

Chinese Cooking  
without Sweat

無汗漢食譜

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Catherine L. Jung  
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Manhattan, KS.

## PREFACE

This collection of recipes was made for the course Chinese Cooking Without Sweat offered by the University For Man, Kansas State University in Fall of 1980. The intention was to use this material as a guideline during the cooking class for efficiency of instruction. We have decided to compile it into a booklet so that we can use it again in future courses in Chinese Cooking. This would be a good starting point for a small cookbook.

A reader probably can cook some reasonable Chinese dishes following the materials recorded in this booklet, but I strongly advise that a native Chinese cook be consulted to correct flavor and taste and degree of doneness. Also a graduate of this course should be able to give some idea as to the correctness of the end results.

We spent 5 evenings in cooking various dishes and then planned a banquet for friends of the graduates. It has been most enjoyable experience for all involved.

I wish to thank my wife, Catherine Lee Fung for her advice in preparation of the dishes, my son Francis Y.C. Fung for his enthusiasm during the classes and my mother, Mrs. Beatrice Fung, who sent the needed ingredients to me all the way from Toronto, Canada. It has truly been a family affair.

A hearty thanks to the great workers at the University For Man program to facilitate this course and appreciations are due to the International Student Center for the use of the excellent facility in all these sessions.

I am a firm believer of UFM and would recommend anyone with special skills to share them with people in a relaxed atmosphere. Also I encourage people to take advantage of this great opportunity--after all, how many things are there that are worthwhile and yet FREE?

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Daniel Yee Chak Fung  
Manhattan, Kansas

食品微生物博士

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教授



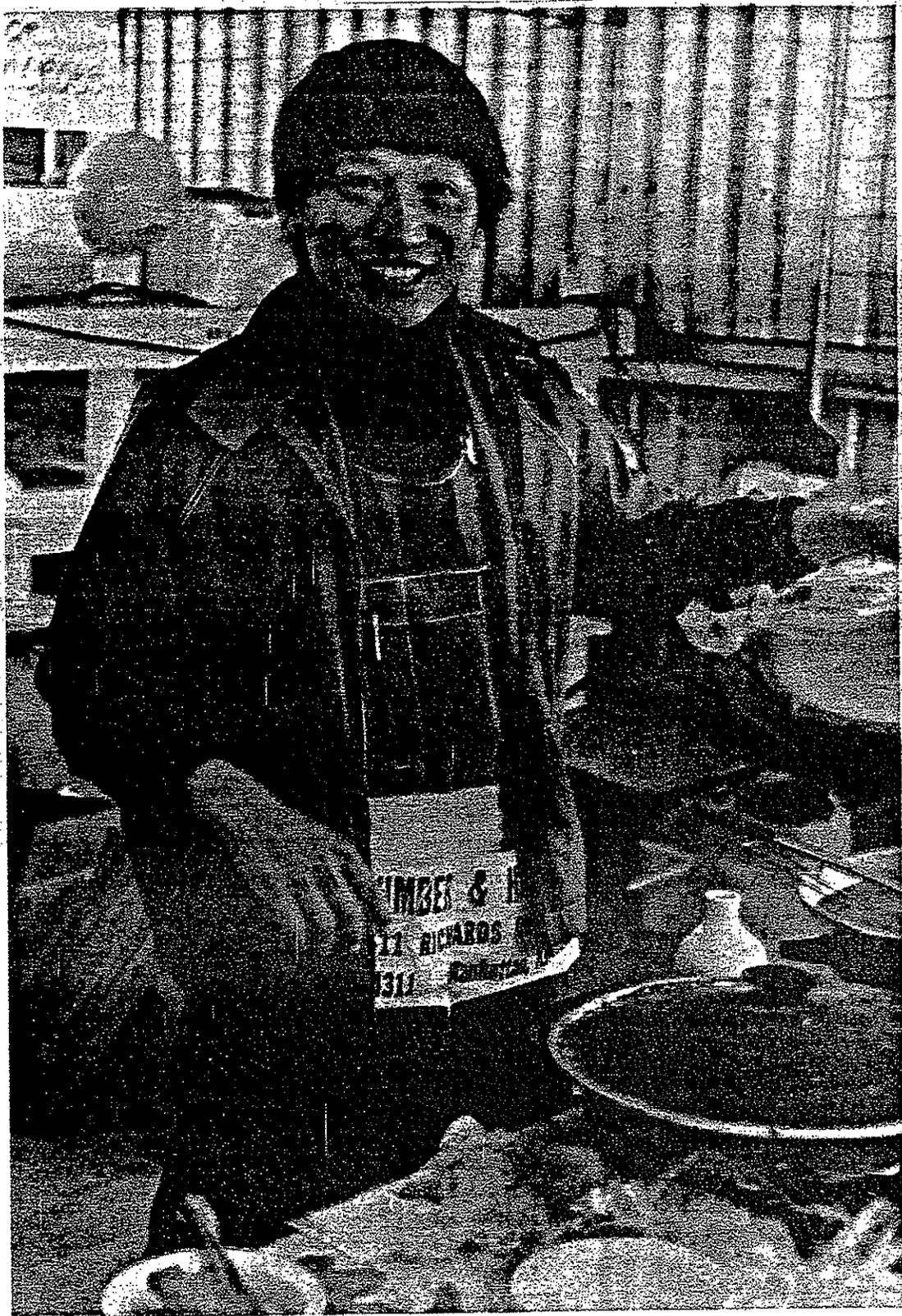
ARS ET SCIENTIA

PAX ET AMOR

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Daniel Y.C. Fung, whose food chopping demonstrations will be one of the festival's features.

*All you folks, come to the festival*

# At breakfast, lunch or dinner he's a whiz with wok



**WHIZ WITH A WOK**—Daniel Fung keeps two electric woks going (top photo) when he stir-frys meats and vegetables to combine at the last minute in favorite Chinese dishes. At left are six different soy sauces, some flavored with shrimp, mushrooms or other foods; Fung sprinkles these liberally into the dishes he cooks from original recipes until they taste and look as they should. (Mercury staff photos).

By MAXINE COFFEY  
Of All Things Editor

When Daniel Fung decides to cook a Chinese meal, he plans a week in advance—not to take advantage of weekly food specials, but to allow for the time-consuming tasks his brand of cooking involves.

"Cooking Chinese food is very simple—it's the preparing of the food, the chopping and slicing and grouping, that is the time-consuming part," he explains. "If you want to have a good Chinese meal Saturday, you'd better not plan anything for Friday night."

Fung, chairman of the KSI food science graduate program and assistant professor of animal science, cooks at least once a day, sometimes three times. Last October he prepared breakfast for a church men's group for a month of Wednesdays featuring recipes he creates from childhood memories of Hong Kong. Whimsical naming of foods often is as important to the Chinese as the food itself; during a 5 a.m. planning session, Fung conjured up names for his menu like *Threads in Morning Green*, *Tumbling Cubes in Flocks of Gold*, *Tender Beef in Turfs of Green* and *Lalchee Sweet as the Half-shy Girl*.

"There were about seven members (of the Blue Valley Memorial United Methodist Church group) at the first breakfast," he notes. "At the last breakfast I cooked, all the members—and their wives—were there. For a 6:30 a.m. breakfast, that's pretty surprising."

The breakfasts, along with Fung's everyday cooking, are typical of the Southern China cuisine he enjoyed as a child. "The southern part of China is supposed to be 'barbarian,'" he notes. "The cooking there is said to be not as refined as what you would find in Peking—it's saltier, spicier, sweeter."

Although most Chinese dishes require advance preparation in the form of slicing and chopping of ingredients, cooking itself is usually quick and dishes must be served immediately for best quality. Thus, in China, Fung says, the wife rarely sits with the family to eat, instead cooking one dish after another.

Another difference Fung notes between Chinese and American traditions is the leisurely mealtime

## Of All Things Cook of the Week

pace observed in China.

"Regardless of how busy he is, a Chinese spends a lot more time eating and enjoying his food than the typical American," he says. "In China, people talk more about the food while they're eating—here in America, people talk about business or something else at meals."

While he cooks mainly from memory and "feel," Fung purchased three volumes on Chinese cooking during a recent eight-week trip to China—his first since he left the country about 15 years ago. Between trips abroad and to larger cities, gifts from friends and shopping at local specialty stores, he has little difficulty obtaining spices and seasonings.

Following are three of Fung's favorite recipes as he cooks them from memory. Less adventurous cooks or those who have never used the stir-fry method of cooking may want to consult a Chinese cookbook or foreign foods chapter in a general cookbook for precise measurements and seasonings in similar dishes. As general rules, slice foods uniformly bite-size, cut meats across the grain thinly and make sure the wok (or heavy skillet) is very hot.

### TENDER BEEF IN TURFS OF GREEN

Thinly slice tender cut of beef across grain (allow about ¼ pound per person). Slice an approximately equal amount of both broccoli (stems only) and celery into ¼-inch diagonal pieces. Stir-fry vegetables until almost done in 3 teaspoons oil in wok or skillet; remove vegetables, clean wok and heat additional 3 teaspoons oil until very hot. Briefly cook meat just until color begins to change, never letting the meat stand still in the pan. Add vegetables, thicken juices with cornstarch mixed in cold water, and season with soy sauce and monosodium glutamate (MSG).

### PORK WITH VEGETABLES.

Remove and cube meat from 10 pork chops; save bones and scraps for soup base. Cut half a head of cauliflower into bite-size pieces; slice one rib celery into small chunks.

Stir-fry pork in 3 teaspoons vegetable oil until meat is whitish in color. Sprinkle with MSG and soy sauce; cook until nearly done. Set aside meat; place vegetables in wok along with one cup water. Sprinkle with soy sauce, cover and steam five to 10 minutes. When cauliflower is nearly done, add pork cubes.

Thicken with ½ to ¾ cup cornstarch mixed with cold water to a thin consistency. Add soy sauce to taste, stirring constantly. When pork is hot and steam appears, remove food and arrange on large serving plate; keep covered until serving time.

### PEPPER BEEF

(Serves 20)

Thinly slice 5 pounds tender beef into 2-inch slices across grain of meat. Wash and seed five green bell peppers; slice thinly. Cut kernels from five ears of corn.

Stir-fry peppers and corn with salt and soy sauce in 3 teaspoons hot oil until pepper is tender-crisp, about 5 minutes. Remove vegetables from wok.

Heat 3 teaspoons oil in wok; stir-fry beef, seasoning with soy sauce and MSG. As soon as meat is medium rare (eat a piece to test), add vegetables, stir-fry 3 minutes more and serve hot.



776-8805

You'll be collectin'  
the green with Want  
Ads.

## CHINESE COOKING WITHOUT SWEAT

University for Man Course  
Offered Fall 1980  
Daniel Yee Chak Fung, Ph.D.  
Chairman of the Food Science Graduate Program-KSU

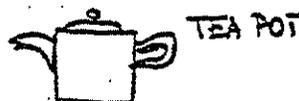
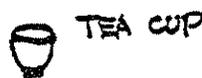
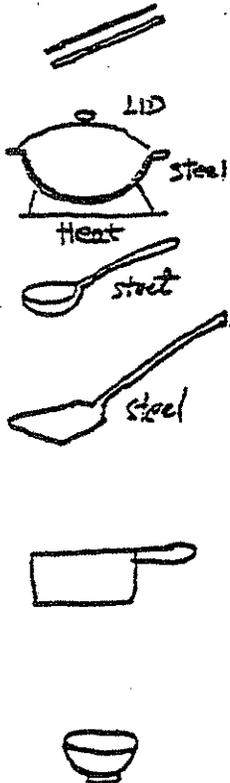
Dr. Fung was born in Hong Kong, China. He has spent time in Japan as a student before coming to the United States. He is a true microbiologist and would never prepare anything that would be unsafe. So any student of Dan's is in good hands. He cooks food safely and very appetizingly to Americans.

The course stresses Southern Chinese Style of Cooking. The Oriental fashion places much emphasis on eating slowly to savor the flavors of each dish. Dan has pointed out many times that Americans eat too fast! (There are few of us who would disagree with him.) In other areas the food in China is more exaggerated and barbaric. Due to his extensive travels, Dan has said the best Chinese food outside of China is in London. So if you ever venture that direction you better give it a try!

Why is this course named "Chinese Cooking Without Sweat?" You may sweat a lot standing over that hot wok, but that's not the point. Dan has designed this course with the busy person in mind, after all, he is probably busier than most of us. Efficiency is his short cut and wouldn't everyone like to improve in this aspect of our lives, especially when it comes to the kitchen. Speaking of efficiency, you can use many American utensils instead of going bankrupt trying to be fashionable. Of course, chopsticks are a must if you are going to eat correctly, according to Dan. He said more people on earth use chopsticks than use a fork and knife.

### Things to Learn:

1. Chopsticks: not only are they essential for eating, but can also be used as a thermometer for testing the heat of the oil.
2. Wok: can be used on a gas or an electric stove. An adapter rack allows you to gage the distance of the wok from the heat. One thing to remember, your wok must always be hot.
3. Ladle: used for scooping.
4. Chinese spatula: used for stir frying. This utensil has a wooden handle to allow you to hold on to it regardless of heat.
5. Cleaver: is a chopping utensil. The heavy ones are used for cutting meats and lighter cleavers are for vegetables. Always curl fingers under when holding the items. When chopping furiously, put other arm behind you.  
\*\*\*Note of interest: Chinese women don't have anemia because they get iron through cleavers and iron woks.
6. Chinese bowls: are just the right size for Oriental soups.
7. Soy Sauce: a must and using the real thicker type is not as sweet.
8. Sesame Oil: a must also, adds a lot of flavor.
9. Peanut Oil: a must because it gets hotter and doesn't flame. You can use pure corn oil as well.



## RECIPES

### MARBLE EGGS



Buy fresh eggs. Hot boil the eggs (8 to 10) in the wok for about 10 minutes. Beat up the eggs by cracking the shells, do not peel. Then hot boil the eggs after cracking in Jasmine tea. Add 3 anise into the tea and about 1/2 teaspoon of monosodium glutamate. To this mixture add 4 large spoonfuls (Chinese size spoon) of soy sauce. Boil this for 30 minutes. Place this mixture in a jar and cover. You can also add tabasco sauce or hot peppers. Refrigerate for 3 days.

After the marination period, shell and slice longitudinal and arrange in symmetrical order on a plate. Save the prettiest to place on the plate and decorate with parsley or cherry tomatoes. Only serve it to your guest if you are proud of your dish, Chinese Custom.

### WON TON SOUP

Cook chicken parts by boiling for one hour. Use dried mushrooms which have been soaked over night. Never use the stems, just the tops. Chop the mushroom lids in lengthwise strips. Include a bit of chopped green onion, use the stems. Strain the broth of any residue and remove all the chicken parts. Throw in the chopped onions and mushrooms. Taste to check for saltiness or blandness. Add a couple of drops of sesame oil, 1/2 teaspoon of monosodium glutamate, and a few dashes of soy sauce. Bring to a rapid boil and place about 16 won tons into the soup for 6 minutes. Rotate with more soy sauce and MSG.

### WON TONS

Won means "cloud" and Ton means to "swallow"



#### Won Ton wrappings

1 lb. of pork ground. You can use chicken or beef also.

1/2 inch of fresh ginger root chopped finely

small bunch of green onion tops chopped

1 clove of garlic crushed

1 egg beaten slightly and put in a bowl. Use it for sealing the won tons.

Mix with hands and add a bit of sesame oil to the mix. Sprinkle a cutting board with cornstarch. Place a wrapping on the starch. Dip a couple of fingers in the egg and trace the sides of the wrap. In the middle of the wrap place about a teaspoon of mix. Fold the square wrap over the mix to form a triangular shape. Seal the sides and twist the three corners. The shape should resemble a cloud type of tuff. You can place a shrimp inside each.

Use the won tons to place in the soup or deep fat fry in peanut oil until golden brown in color and crispy good.

### SHRIMP CHIPS



Shrimp chips can be purchased at various stores. They are bright in color and fun to prepare. Simply fry chips in hot peanut oil until they spring up light and airy, similar to a cheese puff.

\*\*\*Any of the previous recipes can be used as appetizers\*\*\*

### HONG KONG FRIED RICE



one egg beaten slightly in a bowl  
1/2 or 1/4 cup of peanut oil  
a bit of soy sauce to add flavor and color  
about 1/4 to 1/2 teaspoon of MSG  
1/2 cup of green onion tops cut about 1/4 inch long  
10 or more small shrimp  
4 cups of left-over rice. The drier the better

Heat the oil in the wok until smoke starts to rise from it. Or use your chopstick by placing the tip into the oil and if bubbles form about it, it is ready. Pour the egg into the wok and keep stirring very quickly until golden brown. Pour the rice into the oil and keep stirring quickly. Stir for about 20 to 30 seconds. Put the shrimp onion mixture into the egg-rice mixture and keep on stir frying. Add the soy sauce until desired color and 1/2 teaspoon of MSG and 1/2 teaspoon of salt. Taste the fried rice to ensure the flavor. Serve hot. This could be cut into four portions.

### KOWLOON BARBECUE PORK NOODLE



1 package of Chinese noodles  
water

\*\*Add a bit of sesame oil to the  
chicken broth at the last

chicken parts to make the broth, use the neck and parts you don't like.

Mushrooms, use the Chinese dried mushroom after they have been soaked over night in cold water. Remember to destem.

Barbecued pork strips. Barbecued over charcoal use soy sauce as the barbecue sauce, nothing else will work. It would be helpful to prepare this meat ahead of time and bag it in portions to place in the freezer

Round shoulder: 1/2 " width strip  
green onion tops cut in 1/4 inch lengths

Boil the chicken for 30 minutes. Enough water for 4 servings. Add a bit of salt, MSG and soy sauce. Taste to ensure the flavor. Add sliced barbecued pork and mushrooms. Boil the water and double the amount of water for the broth. Cook noodles until done, clear and limp. This requires occasional checking and sampling. As soon as it is ready line up four bowls and put noodles in. Add the chicken broth while hot and serve.

### WINE CHICKEN



Chop chicken into bit size pieces. Using the heavy cleaver remember to place your hand behind your back while the other chops. You can ask the butcher to slice a 12 piece pack of chicken drum sticks at two places (see diagram). This will be perfect sizes.  
1/4 cup of sake and 1/2 cup of soy sauce make up the marinade  
cut onion whites lengthwise

Steam the chicken parts previously marinated in the soy-wine mixture. Marinate for 15 minutes. Steam until the meat is tender but not over cooked. Arrange the white part of the onion in a circle and put the steamed chicken in the middle. Pour the broth onto the chicken and serve. You can use the broth as soup or a sauce with a bit of cornstarch and pour over the chicken.

### PICKLED CHINESE CABBAGE

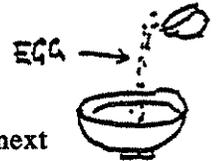


Cut the white part of a Chinese cabbage into one inch strips. Do not use the green part. Lay the cabbage in a plaster container. After each layer add salt. Put a saran wrap layer over the top of the last layer and press it down with a brick. Let it set overnight. Rinse this three times in cold water then add the flavoring agents. Add 4 chopped garlic, about 4 or 5 dried shrimps, one teaspoon of MSG, and 1/4 cup of hot pepper. Mix the flavoring agent thoroughly with the mashed cabbage. Cover again with saran wrap and press with a brick. Let it stand for another day. Drain excess liquid. Pack the cabbage in a glass container with the lid loosely covered. Do not cover tightly or it will explode! Let it stand another day. Put it into the refrigerator after that and serve as needed. **VERY HOT STUFF!** It is quite tasty with the Kowloon pork noodle.

### PROPER WAY TO COOK RICE

Use long grain oriental rice. Rinse the rice thoroughly, about 4 times until the water is clear. Be sure to use cold water. Use your hand to stir the rice around during the washing process. After the last wash add 2 parts of water to 1 part rice. Place on the burner in high heat and bring it to a boil without a cover on the pan. Reduce the heat to simmer. Cover. After 10 minutes quickly poke about 10 holes in the rice with your chopstick. Cover again and simmer another 10 minutes. The longer you simmer the dryer the rice will be. **DO NOT STIR THE RICE DURING THE COOLING PROCESS.** It will make the rice gluey. And do not use salt or butter for Chinese rice cooking.

### EGG DROP SOUP



Boil the bones of a couple of pork chops after removing the meat which can be used in the next recipe, Stir Fry Pork in Greens. Use about 6 cups of water to make the soup base. Add green onion, about 1/2 a cup or 1/2 of a hand full, cut into 1/4 inch cuts. Add sliced chinese mushrooms, 10 small shrimps, 1 teaspoon of soy sauce, 1/2 teaspoon of salt, and 1/2 teaspoon of MSG or until the desired flavor results. As the water boils add one stick of mung bean thread. Cook it until the mung bean threads become transparent and tender. Add a few drops of sesame oil, 5.5 drops according to Dr. Fung. Beat one egg ahead of time and as the soup boils pour beaten egg slowly into the boiling soup from the height of about 1 1/2 feet. Stir it quickly a couple of times and serve.

### STIR FRY PORK IN GREENS



Cut the pork meats into 1 inch stripes from the pork chops. Set it aside in a small dish and marinate with soy sauce for about 10 minutes. Cut celery and broccoli into bit size pieces. Cut them diagonally to expose the maximum surface. Cut one small hot green pepper into small strips. First put the vegetables into a hot wok and stir fry with added MSG and soy sauce. Stir until they are just about done but still crisp. A bit of water should be added during the stir frying process. Take out the vegetables and put them in the cover of the wok. Clean and dry the wok. Put 1/2 cup of peanut oil in, pressed garlic and a few small slices of ginger. Stir fry it using high heat until smelling good. Put all the pork strips into the wok. Keep stir-frying. Add a little soy sauce until the desired taste results. Stir fry for a few seconds and add the thickener. Use 1/2 cup of cornstarch and 1/2 cup of water along with 1/4 cup of white wine. Cook this combination until the thickener mixes well with the pork and vegetables.

## EGG FU YONG



Cut 1 cup or a full handful of soy bean sprouts into 1 inch lengths, cut green onion greens about 3/4 inch long. Cut smoked pork into thin strips and add 3 small shrimps per fu yong. Heat your wok to a high temperature with 1/2 cup of peanut oil. Put the fu yong into the wok and stir fry until the sprout is cooked but still crisp. Beat 1 egg and pour it into the wok and immediately add fu yong. Let the mixture fry until golden and turn it over to let the other side fry to the same golden color. Serve it while it is still hot and put a small dish of oyster sauce on the table so the guests can add it for flavoring.

## SOY BEAN CAKE HORS D'OEUVRE

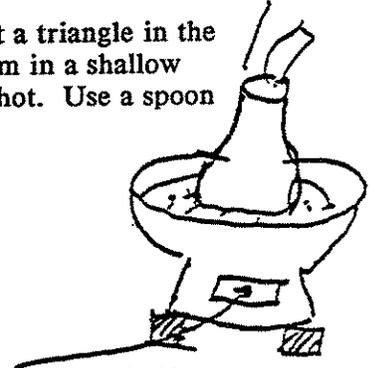


Cut a soy bean cake into 1 inch x 1.5 inch strips about 1/4 of an inch thick. Cut a triangle in the center. Into the triangle put a small shrimp fanged with a mushroom. Cook them in a shallow layer of water. Sprinkle soy sauce until it is slightly dark in color. Serve while hot. Use a spoon for eating.

## Something for cold winter

### DA BEIN LO (eat around a hot pot)

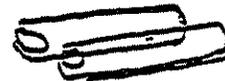
Get a traditional hot pot. Put barbecue charcoal in and start the fire. It will take about 30-45 minutes for the heat to boil the water. Make sure to have two bricks under pot for insulation and also to have water in the trough.



After the water is boiling put shrimp in and cook until done. Dip shrimp into hot sauce (to soy sauce add some oil and crushed red pepper). Using wooden chopsticks, dip very thin slices of beef into the hot water until just cooked (a few seconds). Dip into hot sauce and eat. Put a few pieces of fungus and soy bean curd into the trough and let cook. Eat as they get hot-again dip into sauce. Some people also like to dip the food into a beaten raw egg before eating. Eat a raw green onion with the foods. A small bowl of rice will also be good. This is a very popular form of eating in China.

Instead of the hot pot, a fondue pot could be used.

## SPRING ROLL



Chop bean sprouts into short pieces. Chop barbecued pork into thin strips. Mix these with shredded bamboo shoot and shredded Chinese cabbage. Add a sprinkle of MSG and a dash of soy sauce. Put the stuffing in an egg roll wrapper. Seal the egg roll with water. Bring 2 inches of oil to very high heat. Heat until oil smokes. Watch carefully so as not to start fire! Put the roll in and fry to a golden brown, turning as it cooks. Serve immediately with horseradish and soy sauce.

## PAPER CHICKEN



Cut chicken into 1 inch pieces. Marinate in soy sauce with some black beans for 15 minutes. Cut cellophane (glass paper) into square. Make squares big enough to wrap the chicken. Do not use plastic wrap, only cellophane. Into the center of the paper square put a piece of cut black mushroom and a piece of parsley. Put a piece of chicken on top (skin side down). Add a few black beans. Fold diagonal corners of the paper square to make a triangle with the chicken and vegetables inside. Fold the side corners over the chicken. Fold the third corner over the package and tuck it inside. Heat 2 inches of oil to high heat. Fry eight packages at same time 5-8 minutes. Try biggest one, chicken should be very tender, but done. Serve immediately.

Guests can use hand to open package, but must use chopsticks to eat. A dish of soy sauce should be near by for those who would like it.

## PROPER WAY TO BREW CHINESE TEA

There are many types of Chinese tea. The brewing method is the same. Into a dry clean teapot put tea leaves - about two teaspoons for eight cups. The more leaves, the stronger. Bring water to a rapid boil. Pour water into the pot and cover. Let stand for 10 minutes. Fill all cups half full, then go back and fill to the top with the rest of the tea. NEVER BOIL TEA IN THE WATER. IT WILL DESTROY THE FLAVOR. The same leaves may be used for a second pot of tea.

## PEPPER BEEF



Slice the beef (round steak) as thin as possible, AGAINST GRAIN. (The simplest way is to ask the butcher to do it). Marinate in soy sauce for 15 minutes. Cut green pepper and green onions into bite size pieces. Stir fry pepper, green onions and few snow peas until nearly done. Sprinkle on some MSG. Take out the pepper, onions and peas. Dry the wok. Heat oil with garlic (1 crushed clove) and ginger (few slices) until very hot. Stir beef in and the sauce also. Never stop turning the beef while cooking. As soon as the meat turns pink, add the pepper, onions, peas and more soy sauce. Add thickener (wine, water and cornstarch). Serve hot. Very good.

## SWEET AND SOUR PORK RIB



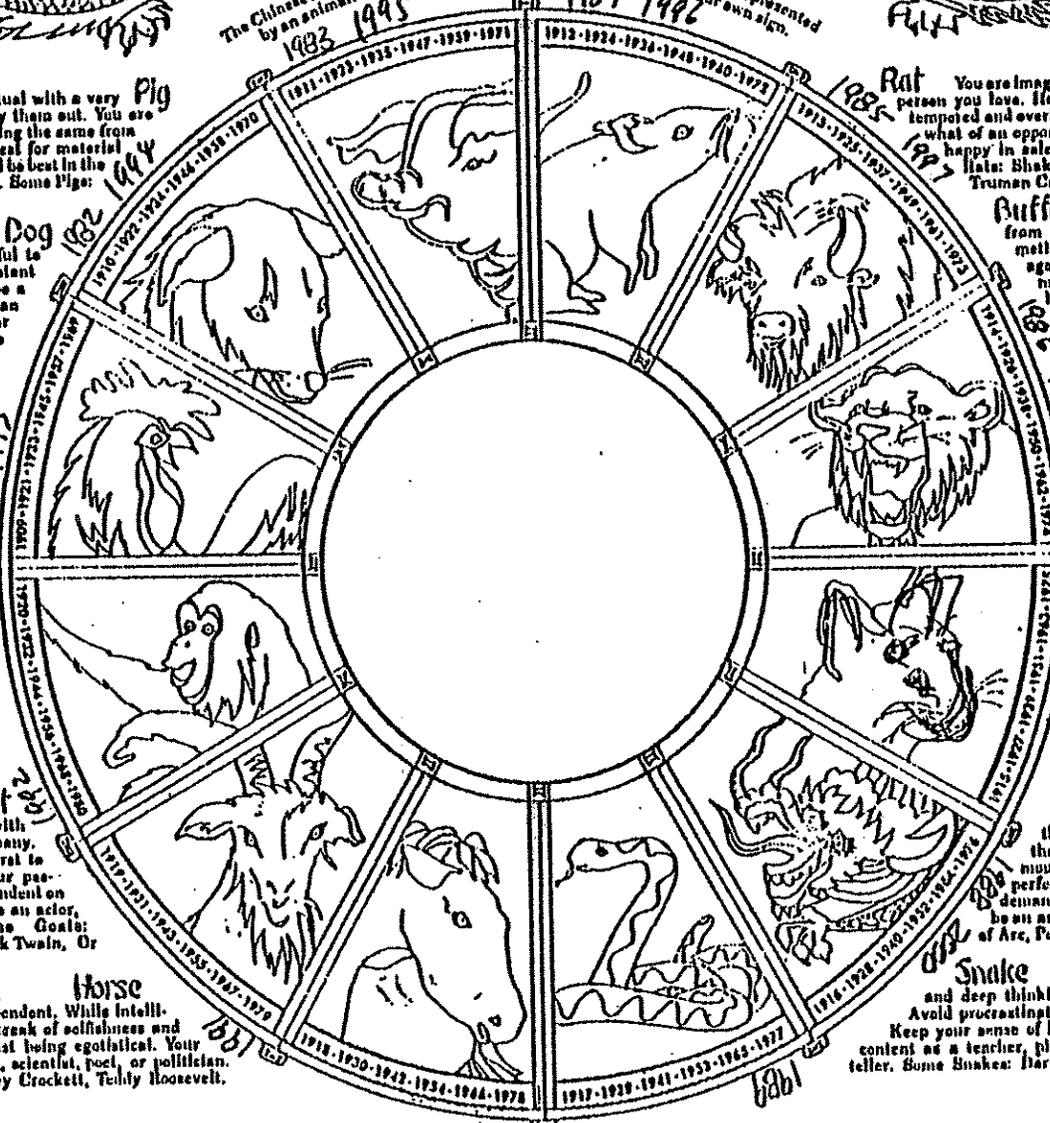
Cut pork ribs into three sections - so that each piece of bone is one inch long. Again the simplest way is to ask the butcher to cut the strip of ribs into three sections. Cut between each rib to make bite size pieces. Marinate ribs in soy sauce for 15 minutes. Heat oil - 2 inches in the wok. Coat the ribs with cornstarch. Fry until brown (2 minutes). Remove ribs and reheat the oil. Once again fry the ribs until crispy. Keep hot in oven.

Seasoning Sauce: 4 tablespoons of vinegar, 4 tablespoons of sugar, 3 tablespoons of water, 3 tablespoons of cornstarch, 1 teaspoon salt, 1/2 teaspoon sesame oil. Stir fry green pepper (1 inch square) and pineapple (1 inch square), add seasoning sauce and stir until thickened. Turn off heat, add pork, mix and serve immediately.

# Chinese Zodiacs

Charming, Witty, Gallant, Wise — Recognize Yourself?  
Stingy, Selfish, Cunning (must be somebody else!)

The Chinese Zodiac is based on a twelve year cycle — each year being represented by an animal. Find the year you were born to determine your own sign.



**Pig** 1983, 1995  
You are a splendid companion, an intellectual with a very strong need to set difficult goals and carry them out. You are sincere, tolerant, and honest but by expecting the same from others, you are incredibly naive. Your quest for material goods could be your downfall. The Pig would be best in the arts as an entertainer, or possibly a lawyer. Some Pigs: Albert Schweitzer, Ernest Hemingway.

**Dog** 1982, 1994  
The Dog will never let you down. Born under this sign you are honest, and faithful to those you love. You are plagued by constant worry, a sharp tongue, and a tendency to be a fault finder, however. You would make an excellent businessman, activist, teacher, or secret agent. Some Dogs: Socrates, George Gershwin, Benjamin Franklin, Herbert Hoover, David Niven.

**Rooster** 1981, 1993  
The Rooster is a hard worker; shrewd and definite in decision making, often speaking his mind. Because of this, you tend to seem boastful to others. You are a dresser, flashy dresser, and extravagant to an extreme. Born under this sign you should be happy as a restaurant owner, publicist, soldier, or world traveler. Some Roosters: Huxley, Kipling, Carnot, Groucho Marx, Peter Ustinov.

**Monkey** 1980, 1992  
You are a very intelligent and a very clever wit. Because of your extraordinary nature and magnetic personality, you are always well-liked. The Monkey, however, must guard against being an opportunist and distrustful of other people. Your sign promises success in any field you try. Some Monkeys: Julius Caesar, de Vinc, Harry S. Truman, Elizabeth Taylor.

**Goat** 1979, 1991  
Except for the knack of always getting off on the wrong foot with people, the Goat can be a charming company. You are elegant and artistic but the first to complain about things. Put aside your pessimism and worry and try to be less dependent on material comforts. You would be best as an actor, gardener, or bescomber. Some Goats: Michelangelo, Rudolph Valentino, Mark Twain, Orville Wright.

**Horse** 1978, 1990  
Your capacity for hard work is amazing. You are your own person — very independent. While intelligent and friendly, you have a strong streak of selfishness and sharp cunning and should guard against being egotistical. Your sign suggests success as an adventurer, scientist, poet, or politician. Some Horses: Hembrandi, Chopin, Davy Crockett, Teddy Roosevelt.

**Rat** 1985, 1997  
You are imaginative, charming, and truly generous to the person you love. However, you have a tendency to be quick-tempered and overly critical. You are also inclined to be somewhat of an opportunist. Born under this sign, you should be happy in sales or as a writer, critic, or publicist. Some Rats: Shakespeare, Mozart, Churchill, Washington, Truman Capote.

**Buffalo** 1986, 1998  
A horn leader, you inspire confidence from all around you. You are conservative, methodical, and good with your hands. Guard against being chauvinistic and always demanding your own way. The Buffalo would be successful as a skilled surgeon, general, or hairdresser. Some Buffalos: Napoleon, Van Gogh, Walt Disney, Clark Gable, Richard Nixon.

**Tiger** 1987, 1999  
You are sensitive, emotional, and capable of great love. However, you have a tendency to get carried away and be stubborn about what you think is right; often seen as a "hothead" or rebel. Your sign shows you would be excellent as a boss, explorer, race car driver, or matador. Some Tigers: Marco Polo, Mary Queen of Scots, Dwight D. Eisenhower, Marilyn Monroe.

**Rabbit** 1988, 2000  
You are the kind of person that people like to be around — affectionate, obliging, always pleasant. You have a tendency, though, to get too acrimonial and seem superficial. Being cautious and conservative, you are successful in business but would also make a good lawyer, diplomat, or actor. Some Rabbits: Confucius, Einstein, Oran Welles, Rudolph Nureyev.

**Dragon** 1989, 2001  
Full of vitality and enthusiasm, the Dragon is a popular individual even with the reputation of being touchy and a "big mouth" at times. You are intelligent, gifted, and a perfectionist but these qualities make you unduly demanding on others. You would be well-suited to be an artist, priest, or politician. Some Dragons: Joan of Arc, Pearl Buck, Freud.

**Snake** 1990, 2002  
Rich in wisdom and charm, you are romantic and deep thinking and your intuition guides you strongly. Avoid procrastination and your stingy attitude towards money. Keep your sense of humor about life. The Snake would be most content as a teacher, philosopher, writer, psychiatrist, and fortune teller. Some Snakes: Darwin, Edgar Allan Poe, Lincoln.



## 1997 International Award

**D**ANIEL Y. C. FUNG, Professor of Animal Sciences and Industry at Kansas State University, Manhattan, is winner of the 1997 International Award. The award, consisting of \$3,000 and an engraved plaque, honors an IFT member or organization for the promotion of an international exchange of ideas in the field of food technology or in a practical successful transfer of food technology to a developing nation or to an economically depressed area in a developed nation.

Fung is well known by his tireless efforts in promoting rapid methods and automation in microbiology throughout the world to upgrade techniques and procedures to isolate, identify, characterize and enumerate microorganisms from food, water, clinical samples, and environmental specimens. He has directed and conducted an annual international workshop on rapid methods and automation in microbiology for more than 16 years and trained more than 1,400 scientists around the world. Furthermore, he has taken the workshop to numerous countries outside of the United States during the past ten years, training numerous scientists in host countries. Because of his pioneering work and continuous endeavor, the awareness and adoption of these new microbiological procedures have been greatly heightened. This has helped to promote better health and safer food for citizens worldwide.

While a student at Iowa State, his original research on miniaturized microbiological techniques have helped revolutionize the field of clinical and food diagnostic microbiology. He excels in research on *Staphylococcus* enterotoxins; new dye-media for rapid identification of food pathogens; effects of antioxidants on bacteria, yeast and mold; and detection, enumeration, identification, and control of food pathogens in meat and food microbiology. He also discovered a class of membrane-bound enzymes which can stimulate the growth of food pathogens, thereby enabling scientists to detect them more rapidly. He received a patent for this work.

Yet another research contribution is in the food fermentation arena. Fung and his colleagues in chemical engineering worked on the fermentation of soy milk produced by a rapid hydration hydrothermal process. They developed many acceptable formulations for soy yogurts, including a series of frozen yogurt formulations from soy milk made by this process. They also studied the microbiology of tofu and safer tofu products. This research gave Fung a wealth of firsthand knowledge of rapid methodologies and applied microbiology, and equipped him to truly express his talents on an international scale.

Between 1975 and 1980, while traveling and lecturing about rapid methods and automation in microbiology, he conceived the idea of bringing the techniques, manufacturers, and users of diagnostic kits and new instruments together in an International Workshop on Rapid Methods and Automation in Microbiology. Along with close colleagues, he established the first workshop in 1981 at Kansas State University. Now in its 16th year, the workshop has rapidly gained in reputation and status, attracting scientists from more than 40 countries. Thus, the field of rapid methods and automation in microbiology spreads all around the world through these enthusiastic, dedicated former students and participants. Scientists from other countries have recognized the value of such a workshop and invited Dr. Fung to organize workshops in their countries. With their assistance, he has staged numerous "mini-workshops" around the world.

Fung has been very active in international affairs at IFT. He helped form the IFT International Division, and was serving as chair when the Division was officially approved in 1994. Concurrently, he was appointed chair of the International Relations Committee (now the Committee on Global Interests). All these activities helped to encourage IFT leaders and members to look at globalization of IFT activities in the near and far futures. Through his interaction with domestic and international scientists, Daniel Fung has demonstrated that he has made the world a better place in his sphere of influence. He was named an IFT Fellow in 1995.

