



HYENA  FILMS presents:

# THE RAW AND THE COOKED

A CULINARY JOURNEY THROUGH TAIWAN

Written & directed by Monika Treut – Germany/Taiwan 2012 – 83 / 56 min., color, HDCAM

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World Premiere Berlin IFF 2012

CULINARY CINEMA: Sunday, February 12th, 10 pm



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## SYNOPSIS

THE RAW AND THE COOKED is a culinary journey around the gourmet's paradise, Taiwan. The film makes seven stops along the way. In the island's capital, Taipei, we visit a traditional Taiwanese restaurant, a legendary dim-sum palace, and one of the city's lively night markets. Next, we encounter the hearty cuisine of the Hakka, Taiwan's largest ethnic community; we're introduced to the pure and delicious seafood specialties of the Ami indigenous tribe; and we get a glimpse of the Buddhist influences on Taiwanese cuisine. Finally, we are invited to a banquet by one of the island's most creative chefs. Combining traditional cuisine and best organic ingredients, he weaves a culinary magic to create spectacular and novel dishes.

On our travels, we witness the efforts of Taiwan's young environmental movement to resist the rapid pace of urbanisation, which is destroying much of the island's beautiful countryside.

THE RAW AND THE COOKED is an island tour that celebrates fine food.



## THE IMPORTANCE OF EATING IN TAIWAN

For the ethnically mixed Taiwanese people, a key unifying element is a passion for food. Taiwan is a true paradise for gourmets. The influence of many different world cuisines has produced a huge variety of tasty dishes – culinary riches beyond compare. The 5,000-year-old culture of China is a major influence on Taiwanese cooking. Other important influences include Japanese cuisine and the culinary traditions of Taiwan's aboriginal population and of the Hakka people, Taiwan's largest ethnic minority.

In Taiwan, eating is everybody's number one hobby, and the number of eateries – from small-scale night-market stalls to first-class restaurants – is almost unparalleled. Every town in Taiwan is famous for a particular contribution to the Taiwanese culinary tradition.



Lately, immigrants from Vietnam, Thailand and the Philippines also bring along their respective dishes. Perhaps Taiwan enjoys the most diverse and finest cuisine of Asia. Instead of »How are you?« people often greet one another by asking, »Have you eaten yet?« This is a reminder of the island's past, when, until the middle of the last century, there were frequent famines. To have four or five meals a day is the mark of success and a good quality of life. The celebration of great occasions, such as the Chinese New Year, when family members travel, often from far away, to spend a week enjoying the best food in each other's company.



## THE VARIOUS CUISINES OF TAIWAN

On the island we find the cuisines of all the different provinces of China, which are as different from each other as the French and Portuguese cuisines. They are connected by the teachings of holistic nutrition from traditional Chinese medicine. Good food makes for life energy, called chi, and is therefore fundamental to health and well-being. From the Chinese and Taiwanese perspective, there is no clear separation between medicine and food. The Chinese cuisine therefore aims not only to give pleasure, but also to be beneficial. Thus, Sichuan-style food from China's western provinces is very popular in Taiwan, because according to Chinese medicine, garlic and ginger have special antiseptic and purifying influences on the body. Specialties of this cuisine are sour-and-spicy soup, twice-cooked pork, chicken wings with crab meat, duck tongue in brown sauce and frogs' legs in spicy chili sauce.





### 1<sup>ST</sup> STOP TAIPEI: TAIWANESE CUISINE – SEAFOOD AND NIGHT MARKETS

Unlike the traditional cuisines of China, Taiwan's traditional cuisine is simple and mildly spiced. Seafood and soups of all kinds are the foundations of a traditional Taiwanese meal. Specialties include grilled octopus, oysters in Vermicelli-noodle soup or served as an omelette, and dried anchovies served with fried peanuts. Fresh fish and seafood, especially mussels, lobsters and crabs, are still in abundance. The most popular meats are pork and poultry. Favourite spices are garlic and ginger and the native basil. Plenty of fresh fruit is served for dessert.

A beautiful example of traditional Taiwanese cuisine is served at the restaurant Shin Yeh on the 85th floor of the Taipei 101 building. First and foremost, it dishes up oysters in abundance, but also on the menu are sow's liver (boar's liver isn't tender enough) and many other delicacies.





Taiwan is particularly famous for its night markets. Apart from all kinds of tasty snacks, you can buy everything from clothes to electronic toys. The main attraction is the delicious Taiwanese fast food – you can eat top-quality food at rock-bottom prices at the numerous small food stalls. The most popular dishes are 'niu rou mien' (noodle soup with beef), grilled octopus, oyster omelette, Taiwanese pork sausage and blood sausage. Night markets are an essential component

of social life. After 6 pm, virtually everyone comes here. You sit with friends and family at simple tables on the sidewalk and eat to your heart's content.

*This particular atmosphere is captured on a walk by Monika Treut with Huan-Ru Ke, the protagonist of her latest film »Ghosted«, at the Shilin-night market in Taipei.*

## **FROM SOUTH CHINA: CANTONESE DIM SUM**

»The Cantonese eat everything that flies, swims or has four legs, except the chair on which he sits and the bed where he sleeps« is a common saying about the eating habits in southern China. The southern provinces of China are located just across the Taiwan Strait and most of the island's inhabitants are originally from this region. Due to their close proximity, Cantonese and Taiwanese cuisines are very similar. The subtropical and tropical marine climate favours fertile farmland and there is an over-supply of vegetables and tropical fruits. Taiwanese tea is one of the top products in the world and fresh seafood is still abundant in the Taiwan Strait. Very popular are steamed fish served whole, roast duck and pigeon, poached chicken and Chinese broccoli in oyster sauce. But above all, dim sum, small dumplings made of freshly rolled pastry filled with pork, beef or crab meat and vegetables, mushrooms and bamboo shoots is a typical Cantonese specialty.

*During a visit to the restaurant Din Tai Fung, the dumpling temple in Taiwan, we see how the dumplings are elaborately prepared and we learn about the significance of the number of small wrinkles on each one, and how to enjoy them properly, with the help of a small spoon.*



## **2<sup>ND</sup> STOP HUALIEN: GOOD FOOD NEEDS INGREDIENTS OF THE HIGHEST QUALITY**

Former urban planner Fu-Yu Wang is the founder of the alternative project, BUY LOCAL, which sells organic produce from the region directly to the consumers. Initially, many workers were volunteers and were paid with vegetables or fruit. Now, all employees are paid and the work of BUY LOCAL secures the livelihoods of 20 organic farmers in Hualien. Currently, 'Buy Local' delivers 60 tons of vegetables and fruit a year in a roughly 60-mile radius around Hualien.

## **3<sup>RD</sup> STOP SHITIPING: THE DISHES OF THE INDIGENOUS PEOPLE – PURE FRESHNESS FROM THE SEA**

The indigenous Taiwanese people are divided into nine tribes, each with their own language. The best known are the Ami and the Puyama. Today, they comprise just two per cent of the population of Taiwan. The signature dishes of the Amis – who were traditionally



fishermen – consist mainly of seafood, seaweed and vegetables boiled in hot water, method that also produces a tasty soup.

*At our stop in Shitiping in the south-east of the island we visit Ami chef Ladibisse's small restaurant. He prepares fish and seafood that he has taken fresh from the ocean in the morning and cooks it with the help of hot stone – an ancient ceremony to honour the ancestors.*

## **4<sup>TH</sup> STOP TAITUNG: THE DISHES OF THE INDIGENOUS PEOPLE – EXOTIC PLANTS AND WILD BOAR**

The rustic cuisine of the indigenous hill tribes is composed of wild boar, chicken and wild green vegetables. Sweet potato is very popular too. There are now special aboriginal restaurants in the mountain regions, which are often visited by Taiwanese tourists. A particular specialty is steamed bamboo rice, served in bamboo trunks and filled with chunks of wild vegetables and small river fish.

At the annual music festival of the indigenous peoples in the south Pacific in Dulan's Sugar Factory, we not only get an impression of the food but also of the political movement of the indigenous people of Taiwan for environmental protection and against nuclear power.



## 5<sup>TH</sup> STOP KAOHSIUNG: THE BUDDHIST INFLUENCE – VEGETARIAN DISHES

Following the imperative of non-violence, the numerous Buddhist monasteries in Taiwan and throughout south-east Asia are totally vegetarian. Not eating meat is an expression of a particular responsibility for the environment. In addition, much emphasis is placed on simple dishes made from local and seasonal vegetables and avoiding the use of industrially processed foods. The Buddhist cuisine offers a wide variety of healthy and delicious vegetarian dishes, which have found a permanent place in Taiwanese cuisine.



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*In the kitchen of the Fo Guang Shan Monastery, which lies near the major port city of Kaohsiung, we take part in a cooking class for nuns and monks and get familiar with the most important rules of the Buddhist kitchen. Here is one of the recipes:*

### Stir-fried mustard greens with marinated tofu

#### Ingredients:

220 g mustard greens  
10 g ginger,  
160 g marinated tofu  
1 chili  
5 small cups cooked rice  
sesame cooking oil

¼ teaspoon salt  
½ tablespoon soy paste  
a dash of mushroom essence

#### Instructions:

Wash all the ingredients, chop the ginger, slice the chili, cut the vegetables into strips and the tofu into cubes.

Sauté the ginger in the wok with oil, the soy paste and chili. Add the tofu and fry briefly. Then add the rice and mix well. Finally, add the vegetables and the rest of the ingredients. Stir well and cook briefly, then serve.



## **6<sup>TH</sup> STOP HSINPU: THE HAKKA DISHES – SAVORY APPETIZERS**

The Hakka are a special Han Chinese ethnic group in Taiwan. They have their own language, which is subdivided into several dialects, and have certain cultural peculiarities. Originally, they're from the area around Lake Baikal in Siberia. After several migrations they settled in southern China, south-east Asia, north and central America, Australia and Taiwan. The name Hakka (Ke Ji Ren in Chinese) means 'guests'. In Taiwan they are the largest minority group. As former nomads, the once-poor Hakka people have developed special cooking habits. The basic components of their food are vegetables and meat that have been dried to ensure they last as long as possible. The main meals are salty-and-sour pickled Chinese cabbage, bean curd soup and offal. The Hakka cuisine is also famous for delicacies such as rice crackers and sweetened soy milk.

A visit to one of the most popular Hakka restaurants offers a good overview of the savoury dishes that are traditionally served, including chicken soup with radish, seafood-and-pumpkin soup with small pigs' trotters, boiled pigs' intestines and Kumquat leaves.

## **7<sup>TH</sup> STOP PULI: THE NEW TREND – THE COMBINATION OF TRADITIONAL DISHES WITH MODERN HEALTH AWARENESS**

At the end of our culinary journey, we venture to the middle of the island and the district of Puli. In the Jindou restaurant we meet one of the most creative chefs in the island: Heng-Hong Liu. In front of the camera he prepares a meal of several courses and reveals a few tricks. Above all, he knows that a good cook should be a true foodie and must have a keen aesthetic sense. Heng-Hong Liu uses only organically grown vegetables, which are supplied by local farmers – the produce includes organic roses, sugarcane, bitter melons, yams and water asparagus. From these fresh ingredients he creates Rose Flower Sushi,



White and Green Jade Bitter melon and, as the highlight of the banquet, simmered pork with sugar cane. Here's the recipe:

### Sugarcane-scented braised pork wrapped in edible Chinese paper

#### Ingredients:

250g of Dongpo pork (braised half-fat, half lean pork)  
50g Puli sugarcane  
100g sugarcane sprouts  
Salted sun-dried mustard greens,  
Garlic sauce  
1 sheet edible Chinese paper  
20g of Shaoxing wine

#### Instructions:

1. Pre-heat the oven to 220° C
2. Peel the sugarcane, rinse, and cut into 18 cm pieces.
3. Dip the sugarcane sprouts into boiling water, then stir-fry with the dried mustard greens and some garlic sauce. Reserve.
4. Cut the Dongpo pork into 8 cm wide slices. Spread the sugarcane on a sheet of heat-resistant paper, cover the sugarcane with stir-fried sugarcane sprouts, then place the pork on the top. Top with our special healthy sauce, wrap up and tie tightly with a string. Then wrap the whole thing in the edible Chinese paper and put in the oven for 20 minutes.

## WITHOUT AN INTACT ENVIRONMENT THERE IS NO GOOD FOOD

After Bangladesh, Taiwan is the most densely populated place on Earth. Urbanisation is proceeding apace. As in China, nature has long been exploited. For several years, however, there has been a growing movement for environmental protection. National parks have been created, independent projects for unsustainable, ecological agriculture emerged and many farmers have stopped using pesticides.



However, the movement has come into conflict with the current government, which clearly sides with the industrial corporations and supports urban developments. The government still focuses on nuclear power, and the country has four nuclear power plants, which are all located on the coast. The issue of nuclear-waste disposal is unresolved – currently, it is dumped in the sparsely populated south-east of the island, home of the indigenous peoples.



We can only hope that the still small but very active Taiwanese Green Party, together with indigenous activist groups and other environmental organisations, can further educate and enlighten the islanders and make the government abandon its present policies before it's too late for the 'Ilha Formosa', the 'beautiful island'.

## DIRECTOR'S NOTE

Ever since I've made movies, I've been regarded as a specialist in the area of feminism, gender and sexuality. Now, all of a sudden, I make a documentary that deals with food in Taiwan. At first glance this looks strange. But food and sex have a lot to do with each other. In Taiwan as well as in China, nothing is more important than food. If you ask a Taiwanese person what is their favorite pastime, 99 per cent reply, »food«. »Stomach and heart are inseparable« says a Taiwanese proverb. Taiwanese and Chinese food makes you not only full and content but also healthy and happy.

For the Taiwanese and the Chinese, food has the same importance that sex has for Europeans and is acted out with even greater obsession. The French historian Françoise Sabban says in her book, 'Eating in China': »For at least 2000 years the Chinese have thought about their eating habits, trying to understand what food means in relation to the body and its pleasures.« This the most important lesson in all things food that I've learned from my Taiwanese friends.

Eight years ago, when I was in Taiwan for the first time, I only knew that the island is the Asian paradise for gourmets. Until then, my experience with Chinese food was limited to the mostly hideous cuisine of the Chinese restaurants in Germany. On my first visit to Taiwan, I was put off by the national snack, 'stinky tofu', which really smells pretty disgusting. The fact that it tastes very good I only discovered a couple of trips later, when I finally dared to try the specialties in the night markets of Taipei. Meanwhile, I have shot two feature-lengths films and a TV report in Taiwan and I've been invited to a number of banquets, where everything important happens, and have become more familiar with Taiwanese culture. Now, I miss Taiwanese food terribly when I'm back in Germany and I even bought a cookbook to re-create authentic dishes.

I fell in love with the island and its residents. And what could be a better way to introduce Taiwanese culture to those unfamiliar with it than through its cuisine – the best and most varied in Asia. The Taiwanese people gave me, the German »longnose« their blessing. The Taiwan representative's office in Hamburg wrote on the occasion of a Taiwanese film series at Hamburg Metropolis Cinema: »Monika Treut has become a 'cinematic ambassador of Taiwan'.« To be called »shu ren« – »boiled« or »well-done« – is to be considered a true friend of Taiwan. Foreigners are called »ren sheng« – »the Raw«: Food, it seems, pervades even the language of friendship.



## CREW

### MONIKA TREUT - WRITER, DIRECTOR AND PRODUCER

Monika was born in Mönchengladbach, Germany, on April 6, 1954. She studied literature and politics at Philipps-University, Marburg. In the mid-seventies she began working with video. Her PhD thesis »The Cruel Woman: Female Images in the Writing of Marquis de Sade and Leopold von Sacher-Masoch« was published in Germany, Switzerland and Austria in 1984.

Together with director and cinematographer Elfi Mikesch they founded the indie production company Hyäne Filmproduktion. In the mid-eighties Treut started to write, direct and produce award-winning independent features and documentaries, which screened at numerous film festivals throughout the world and enjoy international distribution. Retrospectives have been held in Mexico City, Rio de Janeiro, Sao Paulo, Taipei, Toronto, Cambridge, Bologna, Helsinki, Hamburg, Thessaloniki, Los Angeles, Athens, Prague and Lisbon.

Since 1990 Treut has also been teaching and lecturing at Colleges (Vassar, Hollins, and Dartmouth), Art Institutes (SFAI) and Universities (UI Chicago, UC San Diego, Cornell U and IU Bloomington) in the U.S. Treut runs the independent film production company, Hyena Films, with offices in Hamburg, Germany. More Info: <http://www.hyenafilms.com>

## FILMS

**2012 THE RAW AND THE COOKED** Documentary shot in Taiwan. Co-Production of Hyena Films with PTS, Taiwan. Writer, director, producer. 83 min, color, HDcam. With support from Filmfoerderung Hamburg-SH GmbH. World Premiere: Berlin International Filmfestival (Culinary Cinema), February 2012.

**2009 GHOSTED** Feature shot in Hamburg and Taipei. Co-Production of Hyena Films with PTS-TV, Taiwan and ZDF/3-sat. Co-writer, director, producer. 86 min, color, Dolby SR, 35mm. With support from Filmfoerderung Hamburg GmbH, Ministry of Culture and New Media, Berlin, and Government Information Office, Taiwan. World premiere: Berlin International Filmfestival (Panorama), February 2009.

**2005 MADE IN TAIWAN** TV-Documentary for ZDF/3-sat, Digi Beta, 30 min, color. Written, directed and produced. Co-Production with ZDF/3-sat and PTS-Taiwan.

**2005 TIGERWOMEN GROW WINGS** Documentary, Digi Beta, 86 min, color, Dolby SR. Written, directed and produced. Co-Production with PTS-Taiwan. World premiere February 11th. 2005 IFF Berlin (Panorama).

**2004 JUMP CUT – A TRAVEL DIARY** Documentary, DVcam, BetaSP, 78 min. Written and directed. Production: thede filmproduktion. Premiere: Metropolis Cinema Hamburg, February 2004.

**2003 ENCOUNTER WITH WERNER SCHROETER** Short-documentary, DVcam, BetaSP, 14 min, color. Written, directed and produced. World premiere: Montreal, October 2003.

**2002 WARRIOR OF LIGHT** Feature-length documentary, 86 minutes, color, Dolby SR, 35mm. Written, directed and produced. World premiere: Toronto International Filmfestival, September 10, 2001.



**1999 GENDernauts** Feature-length documentary, 86 min, color, Dolby SR, 35mm. Written, directed & produced. World Premiere: February 1999, Berlin IFF (Panorama)

**1997 DIDN'T DO IT FOR LOVE** feature-length documentary, 80 min, color, 16mm, written and directed. Produced by Irene von Alberti, Filmgalerie 451. World Premiere: Sept. 1997, Toronto IFF.

**1996 DANISH GIRLS SHOW EVERYTHING** a feature-length omnibus film by 20 European directors. German segment: **CASTING**, 35mm, color, written and directed, produced by Holland House, Copenhagen.

**1994 EROTIQUE** an international co-production of a feature-length omnibus film: US, Germany, Hong Kong, Brazil. Executive producers: B&M Chase, Group 1 Films, Los Angeles. German segment: **TABOO PARLOR**, written and directed, 30 min, color, 35mm. World Premiere: Sept. 1994, Toronto IFF.

**1992 FEMALE MISBEHAVIOR** documentary. 80 min, color, 16mm. Written, directed and produced. World Premiere: Sept. 1992, Toronto IFF.

**1991 MY FATHER IS COMING** 82 min, color, 16mm, blow-up to 35mm, co-written, directed and produced. World Premiere: Feb. 1991, Berlin IFF (Panorama).

**1988 VIRGIN MACHINE** 85 min, b&w, 16mm, blow-up to 35mm, written, directed and produced. World Premiere: June 1988, San Francisco Frameline.

**1985 SEDUCTION: THE CRUEL WOMAN** 84 min, color, 16mm, blow-up to 35mm, co-written, -directed and -produced with Elfi Mikesch. World Premiere: Feb. 1984, Berlin IFF (Forum).

## **BERND MEINERS – DOP**

Bernd Meiners holds a masters degree in photography and film from Hamburg Art Institute (HfBK). Since the early 1980ies Bernd has lensed more than 100 features and documentaries in all parts of the world. Among them award-winning features like Hermine Hundtgeburch's »Im Kreise der Lieben« (1990), Sundance Winner »Paragraph 175« by Rob Epstein and Jeff Friedman (2000) and 2006 Angelina Maccarone's Golden Leopard winner »Verfolgt«. In 2009 he shot Monika Treut's mystery love story »Ghosed«. Most recently, Bernd was the DoP of Angelina Maccarone's documentary portrait on Charlotte Rampling »The Look« (2011). More on Bernd Meiners: [www.berndmeiners.de](http://www.berndmeiners.de)

## **MARGOT NEUBERT-MARIC – EDITOR**

Margot Neubert-Maric learned her trade at Bavaria Studios in Munich as well as at Studio Hamburg. Since 1974 she worked as an editor for ZDF and NDR. Since 1995 Margot enjoys working as an independent editor for award-winning features and documentaries with such directors as Lutz Dammbeck, Ayse Polat, Janek Rieke, the twins Benjamin and Dominique Reding, and Klaus Wildenhahn among many others. She also teaches at various Art Institutes and filmschools in Germany. In 2006 Margot started directing documentaries. Since 2009 she's also functioning as President of the »filmschool Hamburg – Berlin«.



## IN MEMORIAM BELA MADUREIRA (1964 – 2011)

WITH

(in order of appearance)

### TAIPEI:

Wei-nan Chen  
Chung (Andy) Hsu  
Raimond Wu  
Joy Hui-yi Hu  
Huan-ru Ke  
Robin Winkler  
Han-sheng Pan

### Hualien:

Fu-yu Wang  
Shui-yun Wu  
Shitiping:  
Ladibisse  
Sumi

### TAITUNG:

Pannai  
Nabu

### FOGUANGSHAN:

Miao Ming  
Hsiu-luan Wu  
Syyee-hwa Tan  
Pei-yu Chang  
Shi-ruo Wang

### HSINPU:

Ji-fa Peng  
Yi-he Jiang  
Chao-cing Chen  
Yi-sen Jiang  
Jia-fong Fan  
Yi-fa Lai  
You-fu Huang  
Peng-chuen Deng

### BEIPU:

Jing-wen Deng

### PULI:

Heng-hong Liu  
Si-ching Chang  
Mei-chu Lai  
Kuo-jung Huang  
Hung-ming Chen  
Jung-chun Huang  
Su-jen Lin  
Wen-cheng Wang  
Tzu-yun Wang  
Yi-yong Huang  
Hao Wang  
Shao-ying Sun

**Writer, Director:** Monika Treut  
**Cinematography:** Bernd Meiners  
**Location Sound:** Chia-hao Yang  
**Additional Camera:** Li-jen Tu  
**Intercultural Advisor:** Patricia Kortmann  
**Translator:** Wuan-ling Guo  
**Production Co-ordinator:** I-wen Tang  
**Driver:** Chia-yu Huang

**Production Manager:** Madeleine Dewald  
**Office Hyena Films:** Sabine Linz  
**Producer:** Monika Treut  
**Editor:** Margot Neubert-Maric  
**Original Music:** Ramon Kramer and Michael Dommes  
**Cello:** Pirkko Langer



**Travel Agent:** Fairlines  
**Tape Transfers:** Udo Sauer  
**Translation Mandarin-German:** Martina Hasse  
**German-English:** Colin Richardson  
**Subtitles:** Tonike Traum  
**Text Consultant:** Christian Weller  
**Re-recording Mixer:** Roland Musolff  
**Titles & Animation:** Dock 43  
**Color Matching:** Matthias Behrens  
**Avid Support:** Christian Mattern  
**Post Production Consultant:** Roland Musolff  
**Screenings:** Alabama Kino, Hamburg  
**PR:** Doris Bandhold Filmpromotion  
**Tax Accounting:** Lehman&Piekarek  
**Legal Services:** Christian Füllgraf

**For PTS, Taiwan:**

**Executive Producer:** Leh-chyun Lin  
**Commissioning Editor:** Jessie Y.W. Shih  
**Co-Producer:** Wuan-ling Guo  
**Production Consultant:** Po-cheng Lu

**Special thanks to:**

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**Amis Cultural Center, Shitiping:**

Lighting Fire Studio  
Buy Local, Hualien  
Foguangshan Monastery  
Jin Dou Restaurant  
Green Party Taiwan  
Urn-Lily-Spring Restaurant  
Wild At Heart Taiwan



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