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2024

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Author

Chin, Corinna

Publication Date

2024-10-22

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Tracing **Egg Foo Young** within Books and Articles on Chinese American



Scan for more information

Cuisine

By Corinna Chin

Methodology

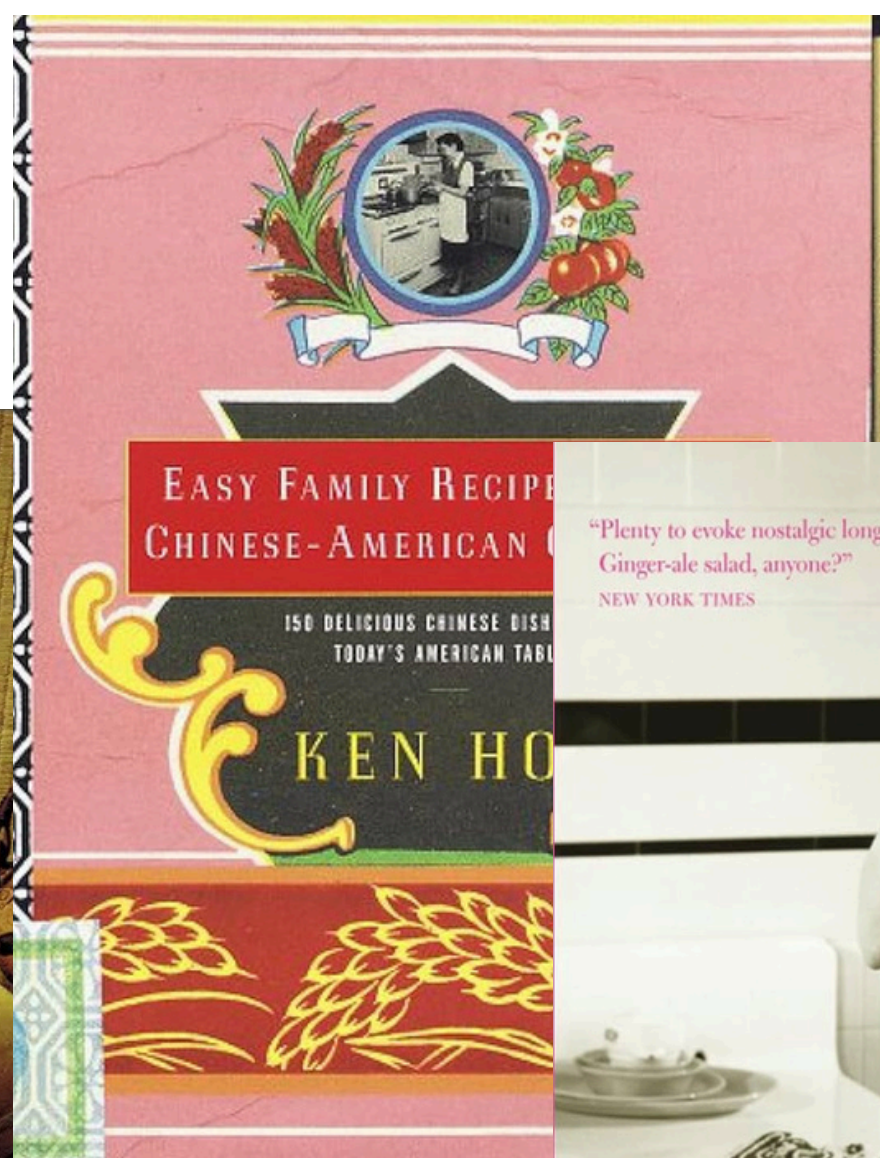
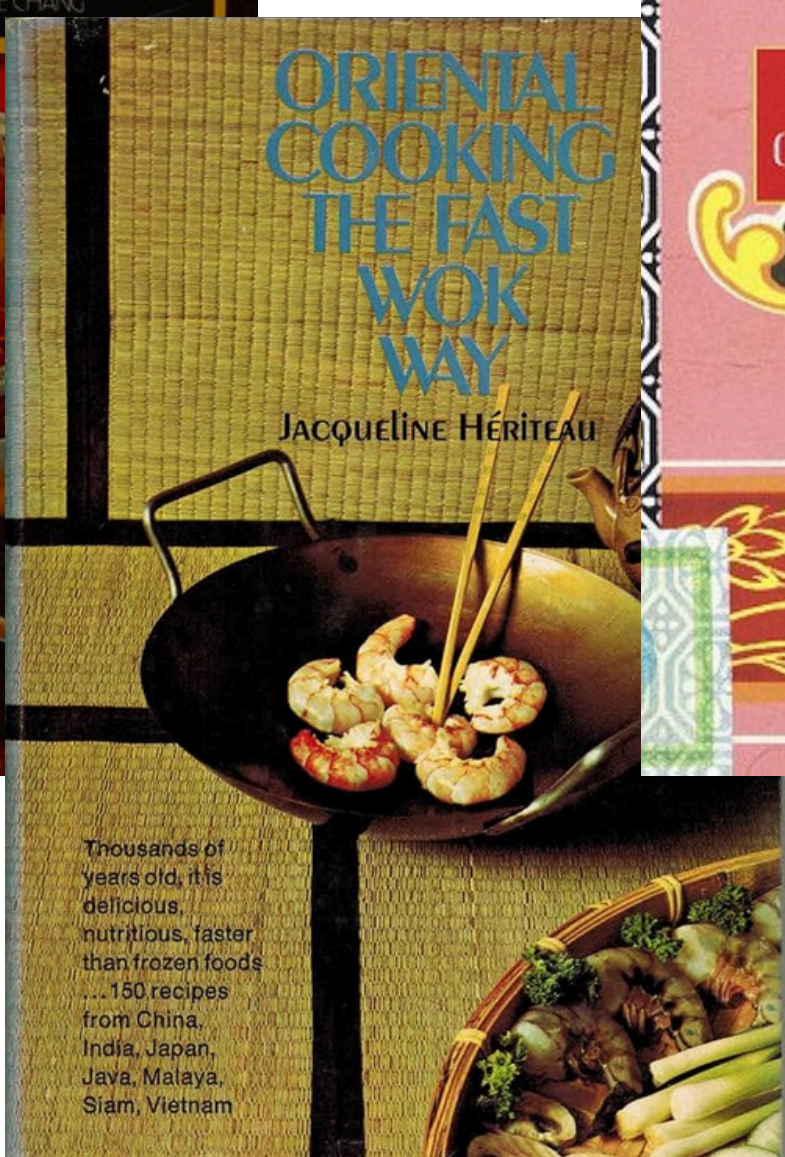
By selecting books and articles (cookbooks, informational books, and research papers) on Chinese American cuisines throughout multiple decades and displaying them on a timeline, changing attitudes towards Chinese food and trends relating to Chinese food are shown, with TikTok being the latest trend.

Most resources are collected from the Internet Archive as well as ProQuest eLibrary.



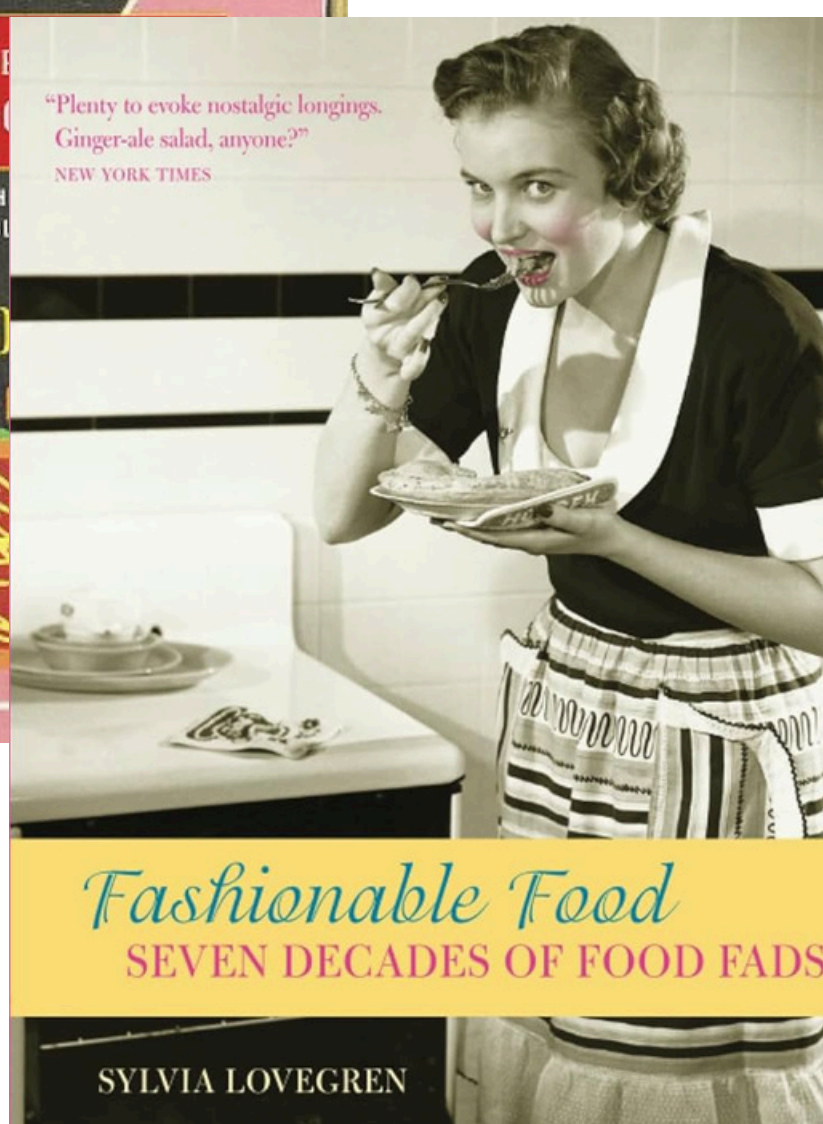
What's cooking at Chang's: The key to cooking Chinese - Isabelle Chin Chang (1959)

Oriental cooking the fast wok way - Jacqueline Hériveau (1971)



Easy family recipes from a Chinese-American childhood - Ken Hom (1997)

Fashionable Food: Seven Decades of Food Fads - Sylvia Lovegren (2005)



Abstract

TikTok has become a popular source for trend, news, and controversy, pushing out constant videos catering to a new age of digital information. From TikTok came the Chinese food debate, a war between American Chinese cuisine and British Chinese cuisine on which is "better". Americans, disgusted by British Chinese cuisine's excessive use of curry sauce and seemingly inauthentic Chinese dishes of prawn crackers and other fried staples, encouraged British diners to expand their palates beyond their seemingly bland and saucy dishes. Even large creators such as Soogia, a Korean American TikToker prominent in Asian American spaces, commented on the debate. Brits, on the other hand, defend their unique cuisine claiming that while it may not be "authentic", its history born from Chinese diaspora in Britain makes it not as different from American Chinese cuisine as it may seem.

By tracing Chinese American food, focusing on egg foo young, I hope to show viewers how online debates about Chinese American food's surface level "superiority" over British Chinese food ignores the complex racial history of Chinese America and involves the question of authenticity, whether intended or not.

Results

While defenders of Chinese American food criticize British Chinese food for their own forms of Westernization, such as the use of "chips" and "curry sauce", they seemingly ignore the complex history American food has had with Westernization. While many state that debates between the two cuisines have nothing to do with authenticity and only superiority, critics must ask themselves, what aspects are being criticized as inferior compared to Chinese American food? Why are those aspects there in the first place? Beyond superiority, many aspects that define whether Chinese American food is even authentic have become blurred, with many Chinese American cooks disagreeing on true authentic egg foo young. By fully exploring how Chinese food has been and is represented in American culture, it can be seen that a superficial view of Chinese American as "better" than British Chinese food disregards not only the exoticism and racism embedded in American Chinese food culture, but also the real Chinese immigrants who made Chinese American dishes a reality.

Future Research

I hope to continue my research by looking at more resources from other libraries, including the UCI Libraries, and looking more specifically at ingredients and preparation methods of egg foo young. Outside of looking at just egg foo young, I hope to complete more research on other aspects of Chinese American cuisine and British Chinese food, originally I hoped to have a stronger focus on a comparison between Chinese American food and British Chinese food, specifically salt and pepper chips. I would also like to map my research, allowing for a visualization of how authenticity extends beyond China.