

Chinese Cooking Class Series #5

Chicken and Snow Peas & Crab Rangoon



美國內布拉斯加——林肯大學

孔子學院

Confucius Institute

University of Nebraska - Lincoln

in partnership with

Xi'an Jiaotong University, Xi'an, China



Crab Rangoon is a good example of “When the East Meets the West”. The combination of crab meat (or imitation crab meat) and cream cheese satisfies our taste buds, plus the crispy wrapper makes it a perfect appetizer. Crab Rangoon has been on the American Chinese restaurant’s menu since 1950s and has become very popular. Cream cheese, like the other cheeses, is non-existent in traditional Chinese cuisine. The origin of Crab Rangoon is unknown but probably was invented in the United States. Crab Rangoon is also known as crab wonton, crab cheese wonton, crab pillow or crab puff. In this class, we will show you how to make Crab Rangoon in triangular and flower shapes.

As with the Crab Rangoon, Chicken and Snow Peas has been requested by our previous cooking class attendees. This stir-fry dish is full of flavor as well as easy to make. With the combination of chicken and vegetables, it is nutritious and light.

In this class, you will learn how to make the appetizer and the stir-fry dish mentioned above. You will have hands-on experience and be given the opportunity to taste the food you and other attendees make in the class. Instructors from Confucius Institute will teach the class.

Time:	March 25, 2013, 5:45 pm – 7:00 pm
Location:	Cooking Lab, Room 206, Leverton Hall, UNL East Campus
Fee:	\$30, nonrefundable (includes course materials, handouts, tasting food, and drinks)

For registration contact:	Angela Rystrom (402) 472-5370 arystrom2@unl.edu
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Teaching and Culture Exchange*