

When I was little, my mom always used a cherry blossom-scented hand cream. Since then, I've kept a small hand cream in my pocket - a habit she unknowingly shaped in me.

小时候妈妈总用一支樱花味的
手霜,后来我就一直买这样的
Hand cream在包里.这是妈妈无
形中 shape 我的一部分.



In Chinese culture, at 24, it's the year of one's birth sign, and we are meant to wear a red string for protection and good luck.

My brother gave me a red string, along with golden coins and a hairpin. I wish for health, success, and wealth.

WON TON 馄饨

A wonton (traditional Chinese: 餛飩 ; simplified Chinese: 馄饨 ; pinyin: húntun) is **a type of Chinese dumpling** commonly found across regional styles of Chinese cuisine.

It is also spelled wantan or wuntun in transliteration from Cantonese 雲吞 / 云吞 (wan4 tan1) and wenden from Shanghainese 餛飩 / 馄饨 (hhun den).

MADE FROM



FILO

Filo is a **very thin unleavened dough** used for making pastries such as **baklava and börek** in Middle Eastern and Balkan cuisines.

Filo-based pastries are made by layering many sheets of filo brushed with oil or butter; the pastry is then baked.

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SOUTHERN SMALL WONTONS

*"Recommendation for
Southern-style small
wonton wrappers."
[rednote user 67A38928,
15/09/2024]*

In Changsha, we only eat small wontons—I grew up eating them. So, the large wontons from other southern regions are not even a consideration for me. I've always really disliked the wonton wrappers sold in UK Asian supermarkets—they're too thick, too big, and have a yellowish color."

RECIPE

KEY POINTS:

Filo pastry as wrapper is thin and easily breaks.

When wrapping, cut one rolled-up sheet into six sections, then further divide each section into small squares—the size is just right. Don't cut too many at once; cut as you go while wrapping. If the wrappers dry out, they'll be hard to use!

These are absolutely not suitable for making large wontons. Small wontons only need a tiny bit of filling, and when cooking, they can be scooped out just half a minute after being dropped into boiling water!

GNOCCHI

Gnocchi are **a varied family of dumplings in Italian cuisine**. They are made of **small rolls of dough**, such as those composed of a simple combination of wheat flour, potato, egg, and salt. Variations of the dish supplement the simple recipe with flavour additives.

Gnocchi are **commonly cooked in salted boiling water and then dressed with various sauces**.

AS



RICE CAKE 年糕

Nian gao 年糕 (rice cake) is typically made by grinding glutinous rice into flour. The way it is prepared varies across different regions of China.

There are **over seven major types and names of Nian Gao**, each with **various cooking methods**, including steaming, boiling, stir-frying, and deep-frying, with both sweet and savory variations.

NIAN GAO IN THE UK

“Found the perfect nian gao substitute in the UK!”
[rednote user 酒酿菜菜子, 24/04/2024]

Gnocchi!! The great Italian potato dumpling—an absolute perfect substitute for nian gao. Once boiled, it tastes exactly the same!

No need to go to Chinese or Korean supermarkets—you can find it in every mainstream UK supermarket, and it’s super cheap. It’s usually packaged like the one shown (ASDA brand) and located in the fresh pasta section. You can also freeze it for storage.

RECIPE

Just boil it for 3 minutes, then use it just like nian gao! Throw it in hot pot, stir-fry it, deep-fry it—whatever you want. I have to say, it tastes exactly like what you'd get at a restaurant.

KEY POINTS:

There’s a powdery coating on it, so it seems better suited for savory dishes.

These are also delicious when baked—the outside gets crispy and golden, while the inside stays soft!"

It can also be used as a substitute for máshīzi (Shanxi-style). Add some vinegar, and you won’t even taste the acidity!"

MERINGUE NEST

Meringue is a type of dessert or candy, of French origin, traditionally made from whipped egg whites and sugar, and occasionally an acidic ingredient.

They are light, airy and sweet confections, taste crisp and would melt on your tongue. Sometimes the interior would be left a little chewy.

Meringue nests are lovely filled with cream and fresh fruit – such a classic filling – but get creative with other fillings too.



AS

MALTOSE 麦芽糖

Maltose 麦芽糖, also known as malt syrup, is a type of **sugar made by simmering malt and glutinous rice** together.

It is well-loved for its **golden color, smooth texture, and slight stickiness.**

Crushed malt (wheat or barley) mixed with **steamed glutinous rice and water** to undergo saccharification, which produces sweetness. The saccharified mixture is then filtered to extract the liquid, which is slowly simmered until it thickens into a syrup.

MALTROSE

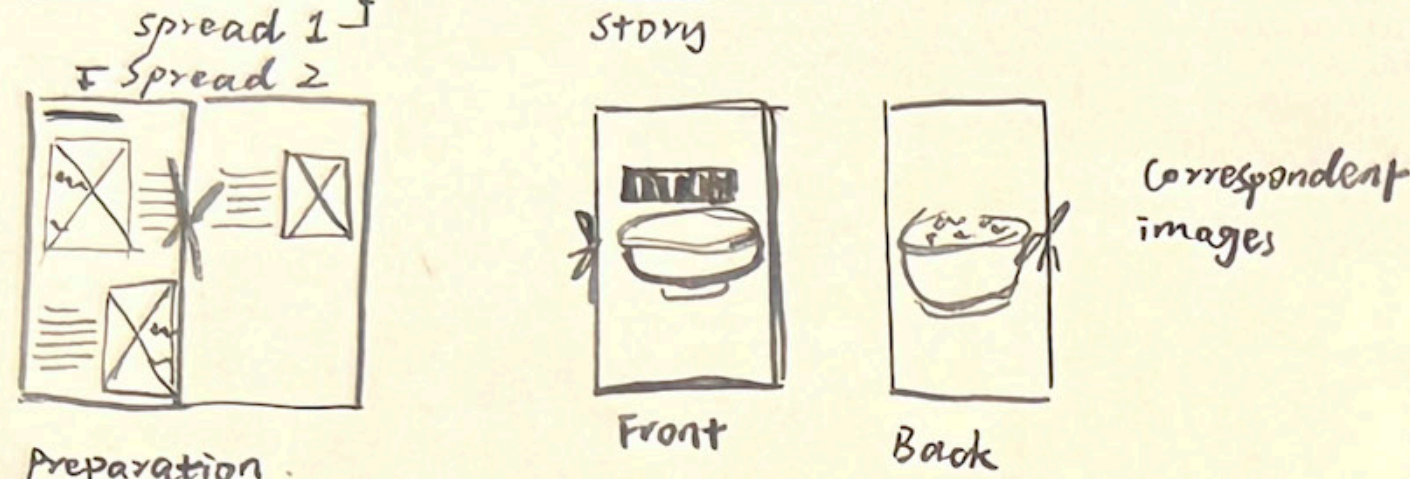
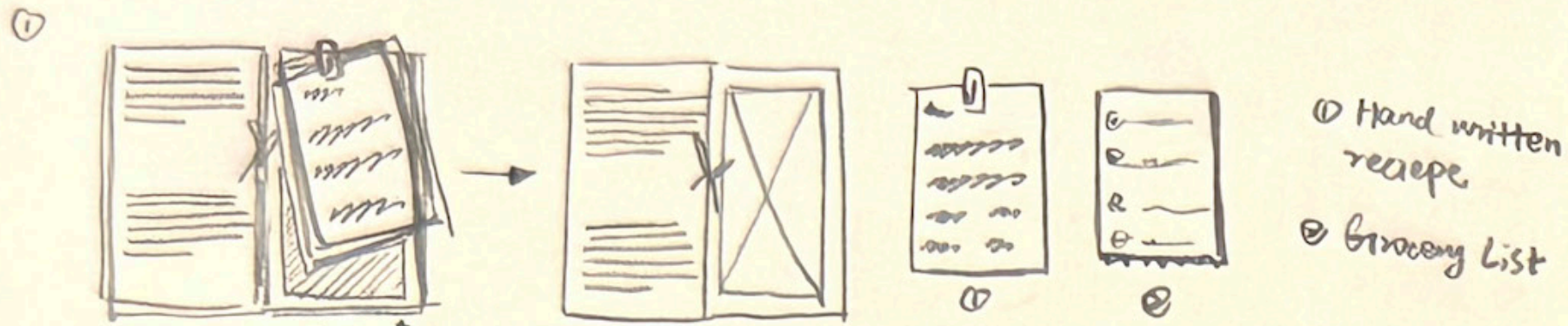
*“Found a maltose
substitute in the UK!”
[rednote user Yuki,
06/07/2023]*

The meringue nests
taste like maltose a lot.

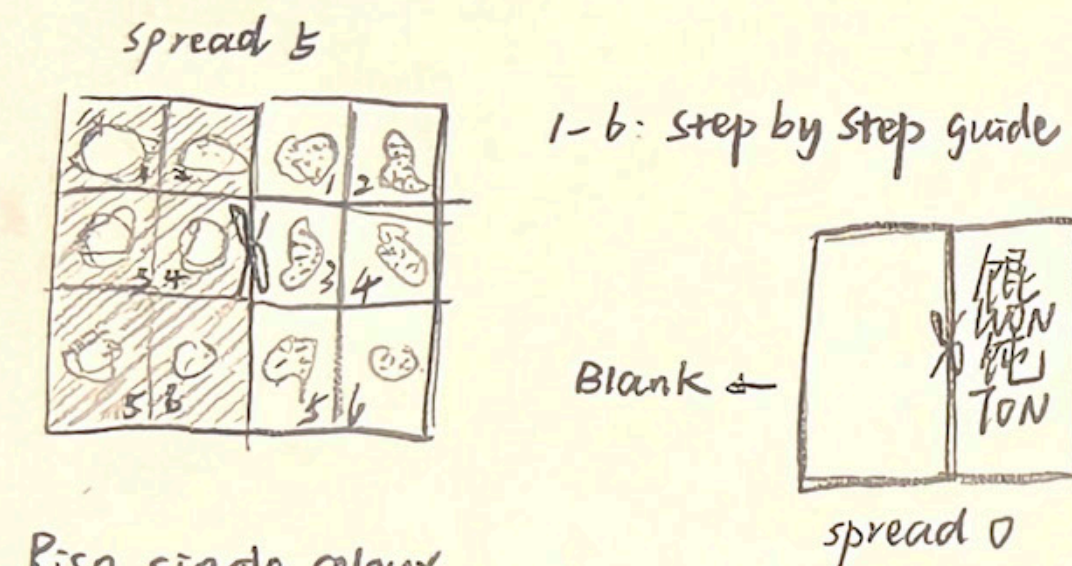
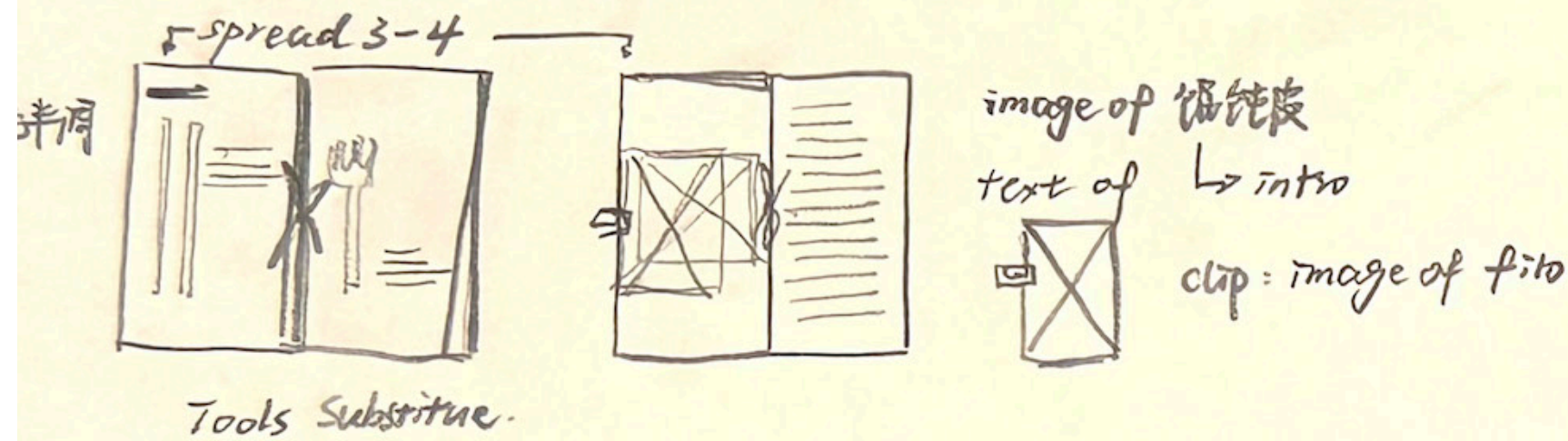
It you like sweet things,
you’ll probably find it
delicious. But some
people tried it and
thought it was way too
sweet.

RECIPE

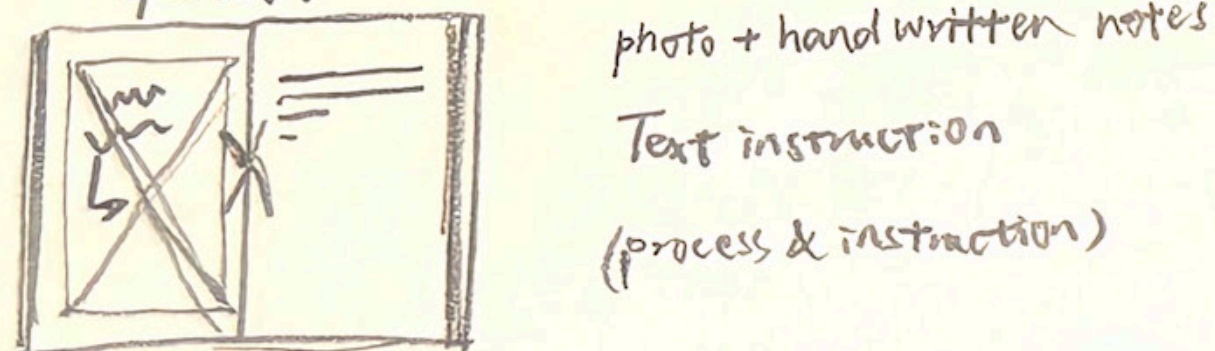
Recipe Book Design



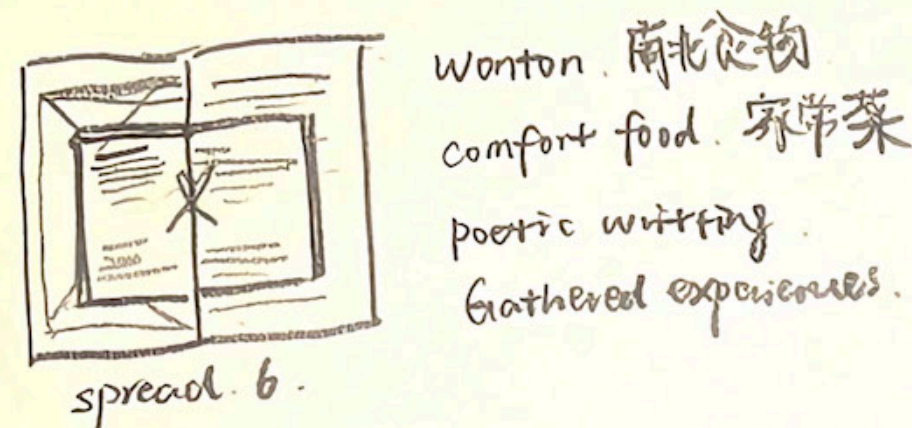
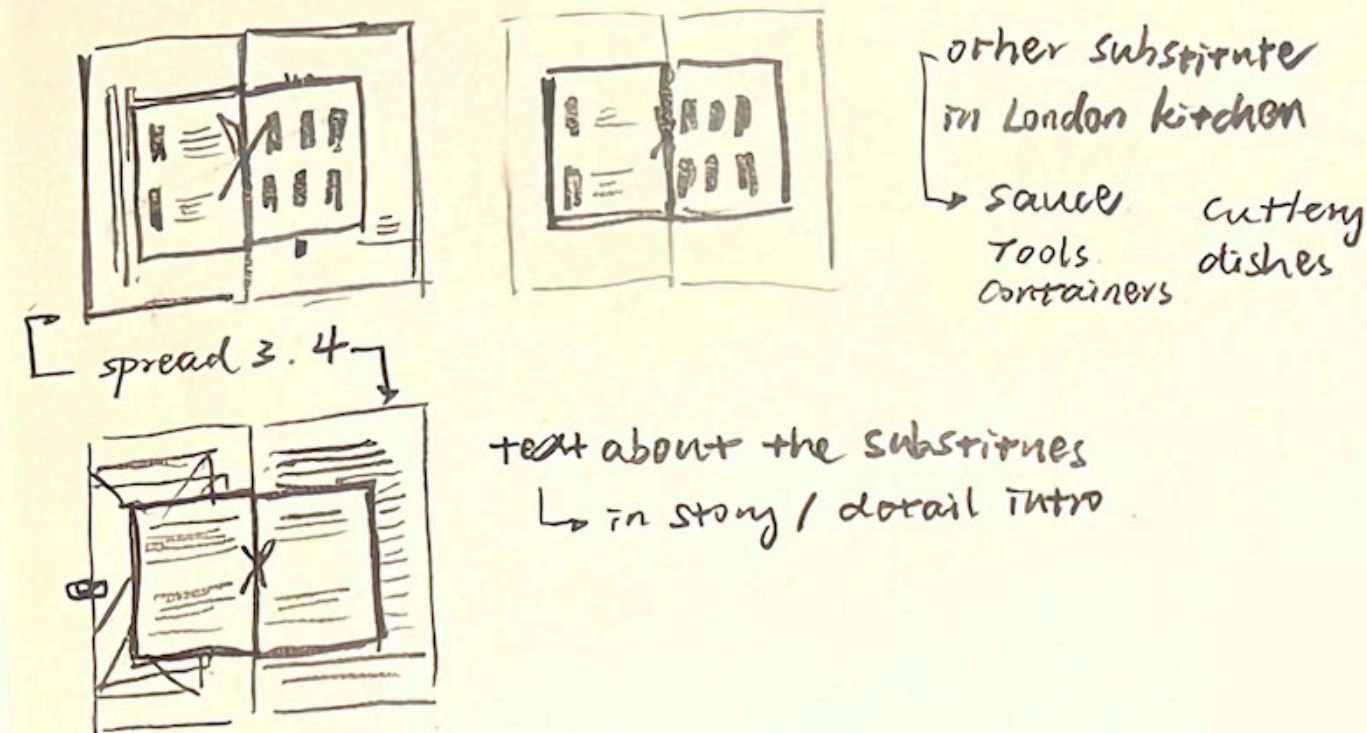
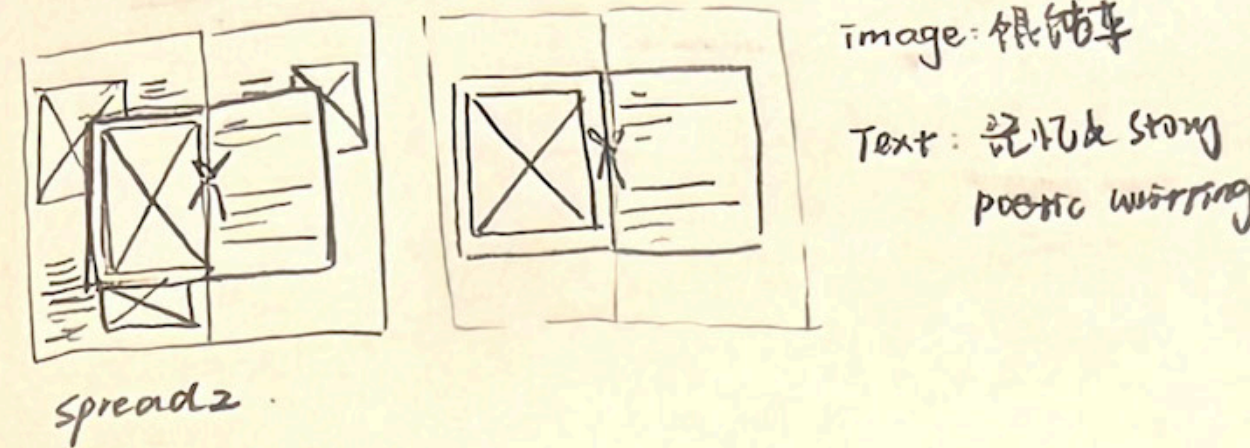
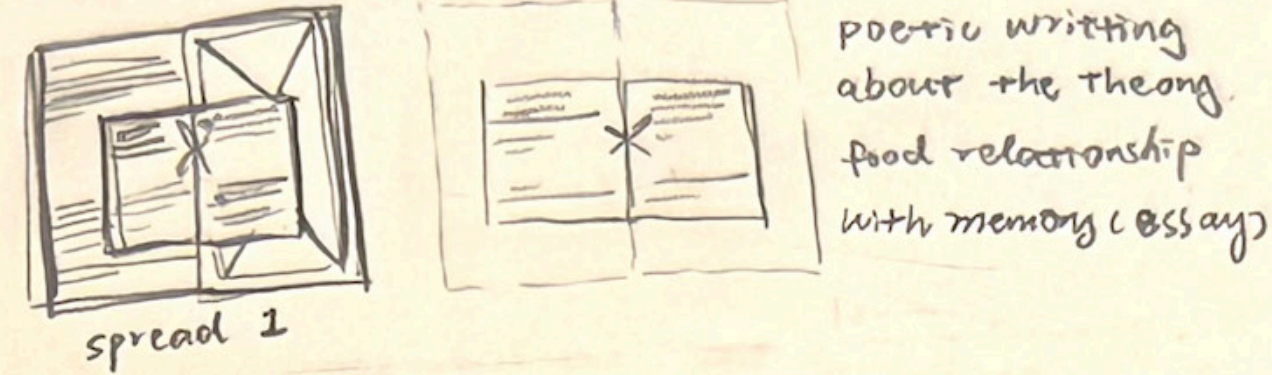
Building
WONTON
饺子

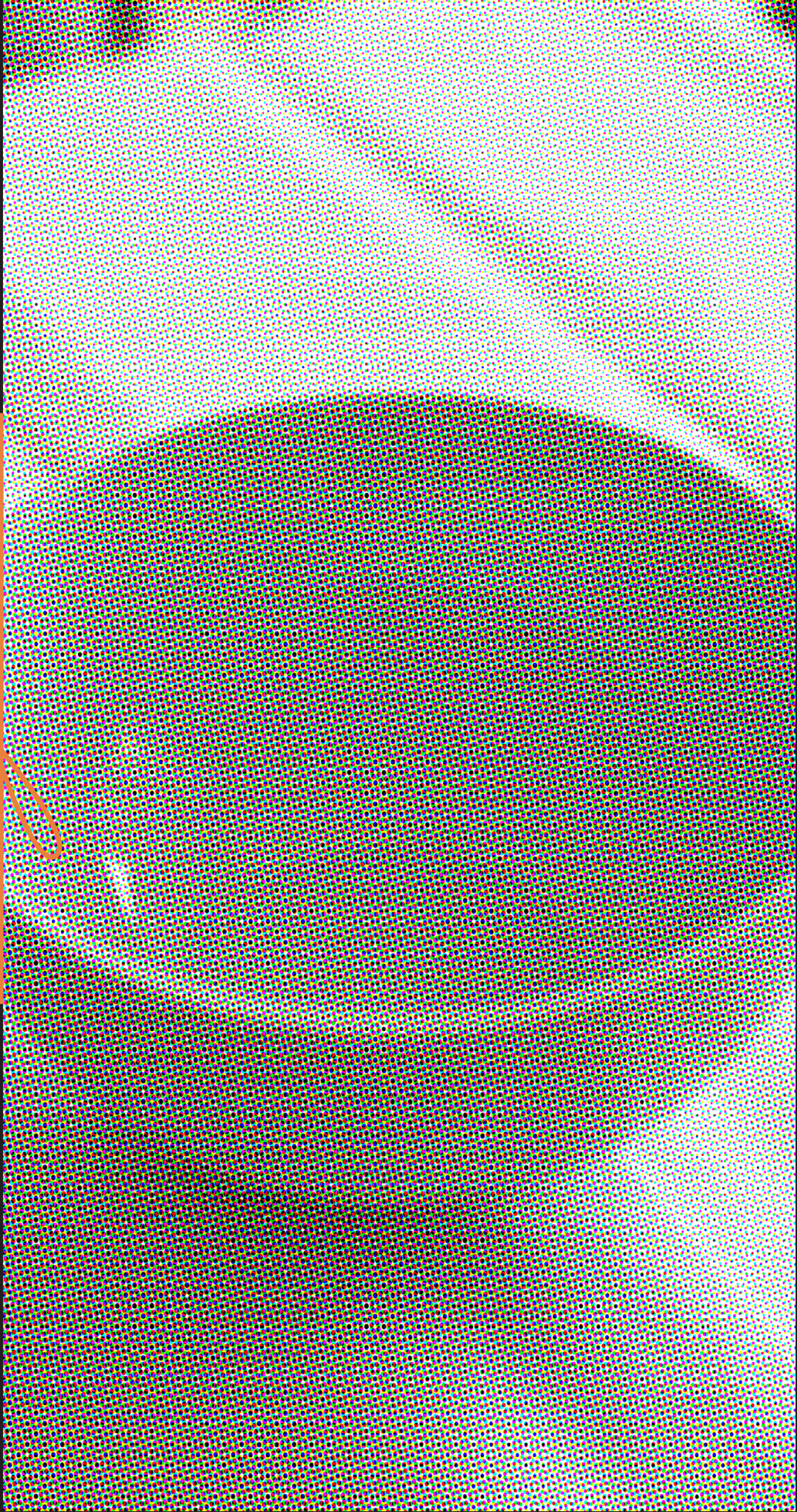


Riso single colour
(Orange)
spread 6



Food as substitute to chase a memory or feeling





A Step By Step Guide Of
Making Wonton In London
伦敦 小馄饨烹饪指南 ●



小馄饨是一种“舒适食物”。它的外皮非常的轻薄，微微透光，馅少，吃起来是清鲜、柔软又滑嫩的细腻口感。因为小馄饨的皮薄馅少，制作起来就简单快速，人们吃的时候通常会加入紫菜、虾皮、蛋皮和葱花调制汤底来“喝”馄饨，突出食材的自然鲜美。

小馄饨是非常常见的家常食物，出现在大多数中国家庭的餐桌上，每一个家庭的小馄饨菜谱都或许根据家庭成员的不同口味有着细微的变化，一碗热气腾腾的鲜香小馄饨是很多人对于家和童年的回忆的载体 ●

Small wontons are a kind of "comfort food." Their wrappers are incredibly thin and slightly translucent, with minimal filling, creating a light, delicate texture that is fresh, soft, and silky. As it's feature, they are quick and easy to make. People often have them by adding ingredients like seaweed, dried shrimp, egg shreds, and scallions to the broth, emphasizing the natural taste of the ingredients.

Small wontons are a common homemade dish, frequently appearing on the dining tables of many Chinese households. Each family may have its own slight variations in the recipe, adjusting to the different tastes of its members. A steaming bowl of fragrant small wontons carries the warmth of home and childhood memories for many people ●

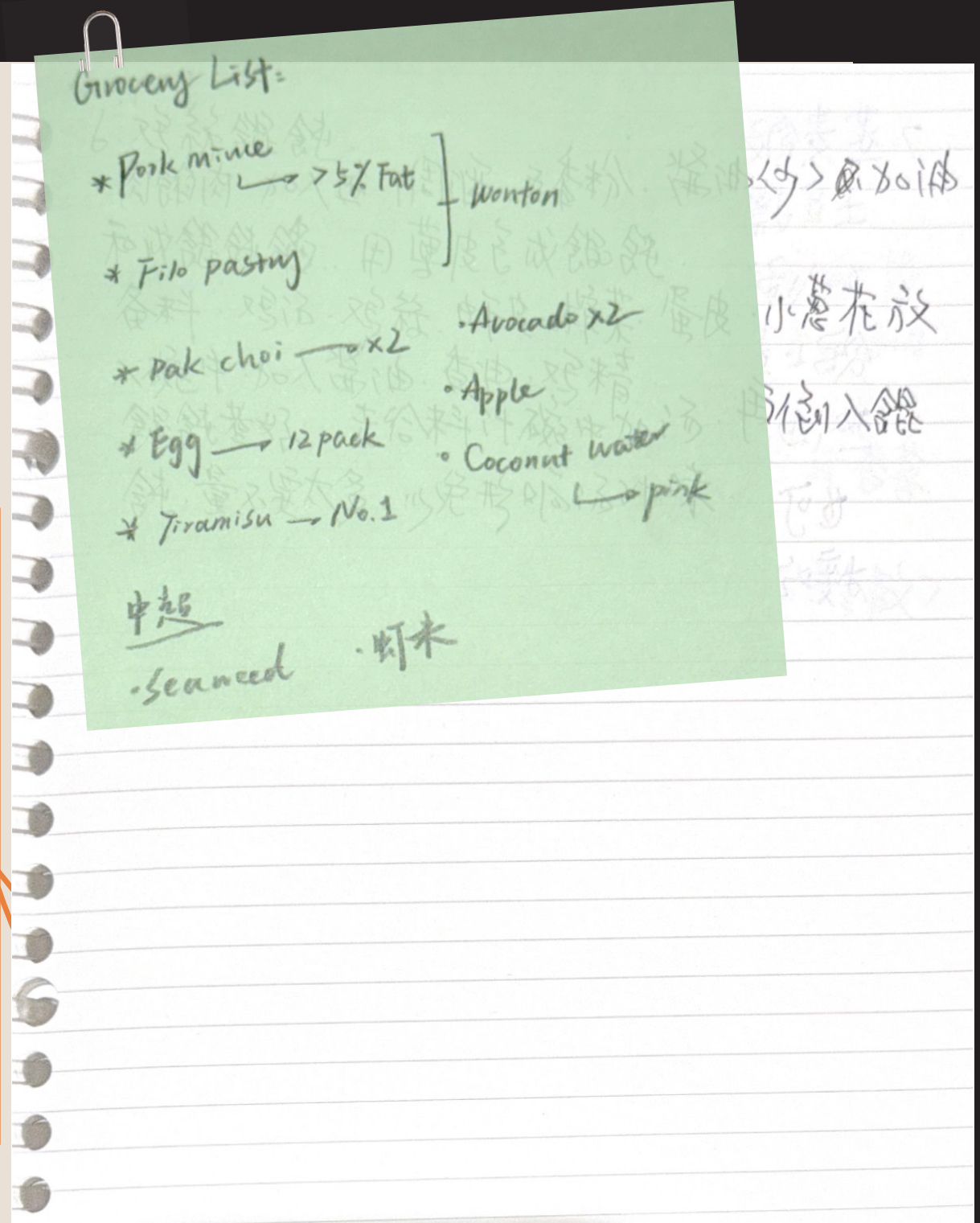


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做准备 PREPARATION



猪肉馅
PORK MINCE

可以在一切英国主要超市里找到搅好的猪肉馅，英文是“Pork Mince”，脂肪含量可以选择高一点的，会有油润的肉香。

You can find pre-minced pork in all major supermarkets in the UK, labeled as "Pork Mince." Choosing a higher fat content will give the meat a richer, juicier flavor.

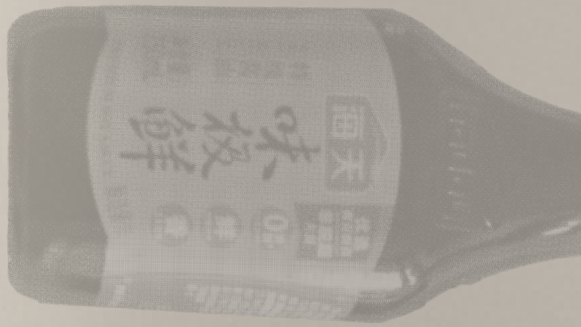
Filo 皮
FILO

Filo 摸起来像纸一样，非常的薄也特别的脆，但是煮起来会变得柔软嫩滑，和小馄饨皮的口感相似，买不到馄饨皮又想要喝一碗热呼呼的小馄饨的时候可以用它代替。

Filo feels like paper—extremely thin and delicate—but when cooked, it becomes soft and silky, similar to the texture of small wonton wrappers. If you can't find wonton wrappers but crave a warm bowl of small wontons, filo can be a good substitute.



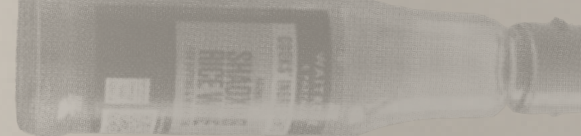
酱油
SOY SAUCE



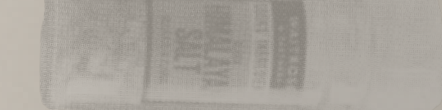
蚝油
OYSTER SAUCE



料酒
SHAOXING RICE WINE



盐
SALT



白胡椒粉
WHITE PEPPER

酱油、蚝油和盐就能调出最基本的小馄饨汤底的调味，如果你能够在中国超市买到白胡椒粉，加一小撮更能提升汤底的鲜香味。

英国的猪肉有很重的猪腥味，一定要准备好料酒帮助去腥。

Soy sauce, oyster sauce, and salt are enough to create the most basic seasoning for a small wonton soup base. If you can find white pepper powder at a Chinese supermarket, adding a small pinch will further enhance the broth's umami flavor.

Pork in the UK tends to have a strong gamey smell, so it's essential to have cooking wine on hand to help remove the odor.

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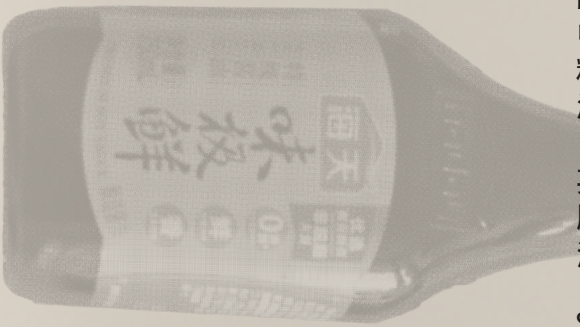
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我总是在想，食物和烹饪的过程，是承载着很多记忆情感和文化身份的载体。烹饪食物的过程是在理智的逻辑下回溯记忆、加入个人情感的艺术创作。

小的时候生病，家里就会吃小馄饨，很清淡又“养”的味道，在感官上把小馄饨这种食物和安全感联系在了一起。软而光滑的面皮包裹着一点点鲜肉，肉香混合着，带着中立的味道，抚慰着味蕾。在伦敦做一碗小馄饨，讨论了物理空间限制下的种种替代物，以及如何用这些替代物品做一顿最家常最普通的中餐。不论一个人在物理空间上已经漂流在什么地方，备料、切菜、烹煮的过程总是会把与食物有关的空间记忆勾出来。所以，煮一碗家常的小馄饨是精神快速回家的方式 ●

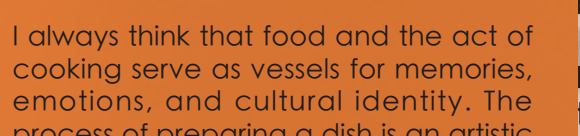
酱油
SOY SAUCE



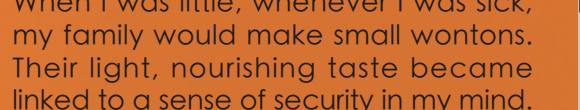
蚝油
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When I was little, whenever I was sick, my family would make small wontons. Their light, nourishing taste became linked to a sense of security in my mind. The soft, silky wrapper encasing a small amount of fresh meat, combined with a mild yet comforting aroma, gently soothed the palate. Making a bowl of small wontons in London means navigating the constraints of physical space, finding substitutes, and figuring out how to recreate the most ordinary yet familiar home-cooked Chinese meal. No matter where one may physically be, the act of prepping, chopping, and cooking always evokes spatial memories tied to food. In this way, cooking a simple bowl of small wontons becomes a fast-track way to return home—at least in spirit ●



中国厨房的工具是大不相同的。家里的老人总说工欲善其事，必先利其器；常常自己做饭之后我深有体会，没有趁手的烹饪工具好像做出来的菜味道都会变似的。

中国家庭做菜很喜欢用木质的粗长筷子，真是一个好兵器，炒菜的时候不会被热油溅到，蒸煮的时候也不会被热气烫到，过年炸丸子炸带鱼的时候也能稳稳的夹住食材，把它们一个个规规整整的排坐进锅里去，和（huo）面和馅料的时候它能搅得均匀，包肉馅的时候也足够摩擦力把馅料夹起来。

我还有一根擀面杖，用了快有二十年，木头都变得光滑起来了，它特别轻巧灵活，别的擀面杖做出来的面皮都不及这把擀出来的好吃。一双筷子一把擀面杖，是中式厨房最趁手基本的工具 ●

The tools in a Chinese kitchen are vastly different. The elders in my family always say, "To do a good job, one must first sharpen one's tools." After cooking for myself so many times, I deeply understand this—without the right cooking tools, even the taste of a dish seems to change.

In Chinese households, long wooden chopsticks are an essential and versatile tool. They are like a trusty weapon in the kitchen—protecting you from hot oil while stir-frying, keeping your hands safe from steam while steaming food, and securely gripping ingredients when deep-frying fish or meatballs during the New Year. They neatly arrange food in the pan, mix dough and fillings evenly, and even provide enough friction to lift meat filling when wrapping dumplings. I also have a rolling pin that has been with me for nearly twenty years. The wood has become smooth over time, yet it remains incredibly lightweight and easy to maneuver. No other rolling pin produces dough as perfectly as this one. A pair of chopsticks and a rolling pin—these are the most essential and reliable tools in a Chinese kitchen ●

