

Celebrating Food, Art & Culture

Asian American Heritage

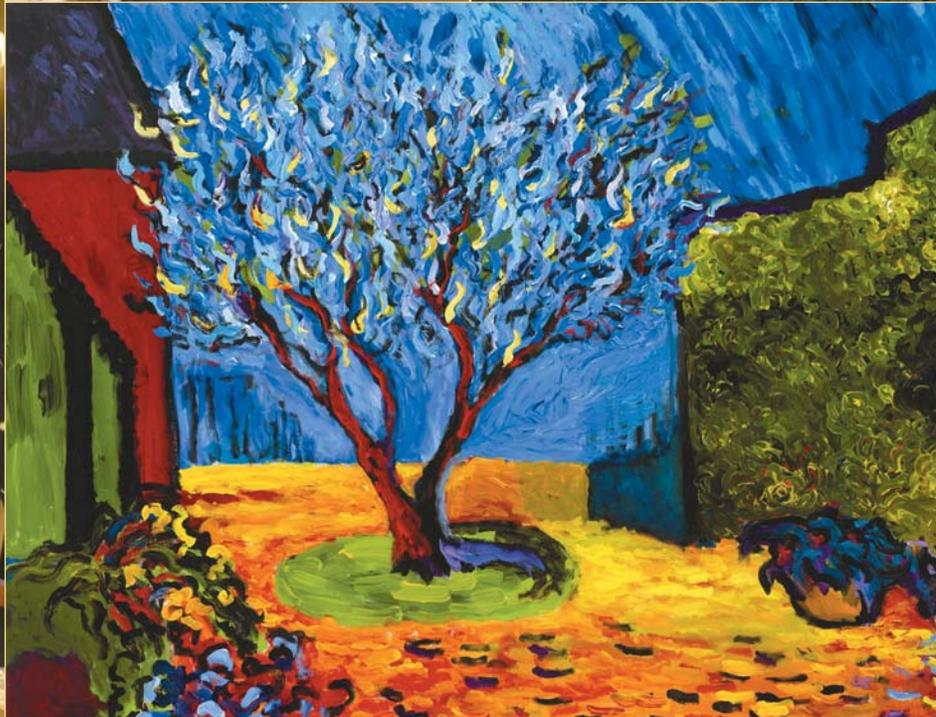
The New Spectator Sport

Playing with Fire

The Eighth Wonder of the World

Cooking with Clay

In the Korean Kitchen



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The Newest Spectator Sport

With a passion for fine food, a storied tradition of knife mastery, and a penchant for sizzling showmanship, Asian chefs have succeeded in creating a new visual art form that is feeding America's newest spectator sport.

Who hasn't dined at the local Japanese steakhouse where skilled teppanyaki chefs keep guests riveted? Taking a cue from the success of these establishments, Asian cookin' is now making its mark on television and in New York's theater district.



Four chefs prepare a wedding banquet in just an hour in *Cookin'*, a Korean musical comedy. Photo by Joan Marcus.

"Stomp meets Jackie Chan meets I Love Lucy." Associated Press



Won Hae Kim as the master Chef in *Cookin'*
Photo by Joan Marcus

Next time you're in New York, stop by the Minetta Lane Theater to catch the hit play *Cookin'*. The play originated in Korea in 1997, but since then has been seen by millions across Asia, Europe, and North America. The plot: A cranky restaurant manager orders his three chefs to prepare an extravagant wedding banquet within the hour, and, to make the task more impossible, forces them to work with his mischievous nephew, who is a novice in the kitchen. Mayhem follows as the four struggle to overcome rivalries, a love triangle, and other obstacles. In the process, they take advantage of every utensil in the kitchen including knives, chopping boards, and pots,

to drum, juggle, fight, beat, and stir their way through the performance. Food flies everywhere, often landing on the laps of those in the audience.

But the play is more than just frivolity. Behind the rhythms and antics is a traditional music form called Nong-ak, developed thousands of years ago in the Korean countryside by hardworking farmers. In the 1970s, several experts of Nong-ak used the ancient art to develop an experimental music form called Samulnori (which literally means "playing with four instruments"). Samulnori is now Korea's most popular and recognizable traditional art form, and it reflects and reconstructs the routine beat of Korean life. *Cookin'* applies the rhythms of Samulnori to a fast-paced kitchen environment where knives, cutting boards, pots, pans, chopsticks, and woks become musical instruments.

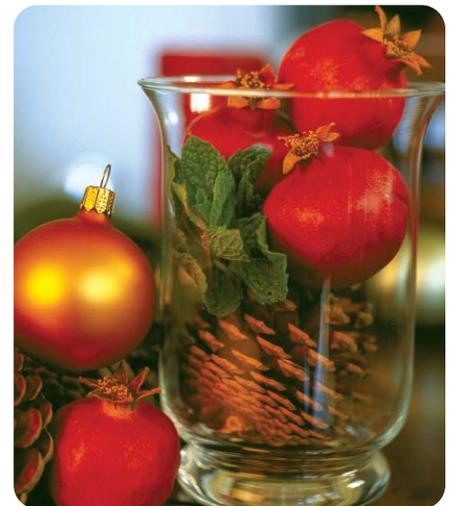
But you don't have to go to a restaurant or New York to catch the thrills of Asian cooking. You merely need to kick off your shoes and turn on the television to the Food Network hit series *The Iron Chef*. The show's MC, an eccentric and wealthy gourmet who lives in his castle with a small army of fine chefs, stages food battles between his honored iron chefs and premiere chefs of the culinary world. While the dishes include French and Italian as well as Chinese and Japanese cuisines, the show is distinctly rooted in Asian culture. Who else could turn a stoic cooking show into a heart-thumping spectacle?

So you have a passion for food, travel, entertaining, ... and stationery?

That would be Lizelle Greene, who has drawn on her many passions to create a thriving photography business and a series of greeting cards that celebrate the wonders, the comforts, and the memories of food.

Founded on the principles of "savor, discover, and celebrate," Lizelle Greene Photography offers beautifully crafted, tiny masterpieces that burst to life with a satisfying deference for the essence of food.

The deliciously stylish cards are perfect to send to friends and loved ones because they evoke a common experience, whether it be a shared holiday meal with family, a special event, or a simple rendezvous with a friend over coffee. The cards warm your heart with memories and, quite simply, make you smile.



"Holiday in a Glass"
©2003, Lizelle Greene Photography

Lizelle believes food is a powerful reminder of pleasurable memories, and thus an intimate and effective way to communicate. We couldn't agree more!

On this month's *Unity* cover, top right image, *Orange and Spice*, ©2003 Lizelle Greene Photography.

In the news ...

- So what does it take to become one of only 104 master sommeliers in the world (only 11 of whom are American women), a designation bestowed by the Court of Master Sommeliers in Devon, England? Drive, ambition, and some super-acute senses. Oh, and a photographic memory helps, too. Alpana Singh has all those traits. She became the youngest person ever to pass both the advanced sommelier course (at 21) and the master sommelier final exam (at 26). She is currently a sommelier at one of Chicago's finest restaurants, Everest, as well as the host of the popular, Emmy Award-winning dining show, *Check, Please!*, aired on Chicago's local public-broadcasting station. (*Audrey* magazine, October/November 2004).



Inopportune, by Chinese pyro-technic artist Cai Guo-Qiang

Playing with Fire

Known for his vast orchestrations of explosions and large, theatrical sculptures, pyro technic artist Cai Guo-Qiang's most expansive installation to date is now on display at MASS MoCA, the country's largest center for contemporary visual and performing arts. Titled *Inopportune*, the exhibition's centerpiece features a dazzling array of colored, light-pulsing, transparent rods. The rods thrust out from nine identical cars that tumble in an arc through the gallery, suspended in midair as if by stop-action. Gradually the viewer perceives that an explosive event is unfolding in nine frozen frames. At the end of the sequence, the car lands safely, unaltered, implying a closed and repeatable circuit.

In a second exhibit, a phantom car bristling with fireworks floats like a ghost through Times Square at night. The street vibrates with glittering neon, heavy traffic, traffic noise, and crowds of life-sized pedestrians. The ghostly car appears "pasted" on top of the flowing traffic; people on foot and in cars are oblivious to the fireworks erupting from it. As in a dream, the viewer alone is able to see it.

Explosions are as much a central part of Cai's artwork as they are his past. He was born in Quanzhou City, Fujian Province, China, where "every significant social occasion of any kind, good or bad—weddings, funerals, the birth of a

baby, a new home—is marked by the explosion of firecrackers ... firecrackers are like the town crier, announcing whatever's going on in the town." One of his best-known explosions was *Transient Rainbow*, commissioned by the Museum of Modern Art in New York after September 11, 2001, in which exploding fireworks arced over the East River from Manhattan to Queens. Although he has lived in lower Manhattan for almost 10 years, like many people across the globe, September 11 made Cai a New Yorker. He took the opportunity of the MoMA commission to redefine the meaning of an explosion in Manhattan, to show that "something used for destruction and terror can also be constructive, beautiful, and healing."

Cai's projects have taken him all over the globe: Sao Paulo, Washington D.C., Paris, London, Tokyo, and many other destinations. He is the son of a historian and painter and trained in stage design at the Shanghai Drama Institute from 1981 to 1985. His approach draws on a wide variety of symbols, narratives, traditions, and materials such as feng shui, Chinese medicine, dragons, roller coasters, computers, vending machines, and, of course, gunpowder.

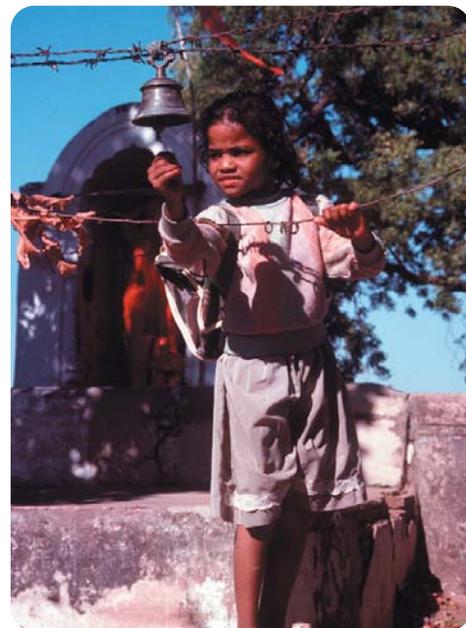
If you'd like to see Cai's work, visit MASS MoCA, located in North Adams, Massachusetts, or his extensive Web site.

India Unveiled

Using his mastery of the camera and a genuine love for the people of India, Robert Arnett has artfully documented the essence of their culture in *India Unveiled*—both a book and series of photography exhibits that have earned him international praise. As one of the oldest, continuously surviving civilizations on the planet, India has been Robert's passion for the last 25 years, and he has spent over 19 months living there among the people.

India Unveiled is probably the only book ever published in the Western world that has been officially recognized by a prime minister of India. Some regard it as the most insightful book on the culture written by a foreigner in 45 years.

Robert has a master's degree in history from Indiana University and has lectured widely throughout North America, including stops at the Smithsonian Institute, Harvard, and Yale. He has been interviewed on National Public Radio, *Voice of America*, various television programs, and was a speaker at the Parliament of the World's Religions.



Girl ringing a bell at roadside shrine to attract God's attention, Khajuraho, MP, India
(c) *India Unveiled* by Robert Arnett

Did you know?

- The Beatles sent the popularity of this 20-string musical instrument of northern India skyrocketing. It dates back about 600 years and is made using a dried-out pumpkin for the body, tun or rosewood for the neck, and a dried-out gourd for the resonator at the top of the neck. The sounds it produces are mystical and almost supernatural, perfect for transcendental meditation. You can catch a performance of the world's most recognized musician with this instrument, Ravi Shankar, this spring as he tours the West Coast, the Northeast, and the Florida peninsula. (By the way, Ravi is the father of another great musical artist, Nora Jones). If you guessed the sitar, you would be correct!

Timeless Treasures

A Celebration of Asia on Canvas

Promoting Cultural Awareness

Diversity, as it is represented through art, provides a window into cultural differences. Our art collection attempts to educate clients, shareholders, and communities. *Unity and diversity* program and be used as a stand-alone display to demonstrate a commitment to diversity and discovery.



"Beyond the Divide"

Levine



"Sunny Frolics"

Mani



"Hope"

Mani



"Kebabwala"



Levine



Mani



Titinunt

Barbara Levine's elegant and poetic landscapes are deeply rooted in the ancient principles of Chinese ink-painting style known as sumi-e and strongly influenced by the work of the Chinese painter Zhang Daqian, as well as Tang Dynasty art.

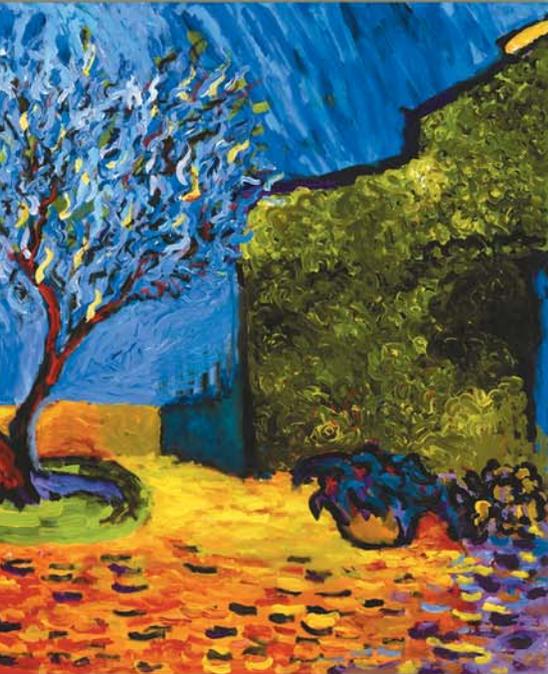
Sandeep Mani was born in Moga, India and painted more than 250 of his works are on exhibition and in progress. He expresses the fascination with the apparently seamless humdrum life. "I try to live the timeless character

and Diversity Through the Arts

is a personal and visual expression of our valuable
to mirror the diversity of employees, students,
and the artwork it showcases can supplement your
diversity publication. They are the perfect way to
over the vibrancy of new cultures and lifestyles.

For more information on our
cultural fine art collection, visit

www.picture-that.com.



"Courtyard"

Titinunt



"Red Sunflowers"

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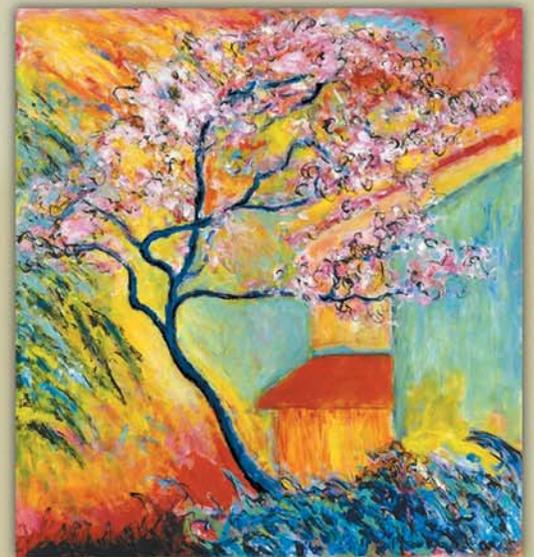
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"Heaven II"

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"Peach Blossoms"

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canvases. Although her signature images are of stunning floral displays and sun-drenched land-
scapes, she is also adept at figurative studies and abstractions.

Clay-Pot Cooking

An Ancient Tradition

Long before smiths hammered iron, tin, and copper to make the family cookware, there was clay. Used throughout Asia for thousands of years (as well as Africa and the Americas), a clay pot is a versatile cooking medium that is still widely popular. Because clay pots help seal in moisture while browning meats and vegetables without added liquid or fat, health-conscious cooks can easily create a healthful, tasty, one-pot dish that can be adapted to many cooking styles. Clay pots are great for stews, roasted meats, baking, and more.



Different types of clay pots include raw clay or terra cotta—such as the Romertopf brand. Other types of raw clay pots are the Spanish “cazuela,” which looks like a casserole, and Vietnamese clay pots, which look like inwardly sloped saucepans with lids and thick handles. These pots can be used on the stovetop. Glazed pots include Moroccan “tagines,” which are beautifully decorated and resemble a round-bottomed pyramid set on top of a plate, similar to Mexican bean pots and Crock-Pots.

Several Web sites sell quality clay pots and provide simple, tasty recipes. If you’re searching for a new cookbook for your collection, try *The Best of Clay Pot Cooking* by Dana Jacobi (Harper Collins), or *Low Fat Cooking in Clay* by Erika Casparek-Turkkan, \$8.95, (Silverback Books).

Southern Vietnamese Style Catfish in a Claypot

This recipe is from *Pleasures of the Vietnamese Table* by Mai Pham (Harper Collins). Make sure to read the manufacturer’s instructions before using your clay pot for the first time! Pots need to be cared for properly in order to ensure a long life.

- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/2 cup boiling water
- 3 tablespoons fish sauce (nam pla)
- 2/3 pound fresh catfish fillets, cut in halves or thirds
- 1 scallion, cut into 1-inch lengths
- 4 sprigs cilantro, cut into 1-inch lengths
- 1/2 teaspoon freshly ground black pepper

Step 1. Place sugar in a 1-quart clay pot and add just enough water to barely wet it. Heat over moderate heat until sugar begins to brown, 3-5 minutes. Stir once and add oil and garlic. Stir for 1 minute and add boiling water, fish sauce, and catfish pieces. Turn pieces so they are evenly coated with sauce. Reduce heat to simmer. Cook covered until catfish is firm, 5 minutes. Uncover, and cook for 2-3 minutes so sauce thickens. Step 2. Remove pot from heat and garnish with scallion, cilantro, and black pepper. Serve right from the pot.

An Asian breakfast

- Everyone has a favorite Asian dish, but most of the classic Asian recipes we know are served on the lunch or dinner menu. Ever wonder what an Asian breakfast is like? Here are a few dishes listed in Bill Foreman’s (Associated Press) article “Breakfast in China has familiar flavors.” *Dan bing* are egg pancakes, made with onion, flipped into a flour tortilla, and served with soy or chili sauce. *You tiao* are foot-long pieces of dough, deep fried until dark brown. *Dou jiang* (soybean milk) is a classic breakfast drink, and you can order it hot or cold, sweet or salty. It’s a good drink to have with your *ma la gao*, a yellow sponge cake that’s great for dipping!

Creating New Traditions

For centuries, only Japanese males were trained to become sushi masters, yet, as with all traditions that hit the American coast line, freedom works to create new, more exciting traditions. At the California Sushi Academy (CSA) in Hermosa Beach, the art of sushi is being taught to students of every ethnic group, male and female alike. The academy is the first vocational school in the United States specializing in training, certifying, and placing sushi chefs.

At the academy, veteran sushi chefs, like CEO and founder Toshi Sugiura, teach small groups of students knife skills, Japanese cooking techniques, modern-American culinary influences, fish identification and preparation, basic and advanced sushi, sashimi preparation, and the finishing touch—presentation.

Toshi founded the academy in 1998 to share with the world the beautiful traditions of Japanese cuisine and fill the growing need for sushi chefs all over the world. Toshi is one of only two certified sake masters in the United States, and he owns five highly successful restaurants, serving as a consultant to many others.

Many lives have been changed at CSA, especially those previously locked into boring, unfulfilling careers. Dory Kim, age 29, was recently featured in *Audrey* magazine (June/July 2004). Unable to come to grips with a career behind a desk, she skipped the MBA program to which she had been accepted and earned a certification from CSA instead. She now works long hours at a fraction of her previous pay, but enjoys learning something new every day and seeing appreciation for her work on a daily basis. Her motto: Learn from yesterday; live for today; dream for tomorrow.



Everyday Chinese Cooking

Quick and Delicious Recipes from the Leeann Chin Restaurants

Written by Leeann and Katie Chin, *Everyday Chinese Cooking* proves that the very best Chinese cooking can be achieved in a real home kitchen, by real people, and on real schedules. This collection of delicious, simple recipes will make any cook feel like a gourmet Chinese chef.



As a young, time-strapped mother cooking for a family of eight on a limited budget—and in her new home of Minnesota—Leeann Chin set to work creating recipes that would complement her new lifestyle. Working without access to all the ingredients of her homeland and within the constraints of a very busy life, she developed quick, flavorful, accessible, and authentic Chinese dishes that now are served in many of the nearly 60 restaurants and takeout locations she owns in the Minneapolis-St. Paul, Detroit, and Kansas City areas.

Working closely with Leeann and co-authoring the book is daughter Katie, a former entertainment-industry marketing executive and writer, and currently operator of a successful catering business. Together, they prove that Chinese food can—and should—be an everyday option for home cooks of all experience levels, everywhere.

Jade Shrimp

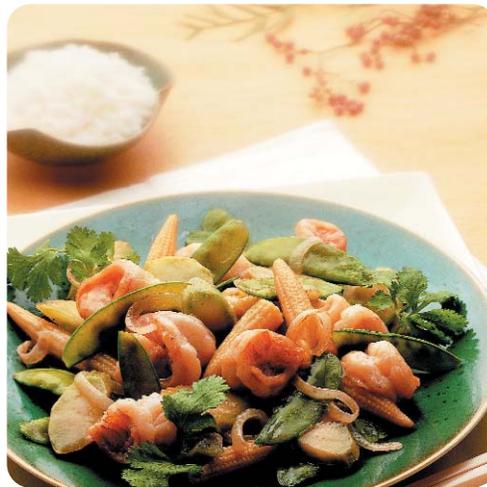
- 2 1/4 teaspoons salt, divided
- 1 pound large shrimp, peeled and deveined
- 4 teaspoons cornstarch, divided
- 1/8 teaspoon white pepper
- 1/2 teaspoon sesame oil
- 1 pound broccoli stems
- 4 ounces snow peas
- 2 tablespoons oyster sauce
- 3 tablespoons vegetable oil, divided
- 1 teaspoon minced garlic
- 1 small white onion, thinly sliced
- 1/2 cup chicken broth
- 2 ounces canned baby corn
- 1/4 cup cilantro leaves, for garnish

Place 4 cups warm water in a bowl and add 2 teaspoons salt; stir to dissolve. Place shrimp in the salt water and swirl. Leave shrimp to soak for 5 minutes, then rinse with cold water and drain. Pat dry on paper towels. In a medium bowl, toss shrimp with 1 teaspoon cornstarch, the pepper, and sesame oil. Cover and set aside.

Cut florets from broccoli stems and save for later use. Cut off 1 inch from the end of the stems and use a vegetable peeler to peel the stems all the way around. Cut stems diagonally into 1/4-inch slices. Remove strings from snow peas. Bring 2 cups of water to a boil in a saucepan and add snow peas. When water boils again, remove snow peas and rinse with cold water until they are cold. Drain.

In a small bowl, mix 1 tablespoon water, remaining cornstarch, and oyster sauce. Set aside.

Heat a wok or large sauté pan on high. Add 2 tablespoons vegetable oil, the garlic, and shrimp and stir-fry for 2 minutes or just until shrimp turns pink. Remove from wok and set aside. Reheat the wok over high heat. Add remaining vegetable oil and add broccoli stems and onion. Stir-fry for 1 minute. Add chicken broth and heat to boiling. Cover and simmer for 1 minute. Stir in cornstarch mixture and cook until thickened, 1 minute. Add baby corn and remaining 1/4 teaspoon salt. Stir-fry 1 minute. Add shrimp and snow peas. Cook and stir for 1 minute, until shrimp are hot. Garnish with cilantro leaves and serve with noodles or rice, as desired.



Jasmine Rice

- 2 cups jasmine rice

Fill a 2-quart saucepan 3/4 full with cold water. Add the jasmine rice and swirl around to loosen the starch. Pour out the water slowly and repeat this procedure. Most of the water should be removed.

Add 2 cups of cold water to the rice and cook to a boil over high heat. Stir and cover; reduce the heat to low and simmer for 15 minutes. Do not uncover or the rice will not fully cook. Remove from the heat when cooked. (If not ready to serve, keep warm in a steamer, or the rice may be reheated in a microwave.)

Did you know China produces 90 percent of the world's rice supply?

Here in the United States, we take rice for granted, unaware that across the globe more than 40,000 varieties are harvested. Generally, rice is either long, medium, or short grain. It is also classified by how much processing the rice goes through before landing on your table and how much starch it contains.

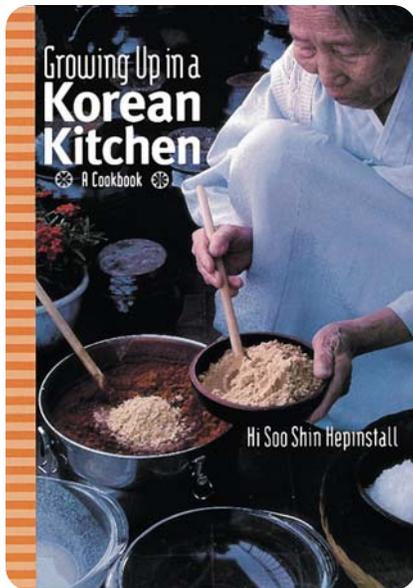
Jasmine rice is a specialty rice that is often interchanged with basmati. It has a slight jasmine aroma after cooking and cooks to nice firm rice. It is slightly sticky when compared to basmati, which is not sticky at all. Jasmine rice is grown in Thailand.

Losing your noodle over noodles.

- Don't know your noodles? Asian cuisine is replete with them. Here is a rundown: Rice noodles are steamed, lightly oiled, and come ready to use in packets; Hokkien noodles are made from wheat flour and are also precooked before packaging—great for salads, soups, or stir-fry; udon noodles come fresh or dried and usually are added to miso soup; soba noodles are made from buckwheat flour and are available dried or fresh; dried rice vermicelli are thin and translucent noodles, sold packaged in blocks, and must be boiled before eating; egg noodles are, of course, made from egg and wheat flour, must be cooked before eating, and are widely used in chow mein and other Asian recipes. (*New Asian Cooking*, ©2003, Bay Books)

Growing up in a Korean Kitchen

When asked about the taste of their food, Koreans eagerly recite the phrase: Korean food is pleasingly sour, sweet, hot, burning hot, salty, bitter, and nutty. It is a happy marriage of intriguing tastes, often in subtle harmony, sometimes in surprising contrasts.



On the cover, the author's mother

are lost without them. To Koreans, they are no less important than the very air they breathe. They play many roles: as basic flavorings, side dishes, garnish, and folk medicines.

About the author: For years, celebrated author Hi Soo Shin Hepinstall delighted her friends and family with authentic Korean dishes, offering a glimpse into an ancient culture and cuisine that remains mysterious and hidden to this day. She then began her personal quest to learn more about the foods and cooking techniques passed down by her mother and grandmother. Her research yielded not only a comprehensive cookbook but also a vivid personal account, filled with memories of the traditional kitchen, with its preparations for special feast days and the rituals of everyday family meals.

Excerpted with permission from Growing Up in a Korean Kitchen: A Cookbook by Hi Soo Shin Hepinstall, published by Ten Speed Press, www.tenspeed.com.

Also worth checking out ...

Korean Temples and Food by internationally acclaimed photographer Jung Lee. "It is not a guide to Buddhist temples in Korea nor a recipe book for Buddhists and/or vegetarians. It is a voyage into a world of Buddhism. But it is not about ceremonies and rituals. It is about a certain feeling that will come while looking. It is the view of one person looking at a world rich in the architecture of life, it is looking at something to eat and tasting it without putting it into your mouth. It is about feeding the eyes and nurturing the soul."

Send Us Your Stories

Diversity is a core value of Thompson Hospitality and Compass Group. In order to serve you better, visit us at www.thompsonhospitality.com to give us your comments and suggestions for future stories.

Visit www.thompsonhospitality.com for information on our many diversity initiatives.

Rice Terraces of Luzon The Eighth Wonder of the World

For a firsthand look at the ancient traditions of rice mixed with the allure of adventure, throw on a backpack and head for the northern Philippines, where the construction of rice terraces dates back 6,000 years and was once cultivated by fearsome head-hunters.

Throughout central and northern Luzon, the largest island in the Philippines and where metro Manila is located, travelers will find themselves surrounded by panoramic views, lush landscapes, and old Spanish houses, but particularly breathtaking are the rice terraces, which can climb more than 3,000 feet from the fertile valleys and express a profound harmony between nature and human life. The monumental size and beauty of the terraces, as well as their age and how they were constructed, have earned them the title of "the eighth wonder of the world."



The rice terraces of Luzon are monumental. Each terrace is 7-10 feet high and together they can climb more than 3000 feet. The white dot on the terraces pictured above is a person working the crop.

The Banaue rice terraces are perhaps the most famous. They were carved from the mountain ranges by the Bontoc and Ifugao peoples and, if each terrace were laid side by side, would measure 13,920 miles in length. They are watered by a perfect irrigation system, and parts of the terraces are thought to be 6,000 years old.

In the past the Ifugao were head-hunters, and they still dance on the walls of the terraces equipped with spears, axes, and wooden shields and wearing a head-dress made of leaves—a tradition from that past.

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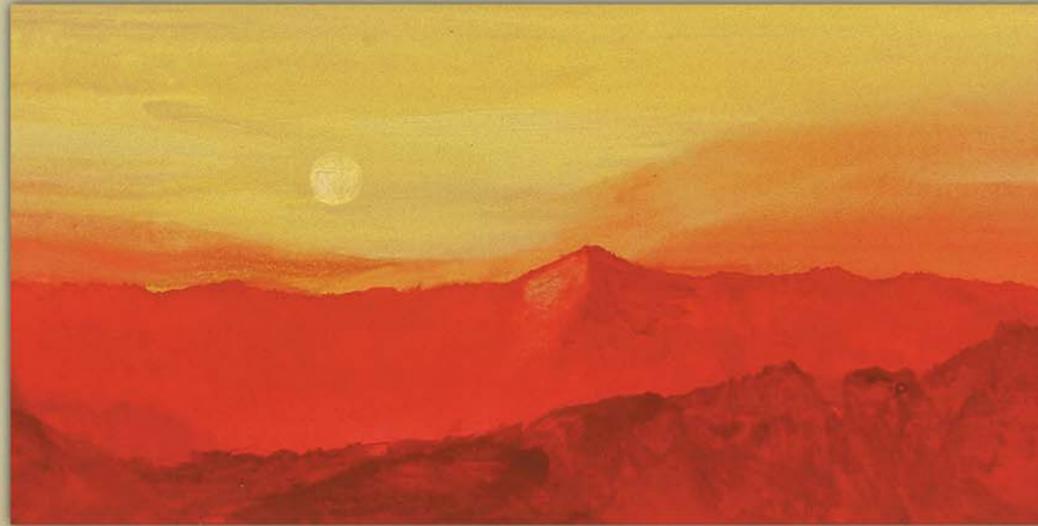
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