



A ZINE FROM MY  
BRITISH CHINESE  
HOME TO YOURS

WITH THANKS TO:  
SEAN WAI KEUNG  
SUNDAYS PRINT  
+ MUM & DAD FOR  
THESE DISHES

[ GAA SHEUNG CHOI ]

家常菜

HOME  
COOKING

KARLIE WU 胡嘉瑤



IN OUR HOUSE, DINNER  
REQUIRES **THREE** TYPES  
OF DISHES ON THE TABLE  
FOR A BALANCED DIET.

THIS INCLUDES:

**一** **FISH**  
[YUT]

**二** **MEAT**  
[YEE]

**三** **VEG**  
[SAM]

AND A HEALTHY HELPING  
OF BOILED RICE!

BEFORE DINNER, WE OFTEN  
HEAR IN **CANTONESE**

**食飯啦!!!**  
[SIK FAAN LAH]  
DINNER TIME!!!

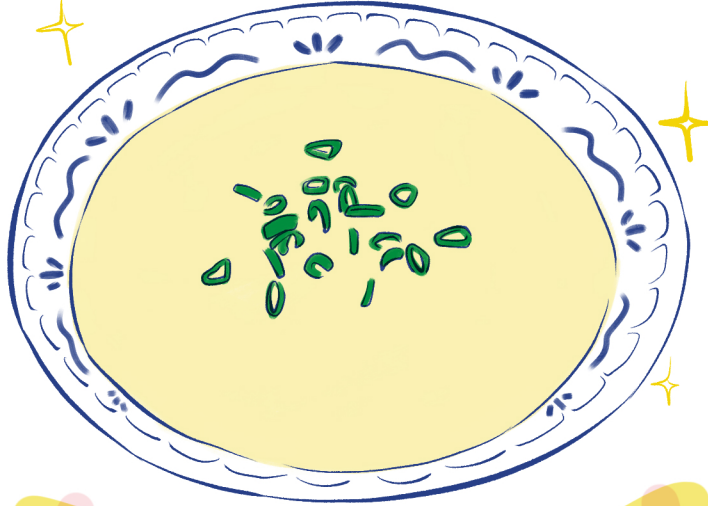
AND AFTER

**嘩~好味呀!**  
[WAH HO MAY AH]  
WOW~ DELICIOUS!

SOME RECIPES TO PRACTISE  
YOUR NEW VOCAB! →

[ TSING SHUI DAAN ]

# 蒸水蛋



CHILDHOOD CLASSIC  
SIMPLE & SMOOTH

# STEAMED WATER EGG

2 EGGS  
WATER  
SOYA SAUCE  
SESAME OIL

EXTRAS:  
SPRING  
ONIONS  
SAUSAGE

1. WHISK EGGS IN BOWL, ADD THE SAME VOLUME OF WATER & WHISK.
2. POUR INTO A FLAT DISH (ADD SLICED FRANKFURTERS) TIP: POUR THROUGH STRAINER FOR EXTRA SMOOTH RESULT
3. COVER DISH, STEAM LOW/MED FOR 8min
4. SERVE WITH A SPLASH OF SOYA SAUCE AND A DASH OF SESAME OIL. (TOP WITH CHOPPED SPRING ONIONS)

# BEEF, EGG & TOMATO

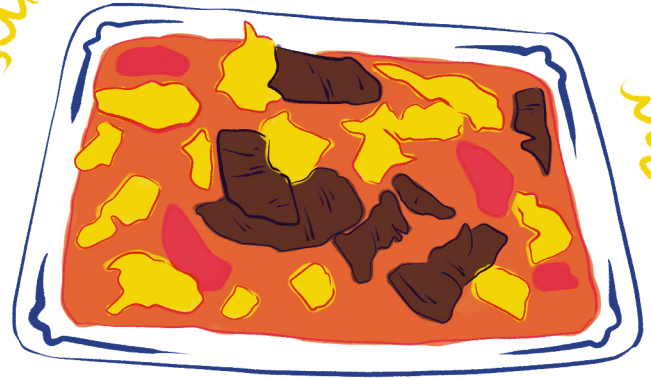
SWAP IN:  
ONIONS  
MUSHROOMS

2 EGGS  
2 TOMATOES  
1-2 GARLIC  
CLOVES

1. MARINATE BEEF WITH 1 TBSP OF SUGAR, CORNFLOUR, SOYA SAUCE, SESAME OIL. MIX & LEAVE FOR 20 MINS.
2. WHISK EGGS, FRY, SET ASIDE.  
(FRY OTHER VEG SEPARATELY, SET ASIDE)
3. BROWN BEEF. DRAIN EXCESS OIL. SET ASIDE.
4. CHOP & FRY GARLIC THEN TOMATOES.
5. ADD A **GENEROUS AMOUNT** OF KETCHUP IN WOK ON LOW/MED HEAT, ADD 1 TBSP OF SUGAR + SQUEEZE OF MALT VINEGAR + 1 TSP OF CORNFLOUR **MIXED WITH COLD WATER**. ADJUST TO TASTE. COMBINE ALL.

[ FAAN KEH JOO NGAU YUK ]

## 蕃茄煮牛肉



WARM & COMFORTING  
MY DAD'S FAVOURITE.

[ WU KA YIU ]

KARLIE WU

胡嘉瑤

HELLO! THANK YOU FOR READING MY ZINE!  
I HOPE THAT SOME OF THE RECIPES I HAVE SHARED (THOUGH SIMPLE) PROVIDES AS MUCH COMFORT TO YOU AS THEY DID FOR ME GROWING UP, AND AN INSIGHT INTO THE BRITISH CHINESE HOME. MY PARENTS WERE PART OF THE GENERATION THAT IMMIGRATED FROM THE HAKKA VILLAGES OF THE N.T. IN H.K IN THE 70s, SO THESE DISHES ARE BORNE FROM THAT CONTEXT.

I'M AN ARTIST BASED IN GLASGOW EXPLORING THEMES OF NOSTALGIA & CULTURAL IDENTITY. MY WORK EXAMINES THE EXPECTATIONS & THE LIVED EXPERIENCE OF BEING SCOTTISH CHINESE. I'M ALSO A CO-FOUNDER OF **besean** (BRITAIN'S EAST AND SOUTH EAST ASIAN NETWORK) A NON-PROFIT THAT PUSHES FOR MORE ACCURATE REPRESENTATION OF ESEAS.

@WUKARLIE · KARLIEWU.CO.UK

# ESEA (EAST & SOUTH-EAST ASIAN) RESOURCES

- @THEGODOFCOOKERY
- @ANNASULAN
- @CELESTIALPEACH\_UK
- @KELVINTANWC
- @TIFFCOOKSALOT
- @MRSHVONGBLACK
- @MEEMALEE
- @JULIELINCOOKS
- @FEEDTHETANG
- @MSJESSICAMW
- @THECHINESEFOODIE
- @FOODWITHMAE
- @RANGOONSISTERS

FOOD WRITING

FACTS & HISTORY

RECIPES



MORE ON INSTA #ESEAeats

## ORGANISATIONS

- BESEAN.CO.UK
- @DEARASIANYOUTH LONDON
- @RACISMMUNMASKED EDINBURGH
- ESASCOTLAND.ORG
- SEEAC.ORG.UK
- KANLUNGAN.ORG.UK

MARCH '21

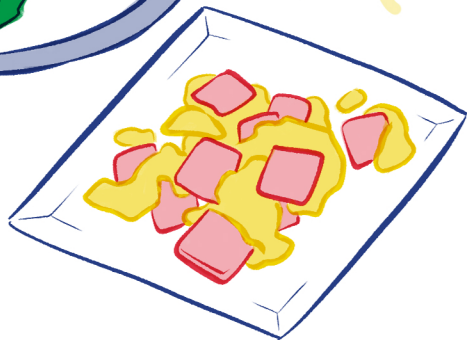
[ HO YUW SAI LAN FA ]

# 蠔油西蘭花



FAST!

AND FILLING!



[ MM TSAN YUK TSOV DAAN ]

# 午餐肉炒蛋

# BROCCOLI WITH OYSTER SAUCE

1. CUT BROCCOLI FLORETS AND STALK, THEN BOIL UNTIL SOFT. DRAIN.
2. SERVE WITH OYSTER SAUCE ON TOP.

# FRIED EGG & SPAM

ADD GARLIC MUSHROOMS ONIONS

3. SLICE/DICE SPAM AND FRY. ADD EXTRAS.
4. WHISK EGGS, THEN ADD WHEN SPAM IS EVENLY FRIED. SCRAMBLE OR TURN IT INTO AN OMELETTE!

5. SERVE WITH A DASH OF SOYA SAUCE

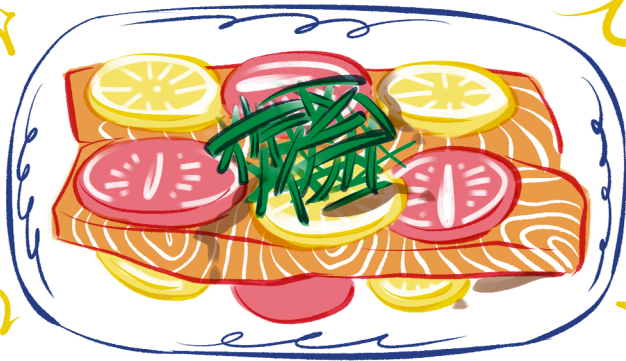
PERFECT FOR LAZY DAYS

[ SAM MUN YOO TSING ]

# 三文魚蒸

[ LING MOONG FAAN KEH ]

# 檸檬蕃茄



MY MUM'S RELIABLE  
GO-TO FISH DISH

HEALTHY & FLAVOURSOME

# LEMON & TOMATO STEAMED SALMON

THE MORE SPRING  
ONIONS, THE BETTER!

1. SLICE LEMON & TOMATO, ROUGHLY 3 OF EACH PER SALMON FILLET. LINE BOTTOM OF PLATE, SIT SALMON ON TOP, COVER WITH THE REMAINING SLICES.
2. STEAM FOR 10 MINS.
3. CHOP A BUNCH OF SPRING ONIONS IN SECTIONS, THEN SLICE LENGTHWAYS.
4. FRY SPRING ONIONS IN A GENEROUS AMOUNT OF OIL UNTIL CRISP AND A LITTLE GOLDEN BROWN. REMOVE FROM POT AND KEEP OIL ASIDE.
5. ONCE STEAMED, PLACE FRIED SPRING ONIONS ON TOP, THEN POUR THE HOT OIL OVER THE DISH, ADD SOYA SAUCE. ENJOY!

# A BRIEF INTRO TO... BRITISH CHINESE HISTORY

TEA WAS INTRODUCED TO EUROPE IN THE MID-17<sup>TH</sup> CENTURY, AND WAS THE FIRST CHINESE FOOD TO GAIN POPULARITY IN BRITAIN. THROUGHOUT THE 18<sup>TH</sup> C. CHINA ONLY ACCEPTED SILVER FOR TEA.

TO CORRECT THE 'TRADE IMBALANCE', BRITAIN EXPLOITED ITS OCCUPATION OF BENGAL (BANGLADESH) & INDIA TO PRODUCE OPIUM, WHICH WAS THEN SMUGGLED TO CHINA IN RETURN FOR SILVER. THIS WOULD LEAD TO THE TWO OPIUM WARS: THE FIRST IN 1839-1842 (IN WHICH HONG KONG WAS CEDED TO BRITAIN); AND THE SECOND IN 1856-1860.

HK WOULD THEN BE RETURNED ON 1<sup>ST</sup> JULY 1997

THE EARLIEST RECORDED CHINESE PERSON TO SETTLE IN BRITAIN (EDINBURGH) WAS WILLIAM MACAO IN THE 1770s!

CHINESE FOOD INTRODUCED TO THE BRITISH PUBLIC AT THE INTERNATIONAL HEALTH EXHIBITION IN LONDON, 1884.

LIVERPOOL'S CHINATOWN IS THE OLDEST IN THE UK & EUROPE, FOUNDED IN THE 1890s

THE 1950s/60s SAW THE LARGEST ARRIVAL OF CHINESE, PRIMARILY FROM RURAL VILLAGES IN THE NEW TERRITORIES OF HONG KONG. MOST WORKED IN THE FOOD INDUSTRY, WITH BRITAIN'S FIRST CHINESE TAKEAWAY IN 1958, LONDON.

GLASGOW'S FIRST CHINESE RESTAURANT OPENED IN 1948, AND THE CITY'S CHINATOWN ESTABLISHED IN 1992!

WE ARE HOME TO THE LARGEST CHINESE COMMUNITY IN SCOTLAND!