

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Chinse Food**

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Introduction

Vegetables are a good source of many vitamins and minerals that are beneficial to the body in many ways. In this dish, any vegetables desired can be added with the vegetable mixture. Vegetables were stir-fried, which gives a unique texture and flavour to the vegetables. Along with the stir-fried vegetables, rice was served, to give a nutritious healthy dish that provides many of the recommended and needed nutrients to meet the human body needs and requirements.

The main purpose is t be able to apply stir frying to chicken and to prepare a tasty well-cooked chicken and rice using the right amount of ingredients.

Ingredients

* Skinless boneless chicken.
* Soy sauce Corn-starch.
* Ginger ground.
* Garlic chopped.
* Cabbage shredded Carrots thinly sliced.
* Green pepper thinly sliced.
* Onions sliced
* Cooking Oil Water

Procedure

1. Skinless boneless chicken was cut into strips.

2. Soy sauce and corn-starch were mixed in a small bowl, stirred until smooth.

3. Ginger and garlic were mixed into sauce and starch mixture.

4. Chicken was coated with marinade and refrigerated for approximately 15 minutes.

5. Vegetables (cabbage, carrots, pepper, and onions) were washed and cut into pieces.

6. In a large skillet, 1 ½ Tbsp. of oil was heat, vegetables were stir-fried for 4-5 minutes or until tender – crisp.

7. Vegetables were removed and kept warm.

8. Remaining oil was added, chicken was stir-fried for about 4-5 minutes.

until no longer pink.

9. Vegetables were return to skillet; water was added, cooked and stirred until bubbly.

10. 1 ½ c long grain rice was washed and soaked in hot water for about 1/2 hour.

11. Rice was then rinsed, in sauce pan rice was combined with water, and salt, cooked over medium-low heat until all water is absorbed and rice is firm and done.

12. Vegetables were served with rice.

Product evaluation

This dish includes many various ingredients that provide many good and beneficial nutrients. It includes various vegetables and chicken is the main ingredient in this dish.

The main ingredient in this recipe is chicken. Chicken is a lean meat that is a complete protein offers all of the essential amino acids, so it provides the fuel or building blocks that the body needs to build and repair muscle. Chicken also has a high biological value, which means that its protein can be easily utilized by the body with little waste. It also offers more than just protein. It offers several important vitamins and minerals such as Magnesium and zinc that are used for energy metabolism, Calcium and phosphorus help keep bones strong. In addition, chicken is a fantastic source of omega-3 fatty acids and iron. (1)

As for cornstarch, it is a good source of energy and carbohydrate that can be used to fuel the body, it is not a god source of protein or vitamins, it contains small amounts of minerals such as phosphorous, zinc, and potassium. So, the main benefit of cornstarch Is to provide energy to the body. (2)

Garlic provides small amount of energy and carbohydrates, and a higher but also small amount of potassium and phosphorous (3). Researchers have known for some time that garlic is a rich source of heart-protective compounds called thiosulfates. These sulfur compounds, may lower blood pressure and break up potentially harmful clusters of platelets in the bloodstream (4).

Cabbage, has all the health benefits of other cruciferous vegetables, but with a milder flavor. Cabbage is known for its high antioxidant content like vitamin C, vitamin K and other nutrients.It lowers inflammation and can prevent heart disease. It provides very small amounts of protein and no energy. (5)

Another vegetable used is carrots. All carrots are an excellent source of antioxidants that prevents inflammation and damage of cells by free radicals. It is also one of the richest sources of vitamin A available (6), that helps form and maintain healthy teeth, skeletal membranes, and skin. It is also known as retinol because it produces the pigments in the [retina](https://medlineplus.gov/ency/article/002291.htm) of the eye. (7)

As for green pepper, they are fat free, saturated fat free, which is good because saturated fats are considered unhealthy, because they may help in developing Cardio Vascular diseases, and have bad effects on blood lipids. It is also low sodium, cholesterol fat free, low calorie, high in vitamin C, that works as antioxidants. (8)

As for onions, it provides the body with good amounts of some minerals. For example, it provides the body with good amount of phosphorous (9), which is important in the formation of bones and teeth. It also plays an important role in how the body uses [carbohydrates](https://medlineplus.gov/ency/article/002469.htm) and fats (10). In addition, it provides the body with good amount of magnesium (11), which is important in the maintenance of normal nerve and muscle function, and supports a healthy immune system. (12)

Good amount of Oil was used in in this soup. The main and the highest nutrient provided by oil is calories of energy. (13)

Rice is used with the chicken dish. Rice is a refined grain, the grain-reﬁning process, most of the bran and some of the germ is removed, resulting in the loss of dietary ﬁber, vitamins, minerals, so it is then fortified with Folic acid, as well as thiamin, riboﬂavin, niacin, and iron. So, in conclusion it is a good source of carbohydrates and the B vitamins niacin and thiamin. Rice is easily digested, making it a good source of energy. (14)

Other ingredients such as soy sauce and ginger were added to give an extensive flavor to the dish.

Therefore, after mentioning all the ingredients, the main nutrient provided by this meal Is vitamin C that works as antioxidant which has many health benefits mentioned before. On the other hand, it provides good amounts of energy, to fuel the body.

Taste evaluation:

Ranin: it was a really tasty dish; the addition of cabbage was very good that give a very unique taste.

Ola:  It was very tasty. I like the sauce.

Somoud: Our dish was delicious, and the flavour of soy was appeared and taste.

Rose: It was delicious, I liked the little crunch in vegetables, and I think if we add a little spice to it, it will be more delicious, but it is one of the Chinese dishes that I will make for me.

Lamis: The taste was so great, the mix of vegetables with soy sauce and chicken was so great, I loved it so much.

Majdal: The dish was very good; the veggies were tasty and the chicken sauce was great but the rice needs a little salt. It is a healthy, balanced and satiating meal.

Discussion

in this experiment the chicken and vegetables were as expected. the taste and texture of the chicken were just as it should be. the colour was slightly brownish due to the addition of more soy sauce to have the desired taste. the rice wasn’t just as desired because we stir it from up to down during preparation before it absorbs the water so it wasn’t firm when served.

Conclusion

Stir frying is a Chinese cooking technique which has been promoted as healthy and nutritious way to prepare food, because it keeps the vegetables a little bit raw so it keeps most of its nutrients. It was a very fast and easy dish that can be prepared for quick dinner or lunch, you can use any vegetables you want. This dish provides high amounts of vitamins that works as antioxidants. which is beneficial. A delicious dish which is full of vitamins, energy and nutrients.

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