

# Chinese Food



# Have you tried Chinese food?





# Food in China



- Food in China varies from all the different regions.
- In the South, rice is common at most meals.



- In the North, dumplings and noodles is more common.



There are 5 main types of food in China which depends on the region...



**A typical place setting** includes:

a rice bowl

chopsticks

Chinese porcelain soup spoon

plate which is placed under the bowl and

serves as a bone/discard plate

smaller sauce dish for a dipping sauce

tea cup



**A typical Chinese meal** is normally composed of several “main dishes” . Normally, all dishes are set on the table at once and everybody helps him/herself to the selection. There is typically a couple meat dishes, chicken, beef or pork, a vegetable, fish or seafood, and a soup.



**White rice** is always at the core of the meal, and is the base for all the individual dishes being served.



**Desserts** are not common, a meal normally finishes with fresh fruit and in some special occasions with some other sweet like almond custard. Fortune Cookies are not really Chinese, they are an American invention, and you will not find them in China.

**Cold drinks like sodas or juices** are not served with a typical Chinese meal, although the practice is catching on specially in touristy areas and the bigger cities. Instead, Chinese enjoy a cup of tea or a variety of soups with their meals.

**Cantonese Food in the South:** Cantonese is the style best known abroad as it was from this region that most immigrants to America, Europe and Southeast Asia came from, bringing with them their cooking style.

Soy and ginger are the main seasonings, and their cooking relies on a great variety of fresh ingredients for flavour.

Cantonese food specializes in stir frying, steaming and roasting.

This is the style we grew up with at home. Some of our favorite Cantonese dishes: char siu (bar-b-que pork), stir-fried beef and peppers with black bean sauce, lemon chicken and Dim Sum of course!



Some well-known Cantonese Delicacies: Shark's fin soup, Bird's nest soup.



**Fujian cooking in the East:** Fujian cooking predominates in Eastern China. Famous for its clear soups, seafood dishes and subtle flavors.

Both rice and wheat are grown here, so rice as well as noodles are the staples. From Fujian comes Red cooked chicken and the popular egg rolls.



**Hunan Food in Central China:** Hunan cooking is known for its **spicy zest and also sweet and sour flavors**. Fresh chilies, garlic and shallots are the staples in the Hunan kitchen. Hunan cuisine relies mainly on frying, stewing and pot roasting as cooking methods. The food also tends to be more on the oily side. The Hunan Sweet and Sour Chicken or Pork are our favorites.





## **Beijing Cuisine in the North:**

Beijing cuisine is the style prevalent in Northern China. It emphasizes **light and subtle flavors** and the best ingredients.

This style originates in the Imperial court, so the food must be "fit for an emperor". The most famous dish is of course **Peking duck** and is a must on your trip to Beijing.

Wheat is widely grown here in the north, so noodles made from wheat flour replace the rice. Steamed dumplings are also common.

## **Sichuan Food in the West: Hot and**

**Spicy** characterizes Sichuan food. Chili paste or dried chilies, garlic and ginger are some of the most common ingredients.

Some of our favorite Sichuan dishes are Ma Po Tofu and Kong Pao Chicken.

Chengdu will be a great place to try out some of these dishes.

Also well known in Sichuan is the **Hot Pot**

In Chongqing, hot pot is considered a local specialty.



- Activity:



- Decide whether the 3 pictures are breakfast, lunch or dinner in China.
- Draw what you would eat for breakfast lunch and dinner.

