



NO COST CAREER TRAINING PROGRAMS

**Information
Sessions
every WEDNESDAY
and THURSDAY
@ 11:00 AM**

REQUIREMENTS

- 18 years of age or older
- High school diploma or GED
- Complete TABE assessment
- Admissions interview

- * Returning citizens welcome
- * On-site Bridge instruction for basic skills support
- * Need a GED? We can help!

If you are interested
in enrolling or want more
information on our
Adult Programs, contact
Walter Bush
walter@chicat.org
(312) 733-1701
ext.1041

CHICAT
CHICAGO CENTER FOR ARTS AND TECHNOLOGY

1701 West 13th Street, Chicago,
Illinois 60608

www.chicat.org
Connect with us!



ADVANCED MANUFACTURING (Maintenance Mechanic)

Classes begin November 6, 2017
and January 11, 2018



LAB/QUALITY CONTROL TECH

Classes begin February 5, 2018



**HEALTH
INFORMATION
TECHNOLOGY**
(Medical Billing and Coding)
Classes begin September 5, 2018

eat&drink



Manchurian cauliflower from Curry on Fire.

Worth a trip

MANCHURIAN CAULIFLOWER FROM CURRY ON FIRE

By Michael Nagrant | FOR REDEYE

I'm guessing you've figured out that General Tso's chicken isn't quite an authentic Chinese dish. On the other hand, if I've blown your mind and ruined your childhood with this declaration, I apologize. The dish was thought to have been invented in America in New York at Peng's on East 44th by the Chinese-born chef Peng Chang-kuei in 1973.

It turns out a lot of the stuff you eat at many American Chinese restaurants, like almond chicken or chop suey, is a hybrid, usually inspired by authentic regional Cantonese cooking, but generally augmented by a ton of sugar, salt and American ingredients. This is sort of emblematic of the history of cuisine. Immigrants nostalgic for the flavors of their homeland, unable to procure native ingredients, and possessing of new local influences of their adopted country, create something new.

The same thing happened in India in the late 1800s and early 1900s when Chinese moved to Calcutta. But, as you can imagine, Indian Chinese didn't serve up General Tso's chicken. They substituted native spices like cumin, coriander, turmeric and blends like garam masala to come up with their own unique Indian version of Chinese cuisine.

The Panda Express orange chicken of

Indian cuisine might be Gobi Manchurian or Manchurian cauliflower, which—like General Tso's chicken—is not found anywhere in the modern provinces of historical Chinese Manchuria.

While not authentic to China, Manchurian cauliflower is delicious. But it's tough to find a good example of it in Chicago, because there aren't many Indian Chinese restaurants located in the city proper (Usmania Zabiha serves Indian Chinese, but they don't serve Gobi Manchurian). If you really want to dig deep on Indian Chinese, skip the Swedish meatballs while procuring bookshelves at Ikea and check out Bombay Chopsticks in Schaumburg.

While I'm sure you'll love combining an Ikea run with culinary exploration, the good news is Curry on Fire, a new UIC-area spot that mostly serves standard Indian fare like chana masala and butter chicken, also makes a mean Manchurian cauliflower (\$9). Curry on Fire's cauliflower is a nuclear orange and crimson hue, the result of slather of turmeric and chili paste. Crispy, breaded and tossed with searing green chili and scallion, it's so good I couldn't stop popping the salty and spicy florets in my mouth with the kind of speed I usually reserve for a bag of stellar potato chips.

EAT
CURRY ON FIRE
1030 W. Taylor St.
312-624-8888

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Michael Nagrant (@MichaelNagrant) is a RedEye freelancer. Reporters visit restaurants unannounced and meals are paid for by RedEye.