

Cook (Chinese Dishes)



Complete the following:

1. Know the basic cooking terms:
(a) Fry (b) Marinate (c) Rinse under cold running water
(d) Simmer (e) Stew (f) Garnish
2. Choose two sauces from the following to cook two dishes:
(a) Chinese white sauce (b) Cream sauce
(c) Sweet and sour sauce (d) Salad dressing
(e) Black bean sauce (f) Chinese marinade
3. Prepare and cook two dishes from the following list:
(a) Fried omelette
(b) Hamburger steak
(c) Spaghetti in meat sauce
(d) Fried beef with rice noodles or fried shredded pork with noodles
(e) Fried rice with minced beef and peas
4. Prepare and cook a meal for two to four people. Choose one dish from each group of A, B and C:

Group A

- (a) Braised spare ribs
- (b) Chicken wings in lemon sauce
- (c) Beef fillet in Chinese style
- (d) Chicken cooked in Portuguese style
- (e) Onion pork chop
- (f) Stuffed bean curd or green peppers
- (g) Fried vegetables
- (h) Steamed fish

The most worth-while thing is to try to put happiness into the lives of others.
最值得我們做的是將快樂放進他人的生命。

Group B

- (a) Minced beef with egg white broth
- (b) Tomato and egg soup
- (c) Assorted bean curd broth

Group C

- (a) Bean paste cake
- (b) Red bean soup
- (c) Green bean soup
- (d) Glutinous rice balls
- (e) Steamed egg custard



Completion of this Badge, including a total of six months or above in lecture or practicum, would be counted as an equivalent of relevant item under Skills Section of the Hong Kong Award for Young People Bronze Award.