

Experimental High School, Tianjin

Established in 1923 Tianjin Experimental High School has become one of the five city's key high schools, which are directly under the Educational Committee of Tianjin with its history of 87 years.

Since the very beginning, the school always inherits its teaching style that is to be "Course-devoting, Student-loving, Rigorous, and Explorative" and its learning atmosphere that is "Diligent, Inquiring, Wide-learning, and Steadfast at work". It has brought up a lot of qualified and productive people for the society. Therefore, the school is often referred as "A Famous and Glory School in Tianjin".

The school's educational concept is "to lay a solid foundation for the life-long development for the students". In order to practice the schooling concept, TEHS keeps improving its teaching staff, exploring the quality-oriented education model and advancing towards being a first-rate international school. In 1996, the school was the first, in Tianjin, to set up an international department which focuses on introducing the school to the outside world. The school has kept good relationships with 29 schools from 26 countries and regions around the world. Dozens of teachers and hundreds of students travel abroad each year. It has held five International Forums successively. On the whole, the school set up a platform for its students and teaching staff to face the world and to participate in international competition and development.

TEHS is now marching on its way to the great goals - to be of high quality, to have its own distinguishing characteristics, to be open-minded, to be modernized, to be top-ranked at home and well-known abroad".



The city of Tianjin

As one of China's biggest industrial centers, Tianjin has built up an all-round industrial system with machinery, electronics, textiles, chemicals, metallurgy, foodstuff etc. as its mainstays. The production on a fairly large scale, of arts and crafts like hand-made carpets, Yangliuqing's New Year Pictures printed from an engraved wood plate, Zhang's painted clay figurines, kites etc. holds an important position in the country. Tianjin has already achieved successes in the operation of its Economic and Technological Development Zone in the northeastern part of Tanggu District, covering an area of 33 square km. Tianjin is one of the most prosperous business areas as well as a distribution center for goods and materials in North China.

It's also a key hub of land and sea communications. Its port consisting of Tianjin, Tanggu and Xingang Harbours is an important Chinese Sea port, serving as the most convenient sea outlet for Beijing, North China and Northwest. The port accessible to ocean freighters of ten thousand tons class has opened more than 20 ocean shipping routes. Tianjin has a well-developed road transport network, regular air-service to over 30 cities throughout the country, and inland water shipping, in addition to the pipelines for oil transport.

Tianjin is a famous historical city. The best known scenic spots and historical sites include Ning Garden, Tianhou Temple, Temple of Heavenly Empress, Dule Temple in Ji county, The Great Wall at the Huangya Pass, the Panshan scenery area etc.

Efforts are being made to develop Tianjin primarily into a financial center in North China, an international commercial city and a free port.



Tianjin is a municipality direct under the Central Government, as well as an opening city. It's situated in the eastern part of the North China Plain, covering an area of 11,300 square km. and with a population of six million.

It has a semi-humid continental climate in the warm Temperate Zone. With an annual average temperature of 12 degrees centigrade, and rainfall of 590 millimeters, it has 220 frost-free days per year. It's rich in petroleum, natural gas and sea salt along the coastal area.

Tianjin is fairly warm comparing to other cities that lies at the very north part of China. Tianjin's lowest temperature is only around ten degrees below zero, so you don't need to be expert at handling coldness to visit Tianjin. Tianjin is located closely to the sea, that's why it is one of China's biggest cities with import and export goods. If you ever come to Tianjin, you may have a look at the port which is surely a good place worth visiting.



85th anniversary of the Experimental High School Tianjin



Rice

Rice is the seed of a monocot plant *Oryza sativa*. As a cereal grain, it is the most important staple food for a large part of the world's human population, especially in East, South, Southeast Asia, the Middle East, Latin America, and the West Indies.

It is the grain with the second highest worldwide production, after maize.

Since a large portion of maize crops are grown for purposes other than human consumption, rice is probably the most important grain with regards to human nutrition and caloric intake, providing more than one fifth of the calories consumed worldwide by the human species. The traditional method for cultivating rice is to flood the field while, or after, setting the young seedlings. This simple method requires sound planning and servicing of the water damming and channeling, but reduces the growth of less robust weed and pest plants that have no submerged growth state, and deters vermin.

There are many varieties of rice such as laweed; for many purposes the main distinction is between long and medium-grain rice. The grains of long-grain rice tend to remain intact after cooking; medium-grain rice becomes stickier. Mediumgrain rice is used for sweet dishes. Rice is cooked by boiling or steaming, and absorbs water during cooking. It can be cooked in just as much water as it absorbs.

Electric rice cookers, popular in Asia, simplify the process of cooking rice. Rice is often heated in oil before boiling, or oil is added to the water, this is thought to make the cooked rice less sticky.



Assorted Steaming Eggs

Ingredients

2 eggs
diced pork
four shrimps
cucumber

Seasonings

ginger
salt
soy sauce
vinegar
sesame oil



Preparation

Take 2 eggs and stir them in a bowl.
Put the pork and shrimps in a bowl; add a tablespoon of salt and a little bit of ginger. While stirring, add cool water (water:egg = 2:1).
Now heat it up till it boils.
Reduce the heat and let it steam for 7 minutes.
Afterwards add soy sauce and sesame oil to complete the meal.



*Chinese students in
Teningen (Germany)*

什锦蒸蛋



原料：鸡蛋（2只），猪肉丁少许，虾仁4只，黄瓜丁适量。

调味料：姜末，盐，酱油，醋，香油。



-
- 做法：1.取两只鸡蛋，打在碗里。将猪肉丁和虾仁丁一起放入蛋液中，
放一小勺盐，少许姜末，边加水边搅拌
(凉开水，水与蛋液的比例为2：1)。
- 2.蒸锅加水。锅开后将碗放置其中，用中火，蒸大概7分钟。
- 3.蒸好后取出碗，将酱油、醋、香油（少许），分别加入碗中。
- 4.完成，即可食用。



Babao Porridge

Ingredients

100 g rice
100 g polished glutinous Rice
20 g Chinese dates
20 g green soy
20 g red beans
20 g lotus seed
20 g Lycium chinensis
20 g peanut
20 g white sugar
a little bit salt



Preparation

Put the Chinese dates into cold water for 20 minutes, then wash the skin. Put the Chinese dates, green soy, red beans, lotus seed, lycium chinensis and peanuts together and wash them clean. Wash the rice and polished glutinous rice, clean and put them into a boiler, use the small fire to cook them for 40 minutes. Put the ingredients together and mix them for a few minutes. Add the white sugar and a little bit of salt to the porridge. Now you can enjoy the Babao Porridge yourself.

Basic peculiarity:

*It is good for your stomach, helpful for digestion.
Reduces weight.*

八宝粥

原料：香米 100 克，糯米 100 克，金丝枣、绿豆、红豆、莲子、枸杞，花生，各 20 克，白糖适量，盐少量。



*International meeting in
Teningen (Germany)*



-
- 制作方法：1.红枣用冷水浸泡 20 分钟后，再洗净外皮；把绿豆、金丝枣、百合、莲子等洗净，一起放备用。
- 2.糯米、香米洗净后置锅中，用小火煮 40 分钟。
- 3.把准备好的原料放在锅内再放入煮一下，然后放入白糖，再加少量盐以免过于甜腻。
- 4.现在你可以享用你亲手做的八宝粥了。

基本特点：健脾养胃，帮助消化，有利减肥。

Beef Fried Onion

Ingredients

250 g beef
200 g onion
one pepper
4 g salt
one egg
5 g soy
10 g starch



Preparation

Wash the beef and cut it into pieces. Add salt starch egg and mix, let it rest for 15 minutes. Wash the onion and pepper then cut them into pieces. When the oil is hot, put the beef into hot oil, make it scattered. Then take the beef out of the oil. Leave a little oil then put the onions in it. Add salt, soy and pepper - then fry.



Chinese students and the teacher Yue Changming in Endingen (Germany)

洋葱炒牛肉

原料：牛肉 250 克，洋葱 200 克，红椒 1 个。

辅料：盐 4 克，淀粉 10 克，鸡蛋 1 个，酱油 5 克。



*Experimental High
School (Tianjin)*



做法：1. 牛肉洗净切片，加盐、淀粉、鸡蛋抓匀，腌制 15 分钟；

洋葱和红椒洗；净切片。

2. 油烧热，倒入牛肉片滑散后捞出。留底油，放入洋葱片翻炒，

再倒入牛肉翻炒片刻，加盐、酱油炒匀出锅

*Zhang Hong (Principal) and
Wang Shukai (former Director
of International Dept.)
Experimental High School
(Tianjin)*



Cashews with Shrimps

Ingredients

250 g shrimps
7 g cashews
5 g shallot pieces
10 flaky ginger
an egg white
300 g peanut oil
40 g white sugar
25 g amylum
50 g Chinese yellow wine
10 g salt
16 g sesame oil



Preparation

Clean the shrimps and squeeze out a littler water. Then mix it with an egg-white and some cornflour. Marinate the cashews in sugar water for 30 minutes. Put the cashews and 300 g peanut oil into a pan. After frying the cashews take them out. Now fry the shrimps in the same oil. When they are well done take them out. Add 25 g of amylum, some dried ginger and some chopped onions to the oil to flavour the oil.

Now add the shrimps and a little bit of Chinese yellow wine. Keep stirring and add salt, some sesame oil and the cashews. Serve your meal on a nicely decorated plate.

腰果虾仁

原料：250g 虾仁、75g 腰果、5g 葱段、10 小片姜、1 个蛋清 300g

花生油 40g、白糖 25g、淀粉 50g、料酒 10g、盐 16g、香油



*Chinese students
and the teacher
Yue Changming in
Teningen
(Germany)*



操作：1、虾仁洗净后挤去水，拌入鸡蛋清、淀粉上浆。

2、腰果放在白糖水里浸泡 30 分钟，投入六成热的 300g 油里，
炸熟后捞出沥油。

3、虾仁也倒入六成热的油中，滑透后捞出沥油。

4、炒锅上火，放 25g 油烧热，放入姜片、葱段煸炒出香味，
放虾仁，烹料酒，放盐和少量香油迅速炒匀，再放入腰果炒匀，
装盘即可。

Chicken with Coke

Ingredients

one can of coke
250 g of chicken wing
peanut oil
sugar
soy sauce



Preparation

1. Prepare ingredients:
One can of coke; 250 g of chicken wings; peanut oil; sugar and soy sauce.
2. Put few oil in a pan, put the wings, pour into coke after changing countenance.
3. Braise for 15 minutes.

*This dish tastes sweet and nice. Lots of people love it.
Chicken with coke is a nice dish to eat for dinner and it's not expensive, either.*

可乐鸡的制作方法

作料：花生油适量，可乐一听，鸡翅半斤，白糖少许，酱油等

做法:将鸡翅洗净，并用刀割两道口子，以利进味。



- 1.油开后，加糖少许，将鸡翅顺锅沿滑入滚烫的油中，适时翻动，待外皮泛黄之后，倒入足量可乐没过鸡翅，倒入适量酱油。
- 2.待可乐几近熬尽，即可出锅，出锅后可乐呈粘稠状。

可乐鸡做出来的味道是甜中带有鸡肉的香香的味道，因为可乐鸡做出来是将可乐的水分蒸发掉，留下的是可乐的剩余成分加上做可乐鸡时加放进去的佐料的味道，鸡肉的表面会留存可乐除水分以外的剩余成分，而因为在慢火中炖了一段时间，鸡肉之中自然也进入了可乐和其他佐料的味道，所以它有一丝甜甜的味道，不过假如你也喜欢辣的话，你也可以在做可乐鸡的时候加入一些小干辣椒，或许你会尝到不一样的味道哦！

可乐鸡甜而不腻，价格也并不贵。深受人们的喜欢，但这道简单的菜肴却没有人知道它的发明者。

Dumpling (Jiaozi)

Ingredients

Jiaozi dough

3 cups all-purpose flour
1 1/4 cups cold water
1/4 teaspoon salt



Filling

1 cup ground pork or beef
1 TB soy sauce
1 teaspoon salt
1 TB Chinese rice wine or dry sherry
1/4 teaspoon freshly ground white pepper, or to taste
3 TB sesame oil
1/2 green onion, finely minced
1 1/2 cups finely shredded Napa cabbage
4 tablespoons shredded bamboo shoots
2 slices fresh ginger, finely minced
1 clove garlic, peeled and finely minced

Stir the salt into the flour. Slowly stir in the cold water, adding as much as is necessary to form a smooth dough. Don't add more water than is necessary. Knead the dough into a smooth ball. Cover the dough and let it rest for at least 30 minutes.

While the dough is resting, prepare the filling ingredients. Add the soy sauce, salt, rice wine and white pepper to the meat, stirring in only one direction. Add the remaining ingredients, stirring in the same direction, and mix well.

To make the dumpling dough: knead the dough until it forms a smooth ball. Divide the dough into 60 pieces. Roll each piece out into a circle about 3 inches in diameter.

Place a small portion (about 1 level tablespoon) of the filling into the middle of each wrapper. Wet the edges of the dumpling with water. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Continue with the remainder of the dumplings.

To cook, bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Bring the water to a boil, and add 1/2 cup of cold water. Cover and repeat. When the dumplings come to a boil for a third time, they are ready. Drain and remove. If desired, they can be pan-fried at this point.

饺子

原料：牛肉馅 1000 克 胡萝卜 500 克 洋葱 50 克 鸡蛋 1 个 精盐 10 克 胡椒粉 5 克 料酒 15 克 酱油 25 克 味精 15 克 香油 25 克 精炼油 30 克 淀粉 50 克



制馅：将胡萝卜用擦板制成胡萝卜泥，牛肉馅加入胡萝卜泥、洋葱末和匀，再加入精盐、胡椒粉、酱油、味精、香油、淀粉、鸡蛋液，沿同一方向拌匀，饺子馅就准备好了。

和面：先在面粉里加适量的水，充分和匀，慢慢一点一点的往里加水，加到刚刚好把所有的干面粉都和进去。和到面不粘手为止。

饧面：将面旁置 10 分钟

擀饺子皮：用擀面棍将做好的剂子擀成饺子皮。

包饺子：将馅放入擀好的饺子皮中，合拢两边捏紧。一个饺子就诞生了。

下锅：先将水煮沸，将饺子放入锅中，但要注意不要放过多。防止饺子粘连。偶尔搅动一下水，等饺子漂浮起来就算熟了。

Jellyfish with Cucumber

Ingredients

150 g jellyfish
two bars of fresh cucumbers
a little bit coriander
a spoon of salt
soy sauce
two spoons of sesame oil
white sugar
gourmet powder



Preparation

1. Wash the coriander clean and cut them into small pieces.
2. Wash the fresh cucumbers and cut them into thin bars for about 3 cm long, then add some salt and mix them.
3. Wash the jellyfish and cut them into thin bars of 3 cm.
4. Put the jellyfish into boiling water for a few seconds. Then take them out, put them into cold water for about 2 hours.
5. Squeeze out the excess water of the cucumbers and jellyfish. Put everything into a bowl, add coriander, white sugar, salt, soy sauce, sesame oil and gourmet powder, mix them.
6. Now enjoy the jellyfish with the cucumber.

Basic peculiarity: Reduces weight. It is also good for your lungs.

凉拌蜇皮

材料：海蜇皮 150 克，嫩黄瓜 2 条，香菜少许，精盐 1 汤匙，酱油、香油各 2 汤匙，白糖、味精各少许。



制法：1、香菜洗净，切成 3 厘米长的段。

2、将嫩黄瓜洗净后切成 3 厘米长的细丝，放入碗内撒上半汤匙精盐拌匀。

3、将海蜇皮洗净，切成 3 厘米长的细丝。

4、将蜇皮丝放入开水中稍烫一下即捞出，放盆内加入冷水浸泡 2 小时。

5、将黄瓜丝挤去水，放盘内，将蜇皮丝捞起，挤去水分，放在黄瓜丝盘内；将葱丝、香菜段加在海蜇皮丝与黄瓜丝上，再加入白糖、精盐、酱油、香油和味精，拌匀即成。

6、现在你可以享用你亲手做的凉拌蜇皮了。

Sautéed Sliced Pork, Eggs and Black Fungus

Ingredients

150 g pork
150 g of eggs
5 g dried black fungus
50 g of cucumbers
5 g salt
3 g of soy sauce
5 g cooking wine
80 g of oil
a little sesame oil

Introduction:
It is a famous dish in
the north of China.
Styles of cooking: Beijing cuisine.



Preparation

1. Cut the pork into small pieces. Knock eggs into the bowl, then use the chopsticks to make the eggs uniform.
2. Blister dry fungus additional 5 minutes, remove the roots, cut into pieces. Cut the cucumber into small pieces, then cut the green onions and the ginger.
3. Heat oil, put eggs into the pan, then set them in the plate.
4. Heat some oil again. Put meat in it and stir-fry. When the meat turns white, add green onions, ginger, cooking wine, salt and the soy sauce. After that, add fungus, eggs and cucumbers, stir-fry together. When its almost finished, add some sesame oil.

This dish is really beautiful to look at and delicious. If I get the chance, I will cook it for you and light up your faces!

木须肉

简介：北方家常名菜。在北方地区广泛流传。以猪肉、鸡蛋、木耳、黄花菜为主料，炒制而成。其色绿、黄、红、白、黑五色相间，其质软、嫩、滑、爽，香气浓郁，咸鲜可口。



原料：猪瘦肉 150 克，鸡蛋 150 克，干木耳 5 克，黄瓜 50 克，盐 5 克，酱油 3 克，料酒 5 克，油 80 克，香油少许。

-
- 制作方法：1、将猪瘦肉切成长 5、宽 0.3、厚 0.3 厘米的丝。鸡蛋磕入碗中，用筷子打匀；
- 2、干木耳加开水泡 5 分钟，去掉根部，撕成块。黄瓜斜刀切成长 2 厘米的段，放平后直刀切成片，片形状即为菱形。葱、姜切成丝；
- 3、炒锅上火，加油，烧热后加入鸡蛋炒散，使其成为不规则小块，盛装在盘中，即为所说的木须；
- 4、炒锅上火，加油烧热，将肉丝放入煸炒，肉色变白后，加入葱、姜丝同炒，至八成熟时，加入料酒、酱油、盐，炒匀后加入木耳、黄瓜和鸡蛋块同炒，成熟后淋入香油即可。

Tomatoes & Eggs Noodles

Ingredients

2 tomatoes
2 eggs
caraway
noodles

Flavouring

scallions
ginger
salt
MSC
sugar
ketchup



Preparation

1. Cut the tomatoes and stir the eggs in a bowl. Pour some oil in a pan, put the scallions and ginger in it.
2. Put tomatoes in the pan, fry them. Add the noodles. If you like, you can also add some ketchup. After three minutes, put the eggs in it.
3. Add salt, sugar, MSC and caraway.

Completed. Ready to eat.



西红柿鸡蛋面

原料：鸡蛋 2 个，西红柿 2 个，香菜，面条

调料：葱，姜，盐，味精，糖，番茄酱



-
- 操作：1、切西红柿，将鸡蛋打在碗中并搅拌。在锅中加油，放入葱和姜。
- 2、将西红柿倒入锅中并翻炒。加入面条。根据个人口味的不同，可以加入番茄酱。三分钟后放入鸡蛋。
- 3、加入盐，糖，味精和香菜。
- 4、完成。



Yangzhou Fried Rice

Ingredients

50 g ham
104 g shrimps
two eggs
35 g peas
½ onion
a carrot
100 g rice
½ shallot
5 dipperful plant oil (one dipperful about 4 ml)
½ dipperful soy sauce
½ dipperful powder of chicken soup
2 dipperful salts



To make the shrimps, clean without head, carapace and tail them. Cut the ham, the shallot, the carrot and the onion into small pieces, scatter the eggs into yellow uniformity liquid.

To cook the water in the pan seething, put one dipperful of salt in, pour peas in the pan to quick-boil for 3 seconds. Put the peas in cold water for six seconds, use scoop to dry the peas.

Use pan to heat 2 dipperful of oil. Use small fire to saute the ham pieces, pour in shrimps, saute them until turning red, put them in small bowl for store.

Continue to heat 3 dipperful of oil, saute the shallots in middle fire to extract the aroma, pour the egg liquid in the pan, then wait for 10 seconds, put the boiled rice in, stir-fry them to make the eggs into small pieces, and the rice turn yellowy.

Pour ham, shrimps, peas, onion and carrot in the pan, use middle fire to saute them with the rice and eggs for 10 minutes, until everything in the pan is mixed together.

Turn off the fire, take the advantage of heat to put in 1/2 dipperful of soy sauce, 1/3 dipperful of salt, 1 dipperful of chicken soup powder, mix until it turns yellowy, then serve it on a hot plate.

扬州炒饭

1、原料

50g 火腿、104g 基围虾、2 个鸡蛋、35g 青豆、1/2 个洋葱、1 个胡萝卜、100g 米饭、1/2 根葱、5 汤勺 精炼植物油(1 汤勺约 4ml)、1/2 汤勺酱油、1/2 汤勺鸡粉、2 汤勺盐



2、操作

基围虾去头尾，剥皮洗净，火腿、洋葱、胡萝卜切丁，葱切成葱花，鸡蛋打散成蛋液。

烧开锅内的水，加入一汤勺盐，放入青豆焯烫 30 秒。捞起后用冷水浸泡 6 秒，沥干备用

烧热 2 汤勺油，用小火煸香火腿丁，倒入基围虾均匀炒至变红，盛入盘中备用

继续烧热 3 汤勺油，放入葱花炒出香味，倒入蛋液等待 10 秒，放入白米饭大火快炒至鸡蛋松散，米粒呈金黄色。

倒入火腿丁，虾，青豆，洋葱和胡萝卜中火翻炒约 1 分钟，直至各种菜品均匀混合。

闭火后，趁热加入 1/2 勺酱油，1/3 勺盐，1 勺鸡粉，快速翻炒至色泽均匀微黄，装盘出锅。