

Goodies



Tastes
like
chicken



I have had enough of broccoli, lettuce, and salad! I want a hamburger!

Big Dee, you can have the next best thing – veggie burgers!

MANY people may want to cut down on meat as a way to protect their bodies or the environment. However, it can be hard to do this when we imagine giving it up for boring steamed vegetables. Cooks, though, are clever and they can serve up dishes that you would think have meat until you take a bite.

Editor's Note

Hi! Getting up in the morning feels great! Actually, for me it is not because I have trouble waking up and I need a tea and a hot shower before I am fully awake. That is because I do not get enough sleep and I ought to get to bed earlier. When I was a child, I would always go to bed at 10pm and get up at 7.30am. Hong Kong kids today cannot do this because they have so much homework to do – some students tell me they even go to bed at 1am after they finish 10 pieces of homework! You need to sleep or else you will be tired the next day and not study well. Turn to G05 to learn about what you should or should not do before you sleep.



Simon

It may seem crazy, but it is not too hard to make something that looks and tastes like meat. **Imitation** or substitute meat was already produced in China during the Han Dynasty using tofu. In China, pretend meat came about with the spread of Buddhism because followers had to be vegetarians. In Medieval Europe, many people gave up meat, eggs and dairy during Lent, which led to **alternatives**.

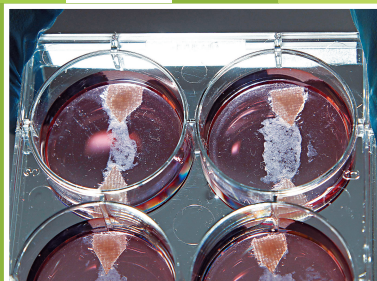


▲ Falafels.

▲ McDonald's in Japan created 'tofu nuggets' in 2014.

Home grown meat

IT may sound impossible, but scientists have created 'cultured meat' since 1971. Cultured meat is grown from cells in laboratories, meaning land and animals are not used to produce it. Some people think this will help **preserve** the planet, but others worry about the long term effects of eating meat that is not naturally created.



TOFU and wheat-gluten – sticky wheat-based dough – can be formed into any shape. Because they are almost **flavourless**, these materials can also absorb sauces or seasonings, making it very easy to give them a taste similar to meaty dishes.

The Chinese are not the only ones who can create fantastic veggie meals. In the Middle East (中東), it is common to serve a falafel. These balls are not meatballs, but are ground up and fried **chickpeas** and fava beans.

Meat substitutes can even be seen on menus at fast-food chains. McDonald's already has hamburger patties made of vegetables. You may have seen them before as burgers served at Cheung Chau (長洲) during the Bun Festival.

Too good to be true?

WHILE meat substitutes look and taste appealing, there are still **downsides** to eating them. Dishes might require very strong flavourings such as artificial flavourings or excess amounts of salt. Besides ingredients, unhealthy cooking methods like deep-frying are used to make veggies taste nicer. Imitation meat may be fun to try, but the healthiest vegetarian dishes are still simple vegetables.

