



# Chinese Cuisine





The most common way to greet  
people is to say



nǐ hǎo

你好!



光荣人家春更凉

- 25% of the world's population
- 7% of world's arable land

民以食为天

nǐ chī fàn le ma?  
你吃饭了吗?

# Chinese food can be divided into 8 regional cuisines



**34 provincial regions**

# Common features of Chinese food

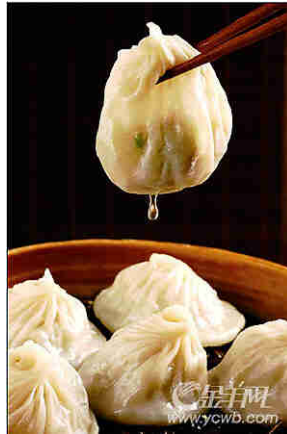
Colour, shape, aroma & taste



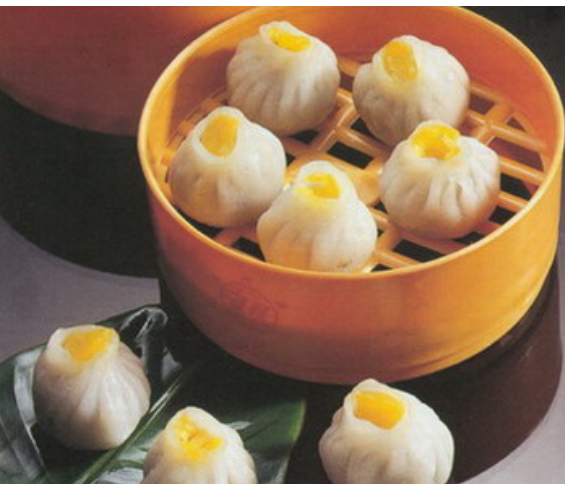
# 8 regional cuisines



Peking duck  
(scallion, wrap, sauce )



Shanghai  
snack



# 8 regional cuisines

## Shandong Cuisine

- Stewed Meat Ball **Lion's Head Meatballs**
- Yellow River Carp in Sweet and Sour sauce



# 8 regional cuisines

## Sichuan Cuisine

### Hot Pot



Sichuan cooks specialize in chilies and hot peppers and Sichuan dish is famous for aromatic and spicy sauces.



# 8 regional cuisines

## Sichuan Cuisine



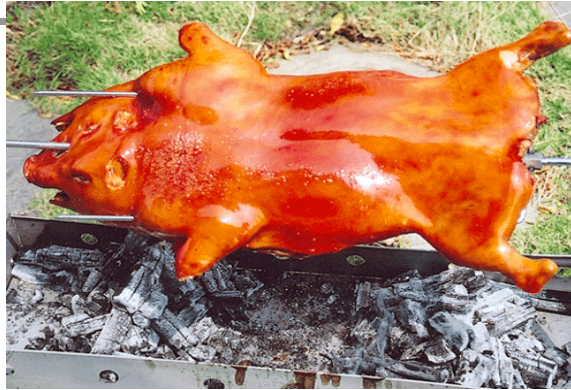
Kung Pao Chicken

Mapo Dofu



# 8 regional cuisines

Cantonese Cuisine



Roasted Piglet

Shark Fin Soup



Steamed Sea Bass

# 8 regional cuisines

## Cantonese Cuisine



## Dim Sum





# 8 regional cuisines



## Jiangsu Cuisine

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- Jiangsu Cuisine
- Stewed Crab with Clear Soup
- Long-boiled and Dry-shredded Meat
- Duck Triplet
- Crystal Meat
- Squirrel with Mandarin Fish
- Liangxi Crisp Eel

## Fujian Cuisine

- Buddha Jumping Over the Wall
- Snow Chicken

# 8 regional cuisines

## Hunan Cuisine

Peppery and Hot Chicken



江西人不怕辣  
四川人辣不怕  
湖南人怕不辣

# 8 regional cuisines

## Anhui Cuisine

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Stewed Snapper;

Huangshan Braised Pigeon



## Zhejiang Cuisine

Sour West Lake Fish,  
Longjing Shelled Shrimp,  
Beggar's Chicken



# In general,

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- southerners have a sweet tooth
- northerners crave salt



五彩汤圆





# Traditionally, one typical meal contains:

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- Cold dishes (starter)
- Meat dishes
- Vegetables
- Soup
- Fish
- Starch

**Unlike British,  
Chinese will invite  
honorable guests  
to dinner in  
restaurants.**

# Starter



# Meat dish





鸡 Ji

Luck



<http://hi.baidu.com/xiangandweidao> 香熠 D 味道

Chicken's feet are referred to  
As phoenix feet.

# Vegetables



Beans



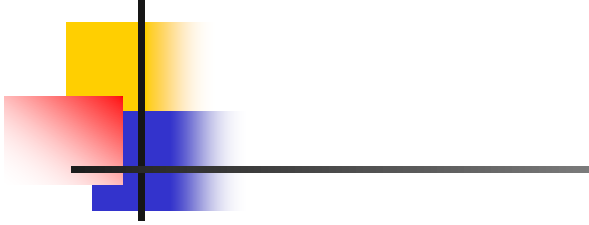
Lettuce



Celery  
Lotus root

# Soup





prawns



鱼

余

abundant

裕

prosperity

Yu

# Starch -



Mantou



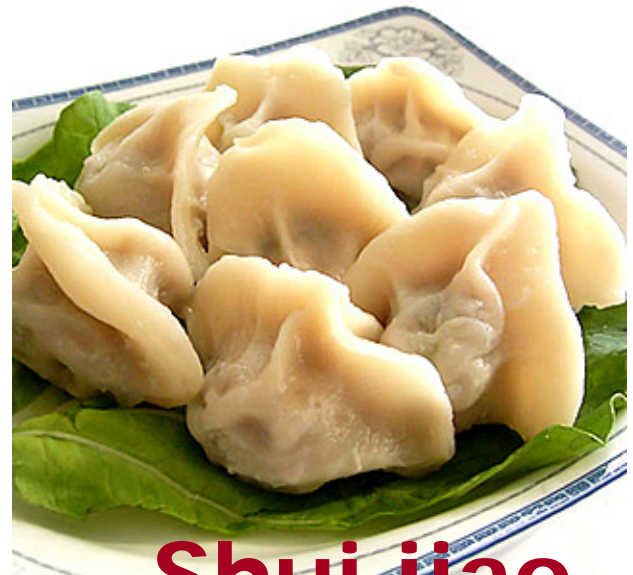
Rice





# Noodles

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**Shui jiao**

# Weifang

朝天锅 chao tian guo



haggis



scallion, wrap  
soup  
Organ meat

# Vegetable market

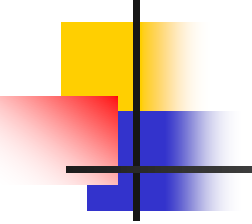


# Questions?

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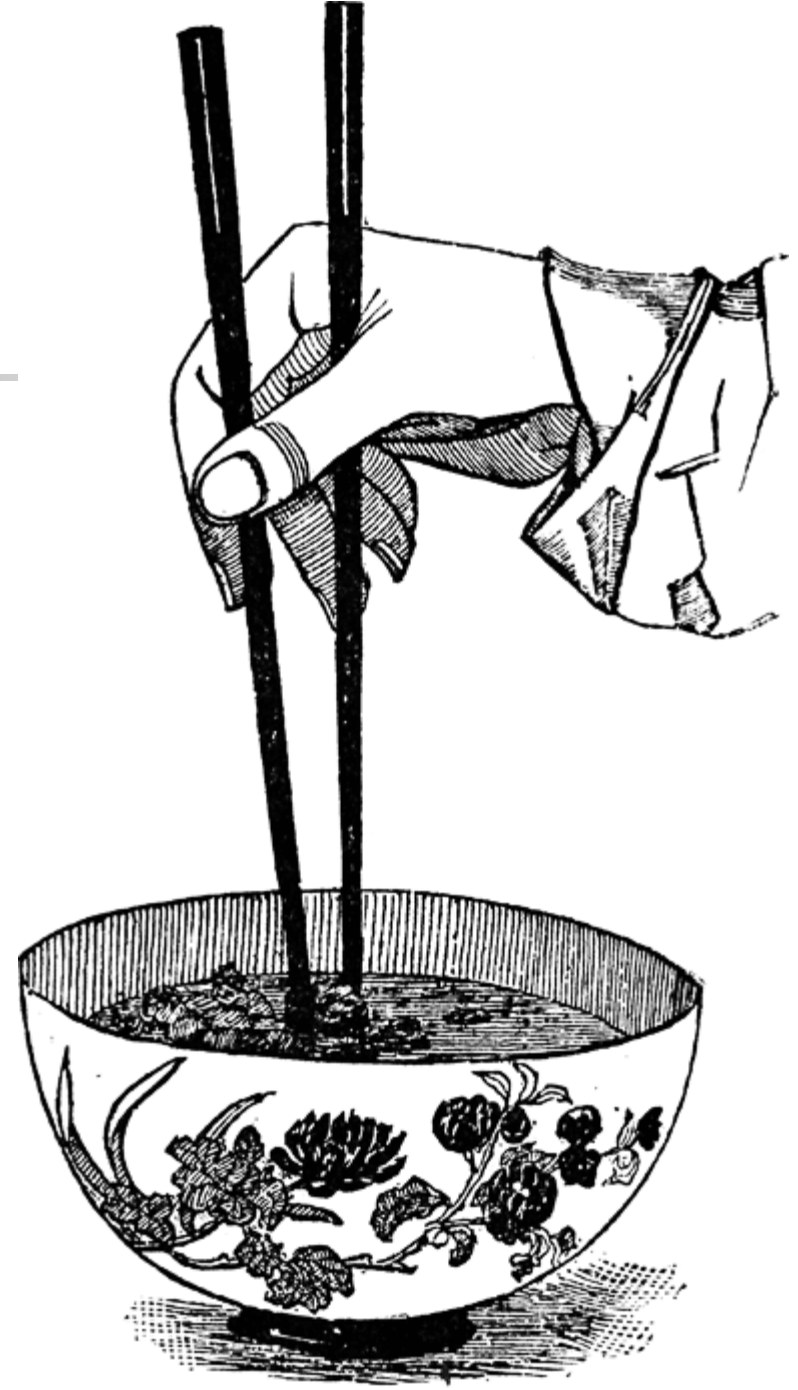
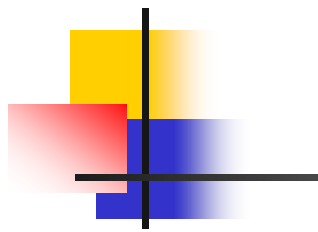


## Beggar's Chicken



This is a wonderful story. A homeless, starving beggar is wandering along a road when he catches sight of a chicken. Desperate for food, he kills the chicken by wringing its neck. Lacking a stove, he covers the chicken in mud, makes a fire and bakes it. (One version has him plucking the feathers off the chicken as he eats).

At this point an Emperor passes by with his entourage. Attracted by the aroma of the baked chicken, he stops and dines with the beggar, demanding to know how he created such a delicious meal. "Beggar's chicken" is subsequently added to the list of dishes served at the Imperial court.



Chopsticks play an important role in Chinese food culture. Chopsticks are called "Kuaizi" in Chinese and were called "Zhu" in ancient times (see the characters above). Chinese people have been using kuaizi as one of the main tableware for more than 3,000 years. Chopsticks can be classified into five groups based on the materials used to make them, i.e., wood, metal, bone, stone and compound chopsticks. Bamboo and wood chopsticks are the most popular ones used in Chinese homes. There are a few things to avoid when using chopsticks. Chinese people usually don't beat their bowls while eating, since the behavior used to be practiced by beggars. Also don't insert chopsticks in a bowl upright because it is a custom exclusively used in sacrifice.

## Chinese Chopsticks

箸 筷子

(Kuaizi)



# New ones:







# Philosophy about Food

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*Yang foods* increase the body's heat  
dense in food energy  
acne & bad breath

*Yin foods* decrease the body's heat  
high water content  
lethargic/anemic





# Balance & Healthy

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The Chinese ideal is to eat both types of food to keep the body in balance.



# Typical medicine cuisine

- Baby Pigeon Stewed with Gouqi (Medlar) and Huangqi (Membranous Milk Vetch)
- Pork Simmered with Lotus Seed and lily ...



# Lantern Festival

