



News
Happenings

Tales of Old SHANGHAI

A scrapbook of words and images bringing to life the glorious past of China's greatest city
Written and edited by Graham Scraggs



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CHARMING HOTEL



Old House Inn

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88 Xintian

The Trendsetter of Shanghai

Back

Marja Vongerichten's CHI-Q

19 SEP 2014



Crystal Zhou (Reporter) : CHI-Q the name of the restaurant which is the combination of CHI, which is short for kimchi and Q representing the classic barbecue cooking style. Marja Vongerichten is an American Korean , also a TV host for PBS Kimchi chronicles and author of a cookbook. She was born in Korea and raised up in the United States. Due to her love for Korean food, she brought the publication of Korean cuisine to Shanghai.

Marja Vongerichten: Traditional Korean cuisine is based on a balance of flavours and Korean food is also quite medicinal, it goes back centuries and centuries when there is a time that people did not have hospitals or doctors available to them, so you had no choice but to incorporate things that are good for your body, as same as in Chinese cuisine as well. When we did this menu , it was really a marriage of my husband and I, he did more of the fusion type of dishes, I wanted to stay with the traditional side. In terms of

my cooking style, I think it is a way I learnt from my aunt and my mum, it's pretty simple , just takes time and preparation. I use full force with flavours and I didn't try to westernize this menu at all. I guess you could say that the fusion part of it is westernized, but in terms of what I did, I am keeping it traditional and the way how I learnt to eat it and how I ate it and how I served it at home.

If you feel like spice, I have got a few options, I would say start out with a couple of traditional Korean appetizers which would be the Gamja ,plate which would be the sweet potato and also the vegetables. The seafood pancake which is traditional but modernized because I made it crispy as supposed to in Korea which is not crispy. We sent a chef from New York who was working at Jean George, she is Korean and her name is Bina. It is funny she was classically trained in French Cuisine and really did not pay attention to Korean food until we started doing this concept. The great thing is that she has the pallet for it and it just kind of came together, just a bit of education for her but it's really drawn out this passion in her.

For our Korean customers to come in, he *Tedd Park" makes everyone feel at home and he's really a presence here. You know that he is in charge when you set foot in here and he really takes care and pays attention to everything. The team here is incredible,

Crystal Zhao (Reporter): Turning the traditional Korean eating habit into a simple, fresh and healthy way of Korean delights. It is also about communal sharing food and time with family about a culture that is simultaneously rooted in tradition and devoted to innovation. So now we have the story of CHI-Q and I hope that you will come to try out the new Korean cuisine and the drinks.

This is Crystal Zhao from shanghai-today.com

