

# The Hornblower

MAGAZINE OF THE NORTHERN CALIFORNIA INSTITUTE OF FOOD TECHNOLOGISTS

## Tea Culture IN Hong Kong

### SPOTLIGHT Words from a Recent Graduate

by Randall Quok

Last year, I had an amazing opportunity to spend four months in Hong Kong as part of a study abroad program with UC Davis. For those not familiar with Hong Kong, this city is often noted for its many shopping and food outlets. But unlike the rest of Asia, Hong Kong's history creates a unique blend of Eastern and Western cultures. One tradition that was affected by this history is tea. Tea in Hong Kong is ubiquitous, much as coffee is here. It is often served at restaurants in place of ice water (water can be requested, but it will most likely be hot), and traditionally provided for rinsing off utensils and dishware.

So what is tea? Tea itself is a product of a tropical evergreen plant *Camellia sinensis* and typically only the top 1-2 inches of the plant is harvested. The way it is processed determines the type of tea. Without getting into the nitty-gritty of the process and science behind the production, white, yellow and green teas are not oxidized, while oolong and black are allowed to undergo enzymatic

oxidation, and post-fermented teas are aged in open air, allowing further oxidization and microbial fermentation. Tea is popular for its health benefits; they are known to have a high content of antioxidant polyphenol and stimulates theanine and caffeine.

In Hong Kong, traditional tea is highly associated to *yum cha*, which literally translates into "drinking tea." *Yum cha* is also known as *dim sum* in the Western world, though this technically refers to the small dishes served, rather than the entire meal. In the past, tea combined with food was frowned upon (as it was believed to encourage weight gain). However in modern days it is often thought to help

CONTINUED ON PAGE 9

## Upcoming Events

**Tuesday, February 21, 2012**

UC Davis Student's Industry Sponsor Night

Dinner & Speaker. Stay tuned for more details to follow!

**Thursday, March 22, 2012**

CVIFT General Meeting

Location: Stockton

Dinner & Speaker: Diane Barrett of UC Davis  
Save the Date . . . More details to follow!



**Monday, May 7, 2012 ▲**  
**NCIFT Annual Golf Classic**

Location: Poppy Ridge, Livermore  
Registration will begin in February



**Tuesday, May 8, 2012 ▲**  
**NCIFT Symposium & Suppliers' Night**

Location: Pleasanton, Alameda Fairgrounds, Pleasanton, CA

Symposium Speaker: Steven Witherly, Ph.D., CEO, Technical Products Inc. and published author, "*Food Pleasure: An Update for Food Scientists, Dietitians and Nutritionists*"

Registration to Exhibit will begin in February; On-Line Registration for Symposium and Suppliers' Night will begin in March

**June 25-29, 2012**  
IFT in Las Vegas

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## A Note from the Assistant Editor

Hello readers, my name is Lesli Hamamoto and I am helping Susan fulfill her new duties as Editor of *The Hornblower*. For the benefit of everyone involved with the NCIFT, Susan took on the role with the sincere hopes to reinvigorate this newsletter with a fresh perspective and appealing features. We hope both new and returning readers alike will gain something from each issue and we look forward to providing a newsletter of which you can be proud. As a valued NCIFT member, we plan to use your feedback while modifying and continually improving future issues. If you have any comments, suggestions, or topic ideas, I'd love to hear about them!



*Lesli Hamamoto is a 2010 graduate of UC Davis. She received her double Bachelor's of Arts degree in Communication and American Studies with an emphasis in food and consumer culture. She is exploring the marketing and business side of the food industry while splitting her time between the Central Valley and East Bay Area.*

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# The Hornblower

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## From The Editor's Desk by Susan Howe

I would first like to extend a well-deserved **thank you** to Bernadine Ferguson for all of her hard work and tireless contributions as editor of The Hornblower for the past nine years.

As your new editor, I want to share with all of our readers a really awesome opportunity if you are looking for ways to advertise your business: **Advertise in The Hornblower Newsletter!**

In this latest issue of **The Hornblower**, Northern California Institute of Food Technologists newsletter, we will make several grand debuts. A few of the new and exciting Hornblower's articles include: **"Delicious,"** from Almond's Kitchen, **"Spotlight,"** from a recent grad, and **"What's up in the World of Food & Beverage."**

I'm also delighted to be working as the newsletter's **Editor** and Lesli Hamamoto filling the new position as Assistant Editor. Lesli's unique background in Food Communication & Marketing from UC Davis makes Lesli an ideal candidate to help get the word out about our local bounty of opportunities in the of food and beverage arena.

If this is your **TARGET** audience, you need to be advertising in the New Hornblower! The NCIFT Hornblower is the perfect place to connect with dynamic and like-minded Business, Technical and Culinary people, just like yourself!

Affordable rates and a variety of ad sizes allow advertisers to select the level of exposure desired for their company. The Hornblower also provides reasonable rates for small business owners, and personal bloggers to reach new subscribers and clients, worldwide.

All advertisers will receive equal space in both our print newsletter (shipped to US members only) and our online newsletter (with direct links to your website!)

For more information, you may contact me directly at [showe@intrinsicgroup.com](mailto:showe@intrinsicgroup.com) or (408) 406-1870.

**Would you like to share? I'd love to hear from you.**



*Susan Howe is the Founder and President of the Intrinsic Group, Inc. Intrinsic is a full service Ideation, product development and market research firm in Alamo, CA.*

# Another Successful Holiday Dinner

There was a great turnout at this December's Annual NCIFT Holiday Dinner and Student Raffle. The event was held at the beautiful and festive Round Hill Country Club in Alamo, CA. Attendees enjoyed a wine social followed by a delicious buffet dinner, raffle prizes, and a fabulous guest speaker. **James Freeman, founder of Blue Bottle Coffee**, gave an informative talk about his company and its unique company mission. I believe its safe to assume that everyone in the room enjoyed what Mr. Freeman shared and learned something new about coffee that night. The event ended with an assortment of raffle prizes, all the profits of which go to support the UC Davis Food Science Tech Club's activities. Thank you to everyone who bought tickets, shared a raffle item, or sponsored a student – the students appreciate your support and recipients enjoy the prizes! A special thank you to Stacey Hawley and Earl Weak for organizing this event. We hope you can join us next holiday season!



## NCIFT is Host Committee for IFT Annual Meeting and Food Expo, June 25 to June 28, 2012 in Las Vegas

As the Host Committee, NCIFT gets to assist IFT by managing many of the vital functions that occur at the AMFE (Annual Meeting and Food Expo). The areas listed to the right are all in need of volunteers. Bruce Ferree (bruce.ferree@cnp.com) and Carol Cooper (cac95758@gmail.com) are co-chairing a committee that coordinates these activities and **WE NEED VOLUNTEERS**. Even though the AMFE is not until June 25-28, 2012, we have obligations to IFT now and will happily accept volunteers to assure we meet those obligations. We look forward to hearing from you and working with you to have a successful AMFE in Las Vegas.

### TECHNICAL FIELD TRIPS

**Co-Chairs:** Bruce Ferree (bruce.ferree@cnp.com) and Donovan Wong (dmwong@travelin.com)

Investigate potential sites and make arrangements for Technical Field Trips.

**Volunteers Needed:** 1-2 for each field trip.

### HOSPITALITY

**Co-Chairs:** Susan Spafford England (susan.england@sensient.com) and Maria Giovanni (mgiovanni@csuchico.edu)

Staff the Hospitality Desk during the AMFE and have available information for attendees regarding the meeting and local area.

**Volunteers Needed:** 20-25 (6 hours total volunteer time)

### FAMILY ACTIVITIES

**Co-Chairs:** Carl Anderson (carl1406@sbcglobal.net) and Rick Falkenberg (rfalkenberg@certified-laboratories.com)

Staff and provide items for the Family Lounge (games, magazine, videos, etc.).

**Volunteers Needed:** 10-12 (2 at a time – 6 hours total volunteer time)

### SPEAKER ROOM

**Co-Chairs:** Carol Cooper (cac95758@gmail.com) and Erin Dormedy (edormedy@csufresno.edu)

Staff the Speaker Room with students from local Universities to assist IFT Staff.

**Volunteers Needed:** This is for University students only - 20-25 students (two 4-hour shifts)

### WELCOME

**Co-Chairs:** Erin Evers (erine@spigroup.net) and Mary Palumbo (mary\_palumbo@sbcglobal.net)

Staff the main entrances at the convention center and provide assistance with directions and questions to attendees.

**Volunteers Needed:** up to 20 (Depending on number of entrances) (6 hours total volunteer time)

# Chair's Message from Carol Cooper

I hope you are all looking forward to the New Year as I am.

First I want to thank those who helped make the holiday meeting on December 1 such a wonderful event. The UC Davis students' raffle was a huge success, with lots of donated gifts. I think almost half of the attendees went home with a prize. Earl Week and Stacey Hawley – thanks for handling all the arrangements.

Second, I would like to tell you about a recent change. Bernadine Ferguson has been *The Hornblower* editor since 2002. During those 9 years, she not only edited *The Hornblower*, but produced 4 or 5 Directory issues, no small task! It may be that Bernadine has been editor longer than any other editor we have had. Reluctantly, she has decided that it is time to step down. In addition to the editorship, Bernadine has also served as the section chair and received the Outstanding Member of the Year Award. It is time for her to relax a little bit.

Our new *Hornblower* editor is Susan Howe, who I am sure will carry on with the excellence of our publication. If you have any articles you would like to see in *The Hornblower*, please send them to Susan at [showe@intrinsicgroup.com](mailto:showe@intrinsicgroup.com). Also see her message in this issue.

Elsewhere in this issue you will see information on how to volunteer for the IFT Annual Meeting and Expo in Las Vegas, June 25 – 28, 2012. NCIFT hosts this meeting, and the section will receive some compensation for our efforts. As a volunteer

you will receive free registration. Along this line, we need some suggestions on technical field trips. Since most of our members are in California, this is the most challenging task we have. If you have any ideas or contacts, PLEASE let us know.

And, finally, the section recently received some accolades. The Northern California Section was one of three sections who won the IFT Section Challenge at the 2011 IFT Annual Meeting & Food Expo in New Orleans. The IFT Section Challenge was a friendly competition designed to encourage attendance, while at the same time benefitting section scholarship and education programs. The top three sections with the highest number of registered attendees, as a percentage of section membership, earned \$500 to be used towards a scholarship or education program of their choice. The other winners were the New York Section and the Northwest Ohio Section.

As you can see, we have a busy year ahead. Let us know how we can serve you!



*Carol Cooper is the 2011-2012 NCIFT Chair and has been an active member since 1985.*

## Science Fair Judging (Career Guidance)

by Earl Weak

March is the time for science fairs in California and NCIFT science fair judges are needed. NCIFT members will judge at six different science fairs in Northern California. Judging science fair projects is the basis of the NCIFT career guidance program or encouraging young people to consider a career in food technology. Judges talk to the students about their projects and only projects related to food are evaluated by the NCIFT judging teams.

The 2012 dates for the six science fairs and their location are listed below. NCIFT members who have judged at these science fairs for the last few years are in parenthesis. You could talk with them to get more information about

judging. Also I want to say thank you to all the members who have done science fair judging in 2011.

- San Francisco/San Francisco – March 14 (Rachel Zemser)
- Synopsys Silicon Valley/San Jose – March 7 (Katherine Kennedy)
- Alameda county science and engineering fair – March 21, which replaces the Tri Valley Science and Engineering Fair/ Livermore (Earl Weak). The new location is Chabot College in Hayward.
- Sacramento Regional Science & Engineering Fair/Sacramento – March 24 (Mary Palumbo)
- Monterey - March 3 ( Carl Anderson)
- Fresno - March 19 (Karen Bak)

Judging will take only a few hours unless there are a large number of food-related projects. The judges at each fair will decide winners. The award funds amount to \$1,200 or \$200 for each fair.

We need judges for each fair. Please contact me if you have any questions. If you would like to be a science fair judge please contact me at [docweak@aol.com](mailto:docweak@aol.com) and also let me know which location is best for you.



*Earl Weak can be contacted at [docweak@aol.com](mailto:docweak@aol.com)*

# 2011 SJIFT Golf Tournament Report

by Scott Nichols, SJIFT Golf Chair

The 13<sup>th</sup> Annual SJIFT Golf Tournament was held on October 6<sup>th</sup>, 2011 at the Riverbend Golf Club, located along the beautiful San Joaquin River in Madera, CA. A large rainstorm dumped 1.4 inches of rain on October 5, but we were fortunate to only have cloudy skies for our tournament. We had a good turnout, with 128 players teeing off on the 6311 yard course. This year, we had 4 Gold Sponsorships, three of which were provided by Ruiz Foods and one by the Horn Company. We also had 9 Tournament Sponsors, 25 Tee Sponsors and 9 Food & Beverage Sponsors. Ruiz Foods again sponsored our "No Whining Hole," where the person with the worst shot off the tee got a great bottle of Fresno State wine. The SJIFT Sponsored a \$15,000 cash prize hole-in-one on one of the three-pars. Special thanks go to Michele Tomas of Nationwide Boiler, Randy King of Atlas Pacific, Terrance Shepard of Hydrite Chemical, Jamey Shaw of Triton Chemical, Christian Jeuris of Univar, Shayne Anderson of Cryovac and Steve Atkinson of Solvay Chemicals who each entered 8 players.

The Tournament raised \$11,473 in Scholarship funds for CSUF Food Science Students! Since the inception of the tournament, we have raised \$75,500. The success of this tournament is due to the overwhelming support we receive from our sponsors. We want to thank Susan Manuel of Ruiz Foods who paid for three Gold Sponsorships (\$1,000 each) and Scott Nichols of the ET Horn Company who contributed a Gold Sponsorship. Tournament Sponsors each gave \$300 and Tee Sponsors each gave \$150. Food and Beverage Sponsors filled up the golf goodie bags and provided beverages to help keep our costs down. We greatly appreciate the support of this tournament from our golfers and sponsors!

## Many Thanks to our Tournament Sponsors:

Randy King of Atlas Pacific Co., Felipe Dutilh of Biocolor Natural Colorants, Trish Frazier of Brenntag Pacific, Brian Young of Cryovac, Ron Melot of Del Monte Foods, Hanford Plant, Chad Christensen of Grain Processing Corporation, Claude Lajoie of JM Huber Engineered Materials, Christian Jeuris of Univar USA, and Bill Smittcamp of Wawona Frozen Foods.

We thank our Tee Sponsors: Laura Donahue of Abitec Corp., Dave Plowman of APAC Chemicals, John Brummelkamp of Ashta Chemicals, Tom Cervenka of Batory Foods, Vance Grosser of BDS Natural Products, Brian Okland of Del Monte, Kingsburg, Rick Foreman of Down River Corp., J-Benton Jones of DSM Nutritional Products, Dale Ghaner of Duhig Stainless, Scott McAdams of Elite Spice, Erik Covey of Filter Pro, Ellen Tyler of Firmenich, Stacey Hawley of Flavor Producers, Toni Gitter of Gold Coast Ingredients, Kathi McHenry representing herself, Michele Tomas of Nationwide Boiler, Gina Cardoza of Pacific Coast Chemicals, Dan Pople of Silgan Containers, Russ Nishikawa of SPI Group,

Steve Orlando of Sunnyland Mills, Randy Freeman of Sunrise Manufacturing, Pam Vaillancourt of Tate and Lyle, Mike Emigh of Valley Fig Growers, Joyce Igasaki of Virginia Dare and Phil Kraemer of Wild Flavors.

## Thank you Food & Beverage Sponsors!

Dennis Perkins of The Brownie Baker, Ed Desrosiers of National Pretzel, Randy Erickson of Clif Bar & Co., Barbara Breland of Diamond Foods, Scott MacAdams of Elite Spice, Diana Banuelos of Kraft Corn Nuts, Quinn Zweigle of National Raisins, Tracy Weddle of Vita-Pakt and Gary Jue of Valley Fig Growers.

First Place, Low Gross, with a score of 59, was (another) repeat performance by the foursome of Bellis Lellham and Tim McConnell of Foster Farms and Carl Christenberry and Shane Anderson of Cryovac. Each Player received a coveted "SJIFT Blue Hat", and \$100 cash! Maybe next year someone will challenge them?

First Place Low Net, with a net score of 52.2, went to the foursome of Nate Roldan and Dave Scott from The Electric Motor Shop and David Paramo and Jessie Hernandez from Leprino Foods. Each player received a SJIFT Blue Hat and \$100 cash.

Second Place Low Net, with a net score of 53, went to the foursome of Rob Davis, Dale Ghaner of Duhig Stainless and Louie Lujan and Tim Thiel of Del Monte Foods.

Third Place LowNet, with a net score of 54, went to the foursome of Terrance Shepard, and Steve Reid of Hydrite Chemical with Bill Twist and Manual Costa of California Dairies, Inc.

Fourth Place Low Net, with a score of 54.6, went to the team of Rick Foreman, Russ Febrero of Down River Corp, and Phil McNabb and BJ Grewal of Del Monte Foods.

Highest Score, with a score of (too high) will go nameless this year as I misplaced that information!

Longest Drive for Men on hole 11 went to an un-named winner because I cannot read the handwriting of the golf pro!

Longest Drive for Women on hole 11 went to Pam Vaillancourt of Tate and Lyle.

Closest to the Pin prizes went to Dan Giordano of Georgia Pacific on the \$15,000 Hole in One prize hole (Number 3), Serapio Martinez of Ruiz Foods on Hole # 7., Daryle Johnson on Hole #12 and Dave Cole on hole #14. Pam Vaillancourt of Tate and Lyle won the closest to the pin for women on hole #14.

See you next October for the 14<sup>th</sup> Annual SJIFT Scholarship Golf Tournament.



Scott Nichols is Senior Account Manager for E.T. Horn Company. He is the Past Chair of the San Joaquin Subsection, Current Chairman of the SJIFT Scholarship Golf Tournament, and Member of Northern California AACT. [snichols@ethorn.com](mailto:snichols@ethorn.com)

# WHAT'S UP in the World of Food and Beverage?



by Craig Rothe

## Cinnamon & Cassia

What's not to love about Cinnamon? The magical smell of freshly baked cinnamon pastry often evokes wonderful emotional feelings ranging from grandma's kitchen on a Saturday morning, to general warmth, happiness and contentment. It also comes with quite a pedigree; cinnamon was often mentioned in the Bible where it was used in fragrant anointing oils to perfuming bed sheets, and was a prized gift to royalty. Nero

It has been used as currency, in ancient embalming practices, and wars have been fought over it.

was said to have used the entire city's annual supply of cinnamon to burn at his wife's funeral. It has been used as currency, in ancient embalming practices, and wars have been fought over it. It is claimed to boost brain

activity and even repel mosquitos, so if you're taking an exam in the Amazon, you may want to slather some cinnamon on before you leave your hut.

While Americans typically use cinnamon as a spice in many dessert items, breads, cereals, candies, beverages and liqueurs, it is commonly used in traditional savory dishes in the Middle East. Mixing up Sangria for a cookout this weekend? Add some cinnamon to make it incredible. It also inhibits bacteria growth and fights E.coli in unpasteurized juices due to the phenols present in the spice.

Let's explore some of the more esoteric and perhaps interesting factoids concerning health-related uses of cinnamon:

- Studies have shown that as little as ½ tsp/day can lower LDL (bad cholesterol)
- Cinnamon can regulate blood sugar for those with type 2 diabetes

- It has shown an amazing ability to halt medication-resistant yeast infections
- Cinnamon has an anti-clotting effect on blood, and is an anti-coagulant
- It can reduce arthritis pain, according to some studies
- Increases memory and cognitive function
- A great source of iron, calcium, manganese, and fiber

So where do we get this miraculous powerhouse of a spice? The three primary sources are China, Indonesia (Korintje), and Vietnam. While China's growing season spans April and May, it is cultivated all year long in Indonesia and Vietnam. While there are over 100 varieties of *Cinnamomum verum*, the scientific name for cinnamon, the primary species include:

- *Cinnamomum loureirii* Nees, also known as Saigon or Vietnamese cassia and is known for a higher degree of volatile oils and its slightly sweeter flavor.
- *Cinnamomum cassia* Presl, also known as Chinese or Canton cassia, also has a higher degree of volatile oil and sweeter flavor. This specie is a source for cassia oil, which contains 85-90% cinnamic aldehyde.
- *Cinnamomum burmannii* Blume is known as Korintje and is grown in Indonesia, on the island of Padang, is the most common product imported and sold in the



United States. It is high in quality with volatile oils ranging from 1-3.5%. The higher the volatile oil content, the greater the flavor, and the higher the price. Interestingly, the A type or higher volatile oil grade is harvested from the thicker bark around the lower trunk of the tree. As the harvesters move up the tree, the bark contains less volatile oil and is thinner, easily breaking into pieces, making it less expensive. As the bark is cut from the tree, it curls up into quills, or what we commonly call cinnamon sticks.

Whether you choose to eat it, drink it, chew it, repel mosquitos, embalm your dead or improve your health, cinnamon is a truly remarkable spice, and we would all do well to consume more of it!



Craig Rothe is the new Regional Manager of Elite Spice, Inc. He may be emailed at [crothe@elitespice.com](mailto:crothe@elitespice.com)

If you are interested in being a **future Hornblower article contributor**, please contact Editor Susan Howe ([showe@intrinsicgroup.com](mailto:showe@intrinsicgroup.com)) for more details.

# Food Professionals Meet Up at the RCA Super Regional Event in Napa

by Rachel Zemser

RCA regional events are a great way to meet people who work in the world of Culinology and live in your region. The Northern California region has had several great events over the years that you can read about on the RCA website. Back in October 2007, Jean Yves Charon from Galaxy Desserts hosted an amazing event in his warehouse! We had a celebrity chef do a food and wine pairing and Jean Yves gave everyone a tour of his manufacturing facility. In 2008 we had a great turnout of over 100 people in Woodland, CA at Culinary

Farms and in 2009 Christopher Ranch showed us their garlic and hosted a delicious garlic-centric dinner – all of which took place a few days before the famous Gilroy Garlic festival. Then in 2010, we did a joint event with the northern California RCA and ACCT, a day of candy seminars and lunch held at the CIA Culinary Institute in Napa.

Which brings us to the 2011 event; the RCA “super-regional” that took place the day before the CIA World of Flavors conference and brought in both local RCA members and out-of-towners who were in town for the World of Flavors show. The RCA event took place from 3 to 5 pm at Cook’s Restaurant (St. Helena, CA). Executive Chef Jude – inspired by our generous sponsors Superior Farms and The Almond Board of California – served almond, raisin and lamb hors d’oeuvres and lamb skewers. There were other delicious appetizers and a special signature green tea cocktail made with Charbay Vodka, one of our contributing sponsors. The event brought in over 45 people and the tiny Main Street restaurant was packed. We had a mix of local ingredient suppliers, culinary students, and R&D chefs that represented the food industry from Napa all the way down to Turlock.

Thanks to all of the companies that

donated gifts to the raffle! We raised over \$400 dollars that will go to a lucky Culinology student! A killer snack basket from Revolution Foods, Coffin hot sauce from Dave’s Gourmet, a grill set from Superior Farms, wine from David Michael, vodka from Charbay.

Of course this event could not have taken place without the generous monetary support from our amazing sponsors. Thank you Kagome Inc., The Almond Board of California, Awrey Bakery, and Paradise Tomato Kitchens.

Thanks to everyone for attending – it was great to see both IFT and RCA members all in the same place and hopefully both members will join the other organization and continue to attend and support all future events.



*Rachel Zemser, AKA The Intrepid Culinologist is a technical food consultant living in San Francisco. She has a B.S. and M.S. in Food Science, a*

*Culinary Arts degree, and over 15 years of food-industry experience. Rachel is a member of IFT and is the RCA Northern California regional contact. Contact her at [rachel@theintrepidculinologist.com](mailto:rachel@theintrepidculinologist.com)*

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# Tea Culture in Hong Kong

CONTINUED FROM FRONT PAGE

aid digestion. Tea is often the first thing a server will ask diners to order. The most common choices are chrysanthemum (which does not contain any tea leaves), green, oolong and *po lei*. My family prefers *po lei*, which is a post-fermented tea that is strong, dark and earthy in aroma.

Tea culture in Hong Kong is also unique because they have adopted some British tea customs, creating a fusion tea culture. Traditional Hong Kong tea is served plain, while the British consumes their tea with milk and sugar. Hong Kongers have taken a liking to this British style, but instead substitute regular milk with condensed milk. Milk tea, as it is known, is very popular in Hong Kong and it is generally served hot, with a price around \$8-\$12HKD (\$1USD=\$7.8HKD). A popular place, located all over Hong Kong, is *Gong Cha*, which offers a wide selection of different variants of milk tea. The addition of tapioca balls for "pearl tea" is a Taiwanese addition.

More traditional British-style tea can still be enjoyed in Hong Kong, primarily in Western cafes and high-end hotels such as the Peninsula. During my stay in Hong Kong, I went to one of these afternoon teas, or "High Tea" times at the Mandarin Oriental, located in the Central District of



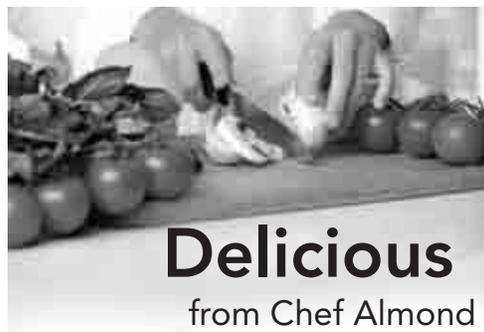
Hong Kong Island. A tea set for two was roughly \$450HK (around \$60USD) and includes an assortment of snacks and scones as well as a personal tea kettle. I ordered "chocolate mint truffle" tea, which all I can say was interesting and very different. Other examples are "African amber organic" and "strawberry green tea." The set was incredibly expensive for the amount of food served, but these are offered in very high-class 5-star hotels, so it is somewhat to be expected. Nonetheless I suggest going at least once for the experience and the atmosphere.

I highly recommend a trip to Hong Kong for anyone who enjoys food and

drinks. It is definitely a place for eating. A resource I highly suggest looking into before going is [openrice.com](http://openrice.com), which is essentially the Hong Kong version of Yelp!. With a population of 7 million and shops and restaurants that close around 11 pm, Hong Kong has a must see lively city life. As my dad refers to it, it's "New York on steroids."

---

*Randall Quok graduated with a BS in Food Science at UC Davis. He is pursuing a career in marketing and product development and would like to work internationally. He may be reached at [rquok@intrinsicgroup.com](mailto:rquok@intrinsicgroup.com)*



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## Have Leftover Chicken?

Keeping our New Year's resolutions of eating healthy meals can be challenging with a busy schedule. An important tip is to keep wholesome, flavorful food accessible so you don't feel tempted to indulge in unhealthy options. Here are a few delicious ideas for quick and inexpensive weeknight meals.

Prepare an extra **roasted chicken** for Sunday's dinner (if there is no time to prepare the bird, pick up a couple from the grocery store). Shred the extra chicken and portion into four Ziploc bags on Sunday night. Create the following dishes with the leftover chicken and enjoy fast, flavorful meals in minutes, all week long.

**Bruschetta Pasta** – Add Olive Oil, Chopped Garlic, Tomatoes, Basil and Chicken to your favorite cooked pasta. Heat until warmed through. Garnish with Parmesan Cheese.

**Stir Fry** – Saute the Chicken with a bag of stir fry vegetables. Add your favorite Teriyaki sauce in the last 5 minutes of cooking. Serve over Brown Rice.

**Tostadas** – Top a tostada shell with shredded lettuce, chicken, cheese

and your favorite salsa. Garnish with avocado and low-fat sour cream.

**Noodle Soup** – Simmer vegetables (pre-chopped veggies can be found in any produce department) in two cans of chicken broth. When veggies are tender add egg noodles and chicken. Cook for an additional 10 minutes.

*Bon Appétit!*



*Chef Almond Elisa Estrada owns and operates Almond's Kitchen, a catering company in the East Bay that specializes in local, seasonal cuisine. Almond may be reached at [almond@almondskitchen.com](mailto:almond@almondskitchen.com) or 925-425-0760.*

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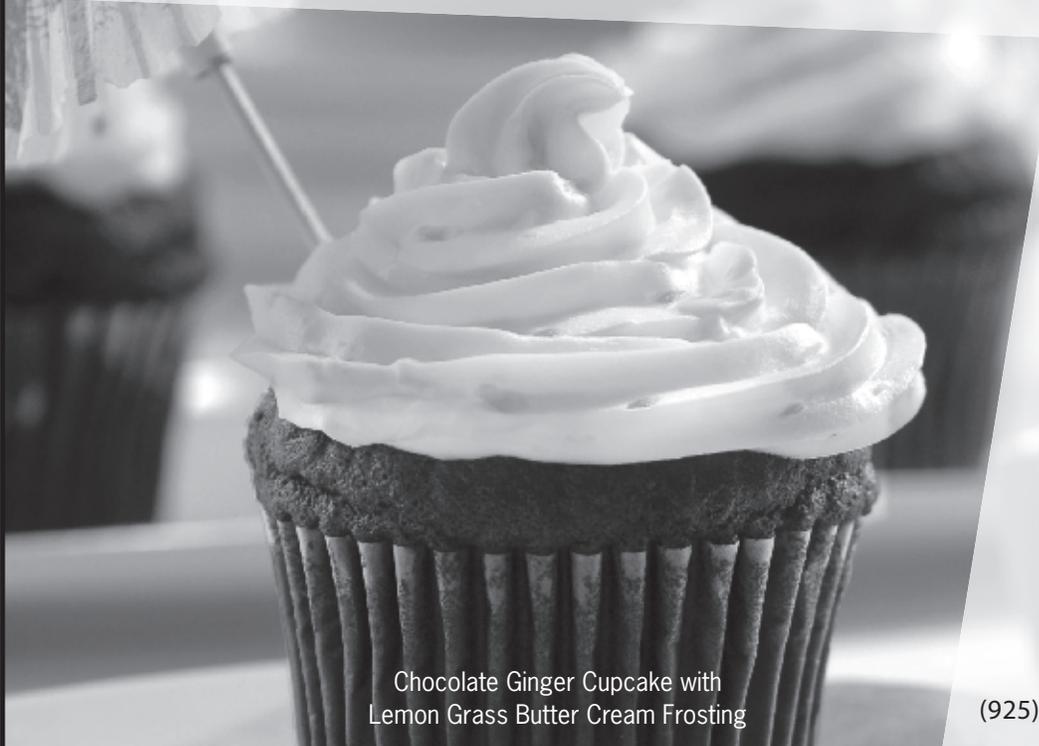
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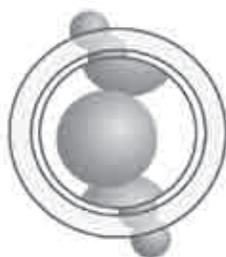
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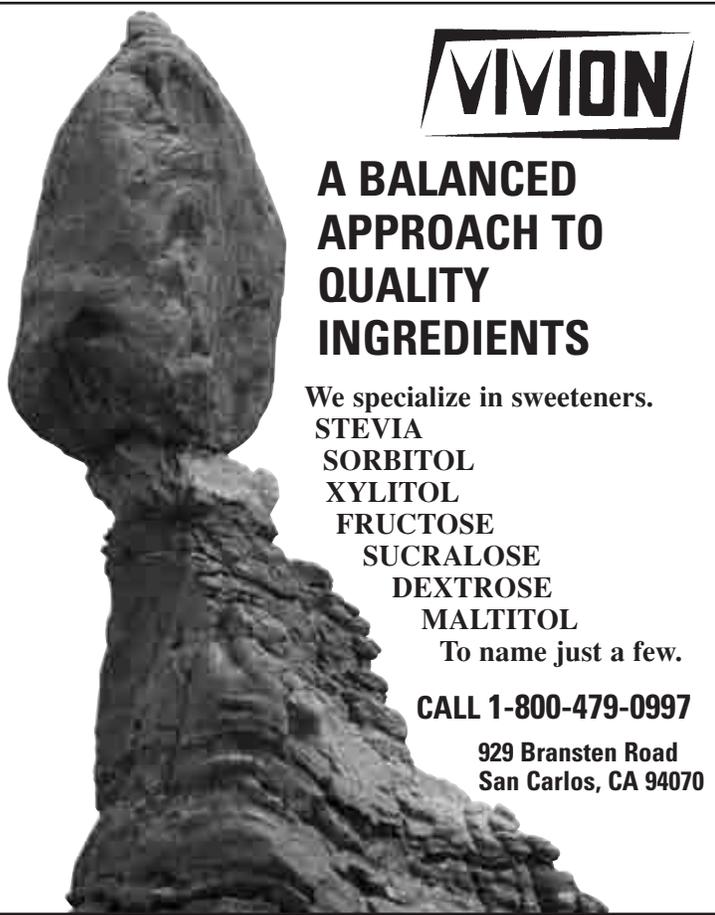
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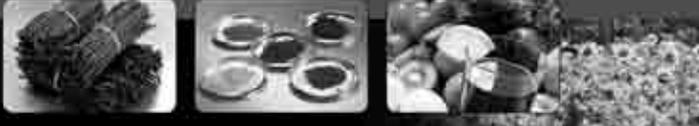


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