

MADE IN CANADA: 'CHINESE' CULINARY CREATIONS

Imogene Lim, PhD

“Linking the Stories”: A Warm Land Heritage Workshop - Duncan

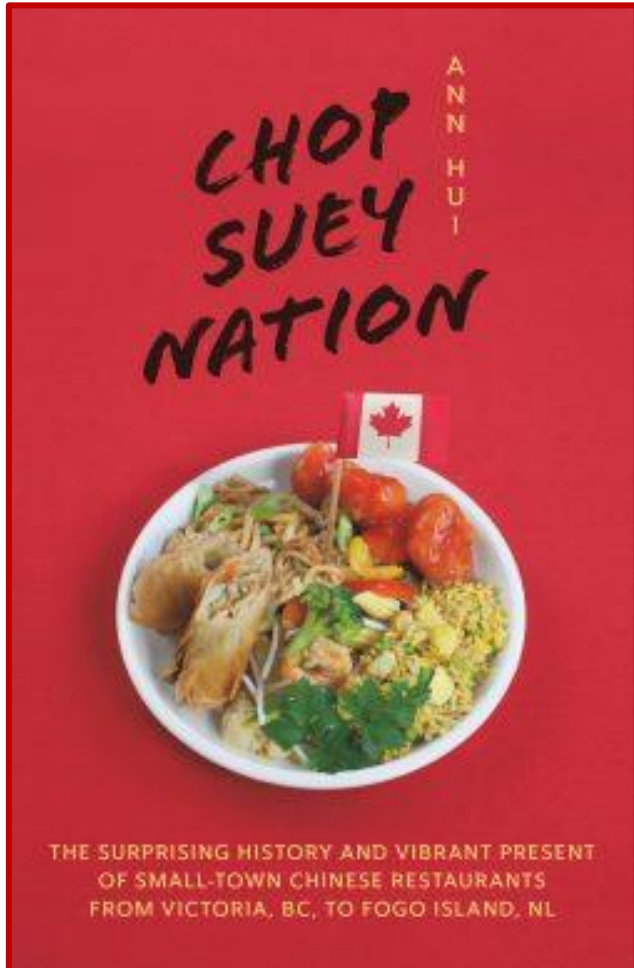
October 18, 2019

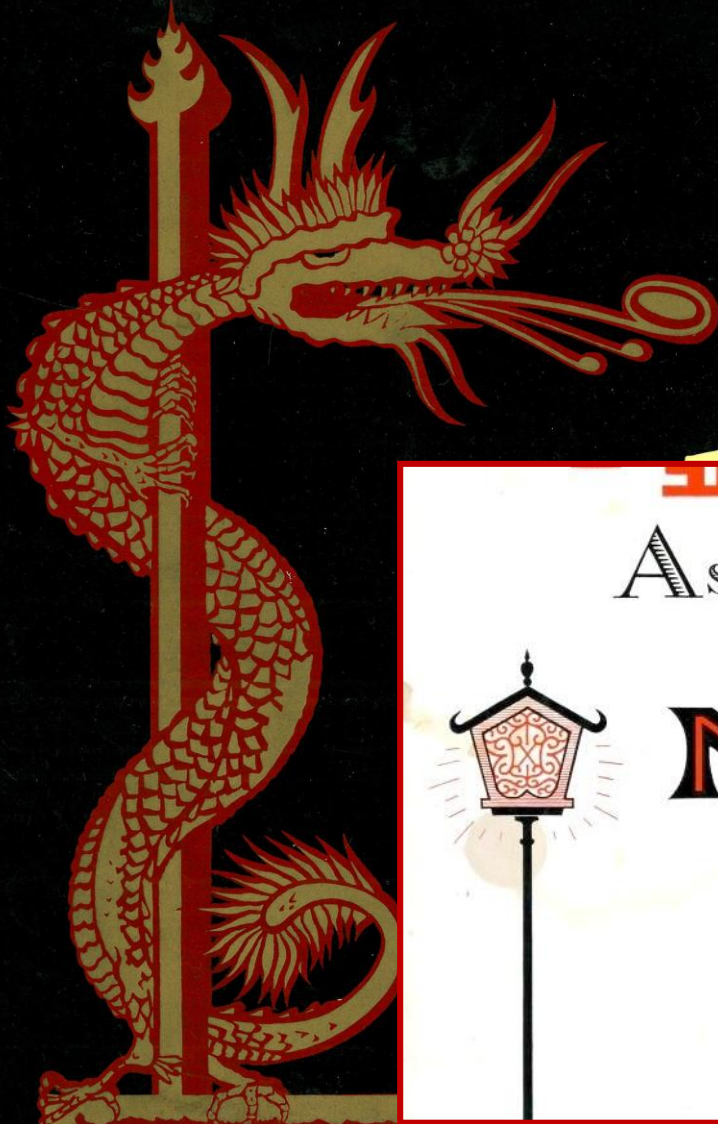


WHAT DO THESE ITEMS HAVE IN COMMON?



CANADIAN VS CHINESE





GOLDEN DRAGON

3991 KINGSWAY, BURNABY, B. C.

HO HO

Chop Suey

ASIA GARDEN



MENU



SAI WOO

店飯湖西

158 E. PENDER ST. VANCOUVER, B.C.



6. Green Peas and Egg Soup40	豉豆蛋花湯
7. Bean Cake with Pork Soup30	豆腐豬肉湯
8. Mushroom Soup with Eggs60	毛菇蛋湯

CHOP SUEY 什碎類

9. Chinese Chop Suey with Pork40	豬肉什碎
11. American Chop Suey with Pork40	花旗什碎
12. Beef Chop Suey40	牛肉什碎
13. Sliced Fish Chop Suey60	魚片什碎
Pineapple Chop Suey80	菠蘿什碎
14. Mushroom Chop Suey with Pork80	毛菇什碎
15. Mushroom Chop Suey with Chicken	1.10	毛菇雞什碎
16. Shrimp Chop Suey80	蝦仁什碎
17. Oysters Chop Suey60	蠔仔什碎
18. Spring Chicken Chop Suey80	雞片什碎
19. Diced Almond Chicken Chop Suey	1.10	杏仁雞丁
Pineapple Chicken Chop Suey	1.25	菠蘿雞什碎

CHOW MEIN 炒麵類

20. Chow Mein40	炒麵
21. Chow Mein, Chinese Style80	唐人炒麵
22. Mushroom Chow Mein80	毛菇炒麵
23. Shrimp Chow Mein80	蝦肉炒麵

PORK SPARE RIBS 排骨類

24. Sweet and Sour Pork Spare Ribs50	甜酸排骨
25. Breaded Dry Pork Spare Ribs50	干炸排骨
Currie Pork Spare Ribs60	茄李排骨
26. Garlic Sauce Pork Spare Ribs50	豆豉排骨
27. Pineapple Sweet & Sour Spare Ribs	1.25	菠蘿排骨
28. Pickle Sweet & Sour Spare Ribs	1.25	什錦排骨
29. Sweet and Sour Pork (Boneless)	1.25	甜酸豬肉

MEAT AND VEGETABLES 炒菜類

30. Fried Chinese Sausages and Greens40	臘腸炒菜
31. Fried Greens and Beef40	牛肉炒菜
32. Fried Bean Cake and Roast Pork40	插燒豆腐

Shredded Chicken & Sharks Fin Soup

生鷄絲翅

Soya Sauce Pot Roast Chicken

桶子油鷄

Fried Vermicelli with Abalone

鳳會鮑絲

Deep Fry Chicken Roll

威花鷄捲

Minced Bar-B-Q Pork & Vegetable stuff in Mushroom

釀冬菰

Dice Sea Cucumber with Vegetable & Roast Meat

八珍婆參

Diced Chicken Vegetable & Cashewnuts

腰菓鷄粒

Deep Fried Scallop with Green Vegetables

酥炒瑤柱

Chicken Ball with Pineapple

波青酥鷄

Chinese Menu

— Soups and Appetizers —

Green Peas and Egg	35c	Grapefruit Juice	15c
Chicken and Rice	25c	Orange Juice	15c
Mushroom and Egg	45c	Tomato Juice	15c

— Chow Mein —

Chicken Chow Mein	90c
Pork Chow Mein	75c
Shrimp Chow Mein	1.25

— Spareribs —

Sweet and Sour Pork Spareribs	85c
Breaded Dry Pork Spareribs	85c

— Chop Suey —

Chicken Chop Suey	85c
Pork Chop Suey	85c

Puss-in-Boots Cafe

Breaded Almond Chicken	1.50
Deep Fried Shrimps	1.50
Steamed Garlic Spareribs	1.35
Sweet & Sours Pork (boneless)	1.25
Pineapple Sweet & Sours	1.25
Sweet & Sours Spareribs	.85
Dry Breaded Spareribs	.85
Mushroom & Pork Chop Suey	.95
Pork Chop Suey	.85

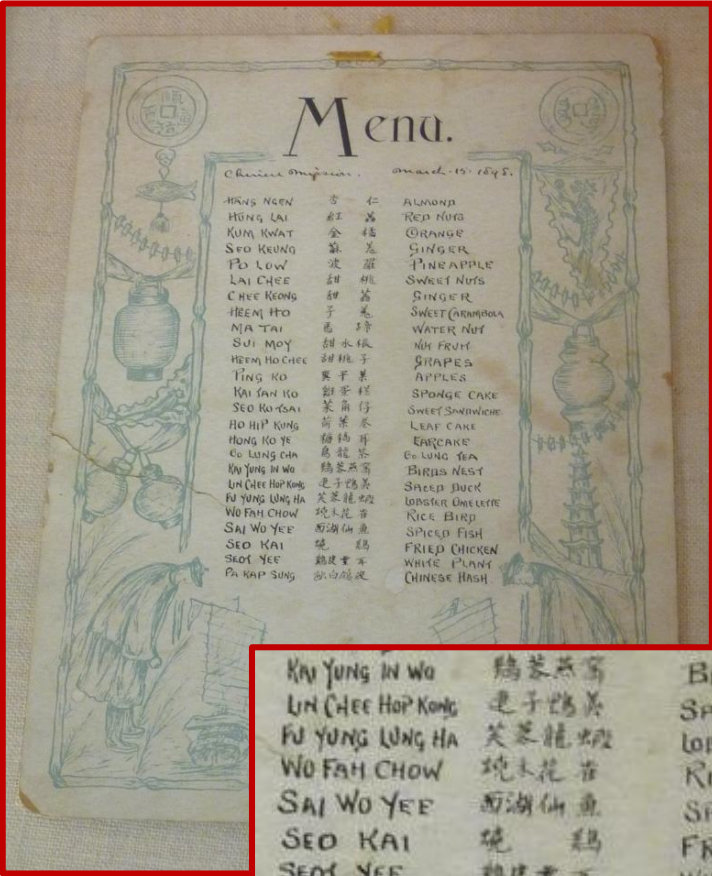
PUSS-IN-BOOTS CAFÉ, CHINATOWN, NANAIMO

Puss-in-Boots Specialties

Pineapple Spareribs	1.25
Deep Fried Shrimp	1.50
Diced Almond Chicken Chop Suey	1.50
Sweet and Sour Pork (boneless)	1.25

Fried Peas & Pork	.85
T-Bone Steak, French Frys	1.75

FROM MENU TO PREPARED DISHES



KAI YUNG IN WO	鷓鴣菜	BIRDS NEST
LIU CHEE HO KONG	蓮子	SHEEP DUCK
FU YUNG LUNG HA	芙蓉	LOBSTER OMELETTE
WO FAH CHOW	燒花	RICE BIRD
SAI WO YEE	西湖	SPICED FISH
SEO KAI	燒雞	FRIED CHICKEN
SEOI YEE	雞皮	WHITE PLANT
PA KAP SUNG	白鷓鴣	CHINESE HASH



UTSC 2017

How The Chow Mein Sandwich Claimed A Small Slice Of New England History

June 24, 2019 - 11:47 AM ET
Heard on All Things Considered

SARAH MIZES-TAN

FROM **WCAI**
listen



Regina Mark, co-owner of Mee Sum Restaurant in Fall River, Mass., holds a chow mein sandwich, which the restaurant has served for more than 50 years.

Sarah Mizes-Tan/WCAI

- Inventive
- Adaptive
- Resilient



CLICK TO OPEN ENLARGED VIEWS



Chow Mein Mix Hoo-Mee - 12 Pack

ITEM: 0112

\$39.99

QUANTITY:

1

 ADD TO CART

PRODUCT DESCRIPTION

Since 1926, Fall River's own Oriental Chow Mein Company has been producing their famous Hoo-Mee brand of Chow Mein mix. This recognizable yellow box has been turning out mouth-watering Chinese dishes for generations of New Englanders.

To this day if you walk into any Chinese restaurant in southeastern MA and order a chow mein sandwich the Hoo Mee brand of chow mein noodles and gravy mix are likely to be the main ingredients. Everyone has a preference when it comes to the preparation of their chow mein sandwich whether it's strained or with vegetables, chicken, pork, beef, scallops, or shrimp.

It's the crisp texture and flat shape that sets the Hoo Mee brand apart from its competitors and makes it unique to the region. Not from the area? This little yellow box brings the traditional flavor of this Fall River favorite to your own kitchen. Each box contains noodles and a package of gravy mix for up to four servings of chow mein.

*Please check out the Product Guidelines before ordering.

CURRY CHICKEN

★★★★★ 2 weeks ago

“A family favourite! We love their curry chicken!also good for an easy yummy breakfast that is affordable for the whole family! Overall great food, family atmosphere and great service.”

- J C

<https://haida-way-restaurant.business.site/>

★★★★★ 2 months ago

“Great curry chicken, best I have ever had. Also delicious garlic bread, fries, and coleslaw. The curry chicken on fries is absolutely unreal. The service is great and the food always comes out promptly. Twenty minutes or less. You just can't beat it.”

- Tyler K



QUESTIONS?

