Chinese Cuisine
The most common way to greet people is to say 

你好! 

nǐ hǎo
你吃饭了吗？

民以食为天

25% of the world’s population
7% of world’s arable land
Chinese food can be divided into 8 regional cuisines.

34 provincial regions
Common features of Chinese food

Colour, shape, aroma & taste
8 regional cuisines

Shanghai snack

Peking duck
(scallion, wrap, sauce)
8 regional cuisines

Shandong Cuisine

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

Stewed Snapper;
Huangshan Braised Pigeon

Zhejiang Cuisine

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

- southerners have a sweet tooth
- northerners crave salt
Traditionally, one typical meal contains:

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

Unlike British, Chinese will invite honorable guests to dinner in restaurants.
Meat dish
Chicken's feet are referred to as **phoenix feet.**

鸡 Ji

Luck

As ____________
Vegetables

Beans

Lettuce

Celery

Lotus root
Soup
prawns

Yu

abundant

prosperity
Starch -

Mantou

Rice
Noodles

Shui jiao
chao tian guo

haggis

scallion, wrap
soup
Organ meat
Vegetable market
Questions?
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.
New ones:
Philosophy about Food

**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
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