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WESTERN CAPE

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Cooking for Community Chinese Home Cooking Online Festival

Join the Chinese Home Cooking Online Festival, hosted by the Confucius Institute and the International Relations Office at the University of the Western Cape. Do not miss the opportunity to learn about Chinese cuisine and enhance your cooking skills during the lockdown. These free Cooking Workshop sessions will run for six weeks using the ZOOM platform. A certificate of participation will be issued at the end of the Programme. Please register [here](#) to secure the limited seats for each section of this practical, fun workshop series.

Participants will generally learn about Chinese cuisine: major cuisine types in different regions, dietary preferences and nutrition, cultural differences in serving food, measurements, and recipe sharing. You will learn to cook five typical home recipe dishes. No previous Chinese cooking skills are required. A Cooking wok or pot, spatula, chopsticks, salt, cooking oil, soy sauce, cooking wine, starch, sugar, vinegar are required. Other ingredients will be announced one week in advance. Please note that participants need to buy the ingredients from local grocery stores at their expense.

We encourage a virtual communal sharing of meals at the end of each session to celebrate our collective camaraderie.

Date	Time	Contents
26 Aug 2021	16:00-17:00	<ul style="list-style-type: none">• Regional cuisines and characteristics• Chinese dietary preferences and nutrition• Chinese kitchenware and utensils• Measurements, receipt-sharing and serving• Cutting and cooking techniques• Q & A
02 Sep 2021	16:00-17:00	Tomato and eggs 西红柿炒鸡蛋
09 Sep 2021	16:00-17:00	Kungpao chicken 辣子鸡丁
16 Sep 2021	16:00-17:00	Mushroom beef 牛肉蘑菇
23 Sep 2021	16:00-17:00	Mapo Tofu 麻婆豆腐
30 Sep 2021	16:00-17:00	Three veggies (beans, potato, and eggplant) 地三鲜