

# Welcome to the restaurant health essay

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Red bean soup is known as 红豆汤 (pinyin: hǒng dòu shā) in Chinese. It is categorized as a type of tang shui 糖水 (pinyin: táng shuǐ) or sweet soup. The red color of the red bean soup as a whole or the bean itself denotes luck and happiness as commonly known in Chinese cultures which they place a huge importance on, and is considered a sign of good luck to drink it during or before important events like starting a new business or job career. In an indirect manner, the red bean is also connected to ‘ Feng Shui’ or a form of chinese geomancy as it brings luck and happiness. In China or as associated with the concept of ‘ Yin’ and ‘ Yang’ energies as propounded in the teachings of Taoism, the red bean or azuki bean is connected with the ‘ Yang’ energy which is defined as warming, hence it also means warming food. This is easily observed as the red bean soup is usually served warm or slightly hot during cold climate conditions and rainy days. To further elaborate on its ‘ Yang’ energies, the warming effects of red bean is highly used in Traditional Chinese Medicine. This field of knowledge applies the concept of ‘ Yin’ and ‘ Yang’ or the internal energies of the human body to bring about balance in the system which promotes overall health. That is also why it places a large importance on herbs, supplements, food, and drinks which subtly effects the internal energy pathways of the body systems. The green bean is connected with the ‘ Yin’ energy which means cooling energy. The field of knowledge uses the energies inherent in the green bean and red bean to bring about balance by using the cooling and warming forces of the beans. The red bean is also known as the ‘ promoter of health’ in Traditional Chinese Medicine.

## ● **Origin and popularity of the Red Bean Soup**

The red bean soup is popular throughout the world as it is a widely accepted dish for dessert. The red bean soup originated in and from China as well as nearby regional areas as the red beans are a major crop for them. It is usually harvested in the months of November and December. It is also a major crop for the Japanese in Japan. The red bean soup is also highly popular among Japanese and Koreans. This is no surprise when considering they migrated out of China a long time ago, during the migration, they brought along their ancestor's cultures with them, one of them being the red bean crop and the making of the red bean soup. Countries like China, Korea, and Japan have winter seasons which makes it suitable and highly popular to consume a warm bowl of red bean soup. It is also highly popular among the Chinese because the bean's vibrant red colour brings luck and happiness denoting auspiciousness. It is eaten during special celebrations like Chinese New Year, weddings, birthdays, among many others. In Japan, it is known as 'shiruko', widely consumed during the winter months. In other regions of Japan, this is taken as a special soup for New Year celebrations. In Korea, it is known as 'patjuk', also commonly taken during winter months. It is also consumed during the traditional Korean holiday known as 'Donji Patjuk' which falls on December 22. Interesting to note, there are a few superstitions connected to red bean in Korea, as stated below; As the color is considered frightening, the beans are scattered outside the main entrance of the house before making the soup. This scares bad spirits to prevent bad luck and diseases. Red bean is shared with neighbors when moving into a new house to ward off demonical spirits. The spilled red bean soup on the street drives away diseases. The soup is made for a neighbor's deceased family members to

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appeased the dead soul. Farmers consume the soup on ‘ Donji Patjuk’ day to ensure a prosperous harvest throughout the year. With the reasons stated above, it is easy to see why the dish is popular among certain groups of people. And as time went by, the dish was slowly introduced to the world as the people from China, Korea, and Japan migrated throughout the world. Gradually, the popularity of the dish increased.

### ● Reason for choosing this dish

When I was young, I remember my grandmother used to make this particular dish every weekend. It wasn't fancy, just plain traditional red bean soup taught to her by her mother which was taught by her own mother and so own. Growing up with this dish and made by my grandmother, it has ingrained a deep impression on my mind. I still think back the days when she used to make the dish every weekend, while I sit by the television with the rest of my family taking the dish as well. Eventually, she had to stop making as she ages. Now, she has stopped making many of her dishes which was taught by her mother. This is one of the reasons why. Secondly, I thought it would be interesting for me to research this particular dish. This assignment has given me the chance to find out more about a dish I love, a dish I treasure, and a dish which holds a lot of sweet memories for me. I feel grateful. Third and lastly, it is also a traditional dish served among the chinese, I have taken this opportunity to find out more about this traditional chinese dish and the culture which supports it. An individual should not forget his/her roots and culture while also cultivating patience, tolerance and understanding to others.

## Your menu this evening

### ● Composition of the Red Bean Soup

There are many recipes of the Red Bean Soup, however, the components to the recipe is according to ones likings, dislikes, preferences, style, and or family recipe traditions. Listed here are the general ingredients for the making of the soup; SugarRed beans ( *Vigna angularis*)Pandan leaf ( *Pandanus amaryllifolius*)SagoMandarin orange peelWaterOther than the main ingredients, these ingredients are also sometimes added; Lotus seedsVanillaTapioca pearlsRice ballsCoconut milkOn the other hand, there are also ingredients which are rarely added but adds to the garnish and taste of the soup; Vegetable oilChopped yellow onionsChopped celeryChopped green bell peppersBay leafSaltCayenneMinced garlicChicken stock or canned chicken brothLong-grain white rice, for garnishChopped green onions, for garnishFreshly ground black pepperDry sherryChopped parsley leavesHot sauce (recommended: Tabasco)

### ● Nutrient content and Food Labeling

Discussed here in this section is the general nutrient content of the soup. Contents: Contains a total of 247 g of nutrient weight. 30 g belonging to carbohydrates, 9 g of protein, and for fat it is less than 1 g. The remainder comes from other nutrients like water and indigestible matter. Caloric value: Per serving, the red bean soup provides roughly 138 calories coming from carbohydrates, 90 calories from protein, and 29 calories from fats, according to the United States Department of Agriculture, USDA. It is also determined by the USDA that this serving provides about 10 percent of the daily requirements for the average adult. Vitamins: It contains vitamin C, thiamin,

riboflavin, vitamin B6, and niacin. Its vitamin K content is at 32 mcg or 33 percent, vitamin A content at 232 mcg or 29 percent, and folate content at 74 mcg or 18 percent which comprises of the daily recommended intake or also known as DRI values. Minerals: It contains calcium, zinc, potassium and sodium. According to the DRI values, one serving provides 3 mg or 30 percent of iron, 59 mg or 16 percent of magnesium, and 111 mg or 15 percent of phosphorus. Dietary fiber: One cup serving provides approximately 7 g of dietary fiber. The DRI has calculated that this will take up 30 percent of the total intake recommended of fiber for the average adult. Sodium: The USDA has estimated that a typical serving contains 250 mg or 15 percent of the DRI values. In this section, a food label of the red bean soup is constructed with reference to different set values or calculations of the various ingredients and weight of the product. Ingredients 1: ½ cup sugar, 1 cup red beans, 1/3 cups dried lotus seeds, 1 tablespoon vanilla, ¼ cup pearl tapioca, 7 cups water; Food label 1 is obtained. Nutrition Facts

Serving Size	250.6g
Amount Per Serving	
Calories	152
Calories from Fat	2
% Daily Value*	Total Fat 0.2g 0%
	Trans Fat 0.0g
	Cholesterol 0mg 0%
	Sodium 7mg 0%
	Total Carbohydrates 31.8g 11%
	Dietary Fiber 3.5g 14%
	Sugars 13.3g
	Protein 5.3g
	Vitamin A 0%

- Vitamin C 2% Calcium 3%

- Iron 9%\* Based on a 2000 calorie diet Nutritional details are an estimate and should only be used as a guide for approximation. With 490 grams of serving weight, Food Label 2 is obtained;

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## **Calories**

381

## **Sodium**

10 mg

## **Total Fat**

0.4 g

## **Potassium**

0 mg Saturated 0 g

## **Total Carbs**

51 g Polyunsaturated 0 g

## **Dietary Fiber**

19 g Monounsaturated 0 g

## **Sugars**

16 g Trans 0 g

## **Protein**

10 g

## **Cholesterol**

0 mg

## **Vitamin A**

0%

## **Calcium**

4%

## **Vitamin C**

4%

## **Iron**

11%\*Percent Daily Values are based on a 2, 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## **Viola! And the dish is served**

### **● Step by step instructions**

In the process of making the dish, the steps stated here in numerical order are the steps adhered to by my grandmother, which she taught me many a years later. The steps are simple and easy to follow, and of course, before the steps are carried out, the necessary ingredients have already been procured. Soak a cup full of red azuki beans and thoroughly washBoil 1000ml of water. Use suitable amount of heatWhen the water boiling is seen bubbling, add the prepared cup of red beansAfter 2 minutes, add in a quarter cup of sugar, 3 tablespoons of sago, orange mandarin peels, and pandan leafBoil until a nice warm, dark red is obtainedPour the soup in a bowl and allow it to cool for awhileFinally, the dish is servedThere you have it, 7 simple steps to make your very own red bean soup. Enjoy, bon appetite!



## **Time to pay the bill!!!**

### **● The significance of the dish**

As discussed before, the red bean soup contains a variety of nutrients, indicating its content and nutritional weight. Food plays an important part of our daily lives because it is the main form of sustenance of the body aside from water. Our bodies are made of the simple building blocks of life called cells, all grouped and clustered together to ultimately give you the final product, the human body. And going even deeper than the cell level, we find ourselves looking at atoms, the very essence that makes up our being. Food is important because from there, we derive the necessary stuffs to sustain the human body, the stuffs mentioned here are namely the nutrients and atoms that come together with the food when digested. Without nutrients, the biological functions are lowered in efficiency, and without the atoms provided by the food, where do you suppose the body or the human system attains these atoms by other means/methods for growth, repair and sustenance? Stop feeding the body, and slowly it loses its vigor, health and it shrinks in size, becoming thinner. In this section, we shall discuss the nutrients contained in the soup and state its effects and benefits to the biological systems, or more simply put, its significance. Pandan leaves-- consists of essential oils, traces of tannin, glycosides and alkaloids. Also considered to be diuretic and the treating of wounds and diseases like smallpox. Act as good pain relievers and laxatives for children. Chewing helps get rid of gum pains, reducing stomach cramps and spasm. The leaves are found to be anti-carcinogenic. Sago and sugar-- both the sago and sugar are sources of carbohydrates. They provide energy which is the body's main

fuel option to carry out work. When cooking the dish, caution is taken not to add too much sugar, for sugar in excess is found to tip the Glycemic Index, triggering the onset of diabetes in the long run, found to also cause acidosis, promotes hardening of the arteries, apoptosis of cells and can be carcinogenic. However, these conditions are only observed when sugar is in excess. It also shouldn't worry the consumer because the dish isn't consumed all the time. Mandarin orange peels-- it aids in the treatment of diarrhea, nausea, peptic ulcers and indigestion as well as mastitis. In some cases as well, it acts as a contraceptive for women. Besides that, common situations like vomiting, hiccups, coughing and constipation can also benefit from the consuming of the orange peel. It also enhances blood circulation, painkiller and can even treat scurvy, with the added benefit of also acting as an aphrodisiac. In Traditional Chinese Medicine, the orange peel is advised not to be taken if the consumer has a dry cough brought about by a 'yin' energy deficiency. This is because the mandarin orange has an abundance of 'yang' energy, this is explained when the orange is growing it requires a lot of sunlight therefore absorbing a tremendous amount of 'yang' energy.

Red beans—Minerals and protein: a good source of magnesium, potassium, iron, zinc, copper, manganese, B vitamins like thiamine, niacin and riboflavin. The minerals help lower blood pressure with low levels of sodium and high levels of potassium. Has a high protein content with minimal fat content, a good alternative to meat or animal protein for the health conscious. Soluble fibre: this helps in the elimination of stool or constipation that may otherwise decayed further in the body produce unnecessary toxins which are harmful. It can also help lower bad LDL cholesterol. This action is brought about because fibres have an affinity to cholesterol, this study was published in the <https://assignbuster.com/welcome-to-the-restaurant-health-essay/>

Journal of Lipid Research in June 1997. Healing properties: has healing effects on the kidney, bladder and reproductive functions. Strengthens the kidneys, curing urinary dysfunction and bladder infections with its diuretic effect. Anti-cancerous: the presence of phytoestrogens (plant estrogens) in azuki beans has been credited by some experts in breast cancer prevention by reducing the estrogens' levels in the body. Estrogen has been implicated in breast cancer risk due to its support of the growth of estrogen-responsive tumours. In women, the phytoestrogens make the body believe that it is still producing real estrogen hence reducing the actual production of this hormone. Phytoestrogens in azuki beans also act as weak estrogens that can block receptor sites which would otherwise be filled by stronger estrogens. Some studies have also shown evidence that women with a diet rich in phytoestrogens have longer and hence fewer, menstrual cycles. All of these factors may contribute to reduced breast cancer risk. Anti-oxidants: Did you know that red beans have one of the highest antioxidant rating of all foods? Researchers at the United States Department of Agriculture surveyed 100 different foods, and found that small red beans and kidney beans came out at the top of the list, surpassing the antioxidant qualities of cultivated blueberries, cranberries and cherries. Antioxidants are necessary to protect your cells from the damaging effects of free radicals, which in turn may reduce your risk of cancer, heart disease and other illnesses.

## ● **Afterword**

In the process of completing this assignment, research into the subject was a major step. The searched materials presented themselves in the form of word information, this has given me the time to revel and assimilate the

sources as I take my time to read. This assignment has given me the chance to find out more about the history of the food and ultimately has a connection to my culture and inheritance. It has also given me the chance to study more about a dish I came to cherish while growing up, made lovingly by my grandmother. Throughout this assignment, I hope I have done enough justice to the topic and dish itself by serving the correct facts which are complete and presented in an organized manner. While studying the ingredients of the dish, the only precaution that came to mind was the amount of sugar added into the dish. Sugar in excess can cause extreme harm to the human body...it is only sensible that whoever makes the dish controls the sugar added as per his/her health levels. Wisdom and planning is the key here. I have enjoyed completing this assignment and I hope you enjoy the contents of it. Thank You.