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Information Desk Support Staff (Chinese)

Kei Katou

Breakfast in Shanghai, China

As a proverb says, the year's measure is in the Spring, and the measure of the day is in the morning. The year starts in the Spring when birds sing, people enjoy the fragrance of flowers, and living beings are reborn

We start the day with an excellent breakfast: Western, Japanese, and Chinese. Westerners have bread, milk, cornflakes, and so on for breakfast. Japanese people eat rice, natto, grilled fish, and miso soup.

In China, people have various kinds of breakfast according to ethnicity, region, and taste. Some like noodles, others have porridge and pickles, and some even go to restaurants for Dim Sum. So different!

Recently, the health consciousness among people has risen. Health-oriented breakfasts got attention. Besides their favorites, people are getting keener on having breakfast with a wider variety of

nutritional value and colorful looks. They spend more time having breakfast than before. Here, we eat breakfast daily even though society and our way of thinking have changed a lot.

Today, I would like to introduce breakfast in Shanghai, China, which I drool over, and it remains the taste of my unforgettable childhood: 'Sidajingang,' Dim Sum includes 'Da Bing,' 'You Tiao' 'Dou Jian,' and 'Ci Fan'.

Da Bing

It is almost like bread. Ferment flour, mold it, dust it with sesame seeds, and bake it in the toaster to get Da Bing. When you put lard and chopped chives into flour, you can have salty Da Bing. If you put fat and sugar, you can make sweet Da Bing. Freshly baked Da Bing is delicious and crispy with the scent of sesame seeds.



You Tiao



Combine flour with eggs and cut the dough into small pieces. Put two pieces together and push slightly with chopsticks. Stretch, twist, and deep fry in hot oil. Fried bread! In Shanghai, most people put golden You Tiao on Da Bing and fold up Da Bing when they eat it.

Dou Jian

This is soy milk. Soak soybeans in water for 3-8 hours, mix in the blender, strain out with a cloth.

Add water and boil it for 5-10 minutes. You can drink it. It is very nice when you put Zha Cai pickles, dried shrimp, chopped chives, edible seaweed (laver),

and other ingredients in warm Dou Jian! Like soup!



Ci Fan

Cooked glutinous rice ball with You Tiao inside. We call it the Shanghai Rice Ball. Ci Fan makes you feel full longer. You will never feel hungry if you eat Ci Fan from breakfast till lunchtime!



Now, there are lots of authentic Chinese restaurants here in Japan. When you have a chance, please enjoy having some of these dishes there.

Information from Nerima City Regional Promotion Section

<Welcome to Information Desk at Cultural Exchange Square>

We provide all sorts of useful information in some languages for your daily life, including Japanese language classes and so on.

【Venue】 3-1-1、Hikarigaoka, Nerima City

【Telephone number】 03-3975-1252

【Open】 Weekday 10:00a.m.-1:00p.m.

Saturday, Sunday, holidays 1:00-4:00p.m.

※Closed: When Culture Exchange Square is closed, and the end of year and new year holidays.

【Languages】 English : Tue. Thu. Sat. Chinese: Wed. Fri. Sun.

Korean : Mon. ※Please make inquires for other languages.

<Please visit the Information Desk at Nerima City Office>

Counseling service in English, Chinese, Korean, Tagalog and Japanese is available at Nerima City Regional Promotion Section. Counseling on phone is also available.

【Venue】 Regional Promotion Office, 9th floor of Nerima City Main Building
6-12-1, Toyotamakita, Nerima City

【Telephone Number】 03-5984-4333

【Open】 1:00p.m.-5:00p.m.

【Languages】 English : Mon.~Fri. Chinese : Mon.~Fri.

Korean : Fri. Tagalog : Mon.

※For other languages, please make inquiries.

We hold events where Japanese and foreigners can interact with each other.

For more information

【Nerima City Official HP】

<https://www.city.nerima.tokyo.jp/gaikokunohitomuke/bunka.html>

【QR】



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