapper over the filling and, using your fingers, pleat the edges to seal. Repeat with the remaining fillings and wrappers.
12. Heat the oil over medium high in a large skillet and add a few dumplings, cooking them in batches. Once the bottoms of the dumplings start to brown, add a splash of water and cover with a lid. Steam for about 5 minutes, or until the dumplings are cooked and the water has evaporated. Transfer the cooked dumplings to a paper towel-lined plate to remove any excess moisture or grease.
13. In a small bowl, combine the soy sauce, rice vinegar, sesame oil, and pepper flakes and stir to combine. Serve the dumplings immediately with the dipping sauce.
14. Enjoy!

## DIPPING SAUCE

1/4 cup soy sauce  
1/4 cup rice wine vinegar  
1 teaspoon sesame oil  
1 teaspoon crushed red pepper flakes



## HOT POT

Cooking at the table is the essence of the hot pot. The basic concept is that everyone at the table cooks their own food in a communal pot of simmering broth. To do so, you can either go classic-style with a divided pot for serving more than one broth, or you can go simple with just a single broth. You can hack the hot pot and use a deep sided electric fry pan or your Instant Pot instead.

If hot pot is a dinner style that you love, you might want to invest in a stainless steel divided electric hot pot. You can also find hot pots with grills at their base to grill your meats and seafood before combining with your broth in the pot that sits on top. Hot pots are also available as the pot only that can be warmed at the table on a butane heater or an electric burner.

### OTHER ESSENTIAL ITEMS:

- Small serving bowls for your diners to load as the food cooks. Keeping the bowls small keeps the soup hot and encourages your fellow hot potters to continue cooking.
- Chopsticks and soup spoons for slurping and diving for what's cooking. Be sure to use chopsticks designated for eating and those for cooking. Plunging your eating chop sticks into the communal broth is a big no-no.
- Small strainers (one for each diner) for fishing for your ingredients or keeping them contained as they cook.
- Ladles for serving the individual broth(s).

### RED CURRY HOT POT BROTH

Add more or less red curry paste to this beef stock based broth depending on your desire for spiciness and add a squeeze more lime to balance the heat and flavors.

### INGREDIENTS

- 2 teaspoons vegetable oil
- 1 large sweet onion thinly sliced
- 32 ounces beef stock, (8 cups)
- 1/4 cup red curry paste
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon packed light brown sugar
- 1 tablespoon garlic powder
- 1 teaspoon inger ground
- 2 tablespoons lime juice

### INSTRUCTIONS

1. For the broth, heat oil in 6-quart stockpot over medium-high heat. Add onion; cook and stir until tender, about 3 minutes. Stir in stock, curry paste, soy sauce, brown sugar, garlic powder and ginger. Bring to boil. Reduce heat to low; cover and simmer 20 minutes. Stir lime juice into broth just before serving.
2. Place proteins, vegetables, noodles, and garnishes in bowls or on plates for guests to customize their meal.
3. To serve, pour broth into one or both sides of the hot pot, depending upon whether you're offering one broth or two different broths. Cook the vegetables and proteins in the broth and ladle over noodles or rice.

**NOTE: Instant Pot® or Pressure Cooker**  
 Multifunction Electric Pressure Cooker Method (Saves 1 hr. cooking time):  
 Heat oil on medium sauté setting in pot of multi-function electric pressure cooker (Instant Pot®). Add onion; cook and stir until tender, about 3 minutes. Stir in stock, curry paste, soy sauce, brown sugar, garlic powder and ginger. Cover and lock lid into place. Set to cook 10 minutes on high pressure (or Soup setting). Vent pot and release pressure before opening and carefully remove lid. (Check manufacturer's manual for safe operating instructions.) Set on low sauté setting. Stir in lime juice. Allow guests to cook steak in broth, about 2 to 3 minutes. Customize individual bowls and serve as directed.

## PROTEINS

**Beef / Pork** - Thinly, VERY thinly sliced beef (and/or pork). You can buy beef pre-sliced from an Asian market where they sell wagyu cuts. These paper-thin slices cook in about 30 seconds. If you slice the beef yourself, choose a high grade, fatty cut like ribeye or short ribs and pop it in the freezer for 15-30 minutes so it becomes firmer and easier to slice as thinly as possible. When boiling the meat in the hot pot there's no need for seasoning or marinating the meat.

**Chicken / Lamb** - Very thinly sliced chicken and lamb are also options, but they are not as popular as beef or pork.

**Meatballs** - Asian beef meatballs are usually found in the freezer section and are pre-cooked so really, they just need to be warmed in the broth. They come in a variety of flavors, depending on how daring you feel.

**Tofu** - Tofu is pretty easy to buy packaged. It's not as crisp as if you fry it yourself, but it does the job. If fried tofu isn't your thing, use a firm or extra firm tofu so it holds up to cooking with the other ingredients.

**Shrimp / Crab / Fish** - If using crab or lobster, pre-cut the shells so they are easy to extract the meat from. Mussels, clams and other crustaceans are also popular. The classic florescent fish cake is kind of fun to throw in too. Mild white fish and scallops are also great seafood options.

**Eggs** - Quail eggs are a traditional addition, but to keep things tidier, cook some soft jammy ramen eggs to slice and add on afterward.

## VEGETABLES

Pick and choose your favorite vegetables to add to your hot pot. Below is a list of veggies you might like to include.

- Greens like spinach, baby bok choy, morning glory, kale, watercress, and chopped Napa cabbage
- Mushrooms of any and every variety like shiitake, oyster, brown, enoki
- Bean sprouts
- Green onion, sliced red or sweet yellow onions
- Bell peppers or spicy peppers
- Asparagus
- Snap peas

- Green beans
- Baby corn
- Tomatoes
- Carrots
- Small baby potatoes
- Garnishes like Thai basil, cilantro, mint and sliced lime

## RICE OR NOODLES

It's your call whether to use noodles and/or steamed white rice as your carb of choice. Egg noodles (think: long strands of Asian-style fettuccine), ramen noodles (spiraled and toothy), rice noodles (thicker, slicker and long), and vermicelli noodles (thinner and more delicate rice noodles) are all great choices. Whatever you choose, cook the noodles while the broth is simmering and have them available in a bowl just like the protein and veggies.





## FRIED RICE

Serves 2-3 people

[www.recipetineats.com](http://www.recipetineats.com)

### INGREDIENTS

2 tablespoons oil  
1/2 onion, finely chopped  
2 garlic cloves, minced  
120 g/4 oz bacon, chopped (optional, or use ham)  
1-1 1/2 cups diced vegetables, frozen or fresh  
(See note 1)  
2 cups (packed) cooked day-old white rice  
(refrigerated or frozen defrosted, See note 2)  
3 eggs, whisked  
3/4 cup green onions, (shallots / scallions) sliced

### Sauce:

1 tablespoon Chinese cooking wine (sub Mirin, cooking sake or dry sherry) (See note 4)  
1 tablespoon Oyster Sauce  
1 tablespoon light soy sauce (or all purpose)  
(See note 5)  
1 teaspoon sesame oil, optional  
1/4 teaspoon white pepper

### INSTRUCTIONS

1. Heat about 1 1/2 tablespoons oil in a wok or 2 tablespoons oil in a skillet over high heat until smoking.
2. Add onion, garlic, and bacon. Cook until bacon is light golden – about 1 1/2 minutes.
3. Add vegetables (still frozen is fine). Cook for 2 minutes until they defrost and water evaporates.
4. Add rice and sauce ingredients. Cook for 1 1/2 minutes until liquid evaporates.
5. Shove rice to the side of the wok/skillet. Add 1/2 tablespoon oil into the cleared space, and shift wok so the heat is centered over the cleared space. Pour in egg and scramble.
6. Add green onion then stir the egg into the rice. Remove from heat and serve immediately.

### RECIPE NOTES

1. Use 2 cups of any vegetables you want. Suggestions include peas, corn, or carrots. If they are frozen, you do not need to thaw. Dice any firm vegetables such as carrots. For leafy items like Asian greens, chop the stems into small bite-size pieces, and chop the leaves into 1" pieces. (They will wilt.)
2. You need day-old rice that's been refrigerated or frozen (then thawed) because the rice grains dry out, making them ideal for fried rice. Sticky, freshly cooked rice is not good for fried rice, as it makes fried rice gluey. Long grain white rice is best for Chinese fried rice, but any cooked, cold rice will be fine – white or brown.
3. Chinese cooking wine or Mirin (or cooking sake or dry sherry) is an essential ingredient for making a truly "restaurant standard" fried rice. Though many recipes suggest using liquid chicken broth, it will make your fried rice wet and gluey!

If you can't consume alcohol, adjust recipe as follows: Reduce oyster and soy sauce to 2 teaspoons each, and add 1 tablespoon of water to the sauce. Proceed with recipe. When you add the rice, add 1/2 teaspoon of chicken or vegetable stock powder (or bouillon cube crumbled). Stir through. Add remaining sauce ingredients except the cooking wine. Proceed with recipe. Add a tiny sprinkle of salt at the end if you want it saltier.

4. Any soy sauce is fine as long as it is not sweet or flavored. Light and all-purpose soy keeps the fried rice a light color. Dark soy will stain the rice a mahogany color, which is also appealing, and the rice will have a stronger soy flavor which many people enjoy!
5. If using a skillet, add about 1/2 tablespoon of extra oil at the start to compensate for the larger cooking surface. Once you add the rice, use 2 wooden spoons to toss it to make up for not having the high walls of a wok.
6. **GLUTEN FREE:** Make sure you use gluten-free soy sauce and oyster sauce if you want to make this dish gluten-free.



## KUNG PAO CHICKEN

### INGREDIENTS

1 pound of boneless skinless chicken breast  
Dried red pepper  
Crushed red pepper flakes  
Dry roasted peanuts  
Ginger root  
Garlic  
1 leek  
2 teaspoons rice wine  
1/2 tablespoon soy sauce  
Salt  
Corn starch  
Vegetable oil

### INSTRUCTIONS

1. Cut the chicken into small cubes.
2. Cut off the end of the leek and then cut the pieces into smaller half-inch pieces.
3. Mix the chicken with the rice wine and 1 teaspoon of salt then 1/2 tablespoon of soy sauce and mix.
4. In a separate bowl, mix 1 teaspoon of corn starch and 2 tablespoons of water.
5. Add 1/2 tablespoon of the water and starch mixture to the chicken and mix them together.
6. Add 1 tablespoon of vegetable oil to the chicken.
7. To start preparing the sauce mix the following in a separate bowl: 1/2 tablespoon of salt, 2 tablespoons of sugar, 1/2 tablespoon of soy sauce, 1 tablespoon of rice wine, 4 tablespoons of vinegar, and 1/2 tablespoon of the water and corn starch mixture.
8. Put a skillet or wok on medium high heat and pour 1/4 cup of oil into the pan. Let it sit for 1 minute.
9. Add the chicken to the pan and stir for about 2 minutes then drain the oil.
10. Add 1/4 teaspoon of crushed red pepper flakes, a pinch of dry red pepper, 2 cloves of minced garlic, and 2 small slices of ginger root.
11. Stir fry again for about 2 minutes.
12. Stir the sauce mixture and pour it into the pan with the chicken, mixing the two together.
13. Add 1/4 cup of dry roasted peanuts into the pan and stir fry together for about 1 minute.
14. Enjoy!

# Recommended Books

Check out this list of children's books that are great for celebrating Chinese New Year.

- *Emma's American Chinese New Year* by Amy Meadows
- *Long-Long's New Year* by Catherine Gower
- *This Next New Year* by Janet S. Wong
- *Hiss! Pop! Boom!* by Tricia Morrissey
- *Chelsea's Chinese New Year* by Lisa Bullard
- *Zodiac Animals* by Sammu Tang
- *Celebrating Chinese New Year: An Activity Book* by Hingman Chan
- *Tales from the Chinese Zodiac* series by Oliver Chin
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