

Teaching Guide

Chinese Foodways

ORGANIZING QUESTIONS

- What do a community's *diet and food rituals* teach us about their values and their material conditions?
- What are the foodways of descendants of Chinese immigrants in Utah? What do they teach us about the *adaptation and continuity* of cultural components?
- How is *identity* – both individual and community – expressed and maintained through food?
- In what ways do the *food choices* of Chinese immigrants to Utah serve as a *marker of identity and history*?

INTRODUCTION

This teaching guide uses the foodways of Chinese immigrants to Utah as an entry point into exploring how foodways mark the contributions of Chinese immigrants to American cuisine and culture. Through activities and discussions, students learn about how the foodways mark the adaptation and continuity of the Chinese community in Utah and their role in maintaining individual and community identity. This guide supplements the lessons on Chinese railroad workers and their contributions to the construction of the Transcontinental Railroad and U.S. society.

OBJECTIVES

In this lesson, students will learn:

- what a community's diet and food rituals teach us about their values and their material conditions;
- the importance of food as a marker of identity and history; and
- how foodways mark the adaptation and continuity of an immigrant community and its acceptance by the society in which they live.

SEPARATE MATERIALS

- **Presentation:** Foodway Artifacts from Terrace, Utah [PDF file]
- **OPTIONAL:** [Teaching trunk: Archaeological Excavation at Terrace, Utah](#)

INCLUDED MATERIALS

Click or select the name of any item to jump to its location in this teaching guide.

- **Handouts:**
 1. [Foodways of the Chinese Transcontinental Railroad Workers](#)
 2. [Foodway Artifacts from Terrace, Utah Excavation](#)
 3. [Changes in Foodways of Chinese-Americans in Utah over Time](#)
 4. [Chinese Foodways in Utah Today](#)
- **Answer Keys:**
 1. [Foodways of the Chinese Transcontinental Railroad Workers](#)
 2. [Changes in Foodways of Chinese-Americans in Utah over Time](#)
 3. [Chinese Foodways in Utah Today](#)
- **Slide Script:** [Foodways Artifacts from Terrace, Utah Excavation](#)
- **Reference:** [Connection to Utah State Core Standards](#)

EQUIPMENT

- Computer with Internet access and a Flash-enabled or HTML5-supported web browser
- Computer projector and screen

TEACHER PREPARATION

Instructions and materials are based on a class size of 30 students and a 50-minute class period. Adjust accordingly for different class sizes and class lengths.

1. Make one copy of each handout for each student in your class.
2. Familiarize yourself with the content of all materials.
3. Set up and test computer and projector.
4. OPTIONAL: Borrow the [Terrace, Utah teaching trunk](#) from [the University of Utah's Asia Center](#).

TIME NEEDED

Three 50-minute class periods, plus preparation and homework. Teachers may choose sections or individual activities if they do not have three full days to dedicate to this.

PROCEDURES

PREPARATION

To prepare for the lesson, distribute one copy of **Handout 1, Foodways of the Chinese Transcontinental Railroad Workers**, to each student. Instruct them to read the handout and answer the questions before the first class period.

DAY ONE

1. Explain to students that they will spend the next few class periods looking at what the first Chinese immigrants to Utah ate and what Chinese food in Utah is like now. They will explore what's changed and what's been constant for Chinese foodways since the first immigrants from China came to Utah in the 1870s.

2. Call on students to share their answers to each question in **Handout 1, Foodways of the Chinese Transcontinental Railroad Workers**. Use **Answer Key 1, Foodways of the Chinese Transcontinental Railroad Workers** to guide the conversation.
3. Collect student responses to **Handout 1** for assessment.
Organize students into groups of five students each. Distribute one copy of **Handout 2, Foodway Artifacts from Terrace, Utah Excavation**, to each student and provide the “Artifacts from Terrace, Utah” PDF to students. Allow groups the rest of the class period to complete the tasks on the worksheet. Instruct students to complete anything they don’t finish in class as homework.

ALTERNATIVE: If you have the **physical teaching trunk**, pass these items to the class and use the guide included with the trunk to explain the items to students.

DAY TWO

1. Ask students to reconvene in their groups and share what they learned about their assigned items from **Handout 2**. All students should fill in the final column based on what their fellow group members discovered. Allow groups about 15 minutes to share their research and conclusions with each other.
2. After 15 minutes are up, use a projector to display the images in **Handout 2, Foodway Artifacts from Terrace, Utah Excavation**. Use the **Slide Script** to reveal each artifact to the class and ask follow-up questions. Students should edit their responses in the worksheet on **Handout 2** based on what they learn.
3. Distribute one copy of **Handout 3, Changes in Foodways of Chinese-Americans in Utah over Time**, and **Handout 4, Chinese Foodways in Utah Today**, to each student. Ask them to complete both handouts as homework.

DAY THREE

1. Explain to students that today they will focus on learning how the foodways of current Utahns of Chinese descent compare to those of their ancestors.
2. Call on students to share their answers to each question in **Handout 3, Changes in Foodways of Chinese-Americans in Utah over Time**. Use **Answer Key 2, Changes in Foodways of Chinese-Americans in Utah over Time**, to guide the conversation.
3. Call on students to share their answers to each question in **Handout 4, Chinese Foodways in Utah Today**. Use **Answer Key 3, Chinese Foodways in Utah Today**, to guide the conversation.
4. If time allows, conclude the lesson by asking students “**How similar is the Chinese cuisine served in Chinese restaurants in Utah today to what is served in China?**”
Mark sure students cover the following points.
 - China has a large territory, long cultural history, and large population so there’s not even one cuisine within China. Rather, there are many “Chinese cuisines”
 - Relatedly, no one type of “Chinese cuisine” can be designated as a “national” cuisine
 - Much of the food that ethnic Chinese people in Utah eat is determined by which part of China their ancestors came from and when

- Materials and processes for preparing food at home can differ substantially from preparing food for others in restaurants
- Some Chinese food in Utah wouldn't be familiar to many people living in China; other dishes would be exactly the same

ASSESSMENTS

The following are suggestions for evaluating student work in this lesson:

1. Evaluate student responses to **Handout 1, Foodways of the Chinese Transcontinental Railroad Workers**, based on **Answer Key 1**.
2. Evaluate student responses to **Handout 3, Changes in Foodways of Chinese-Americans in Utah over Time**, based on **Answer Key 2**.
3. Evaluate student responses to **Handout 4, Chinese Foodways in Utah Today**, based on **Answer Key 3**.
4. Assess student participation in group and class discussions, evaluating students' ability to
 - clearly state their opinions, questions, and/or answers;
 - provide thoughtful answers;
 - exhibit sensitivity toward different cultures and ideas;
 - respect and acknowledge other students' comments; and
 - ask relevant and insightful questions.

ACKNOWLEDGEMENTS

Special thanks to:

- The University of Utah Press
- Jonathon Lee, descendant of Chinese herbalist who served Chinese railroad workers and other early Chinese immigrants
- Dr. Chris Merritt, State Historic Preservation Officer, Utah Department of Cultural & Community Engagement
- Pat Santee, Member, Chinese Railroad Workers Descendants Association
- Leland Wong, Chinese diaspora historian and cultural consultant

Handout 1: Foodways of the Chinese Transcontinental Railroad Workers

The first Chinese immigrants to Utah arrived when they were building the Transcontinental Railroad. Most of these immigrants had first sailed from China to California and then continued laying the railroad track from Sacramento, California, east through California, Nevada, and then Utah.

Review the primary sources on the following pages related to what Chinese workers on the Transcontinental Railroad ate or drank.

When you are done, answer the questions below.

1. How did the diet and eating rituals of the Chinese railroad workers differ from other railroad workers?
2. How did the Chinese railroad workers manage to replicate so much of their food and eating traditions despite being in such a different environment than their hometowns in southern China?
3. What was most impressive to contemporary observers about the diet and food traditions of the Chinese railroad workers?

Sources:

- Excerpt from the Transcontinental Railroad series of *American Experience*
- Excerpt from *A History of the Chinese in California: A Syllabus*, published in 1969
- Excerpt from “Food Habits of Nineteenth-Century California Chinese,” published in 1958

IMPORTANT NOTE:

The excerpts below are historical documents that continue language and judgments that are now considered offensive. As you read these documents, think about the judgments about different groups embedded in the texts. Which passages seem problematic to you?

The term “Chinaman” is denoted with an asterisk to indicate that you should not use it in writing or speech. This is a racist term used during the 19th Century that was demeaning and disrespectful to Chinese people. **It is inappropriate to use today.**

“Workers of the Central and Union Pacific Railroad” from the Transcontinental Railroad series of *American Experience*, WGBH, (visited on 15 December 2022 at <https://www.pbs.org/wgbh/americanexperience/features/tcrr-workers-central-union-pacific-railroad/>)

Healthier Habits

[Chinese] Workers lived in canvas camps alongside the grade. In the mountains, wooden bunkhouses protected them from the drifting snow, although these were often compromised by the elements. Each gang had a cook who purchased dried food from the Chinese districts of Sacramento and San Francisco to prepare on site. While Irish crews stuck to an unvarying menu of boiled food — beef & potatoes — the Chinese ate vegetables and seafood, and kept live pigs and chickens for weekend meals. To the dull palates of the Irishmen, the Chinese menu was a full-blown sensory assault. The newcomers seemed alien in other ways: they bathed themselves, washed their clothes, stayed away from whiskey. Instead of water they drank lukewarm tea, boiled in the mornings and dispensed to them throughout the day. In such a manner they avoided the dysentery that ravaged white crews.

**Excerpt from *A History of the Chinese in California: A Syllabus*
THOMAS W. CHINN, *Editor*
Copyright 1969
CHINESE HISTORICAL SOCIETY OF AMERICA**

How the Chinese Worked and Lived

Chinese railroad workers were divided into gangs of about 12 to 20 each. Each group had a cook who not only prepared their meals but was required to have a large boiler of hot water each night so that when the workers came off the grade, they could take a hot sponge bath, and change their clothes before the evening meal.

Each gang had a “head man” who each evening received from the foreman an account of the time credited to his gang and he in turn divided it among the individuals. The head man also bought and paid for all provisions used by his gang, the amount due him being collected from each individual at the end of the month.

Hours of work were from sunrise to sunset, six days per week. Initially, the wages of the Chinese workers were set at one dollar per day or twenty-six dollars per month. Later this was raised to thirty dollars and finally to thirty-five dollars per month, out of which, after deducting their expenses, left \$20 to \$30 per man.

Probably on the advice of Chinese merchants, the workers were fed a Chinese diet including dried oysters, dried cuttle fish, dried fish, sweet rice, crackers, dried bamboo, salted cabbage, Chinese sugar, dried fruits and vegetables, vermicelli, dried seaweed, Chinese bacon, dried abalone, dried mushrooms, peanut oil, tea, rice, pork, and poultry. This was a much more varied and balanced diet than the beef, beans, bread, butter and potatoes of white laborers at the time. The Chinese also drank barrels of lukewarm tea brought by Chinese mess attendants. By way of contrast white workers would not hesitate to gulp down cold water. Too often this water was contaminated and caused illness among the workers. The company provided the Chinese with low cloth tents, but many preferred to live in dugouts or to burrow into the earth.

The Chinese soon set an example for diligence, steadiness, and clean living. They had few fights and no “blue” Mondays. California governor Leland Stanford, also one of the directors of the Central Pacific, said in his report to the president of the United States on October 10, 1865: “As a class they are quiet, peaceable, patient, industrious and economical. Ready and apt to learn all the different kinds of work required in railroad building, they soon became as efficient as the white laborers ... ”

Excerpt from “Food Habits of Nineteenth-Century California Chinese” by Robert F. G. Spier in *California Historical Society Quarterly*, March 1958.

Chinese foods, so long a part of the western American scene, were introduced to the United States with the first waves of Chinese immigrants. Naturally, this development on the West Coast was predicated on a supply of the traditional ingredients. Since these were forthcoming at an early date, it may be argued that the Chinese, however they may have changed in other respects, were not forced to alter their customary eating habits. There is good reason to suppose that no Chinaman*, as long as he remained in the company of his fellows, ever had to rely for long on Occidental foods.

The Chinese continued to eat their customary foods despite emigration to a foreign land, and the manner in which this accustomed diet was supported likewise underwent little change. Not only was there a continuation of habits of diet, but also of the techniques of food production as evidenced in the implements involved. Furthermore, it may be demonstrated that the Chinese had the components of a richly varied diet.

Prior to the Gold Rush in '49, the number of Chinese in the western United States was insignificant, the large scale immigration having its beginning about 1850. From the comments of contemporary observers, such as Borthwick, it is apparent that Chinese foods quickly found their way to American shores, either accompanying or quickly following the immigrants. He wrote, with reference to the period 1851-1854, that there were Chinese “stores stocked with hams, tea, dried fish, dried ducks, and other very nasty-looking Chinese eatables, besides copper pots and kettles, fans, shawls, chessmen, and all sort of

curiosities.” A complaint was voiced about this date concerning the failure of Chinese miners to buy anything, except boots and mining implements, from American storekeepers, leaving the presumption that they bought their foodstuffs from Chinese merchants. In support of this contention may be cited the evidence of food imports from China appearing in the manuscript records of the U.S. Custom House at San Francisco. As early as 1852 substantial shipments of food arrived from Hongkong, consigned to Chinese firms. While some items in these invoices, e.g., salt beans, macaroni, or vinegar, may have found their way down Occidental gullets, others are clearly for Chinese consumption. A typical invoice of the period includes: “oranges, pumelos [pomelos], dry oyster, shrimps, cuttle fish, mushrooms, dry bean curd, bamboo shoots, narrow leaved greens, yams, ginger, sugar, rice, sweetmeats, sausage, dry duck, eggs, dry fruit, salt ginger, salt eggs.” Among the foods on other invoices are tea oil, dry turnips, bettlenut [betel nut], orange skins, kumquat, duck liver, melon seed, dried duck kidneys, minced turnips, shrimp soy, chestnut flour, birds' nests, fish fins, arrowroot, tamarind, dried persimmons, dried guts, bean sauce, lily seed, beche de mer [sea cucumbers], Salisburia seed [ginkgo biloba], taro, and seaweed. A check of invoices in this collection covering the years 1850 through 1854 reveals that the majority of shipments from the Far East contained food or potables (tea, brandy, etc.). Specifically, food or drink appeared on 79 of 118 invoices. ...

In addition to foods, there was substantial importation of domestic utensils including culinary items. Chinaware, wooden ware, bamboo ware, lacquer ware, iron and copper pans, chopping knives, chopsticks, ladles, tongs, and mills appear on the invoices. Despite the vagueness of some entries, it is clear that the Chinese were using their accustomed household implements [*see teaching trunk later in this lesson*].

We have no assurance that the isolated Chinese or those working and dwelling in small groups were in a position to avail themselves of the traditional foods which were clearly on hand among some American Chinese. However, in those situations involving the hiring of groups of workers it is evident that Chinese-style food was eaten.

On all major jobs the Chinese, who had to board themselves, in contrast to white labor, messed together. Although the cook might be paid by the employer, all other expenses of the mess were shared within the group. The foreman or timekeeper, who received the pay of the entire crew in a lump sum, deducted the living costs before paying off the men. The customary gang size on the Central Pacific Railroad, a single working and eating unit, was between twelve and thirty men. Agricultural, drainage, and factory workers were grouped in units of about the same size or slightly larger. The labor contractor, in addition to furnishing the men for the job, commonly ran a store where food and sundries were stocked. Nordhoff's description of the situation on a Central Pacific Railroad construction job near Merced, about 1870, is one of the most lucid. He wrote,

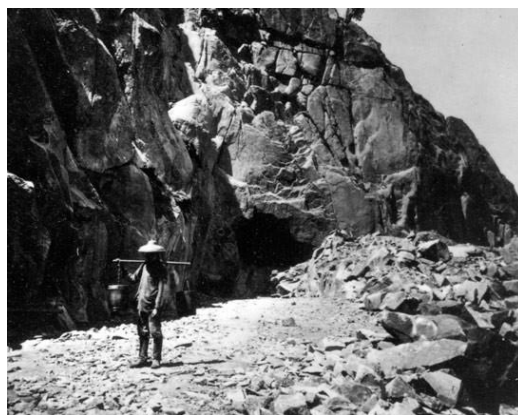
“They buy their supplies in a store kept in several cars near the end of the track; and this shop was a great curiosity to me. Here is a list of the food kept and sold there to the Chinese workmen:

Dried oysters, dried cuttlefish, dried fish, sweet rice crackers, dried bamboo sprouts, salted cabbage, Chinese sugar (which tasted to me very much like sorghum sugar), four kinds of dried fruits, five kinds of desiccated vegetables, vermicelli, dried sea-weed, Chinese bacon cut up into salt cutlets, dried meat of the abelona [abalone] shell, peanut oil, dried mushrooms, tea, and rice. They buy also pork of the butcher, and on holidays they eat poultry.

At this railroad store they sold also pipes, bowls, chop-sticks, large shallow cast-iron bowls for cooking rice, lamps, joss paper, Chinese writing-paper, pencils and India ink, Chinese shoes, and clothing imported ready-made from China”

... One receives the general impression, reading somewhat between the lines, that during the 1850's and '60's, the Chinese laborers ate a better diet than did whites in substantially the same lines of work. While no direct comparative data are at hand, the food of the early mining camps seems to have been plain fare at best. In probable contrast to this, there is some evidence, in the foods imported, that the Chinese had a greater choice of foods at hand. The comments of occasional observers tend to corroborate this. A white schooner captain, sailing out of San Diego for the Chinese abalone fishermen of Lower California, noted that most of their food was imported from China. Nordhoff, who spoke with the captain, added that, in his estimation, these Chinese lived “far better, and at any rate have a more varied bill of fare, than most of the ranchmen of California.” It is doubtful that these fishermen, as a class, ate any better than other Chinese. Since the labor gangs ate at their own expense too, their diet was likely the same. Speaking of the railroad construction gang at Merced and the foods in their store, Nordhoff wrote “Compare this bill of fare with the beef, beans, bread-and-butter, and potatoes of the white laborers; and you will see that John* has a much greater variety of food.”

On the construction of the transcontinental railroad, most writers comment on the extensive use of tea, instead of water, by the Chinese. Their “water-carriers” hauled barrels of hot tea. Whether intentionally or not, this practice had its repercussions in the laborers' health. Unlike the white (principally Irish) workmen, the Chinese did not suffer much from intestinal diseases such as dysentery. ...



Vocabulary

- **Occidental:** term previously used to that related to Europe, or people of European ancestry
- **Desiccated:** dried
- **John:** short for “John Chinaman.” This racist term used during the 19th Century was demeaning and disrespectful to Chinese people. **It is inappropriate to use today.**

Handout 2: Foodway Artifacts from Terrace, Utah Excavation

“Our three basic needs, for food and security and love, are so mixed and mingled and entwined that we cannot straightly think of one without the others.”

M.F.K. Fisher, author

Everyone knows that people in different places eat different things, and the tie between location and food is so strong that we sometimes find ourselves defining others by their dominant food cultures (in both complimentary and insulting ways). Discovering culinary diversity through travel is an end in itself, for the simple enjoyment of new dishes and flavors, but there are also deeper things to be understood through the cultural study of food.

“Foodways” is the term scholars use to designate the culture of food, acknowledging that food culture goes far beyond the physical manifestation of the food itself. The symbolic weight of procuring (whether from nature or from a megastore), preparing (whether from scratch or from a box), serving (whether in a restaurant or at home), and consuming (whether alone or with others, one’s own cooking or another’s, in a formal setting or on the fly) an intentional construction of material, texture, flavor, temperature, color, aroma, and taste cannot be overstated.

As seen in the previous handout, Chinese railroad workers were to a large extent able to preserve the foodways they brought with them from southern China. One of the biggest recent archaeological discoveries in Utah was an excavation site at Terrace, located in the very northwestern corner of our state. Terrace was a major booming railroad town between the 1870s and 1900, and then slowly faded away. Terrace emerged as a place to maintain steam engines and the related machines and gear used to build the Transcontinental Railroad. It quickly grew from nothing on the desert to a bustling community of up to 500 to 600 people at its peak.

When excavating the site, archaeologists found several artifacts that belonged to Chinese workers who lived at Terrace when they worked on the railroad. Many of these were related to the workers’ foodways.

Like an archaeologist, you now get to investigate several items that the first Chinese immigrants to Utah brought with them to Terrace.

Instructions

1. Review the images of 12 foodways objects similar to those found at Terrace, Utah. Try to guess what each object is. What might it be used for? In what ways is it similar to objects you use? Discuss your responses with members of your group.
2. Write your guess in the “What do you think this is?” column of the artifact worksheet.
3. Choose three of the 12 objects (depending on the size of your group) to research before the next class period. Write the answer to the question in the last column for the objects you are assigned to the next class period.

Foodways Artifacts Worksheet

Object	What do you think this is?	Correct Answer	What does this object indicate about the foodways of Chinese railroad workers?
A			
B			
C			
D			

Object	What do you think this is?	Correct Answer	What does this object indicate about the foodways of Chinese railroad workers?
E			
F			
G			
H			
I			

Object	What do you think this is?	Correct Answer	What does this object indicate about the foodways of Chinese railroad workers?
J			
K			
L			

Handout 3: Changes in Foodways of Chinese-Americans in Utah over Time

After the Transcontinental Railroad was built, many Chinese workers left Utah to find other jobs, but some remained. Over time, other Chinese immigrants came to live permanently in Utah; by 1910 there were several Chinese restaurants in Salt Lake City.

Review the chart and read the article below. When you are done, answer the following questions. Be prepared to discuss these in class.

1. How has Chinese food impacted Utah over the past century?
2. What are some of the biggest ways in which the foodways of Utah’s Chinese community have changed over time?
3. In what ways has Utah’s Chinese community continued to express its identify through food?

All content from *This Is the Plate: Utah Food Traditions*, edited by Carol Edison, Eric A. Eliason, Lynne S McNeill. University of Utah Press, 2020. Reprinted courtesy of the University of Utah Press.

Table from Linda Thatcher, “Ethnic Restaurants in Salt Lake City” in *This Is the Plate: Utah Food Traditions*, edited by Carol Edison, Eric A. Eliason, Lynne S McNeill. University of Utah Press, 2020.

ETHNIC RESTAURANTS IN SALT LAKE CITY, UTAH, 1890–1970

Year	Total # of Restaurants	Ethnic Restaurants	Chinese	Japanese	Italian	Mexican	Creek	Other (German, French and later Middle Eastern)
1890	44	0						
1900	46	1						1
1910	164	29	6	9	2		6	3
1920	149	24	7	5		1	7	4
1931	228	28	11	2	5	5	3	2
1940	187	12	8		1	1	2	
1951	312	30	14	2	4	7	3	
1960	280	30	13		3	5	4	5
1970–71	311	48	12	1	13	15	1	5

Source: The information for this chart was taken from the Salt Lake City Polk Directories for the specific years. There may have been other restaurants located in the city.

Edith Mitko, “Asian Foodways in Utah” in *This Is the Plate: Utah Food Traditions*, edited by Carol Edison, Eric A. Eliason, Lynne S McNeill. University of Utah Press, 2020.

Utah is home to over thirteen Asian communities. The Japanese and Chinese, the state’s largest Asian communities, were the earliest Asian immigrants. Both entered Utah in the 1860s, many coming as laborers with the transcontinental railroad ...

By the late 1800s, many of the Chinese who chose to stay in Utah after the completion of the railroad decided to go into business. They created a Chinatown on Plum Alley in downtown Salt Lake City filled with restaurants, laundromats, specialty shops, and living quarters. It was razed in the 1950s, a victim of mid-century progress, but the Chinese entrepreneur skills that built Chinatown are still evident today.

Daily fare for the early Utah Chinese family usually consisted of one dish served with white steamed rice, such as steamed pork with “fuyee” bean cake or steamed white rice covered with a rich stew and thick brown gravy. Today Chinese families often enjoy one-dish traditional foods at dinnertime—steamed white rice with fish, beef, chicken, or pork. Proteins can be stir-fried, slow cooked, sautéed, barbecued, or roasted; vegetables are steamed and then flavored with black bean, oyster, or one of many other favored sauces. Another favorite is soup—winter melon, lotus root, or vegetable—made with Chinese herbs.

In the 1950s and 1960s most of the Chinese restaurants were created through partnerships. Later they were family owned. For many years one could find a family-owned Chinese restaurant in even the smallest Utah towns. All served Cantonese-style dishes. During this period Johnny Quong, famous for his Hawaiian and Tiki Hut restaurants, opened Utah’s first Chinese buffet, which closed after only two years—but in the 1980s Chinese Gourmet brought back the buffet. Today not just restaurants but Chinese buffets can be found throughout the larger cities and towns in Utah.

Today Chinese restaurants in Utah, like those throughout the country, typically offer the popular General Tso chicken, twice-cooked egg noodles, sweet-and-sour pork, walnut shrimp, orange and lemon chicken, as well as a number of spicy dishes. The first restaurant to offer the now popular “dim sum” was the old Golden Dragon, located on Main Street in Salt Lake City. Dim sum are individual servings of different specialties including pastries, spareribs in black-bean sauce, chicken feet, and shu-mai (ground meat steamed or fried in a pastry shell), among others. There can be more than thirty different dishes on a dim sum menu.

One iconic Chinese restaurant was the Jade Cafe. It was opened in 1954 in Salt Lake City by Bin Yee and his uncle Dick Yee and lasted for sixty years. The Yees owned the restaurant property,

enabling them to keep prices very low while providing large quantities of both American and Chinese dishes. This remarkable business practice earned the Jade many loyal customers. In his book about growing up in Salt Lake City, Utah juvenile court judge Andrew Valdez remembers the wonderful sixty-five-cent egg foo young sandwich.

Utah's Chinese community has always been generous in sharing its many holidays and festivals along with the sumptuous dishes made for each event. One example is Chinese New Year, celebrated with great public banquets as well as more private family dinners. For this holiday the menu always includes something round (a cake or perhaps an orange) symbolizing togetherness and abundance or achieving a higher goal, such as getting a promotion; a whole chicken representing prosperity or good fortune; a whole fish symbolizing lots of money with plenty to spare; noodles symbolizing a long life and good health; lettuce representing lots of money; an oyster to bring luck; a roast pork to bring fertility; and apples representing peace and health.



Chinese restaurants were among the first ethnic restaurants in Utah. In 1910 there were six, and by 1951 there were fourteen in downtown Salt Lake City including the popular China Village Café. Shipler Commercial Photographers Collection. Used by permission, Utah State Historical Society. All rights reserved.

Handout 4: Chinese Foodways in Utah Today

Today, Chinese cuisine is well established in Utah. However, it's worth looking at what Chinese restaurants offer today and what the descendants of Chinese immigrants eat at home to see how much Chinese foodways have changed over the past 160 years.

To do so, review the menus on the following pages from two modern-day Chinese restaurants in the Salt Lake City region:

- China Grill in Holladay, Utah (menu captured in November 2022)
 - Ho Ho Gourmet Restaurant, Salt Lake City (menu captured in November 2022)
-

When you are done reviewing the menus, answer these questions:

1. What are the biggest similarities and differences between the menus?
2. Which items on the menus do you think would be unrecognizable to the Chinese immigrants who worked in Terrace?
3. What do these menus suggest about the adaptation and continuity of the foodways of descendants of Chinese immigrants in Utah?

Select picture

CHINA GRILL

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Appetizers

Egg Rolls (2) \$2.99
Cabbage, carrots and onions. Rolled in a
crispy shell.

Pot Stickers (6) \$7.95
Steamed or fried dumplings with chicken
and vegetables.

Pork Wontons (12) \$6.95
Ground pork in a fried pastry. Served with
a sweet & sour sauce.

Cream Cheese Wontons (12) \$7.95
Cream cheese wrapped in a pastry and
fried to a golden brown.

Lettuce Wraps \$9.95
Chicken, bamboo shoots, water chestnuts,
egg, mushrooms and peanuts served with
lettuce on the side.

Jumbo Shrimp (8) \$9.95
Eight, large, deep-fried shrimp served with
cocktail sauce.



CHINA GRILL

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Rice, Soup, Salad

Fried Rice \$8.95

*Choice of: Ham Pork, Chicken,
Beef, or Vegetable*

Shrimp Fried Rice \$9.95

House Fried Rice \$9.95

With Chicken, Beef and Shrimp

Young Chow Fried Rice \$9.95

With Ham, Pork, and Shrimp

Egg Drop Soup \$2.50

Hot & Sour Soup \$2.50

Wonton Soup \$2.95

Mixed Vegetable Soup \$2.50

Cashew Chicken Salad \$8.95

*Lettuce, boiled chicken, tomatoes, carrots,
wonton chips, crispy rice noodles, and*



CHINA GRILL

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Rice, Soup, Salad

Fried Rice \$8.95

*Choice of: Ham Pork, Chicken,
Beef, or Vegetable*

Shrimp Fried Rice \$9.95

House Fried Rice \$9.95

With Chicken, Beef and Shrimp

Young Chow Fried Rice \$9.95

With Ham, Pork, and Shrimp

Egg Drop Soup \$2.50

Hot & Sour Soup \$2.50

Wonton Soup \$2.95

Mixed Vegetable Soup \$2.50

Cashew Chicken Salad \$8.95

Lettuce, boiled chicken, tomatoes, carrots,
wonton chips, crispy rice noodles, and
cashews, with our homemade soy
vinaigrette dressing

Sesame Chicken Salad \$8.95

Lettuce, breaded chicken, tomatoes,
carrots, crunchy noodles, and peanuts with
a thai peanut dressing



Main Menu

NOODLE - rice not included

Chow Mein (Crispy Noodle) \$10.95
*Choice of: Vegetable, Chicken, Beef,
or Pork (Shrimp \$11.95)*

With celery, carrots, onions and bean sprouts
cooked in a soy base sauce over crunchy
noodles.

Lo Mein (Soft Noodle) \$10.95
*Choice of: Vegetable, Chicken, Beef,
or Pork (Shrimp \$11.95)*

With green onions, carrots, sprouts and
cabbage.

Rice Noodle \$10.95
*Choice of: Vegetable, Chicken, Beef,
or Pork (Shrimp \$11.95)*

With green onions, carrots, sprouts, egg and
cabbage.

Singapore Rice Noodle \$11.95
Stir fried with Chicken, Pork, & Shrimp in a
Curry flavor.

Chow Fun (Flat Noodle) \$10.95
*Choice of: Chicken, Beef, or Pork
(Shrimp \$11.95)*

Flat noodles with green onions and sprouts.



Noodle Bowl \$10.95
Choice of: Chicken or Beef
With cabbage, broccoli, snow peas, celery, and carrots. Served in a thick broth over soft noodles.

Teriyaki Vegetable Noodle \$8.75
Stir fried bean sprouts, cabbage, carrots, & mushrooms. Served over soft noodles with teriyaki sauce.

Teriyaki Noodle OR Rice \$9.75
Choice of: Chicken or Beef
Stir fried bean sprouts, cabbage, carrots & mushrooms. Served over soft noodles OR steamed rice with teriyaki sauce.

FOOYOUNG - With steamed rice

Egg Foo Young \$8.95
Deep fried patties with egg, celery, yellow onions and bean sprouts with an oyster gravy sauce.

Meat Foo Young \$9.95
Choice of: Chicken, Ham, or Pork
Deep fried patties with egg, celery, yellow onions, and bean sprouts with an oyster gravy sauce & meat on top.

Shrimp Foo Young \$10.95
Deep fried patties with egg, celery, yellow onions, and bean sprouts with an oyster gravy sauce & shrimp on top.

VEGETABLE & TOFU -
Served with steamed rice

Stir Fry Vegetables \$8.95

A medley of vegetables: cabbage, broccoli, celery, baby corn, carrots, water chestnuts, and snow peas cooked with a light soy based sauce in the wok.

Tomato Sauce Tofu \$8.95

Tofu, green and yellow onions in a sweet tomato sauce.

Stir Fry Vegetables w/ Tofu \$11.95

Lightly fried tofu, cabbage, broccoli, celery, baby corn, carrots, water chestnuts, and snow peas stir fried with a light soy based sauce in the wok.

Ma Po Tofu \$9.95

Peas, carrots, green onion and soft tofu with hoisin sauce.

Kung Pao Tofu \$11.95

Tofu cooked with green peppers, celery, water chestnuts, baby corn, carrots, and peanuts in a hoisin sauce.

Pork - With steamed rice

Sweet & Sour Heaven \$11.95

Lean center cut pork, breaded and fried.
Served with our fresh homemade tomato based sauce or a more traditional sweet & sour sauce.

Pork Stir Fry Vegetable \$11.95

Pork, cabbage, broccoli, celery, baby corn, carrots, water chestnuts, and snow peas cooked in soy based sauce.

Kung Pao Pork \$11.95

Pork cooked with green peppers, celery, water chestnuts, baby corn, carrots, and peanuts in a hoisin sauce.

Szechuan Pork \$11.95

Pork stir fried with bell peppers, onions, carrots, tomatoes and snow peas in a sweet, spicy sauce.

Main Menu Cont..

CHICKEN - With steamed rice

Chicken Stir Fry Vegetable \$11.95
Chicken breasts stir fried with cabbage, broccoli, celery, baby corn, carrots, water chestnuts, and snow peas in a light soy based sauce.

Teriyaki Chicken Stir Fry \$11.95
Chicken breast stir fried with onions, broccoli, carrots, snow peas and bell peppers in a light teriyaki sauce.

Kung Pao Chicken \$11.95
Tender boneless chicken cooked with green peppers, celery, water chestnuts, baby corn, carrots, and peanuts in a hoisin sauce.

Garlic Chicken \$11.95
Chicken breast with green peppers, snow peas, carrots, celery, and onions cooked in a garlic sauce.

Asparagus Chicken \$11.95
Tender chicken breast stir fried with asparagus, onion, and carrots in a soy based sauce.

Green Bean Chicken \$11.95
Tender chicken breast stir fried with green beans, onions, and carrots in a brown sauce.



Cashew Chicken \$11.95

Chicken breast stir fried with celery, onions, snow peas, carrots, and cashews over a bed of crunchy, chow mein noodles.

Szechuan Chicken \$11.95

Chicken breast stir fried with bell peppers, onions, carrots, tomatoes, and snow peas in a sweet spicy sauce.

Sesame Chicken \$11.95

Golden nuggets of chicken breast cooked in a sweet, dark sauce with sesame seeds over a bed of crispy rice noodles.

Orange Chicken \$11.95

Golden nuggets of chicken breast cooked in a sweet orange sauce.

Mango Chicken \$11.95

Golden nuggets of chicken breast cooked in a mango sauce.

Pon Pon Chicken \$11.95

Golden nuggets cooked in a special plum sauce, surrounded by steamed broccoli.

Tangerine Chicken \$11.95

Tender nuggets cooked in a caramelized sauce topped with wonton chips and chili pods.

General T'so Chicken \$11.95

Tender chicken nuggets with onions, green peppers, and carrots cooked in sweet and spicy sauce.

Salt Bake Chicken \$11.95

Golden nuggets mixed with green and yellow onions with salt and medium spice.

Pineapple Chicken \$11.95
Golden nuggets of chicken breast with carrots, snow peas, bell peppers, and pineapple in a sweet & sour sauce.

Sweet & Sour Chicken \$11.95
Flat chicken breast, breaded and fried. Served with our fresh homemade tomato sauce or a more traditional sweet & sour sauce, over a bed of bean sprouts.

Almond Chicken \$11.95
Skinless and boneless chicken breast lightly breaded and fried, served over a bed of bean sprouts with a tangy sauce and slivered almonds.

Lemon Chicken \$11.95
Lightly breaded chicken breast over a bed of sprouts with our homemade lemon sauce topped with a lemon slice.

BEEF - With steamed rice

Beef & Broccoli \$11.95
Tender pieces of steak, broccoli, onions, carrots and tomatoes, stir fried in a light hoisin sauce.

Teriyaki Beef Stir Fry \$11.95
Tender beef slices fried with onions, broccoli, carrots, snow peas and bell peppers in a light teriyaki sauce.

Beef With Snow Peas \$11.95
Tender beef slices with snow peas, onions, carrots, and tomatoes, stir fried in a light hoisin sauce.

Sesame Beef \$11.95
Lightly battered, deep-fried beef cooked in a sweet, dark sauce with sesame seeds over a bed of crispy rice noodles.

Spicy Pepper Beef \$11.95
Slices of steak, bell peppers, onions, carrots
and tomatoes with oriental chili pods in a
sweet spicy sauce.

Mongolian Beef \$11.95
Slices of beef cooked in a brown spicy sauce
with green peppers, onions, green onions,
carrots, celery, and bamboo shoots.

Tangerine Beef \$11.95
Lightly battered, deep-fried beef cooked in a
caramelized sauce topped with wonton chips
and chili pods.

Kung Pao Beef \$11.95
Slices of beef cooked with green peppers,
celery, carrots, water chestnuts, baby corn,
and peanuts in a hoisin sauce.

Szechuan Beef \$11.95
Slices of beef stir fried with bell peppers,
onions, carrots, tomatoes, and snow peas in a
sweet, spicy sauce.

SHRIMP - With steamed rice

Walnut Shrimp \$14.95
Lightly breaded shrimp in a rich cream sauce
with steamed broccoli, carrots, and
caramelized walnuts

Pineapple Shrimp \$12.95
Lightly breaded shrimp with carrots, snow
peas, bell peppers and pineapple in a
traditional sweet and sour sauce

Szechuan Shrimp \$12.95
Shrimp stir fried with bell peppers, onions,
carrots, tomatoes and snow peas in a sweet,
spicy sauce

Kung Pao Shrimp \$12.95
Shrimp with green peppers, celery, water chestnuts, baby corn, carrots and peanuts in a hoisin sauce.

Shrimp Stir Fry \$12.95
Cabbage, broccoli, celery, baby corn, carrots, water chestnuts, snowpeas and shrimp stir fried in a light soy based sauce

Shrimp with Cashew Nuts \$12.95
Shrimp stir fried with celery, carrots, snow peas, onions, and cashews over a bed of crunchy noodles.

Lo Mein Shrimp \$11.95
Shrimp, green onions, carrots and cabbage, pan-fried with soft noodles

CHINA GRILL

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Kids Menu

FOR 12 & UNDER
SERVED WITH FRENCH FRIES

Mozzarella Sticks (4) \$4.99

Breaded Chicken Strips \$6.99
Chicken breast breaded & fried, then cut into strips. Choice of sweet & sour sauce or ketchup.

Lo Mein Noodles \$6.99
Chicken, green onions, carrots, cabbage, and soft noodles.

Jumbo Shrimp (4) \$6.99



CHINA GRILL

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Combo Meals

Combo Dinner for Two \$28.99

(Save \$6.85)

Two egg rolls

Stir Fry Vegetables w. Chicken

Sweet & Sour Pork

Ham fried rice & steamed rice

Combo Dinner for Three \$42.99

(Save \$6.76)

Cream Cheese Wontons

Sesame Chicken Salad

Lemon Chicken

Beef & Broccoli

Ham fried rice & steamed rice

Family Combo Dinner \$48.99

(Save \$8.54)

Four egg rolls

Stir fry vegetables

Sweet & Sour Pork

Sesame Chicken

Teriyaki Beef over Noodles

Ham fried rice & steamed rice



HO HO GOURMET RESTAURANT

1504 South State Street

(801) 487-7700/ Fax (801) 487-7709

Lunch Special, Monday-Friday 11:00am--3:00pm

NO HOLIDAYS

Served with Ham Fried Rice or White Rice and Egg Roll

24. Beef with Broccoli	\$9.95
25. General Tso Chicken	\$9.95
26. Orange Chicken	\$9.95
11. Chicken Lo Mein	\$9.95
12. Shrimp Lo Mein	\$9.95
16. Chicken with Mixed Vegetables	\$9.95
17. Sweet & Sour Chicken or Pork	\$9.95
18. Roast Pork Lo Mein	\$9.95
20. Sesame Chicken	\$9.95
23. Shrimp with Lobster Sauce	\$9.95
124. Kung Pao Chicken	\$9.95
88. Kung Pao Shrimp	\$9.95
91. Shrimp with Broccoli	\$9.95
52. Chicken with Green Beans	\$9.95
72. Mixed Veggies	\$9.95
122. Lemon Chicken	\$9.95
129. Chicken with Broccoli	\$9.95

好運
酒家

Ho Ho Gourmet
Dim Sum Menu

Table No _____
Quantity Per Order

蟹王烧卖 Pork Dumplings	
特制鲜虾饺 Shrimp Dumplings	
蒸叉烧包 Steamed Pork Bun	
豉汁凤爪 Chicken feet w/ Black Bean Sauce	
豉汁肉排 Sparerib w/ Black Bean Sauce	
姜葱牛百叶 Ginger Beef Tripe	
鲜竹卷 Pork w/ Bean Skin Roll	
腊肉味萝卜糕 Turnip Cake	
糯米鸡 Sticky Rice	
杏仁饼干 Almond Cookies	
芝麻球 Sesame Balls	
韭菜饼 Chive Dumplings (Leek Dumpling)	
豉汁茄子 Egg plant with Black Bean Sauce	
牛肉肠粉 Beef Rice Noodle	
鲜虾肠粉 Shrimp Rice Noodle	
唐人芥兰 Chinese Broccoli (Gai Lan)	
酥皮蛋挞 Egg Tart	
椒盐虾 Salt Baked Shrimp	
椒盐鱿鱼 Salt Baked Squid	
叉烧餐包 Baked Pork Bun	
菠蘿包 Pineapple Bun	
红豆包 Red Bean Bun	
芋头包 Taro Bun	
椰子面包 Coconut Bread	

APPETIZERS

鍋貼	A. Pot Stickers (6).....	10.95
排骨卷	02. Barbecued Spare Ribs (6).....	13.95
菜卷	03. Vegetable Roll (3).....	5.00
椒鹽薯條	05. Salt Baked Fries.....	10.95
春卷	06. Egg Roll (1).....	2.50
炸蝦球	08. Fried Shrimp Ball (4).....	8.50
芝士雲吞	09. Cream Cheese Wontons.....	8.50

SOUP

雲吞湯	15. Wonton with Roast Pork.....	3.95
素菜湯	16. Vegetables Soup.....	3.95
雞茸粟米湯	18. Velvet Chicken Corn.....	3.95
揚州雲吞湯	20. Yangchow Wonton (for 2).....	10.95
酸辣湯	21. Hot and Sour Soup.....	3.95
海鮮湯	23. Seafood Soup.....	4.50

CHOW MEIN

(Pan-Fried Noodles-Cantonese Style)

素菜撈麵	24. Vegetables Lo Mein.....	11.95
海鮮撈麵	25. Seafood Lo Mein.....	14.95
本樓撈麵	26. House Special Lo Mein.....	14.95
本樓炒麵	27. House Special Pan-Fried Noodles.....	14.95
海鮮炒麵	28. Seafood Pan-Fried Noodles.....	14.95
叉燒炒麵	29. Roast Pork Pan-Fried Noodles.....	13.95
雞絲炒麵	30. Chicken Pan-Fried Noodles.....	13.95
芥蘭牛炒麵	31. Beef with Broccoli and Pan-Fried Noodles..	13.95
炒牛河	33. Beef or Roast Pork with Flat Noodles.....	13.95
干炒牛河	(Also Dried Cook)	
星洲炒米	34. Singapore Rice Noodles.....	13.95
叉燒撈麵	35. Pork Lo Mein (Soft Noodle).....	13.95
雞絲撈麵	36. Chicken Lo Mein (Soft Noodle).....	13.95
蝦仁撈麵	37. Shrimp Lo Mein (Soft Noodle).....	14.95
牛肉撈麵	38. Beef Lo Mein (Soft Noodle).....	13.95

CHOW MEIN

(Chinese Noodles-American Style)

CHOP SUEY

豬 肉 什 碎	45.	Pork Chop Suey	12.95
牛 肉 什 碎	46.	Beef Chop Suey	14.95
雞 什 碎	47.	Chicken Chop Suey	13.95
蝦 什 碎	48.	Shrimp Chop Suey	14.95
蔬 菜 什 碎	49.	Vegetable Chop Suey	11.95

CHEF'S SUGGESTIONS

南芥蘭蝦餅	51.	Chinese Broccoli w. Shrimp Cake	18.95
四季豆雞片	52.	Chicken with Green Beans <i>Fresh green beans sautéed with chicken.</i>	13.95
中式牛肉	53.	Hong Kong Beef <i>This slices beef tenderloin pan seared to perfection in our chef's special garlic flavored sauce, served on a bed of pickled sautéed onions.</i>	15.95
椒鹽排骨	54a	Salt Baked Aromatic Spare Ribs <i>Choice tender ribs marinated w. five selected spices, it's hot but good!</i>	13.95
京都肉排	54.	Peking Spare Ribs <i>Choice tender ribs marinated with the authenticity of seven herbs and spices then make this delectable dish fit for an emperor's palate.</i>	13.95
原粒豆豉雞	56.	Black Bean Chicken, Hong Kong Style <i>Succulent morsels of chicken, stewed with black sauce.</i>	13.95
明爐火鴨	57.	Barbecued Roast Duck (Half) <i>Charcoal roasted long island duck with the famous ho-ven sauce and honey, cut into bite-size pieces. A very popular dish in Canton-China.</i>	17.95
核 桃 蝦	58.	Walnut Shrimp	17.95
陳 皮 雞	59.	Orange Chicken <i>Chunks of chicken sautéed to be crispy and marinated with an orange sauce.</i>	14.95
左 宗 雞	60.	General Tso's Chicken <i>Name for a famous Chinese general who love this hearty combination of battered chicken and fresh pepper in a hot</i>	14.95

FRIED RICE

又燒炒飯	61.	Roast Pork Fried Rice	11.95
火燻炒飯	62.	Ham Fried Rice	11.95
雞炒飯	63.	Chicken Fried Rice	11.95
牛腩炒飯	64.	Beef Fried Rice	11.95
蝦炒飯	65.	Shrimp Fried Rice	13.95
揚州炒飯	66.	Yang Chow Fried Rice	13.95
菜炒飯	66a	Vegetable Fried Rice	11.95

FOO YOUNG

蛋芙蓉卷	67.	Egg Foo Young	12.95
火腿芙蓉卷	68.	Ham Foo Young	12.95
雞蓉卷	69.	Pork Foo Young	12.95
蝦芙蓉卷	70.	Chicken Foo Young	12.95
	71.	Shrimp Foo Young	14.95

VEGETABLES

四色素菜	72.	Steamed Assorted Crispy Vegetables	11.95
紅燒豆腐	73.	Braised Bean Curd	11.95
蒜苗上素	74.	Buddha Supreme	11.95
炒雙冬	75.	Black Mushrooms with Bamboo Shoots	11.95
豆豉四季豆	76.	Green Bean with Black Bean Sauce	11.95
蒜蓉四季豆	76a.	Garlic Green Beans	11.95

SEAFOOD

生炒蝦球帶子	77.	Shrimp and Scallops with Season Green	14.95
好運四寶	78.	Ho Ho Four Treasure	14.95
豉汁蝦球	79.	Shrimps in Black Bean Sauce	14.95
香香茄子煲	80.	Eggplant Hot Pot	14.95
豉汁茄子	80a	Eggplant with Black Bean Sauce	14.95
皇牌銀飯	81.	House Special Sizzling Platter	14.95
蝦仁銀巴	82.	Shrimp Wor Bar	14.95
海鮮鍋巴	83.	Seafood Wor Bar	14.95
豆腐魚蝦	84.	Shrimp, Fish with Bean Curd (Hot & Spicy)	14.95
蝦龍糊	85.	Shrimp with Lobster Sauce	14.95
甜酸蝦	86.	Sweet and Sour Shrimp	16.95
栗果蝦仁	87.	Shrimp with Cashew Nuts	14.95
宮保蝦仁	88.	Kung Po Shrimp (Hot & Spicy)	14.95
魚香蝦	89.	Szechuan Style Shrimp (Hot & Spicy)	14.95
芥蘭蝦	91.	Shrimp w. Broccoli	14.95
豉豆蝦仁	92.	Shrimp with Snow Peas	14.95

BEEF

蒙古牛肉	97.	☞	Mongolian Beef	15.95
西芥蘭牛肉	98.		Beef with Broccoli	14.95
豉豆牛肉	99.		Beef with Snow Peas	14.95
芝麻牛	100.		Sesame Beef	14.95
蔥爆牛肉	101.		Beef with Scallions	15.95
蠔油牛肉	102.		Beef with Oyster Sauce	14.95
沙茶牛肉	103.		Sa-Tea Beef (Beef with Chinese B.B.Q. Sauce)	...	14.95
干燒牛肉	104.	☞	Shredded Beef with Garlic Sauce	14.95

PORK

甜酸肉	112.		Sweet and Sour Pork	12.95
什菜叉燒	113.		Roast Pork with Mixed Vegetables	12.95
芥蘭叉燒	114.		Roast Pork with Broccoli	12.95

CHICKEN

甜酸雞	117.		Sweet and Sour Chicken	13.95
當紅炸子雞	118.		Imperial Crown Chicken	14.95
腰果雞丁	121.		Chicken with Cashew Nuts	13.95
檸檬雞	122.		Lemon Chicken	13.95
蘑菇雞片	123.		Moo Goo Gai Pan	13.95
宮保雞片	124.	☞	Kung Po Chicken (Hot & Spicy)	13.95
魚香雞	125.	☞	Szechuan Style Chicken	13.95
芝麻雞	127.		Sesame Chicken	13.95
咖喱雞	128.	☞	Curry Chicken (Hot & Spicy)	13.95
芥蘭雞	129.		Chicken with Broccoli	13.95



DUCK

COMBINATION PLATES

201. Chicken Chow Mein, Egg Roll, Ham Fried Rice 12.95
202. Shrimp Chow Mein, Egg Roll, Ham Fried Rice 13.95
203. Egg Foo Young, Egg Roll, Ham Fried Rice 12.95
204. Pepper Steak, Egg Roll, Ham Fried Rice 12.95
205. Roast Pork with Chinese Veg., Egg Roll, Ham Fried Rice . 12.95
206. Moo Goo Gai Pan, Egg Roll, Ham Fried Rice 12.95
207. Sweet and Sour Pork or Chicken, Egg Roll, Ham Fried Rice 12.95
208. Shrimp with Lobster Sauce, Egg Roll, Ham Fried Rice ... 13.95
209. Bar-B-Q Spare Ribs, Chicken Chow Mein, Ham Fried Rice .. 13.95

Answer Key 1: Foodways of the Chinese Transcontinental Railroad Workers

1. How did the diet and eating rituals of the Chinese railroad workers differ from other railroad workers?

- Perhaps one of the biggest differences was in what they drank: the Chinese drank tea made with boiled water and then steeped (though it was sometimes lukewarm rather than hot by the time it was served. Most of the other railroad workers drank whatever water was available. The Chinese workers thus avoided water-borne diseases, such as dysentery, that caused illness among the other workers.
- The Chinese working gangs had a dedicated cook who was in charge of procuring Chinese food for the workers. It's unclear whether other work crews hired dedicated cooks, but this was clearly a high priority for the Chinese workers.
- Despite being inland, the Chinese working crews ate seafood (though dried) that was brought from the coast.
- The variety of food the Chinese ate seemed much greater than that of the other railroad workers.
- The Chinese apparently ate more vegetables than the other workers so were getting more nutrients in the diet.
- The readings indicate that Chinese workers consumed less alcohol than the other railroad workers.

2. How did the Chinese railroad workers manage to replicate so much of their food and eating traditions despite being in such a different environment than their hometowns in southern China?

- Chinese immigrants quickly established stores that stocked typical Chinese food and eating implements – perhaps as early as 1851.
- The newly-established Chinatowns on the West Coast contained several stores that sold Chinese food, much of which was imported from China.
- The cooks assigned to each Chinese work crew took care to purchase dried food from the Chinese food stores and brought these to the railroad work crews – and there were even Chinese food stores in rail cars on the tracks where they worked.
- The isolation of Chinese workers on the railroad – they worked, ate, and slept separately from the white workers – helped them preserve many elements of their lifestyle, particularly their eating rituals and diet.

3. What was most impressive to contemporary observers about the diet and food traditions of the Chinese railroad workers?

- Many observers were amazed by the great variety and flavor of Chinese workers' diets. One stated that the Chinese fishermen lived "far better, and at any rate have a more varied bill of fare, than most of the ranchmen of California."
- Chinese railroad workers' preference for tea over water also stood out to observers.

Answer Key 2: Changes in Foodways of Chinese-Americans in Utah over Time

1. How has Chinese food impacted Utah over the past century?

- By the early 1900s, Chinese immigrants built a Chinatown (“Plum Alley”) in Salt Lake City where the general public could eat in Chinese restaurants. These were among the first “ethnic” restaurants in Utah.
- As the chart of ethnic restaurants in Salt Lake City shows, Chinese restaurants were one of the two most common types of ethnic restaurants (along with Greek) as early as 1910. From 1931 to 1970, they were by far the most common type of ethnic restaurant in the city. This is a good indication that Chinese restaurants were popular among the general population.
- Family-owned Chinese restaurants proliferated in Utah – there was at least one even in small Utah towns.
- Salt Lake City was home to several beloved Chinese restaurants, including the Jade Café and China Village Café.
- Beginning in the 1980s, Chinese buffets became popular in Utah and expanded to all of the larger cities and towns.

2. What are some of the biggest ways in which the foodways of Utah’s Chinese community have changed over time?

- The earliest Chinese immigrants to Utah were young males who moved to follow work, especially the Transcontinental Railroad. Once the railroad was done, some of them brought their families and settled down permanently in Utah.
- Over time, the Chinese community started to incorporate some of the ingredients native to Utah and the western United States into their diet. They also enjoyed a wider variety of dishes. Some of the first non-traditional foods that Chinese immigrants incorporated into their diets are potatoes and salted and corned beef, which were staples of the Irish immigrants working on the railroads.
- Chinese cuisine places a high value on eating fresh meat, but they could not find much fresh meat on the railroad. Once they were able to settle down, however, they could raise animals (usually pigs and poultry) and then kill them right before cooking.
- Many of the men who came over to work on the railroad were likely farmers or fishermen in China. Once they settled down, many could have used their previous experience vegetable gardening, raising chickens or pigs, and fishing to produce their own food.

- Improvements in transportation and food preservation also meant that Chinese Utahns could access a greater variety of fresh foods and didn't have to depend on dried foods to the same extent as the first immigrants did.

3. In what ways has Utah's Chinese community continued to express its identify through food?

- Members of Utah's Chinese community continue to eat traditional food for the main Chinese holidays and festivals. In most cases, Chinese families celebrate these holidays in private, but there are also public banquets, particularly for Chinese New Year.
- Over time, the point of origin of Chinese immigrants has changed. Almost all of the original immigrants came from the Guangdong region of southern China, but over time immigrants came from other regions in China and brought their cuisine with them. This led to a more diverse slate of Chinese food in private homes and in restaurants.
- More recently, several Chinese restaurants in Utah have offered dim sum, a dining experience typical in the Guangdong region where most of the original Chinese immigrants to Utah came from.

Answer Key 3: Chinese Foodways in Utah Today

1. What are the biggest similarities and differences between the menus?

Here are some similarities:

- Both restaurants offer several dishes that aren't native to southern China, including Kung Pao chicken, Mongolian beef, and Szechuan pork – and even cream cheese wontons!
- Both divide their menu into appetizer and soup sections and then list their main dishes by protein type (chicken, pork, beef, seafood, tofu). They also both contain a vegetable-only section.
- Both menus have a section dedicated to foo young

Here are some differences:

- Ho Ho Gourmet has a dedicated dim sum menu; China Grill does not
- Ho Ho Gourmet offers a lunch special
- China Grill has a short kids' menu. Traditional Chinese restaurants would not have a kids' menu; this may be an addition to accommodate American expectations.
- China Grill has a dedicated salad section
- Only China Grill has a chop suey section, which is a dish that did not originate in China. Most people believe that it originated in the California Chinese community.

2. Which items on the menus do you think would be unrecognizable to the Chinese immigrants who worked in Terrace?

- Nearly all the Chinese immigrants who worked in Terrace came from southern China, so any dishes native to other regions in China would probably be unfamiliar to them. Several of the items on these menus are not native to southern China, including the following:
 - From Sichuan province in China: ma po tofu, kung pao tofu, Szechuan pork
 - From northern China: pot stickers, Peking spare ribs
 - From Japan: teriyaki noodle
 - Elsewhere: Mongolian beef (from Taiwan maybe with some Japanese influence)
- While the diet of Chinese railroad workers like those in Terrace was quite healthy and varied for the time, most cooking was done in huge woks propped up with stones, so there were only a few dishes for a single meal, whereas one can order several very different types of dishes from a restaurant menu.
- Many of the items on these menus are classified by food historians as "American Chinese" dishes that are not recorded in China but were invented by Chinese immigrants in the United States. The most famous of these is chop suey, but also fried wontons, Chinese chicken salad, and sesame chicken.

- Salads made of raw or uncooked vegetables such as those in China Grill's menu are very rare in Chinese cuisine, so these would have seemed strange to the Chinese railroad workers in Terrace.
- Dairy products did not form part of southern Chinese cuisine, so the mozzarella sticks on China Grill's menu and the cream cheese wontons on Ho Ho Gourmet's menu would have been completely foreign to the Terrace workers.

3. What do these menus suggest about the adaptation and continuity of the foodways of descendants of Chinese immigrants in Utah?

- Many of the dishes and techniques that the original Chinese immigrants to Utah ate are still served in restaurants, but have been augmented by many other dishes, some of them from other regions of China and some of them modified or "Americanized" versions of what they ate.
- The popularity of Chinese food among the general Utah populace has made it easier to maintain the continuity of Chinese cuisine. However, the modifications made to appeal to different palates and expectations has led to dishes that differ significantly from what the first Chinese immigrants to Utah ate.
- Many dishes from other regions of China are now readily available in Chinese restaurants.

Slide Script: Foodways Artifacts from Terrace, Utah Excavation

Use the script below to facilitate a class discussion about the foodways artifacts.

ITEMS IN CHINESE FOODWAYS TEACHING TRUNK

- A. Melons, peanuts, and olive pits
- B. Coconut shells
- C. Broken glass bottles
- D. Porcelain teapot
- E. "Bamboo" style bowl
- F. "Celadon" or "Wintergreen" style bowl
- G. "Four Flowers" or "Four Seasons" style spoon and bowls
- H. Brown-glazed stoneware barrel jar
- I. Spouted jar
- J. Spice jars
- K. Cleaver [*da dao*, general purpose kitchen knife, NOT a heavy-duty butcher's chopper.
- L. Gingko seeds

Artifact A: Melons, Peanuts, and Olive Pits



Most Chinese immigrants in the 19th century came from southeast China, where Cantonese cuisine formed the basis of most meals. Archaeologists can find remains of what people ate by looking at the seeds left behind. At Terrace, archaeologists found many food items imported from China such as watermelon seeds likely from dried fruit snacks, olive pits from a pickled Chinese variety, and peanut shells (think of Kung Pao chicken dishes at today's Chinese restaurants). These types of foods would have been brought to the United States inside the brown-glazed stoneware jars found at the site.

Discussion Questions:

- What did you have for dinner last night? Did you have any parts of the meal that you didn't eat, like a seed, pit, or even a bone? What does that tell future archaeologists about what you ate?
- These seeds and pits stayed in the ground for over 130 years. What does that tell you about how important this site is for telling us a complete story of the Chinese?
- What foods do you eat that you import from a long way because you enjoy them so much?

Artifact B: Coconut Shells



Along with melon seeds and peanuts, coconut shells have been found at several archaeological sites in the American West, including Terrace. The tough and sturdy shells of a coconut made them easy to transport, but imagine how far that coconut traveled to Utah before being eaten and then trashed. Coconut meat (the white part of the inside of a coconut) was a great addition to many Chinese meals, and even the juice inside was a way to flavor food.

Discussion Questions:

- Have you ever tried to open a coconut still in its shell? What tools did you need and what does that tell you about what tools the Chinese must have had?
- Do you have any favorite foods that use coconut in its recipes? How does that reflect on your life and your family?
- What other types of foods come in such a tough protective shell, and how does that help people transport them?

Artifact C: Broken Glass Bottles



Many foods and drinks came in glass bottles in the 19th century. While glass bottles were rarely imported from China, Chinese immigrants would have supplemented their diet with goods from the U.S. or Europe. For example, archaeologists found many types of bottles in the Terrace excavations including those that held ketchup, mustard, pickles, and even ink for writing. The color and shape of bottles can tell us a lot about their contents

even if they are broken. Archaeologists rarely find whole bottles given that they were trash!

Discussion Questions:

- What kinds of food in your refrigerator or cabinets are in glass bottles?
- Look at the labels of those food bottles and see where they come from. How does that help you understand your connection to the greater world?

- Today we store most items in plastic containers. How does that compare with glass bottles in terms of durability or breakage?

Artifact D: Porcelain Teapot



Tea has deep roots in Chinese society and is the most popular drink in China. There are many stories of how Chinese railroad workers avoided getting sick from drinking creek water by boiling it first to make tea. Tea itself would have come in large metal boxes, but it would have been brewed in delicate porcelain tea pots. Archaeologists discovered fragments of a

tea pot in the excavations at Terrace, highlighting this common drinking habit.

Discussion Questions:

- What have you been taught about the need to boil water to kill bacteria if you are out hiking or camping?
- Do you or your family and friends drink tea? If so, what kind of tea, and where does it come from?
- Why do humans decorate simple items like tea pots with beautiful floral patterns or symbols?

Artifact E: “Bamboo” Style Bowl



This was the worker’s most common style bowl during the construction of the railroad as it was both durable and cheap. The bowl is made from a thick porcelain, and was decorated by a blue hand-painted pattern that reflects shoots and flowers of Bamboo. The worker would have used this bowl as their main eating dish for breakfast, lunch and dinner. Some even had the workers’ initials scratched into the bottom.

Discussion Questions:

- What do you use in your own home that serves the same function as this bowl?

- Why would railroad workers carve their initials into their bowls?
- How does the Bamboo pattern on the bowl reflect Chinese culture?

Artifact F: “Celadon” or “Wintergreen” Style Bowl



This common style is named for the greenish blue glaze on the outside of the objects. Celadon style is made to look like the types of objects that the emperors would have had in their palace but it was cheaper and made for the common person to own. Unlike the “bamboo” style bowl, celadon appears as many different types of objects such as bowls, cups, saucers, and even spoons. This ceramic was nicer and more expensive than the bamboo pattern, but was still common on railroad worker sites.

Discussion Questions:

- Why do you think the color of the glaze was so important?
- Do you have any bowls at home that are nicer than the rest? When do you use the nicer types of bowls or plates?
- Why do you think this was nicer or more expensive than the “Bamboo” style?

Artifact G: “Four Flowers” or “Four Seasons” Style Spoon and Bowls



This style is the most decorative and colorful of the ceramics that Chinese railroad workers owned. Similar to the “celadon” vessel, this pattern came in a variety of forms such as spoons, tea cups, plates, bowls, and others. Each of the four different flowers represent different seasons. These flowers are Plum Blossom (Winter), Orchid (Spring), Bamboo (Summer), and Chrysanthemums (Fall).



- How does this style compare to the “Bamboo” and “Celadon” objects?
- Why do you think Chinese people painted flowers and seasons on their ceramics?
- What plants or flowers do you think of to represent the different seasons?

Artifact H: Brown-Glazed Stoneware Barrel Jar



Chinese storage jars are generally a brown-glazed stoneware that can come in a variety of shapes and sizes depending on what the vessel originally held. Like most immigrants, Chinese railroad workers in the U.S. continued to eat the foods they were accustomed to. To do this they imported many types of foods and spices directly from China. This large jar was about the size of a 5-gallon bucket. It likely held pickled vegetables or eggs, dried foods, rice, or sugar.

Discussion Questions:

- Would a single person own something this big or do you think this would be for sharing or at a store? Explain your opinion.
- What kinds of packaging do the places you go to shop use for pickled vegetables, dried rice, or sugar?

Artifact I: Spouted Jar



While this small jar looks like a teapot, it is actually a container for soy sauce, vinegar, or vegetable oil. These three condiments are important in Chinese cooking, just like cooking oil and ketchup are for many American families. The top of the jar was sealed with a cork and a clay stopper to prevent it from leaking. Oftentimes Chinese workers would re-use this jar after it was emptied to hold water, oil, or even as a tea pot.

Discussion Questions:

- Does your family use soy sauce or have you seen it at the store? What type of jar does it come in now and how does the size compare?
- What kinds of food would you still want to eat if you were a long way from home and your family?

Artifact J: Spice Jars



This stoneware jar and lid, covered in a rich green glaze, held dried, candied, or powdered spices, such as citrus or ginger root. Ginger root is a main flavoring in many Chinese dishes, and is an important part of Chinese cooking. Ginger is also used as a treatment for stomachache. The red label reads “dried orange peel.”

Discussion Questions:

- Why would the Chinese use stoneware jars for spices, dried vegetables, and other products?
- What are common spices at your home and what do they come in?
- Does your family use orange or lemon peel in cooking or baking?
- What do you eat to make your stomach feel better?

Artifact K: Cleaver



Chinese railroad workers used tools similar to those of their non-Chinese neighbors. At many Chinese worker camps pieces of knives are found near trash dumps and cookhouses. This cleaver (*da dao*) was used for slicing, dicing, and light-duty chopping.

Cooks cut ingredients into bite-sized pieces according to the style of foodways from southern China. The Chinese cleaver has a super-thin, long, square shaped steel blade and short wooden handle, where American styles have a very heavy, thick, shorter and more curved blade.

Discussion Questions:

- Why do you think that Chinese workers used imported knives from home and not those that were made in the U.S.?
- How does this compare to the kitchen knives you have at home?

Artifact L: Ginkgo Seeds



Ginkgo trees (*ginkgo biloba*) are popular shade trees that grow quickly and easily in a wide variety of locations. Resistant to most common tree diseases and pests, ginkgo trees can grow very tall in rich soils. Thousands of years ago Chinese people found that the fruit or nut of the ginkgo was great in soups or stews, especially on cold winter days. Ginkgo seeds work very well for that because they can be stored dried and then softened in a slow-cooked soup or stew. They have a very soft taste that some compare to potatoes.

Ginkgo leaves can be used to make all kinds of teas and powders that have been considered health supplements in China since at least 1578. Extravagant health claims have been made about ginkgo supplements.

Discussion Questions:

- Have you ever tried any products with ginkgo seeds?
- Have you heard the health claims about ginkgo supplements? To what extent do you believe these claims? What proof would you need to believe them?

Reference: Connection to Utah State Core Standards

7–12 Social Studies: Utah Studies

UT Strand 2: Utah’s Diverse Peoples (Ca. 1847–1896)

- UT Standard 2.2
Students will compare the causes and lasting effects of various non-Mormon groups’ migrations to Utah. (history)
- UT Standard 2.6
Students will explain how agriculture, railroads, mining, and industrialization created new communities and new economies throughout the state. (economic, geography)
- UT Standard 4.4
Students will use data and other evidence related to a cultural, ethnic, or religious group in Utah to interpret the group’s historic/current conditions and experiences. (history, geography)

7–12 Social Studies: United States History 2

U.S. II Strand 1: Industrialization (Ca. 1880–1920)

- U.S. II Standard 1.2
Students will explain the connections between the growth of industry, mining and agriculture and the movement of people into and within the United States.

U.S. II Strand 7: The Cold War Era and a Changing America (Ca. 1950–2000)

- U.S. II Standard 7.5
Students will use evidence to demonstrate how technological developments (such as television and social media), government policies (such as Supreme Court decisions), trends (such as rock ‘n’ roll or environmental conservation) and/or demographic changes (such as the growth of suburbs and modern immigration) have influenced American culture.