

Presented by:

**DOWN  
TOWN  
ALLIANCE**

# DINE AROUND DOWNTOWN

COOKING  
AT HOME  
EDITION



A Cook-Along Series Hosted by Rocco DiSpirito

**CHINAH**

Thursday, October 28, 4:00pm ET

We are excited for you to join Rocco DiSpirito as he chats with Chef Hegel Hei, founder and CEO of **Chinah**. Chef Hegel will show participants how to make their signature Mapo Tofu.

## PLEASE DONATE

This event is **FREE** and we encourage you to support **Heart of Dinner**, a food-security charity chosen by Chinah.



## ABOUT CHINAH

Chinah (100 Maiden Lane) – a new fast-casual concept determined to define a new generation of Chinese food in America. On the menu are dishes that are authentic, healthy and affordable. It's the type of food your Chinese grandmother would serve. The first location opened in Jersey City in 2019. After a year of delays thanks to the pandemic, Chinah opened its Lower Manhattan location on March 10, 2021. Some dishes you might recognize (hi, Kung Pao Chicken!) and others you might not (Forbidden Black Rice, tell me more...). Familiar or not, every dish is flavorful, simple, and balanced. Chi Nah translates roughly to “eat where.” It's a question your stomach asks your brain all the time, and now Chinah has the answer.

## ABOUT CHEF HEGEL

Chef Hegel Hei (Founder & CEO) – Born to a first-generation immigrant family in Arcadia, California, Hegel split his childhood between Los Angeles, New Jersey and Beijing. After working multiple restaurant jobs, he was confronted with the misrepresentation of Chinese food in America. Hegel founded Chinah believing that cultures can be bridged through food.

## ENTER TO WIN

**POST YOUR PLATE!** Participants are encouraged to make the dishes themselves and post a picture of their plates via **Instagram** with **#DineAroundAtHome** and tag **@DowntownNYC** to enter to win a personal 30-minute private virtual cooking class with founder and CEO, Chef Hegel Hei. Be sure to tag **@EatChinah** too! The entry window for posting begins at the end of each Cooking at Home demonstration and is open until the following Monday at 11:59pm ET.

For more details, visit [DowntownNY.com/DineAround](https://DowntownNY.com/DineAround)

[Terms & Conditions may apply.]

This project is part of a continuing effort by the Alliance to support businesses that are being adversely impacted by the spread of COVID-19. From educating local business owners about available funding opportunities and convening working groups, to communicating which businesses are currently open and spotlighting essential workers who are making a difference, the Alliance is actively working to help Lower Manhattan's business community. Efforts will continue through the recovery phase with dedicated marketing programs and initiatives to help turn the lights back on across the neighborhood.

### About the Alliance for Downtown New York

The mission of the Alliance for Downtown New York is to provide service, advocacy, research and information to advance Lower Manhattan as a global model of a 21st century Central Business District for businesses, residents and visitors. The Downtown Alliance manages the Downtown-Lower Manhattan Business Improvement District (BID), serving an area roughly from City Hall to the Battery, from the East River to West Street. For more information, visit [DowntownNY.com](https://DowntownNY.com) or follow us on Facebook, Instagram and Twitter @DowntownNYC.

**Mapo Tofu with Baby Bok Choy + Forbidden Black Rice****CHINAH****Mapo Tofu****SERVES: 4****INGREDIENTS:**

- 4 fresh shiitake mushrooms
- 4 dried shiitake mushrooms\*
- 4 small dried whole chili peppers (20 grams) minced, or 2 tsps chilli flakes
- 1 ½" knob fresh ginger (20 grams), grated or minced
- ½ Tbsp Sichuan peppercorn\* (5 grams), crushed
- 2 tsps peanut or vegetable oil
- 3 Tbsps Doubanjiang (spicy fermented bean paste)
- 1 tsp mushroom oyster sauce\*
- 2 tsps sugar
- 2 tsps soy sauce
- 2 ¾ cups water (650 ml)
- 1 block silken tofu (11 to 16 ounces), cubed
- 2 Tbsps cornstarch
- 2 Tbsps water
- 1 scallion (green only), sliced on the bias
- forbidden black rice (*see recipe below*)
- baby bok choy (*see recipe below*)

**METHOD:**

Soak the dried mushrooms in boiling water for 20 to 30 minutes, carefully remove from the water leaving the sediment behind. Remove any stems from the dried and soaked mushrooms, then dice. Remove the stems from the fresh mushrooms and dice. In a wok or large saute pan over medium heat, bring the oil to a simmer, add the ginger, chili peppers, and peppercorns, and cook for about one to two minutes or until fragrant. Add the mushrooms and cook for about 5 minutes, until the mushrooms release then absorb the moisture and aromatics. Add the bean paste, oyster sauce, sugar, and soy sauce, and cook to combine for about a minute. Add the tofu to the sauce, and cook over a low simmer for 10 minutes. Meanwhile, mix the cornstarch and water in a small bowl to create a slurry, pour it into the hot mix and cook for another two minutes to thicken the sauce. Serve over your choice of rice, topped with your favorite cooked greens or see below recipes for the forbidden black rice and baby bok choy – as offered at Chinah. Garnish with scallions and enjoy!

*\*Available at all Asian markets.***Forbidden Black Rice****SERVES: 4****INGREDIENTS:**

- 1 cup forbidden black rice
- 2 cups water
- Pinch of salt

**METHOD:**

Rinse the rice in a fine mesh sieve under cool running water. Place in a rice cooker (or saucepan with a tight fitting lid) add water and salt. If available, select the brown rice setting, or start the cooker as usual and cook till done. Let steam for 10 to 15 minutes before opening the lid. If using a saucepan, bring to a boil, lower heat to a simmer and cook for 30 to 45 minutes, according to the rice brand's package instructions. When all the liquid has been absorbed, remove from heat and leave the lid on to steam for 10 to 15 minutes. Rice can be made while you are cooking the mapo tofu.

**Baby Bok Choy****SERVES: 4****INGREDIENTS:**

- 8 heads baby bok choy (or 4 large)
- 2 cloves garlic, crushed and chopped
- 1 Tbsp peanut or vegetable oil
- Salt to taste

**METHOD:**

Trim the bottoms of the bok choy, if using baby, cut in half. If using a larger size cut in quarters or more. Over medium flame, heat the oil in a wok or large saute pan. Add the garlic and cook until fragrant for one to two minutes - do not let it get dark. Mix in the bok choy and cook until the leaves are bright green and the stems are tender. Depending upon the size of the veggie this could take 5 to 9 minutes. Season with salt and serve.