

WHAT'S ON THE MENU?



#AANHPIHERITAGEMONTH

1
00:00:08,470 --> 00:00:06,389
this is our kitchen

2
00:00:09,910 --> 00:00:08,480
you might notice there's all sorts of

3
00:00:11,669 --> 00:00:09,920
foods here

4
00:00:12,950 --> 00:00:11,679
it's like opening the refrigerator you

5
00:00:14,950 --> 00:00:12,960
got all your different stuff that you

6
00:00:17,910 --> 00:00:14,960
want to have food in the indian culture

7
00:00:20,310 --> 00:00:17,920
is super important it is like the time

8
00:00:22,870 --> 00:00:20,320
of course when everybody gathers but it

9
00:00:24,550 --> 00:00:22,880
means so much to have somebody prepare

10
00:00:26,870 --> 00:00:24,560
food for somebody else and give it to

11
00:00:30,150 --> 00:00:26,880
them as a gift

12
00:00:33,750 --> 00:00:30,160
at the jc space food systems laboratory

13
00:00:35,910 --> 00:00:33,760

we develop process package and supply

14

00:00:39,110 --> 00:00:35,920

majority of the food

15

00:00:41,110 --> 00:00:39,120

on iss for us os crew members

16

00:00:43,110 --> 00:00:41,120

so we have all this type of food some of

17

00:00:45,029 --> 00:00:43,120

it is dehydrated

18

00:00:47,830 --> 00:00:45,039

and so we have to hydrate it fill it up

19

00:00:50,069 --> 00:00:47,840

with water some of it is already made

20

00:00:50,869 --> 00:00:50,079

and then all we have to do

21

00:00:52,150 --> 00:00:50,879

is

22

00:00:54,229 --> 00:00:52,160

heat it up

23

00:00:56,310 --> 00:00:54,239

food on the iss is sort of an example of

24

00:00:58,310 --> 00:00:56,320

the many cultures that come and live on

25

00:01:00,869 --> 00:00:58,320

the international space station among

26
00:01:03,990 --> 00:01:00,879
the standard menu there are about 10

27
00:01:06,710 --> 00:01:04,000
percent main dishes that are inspired by

28
00:01:09,590 --> 00:01:06,720
asian culture they bring a unique flavor

29
00:01:11,429 --> 00:01:09,600
profile and allow ways to compensate for

30
00:01:14,390 --> 00:01:11,439
the low sodium requirement we have to

31
00:01:16,310 --> 00:01:14,400
meet this adds to the variety to the

32
00:01:17,109 --> 00:01:16,320
food system when i realized that there

33
00:01:20,789 --> 00:01:17,119
was

34
00:01:22,950 --> 00:01:20,799
pretty excited because this is something

35
00:01:25,270 --> 00:01:22,960
that i've eaten for my whole life grew

36
00:01:28,550 --> 00:01:25,280
up with in particular remind me of when

37
00:01:31,109 --> 00:01:28,560
i was a kid and at home with my family

38
00:01:33,830 --> 00:01:31,119

there is a popular chinese proverb mini

39

00:01:35,990 --> 00:01:33,840

shuitian which means that food is most

40

00:01:38,550 --> 00:01:36,000

important to the people

41

00:01:42,069 --> 00:01:38,560

food is always present in our traditions

42

00:01:43,749 --> 00:01:42,079

in any forms of rituals ceremonies and

43

00:01:45,749 --> 00:01:43,759

celebrations

44

00:01:48,069 --> 00:01:45,759

so meal time on the iss is a little bit

45

00:01:49,030 --> 00:01:48,079

varied but really the most important

46

00:01:50,710 --> 00:01:49,040

meal

47

00:01:52,230 --> 00:01:50,720

in my mind is dinner because that's

48

00:01:54,069 --> 00:01:52,240

really at the close of the day

49

00:01:55,990 --> 00:01:54,079

everybody's sort of winding down

50

00:01:58,469 --> 00:01:56,000

everyone can eat dinner together which

51
00:02:00,950 --> 00:01:58,479
is really nice sharing food from maybe

52
00:02:02,870 --> 00:02:00,960
your family or your culture and telling

53
00:02:05,109 --> 00:02:02,880
each other about where it came from when

54
00:02:08,630 --> 00:02:05,119
you experienced it and what that means

55
00:02:10,869 --> 00:02:08,640
to you and your family

56
00:02:12,630 --> 00:02:10,879
nasa celebrates asian american and