

華美食品學會

Chinese American Food Society Quarterly Newsletter

President's Message

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Contributors:

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Yen-Con Hung, Lucy Sun
Hwang, Fu-hung Hsieh, James
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Editor:

Judy C. K. Chan
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Dear CAFS Members,

Time flies! It is now less than 30 days away from this year's IFT meeting in Las Vegas. I hope to see you all there during the meeting. Also, do not forget to mark your calendar for this year CAFS Annual Banquet in the evening of July 14th (Wednesday). More detail can be found in this issue of newsletter.

As promised, update information about the 2nd "Food Summit in China – Growing the Chinese Food Industry in the 21st Century" is in this issue as well as on our website at www.cafsnets.org.

Special thanks go to Ms. Judy Chan, our wonderful Secretary who spent hours after hours to publish the Newsletters. Since joining CAFS during 2001 IFT Annual Meeting in New Orleans, she quickly became one of the most active members we have seen in years. Additional thanks also go to Dr. Martin Lo for keeping our bottom line in check, Dr. Fu-hung Hsieh and Dr. Peggy Hsieh for their guidance, and all Executive Committee Members for their assistance throughout the year.

Sincerely,

Kenny Chuang
Chuangk@pinnaclefoodscorp.com

親愛的會員大家好！

時光飛逝，距今年 IFT 年會只剩不到一個月了。希望能在拉斯維加斯見到你們，更希望大家都能參加學會的年度晚會。今年的晚會將在七月十四日（星期三）晚間假拉斯維加斯希爾頓大飯店舉行，詳情請參閱本期會訊。

在本期會訊中，您亦可找到有關第二屆的中國食品高峯會議：“二十世紀中國食品工業的成長與茁壯”的相關訊息。最新的會議訊息也將會在學會的網站(www.cafsnets.org)上刊登。

最後，我要感謝學會秘書陳竹君小姐近二年來對學會服務。陳小姐對學會活動的投入與供獻，是學會近年來成功不可或缺的原因！此外，我亦要感謝羅揚銘博士連年擔任學會財務長之職的辛勞，謝前會長們給我的支持與鼓勵，以及諸位執委員的協助。

莊梵
手卓于新澤西州近郊

Food Summit in China 2004

Beijing, 7-10 November, 2004 (tentative)

Growing the Chinese Food Industry in the 21st Century

SPONSORS AND DONATIONS PROGRAM

GOLD LEVEL A donation of US \$15,000 or more. Donor can designate a Speaker or Session Chair/Co-Chair, banner and program recognition in Chinese and English, special VIP tables at banquets and 4 complimentary registrations.

SILVER LEVEL A donation of US \$10,000 or more. Donor can designate a session Chair/co-Chair, banner and program recognition, special VIP tables at banquets and 3 complimentary registrations.

BRONZ LEVEL A donation of US \$5,000 or more. Donor gets program recognition, a session co-Chair, and 2 complimentary registrations.

OTHER OPPORTUNITIES Donor can underwrite the cost of a tea/coffee break or a lunch with the opportunity to exhibit their products and receive banner and program recognition. We estimate that a donation of about US \$2,000-2,500 would cover the cost of the AM/PM refreshment breaks.

Question? Please contact...

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中国食品科学技术学会
Chinese Institute of Food Science and Technology



I'm moving and I have already used the attached form to update my new address. Have you?

Election Results

Dear CAFS members:

Based on the ballots I have received, I am very pleased to report the results of 2004 CAFS election of Executive Officers: President-elect, James Moy; Secretary, Hong Zhuang; Treasurer: Y. Martin Lo; Executive Directors (2004-2006): Judy C. K. Chan and Sheree Lin.

On behalf the Nomination Committee, I want to take this opportunity to congratulate our newly elected CAFS officers and best wishes for a very successful year.

Sincerely,

Fu-hung Hsieh

Nomination Committee Chair

CAFS Executive Officers 2003 – 2004:

President-elect:	Steven Pao
Secretary:	Judy C. K. Chan
Treasurer:	Y. Martin Lo
Executive Directors:	James Moy Cindy Wu

CAFS Executive Officers 2004 – 2005:

President-elect:	James Moy
Secretary:	Hong Zhuang
Treasurer:	Y. Martin Lo
Executive Directors:	Judy C. K. Chan Sheree Lin.

A Note from the Newly Elected President-elect

Dear Members:

On behalf of all the newly elected CAFS officers for 2004-05, I would like to express my sincere thanks and appreciation for the generous support of all our CAFS members who cast their vote of confidence in the recent election. To carry out the activities of the CAFS in the coming year, we will try our best. But we alone cannot do it. We need the participation of all our members, the experienced and the young.

Under the capable leadership of all the past and current presidents and officers, the CAFS has been moving ahead with increasing visibility within and outside our profession. A few years ago, we were celebrating our 25th anniversary at Dallas. Next year, 2005, will mark CAFS's 30th birthday. To paraphrase the saying from one of the Chinese sages, 'One is beginning to be established when one reaches 30'. How shall we do it? We need ideas from our members. To receive and consider your idea, I propose that we set up a Mailbox. Every member is welcome to e-mail at anytime to any and all of the officers on matters concerning the CAFS, such as how to celebrate our 30th anniversary, things we can do to help our younger members who are entering the profession, to improve our image and financial standing, and to bring out questions and ideas you may have regarding foods, nutrition and health. We will make every effort to respond to your suggestion/question, and adopt it whenever appropriate.

In our quarterly newsletter starting with the September, 2004 issue, we will begin the Mailbox column with selected questions and answers. Please try this to see how it works. You can write anytime, and we will reply to you as soon as we can. You can use your real name or a pen name.

Thank you again for your support and cooperation. The Executive Committee members (officers) look forward to hearing from you and working with you.



James H. Moy
jmoy@hawaii.edu

Congratulations: Two CAFS Members Elected IFT Fellows 2004

YEN-CON HUNG

Dr. Yen-Con Hung's research is focused on applying the fundamentals of engineering science to biological materials to ensure the high quality and safety of food products. Freezing is an effective method of preservation that retains the quality of foods near their fresh state. Dr. Hung has done extensive research in modeling heat transfer during freezing and the effect of freezing on the quality of frozen foods. He has also developed a set of equations based on heat and stress analysis procedures to predict crack development during cryogenic freezing. This technology has been used for optimizing freezing process for different foods to prevent cracking. He has co-edited one book on "Quality in Frozen Food" and wrote 5 book chapters on food freezing. Because of his research achievement, he received the ASAE New Holland Young Researcher Award in 1995. He was appointed as one of the two U.S. representatives to the Commission C2 (Food Science and Engineering) of the International Institute of Refrigeration (IIR, an international treaty organization) from 1991 to 1999. Due to his leadership abilities, he was elected as a Vice-President of Commission C2 in 1999 for a 4-year term. He also chaired the IFT (Institute of Food Technology) Refrigerated and Frozen Foods Division last year. Currently he is on the organizing committee for the 2003 IIR Congress.

Heat treatment is commonly used by the food industry to kill harmful bacterial and ensure the safety of foods. However, heat may destroy nutrients, change food appearance, and quality. Dr. Hung started working on water electrolysis in 1997 as an environmental friendly alternative non-thermal treatment to ensure the safety of foods. Generated on-site, electrolyzed (EO) water is formed by electrolyzing a dilute sodium chloride solution (less than 0.1 %) that is subsequently separated into an acidic fraction and a basic fraction. EO water obtained from the anode side has a very strong bactericidal and virucidal effect. In a short five years, Dr. Hung received over \$870,000 in grants and contracts to support his EO water research. He has also published 15 scholarly-refereed scientific journal articles on his EO water re-

search findings and another 4 manuscripts are in preparation.

He has been invited to give lectures on EO water in Japan in 1999 and 2000. Last year, he has also been invited



by the Taiwan National Science Council to introduce the EO water technology to Taiwan. Impact of Dr. Hung's EO water research to food industry can be demonstrated by the strong interest of various food industry trade magazines (Poultry, Oct/Nov. 2000; Food Quality, Dec. 2000, Produce News, Sep. 4, 2000) to his research work. In addition, ABC and CNN interviewed him on his EO water research in early 2000. Because of the numerous potential food and non-food applications, Dr. Hung's electrolyzed water research has also appeared in the Science News magazine (Volume 158(14): 221 in 2000) and Popular Science magazine (December 2000, p. 28). He has filed an US provisional patent application on March 5, 2002 on enhancing the properties of EO water and the technology has been licensed to a US company.

Food quality and safety related issues also have no country or regional boundary. He is a team member with five other scientists on a USAID funded project to work with scientists from Nigeria and Ghana and their effort won the IFT International Award in 1991. Dr. Hung has also conducted training for USDA-FAS, FAO and other agencies for scientists from different countries. He was invited by the China State Department in 1998 to lead a team of scientists to help China solve their agricultural problems. He has also organized, chaired, and invited to speak at many international conferences.

LUCY SUN HWANG

Dr. Lucy Sun Hwang's areas of specialty are food lipids, natural pigments, health effects of food components. She is now focusing on the preparation, analysis and biological evaluation of functional ingredients. She has published 87 original research papers in refereed journals, 5 book chapters. She also has 64 presentations at international conferences.

Dr. Lucy Sun Hwang was one of the pioneer food science researchers in Taiwan. Graduate Institute of Food Science and Technology was established at National Taiwan University in 1976, it was Taiwan's first institution which offered graduate program in food science. Dr. Hwang has been a leading faculty of the institute since its establishment. This Institute has become the model of food science graduate education in Taiwan and Asian Pacific region. Dr. Hwang, therefore, has served in many advisory committees of government agencies (a partial list of the committees are provided in item 3). She is the chairperson of the Committee on Strategic Planning and Evaluation of National Projects in Food Science and Technology. All the food science related projects supported by different government agencies will

(Continued on page 5)

IFT Symposia Moderated by CAFS Members

~ Reported by Judy Chan

High moisture extrusion: Science, technology and applications

Session 41: Room N-112
Wednesday, 9:00 AM

Sponsor: Product Development Division
Cosponsor(s): Food Engineering Division
Chinese American Food Society
Moderator(s): K. Liu, Univ. of Missouri, Columbia
F. Hsieh, Univ. of Missouri

- 9:00 Introductory Remarks
9:05 41-1 Overview of high moisture extrusion technology, K. LIU, F. Hsieh
9:35 41-2 Reactive extrusion of starch: Continuous production of starch graft copolymers, J. L. WILLETT, V. L. Finkenstadt
10:05 41-3 High moisture extruded soy proteins and their benefits in market place, Y. LI
10:35 41-4 High moisture extrusion of whey proteins, C. I. ONWULATA
11:05 41-5 High moisture extrusion for making restructured meat products, A. D. CLARKE
11:35 41-6 Unique uses of intermediate-moisture extrusion, R. D. PHILLIPS

Product and technology development of popular traditional Asian and Hispanic condiments and seasonings

Session 59: Room N-228
Wednesday, 2:30 PM

Sponsor: Religious & Ethnic Foods Division
Cosponsor(s): Product Development Division
Chinese American Food Society
Moderator(s): Y. W. Huang, Univ. of Georgia
S. R. Uhl, Horizons Consulting

- 2:30 Introductory Remarks
2:35 59-1 Overview of traditional condiments and seasonings in Northeastern Asia, Y. W. HUANG, C. Y. Huang
3:05 59-2 Traditional Southeastern Asian condiments and spice blends, S. R. UHL
3:35 59-3 Overview of traditional Indian condiments and seasonings, S. HIRWAY, C. Carr
4:05 59-4 Seasonings and condiments from Mexico and the Caribbean, J. LA MARTA
4:35 59-5 Product and technology development of traditional Central and South American and Caribbean Hispanic condiments and seasonings, Y. ALBORNOZ
5:05 59-6 Product and marketing development of condiments in the U.S. for Asian and Hispanic foods, J. RASHID

Congratulations: CAFS Members Elected IFT Fellows 2004 (Cont'd)

be annually evaluated by this committee under National Science Council. The long term direction of the nation's food science research is strategically planned by this committee. She is also the chair of the Advisory Committee on Food Safety, Department of Health. This committee evaluates all the food safety issues in Taiwan, from food additives to GMO. She is the chair of the Technical Advisory Committee on Food Industrial Technology Development, Ministry of Economic Affairs. She always has to invite representatives from different industries, research organizations and academic institutions to locate the needs of Taiwan food industry and find the solutions to fulfill these needs.

Dr. Hwang is currently a professor at the Graduate Institute of Food Science and Technology, National Taiwan University, Rep. of China. She received her Ph. D. degree in Food Science from Rutgers University in 1976. After working for Hoffmann-La Roche, Inc. as a Senior Scientist for two years, she returned to Taiwan in 1978 and started her academic career at National

Taiwan University. She was promoted to full professor in 1982 and was the Director of her Institute from 1988 to 1991. Her enthusiasm in teaching and research has won her the highest honors in teaching and research from her nation. In addition, she has 17 Ph. D. graduates and 51 MS degreed students. Her students are well-recognized in the food science profession in Taiwan. Many of her former students are holding important positions, such as the President of Chinese Institute of Food Science and Technology (now known as Taiwan Association for Food Science and Technology), vice President of Hungkuang University, Dean of the College of Health Care and Management, Chung Shan Medical University, etc.

Dr. Hwang is the executive board member of John Tung Foundation which is the most famous non-profit organization on health promotion in Taiwan. Dr. Hwang helped them to develop programs to promote nutritionally balanced "Campus Foods" (food products which are allowed to sell on the campus stores of elementary and junior high schools).

Aquatic Food in China: A Historical Perspective

by Jacqueline M Newman

FISH and other aquatic items were important foods to the ancient Chinese. One author described the scene then as a country 'teeming with fish and rice.' Another advised that in those early times fish were eaten raw or cooked, flavored or plain. A third wrote that they were the principle animal foods in use long before the Zhou or Han Dynasties (1045 - 256 B.C.E. and 221 B.C.E. to 206 C.E., respectively). Still others said that aquatic foods were accompaniments to the main or staple foods, which in ancient times were mostly millet and rice, and that fish were highly praised for their flavor. The Chinese aquatic larder was such, that the people who could get them, mostly ate fish with fins; they also consumed some clams, oysters, snails, turtles, and tortoises.

In *The Book of Odes*--better known as the *Shi Ching*, which was written before 600 C.E., indicated how to prepare these items; it was an important topic. Some detail was about how to boil, steam, bake, roast, and pickle them. These cooking techniques are still in use today. The thirteen species mentioned in that early volume were: sturgeon, snout fish, carp, lucky fish, roach, rudd, bream, mud fish, long fish, tench, yellow jaw, eel, and a tench in another fish family. At that time, a poem said there were three main ways to catch fish. It specifically mentions using bamboo rod or a net, or making a dam and trapping them.

In the *Zhou Li* or *Rites of Zhou*, which was published long before the *Book of Odes*, there is a description of a major manager, a Fisheries Superintendent. He led a staff of fourteen assistants, thirty clerks, and three hundred laborers with the combined task of presenting the king with 'fish in season.' Another early look at foods from sea and rivers can be found studying the first Marquis of Tai. His wife died at the age of fifty in the year 168 B.C.E. Those who unearthed her tomb found it packed with fifty-

About the Author:

Professor Emeritus of the Queen College, New York, Jacqueline Newman is a historian on Chinese food, Chinese cooking. Newman is also a collector of over 2600 Chinese cookbooks, books on Chinese herbal medicine, and haute Chinese cooking magazines. Currently, she is the editor of an award-winning quarterly, Flavor and Fortune.

Flavor and Fortune, a magazine of the Institute for the Advancement of the Science and Art of Chinese Cuisine, features a wide range of articles on Chinese culinary art and history. To find out more about Flavor and Fortune, interested members can visit its website at <www.flavorandfortune.com>



Purity and Prosperity by Wu Zhang Yen
<www.chinesepaintings.com>

one vessels, most loaded with foodstuffs. In them, among other things, were four kinds of carp and two different kinds of bream.

These are just some of the only early sources of information about aqua-edibles. Early bamboo strips discussed fish. The one known simply as Number Eleven tells about kings at that time, others tell that fish were salted and dried for them. In the Han Dynasty, which ended in 206 C.E., records indicate fish not only boiled or steamed, some were braised, others shredded and eaten raw. Five hundred years earlier, one record discusses yellow river fish, turtle, and tortoise, and mentions raising carp fish in ponds.

Clearly, there is much advise that fish and their aquatic cousins were popular raised, cooked, and eaten other ways. People think that some are new, but history tells us that how fish is handled today was done long before today. We know all too little about the specifics of fish or other foods eaten in China thousands of years ago. We correctly assume turtle an ancient favorite. Those that read the *Shu Ching* or *Book of Documents*, written circa 600 B.C.E., learn that giant turtles were presented as tribute to the Emperor's Court. In that volume, turtles are mentioned twice, once was about roasting and serving them with fish at a feast for

(Continued on page 7)

**THE IFT 2004
ANNUAL
MEETING
+
FOOD EXPO**

**Monday, July 12
to
Friday, July 16
Las Vegas, Nevada**

Your are Invited!

Interested members are welcome
to join our upcoming
Executive Committee Meeting!

Tuesday, July 13, 2004

**12:15 to 1:30 pm
International Lounge
IFT Food Expo 2004**

Come...

**Observe our discussion
Listen to our ideas
Share your thoughts!**

Aquatic Food in China: A Historical Perspective

a visiting lord. A second time was when they served soft shelled turtles at a drinking party to celebrate a victorious campaign. Many know about early stewed turtle, but from another source. It was mentioned in the *Elegies of the South*, a poem intended to entice a lost soul to return home.

Turtle in ancient China was not tended by the fish manager. There was a special shellfish keeper with responsibilities to tend not only turtles, but also clams, oysters, snails, and ant eggs. While this chap was important, he was not equal to the one in charge of fish. We know that because he only had eight assistants and sixteen laborers.

Not many Chinese think about pickled fish, nor do they eat them prepared that way now. However, they were mentioned in the *Li Chi*. Touted was *kuai*, finely sliced fresh animal food. What is unusual is that in the *Li Chi*, it says, 'take beef, lamb, or fish, slice in sections, and further slice thinly in two directions.' Think about how you mince foods with a cleaver. Can you see why this is interpreted as mincing meats and fish? Though no citation was specific then about eating these

minced foods raw, later, Chinese culinary historians say they were. Raw meat consumption lost favor at the end of the Zhou Dynasty, but preparing fish by *kuai* remained popular.

Aquatic foods have been important dietary components in ancient China and are still popular today. Besides the three ways to catch them, hooks and harpoons have been found in Neolithic villages and in river valley communities. As more of them are unearthed or discovered, more will be known about which, where, why, and how these and other foods were eaten.

Nowadays, many people in the Guangdong province eat fish daily. It is said that nearly two-thirds of them come not from the river or the sea but from prepared man or woman tended ponds. Have you heard that if you try every kind of fish consumed in China it would take you, eating a different one every day, more than a year. Are you up to that challenge? Speaking of challenges, maybe you know the tale that there are ninety-nine ways the Chinese catch fish. Should you ask, why not a hundred, the reply would be, if there were a hundred ways to catch fish in China, no fish would be left swimming anywhere to try the previous challenge.



華美食品學會

Chinese American Food Society

4669 Executive Drive
Portage, Michigan 49002

Visit CAFS on the Web!
www.CAFSnet.org

My Last Editor's Note

Dear CAFS members,

It's a great pleasure to work with the team of supportive and dedicated CAFS executive officers and members in the past two years. Many many many thanks to everyone: Kenny for introducing me to this respectable society, YiFang for updating the membership directory and preparing the mailing labels, Dr. F. Hsieh for proofreading and re-proofreading my last minute drafts without questions, Dr. P. Hsieh for her kind advise and guidance, Dr. Lo for providing all the funding necessary for the newsletters, Drs. Moy and Pao for their prompt responses of all of my e-mails, and finally, many individuals who e-mailed me and provided me with support and comments. Thank you!

I am very grateful for the opportunity to serve as your Newsletter Editor . CAFS provides me with a place to make mistakes, learn, and grow. Communication, interpersonal, and publishing skills are gained and applied to other aspects of my professional career. These benefits may be subtle, but I am certainly a more confident and determined graduate student than I was two years ago. Student members: if you are looking for an opportunity to expand your horizon, CAFS is the place to be!

Before I finish my last duty as your Editor, I would like to ask you all to join me welcome and support our newly elected Secretary 2004/05, Hong Zhuang. Thank you again and look forward to serving you as an Executive Director in 2004-06!

With my warmest regards,
Judy C. K. Chan
Newsletter Editor

CAFS ANNUAL BANQUET

Our next CAFS Banquet will take place during the IFT Meeting in Las Vegas!

Bring your colleagues, meet old friends, and enjoy a fantastic buffet dinner. Space is limited; please reserve your seat now and take advantage of our early bird discount. Reservation can be made by sending a check to or e-mailing:

Treasurer: Dr. Y. Martin Lo yl89@umail.umd.edu

	EARLY BIRD Reserve before June 30	After
Member and Spouse:	\$30	\$35
Student member or children:	\$20	\$25
Non-member and Spouse:	\$35	\$40

Details:

July 14, 2004
6:00 pm

Las Vegas Hilton
at the Convention Center
Room Pavilion 11

Buffet Menu:

Vegetable Egg Roll
Thai Chicken Salad
Shrimp Fried Rice
Beef Lo Mein
Lemon Chicken
Desserts
Coffee / Tea