

Chinese Cooking Class Series #12

Pineapple Beef & Mapo Tofu



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



Beef is a staple on Nebraskans' dinner table. We will make a stir-fry beef dish quite different from the one you have had in Chinese-American restaurants – pineapple beef. Sweet and tangy pineapple trunks give this dish a refreshing aroma and taste. It is a distinguishing feature of Cantonese cuisine that fruits are added to meat dishes as a way to whet the appetite. This home-style pineapple beef dish is an easy-to-make version adapted from pineapple duck.

Mapo tofu is a typical Sichuan style dish. Spiced by Sichuan peppercorn and chili oil, this tofu dish can be made with or without ground pork/beef. While we cook Mapo tofu with pork in the class, vegetarian Mapo tofu is included in our recipe as a bonus for you to try at home.

In the Monday, February 24 class, we will make Pineapple Beef and Mapo Tofu with you following our step-by-step recipes, instructions, demonstrations and hands-on experience. You will have the opportunity to taste the food cooked in class. Instructors from Confucius Institute will teach the class. Please contact Angela Rystrom to register.

Due to the capacity, class size is limited to 20 people. Payment **must** be made in advance of class.

Time:	February 24, 2014, 6:00 pm – 7:30 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*