

Programme-	BHM
Course -	Foreign Cuisine- Cuisine of China-I,II
Course Code-	BHMN-414-5
Sem-	7th sem
Year-	2020-21
Unit-	1 (Part-1)
Topic-	Cuisine of China -
Sub-Topic-	Introduction to Chinese Cuisine, Geographical Perspectives, Brief Historical Background, Regions & Regional Cooking Styles food with regional Influences, Popular Foods, Key Ingredients, Special Equipments
Faculty-	Sushant sharma
E-mail-	hod.hm@monad.edu.in

Cuisine of China-I

Introduction & Brief Historical Background:

The cuisine of China is marked by the precise skills of shaping, heating, color way and flavouring. Chinese cuisine is also known for its width of cooking methods and ingredients as well as food therapy influenced by traditional Chinese medicine. China is an ancient civilisation and Chinese cuisine developed with it through its 5,000 years of recorded history. It can safely be assumed that in the remote, primitive beginnings of mankind's existence, our ancestors across the face of the earth all led a life eating what has been described as 'raw meat with fur and blood'. There was no such thing as cooking until much later, when fire was discovered, and food was then 'cooked', although without any seasonings to speak of. So it was many, many millennia later that cultivated plants and domesticated animals began to provide the bulk foodstuff for people, and the gathering of wild fruits, nuts, berries and other edible materials as supplements to the human diet became commonplace. Only then was a different 'food culture' said to have been created, with regional variations, which was based on the natural distribution of plants and animals from area to area. Not until much later, when early civilisation began to develop in some parts of the world, did a form of cooking style start to emerge. Eventually, we had three main types of cuisine: Chinese or Oriental (which includes practically all of South-East Asia and Japan); Central Asia or Middle Eastern (which now includes the Indian sub-continent and most parts of Africa as well as the Caribbean); and European or Western (which, nowadays, also includes the New Worlds). Each of these cuisines not only has its own distinct cooking styles, but also the way the foods are prepared before cooking and the manner in which the meals are served differ. For instance, Orientals traditionally use chopsticks as eating utensils, while Asians and Africans usually use their fingers, and Westerners always use knives and forks. Some of the most conspicuous traces of early Chinese culture have been found at sites that lie along the valley of the Yellow River in northern China, which is why this area is known as the cradle of Chinese civilisation. Archaeological finds have provided ample evidence to show that in 5000 BC, the inhabitants of northern China had begun to settle down, farm and make painted pottery to use as eating and cooking vessels. Woks and Chinese cleavers were in use as far back as the Bronze Age (around 2500 BC)! We have to wait until around 2000 BC, when written records first appeared, before we can piece together a reasonably complete picture of the dietary habits of the ancient Chinese. We learn that the people of the Shang dynasty (from 1600–1066 BC) grew millet, wheat, barley and rice, and they fermented their grains to make some form of alcoholic beverages, and that during the Zhou dynasty (1066–221 BC), soy beans were added to the Chinese diet. By this time, the Chinese already practised the art of blending different flavours by using several ingredients in one dish, and they cut and prepared their foodstuffs before cooking them – two of the main characteristics of Chinese cuisine. Chinese cuisine has gone through thousands of years of refinement and development. Man began to cook by wrapping food in mud and straw before roasting; then roasting food directly over the fire; then slicing the meat and roasting the sliced meat on a spit; then cooking the food in a vessel with water to boil; then putting food over water to steam it. Oil in cooking came much later. Before the Han dynasty (206 BC–220 AD) only animal fat was used, and in the late Han dynasty plant seeds were pressed to extract their oil. The use of these oils for cooking accelerated the development of culinary art. The Chinese learnt first to fry, and then to deep-fry and stir-fry over a blazing fire. With the increasing variety and abundance of foodstuffs, and progress in experimentation and study, Chinese cuisine has been perfected through the ages. We have written proof that as early as the Warring States period (475–221 BC) during the Zhou dynasty, flavourings such as soy sauce, vinegar, salt, plum jam, molasses and honey were used to make the dishes taste sweet and sour! Cooking techniques were complicated and numerous. An essay on culinary theory entitled 'Chapter on Natural Tastes' appeared in the Annals of Lu. It pointed out that the control of the flame and mastery of seasonings were crucial to good cooking. These, along with the proper cooking time, would eliminate any unpleasant odour and bring out the best flavours in food. It was during the Han dynasty that China

established trade with central Asia, and this contact brought Buddhism to China. In the year 138 BC, the great adventurer Zhang Jian (?–114 BC) was sent to the ‘western regions’ (which cover an area spreading as far west as the Persian Gulf) as China’s envoy. He was credited with introducing all sorts of exotic food into China, including alfalfa, grapes, walnuts, sesame, onions, peas, broad beans took the historic Silk Road through central Asia, bringing new spices and vegetables to China. (To this day, spinach is called ‘Persian lettuce’ in Chinese.) Meanwhile, beancurd (tofu) and many bean products were invented in China, and with this increase in the availability of a variety of foodstuffs, so cooking techniques also developed. In AD 166, the first trade link between the Roman Empire and China was recorded. The barrier that lay between the great civilisations of the East and West was lifted, and not only merchandise, but also philosophies were exchanged, with repercussions beyond measure resulting. By the time of the Tang dynasty (AD 618–907) and the Song dynasty (960–1279), China was the most powerful empire in the East. Domestic stability and a flourishing culture attracted many people from other countries and they came to learn. Culinary arts were flourishing as well. Not only were colour, aroma and flavour important, the shape and texture of a dish had become essential to gourmet cooking. During the Ming (1368–1644) and Qing (Manchu) (1644–1912) dynasties, the development of sea transportation brought such delicacies as bird’s nests, shark’s fins and sea cucumbers to the banquet tables. These delicacies were usually preserved in dried form and had to be soaked and reconstituted in water before cooking. The skill of preparing and cooking them was specialised, and the chefs of the Ming and Qing dynasties mastered these to perfection. These delicacies are regarded as texture food, for although they are rather bland in taste, they require the correct balance of seasonings to complement the texture in each of them. In the Qing dynasty, a grand Manchu-Han banquet that lasted three days was typically made up of six major courses, six minor courses, four accompanying courses, two or three desserts, and 24 trays (4 of dried fruits, 4 of preserved fruits, 8 of cold dishes and 4 of hot dishes). In addition, the guests were served appetisers and two courses of tea before the meal. The banquets were extravagant and wasteful, but they brought together the best of Han and Manchu cooking, and were a magnificent display of the exquisiteness of Chinese cuisine.

History:

The diet of the common people in pre-modern times was largely grain and simple vegetables, with meat reserved for special occasions. China emerged as one of the world's earliest civilizations in the fertile basin of the Yellow River in the North China Plain. It has been ruled subsequently by the following dynasties

- ❖ Southern and Northern dynasties
- ❖ Tang Dynasty
- ❖ Song dynasty
- ❖ Mongol Yuan Dynasty
- ❖ Ming dynasty
- ❖ Qing dynasty
- ❖ Republic of China and then the Peoples Republic of China

Four key developments contributing towards the Growth of cuisine historically are as follows:

The expansion of Han culture from the upland stretches of the Yellow River across a huge and expanding geographical area with climate zones ranging from the tropical to the subarctic, each providing new ingredients and indigenous cooking traditions;

- ❖ An elaborate but continually developing traditional medicine which saw food as the basis of good health ("Food was medicine and medicine, food");

- ❖ Constantly shifting demands from elites – beginning with the imperial courts and provincial governors but eventually expanding to include rich landowners, "scholar-gourmands", and itinerant merchants – for specialised cuisines, however far away from home.
- ❖ Continuous absorption of diverse foreign influences, including the ingredients, cooking methods, and recipes from invading steppe nomads, European missionaries, and Japanese traders.

Geographical Perspectives:

China is the world's second largest state by land and the most populous country in the world. The capital of China is Beijing. China's landscape is vast and diverse, ranging from forest steppes and the Gobi and Taklamakan Deserts in the arid north to subtropical forests in the wetter south. The Himalaya, Karakoram, Pamir and Tian Shan mountain ranges separate China from much of South and Central Asia. The Yangtze and Yellow Rivers, are third and sixth longest in the world, respectively, run from the Tibetan Plateau to the densely populated eastern seaboard. China's coastline along the Pacific Ocean is bounded by the Bohai, Yellow, East China, and South China seas.

Adjoining Countries:

China extends across much of East Asia, bordering Vietnam, Laos, and Myanmar (Burma) in Southeast Asia; India, Bhutan, Nepal, Afghanistan, and Pakistan in South Asia; Tajikistan, Kyrgyzstan and Kazakhstan in Central Asia; and Russia, Mongolia, and North Korea in Inner Asia and Northeast Asia. Additionally, China shares maritime boundaries with South Korea, Japan, Vietnam, and the Philippines.

Climatic Conditions:

The climates of central and south China are humid, which make it difficult for perspiration to evaporate. A perceived reason for people eating spicy food is that, according to traditional Chinese medicine, chillies help move internal dampness and cold, increasing health and comfort. Colder climate areas in the north tend to eat heartier foods with higher calories, as the body needs these to keep warm there.

The principles of Chinese cuisine:

History and tradition are not the only characteristic features of Chinese cuisine. It is also closely related to Chinese culture. As stated at the beginning of this introduction, food is part of the way of life, strongly influenced by the two early philosophies of Taoism and Confucianism. Both Lao-Tze (c 605–530 BC), the founder of Taoism, and Confucius (551–479 BC) lived and taught during the late Zhou dynasty (770–249 BC). It was the Taoist School (Tao being the Chinese word for 'way', the mystic path of righteousness that lies at the core of Lao-Tze's teaching) that developed the hygienic and nutritional science of food, while Confucianism was more concerned with the art of cooking.

Confucius stressed social ritual as a teacher of virtue. It was he who laid down the rules to be followed in recipes, and the correct custom and etiquette of the table, which, to a certain extent, are still being adhered to even to this day. As mentioned earlier, the main distinctive feature of Chinese cuisine is the emphasis on the harmonious blending of colour, aroma, flavour, shape and texture, both in a single dish and in a course of dishes. Colour (Se): Each ingredient has its own natural colour. Certain items change their colour after cooking, so the cook should bear this in mind when selecting different ingredients for blending of colours: is the dish to have contrasting or complementary colours? And what are the colours of other dishes that are being served at the same time? All these points should be taken into

consideration when planning a menu. Aroma (Xiang): Again, each ingredient has its own aroma or fragrance: some sharp, some subtle. Most fish and meat have a rather strong smell and require an agent to suppress it and to enhance its cooked aroma. The Chinese use rice wine and spirits in cooking for this purpose; other much-used seasonings are spring onions, ginger, garlic and peppers. Flavour (Wei): Flavour is closely related to aroma and colour, and the principle of blending complementary flavours is a fundamental one: the different ingredients must not be mixed indiscriminately; and the matching of flavours should follow a set pattern and be controlled, not casual. Some cooks like to mix contrasting flavours and unrelated textures; others prefer the matching of similar flavours and colours. Some wish the flavour of each ingredient to be preserved, others believe in the infusion of flavours. The blending of different flavours known as tiao-wei is itself a fine art, and in this lies the central principle of harmony. Shape (Xing): The cutting of ingredients is important in achieving the proper cooking effect. Slices are matched with slices, shreds with shreds, cubes with cubes, chunks with chunks, and so on. This is not merely for the sake of appearance, which is an important element of Chinese cuisine, but also because ingredients of the same size and shape require about the same amount of time in cooking. Texture (Zhidi): A dish may have just one, or several, contrasting textures, such as tenderness, crispness, crunchiness, smoothness and softness. The textures to be avoided are soggy, stringy and hard. To achieve the correct texture in a dish – the hallmark of authentic Chinese cuisine – the most important points to observe here are the degree of heat and the duration of cooking, known by the Chinese term huohou , meaning ‘heat and timing’. The desired texture(s) in any dish can only be achieved by the right cooking methods. The size and shape of the cut ingredient must, first of all, be suitable for the particular method of cooking. For instance, ingredients for quick stir-frying should be cut into small, thin slices, shreds or small cubes, never large, thick chunks.

Cuisine:

The ingredients used in China's foods are traditionally based on the agriculture and wildlife of a region.

The preference for seasoning and cooking techniques of Chinese provinces depend on differences in historical background and ethnic groups. Geographic features including mountains, rivers, forests and deserts also have a strong effect on the local available ingredients, considering climate of China varies from tropical in the south to subarctic in the northeast. Imperial, royal and noble preference also plays a role in the change of Chinese cuisines. Because of imperial expansion and trading, ingredients and cooking techniques from other cultures are integrated into Chinese cuisines over time.

The color, smell and taste are the three traditional aspects to describe Chinese food, also the meaning, shape and nutrition. While, cooking it should be appraised from ingredients, cuttings, cooking time and seasoning. It is considered inappropriate to use knives on dining table. Chopsticks are the main eating utensils for Chinese food, which can be used to cut and pick up food.

Key Ingredients of Chinese Cuisine:



Salt:

The most commonly used condiment in any kitchen. Used in conjunction with sugar and white pepper to balance the flavour of a dish.

White pepper (ground):

Used at the end of the cooking of a dish to add fragrance and a touch of heat. Also used in meat marinades (along with ginger, spring onion and wine) to counteract any strong (rank) odours.

Black pepper:

Very rarely used in Chinese cooking, as the pungency and perfume of black pepper tends to overwhelm the flavours in most dishes.

Yellow rock sugar:

This sugar is partially refined and retains quite a lot of its natural flavour. It comes in large yellow lumps that require breaking apart into manageable pieces before use. Mainly used in some stews and braised dishes to add a touch of sweetness. Also used in sweet soups.

Slice sugar:

This type of sugar consists of a layer of light brown sugar pressed between two layers of brown sugar. It is used in sweet soups and also in some stews and braised dishes.

Sesame oil (roasted): Made from grinding and pressing roasted sesame seeds. Can be made from black or white sesame seeds. Only used at the end of a dish to add fragrance. Not to be used as the primary cooking oil as the flavour would overpower everything else.

Soy sauce (light): Made from fermenting steamed soy beans, salt and barley flour, this seasoning is synonymous with Chinese cooking. Should only be used to flavour dishes, not as a primary seasoning agent

Basic Staple Diet

China's staple food is rice in the south, wheat based breads and noodles in the north. Pork is the most popular meat in China, Southern part of china, due to the area's proximity to the ocean and milder

climate, has a wide variety of seafood and vegetables; it differs in many respects from the wheat-based diets across dry northern China.

Rice: Rice is a major staple food for people. Steamed rice, usually white rice, is the most commonly eaten form. Rice is also used to produce beers, wines and vinegars. Rice is one of the most popular foods in China and is used in many dishes. Glutinous rice ("sticky rice") is a variety of rice used in many specialty Chinese dishes.

Wheat: In wheat-farming areas in Northern China, people largely rely on flour-based food, such as noodles, breads, jiaozi (a kind of Chinese dumplings), and mantou (a type of steamed buns).

Noodles: Chinese noodles come dry or fresh in a variety of sizes, shapes and textures and are often served in soups or fried as toppings. Noodles can be served hot or cold with different toppings, with broth, and occasionally dry. Noodles are commonly made with rice flour or wheat flour, but other flours such as soybean are also used.

Soybean products: Several kinds of soybean products are sold in a farmer's market in Haikou, China.

Tofu is made of soybeans and is another popular food product that supplies protein. The production process of tofu varies from regions to regions, resulted in different kinds of tofu with a wide range of texture and taste. Other products such as soy milk, soy paste, soy oil, and fermented soy sauce are also important in Chinese cooking.

Vegetables

Some unique vegetables used in Chinese cuisine include Chinese leaves, bok choy, dao-mieu (pea seedling), choy sum, on choy, yu choy, bitter melon, Chinese broccoli, carrot, cabbage, capsicum, Baby corn,. Spring onion, French beans and so on. Other vegetables including bean sprouts, pea vine tips, watercress, lotus roots and bamboo shoots are also used in different cuisines of China. Because of different climate and soil conditions, cultivars of green beans, peas, and mushrooms can be found in a rich variety.

Herbs and seasonings

Seasonings such as fresh ginger root, garlic, scallion, white pepper, and sesame oil are widely used in many regional cuisines. Sichuan peppercorns, star anise, cinnamon, fennel, cilantro, parsley, and cloves, dried Chinese mushrooms, dried baby shrimps, dried tangerine peel, and dried Sichuan chillies are also used.

Sauces:

China is home to soy sauce, which is made from fermented soy beans and wheat. Oyster sauce, clear rice vinegar, chili, Chinkiang black rice vinegar, fish sauce are also widely used. A number of sauces are also based on fermented soybeans, including Hoisin sauce, ground bean sauce and yellow bean sauce.

The Culinary Cuisines of China are:

- ❖ Cantonese-Influenced by the west
- ❖ Shantung-Imperial encouragement
- ❖ Szechwan-Tropical cuisine

- ❖ Hunan-Rich agricultural produce
- ❖ Fukien-Sea coast
- ❖ The other famous Chinese regions famous for their foods are: Anhui (mountainous), Fujian and Jiangsu (coastal).

Regions & Regional Cooking Styles:

The most praised "Four Major Cuisines" are Chuan, Lu, Yue and Huaiyang, representing West, North, South and East China cuisine correspondingly. Modern "Eight Cuisines" of China are Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Sichuan, and Zhejiang cuisines. The color, smell and taste are the three traditional aspects to describe Chinese food.

Northern China food — salty, simple, less vegetables with wheat as the staple food.

Western China food — hearty halal food with lamb the main meat

Central China food — spicy with a lot of seasonings

Eastern China food — sweet and light

Southern minority food — sour

Northern Cuisine — salty and simple with fewer vegetables

Regions:

- Beijing Xi'an
- Inner Mongolia
- Northeast China

Lu (Shandong)	Yang (Su)	Yue (Guangdong/Cantonese)	Chuan (Sichuan)
<ul style="list-style-type: none"> • Beijing cuisine • Imperial • Aristocrat • Tianjin (Jin) • Northeastern • Liao • Shanxi (Jin) 	<ul style="list-style-type: none"> • Huaiyang • Anhui (Hui) • Shanghai (Hu) • Zhejiang (Zhe) • Henan (Yu) • Hubei (E) 	<ul style="list-style-type: none"> • Chiuchow (Chaozhou) • Hakka (Kejia) • Fujian (Min) • Hainan (Qiong) • Hong Kong • Macanese 	<ul style="list-style-type: none"> • Guizhou (Qian) • Hunan (Xiang) • Jiangxi (Gan) • Shaanxi (Qin) • Yunnan (Dian)

Cantonese Cuisine:

It comes from Guangdong province and is one of the Eight Culinary Traditions of Chinese cuisines. Its prominence outside China is due to the large number of emigrants from Guangdong. Guangzhou, has long been a trading port and many imported foods and ingredients are used in Cantonese cuisine. Besides pork, beef and chicken, Cantonese cuisine incorporates almost all edible meats, including offal, chicken feet, duck's tongue, snakes, and snails. However, lamb and goat are rarely eaten, unlike in the cuisines of northern or western China. Many cooking methods are used, with steaming and stir frying

being the most favoured due to their convenience and rapidity. Other techniques include shallow frying, double steaming, braising, and deep frying.

For many traditional Cantonese cooks, the flavours of a finished dish should be well balanced and not greasy. Apart from that, spices should be used in modest amounts to avoid overwhelming the flavours of the primary ingredients, and these ingredients in turn should be at the peak of their freshness and quality. There is no widespread use of fresh herbs in Cantonese cooking, in contrast with their liberal use in other cuisines. Garlic chives and coriander leaves are notable exceptions, although the latter are usually used as mere garnish in most dishes.

In Cantonese cuisine, a number of ingredients such as spring onion, sugar, salt, soy sauce, rice wine, cornstarch, vinegar, scallion oil, and sesame oil, suffice to enhance flavour, although garlic is heavily used in some dishes, especially those in which internal organs, such as entrails, may emit unpleasant odours. Ginger, chili peppers, five-spice powder, powdered black pepper, star anise and a few other spices are also used, but often sparingly.

Shandong Cuisine:

The cuisine as it is known today was created during the Yuan Dynasty. It gradually spread to northern and north eastern China, Beijing, Tianjin, and the emperor's palace, where it influenced imperial food. Shandong cuisine is primarily made up of eastern Shandong and Jinan dishes.

Commonly known in Chinese as Lu cuisine is one of the Eight Culinary Traditions of Chinese cuisine and one of the Four Great Traditions. It is derived from the native cooking style of Shandong, a northern coastal province of China. Shandong cuisine is famous for its wide selection of material and use of different cooking methods. The raw materials are mainly domestic animals and birds, seafood and vegetables. Popular cooking techniques include Bao (quick frying), Liu (quick frying with corn flour), Pa (stewing), roasting, boiling, using sugar to make fruit, crystallizing with honey.

Shandong cuisine features seafood ingredients and a variety of cooking techniques. It is known for its fresh, salty, crisp, and tender flavors.

Staple Foods:

It is noted for its variety of seafood, including scallops, prawns, clams, sea cucumbers, and squid.

- Shandong is unique for its use of maize, Shandong maize is chewy, starchy and often has a grassy aroma. It is served as steamed (or boiled) cobs, or the kernels are removed from the cob and lightly fried.
- Shandong is noted for its peanuts, which are fragrant and naturally sweet. Large dishes of peanuts (roasted in the shell or shelled and stir-fried with salt) are common at meals, and they are served raw in a number of cold dishes from the region.
- Shandong uses a variety of small grains. Millet, wheat, oats and barley can be found in the local diet, often eaten as congee or milled and cooked into a variety of steamed and fried breads. People in Shandong tend to prefer steamed breads rather than rice as a staple food.
- Potatoes, tomatoes, cabbages, mushrooms, onions, garlic and eggplant are staple vegetables, with grassy greens, sea grasses and bell peppers also common. The large, sweet cabbages grown in central Shandong are popular.

- Shandong's greatest contribution to Chinese cuisine is arguably its vinegar. Hundreds of years of experience and unique local methods have led to the region's prominence in Chinese vinegar production

Styles:

Shandong cuisine is divided into, Jinan , Jiaodong, Luxinan and Kongfu Cuisine.

Jinan Cuisine : The cooking methods of Jinan Cuisine are focused on quick frying , roasting and boiling . Jinan-style food is generally sweet, aromatic, fresh, and tender.

Jiaodong Cuisine:

Jiaodong Cuisine is more focused on cooking and cutting skills. The Jiaodong area is located close to the sea, so most raw materials are seafood. Sea cucumber, abalone, and scallop are common in this area.

Kongfu Cuisine:

The family of Kong is the descendant of Confucius. It was the largest family in Chinese history, lasting about 2000 years. Being close to the royal courts they had high standards for the quality of every dish.

Luxinan Cuisine: Luxinan is the area southwest of Shandong province. People living in this area like to eat health food with Chinese medicines and raw materials.

Huyang / Jiangsu Cuisine:

Also known as Su cuisine Jiangsu cuisine consists of Yangzhou, Nanjing, and Suzhou dishes. It is famous for its fresh taste, with moderate saltiness and sweetness. Ingredients of Jiangsu Cuisine mainly come from rivers, lakes, and the sea. It features precise and delicate carving techniques and various cooking techniques including braising, stewing, and quick-frying.

It is derived from the native cooking styles of Jiangsu province. In general, Jiangsu cuisine's texture is characterized as soft, but not to the point of mushy or falling apart. For example, the meat tastes quite soft but would not separate from the bone when picked up. As the style of Jiangsu cuisine is typically practiced near the sea, fish is a very common ingredient in cooking. Other characteristics include the strict selection of ingredients according to the seasons, with emphasis on the matching colour and shape of each dish and using soup to improve flavour.

Styles Jiangsu cuisine consists of several other styles, including:

Huaiyang cuisine: Although Huaiyang cuisine is one of several sub-regional styles within Jiangsu cuisine, it is widely seen in Chinese culinary circles as the most popular and prestigious style of the Jiangsu.

Nanjing: Its dishes emphasize an even taste and matching colour, with dishes incorporating river fish/shrimp and duck.

Suzhou: It emphasis on the selection of material, stronger taste than Nanjing cuisine, and with a tendency to be sweeter than the other varieties of the cuisine.

Wuxi: Its proximity to Lake Tai means it is notable for wide variety of freshwater produce, such as the "Three Whites" – white bait, white fish and white shrimp

Sichuan Cuisine:

Szechwan cuisine is a style of Chinese cuisine originating from Sichuan province in southwestern China. It has bold flavours, particularly the pungency and spiciness. Sichuan is colloquially known as the "heavenly country" due to its abundance of food and natural resources. One ancient Chinese account declared that the "people of Sichuan uphold good flavor, and they are fond of hot and spicy taste." Most Sichuan dishes are spicy, although a typical meal includes non-spicy dishes to cool the palate. Sichuan cuisine is composed of seven basic flavours: sour, pungent, hot, sweet, bitter, aromatic, and salty. Sichuan food is divided into five different types: sumptuous banquet, ordinary banquet, popularized food, household-style food, and food snacks.

Sichuan cuisine is the origin of several prominent sauces/flavors widely used in modern Chinese cuisine, including the garlic sauce/yuxiang , mala ,and guaiwei Common preparation techniques in Sichuan cuisine include stir frying, steaming and braising.

Styles:

Four sub-styles of Sichuan cuisine include:

- Chongqing
- Chengdu
- Zigong
- Buddhist vegetarian style.

Staple Diet:

The complex topography of Sichuan including mountains, hills, plains, plateaus, and basin has shaped food customs in Sichuan with versatile and distinct ingredients.

Abundant rice and vegetables are produced from the fertile Sichuan Basin,

- A wide variety of herbs, mushrooms and other fungi prosper in the highland regions.
- Pork is overwhelmingly the major meat. Beef is somewhat more common in Sichuan cuisine than it is in other Chinese cuisines, perhaps due to the prevalence of oxen in the region.
- Sichuan cuisine also utilizes various bovine and porcine organs as ingredients, such as intestine, arteries, head, tongue, skin, and liver, in addition to other commonly utilized portions of the meat.
- Rabbit meat is also much more popular in Sichuan than elsewhere in China.
- Yoghurt, which probably spread from India through Tibet in medieval times, is consumed among the Han Chinese. This is an unusual custom in other parts of the country.
- Sichuan cuisine often contains food preserved through pickling, salting, and drying. Preserved dishes are generally served as spicy dishes with heavy application of chili oil.
- The most unique and important spice in Sichuan cuisine is the Sichuan pepper which has an intense fragrant, citrus-like flavour which produces a "tingly-numbing" sensation in the mouth.
- Other commonly used spices in Sichuan cuisine are garlic, chili peppers, ginger, and star anise, etc.

- Broad bean chili paste is one of the most important seasonings. It is an essential component to famous dishes such as Mapo tofu and double-cooked pork slices

Hunan Cuisine:

Hunan cuisine is similar to Sichuan cuisine, but generally even spicier. It has a great variety of ingredients due to the high agricultural output of the region. This is known for sourness, as many pickles are very popular in Hunan. Common cooking techniques include pickling, smoking, stewing, stir-frying, and braising, and pot-roasting.

Fujian Cuisine:

Fujian cuisine is famous for its abundant ingredients from the sea and mountains. It is characterized by its fine slicing techniques, various soups and broths, and exquisite culinary art. Fujian dishes are slightly sweet and sour, and less salty. Common cooking techniques include braising, stewing, steaming and boiling.

Zhejiang Cuisine:

Zhejiang cuisine comprises the styles of Hangzhou, Ningbo, Shaoxing, and Shanghai. It is famous for freshness, softness, and smoothness, with a mellow fragrance. It is characterized by its elaborate preparation and varying techniques of cooking, such as sautéing, stewing, steaming, and deep-frying.

Anhui Cuisine:

Famous for the native cooking styles of the Yellow Mountains (Huangshan) region of China, Anhui cuisine features an elaborate choice of wild ingredients and the strict control of heat and cooking time. Most of its ingredients are from local mountain areas, leading to greater freshness and tenderness.

Xinjiang Cuisine:

Xinjiang is inhabited by many ethnic groups, and about half of the population belongs to the Uyghur minority, so Xinjiang Cuisine mostly refers to Uyghur cuisine. The food is predominantly halal food due to most Xinjiang people being Muslims.

Beijing Cuisine:

Beijing cuisine is influenced by a variety of China's cooking styles, due to being the capital, but mostly nearby Shandong and Inner Mongolia. It is famous for its imperial court cuisine, which originated from the imperial kitchens, where food was cooked for royalty and officials.

Taiwan Cuisine:

It is most like Fujian cuisine, as the geography is similar, and there has been most interaction between these two areas of China. There is also notable Japanese influence in Taiwan food.

Inner Mongolia Cuisine:

Inner Mongolian cuisine comes from the traditions of ethnic Mongols, and features dairy products, and all kinds of red meat (captive herds and game): mutton, beef, venison, etc. Typical dishes include roasted whole sheep, roast leg of lamb, and 'hand-grabbed' mutton.

Tibetan Cuisine:

Tibetan cuisine is a blend of flavours of Nepalese, Indian, and Sichuan cuisines due to Tibet's position neighbouring India, Nepal and Sichuan Province. It also has its own original dishes, influenced by its harsh climate where they farm yaks, e.g. yak fat tea.

Chinese Cuisine Traditional Foods:

If you ever try searching for fried rice and chili chicken in the streets of China, be prepared to feel disappointed.

Why?

Because these are perhaps among the many dishes you would struggle to find in the list of traditional Chinese dishes. Yes, traditional cuisine in China is incredibly diverse, exciting, and rich—just like their culture; but it is so much more than our all-time favorites 'chilly chicken and fried rice'!

Wondering what the traditional Chinese dishes are like?

Well, here is a quick list for you to drool over.

Hong Shao Rou

Translated into English, this dish is Red Braised Pork Belly. Originating in Shanghai, this is one of the most 'drool-worthy' Chinese dishes that are sure to tickle your taste buds. It is full of varied flavors which are brought in by the use of various aromatic spices, ginger, garlic, chili pepper, soya sauce, sugar, and rice wine.



Red Braised Pork Belly

Peking Duck

A smash hit with both the locals and foreigners in China, Peking Duck or Beijing Duck is a classic dish. It is exceptionally delicious with its eclectic mix of different sauces and succulent duck meat (including the skin). And the best thing is that it is not only available in Beijing, but all throughout China – and in its most authentic form.



A smash hit with both the locals and foreigners in China

Wontons

The origin of Wontons in China can be traced back to the times of the Tang Dynasty (618–907 AD) and was eaten customarily during the winter solstice.

These are delectable, quick to prepare, and can be cooked using different stuffing of either vegetables or minced meat. You can either try the fried wontons as scrumptious snacks or taste the soupy variant.



Classic wonton

Hotpot

This is one of the more versatile Chinese dishes you can easily find all across China. Of course, there are regional variations in the spices and meats that are used to prepare this dish. Bound to be a great choice to keep yourself warm in the colder regions, hotpot is widely welcomed throughout the year. If you love super spicy food, you must try this dish!



In China, the tastes and aromas of traditional foods vary as you move from one province to another. You have to try them to cherish them!

Most Popular Chinese Dishes

In China, the traditional way to greet anyone (if translated in English) means “Have you eaten yet?” So in a country like this, you can rest assured that the food will be amazing and mouth watering.

Chinese food is gaining its popularity all over the world, because of its authentic taste and the ingredients used to make the dishes. A lot of fresh vegetables are used to cook the meal which makes the dish tastier. Sauces and seasoning are also used to provide a great blend of flavor and aroma.

Listed below are some of the most popular Chinese Dishes:

Jiaozi

It is also called Chinese dumpling, having a history of around 2000 years. Dumplings are truly one of the most known Chinese dishes and they deserve to be among the best top 5 dishes.

It is made up of ground meat and/or vegetables filled in it, and it is wrapped into a roll which is a piece of dough, which it is then sealed by tightening the edges.



History of 2000 years

It is one of the most eminent foods in Spring Festival and Winter Solstice. There is a lot of variety in Chinese dumplings as they are stuffed with sugar, date, peanut or walnut. You can eat one according to your choice but all of them are equally tasty.

Mapo Tofu

This dish is very popular throughout China, and it is typically a Sichuan Cuisine. The name of this dish was named after a spotted woman (in Chinese, it is called “Mapo”) as that lady was famous for preparing relishing stir-fried tofu in Chengdu.



Atypical Sichuan Cuisine

Main ingredients used to make this dish are tofu, chili peppers, ground beef/pork, and Sichuan peppers.

It is said that China tour is incomplete without tasting this spicy Sichuan food, starting with Mapo Tofu. It's difficult to avoid the freshly made and tender tofu with a good spicy chili sauce which is made of ground meat, a broad bean paste, and wild peppers. Sichuan Sauce, along with it, makes it even more delicious!

Wonton

No matter wherever you plan to visit China, you'll always get ample opportunities to taste this popular Chinese dish. They are soft, still, firm bundles of flavor, whether you eat them steamed, fried, or maybe floating in the broth. In all the ways, wontons taste amazingly great.



Very easy in form and filling, the wrapper of the wonton is made up of superior flour by the process kneading and fermentation. It is made special by plentiful fillings, like pork and other meats such as shrimps, and are also filled with fresh vegetables. There are wontons for every kind of taste.

Sauteed Sweet and Sour Pork

Sweet and Sour Tenderloin Pork are said to be the classic cuisines in China. Sweet and Sour Pork of Shandong Cuisine is very famous in China.



sweet and sour at the same time

The main material of the dish is pork tenderloin. First, the meat is mixed with starch and flour; then, it is deep-fried in the oil until the surface of it turns golden. Then they stir-fry the meat and prepare the sweet and sour sauce.



This cuisine tastes sour and sweet and is very crispy outside and from inside, it is soft, so it can stimulate any person's appetite. Sautéed Sweet and Sour Pork Tenderloin, is found on menus all over the country, as it highlights the versatility and regional blaze from every province.

Spring Rolls

Who does not know about this Chinese Dish? Spring rolls symbolize wealth and prosperity, as their color and shape are like a gold bar.

The skin of the Spring Rolls is made up of white flour, water, and salt; the fillings are usually made of ground meat or red bean paste and then they are deep-fried in hot oil till the color of the skin becomes golden. The outer part of the Spring Rolls is very crisp and the fillings of it are tender and fragrant.



Symbolize wealth and prosperity

So, include these dishes in your list and whenever you get a chance, you should undoubtedly try them as they are full of fresh vegetables and meat. And not to forget the Chinese sauces which add to the flavor and aroma of the food. So, never miss a chance to taste the real and traditional Chinese food as it is very different from the food that you might have eaten.

Chinese Soups and their categories

Chinese cuisines are well known as they are very different and original because of the various cultures and regions which make up China. Because of such diversity, Chinese food has become very famous globally, and especially Chinese soup.

Chinese chefs are also in demand all around the world as it is very difficult to make Chinese soup without the required skill and expertise. The creativity of Chinese chefs has made it viable to come up with such a fantastic assortment of Chinese soups which are distinct in flavors and texture.

Broadly the Chinese soups have been divided into two categories—these are thin soups and thick soups.

Thin Soup

Thin soups are usually prepared from a clear broth that is cooked very quickly and in it, the ingredients are added at the end.

Mostly thin soup is served as a beverage in China as it is believed that this soup is a very good appetizer. Thin soup is usually chicken or spinach soup which is served as a beverage or in banquets between courses.



Thick Soup

On the contrary, thick soups are cooked by putting all the ingredients in one go and get cooked in a slow process, in order to blend the flavors aptly. After that, cornstarch is also added to make the soup thick.

Thick soup is usually served for lunch or dinner as it makes a great dish, specifically for lunch as this soup is very filling. Few of the thick soups are sharks' fin soup, hot and sour soup served with mu shu pork as these soups are served as a proper meal which has no other dishes.

Famous Dishes of Chinese Cuisine:

- Li Hongzhang Hodge-Podge-The dish is a fully loaded complex soup. The most common ones includes a cucumber, fish, squid, bamboo, dry bean curd, chicken, ham, and assorted vegetables.
- Luzhou Roast Duck –It was originally served to the royal court as the imperial dish-shiny golden, crisp skin, yet tender meat.
- Sanhe Shrimp Paste -A regional dish that originated in Sanhe. The dish's main components are rice flour and a regional species of small white shrimp. The shrimp are stir fried with leeks and soy sauce.
- Wushan Imperial Goose -The history of Wushan Imperial Goose dates back more than 1,000 years to the Tang Dynasty. The dish is lightly colored and has a fragrant and salty taste.
- Char siu-pork often marinated with plum sauce and honey for sweet flavor.
- Steamed oysters done two ways, with ginger garlic, and black bean sauce.
- Century eggs are made by coating duck or chicken eggs in a clay-like mixture of wood ash, quicklime, tea, earth, and salt. The mixture hardens around eggs.
- Buddha Jumps Over the Wall–Contains over 30 ingredients, including shark's fin, dried scallops, duck, chicken breast, pig's trotters mushrooms, pigeon eggs and other ingredients. A legend is that after the dish is cooked, the aroma lingers, and upon detecting the smell, a Buddhist monk forgot his vow to be a vegetarian and leapt over a wall to taste the dish.
- Ban mian is a popular noodle dish, consisting of handmade noodles served in soup.
- Misua is a very thin variety of salted Chinese noodles made from Wheat flour.
- Hunan cured ham with pickled yard long beans.
- Dong'an chicken, parboiled chicken, chili peppers, and spices, stir-fried with vegetable oil and vinegar-one of the signature dishes of Hunan chefs.
- Pork Tripe Soup is a Soup made from Tripe of Pork. Tripe is a type of edible offal from the stomachs of various farm animals.
- Braised Pork Spare Ribs Known for its melt-in-mouth texture and sweet taste.
- Ji-yu soup Ji-yu is a type of freshwater fish. The soup is milky white.
- Deyue chicken-a spring chicken delicacy.

Special Equipments:

Wok range/burners:

The wok range, the main source of heat for Chinese cooking, consists of short steel rings, used to support the round-bottomed woks, welded to a thick steel base plate. Underneath are the gas jet burners, which supply the fierce temperatures typical (and necessary) to produce authentic Chinese food. These gas jets (from 6–12), direct jets of burning gas towards a centrally placed, inverted, truncated cone, which directs the burning gas directly upwards to the base of the wok. Modern wok ranges tend to have the rings formed by pressing them directly from the base plate, thus producing a seamless one-piece construction. This has the added benefits of strength and resilience, as this method is less prone to

cracking along the welds of ring/base plate as the traditional ranges were prone to. On the top of these fixed rings are the actual wok supports. These are steel rings which sit inside the wok burner rings so that the woks are at the optimum height to benefit from the intense heat. These rings should be fitted so that the closed section is facing you and the open sections face off to the sides and away from you. This allows the excess heat to be vented away from your hands and body. Another feature of the Chinese wok range is the constant flow of water that runs from the rear of the stove to the front, where there is a gully that leads to a drainage point. This has a dual purpose of keeping the stove cool and to prevent warping of the base plate due to the heat, and to wash any debris that may fall onto the base plate, keeping cleaning down to a minimum. Wok ranges can be fitted with rear bar burners, so that stocks and hot water can be maintained and ready for use.

Steamers:

All Chinese kitchens have a steamer of some description, as this method is a major part of Chinese cookery. These are usually multi part pieces of equipment that consist of: the main water reservoir, the steamer tray, and the lid. The use for each piece is self-explanatory. Larger kitchens would usually have a dedicated steaming unit, such as a dim sum steamer. These are large freestanding units, which can double up as a general purpose steamer, and are used to handle everything from fish and soups to shark's fin and abalone. Most kitchens, however, use the combi oven. This piece of equipment combines the functions of an oven and a steamer.

Ovens/roasting oven:

There are very few dishes in the Chinese culinary repertoire that use roasting as the main cooking method. The dishes which are known are synonymous with Chinese cooking (Peking duck, Char Siu, suckling pig, etc.). Roasting in China is achieved by the method called 'hang roasting', using a roasting oven. Originally made of clay (nowadays steel), with an iron support rail along the upper inside edge to hang the ducks or meat from, these charcoal or wood-fired ovens roast to perfection. The heat generated is even and controlled via an adjustable vent in the lid. Spit roasting is also used, mainly to handle large, single pieces of meat, such as whole roast belly of pork and suckling pigs. This method is commonly used by the wealthy/big restaurants, as it necessitates the building of a charcoal pit and spit. In the West, Chinese chefs have to use the European style of oven which, although serviceable, are not high enough to recreate Chinese roasting styles, so most of the time the meat/poultry is overdone (as in order to achieve an even colour, turning is required, which increases the cooking times). With the introduction of the combo oven, this matter has been overcome, as the new ovens are high enough to accommodate whole hanging ducks and strips of meat.

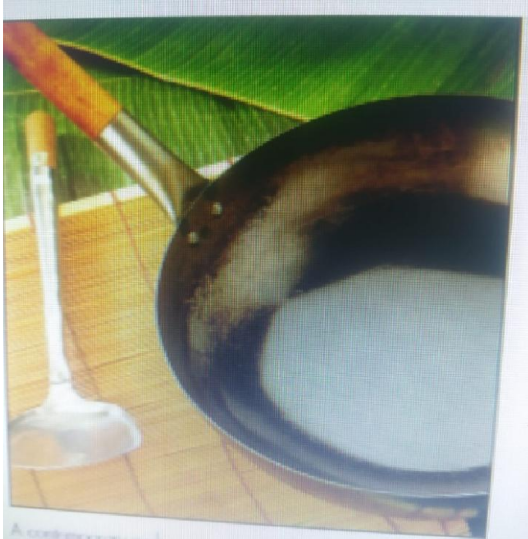
Woks:

These large bowl-shaped pans are the icon of Chinese cookery. Their rounded shape promotes even conduction of heat and the thinness of the metal allows for rapid heating and maintenance of that heat. Their shape also allows the wok to be safely set upon the wok burners without fear of rolling and spilling the contents. Traditional woks had two small metal handles that were fixed to either side of the main bowl of the wok. This meant that you had to handle the wok with a thick cloth and tossing the food required both strength and skill.

Most woks available these days have a metal socket, to which a wooden handle is attached. This makes handling the wok less hazardous. Ideally, the wok should be made from mild steel, that is, steel that has a high carbon content and is fairly soft (in steel terms). This means that the wok will react with acids and rust easily if not maintained properly (see Seasoning and cleaning a new wok, page 12). Stainless

steel is not a suitable material as it does not conduct heat as easily and cannot be seasoned properly for Chinese cooking. The best size of wok to begin with would be 12 inches (30cm) in diameter. This size will easily handle up to two main course portions, or one noodle dish portion (using the stated quantities for the recipes in this book). The next size up and the one that should become the standard wok size for general kitchen use is the 14 inch (35cm) diameter wok. This size wok can easily handle up to four main course size portions, or two noodle dish portions. Large domed lids, of the appropriate size, are also available for the woks. These are used when the wok is to be used for steaming, braising or stewing.

A contemporary wok:



Wok ladles:

These are effectively a shallow metal bowl attached to a handle. They are made from stainless steel to facilitate cleaning. The ladles come in two sizes, which are determined by the capacity/volume of the bowl. The standard size ladle is approximately 10fl oz, and the smaller one is 5fl oz. The standard size is used for portion control and dispenses with any need for measuring jugs and scales, as once you become accustomed to using the wok ladle, you can determine how much of an ingredient you are using by how much there is in the ladle.

Wok spatula:



This utensil is the one which will be most familiar to anyone who has done stir-frying before. It is essentially a Chinese fish slice, without the perforations. It is used mainly for turning shallow-fried items, and for cooking dishes using the ‘raw stir-frying’ or ‘exploding oil (you bao)’ techniques, where speed is of the essence. It can also be used for stir-frying but you will find that because of its flat shape, you will be unable to toss food in the wok. It is useful for beginners.

Chinese cleavers (knives):

Chinese chefs use what are generically called cleavers for the preparation of meat, fish, poultry and vegetables. The Chinese character for cleaver literally translates into ‘knife’, so the word cleaver is in fact a misnomer. I suppose they are called cleavers because they resemble European cleavers in appearance. Chinese knives are split into two types, No 1 and No 2.



The No 1 knife (blade) is around 8–8 inches (21–22cm) long and around 4–4 inches (10–11cm) wide. The blade edge should be very slightly curved and not flat. The knives can be made from either carbon steel or stainless steel. Carbon steel is softer and can be honed to a fine edge, but reacts badly to acids and poor maintenance (can chip easily and needs to be regularly sharpened). Stainless steel is acid

resistant and much harder, it holds its edge for longer but can be difficult to re-sharpen to its original edge. These knives are available as all metal, or metal blade and wooden handle. Whichever type you choose, it should feel balanced in your hand. Cleavers come in two thicknesses. The thin-bladed version is generally used for cutting meat, poultry, fish and vegetables into small pieces for cooking. The thicker-bladed (and correspondingly heavier) version is used for heavy work, where cutting through bones is required. The smaller No 2 knife is about 8 inches (20cm) long and 3 inches (8cm) wide and is generally used to prepare vegetables and in situations where using the No 1 knife is impractical. There are also versions of this knife with a 1 inch (2–3cm) blade which are used to carve the skin off Peking duck in front of customers. Other knives available but very rarely seen are the large butcher's cleavers, which are around twice the width and length of a No 1 cleaver, with the front half of the blade curving to the tip of the knife.

Skimmers and spiders:

These are invaluable in the Chinese kitchen for removing food items from water or oil. The spider is a wire 'web' attached to a long handle. Chinese versions have a handle of bamboo with a brass wire 'web', while European versions are made wholly of stainless steel. The skimmer is similar to the spider, the only difference is that the head of the skimmer is made of a fine metal mesh. Skimmers are used to skim oil after deep frying food, to remove any fine particles of food that a spider might not pick up, due to its large mesh size. A spider is used when blanching meat in oil or vegetables in water. Its large mesh size allows for the rapid draining of oil or water.

Colanders:

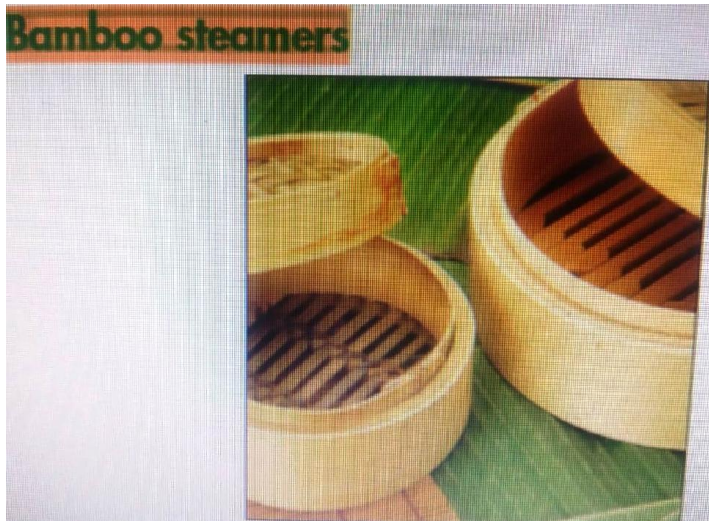
These are large stainless steel bowls with many holes, two handles and a foot and are used for draining large quantities of food after boiling or blanching.

Chopping boards:



Traditional Chinese chopping boards were usually a large piece of tree trunk, around 4–8 inches (10–20cm) thick and anything up to 18 inches (45cm) in diameter. These are still available in the UK, but tend to crack once wet, as they are made from young wood that has not been aged and dried properly. They used to come bound with metal straps around the circumference to prevent the cracking, but these became dirt traps and their use was discontinued. Modern pressure-treated hardwood chopping boards and heavy duty polythene chopping boards are a much more hygienic and reliable alternative.

Bamboo steamers:



These steamers are wholly constructed from bamboo, and make an excellent container for steaming food. The base is made from strips of bamboo held together with twine made from thin strips of bamboo. There are gaps between each of the strips, which allow steam to pass upwards and over the food. The sides are made from large strips of bamboo that have been soaked in water and wound round to form a ring to which the base is attached. The lid is also bamboo. This material is ideal for steaming as it allows steam to pass through its structure, cooking the food, without condensing on the inner surfaces and dripping back down onto the food, diluting its flavour. Bamboo steamers are available in many sizes, from 4 inches (10cm) to 18 inches (45cm) in diameter.

Sand pot, Clay pot:

This is a traditional Chinese casserole dish used for braising and stewing. It is made from a sand-coloured clay which has been glazed on the inner surface only. The outer surface is bound with metal wire. The short handle is hollow and also made from the same sand-coloured clay, as is the lid. The lid is glazed on the outer surface not the inner, and is usually pierced with a small hole to allow steam to escape. Very brittle and easily broken, these pots need to be soaked in water before first use to prevent cracking, although if started on a low heat, this can be prevented. Modern versions are made from aluminium or stainless steel.

Special Equipments & utensils used in Chinese Cuisine:

Using Chinese kitchen equipment is not as terrifying as some people may think. Although some equipment may look rather unusual, these tools help tremendously in the preparation of some of the most delicious Chinese dishes. This article highlights many popular kitchen equipments found in a Chinese kitchen. As the world becomes more global and reaching out to many parts of the world, we can find increasing international cooking tools in our local grocery stores without venturing to Chinatown or an Asian grocery store (though one can find more options at better prices in the latter).



Wok:

Cantonese word for pot and arguably the most important tool in the Chinese kitchen. Traditional wok is round-bottomed and used for cooking over an open flame. The sides of wok are hugged by the flames thus becomes the perfect heat conductor. Flat-bottomed woks are designed for cooking over kitchen stoves. Regardless the shape, the most important thing we need to ensure is that as much as the wok's surface area as possible is in contact with the heat source— ideal for stir-frying. Cooking utensil used typically in stir-frying are chopsticks, wooden, plastic or metal spoons and spatulas and tongs. If you don't have a wok, get one or a shallow non-stick frying pan should suffice for stir-frying.

Steamer:

No dim sum eating experience is complete without this tool. It's a brilliantly simple way of steaming- a lidded bamboo basket set over a pan of boiling water. Another modern option is steamer made from aluminium. I guess the Chinese have figured out how to create the best steamers over the centuries. The traditional **bamboo steamer** has a slightly dome-shaped lid that absorbs any condensation so that no liquid drips down to waterlog the food. The steamers can be stacked and some have lacings/ strings on the sides to tie them together. Unfortunately, bamboo steamers cannot last as long as the aluminium ones but they are cheap to replace. Steamers are used to steam a variety of foods- from dim sum to veggies to meats to fish. They can be used to reheat food and are easy to clean and store. They are light in weight and come in a variety of sizes. Utensils Besides the common tongs, spatulas, spoons, ladles,

measuring cups and jugs, scales, knives, peelers, prep bowls, saucepans of varying sizes, stockpots with lids, the Chinese kitchen is no stranger to:

Strainer/ sieve: Approximately 4 inches in diameter, it is used to strain chili flakes or bits of food from oil

Chef's wooden chopsticks: At least 6 inches in length, these chopsticks are great for retrieving ingredients in deep wok filled with deep-frying oil

Spider: Approximately 5 inches in diameter, one uses it to scoop and drain food

Mortar and pestle: Granite is more common in the Chinese kitchen versus the more fragile porcelain and clay versions. Larger ones are recommended as you can pound large food items in a go. If you want a faster alternative, then opt for a food processor

Chinese cleaver: Make way for the next big thing in Iron Chef! This knife is awesome for chopping some of the hardest meat and cracking bones. Select a cleaver with a comfortable grip, weight and size. You may want to go for a wooden handle as the metal one can become slippery when your hands are wet.

Reference:

1.	International cuisine - China	Cristine yau, Norman Fu
2.	The Food of China	Eugene N Anderson

Prepared By:
Sushant sharma
Head of department
Department of Hotel Management

Monad University, Hapur (U.P.)