

Food in China



Each region of China has its own type of food. Chuan food is hot and spicy; Beijing cooking is done with a lot of meat and vegetables (including the most famous Chinese dish of all, Peking Duck); Cantonese traditions include dim sum and delicacies like shark's fin soup; Shanghai cuisine is prepared with plenty of seafood and oil.

Drinks

Soft drinks abound in China, both foreign brands and local. You can also buy bottled water everywhere. Other than tea, soft drinks, or bottled water, beer is your best bet. Chinese beer is generally quite good, Qingdao being the best-known brand, and almost every town has its own brew which varies from watery-but-incredibly-cheap to

not-bad-and-incredibly- cheap. Beware of Chinese "wine" which is actually powerful grain alcohol.

Popular Dishes

Jiaozi. Dumplings. These are popular all over China, and come fried, steamed or boiled, and are stuffed with just about everything. Traditionally, families make and eat jiaozi for the Chinese New Year or Spring Festival. Making jiaozi is a social event with a group of people stuffing the dumplings together, the idea being that many hands make light work, and the result is all the tastier for your having participated in the preparation! You can order a plate of jiaozi in a restaurant, or you'll find them served in little snack food joints, often in soup (jiaozi tang).

Baozi Steamed buns stuffed with a variety of fillings. These are great snacks that you'll find all over China in various different sizes and varieties. In the Muslim areas, in the southwest or northwest, baozi are stuffed with pork; in Sichuan, they can be spicy and dipped in hot sauce; around the Shanghai area, you'll find vegetarian baozi filled with spinach and tofu.

Chaomian Fried noodles. For breakfast, lunch, or dinner, chaomian hits the spot. Sometimes they're served plain, or often they are stir-fried with

include "*Goubuli Steamed Stuffed Buns* (餛飩戶卡者)",
"*18th Street Fried Dough Twists* (夸轰瘡鵲沚)" and
"*Er Duo Yan Zha Gaoer* (橄霏缸 掇)". In Tianjin,
you can see an endless array of snack stands and restaurants offering
such delicacies that will captivate your senses.

Goubuli Steamed Stuffed Buns

餛飩戶卡者)

As the most famous Tianjin snack, Goubuli steamed stuffed buns date

Er Duo Yan Zha Gao

椒盐虹 掙)

"Zha gao 掙)" literally means fried rice cakes. "Er duo yan zha gao" got its name from a nearby small alley called "*Ear-hole Hutong*

椒盐虹穗馏)" in Tianjin. With a

history of more than 100 years ago, the fried rice cakes are made of carefully leavened and kneaded glutinous rice dough. The finished cakes are golden yellow in color, crispy, soft, sweet and tasty.



18th Street Fried Dough Twists

夸轰瘡鵲沚)

They are made by frying bars of dough in peanut oil and stuffing them with a variety of fillings. The fried dough twists produced by Guifaxiang 18th Street are the most famous because they are prepared with well-selected ingredients and consummate skill. Crisp, aromatic and sweet, they will not become soft soon.



貼錢嗒)

Bengdou Zhang excels in making multi-flavor-coated legume snacks. The chain of stores dates back 200 years. The snack's inventor, *Zhang Decai* 嗒徙桤), used to be a cook who made imperial

dishes during the *Qing Dynasty* (緋愁).

In the stores, you can find nuts, peas, beans and seeds of lotus, melon, pumpkin and sunflowers coated in innumerable ways and flavors.



Nut-kernel Zhang

(韋程啞)

With a history of more than 160 years, Nut-kernel Zhang is famous for its peanuts, walnut kernels, melon seeds, apricots and pine nuts with sweet, sour and spicy flavors.

(馮蒼滄)

"Guo ba cai" is another Tianjin snack known for its refreshing, smooth and delicious taste.



It is made with sliced pancakes placed in a boiling pot of thick gravy. The contents are then taken out together with the thick gravy, and some special condiments are added. Both these flavors are appetizing, nutritious and healthy.

(韋鎮韋者)

It is a kind of Chinese pancake that is usually sold as a fast breakfast food on the streets. "Guo zi" refers to deep-fried dough sticks in some

places in northern China. When presented to customers, the thin pancake is rolled over with a deep-fried dough stick and some tailor-made condiments placed inside.



撒便鑊鑊)

Jingdong meat pies are a Muslim food.

Their fillings contain fresh mutton and

assorted seasonings. The surface of the pie is baked on a flat pan applied with thin cooking oil into something that is in golden color, and has a silky, fresh taste with no greasiness.



Fruit-stuffed Tangyuan

張輓鏞終升)

"Tang yuan" is a dish of glutinous rice balls served in a sweet broth. To make this snack, you pour glutinous rice flour in a bowl and slowly add water until the mixture becomes dough-like. Then you cut fresh fruit into pieces and stuff them into the dough.



Shang Gangzi Mian Cha

澎儷者邵澳)

With a light yellow color, it tastes mild and refreshing and is quite nutritious. The main ingredients are proso millet flour and glutinous millet flour. When a customer orders the dish, hot water is poured into the bowl containing the flour to create a paste-like mush. It is served with white and/or brown sugar and sweet osmanthus sauce.



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