

# Chinese Cooking Class Series #14

## Beef Chow Fun & Honey Walnut Shrimp



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 chow fun is the most favorite noodle dish in Cantonese cuisine, commonly found in Chinese restaurants that serve dim sum. “Chow fun”, in Cantonese, means stir fry rice noodles (ho fun). To make the broad rice noodles chewy and full of flavor, the cooking must be done over a high flame and the stirring be done quickly, with the technique of dry stir-frying. Noodle-lovers must try this dish. We will show you in the class how to make the home-style beef chow fun that you can do in your own kitchen.

Honey walnut shrimp is battered crispy shrimp in creamy sauce topped with honey walnuts. The tender inside and crispy outside shrimp make a great combination with crunchy honey walnuts. It can be a main dish for your family or a side dish for your next party.

In the Monday, April 28 class, we will make the above mentioned dishes with you following our step-by-step recipes. Instructors from Confucius Institute will give detailed instructions and demonstrate cooking. You will gain hands-on experience and have the opportunity to taste the food cooked in 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.

<b>Time:</b>	April 28, 2014, 6:00 pm – 7:30 pm
<b>Location:</b>	Cooking Lab, Room 206, Leverton Hall, UNL East Campus
<b>Fee:</b>	\$30, nonrefundable (includes course materials, handouts, tasting food, and drinks)
<b>For registration contact:</b>	Angela Rystrom (402) 472-5370 arystrom2@unl.edu

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*Promoting Chinese Language  
Teaching and Culture Exchange*