

Food Trends

Savor the Flavors And Traditions of Chinese New Year

(NAPSA)—A joyous celebration that can be shared by families everywhere is the 15-day festival known as Chinese New Year.

This special time of year, starting on February 14, 2010, marks the beginning of the Chinese Lunar Year with symbolic new beginnings. This year (4708 by the Chinese calendar) it's especially exciting as we bring in the Year of the Tiger. If you were born in a tiger year, now is the time to make the most of your talents. Be prepared for things to happen quickly this year and get ready to seize those opportunities before they fly by!

Traditionally, the two-week festival is ushered in with a lavish feast, complete with bold flavors and bright colors. As each day of the festival progresses, people honor many of the important things in life—from ancestors and children to health and longevity. The color red represents good luck and the sparkle of gold symbolizes prosperity. On the 15th day, the Lantern Festival welcomes the first full moon of the New Year and marks the end of the celebrations.

Foods of the Festival

Throughout the festival, families and friends enjoy everyday foods as they take on special meanings. For instance, noodles encourage longevity and sweet rice dumplings represent family

Keep an eye out for red envelopes attached to Kikkoman Soy Sauce bottles this Chinese New Year. Inside each are a secret pin number and lucky hexagon coin. Beginning February 1 through April 30, you can enter your pin at kikkomanusa.com for a chance to win Kikkoman prizes!



Wonton soup is a delightful dish and easier to make than many realize.

Check out Kikkoman's new cooking videos at www.kikkomanusa.com. Be sure to watch the technique video for preparing wontons.



unity, completeness, happiness and the promise that the family will “stick” together.

Kikkoman has created “The Complete Guide to Celebrating Chinese New Year” to help you make the most of the season. The free online guide, available at www.kikkomanusa.com, gives you all the information you need to join in the fun, by sharing the rich traditions and authentic flavors of this dynamic festival.

The guide explains what goes on during each day of the 15-day celebration, covers all the Chinese cooking techniques and gives you a bounty of recipes to enjoy and share—from appetizers and small plates to entrées your family is sure to love.

Here is one of Kikkoman's favorite recipes to get you in the mood for cooking, celebrating and shouting “Gung Hay Fat Choy!” It means “Wishing You Happiness and Prosperity,” and that's exactly what Kikkoman wishes for you this season.

WONTON SOUP

Makes 6 servings

- ¼ pound lean ground pork**
- 2 ounces medium raw shrimp, peeled, deveined and minced**
- 2 tablespoons minced green onions and tops**
- 4 teaspoons Kikkoman Soy Sauce, divided**
- ½ teaspoon cornstarch**
- ¼ teaspoon grated fresh ginger**
- 24 wonton wrappers**
- 3 (14-ounce) cans chicken broth**
- ¼ cup dry sherry**
- ½ pound bok choy**
- 2 tablespoons chopped green onions and tops**
- ½ teaspoon Asian sesame oil**

Combine pork, shrimp, minced green onions, 2 teaspoons soy sauce, cornstarch and ginger in medium bowl; mix well. Arrange several wonton wrappers on clean surface; cover remaining wrappers to prevent drying out. Place 1 teaspoon pork mixture in center of each wrapper. Fold wrapper over filling to form a triangle. Gently fold center point down and moisten left corner with water. Twist and overlap opposite corner over moistened corner; press firmly to seal. Repeat with remaining pork mixture and wrappers. Bring 4 cups water to boil in large saucepan. Add wontons. Simmer 3 minutes; remove with slotted spoon. Discard water; pour broth and sherry into same saucepan. Cut bok choy crosswise into ½-inch slices, separating stems from leaves. Add stems to broth mixture; bring to boil. Add wontons; simmer 1 minute. Add bok choy leaves and chopped green onions; simmer 1 minute longer. Remove from heat; stir in remaining 2 teaspoons soy sauce and sesame oil. Serve immediately.