

Asian Food Delights

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Chinese sausages and water chestnuts and mushroom and I stuffed it inside; so I'm roasting the chicken and the chicken flavors my rice, and it's perfect, and people love it.

What's one thing you always have in your kitchen?

I always have ginger and soy sauce, always, because with ginger and soy sauce you can prepare a multitude of dishes. Soy sauce is a multi-level, multiple-layer seasoning. You can use it as a marinade, as a dipping sauce, for color, or flavor, or making salad dressing. It's an all purpose seasoning. And ginger is very, very good because it gives you the heat, but not too much, and

the flavor and the aroma. It goes well with every single dish, with sea food in particular. On the West Coast there is a lot of Dungeness crab, a lot of oysters, and ginger is a perfect ingredient to go with sea food.

Is there anything Yan can't cook?

I consider myself a cultural and culinary ambassador. I never consider myself a celebrity or master chef. Basically, what I'm doing is promoting the cross cultural exchange. The more we understand each other, the more peaceful this whole world is. So food is a great ambassador: a great tool to bring people together. People who eat together, cook together, come to-

gether. And I want people to feel that, cooking, after all, is not only a lot of fun but is easy. That's why my slogan is if I can cook, so can you.

Are there any dishes you struggle with?

You don't refer to that as a struggle. Failing is part of the learning process. It's not really failing, but your practicing. It's part of the process of growth. Just like with a little kid, they try to stand up and they fall down. They're not going to give up. The same thing with cooking, even the best chef, the master chef, when they try some new recipe. Failure is the mother of success. No one becomes successful right way. Yan can, so can you. Always the same slogan. I can do it, you can do it.

Educator Honored by Peers

Portland Community College President Preston Pulliams has been named the Regional Chief Executive Officer of the Year by the Council for the Advancement and Support of Education.

The region covers the Pacific Northwest and Western Canada and includes not only community colleges and smaller colleges, but also large four-year universities.

"There could be no more deserving recipient of a regional CASE

leadership award than he," said Oregon Gov. Ted Kulongoski. "Dr. Pulliams has a vision of access to higher education for anyone who wants in. His passion for this phi-

losophy is one of the reasons I named him to the Oregon Board of Higher Education, where he has proven his leadership time and time again."



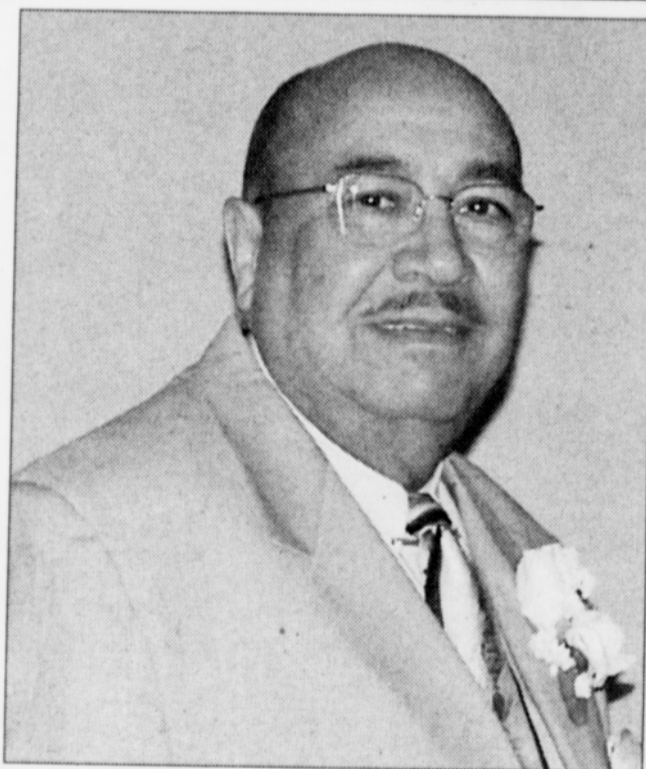
Preston Pulliams



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Weekday Service
Tuesday Night: Bible Study 7:00 P.M.
Friday Night: Regular Service 7:30 P.M.

Prayer Meeting & Seminar: Monday - Friday 12:00

Worship Service 12:00 Noon
Evangelistic Service 7:00 P.M.

IN LOVING MEMORY of Hazel A. Polk



A memorial service will be held on Saturday, March 6, 2010 at Berean Baptist Church, 4822 N. Vancouver Avenue, Portland, Oregon 97217 at 11:30 a.m.

For more information contact (503) 287-8224.

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