### **Detailed introduction:**

## the historical development of Chinese food



## **Detailed introduction:**

## 8 major regional cuisines

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people, with so many regional variations in Chinese isine. Generally, there are 8 major regional cuisines, used on their geographic location, which are: Anhai, Fujian, Guangdong, Hunan, Jiangsu, Shandong, Sichuan, and Zhejiang. Naturally, they are strongly influenced by the local terrain, the people, and the staple crops that grow in each region. (Some people, however, only make a distinction between four styles - Cantones Haiyang, Shandong, and Sichaan cuiting.)



This is what most foreigners tend to mean by "Chinese food", because this is the style of existing most commonly served overseas in Chinese restaurants. Guanadone Province and Hong Kone are well. known for scafood dishes and rice dishes. They offer a wide variety of foods, and the dishes they serve have lightly seasoned flavors, not too



sum is available everywhere (all over the world), but Cantonese an ranks the best in the whole country. Famous Dim sum includes

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to dumplings, one custard tarts, worstors, shumai, and spring rolls.

Anhui Cuisine is well known for including wild foods from the receptains both plants and extends with a bookles or frost ingredients. With fresh herbs, mushro Hui Cni 養薬



scafood, and generally ewect as ors. Puisa Province i southern China, with ecceraphical cted in the combin scafood and woodland-based ingred have a delicate





luidhs Jamps Over the Wall"(Fo tiao qiang). O

it is a "dry" heat, different ted in southern China. Human is dominated by valleys, which provide a fertile ground for grow sesocially rice, and so this cuisine is generally low is for its spiciness, deep colors and fresh flavor are twoical in this part of the country

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Famous dishes include La zi chickes (lazi tidina). Done'an chicke



langen Cuisine is well known for its great scafood and generally sweet ed light flavors, and tender textures, with an emphasis on soap. Besides, Its ving techniques are delicate. Jianora Chef emphasis on matching shares





owder), Nanjing salted duck.

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dong Cuisine is recognized as being fresh and salty, with a lot of scafood dishes. One of the main characteristics of this type of cuisine is the tendency to cut fixed made from wheat flour, such as recodles, demalinar





Toria Staffed with Vonetables



Sichuan Cuisine is typically a very spicy, flavorful style originating from Chengdu and Chengqing, Sichuan Province in south-western China. This area generally has weather with high humidity and lots of rain, which is







all the Chinese restaurants are Kung Pao chicken (gongbuo jiding)and Mapo



Zhejiang Cuisine is known for great scafood and generally sweet and light flavors. With a raellow flavor, this cuisine prominently features





with Longjing Ton Leaves (Longjing xiaren).

Which cuisine impresses you most? Why?

| Guangdong<br>Culsine —<br>Cantrame<br>(Yar Cul<br>事業) | Antral<br>Culate<br>(Hai C |
|---|----------------------------|
|   |                            |

### **Detailed introduction:**

# Some popular Chinese dishes



Peking Roast Duck 北京林林 (Peking Kāoyā)

Include: duck revert suphess passe, shallost, canauberz, and pancales.

There are various ways to roast duck in China, and Peking Roast Duck is onte of the most famous. It is very popular among tourists and diplomate.

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Fried Pors. cop (如色片 Calio rôu)

Auchair: port also consequer and an oper

This dish is one of consequence cuising. The meat is fried and served with sugar and vinegar as the saure. It has a sweet and soor taste.

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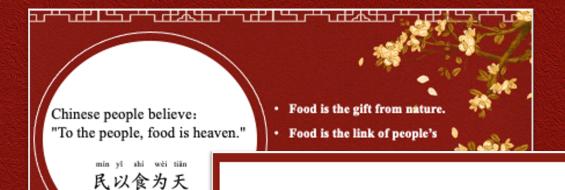




Sichuan Boiled Fish (水煮鱼 Shuǐ zhǔ yù) Declude: Plah alices, Sichuan peppers, dried red chili peppers, and



## Cultural knowledge related to food



"Managing a big country is like cooking small fish."

-- Lao Tzu, Author of Tao Te Ching (Dao De Jing). Believe it or not, a good cook can be appointed as prime minister in China. Legend has it that Emperor Tang, the founder of the Shang dynasty (ca. 1600– 1046 BCE), appointed Yi Yin as his prime minister,

who is a cook widely renowned for his area

Hot pot a Barb e play portant roles in these so I thur becaute they a wipeon to eat trink, and the at e time. To spicy floors can be to people feel happy

In chi. oplo

Literally means:
"There is nothing that
one hot pot/BBQ can't
solve, and if there is,

two."

# Fun Activity:

Conduct res rant exchai

Open a Chinese restaurant

(inspirations and templates are provided!)









MENU