

CHINESE AMERICAN FOOD SOCIETY

Quarterly Newsletter

Volume 22, No. 1

December, 1999

The Chinese American Food Society (CAFS) newsletter is published quarterly by CAFS for its members. Contributions of articles, news or suggestions are most appreciated, and should be sent to CAFS Newsletter Editor: Dr. Keshun Liu, email: keshun.liu@monsanto.com fax: 870-673 2838.

About CAFS

The Chinese American Food Society (CAFS) was founded in 1975 by a group of Chinese food science professionals residing in North America, with a mission to promote advancement of food science and technology through common cultural and scientific interests. With years of efforts, CAFS has now grown to be an organization of more than 300 members, including life members, regular members, and student members. There is a high level of cooperation and genuine friendship among its members. As an old Chinese idiom indicated, strength and power can only be generated through cooperation. With your participation and support, CAFS can grow better and stronger.

How to Join CAFS?

It is as easy as ABC. Just fill out the application form at the back of this newsletter. Then, along with your annual due payment by your check payable to CAFS, send it to:

Dr. Albert Hong
491 Stainwood Terrance
Buffalo Grove, IL 60089, USA

The CAFS welcomes you to join in anytime!
The sooner, the better.



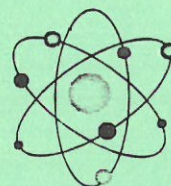
Website for CAFS

A CAFS website has been created for you to access via Internet, with the help of our web master: Drs. John Shi and Andrea Su and of our past president, Dr. Yen-con Hung. The web address is

<http://www.griffin.peachnet.edu/cafs>.

There is also an alternative address:

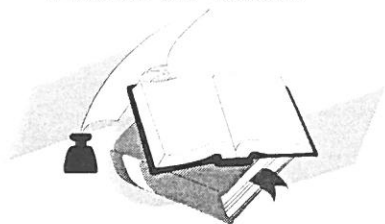
<http://www.uoguelph.ca/~jqvan>. Anyone is welcome to visit the website. Even if you are not a member, you can still access to most information on the site, and can even sign up for joining the society.



Statement of Position

The Chinese American Food Society (CAFS) is a non-political and non-profit organization dedicated to the scientific and professional betterment of its members. The members of CAFS wish to interact with all scientists based on common cultural and scientific interests. CAFS takes no political stand or preference. Selection of materials for all CAFS publications is based solely on the scientific content and general interest. Any inadvertent connotation should not be deemed as the official position of CAFS.

Editorial Note:



Here comes the holiday season with Thanksgiving being just over and Christmas just a few weeks away. This year's holiday season is particularly worthy of everyone's celebration because we are entering the new millennium: the 21st century. This issue of CAFS newsletter arrives at your hands just at this special time, as if its delay would be on purpose.

Highlighted in this issue are some major events associated with CAFS within the past half year. In July, during IFT Annual Meeting at Chicago, CAFS announced newly elected officers for the year 1999-2000 (see President message, Page 2, and back page). During the meantime, we also have quite a few new members joining in CAFS. We certainly welcome our new members, and at the same time honor these members who have actively been involved in CAFS, particularly our immediate past-president, Dr. Sam Wang, past-president, Dr. Yen-Con Hung, and past treasurer, Dr. Hongda Chen. For a smooth transfer of his duties, Hongda even provided us a closing report on our financial aspect (refer to Page 6).

In October, by invitation, quite a few CAFS members attended the International Conference on Oriental Foods held in Beijing. Almost all the CAFS participants gave a presentation and served as a co-chair for a session. In recognizing CAFS active participation and strong support of the conference, the conference organizer, Chinese Institute of Food Science and Technology sent us a Thank-You letter, as shown in Page 4. In commemorating this event, a few participants even wrote articles to share their experience with us. For all these glories, it would not have happened without strong promotion and support of our immediate past president, Dr. Sam Wang, who prompted CAFS as a co-sponsor of the meeting.

While reading through the newsletter, please do not forget to response to Dr. Yaw-Wen Huang's call for submitting your articles describing your achievement, experience with CAFS and/or your thought about CAFS. These articles will to be included in a Commemorative Book to celebrate the 25th anniversary of CAFS (Page 2).

Finally, I wish all our CAFS members and families a splendid holiday season. As I enter the second year as the newsletter editor, I would like to take this opportunity to express my thanks to you for all your support, particularly to those who contribute articles and/or provide information.

--- Keshun Liu

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President's Message

by Amos Wu

Dear Fellow Members of CAFS:

Do you remember the annual IFT meeting at Chicago in July? Obviously, IFT Expo is one of the most significant food shows in the world. Also, the seminars and other activities are great. The food trend is moving so rapidly that it's hard to keep up if you don't interact with other food professionals. Were you one of the one hundred and fourteen some people who attended the CAFS annual banquet? In addition to information sharing and award ceremony, do you remember Dr. Fung's "talent show" and his lighthearted comments? I hope the banquet was a good experience for you and, please let us know if you have any comments so we can improve ourselves.

At the banquet, I mentioned the word "Balance" as the theme of CAFS' activities for this year. Our lives are full of choices, especially in this country. Nobody can just do what is only good or proper in one dimension all the time. Everyday, we need to strive for balance: to balance between career and family; work and play, action and rest, ideation and implementation, Chinese heritage and American environment, etc. As a professional

organization, CAFS is trying to balance the needs for the new and experienced members. To do that, we will: 1) Update and issue membership directory, 2) Issue membership certificates for Life Members and membership card for paid members, 3) Commemorate the 25th year of CAFS during next annual banquet, 4) Conduct career development program for student members, 5) Cosponsor a technical session at next IFT meeting, and 6) Add "News of People" section to Newsletter, just to name a few.

In less than a month, it will be the year 2000. We will be facing our shares of challenge of Y2K. For people working in the industry, there may be more mergers, more right (down) sizing, job reassignments, etc. For our friends in the academia, there may be tougher competitions to obtain grants. We need to search for better ways to do things, not necessarily cheaper ways, but more efficient ways, while improving overall work quality. It would be really nice if we can use CAFS as a vehicle, to consult, to share, and to advise other members. To promote these types of interaction, it takes more than the president and a group of proactive, hard working, and team oriented Executive Committee Members. Every member is a valuable resource and I would like to ask you to step forward and get involved. I can testify that this involvement is very rewarding, it will improve not only other's but also yours career. Let's make CAFS a great place for new members and members assuming new positions to get up-to-speed with what is happening in the industry in a hurry. Have a great autumn everyone!

From the Desk of Long-range Planning Committee Chair

By Yao-Wen Huang

Time flies. The steps for entering the new millennium become closer. As the Committee planned, we are going to publish a Commemorative Book to celebrate the 25th Anniversary of the CAFS in the year 2000. We are asking you to send us something to give testimony for the history of our Society. Please write down something including, but not limiting to, your thought, experience in the Society, memory of the early days of the Society, and/or expectation for the Society (also include old pictures for the Society activities)... This can be few sentences or one typed page-long. Please send them to me. Please also send your achievement, awards, and book publications to Dan Fung. Please also send your advertisement or donations to Cathy Ang. We are working on the book now and will be completed soon. We want to include everybody's contribution for the Book. This is our Book to show the world that Chinese American have made contribution to the areas of food science and technology. We will widely distribute the Book. The deadline for submitting is January 15, 2000. Remember, YOU should be in the BOOK!!!



News Bites



Just Married: Congratulation to Ms. Andrea Su and Mr. James Stange. The couple were married on October 9, 1999 at First Baptist Church, Ferguson, Missouri.

Job Promotion: Rei-young (Amos) Wu has been promoted to Technical Capability Leader, the top technical position for Quaker Oats Company. He becomes the youngest person ever being promoted to this level. Amos is now one of two Quakers currently holding the position. Previously, he was a Principal Engineer at Quaker Oats North America Technical Service Department. His recent contributions to the company resulted in successful introductions Quaker Fruit & Oatmeal Bars and Quaker Crispy Minis.

Job Relocation: Keshun Liu, in the recent downsizing wave, has been promoted to Senior Research Specialist on Food Applications with Monsanto Corporate Research Department. He will be relocated from his current site, Stuttgart, Arkansas, to Monsanto headquarters, St. Louis, Missouri, by the end of this year.

Books Presented: In the recent trip to Beijing for attending ICOF'99, Dr. Yao-Wen Huang, brought three copies of the Asian Foods book (co-edited by three CAFS members: Cathy Ang, Keshun Liu, and Yao-Wen Huang) with him. One was presented to Professor Q. Nan of the Beijing Agriculture University. One was to Professor Z. Luo of the Shanghai Fisheries University, and the other one was to Dean Li of Hangzhou Institute of Commerce for their Departments. Dr. Keshun Liu brought two copies of the Asian Food also. One was presented to Chinese Institute of Food Science and Technology, and the other was given to China National Library located in Beijing along with his second book, Soybeans: Chemistry, Technology and Utilization.

Dietary Guidelines and Food Guide Pagoda for Chinese Residents--Now Available in English

by Kristen McNutt, Ph.D., J.D.

Publication, in English, of the *Dietary Guidelines and Food Guide Pagoda for Chinese Residents* marks a significant milestone in the world of international nutrition. As is true for many national health policy documents around the world, this publication is the result of several years of critical thinking and thorough scientific analysis by many Chinese nutritionists. Since April of 1997, this document has served as the foundation of public and school nutrition education and of health and agricultural planning for the People's Republic of China. However, until now, English speaking international nutritionists were unable to appreciate its significance and to learn from these nutrition recommendations to the Chinese people. The English translation, edited by Ge Keyou, President of the Chinese Nutrition Society and Professor at

the Institute of Nutrition and Food Hygiene of the Chinese Academy of Preventive Medicine and by Kristen McNutt, a member of the Chinese American Food Society, was published in the June issue of the journal, *Nutrition Today*. For a reprint, please send a 77-cent stamped self addressed envelope to Kristen at the address below. Kristen McNutt, Ph.D., J.D., 28W 176 Belleau Drive, Winfield, IL 60190 Phone: 630-293-1996, Fax: 630-293-9124, KristenMcNutt@compuserve.com

Editor's note: Dr. Kristen McNutt is President of Consumer Choices Inc. and Editor of Consumer Magazines Digest

感谢信 (A Thank-You Letter)

华美食品学会：

由中国食品科学技术学会和国际食品科技联盟共同主办的东方食品国际会议于1999年10月11-14日在中国北京举行，并获得圆满成功。华美食品学会作为本次会议的协办单位之一，做了大量卓有成效的工作。参会代表的发言，得到了与会代表的强烈反响和好评。

在此，我谨代表中国食品科学技术学会，东方食品国际会议组委会向贵学会，通过你们向本次会议的顺利召开做出贡献的华美食品学会的同仁表示衷心的感谢和诚挚的敬意。

本次会议是一个很好的开端，我相信今后我们两学会之间将有更广阔的合作前景。

中国食品科学技术学会，国际部主任 邵薇
(Chinese Institute of Food Science and Technology)

一九九九年十一月五日发自北京

ICOF'99 and CAFS Participation by Keshun Liu

The International Conference on Oriental Food was held in Friendship Hotel, Beijing, on October 11-14, 1999. The meeting was co-organized by Chinese Institute of Food Science (CIFST) and Technology and International Union of Food Science and Technology. The scheme for the meeting was "Oriental Foods Geared toward the 21st Century". The result was a great success; there were more than 800 participants, among them more than 130 were from aboard. About 500 abstracts were collected in the Book of Abstracts.

CAFS showed a strong support of the meeting. As early as August 1998, when the meeting was to be organized, Dr. Sam Wang made a trip to Beijing and discussed with CIFST colleagues on how CAFS could be involved and agreed that CAFS would be a co-sponsor for the meeting. Dr. Martin Lo was appointed as a liaison for North America region. Later, as meeting program finally laid out, CAFS helped make advertising the meeting event in North America by faxing flyers to many industrial institutions and making announcement in Food Technology and CAFS' own newsletter. During the meeting, quite a few CAFS members made a trip to Beijing and participated the entire event. They were Martin Lo, Yao-Wen Huang, Sam K.C. Chang, Yen-Con Hung, Hongda Chen, Yong-Jing Li, Shun Ku, and myself. All these participants gave a presentation, and most served as a co-moderator for a session.

As a CAFS member, although I came from Mainland, it was my first time to attend a professional conference in China. I enjoyed it very much. The technical program was in high quality. The food for every meal was just delicious. People were very friendly and professional, and meeting organizers and sponsors showed great hospitality I have never received in many other meetings in the West. Added touches would be beautiful Autumn weather and many tourist spots in Beijing

During the meeting, I gave a presentation entitled "Soyfoods in the U.S.A." and co-chaired a session on development of seasonings, along with two other co-moderators: Mr. Xu Rong of Shanghai Maling Aquarius (Group) Co. and Jieming Yang of Hong Kong Lee Kum Kee Co. At the end of the meeting, I felt that my participation of the conference achieved more than what I had expected. First, I

meet many Chinese colleagues and made friends with them. Second, I learned a lot about what colleagues in my field are doing in China and other parts of the world. And third, I had an opportunity to learn about China's food industry and was much impressed by its progress achieved in recent years. So, next time, if there are another conference in China like this, I will certainly attend it without hesitation.

My Experience with ICOF'99

By Y. Martin Lo,

As the liaison for the first International Conference on Orient Food held in Beijing, China, Oct. 11-14, 1999, I enjoyed the privilege of communicating and meeting leading scientists and engineers interested in the development of oriental foods. It was truly a wonderful experience to observe the initiation of contacts amongst academic, industry, and entrepreneurs. The prosperously growing business opportunities were just as fascinating as the city itself.

I would like to take this opportunity to thank our members who contributed either poster or oral presentations to the conference, especially for all your patience to comply with the many last-minute

changes. I would also like to encourage those who did not make it to the conference to participate, if there are successive ones.

By the way, I have recruited Dr. Steven Pao from Florida Department of Citrus to assist in the coordination of student workshop during IFT 2000. Experts from all areas are more than welcome to provide some of your time to share with our students your precious experience in job hunting and words of wisdom. Please volunteer or nominate people you know so that we can have another successful workshop. Thank you in advance and look forward to seeing everybody in Dallas, Texas next year.

My Participation in Recent Two International Conferences

By Yao-Wen Huang

I had a long trip this Fall to participate in two international conferences. I was invited to present a symposium paper in 10th World Congress of Food Science and Technology in Sydney, Australia. The symposium was entitled "Ethnic and Religious Issues in Food Consumption." It was in the last session of the last day of the Congress, however the meeting room was jam-packed by the audience. The other speakers of this Symposium included Dr. Regenstein of Cornell and Dr. Mian of Texas A & M. Peggy Hsieh, the Chair-elect of CAFS, was invited to participate in other session in the Congress. From IFT side, current President Dr. Charles Manly, Immediate Past President Dr. Bruce Sterling and Editor of Journal of Food Science, Dr. Owen Fennema were participated. They were also invited to Beijing for the Orient Food Conference. During the Conference, my wife and I had opportunity to meet several old friends from Taiwan and many Chinese immigrants in Sydney.

After the Congress, we flew to Taipei and then to Beijing for the International conference on Orient Foods. As a moderator for the session on "Resources of Orient Foods," co-moderator Professor QingXian Nan of Beijing Agriculture University, and I had nine papers. The topics include cereal, fish and honey. I was also invited to participate in the Top Executive Roundtable Discussion at the end of the Conference. We discussed the issues on how to reinforce the cooperation among the countries in the region on the Orient foods. I suggested that CAFS is an asset that we can provide short workshop/seminar for the delegations from China or Taiwan before or after IFT Annual Meeting. The members of the delegation will be benefit from these interested topics they requested in advance.

Lastly, I stopped shortly in Taipei and had opportunity to visit Food Industry R & D Institute and Department of Health, the hot issues in there are the implementation of HACCP system for fishery industry and the Healthy Food laws. Of course, the earthquake had damaged central Taiwan, but the people have confidence to rebuild their home. As President of the Chinese American Academic and Professional Association in Southeastern United States, I had encouraged all the members to make their donation for the victims. I believe we, as members of CAFS, had already made donations through different channels.

Overall, I think these international conferences are successful. Both organizers had done the best jobs to show the participants. One is west and the other one is east. Different location, different attendants, different topics, however, all the efforts are devoted to the areas of food science and technology.

Back from the ICOF'99

by Hongda Chen

Professor Qingxiao Zeng, Dr. Yong-Jing Li and I co-chaired a session entitled "Application of emerging technology in the industrialization of traditional foods". Ten papers were presented in the session with four speakers from China, two from the States, two from, Japan and one each from The Netherlands, and Singapore. The speakers presented their work of excellent technical quality, especially, Dr. Victor T. Huang's impressive comprehensive review on the recent development in emulsifier application. The session went very smoothly, except a small glitch due to technical incompatibility of slider projector caused a momentary interruption.

I had enjoyed the entire meeting. Good organization, excellent technical programs, impressive hospitality, and the beautiful city will be my reasons to attend similar meetings in Beijing again. And I encourage all of the CAFS members to give a try next time.



CAFS Treasurer's Closing Statement: As of November 15, 1999
Submitted by Hongda Chen Treasurer (1997-1999), CAFS

Opening balances transferred from A. Wu

10/15/1997	\$2,500.00
1/12/1998	\$16,399.49
2/28/1998	\$485.24
Total asset:	\$19,384.73

Asset distribution reported as of June 30, 1999

CD Account	\$10,000.00
Money Market Account	\$5,288.26
Checking Account	\$3,595.68
Total	\$18,883.94

Incomes

Membership dues, Banquet registrations, Donations, etc.	\$441.00
Interests (CD Account)	\$823.24
Interests (Money Market Account)	\$14.99
Subtotal	\$1,279.23

Expenses

Banquet expenses, awards, supplies, membership book, etc.	\$1,566.13
Brochure printing	\$101.75
Postage and office supplies	\$13.00
Subtotal	\$1,680.88
Total asset:	\$18,482.29

Closing balances transferred to A. Hong

Money Market Account, 8/3/1999	\$5,303.25
CD Account, 9/20/99	\$10,823.24
Checking Account, 11/15/1999	\$2,355.80
Total:	\$18,482.29

How to Survive as a Food Science Professional—A Personal Experience

by Daniel Y.C. Fung

Editor's note: *In the Editor's Corner for Journal of Rapid Methods and Automation in Microbiology, Dr. Daniel Fung, a senior CAFS member, wrote the following article (vol. 3, 1995, page 20-22). In this article, he used his personal experience to provide advises to food science professionals on how to survive and even excel in today's work place. In the very competitive working environment today, Dr. Fung's advises could be your key to success. Therefore, it is my pleasure to have an opportunity to reprint his article in this issue.*







Career goals

1. Short-term goals: reevaluate occasionally
2. Long-term goals: reevaluate occasionally

Your job description

1. Know exactly what you are supposed to do.
2. Know precisely who is your boss and who is your boss' boss.
3. Have everything in writing; verbal agreements mean very little in a dispute.
4. Know all your benefits: health insurance, life insurance, vacation time, consulting time, stock options, retirement plans (Who thinks about retirement at age 25? It comes faster than you think.), sick leave, escape clause, etc.
5. Know about the reward system in your job.
6. Know about the promotion opportunity and how it is accomplished.
7. Know about salary increment status. Be every careful not to ask for more than you think you deserve. Nothing irritates a boss more than an employee who keeps asking about a pay raise.

Self improvement

1. Never stop learning. Read newspapers (even the Collegian); journals, books, magazines, trade books, watch TV; listen to radio, open your eyes, ears, and your mind. No one is too young or too old to learn.

2. Excel in your field. Remember you are hired for your particular skill (whatever the skill may be) You must be the best in whatever you do. Keep improving every day. Once you stop improving, you are already behind.
3. Be organized. It is easier said than done. Just look at your professors' officers! But, believe me, even the most unorganized professor has a system unique to his/her situation! You seldom see a true professional not able to find some important documents during "crunch" time.
4. Be efficient. My wife told me once that "A piece of paper should pass our hand only once". 1) Do something about it, or 2) file it away properly, or 3) throw it way. A half done job is a job not done.
5. Be active in your profession. Besides your daily job. You need to have a great network in your profession. The best is to be active in your professional organization. Every profession has its own niche and group. Would your believe there is a Society of Cosmetic Microbiology? I gave a talk there once and had the most beautiful audience in my life. Be an officer. Be a volunteer. Organize a meeting. Do something in your organization.
6. Networking. I always tell my students that in five years time, you never know who needs who in life. I may be asking my former students for a recommendation for

an award, or a job referral for another student, or perhaps even a job for myself! Never forget your fiends. Always keep in touch.

The work place

1. Survey your environment as quickly as possible. Immediately make friends with your secretaries. They are the most important links between you and your clients. Their typing, recording, copying, messages, tactful fending of your situation, timely completion of your work, providing a smile, or a than you note are all very important for your daily happiness and survival. Be nice to your secretaries. The reward is immeasurable.
2. Your colleagues. Know the roles of everyone. Always respect the "territory" of each worker around you and do not step on someone's territory. You never know the consequences. Always be courteous to your coworkers. Support them as much as possible and ask for advice as frequently as necessary. Team work is essential for success in any job. Always give an encouraging word to your coworkers. We all have good days and bad days. A happy greeting can made a bad day a little bit better.
3. Find a mentor. Somehow in the work place you will notice that there is someone who looks after you. That someone is your mentor. Usually it is an older person in the organization who, for whatever reason, thinks highly of you and will do almost anything for you to improve your job advancement. It will be a sad situation if you do not have a mentor. How a mentor-mentee relation develops is a mystery. Consider yourself very fortunate if you have a great mentor.
4. Work hard and be productive. I always say to my group, "Work hard and ward smart." Some people work hard but do not accomplish very much. Work hard for the right activity! Be creative and innovative in all you do. Also be modest.

Your great discoveries and successes may be threats to someone else's position. It is always hard to balance this issue. You do not want to be too modest, but yet you should not be too "loud."

5. Bargaining. Occasionally you will find yourself needing to bargain with your job situation, you are not satisfied with your salary, someone is mad at your you are mad at someone, etc. Confucius said, "Think three times before you make a move," Once you open your mouth, you may never be able to retrieve what you have said! Unless your are willing to act, do not even bargain. Never say to your boss, "If you do not give me a raise, I will quit!", unless you really can quit! Most of us, I hope, do not have to bargain all the time. The most important time to bargain is before your finalize your job appointment. You "honeymoon" period in a job is about six months. After that, you are a part of the family and will be treated accordingly.

Enjoy yourself

A job is not only a source of financial security; it should be fun. Make your work a hobby. The happiest workers I have seen are people who love their work. They work day and night, weekends, holidays, etc. I call these people workaholic and not workaholic.

These are only one old professor's concept of survival in a job. Everyone is different, and everyone must face his/her daily life as best suited for his/her situation. I have survived so far; I hope to survive even longer.



Mongolian and Tibetan Foods and Beverages

Part II. Tibetan Foods and Beverages

By

Cathy Ang

Because of the unique geographic locations of Mongolia and Tibet, foods and beverages of these regions exhibit unique characteristics. However, literature in this area is scarce and mostly appear as popular articles instead of scientific papers. As an effort to stimulate further studies on the subject, I provided a brief introduction of the specialty food and beverage items in Mongolia (Part I), in the previous issue). In this issue, I will cover Part II, on Tibetan foods and beverages.

Tibetan food is mainly *Tsam-Pa*, yak's and sheep's meat, dairy product and butter, grey flour (buckwheat flour), vegetables, butter tea and nas wine. Several special items are introduced below.

A. Tibetan Dried Food Tsam-Pa.

The main staple grain for the Tibetans is nas, a wheat like crop grown in high mountains and plateaus. To make flour, whole kernel grains are dried, roasted before grinding into flour. The flour is then pan fried to yield a product called "*Tsam-pa*". It may be referred to as fried nas flour similar to the Hans flour tea. *Tsam-pa* can be used in many ways, such as making congee which is then mixed with fried soybeans, cheese, butter and salt. *Tsam-pa* can be mixed with butter tea, butter or brick tea. It can also be mixed with butter and formed into flat ball shape (thick pie) for serving. The ball shaped *Tsam-pa* is a type of convenient foods for the monks. *Tsam-pa* balls are made by mixing nas flour with melted butter (crispy oil), cheese powder and sugar. After adding hot butter tea with stirring, the *Tsam-pa* balls are formed. The balls are flattened to about 1 inch thickness and they are the most important food for daily life, for banquets and travels, especially for

long distance journeys. Another special snack is the *Kapse*. Use flour, water, sugar, butter and red color.. The dough is cut up, twisted to form a lotus flower shape and then fried to light yellow. The red color is inside and the white color is outside.

B. Butter tea.

The Tibetan has a special churning cylinder for making the Tibetan butter tea. First to boil the tea (brick tea for 10-15 min and Darginlin tea for 3-4 min. Remove the tea leaves. (The brick tea leaves can be used for 2-3 times), put in the churning cylinder. Add butter, salt and milk, mix for 3 min. It is important to mix the content by moderate force. After making it, let it stand for a while. *Tsam-pa* and other items can be added to the butter tea. The cup used for butter tea is mostly wooden.

C. Dairy products

Dairy products in Tibet are mostly made from yak's and cow's milk. They include three types, crispy oil (butter oil), sour milk and milk solid residues.

1. Crispy oil: The crispy oil is made from yak's, cow's or sheep's milk. Traditionally, women warm up fresh milk and then transfer it to wooden barrel, beat the contents of the barrel for several hundred times to separate the oil from the serum. The yellow oil floating on the top will be collected into a leather bag, let cool and solidified, which is the final product of crispy oil. It is used for butter tea and for traditional *Tsam Pa* pie. The crispy oil is also used for stir-frying of meat and making wheat flour pies. Crispy oil made from Yak's milk is used in making crispy oil biscuit, a unique Tibetan flavored staple.

2. Sour milk: One type of the sour milk is made from the skim milk after removal of the crispy oil and the other type is made from whole milk. The latter is considered to be more nutritious.

3. Milk solid residues: After making the butter oil, the serum (skim milk) is boiled. The liquid is removed and the milk solids are left in the container. These milk solids can be

formed into pie shape for storage. During the step of boiling milk liquid, one can also remove the milk film, a similar product as the tofu film. Milk film can be dried for later use. The solid residues can be made into cheese as yak milk cheese

D. Air dried meat.

The Tibetan people eat fresh and air dried meat of yak and sheep, but not horse, mule or donkey. They seldom eat goat meat and are forbidden to eat dog meat. The yak and sheep meat are air dried in early winter time. By late November, the temperature is about zero degree (0°C). The yak and sheep meat, either as whole carcasses or as one-foot long strips (1 in wide) are hung in very well ventilated place to let air dry. These dried

items can be stored.

E. Wine

The most famous wine in Tibet is made from nas grains. For making the nas wine, the grains are washed and cooked first. After cooling, the cooked nas is transferred into a porcelain jar or wooden barrel and a wine starter (yeast) is added and the content is mixed with some water. The top is covered and the grain is allowed to ferment for 2-3 days followed by the addition of fresh water and continuous fermentation for 1-2 days. The process of wine making is finished. The nas wine can be distillate to make liquor with higher alcohol content. The nas wine is indispensable for the holidays and banquets.

Positions Announcements

Forwarded mainly by Dr. I. Pin Ho

1. Food Scientist

MS degree with 2-3 years of experience, good manufacturing knowledge, independent & hands-on character. Need to be familiar with food ingredients especially the nutraceuticals. Work location is in north California. Fluent in Chinese & English. 30-50% involvement in business development. Please send the resume to Mr. Gwang - Hsiang Lee, V.P. New Business Development, Tel : (416) 451-7705, Fax : (905) 855-4938, E-Mail : gwanglee@attcanada.net.

2. Food Scientist

MS degree, from flavor industry & with 2-3 years of experience. Strong knowledge in flavor processing and being familiar with the flavor industry & business. Independent & hands-on character. Work location is in north California. Fluent in Chinese & English. 30-50% involvement in business development. Please send the resume to Mr. Gwang - Hsiang Lee, V.P. New Business Development, Tel : (416) 451-7705, Fax : (905) 855-4938, E-Mail : gwanglee@attcanada.net.

3. Assistant Professor of Poultry Science

Department of Poultry Science, North Carolina State University has an vacancy for assistant professor of poultry science. The position is available on July 1, 2000, or until a suitable candidate is identified. Qualifications include a doctoral degree in nutrition, biochemistry or a related field with a demonstrated record of accomplishments in poultry nutrition research. Duties include research, extension and teaching, all are related to meat and egg type chicken nutrition, addressing field based problems and opportunities cooperate with other faculty to develop multidisciplinary approaches to solving applied nutritional problems. This approach

should involve other nutritionists, geneticists, physiologists, endocrinologists, toxicologists, immunologists, microbiologists, etc.

Send a brief summary of career goals, a resume, all college transcripts, and the names and addresses of three references to: Gerald B. Havenstein, Head, Department of Poultry Science, NC State University, Box 7608, Raleigh, NC 27603-7608. Contact Dr. Havenstein for more information before sending your application. Deadline for application is March 1, 2000 or until the position is filled.

4. Food & Safety Nutrition Agents

Penn State Cooperative Extension is accepting applications for three Food Safety and Nutrition agents. Provide educational programming in major program areas of Improving Nutrition, Health and Food Safety. A bachelor's degree in nutrition, food safety or related area is required. A Registered Dietitian or individual with a Master's degree with experience in community nutrition or nutrition education is desired. Candidate should possess teaching, program, development and evaluation skills, and demonstrate positive human relations and effective communication skills.

More information and applications are available by writing, calling or email (sis3@psu.edu) Human Resource Services, (814/863-3452), Box, 307 Agricultural Administration Building, The Pennsylvania State University, University Park, PA 16802. Fax 814/863-6215. TDD 814/865-1204. The closing date for accepting resumes and applications is December 3, 1999 or until a suitable candidate is found.

5. Center Director

The College of Agriculture and Home Economics at Washington State University invites applications for the position of Director, IMPACT (International Marketing Program for Agricultural Commodities & Trade) Center.

For more information, contact:

Dr. Alan McCurdy, Chair, IMPACT Center Director Search Committee, Washington State University, P.O. Box 646241, Pullman, WA 99164-6241, Phone (509) 335-2822; FAX (509) 335-2926; e-mail (armstro@mail.wsu.edu)

Candidates should be available no later than August 1, 2000. The Search Committee will begin screening applications January 14, 2000, but applications will be accepted until the position is filled.

6. HACCP Extension Agent

Kansas State University, Manhattan Department of Animal Sciences and Industry is looking for an Extension HACCP Extension Associate. Qualifications include Master of Science required with preference for Ph.D. degree in Food Science, Meat Science, Animal Science or related field. Familiarity with meat and food industry and Food Safety/HACCP programs is required. Food or meat industry experience preferred.

For further information contact Liz Boyle, Extension Meat Specialist 785-532-1247 or Fadi Aramouni, Extension Food Systems Specialist 785-532-1668.

CAFS Membership Application/Renewal Form

Name (English) _____ (Chinese) _____

Professional affiliation _____

Business address: _____

Business phone No. _____ Fax. No. _____

Email address: _____

Residence address: _____

Resident phone (optional): _____

Preferred correspondence address (circle one): Business or Residence

Current position: _____

Area of Interest: _____

Education (list all college degrees, year granted, and institution graduated from)

Membership due for calendar year: _____

_____ Regular member due \$20

_____ New member due: \$10

_____ Student member due \$10

_____ Life member \$300 one time payment

_____ Corporate member \$250

Please make check payable to Chinese American Food Society, and mail to:

Dr. Albert Hong

491 Stainwood Terrance

Buffalo Grove, IL 60089, USA

Student Application Verification form

Name of University _____

Faculty Name _____

Faculty phone _____

Faculty signature _____