

How to Make Successful Sichuan Noodles

by He Zhang

Submission date: 21-Oct-2018 12:52PM (UTC-0400)

Submission ID: 1023830985

File name: 57830_He_Zhang_How_to_Make_Successful_Sichuan_Noodles_1230516_844447002.docx

Word count: 1300

Character count: 6596

Zhang, He (Aaron)

Reading and Writing, StepUp Program Fall 2019

Dr. Murphy

Oct. 13th 2019

How to Make Successful Sichuan Noodles

The reddish color spreading among the noodles is alluring, the meat aroma dispersing in the air is inviting, and the chewy feeling between teeth as well as the fragrance on the tongue are tantalizing. her than a sumptuous meal, the Sichuan Noodles are a small ~~piece of~~ dish made of very humble and basic ingredients. However, it is the combination of one ingredient and another and the highlight of one kind of aroma over another that produce this popular traditional Chinese dish. Just like building up a team, cooking a dish of Sichuan Noodles provides an insight ~~of~~ Chinese philosophy. preposition 

The fundamental step of preparing the noodles is purchasing suitable ingredients from a supermarket. Most of the ingredients can be found in a local supermarket: chopped pork ribs in the fresh meat section, and ginger and scallion ~~in~~ the vegetable section. plural In the seasoning section are peppercorn powder, Chinese cinnamon, amomi, star anise, and bay leaves (optional). Do not miss the most important elements: Laoganma Chilisauce and Chinese dry noodles, which can be purchased at either a Chinese supermarket or ~~the~~ Amazon. Thin Chinese dry noodles are preferred as they are popular, economic and easy to cook. All ingredients should be very fresh but they ~~will~~ not cost so much. 

A deep understanding of their various properties provides a foundation to the cooking process, just as knowing the characteristics of each member is fundamental to ~~organize~~ Verb  a strong team. The provital figure in the team is the chopped pork ribs, a mixture with advantages and a disadvantage. Chopped pork ribs have suitable amount of grease for a pot of

thick broth and also rich in the small molecules of peptide, essential amino acids, iron ions and Vitamin A in red marrow, providing nutrition in daily diet. However, the ribs have an unpleasant smell. In this team are two other strong members, ginger and scallion, because of their punching smoke from cellular fluid with a large amount of vegetable alkaloids. There are the intermediate level members: seasonings have mild smell from aromatic alcohols and aldehydes. Finally, Chinese dry noodles are basic in the team because of no taste but still important because of a suitable amount of gluten, the protein in flour. Understanding characters is helpful to optimize their function and succeed in making a group.

After all these ingredients are transported into the kitchen, the second step, preparing toppings and the broth, will begin. As the broth is important in Chinese noodle dish, Chinese people spend much time in preparing broth on the weekends. Wash the fresh ribs carefully with cold water for at least four times until the water left becomes relatively clear and then transfer these fresh, clear ribs into hot boiling water. Finally, keep ribs in hot water for 3 minutes and bring them out (Moskin, 2018). Without these two steps, the broth will not be clean and tasty, because cold water will wash away shoddy fat attached on ribs' surface and the short boiling period would harden the blood, preventing it from transferring into broth. Discard this used water and reload the pot with the ribs immersed in hot water. Then, put all seasonings into a gauze bag and then drop the bag, sliced ginger and scallion into the pot. The stewing process begins with high heat for half an hour and then continues with low heat for at least 2 to 4 hours. The more time spent in this step, the tastier the soup becomes. Separate the broth and the ribs in two different containers and keep them in a refrigerator. Keep broth and the boiled ribs (or the toppings) fresh but not frozen in a refrigerator.

The process of preparation of broth and toppings provides a vivid example of building up a team from Chinese philosophy. The unfavorable characteristic in the strongest team

member would be eliminated by the two other strong members: the strong tastes from ginger and scallion (due to vegetable alkaloid) neutralize the unpleasant raw taste from pork blood (acid), leaving almost nothing in the broth. The neutralization process makes a harmonic team by eliminating the potential unpleasantness. ¹¹ middle-level team numbers play a major role in the team: the mild, aromatic alcohols and aldehydes from condiments provide the dominant fragrance in the broth. Below the middle level members are basic elements, the noodles: functioning as **basement** of this dish, they provide calories from starches and absorb broth by using gluten. Besides, the weakest member is still functional in the team as the tail. ¹² the fragrance produced by the free amino acid from pork constitutes the aftertaste of the soup. These mechanisms are important to understand both Chinese cooking process and Chinese philosophy. ¹³

The third step, cooking the noodles, takes place very quickly. This process begins when pouring a liter of boiling fresh water into a hot pot and put Chinese noodles into that hot pot. After two minutes of constant boiling, the noodles will become soft and the water will be boiling again. Do not take noodles out of the pot at this time. Pour 50 milliliters of cold tap water into the hot pot to make it cool down a little bit. After just dozens of seconds, the water will become boiling again and another 50 milliliters of water should be **refilled** the pot. The boiling-and-refilling process will repeat for 3 times and then the noodles will be poured out from **article error** out water. At the end of the third step, a bowl of fresh noodles is ready.

Huohou is the key philosophy in this step, a Chinese word meaning accurate control on time and temperature. In this process, Huohou determines the taste and the feeling of the noodles between **article error** temperature should be controlled exactly in the range of 95-100 °C. Lowering the temperature too much will elongate the boiling time, causing ~~the fact~~ that some of the noodles **will** ¹⁷ attached on the bottom of the hotpot (Christensen, 2009).

However, lowering the temperature too little will damage the noodles quickly, resulting in that water and noodles gush out from the pot. This is also the philosophy of leading a team: too much award will make team members feel over complement while too little will kill their morality. Therefore, the final step should be done in an accurate manner and Huohou helps so much for a good taste of the noodles.

The final step for this small dish is assembling the noodles. Microwave the broth (40 ml) prepared in the second step for one minutes, put the warm broth into noodles, and wait for 2 minutes until all broth are absorbed by the gluten from noodles. Put a scoop of Laoganma Chilisauce into the noodles and mix the sauce with noodles by using chopsticks. Put 3 pieces of ribs on top of the noodles. Here comes an excellent bowl of Sichuan noodles.

When talking about certain foods, we usually focus on the taste of this food but ignore why Chinese food has its special taste. The great taste comes from the Chinese philosophy: preparing a dish of successful Sichuan Noodles extensively uses the Chinese philosophy, just like organizing an effective team. The ways of selecting team members, organizing the team, and awarding team members share the same principles with the processes of buying ingredients, preparing toppings and broth, and cooking noodles. It is the wisdom among common Chinese people that provides insights into organizing a productive team as well as a dish of successful Sichuan noodles.

¹References

 22 Jensen, E. (2009). Food science: how starch thickens. Retrieved from <https://www.thekitchn.com/food-science-how-starch-thicke-83665>

Moskin, J. (2018, July 11). Mastering Chinese-style ribs at home. ²*The New York Times*. Retrieved from <https://www.nytimes.com/2018/07/09/dining/chinese-style-spareribs-at-home.html>

How to Make Successful Sichuan Noodles

ORIGINALITY REPORT

2%

SIMILARITY INDEX

1%

INTERNET SOURCES

0%

PUBLICATIONS

2%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to CSU, San Francisco State
University

Student Paper

2%

2

journals.fcla.edu

Internet Source

1%

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off

How to Make Successful Sichuan Noodles

GRADEMARK REPORT

FINAL GRADE

GENERAL COMMENTS

Instructor

94 / 100

PAGE 1

Strikethrough.



Comment 2

Good hook

Strikethrough.



preposition

Additional Comment

into



plural

Strikethrough.



Comment 5

"are also inexpensive"

Try to use fewer words to say the same thing.



Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

QM

Insert:

Insert word

Additional Comment

are

Strikethrough.



Comment 7

I don't really understand what alkaloids, peptides, alcohols, or aldehydes are.

QM

Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

they have

QM

Verb

Verbs need to be conjugated for tense and to agree with their subject.

QM

Verb

Verbs need to be conjugated for tense and to agree with their subject.

Strikethrough.

Strikethrough.

QM

Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

runs

Strikethrough.



Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

will become, or becomes

PAGE 3



Comment 11

This is a complex idea, but you present it very clearly.



WC

Word choice error:

Sometimes choosing the correct word to express exactly what you have to say is very difficult to do. Word choice errors can be the result of not paying attention to the word or trying too hard to come up with a fancier word when a simple one is appropriate. A thesaurus can be a handy tool when you're trying to find a word that's similar to, but more accurate than, the one you're looking up. However, it can often introduce more problems if you use a word thinking it has exactly the same meaning.

Additional Comment

the base?



Comment 12

How so?



Comment 13

This is a complex metaphor, but you are pulling it off well. You keep reminding the reader of your thesis, which is great.



WC

Word choice error:

Sometimes choosing the correct word to express exactly what you have to say is very difficult to do. Word choice errors can be the result of not paying attention to the word or trying too hard to come up with a fancier word when a simple one is appropriate. A thesaurus can be a handy tool when you're trying to find a word that's similar to, but more accurate than, the one you're looking up. However, it can often introduce more problems if you use a word thinking it has exactly the same meaning.

Additional Comment

added

Strikethrough.



article error

Additional Comment

the



article error

Additional Comment

the

Strikethrough.

Strikethrough.



Comment 17

to

PAGE 4



Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

after "resulting in" you need an -ing verb: "resulting in the water gushing out"



WC

Word choice error:

Sometimes choosing the correct word to express exactly what you have to say is very difficult to do. Word choice errors can be the result of not paying attention to the word or trying too hard to come up with a fancier word when a simple one is appropriate. A thesaurus can be a handy tool when you're trying to find a word that's similar to, but more accurate than, the one you're looking up. However, it can often introduce more problems if you use a word thinking it has exactly the same meaning.

Additional Comment

many awards

Award is a countable noun



WC

Word choice error:

Sometimes choosing the correct word to express exactly what you have to say is very difficult to do. Word choice errors can be the result of not paying attention to the word or trying too hard to come up with a fancier word when a simple one is appropriate. A thesaurus can be a handy tool when you're trying to find a word that's similar to, but more accurate than, the one you're looking up. However, it can often introduce more problems if you use a word thinking it

has exactly the same meaning.

Additional Comment

competent?



WC

Word choice error:

Sometimes choosing the correct word to express exactly what you have to say is very difficult to do. Word choice errors can be the result of not paying attention to the word or trying too hard to come up with a fancier word when a simple one is appropriate. A thesaurus can be a handy tool when you're trying to find a word that's similar to, but more accurate than, the one you're looking up. However, it can often introduce more problems if you use a word thinking it has exactly the same meaning.

Additional Comment

morale

Strikethrough.



Verb

Verbs need to be conjugated for tense and to agree with their subject.

Additional Comment

is



article error

Additional Comment

the



Comment 19

its?



Comment 20

space



Comment 21

Fantastic! Aaron, you essentially wrote two different process essays: how to cook Sichuan noodles, and how to assemble a productive team. I think you could have articulated a bit better how the weakest members of the team--the noodles--contribute, but overall this was a very successful essay.



Comment 22

This first line should not be indented.