INTERNATIONAL CUISINE

CHINA

① Geographic Location
② Historical Background
③ Staple Food & Specialties With Recipes
④ Tourist Destination
⑤ Sports
⑥ Festivals
⑦ Regional Attire
⑧ Currency
⑨ Equipments & Raw Ingredients
⑩ Glossary Terms
⑪ Audio Visual Clips
Located in Southeast Asia along the coastline of the Pacific Ocean, China is the world's third largest country, after Russia and Canada. With an area of 9.6 million square kilometers and a coastline of 18,000 kilometers, its shape on the map is like a rooster.

China is bordered by 14 countries -- Korea, Vietnam, Laos, Burma, India, Bhutan, Nepal, Pakistan, Afghanistan, Tajikistan, Kyrgyzstan, Kazakhstan, Mongolia, and Russia. Marine-side neighbors include eight countries -- North Korea, Korea, Japan, Philippines, Brunei, Indonesia, Malaysia and Vietnam.

Regional Divisions

Although the physical features are as described, people tend to divide China into four regions, that is, the North, South, Northwest and the Qinghai-Tibetan areas.

Because of geographical differences, residents of each region have distinctive life styles and customs.

The North and South regions are located in the Eastern monsoon area and are divided by the Qin Mountains-Huai River. Nearly 95 percent of the Chinese population lives here. The other two regions, the Northwest and Qinghai-Tibetan regions that occupy 55 percent of the land, have fewer people, although most of the ethnic groups cluster there.
HISTORICAL BACKGROUND:

China, one of the countries that can boast of an ancient civilization, has a long and mysterious history - almost 5,000 years of it!

Ancient China
Xia Dynasty (c. 2100 – c. 1600 BC)
Shang Dynasty (c. 1700–1046 BC)
Zhou Dynasty (1046–256 BC)
Spring and Autumn Period (722–476 BC)
Warring States Period (476–221 BC)

Imperial China
Qin Dynasty (221–206 BC)
Han Dynasty (202 BC–AD 220)
Wei and Jin Period (AD 265–420)
Wu Hu Period (AD 304–439)
Southern and Northern Dynasties (AD 420–589)
Sui Dynasty (AD 589–618)
Tang Dynasty (AD 618–907)
Five Dynasties and Ten Kingdoms (AD 907–960)
Song, Liao, Jin, and Western Xia Dynasties (AD 960–1234)
Yuan Dynasty (AD 1271–1368)
Ming Dynasty (AD 1368–1644)
Qing Dynasty (AD 1644–1911)

Modern China
Republic of China (1912–1949)
People's Republic of China (1949–present)

Li Keqiang (Premier of the State Council of the People's Republic of China)

The Premier of the State Council of the People's Republic of China, sometimes also referred to as the "Prime Minister" informally, is the Leader of the State Council of the People's Republic of China (the "Central People's Government of the People's Republic of China" after 1954), who is the head of government and holds the highest-ranking (Level 1) of the Civil service of the People's Republic of China.

The official language of the PRC is Mandarin, a tonal language in the Sino-tibetan family.
CHINESE FOOD:

Staple foods

 располагает пробирку. Структура пробирок зависит от материала, из которого они изготовлены.

- Rice

Rice is a major staple food for people from rice farming areas in southern China. Steamed rice, usually white rice, is the most commonly eaten. 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.

- Noodles

Main article: Chinese 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. Some varieties, such as Shou Mian, literally noodles of longevity), are symbolic of long life and good health according to Chinese tradition. Noodles can be served hot or cold with different toppings, with broth, and occasionally dry (as is the case with mi-fun). Noodles are commonly made with rice flour or wheat flour, but other flours such as soybean are also used.

- Soybeans

Tofu is made of soybeans and is another popular product that supplies protein. Other products such as soy milk, soy paste, soy oil, and fermented soy sauce are also important in Chinese cooking.

- Wheat

In wheat farming areas in Northern China, people largely rely on flour-based food, such as noodles, breads, dumplings and steamed buns.

- Vegetables

Cooked Chinese cabbage

Some common vegetables used in Chinese cuisine include Chinese leaves, bok choy (Chinese cabbage), Chinese spinach (dao-mieu), on choy, yu choy, bitter melon, and Chinese broccoli orgailan (guy-lahn). Other vegetables include bean sprouts, pea vine tips, watercress, celery, carrots, fresh mustard greens, and (Western) broccoli.

A variety of dried or pickled vegetables are also eaten, especially in drier or colder regions where fresh vegetables traditionally were hard to get out of season.

- Herbs and seasonings

Spices and 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 are also used.

To add extra flavors to dishes, many Chinese cuisines also contain dried Chinese mushrooms, dried baby shrimps, dried tangerine peel, and dried Sichuan chillies as well.

When it comes to 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 and fermented tofu (furu) are also widely used. A number of sauces are based on fermented soybeans, including Hoisin sauce, ground bean sauce and yellow bean sauce.
CUISINES:

China can be divided into many geographical areas, and each area has a distinct style of cooking. The ingredients used in the food are based on the natural agricultural products of the region.

In Northern China, for example, wheat is eaten more than rice as a staple food. Food using wheat as its main ingredient, such as noodles and dumplings is prevalent there. China's Southern cuisine uses far more rice, with such staples as rice noodles and zongzi - sticky rice wrapped in leaves. Southern food, is typically more spicy, and many minorities eat chilies every day.

Eight Distinguished Regional Cuisines

1. Chuan (Szechuan)
2. Yue (Guangdong, Cantonese)
3. Xiang Cuisine
4. Lu Cuisine
5. Hui Cuisine
6. Zhe Cuisine
7. Su Cuisine
8. Min Cuisine
<table>
<thead>
<tr>
<th>Cuisine</th>
<th>Method</th>
<th>Description</th>
<th>Typical Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yue (Guangdong, Cantonese)</td>
<td>Braise, stew and sauté.</td>
<td>Guangdong dishes are characterized by their tender and slightly sweet taste. Sauces are a crucial seasoning in Guangdong cuisine. Classic Cantonese sauces are light and mellow. The most widely used sauces in Guangdong Cuisine include: hoisin sauce, oyster sauce, plum sauce and sweet and sour sauce. Other ingredients popular in Guangdong Cuisine include spring onions, sugar, salt, soya bean products, rice wine, corn starch, vinegar and sesame oil. Garlic is used heavily in some dishes, especially those in which internal organs, such as entrails, may emit unpleasant odors.</td>
<td>Chicken stewed with snake (image)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Roasted Goose (image)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Shrimp Stuffed Fish Maw (Bai Hua Yu Du) (image)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sliced cold Chicken (Bai Zhan Ji)</td>
</tr>
<tr>
<td>Chuan (Szechuan)</td>
<td>Fast-frying is the most widely used cooking method</td>
<td>The dishes of Sichuan Cuisine are famous for their hot and spicy flavor. An outstanding facet of Sichuan dishes is the delicate use of pepper or chili. The ingredients used are great in variety, including poultry, pork, beef, fish, vegetables and tofu. The methods of cooking vary according to the texture required.</td>
<td>Hot pot (Huo Guo)</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kung pao chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sliced boiled pork with garlic sauce (Suan Ni Bai Rou)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Twice-cooked pork</td>
</tr>
</tbody>
</table>
**Hui (Huizhou)**

Hui Cuisine is particular about controlling cooking time and temperature. High, medium or slow heat is applied according to the quality and characteristics of the different materials and the flavor requirements of finished dishes. Hui Cuisine requires skill in sautéing and stewing to achieve a delicate lightness in taste. Some typical dishes stewed in brown sauce may appear a little heavy on oil compared to some other styles.

Hui Cuisine uses only local produce, so the freshness of the dishes is unparalleled. Most ingredients in Hui Cuisine, such as pangolin, stone frog, mushroom, bayberry, tea leaves, bamboo shoots and dates all come from mountain areas.

Hui Cuisine places a great deal of emphasis on natural foods, which makes it a healthy cuisine. It follows traditional ways and uses foods that are also used for medicinal purposes. The use of wild herbs is one of Hui Cuisine's notable features.

### Examples of Hui Cuisine Dishes

- **Ham simmered with soft-shelled turtles (Huo Tui Dun Jia Yu)**
- **Huangshan stew pigeon (Huang Shan Dun Ge)**
- **Salted fresh mandarin fish (Yan Xian Gui Yu)**
- **Stewed masked civet (Hong Shao Guo Zi Li)**
| Lu (Shandong) | There are over thirty cooking techniques applied in Lu Cuisine, among which Bao technique (quick-fry) and Pa technique are frequently and well used in Lu Cuisine. In Bao (quick-fry), foods are deep-fried in very hot oil over high heat and then the oil is poured out and seasonings are added to the food, which is left in the wok. Pa technique, derived from Shandong Province, is first to cut the well-cooked ingredient into a particular shape, then stick some powder and fry it into golden, finally add some kind of sauce to sauté it while stirring continuously. | Lu Cuisine is more inclined to keep the freshness of ingredients than other cuisines and fond of salt flavor, featured with tender, savory and crisp. It is particular about making soup. Seafood is the most notable ingredient of Lu Cuisine as Shandong is a coastal province, including scallops, prawns, clams, sea cucumbers, and squid, which are all local ingredients of exemplary quality. Besides seafood, corn, peanuts, grains such as small grains, millet, wheat, oat and barley, and staple vegetables of Shandong province including potatoes, tomatoes, cabbages, mushrooms, onions, garlic and eggplants. | Creamy sea cucumber (xie Huang Hai Sheng) | Prawn Dish with Color Pattern (Bai Hua Da Xia) | Roast suckling pig (Kao Ru Zhu) | Scallop balls (Xiu Qiu Gan Bei) |
The cooking techniques of Fujian Cuisine are: pan-frying, deep-frying, boiling, baking, stewing, mixing, sautéing with wine, stewing in gravy, grilling, cooking with red rice wine, simmering, stir-frying, smoking, braising and salting. Among them the most characteristic one is cooking with red rice wine, which includes stir-frying with red rice wine, and baking with red rice wine, quick-frying with red rice wine and deep-frying with red rice wine. The "drunken" (cooked in wine) dishes are prevalent in Fujian Province and very famous throughout China.

The **three notable features** of Min Cuisine are: the use of delicacies from the mountains and sea as the main ingredients, a specialism in soup making and expertise in applying various kinds of seasonings.

Min Cuisine pays a great deal of attention on utilizing soup. As a saying about the region's cuisine goes: "It is unacceptable for a meal not to have soup". Fujian people like to use various kinds of sauces and seasonings to create the tastes of salty, sweet, sour and spicy. Salty seasonings include shrimp sauce, shrimp oil and soy sauce; sour seasonings include white vinegar and qiaotou (a vegetable similar to green onion and garlic); sweet seasonings include brown sugar and crystal sugar; sweet-smelling seasonings include brown sugar, spiced powder, aniseed and cassia bark; and spicy seasonings include pepper and mustard.

<table>
<thead>
<tr>
<th>Min (Fujian)</th>
<th>Buddha skipping wall (Fo Tiao Qiang, Which made of sea food and poultry)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The cooking techniques of Fujian Cuisine are: pan-frying, deep-frying, boiling, baking, stewing, mixing, sautéing with wine, stewing in gravy, grilling, cooking with red rice wine, simmering, stir-frying, smoking, braising and salting. Among them the most characteristic one is cooking with red rice wine, which includes stir-frying with red rice wine, and baking with red rice wine, quick-frying with red rice wine and deep-frying with red rice wine. The &quot;drunken&quot; (cooked in wine) dishes are prevalent in Fujian Province and very famous throughout China.</td>
<td>Seven star fish ball (Qi Xing Yu Wan)</td>
</tr>
<tr>
<td>The <strong>three notable features</strong> of Min Cuisine are: the use of delicacies from the mountains and sea as the main ingredients, a specialism in soup making and expertise in applying various kinds of seasonings.</td>
<td>White Snow Chicken (Bai Xue Ji)</td>
</tr>
</tbody>
</table>
**Su (Jiangsu, Huaiyang)**

Su Cuisine is made according to precise material choice and a precise cooking schedule. It requires exquisite and fine cooking. There is an excellence in cooking methods such as stewing, simmering, baking over a slow fire, warming up, steaming, sautéing, stir-frying, and skillful braising in mud and baking on forks.

Su Cuisine is composed of six styles: **Nanjing** Style, Yangzhou Style, Suzhou Style, Huai'an Cuisine, Xuzhou Cuisine and Haizhou Cuisine. Among them Nanjing Style, Suzhou Style and Yangzhou Style are the most notable.

Nanjing Style is famous for its fine cutting techniques, which makes the dishes not only fine-tasting, but also very delicate and good-looking. It features freshness, fragrance, crispness and tenderness. Suzhou Cuisine tends to be sweet in taste and excels in using vegetables of the four seasons, freshwater fish and seafood. Yangzhou Style, which has been called Huai-Yang Style in the past, is renowned for its fine cutting techniques, perfect timing, fresh color and original design.

<table>
<thead>
<tr>
<th>Image</th>
<th>Dish Name</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Wu Liu Ju (made by fish)" /></td>
<td>Wu Liu Ju (made by fish)</td>
</tr>
<tr>
<td><img src="image" alt="Braised meat balls in brown sauce" /></td>
<td>Braised meat balls in brown sauce (Hong Shao Shi Zi Tou)</td>
</tr>
<tr>
<td><img src="image" alt="Clear-simmered soft shelled turtle" /></td>
<td>Clear-simmered soft shelled turtle(Qin Dun Jia Yu)</td>
</tr>
<tr>
<td><img src="image" alt="Salted duck" /></td>
<td>Salted duck (Yan Shui Ya)</td>
</tr>
</tbody>
</table>
### Xiang (Hunan)

| Hunan cuisine | The salient features of Hunan cuisine are richness, creaminess, and moistness, combined with a delicate use of chili. Hunan cuisine is also fragrant, with crunchy fresh vegetables that are cooked "al dente".  

The special seasonings of Hunan cuisine include soy sauce, tea seed oil, spicy oil, Chinese red pepper, fennel and cassia bark, each of which add its own particular color and flavor to the cuisine. Hunan cuisine is noted for pungency, thanks to its generous but judicious use of spices, especially the use of chili, which is as standard to Hunan cuisine as it is to South American or Indian cuisine. To the people of Hunan, chili can be enjoyed in almost every dish except ice cream. |
| Beer duck (Pi Jiu Ya) |
| Braised Eel (ZiLong Tuo Pao) |
| Home-style tuofu (Jia Chang Dou Fu) |

Hunan cuisine favors cooking techniques such as sautéing, stir-frying, steaming and smoking. It is renowned for its "stewed" dishes. However, Hunan cuisine excels at braising and baking, which lend themselves admirably to the raw materials that make up Hunan cuisine.
<table>
<thead>
<tr>
<th>Province</th>
<th>Cooking Techniques</th>
<th>Major Styles</th>
<th>Representative Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhe (Zhejiang)</td>
<td>Cooking techniques of quick frying, stir-frying, braising and deep-frying and features clearness, freshness, tenderness, delicateness and purity.</td>
<td>Three major styles, namely Hangzhou style, Ningbo style and Shaoxing style. Among them, Hangzhou style is the most notable. It has good taste as well as delicate appearance. Hangzhou style exhibits a fondness for bamboo roots. About half the dishes on a Hangzhou menu contain bamboo roots, which add a tender element to the food. Ningbo chefs are especially skillful in making seafood. The best-known Ningbo cooking techniques are stewing, baking and steaming. The taste is moderate in freshness and saltiness.</td>
<td>Steamed fish heads in chili sauce (Duo Jiao Yu Tou), Fried shrimps with longjing tea (Long Jing Xia Ren, Long Jing is a famous Chinese tea), Braised jujube meat (Hong Shao Zao Rou), Market big roast (Mu Yu Da Kao)</td>
</tr>
</tbody>
</table>
The west lake vinegar fish
TOURIST ATTRACTIONS:

1. Great Wall of China

The Great Wall of China built, rebuilt, and maintained between the 5th century BC and the 16th century to protect the northern borders of the Chinese Empire from the attacks of nomadic tribes from the north. The most popular area of the Great Wall is at Bādálǐng.

2. Potala Palace

Situated 130 meters above the Lhasa valley, the Potala Palace rises a further 170 meters and is the greatest monumental structure in all of Tibet. The Potala Palace remained the residence of the Dalai Lama until the 14th Dalai Lama fled to India, after the Chinese invasion in 1959.

3. Jiuzhaigou Sichuan

Situated in the depths of the mountains in the border area of Nanping, Songpan and Pingwu counties in Aba Tibetan and Qiang Autonomous Prefecture in the northwestern Sichuan Province, Jiuzhaigou is a fairyland named after the Nine-Village Valley, which is the living place of nine Tibetan villages. The valley is about 50 kilometers long. In 1992, it was listed as the world natural heritage list of UNESCO.
4. Giant Buddha of Leshan

The Giant Buddha of Leshan is a gigantic Buddha statue carved out of a cliff face in Sichuan, western China. Begun in the year 713 during the Tang Dynasty, the statue was not completed until the year 803, and was the effort of thousands of sculptors and workers. The Leshan Giant Buddha stands about 71 meters (233 feet) high and has three meter (11 feet) long fingers on each of its enormous resting hands.

5. Shanghai Skyline (Pudong)

Pudong is a district in Shanghai on the eastern side of the Huangpu River that has emerged as China’s financial and commercial hub. A skyline of gleaming skyscrapers rises out of what was mere farmland only 20 years ago. Skyscrapers includes the symbolic Oriental Pearl Tower, the Shanghai World Financial Center, the Jin Mao Building and the Shanghai Tower that should be finished in 2014.

6. Li River Cruise

A Li River cruise from Guilin to Yangshuo is the highlight of any trip to northeastern Guangxi Province. The landscape is decorated with amazing hills, steep cliffs, incredible caves and farming villages, and is lined with bamboo groves. With its breathtaking scenery and taste of a life far removed from the concrete metropolis, the scenery along the Li River is one of the top tourist attractions in China.
Although China has long been associated with the martial arts, sport in China today consists of a variety of competitive sports played in China, including mainland China, Hong Kong and Macau. Traditional Chinese culture regards physical fitness as an important aspect, and, since the 20th century, a large number of sports activities, both Western and traditionally Chinese, are popular in China. The country has its own national quadrennial multi-sport event similar to the Olympic Games, the National Games of the People's Republic of China.

Badminton, football, basketball and table tennis are the main sports in China.
Because of its relative simplicity, inexpensive equipment, and accessibility to venues, badminton is a very established and popular sport in China. Many Chinese badminton players have gained international success and fame, especially the many Gold medalists at the BWF World Championships. It's a popular recreational sport, and amateur leagues exist across the country.

FESTIVALS

The traditional Chinese holidays are an essential part of harvests or prayer offerings. The most important Chinese holiday is the Chinese New Year (Spring Festival), which is also celebrated in Korea, Vietnam, and other Asian countries. All traditional holidays are scheduled according to the Chinese calendar. Some of the most common festivals celebrated are:

- Chinese New Year (Spring Festival)
- Lantern Festival
- Zhonghe Festival (Blue Dragon Festival)
Qingming Festival (Tomb Sweeping Festival, Tomb Sweeping Day, Clear and Bright Festival)
Duanwu Festival (Dragon Boat Festival)
Qixi Festival (The Night of Sevens, Magpie Festival)
Ghost Festival
Mid-Autumn Festival (Moon Festival)
Double Ninth Festival (Chongyang Festival)
Spirit Festival / Water Lantern Festival
Dongzhhi Festival (Winter Solstice Festival)
Clothing in China did not only evolve over time; it often transformed dramatically following Dynastic changes or the Imperial decree of a new ruler. In ancient feudal society, people's rank and position could easily be distinguished from their daily dress, especially for the ordinary people and upper-class. Different from costumes of other countries, Chinese clothing features is very distinctive and with profound Chinese culture. Because of relatively plain design and structure of traditional Chinese clothing, embroidered edgings, decorated bands, draped cloth or silks, patterns on the shoulders, and sashes were often added as ornamentation. These varied designs came to be one of the unique features of traditional Chinese dress.

Chinese people wear a lot of silk in bright colors especially red and purple. Red is favorite for all Chinese people for red is considered as good luck that can keep evil spirits away. So you will find the bride and groom wear in red in their wedding part. The traditional Chinese wedding dress in northern Chinese usually is one piece frock named Qipao, embroidered with elaborate gold and silver design.

**CURRENCY (Renminbi)**

The renminbi (RMB, sign: ¥; code: CNY; also CN¥, 元 and CN 元) is the official currency of the People's Republic of China. Renminbi is legal tender in mainland China, but not in Hong Kong, Taiwan, or Macau. The primary unit of renminbi is the yuan (元/圆). One yuan is subdivided into 10 jiǎo (角), which in turn is subdivided into 10 fēn (分).

As of 8th of July, 1 Chinese Yuan (Renminbi) =9.80 INR
GLOSSARY for CHINESE CUISINE

Allspice
An aromatic spice made from the dried berry of the West Indian allspice tree. This spice, used to flavor savory dishes, has the aroma and taste of cinnamon, cloves, nutmeg, and pepper.

Anise Pepper
Hot, peppery dried red berries that are roasted and ground to produce a pungent and aromatic seasoning. Sichuan pepper is one of the spices of Chinese five-spice powder.

Asparagus
Succulent, bright green, thin stalks of vegetable with firm tips.

Aubergine
A deep purple and pear-shaped berry that has yellowish-white spongy flesh and small brown edible seeds.

Balsam Pear
A long, green, shiny, slightly sour fruit that resembles a cucumber with bumpy skin.

Bamboo Shoots
Tender spear-shaped shoots from the base of bamboo plants often used in stir fried dishes to provide texture.

Bean Curd
Also referred to as Dou Fu in Chinese and Tofu in Japanese, this soft cheese-like paste is made from boiled Soya bean liquid.

Bean Curd Cheese
A strong, salty cheese made by fermenting bean curd cubes in rice wine, salt, sesame oil, or chili.

Bean Sprouts
Highly nutritious sprouted green gram

Bell Pepper
Mild, sweet, bell-shaped peppers that have a juicy flesh and a crispy texture. Young bell peppers usually turn from bright green to red as they mature. These peppers become sweeter when cooked.

Bitter Gourd
A long, green, shiny, slightly sour fruit that resembles a cucumber with bumpy skin.

Bitter Melon
A long, green, shiny, slightly sour fruit that resembles a cucumber with bumpy skin.

Black Bean Sauce
A flavorful and popular Chinese marinade consisting of fermented salted black beans and spices, such as garlic or chilies. This condiment gives a rich and distinctive aroma to steamed and stir fried Chinese dishes.

Black Hair
Tasteless, fine threads of black dried seaweed.

Black Moss
Tasteless, fine threads of black dried seaweed.
Broccoli
Tiny bunches of tightly closed green buds growing from a thick edible stalk.

Broth
Flavored liquid obtained from simmering meat, fish, or vegetables.

Brown Master Sauce
A spicy concentrated sauce or marinade made from spices, rice wine, sugar, and soy sauce.

Brown Sugar
Small crystals of refined white sugar treated with dark grade molasses.

Cashew
Sweet, buttery, kidney-shaped nuts that grow from the bottom of the tropical cashew apple.

Celery
Green, thick, fibrous stalks of vegetable used to flavor soups and salads with a sharp and distinct taste.

Cellophane Noodles
These thin, translucent, flavorless threads of noodle, made from green gram flour, provide texture to the base of soup and stir fried dishes.

Chili Bean Sauce
A thick, spicy sauce made from fermented soybeans, red chili peppers, vinegar, starch, salt, and garlic.

Chili Powder
A combination of various spices and dried hot peppers, which may include black pepper, cumin, oregano, paprika, cloves, and garlic.

Chili Sauce
A Szechuan hot sauce made from red chili. Tastes similar to Tabasco.

Chinese Cabbage
A fresh crisp-leaved cabbage that is tightly packed and unblemished.

Chinese Celery Cabbage
A crisp and delicate cabbage that resembles Romaine lettuce.

Chinese Dried Sausage
Sweet, salty, pork sausage that resembles pepperoni.

Chives
Fresh, slender, bright green, hollow stems that have a mild and delicate onion aroma.

Chop Suey
A dish consisting of small pieces of meat or chicken cooked with bean sprouts and vegetables. Served with rice.

Chow Mein
"fried noodles"; these popular, crispy, wide, pale-yellow egg noodles are often fried with chicken, pork, beef, fish, vegetables, soups, and stir fried dishes.
Chow-chow
A mustard-flavored mixed vegetable and pickle relish.

Coriander
A dried, warm, sweet, light-brown, aromatic herb. This zesty combination of sage and citrus is considered one of the most memorable and versatile of all the spices. Coriander, typically blended with cumin, curry powders, chili powders, garam masala, berbere, fruit juices, and lemon, flavors marinades and enhances North American, Mediterranean, North African, Mexican, Indian, and Southeast Asian cuisines.

Cumin
An aromatic seed used to flavor sausages, chutneys, and a variety of Indian, Asian, and Latin American dishes.

Curry
A spicy powder made by grinding and blending various herbs and spices, including cardamom, cinnamon, cumin, cloves, fenugreek, red peppers, and nutmeg.

Daikon
A sharp, but somewhat sweet-tasting, crunchy Chinese white radish often used to season salads, soups, vegetables, tofu, and stir fried dishes.

Dried Tangerine Peel
Sun dried peels of tangerine used to flavor master sauces and provide an orange flavor to dishes.

Egg Noodles
Ribbon or spaghetti-like noodles made from wheat flour and eggs.

Egg Roll Wrappers
A wrap made from wheat flour, egg yolk, and salt. This wrap, which usually covers the popular egg roll appetizers, is thicker than spring roll wrappers or rice paper.

Eggplant
A deep purple and pear-shaped berry that has yellowish-white spongy flesh and small brown edible seeds.

Enoki Mushrooms
Highly esteemed mushrooms that have long thin stems topped with a tiny white cap. They have a crisp and crunchy texture when fresh, but tend to become tough when heated.

Fermented Bean Curd
A strong, salty cheese made by fermenting bean curd cubes in rice wine, salt, sesame oil, or chili.

Fermented Black Beans
Aromatic beans cooked with salt, ginger, and/or orange rind.

Fish Sauce
A thin brown sauce made by fermenting fish with salt and soy sauce.

Five-spice Powder
A popular blend of ancient spices consisting of ground star anise, cloves, cinnamon, fennel seeds and Szechuan peppercorns.

Fresh Rice Noodles
Flat, thread-like, white noodles made from rice flour.
**Ginger Root**  
A knobby and light brown root widely used in Chinese food for its sharp, peppery, spicy, and slightly sweet flavor. Usually complements fish dishes.

**Ginkgo**  
A bright green and delicately sweet flavored nut.

**Golden Gram**  
Small green beans frequently used when sprouted. Mung bean sprouts are one of the key ingredients in Chop Suey. Dried Mung beans are ground into flour, which can be used to make Mung Bean noodles.

**Golden Needle Mushrooms**  
Highly esteemed mushrooms that have long thin stems topped with a tiny white cap. They have a crisp and crunchy texture when fresh, but tend to become tough when heated.

**Green Gram**  
Small green beans frequently used when sprouted. Mung bean sprouts are one of the key ingredients in Chop Suey. Dried Mung beans are ground into flour, which can be used to make Mung Bean noodles.

**Hair Seaweed**  
Tasteless, fine threads of black dried seaweed.

**Hoisin Sauce**  
A thick, sweet, hot, brownish-red Chinese barbecue sauce that usually contains Soya beans, garlic, chilies, and other spices.

**Hot Bean Sauce**  
A combination of hot chili sauce and brown bean sauce used in spicy Szechuan and Hunan dishes.

**Hot Chili Sauce**  
A fiery sauce made from crushed dried hot chilies, sweet red peppers, and soy sauce.

**Hot Mustard**  
A spicy condiment served with Chinese appetizers. Made by mixing dry mustard powder with water, causing a chemical reaction.

**Jamaica Pepper**  
An aromatic spice made from the dried berry of the West Indian allspice tree. This spice, used to flavor savory dishes, has the aroma and taste of cinnamon, cloves, nutmeg, and pepper.

**Kumquat**  
A round, small, Asian citrus fruit with a soft bright orange rind and slightly tart orange flesh.

**Kung Pao Chicken**  
An aromatic chicken dish topped with sweet, spicy, dark soy, peanut sauce and based with peanuts, onions, and bell peppers.

**Lemon Grass**  
Resembling spring onion, this subtropical root imparts a delicious fresh lemon flavor to Southeastern Asian dishes.

**Lemon Rind**  
Dry peels of lemon used to flavor and garnish dishes.
Lo Mein
In this dish, boiled and drained noodles are added to other ingredients, such as vegetables and/or meat, and briefly stir fried during the final stages of cooking. Consequently, these noodles have more flavor than Chow Mein, where the meat and vegetables are served over noodles that have been cooked separately.

Loquat
A small, pear-shaped fruit with a yellowish-orange skin and juicy flesh.

Lotus
A water lily whose root can be stuffed with glutinous rice, steamed as a dessert, or sliced as a sweet fruit. Chinese chefs commonly wrap its leaves around food to impart a pleasant tea-like flavor. Finally, its seeds are can be used in sweet syrups, pastes, soups, rice desserts, and snacks.

Lychee
A plum-sized fruit that has a thin, hard, removable, rough shell. Its white, juicy flesh surrounds a large dark-brown stone.

MSG
A chemical food enhancer, extracted from seaweed and other vegetable matter, used to deepen and develop the natural flavors of foods.

Mangetout
A variety of peas with tender pods.

Molasses
Thick dark syrup that is a byproduct of refining sugar, with a distinctive, slightly bitter flavor. Less sweet than honey but more nutritious than sugar.

Monosodium Glutamate
A chemical food enhancer, extracted from seaweed and other vegetable matter, used to deepen and develop the natural flavors of foods.

Mung Bean Noodles
These thin, translucent, flavorless threads of noodle, made from green gram flour, provide texture to the base of soup and stir fried dishes.

Mung Beans
Small green beans frequently used when sprouted. Mung bean sprouts are one of the key ingredients in Chop Suey. Dried Mung beans are ground into flour, which can be used to make Mung Bean noodles.

Orange Rind
Dry peels of oranges used to flavor and garnish dishes.

Oyster Mushrooms
A fan-shaped mushroom that has white flesh and a grayish-brown exterior. This moist, peppery, and robust fungus is often served raw in salads. Oyster mushrooms, which have a softened flavor when cooked, are also a pleasant addition to casseroles, soups, or stir-fried dishes.

Oyster Sauce
A dark brown delicate sauce made from oysters and soy sauce. This staple condiment adds richness to dishes without diminishing their natural flavors.
Paprika
A powdered mixture of dried red-skinned chilies used as a spice and garnish. It ranges in flavor from mild and slightly sweet to acrid and hot.

Parsnip
A long, white root vegetable with feathery green leaves. Its look and taste is similar to a carrot.

Pecans
Thin-shelled, richly flavored nuts that are used to enrich certain dishes and desserts.

Pimento
An aromatic spice made from the dried berry of the West Indian allspice tree. This spice, used to flavor savory dishes, has the aroma and taste of cinnamon, cloves, nutmeg, and pepper.

Plum Sauce
A thick, rich, sour fruit dipping sauce used to complement stir fried pork and deep fried appetizers.

Pomelo
A large citrus fruit that has coarse greenish-yellow rind, pale-yellowish flesh, and a sweet, slightly tangy flavor.

Pot Sticker Wrapper
Thin sheets of dough made from flour, eggs, and salt. Used for small meat and vegetable filled dumplings known as potstickers and wontons.

Prawn
A term that commonly refers to any large shrimp.

Ramen Noodles
An Asian, off-white, wheat-based noodle that can be boiled and seasoned, then added to soups, salads, meat, vegetables, and side dishes.

Red Dates
Dried fruit of the Chinese jujube tree that have a bright red crinkly skin.

Rice Paper
A thin, crispy wrap made from rice flour and water used to wrap spring rolls. These wraps, available in either round or triangular form, can be used as a vegetarian substitute for egg roll skins since it does not contain eggs.

Rice Vermicelli
Thin, translucent, rice-flour noodles used to garnish stir fried dishes and soups.

Rice Vinegar
Aromatic, light, and delicately flavored vinegar distilled from white rice.

Rice Wine
A dry, strong, flavorful, clear Chinese cooking wine made from fermented rice. This sherry flavored wine is used in Chinese stir fried and steamed dishes.

Rice-flour Noodles
These noodles, made with rich flour and water, range from thin Rice Vermicelli to the thick broad flat noodles. A traditional ingredient in chicken salads, soups, and stir-fries.
Rock Sugar
Crystallized raw sugar that is less sweet than refined sugar.

Sesame Seeds
Tiny, nutty-flavored oval seeds used to flavor meat, poultry, stir-fries and popular desserts.

Shaddock
A large citrus fruit that has coarse greenish-yellow rind, pale-yellowish flesh, and a sweet, slightly tangy flavor.

Shao Hsing
A dry, strong, flavorful, clear Chinese cooking wine made from fermented rice. This sherry flavored wine is used in Chinese stir fried and steamed dishes.

Shiitake Mushroom
A flavorful, fleshy Chinese black mushroom widely used in the Chinese cuisine.

Sichuan Cuisine
One of the most famous Chinese cuisines in the world. Characterized by its spicy and pungent flavors, the Sichuan cuisine emphasizes the use of chili. Pepper, garlic, ginger, fermented soybean, and prickly ash produce this cuisine's exciting tastes. Frying, frying without oil, pickling, and braising are used as basic cooking techniques.

Sichuan Pepper
Hot, peppery dried red berries that are roasted and ground to produce a pungent and aromatic seasoning. Sichuan pepper is one of the spices of Chinese five-spice powder.

Snow Peas
A variety of peas with tender pods.

Snow Pickle
Salted mustard greens that have a mildly sour flavor.

Soy Sauce
A highly flavored, salty, tangy, brown liquid brewed from fermented Soya beans and salt. Soy sauce is the most important flavor in Chinese cuisine. Chinese dishes are traditionally called red-cooked when soy sauce is used or white-cooked when soy sauce is omitted.

Soya Bean Paste
A hot aromatic sauce made from seasoned ground Soya beans, chilies, peppers, sugar, and salt.

Spinach
A plant with dark green spear-shaped leaves. Spinach, with its slightly bitter flavor, is high in nutritional content and can be eaten raw or cooked.

Spring Roll Wrapper
A thin, crispy wrap made from rice flour and water used to wrap spring rolls. These wraps, available in either round or triangular form, can be used as a vegetarian substitute for egg roll skins since it does not contain eggs.

Stir Fry
To cook small pieces of food in negligible fat, constantly tossing over high heat. The food is usually cooked in a wok.

Stock
An aromatic and nutritive liquid extracted by simmering beef, chicken, or fish with vegetables and water.
**Sweet Pepper**
Mild, sweet, bell-shaped peppers that have a juicy flesh and a crispy texture. Young bell peppers usually turn from bright green to red as they mature. These peppers become sweeter when cooked.

**Szechuan Cuisine**
One of the most famous Chinese cuisines in the world. Characterized by its spicy and pungent flavors, the Sichuan cuisine emphasizes the use of chili. Pepper, garlic, ginger, fermented soybean, and prickly ash produce this cuisine’s exciting tastes. Frying, frying without oil, pickling, and braising are used as basic cooking techniques.

**Szechuan Pickle**
A hot, salty, peppery pickle often used to intensify the spiciness of a dish.

**Tabasco Sauce**
A hot, thin, spicy sauce made from vinegar and red chili peppers.

**Teriyaki**
A Japanese dish that has been marinated in a mixture of soy sauce, sugar, ginger, and seasonings before being grilled, broiled, or fried. The sugary marinade coats the cooked food with a slight glaze.

**Tofu**
Obtained from the milky liquid extracted from soy beans. This high-protein, low-fat food is a popular meat substitute for vegetarians and health-conscious diners.

**Turbot**
A flat sea fish with firm flesh.

**Water Chestnut**
A crisp walnut-sized bulb with brownish-green skin.

**White Master Sauce**
A spicy concentrated sauce or marinade made from spices, rice wine, sugar, and salt.

**Winter Pickle**
Salted, mild, brownish-green Chinese cabbage used to flavor dishes.

**Wok**
A cone-shaped utensil with a rounded bottom, which encourages ingredients to return to the center. This utensil, which is used to cook most Chinese dishes, preserves the natural quality of the food.

**Wonton**
A Chinese dumpling made from egg-noodle dough. These wontons, which are usually filled with seafood, meat, or vegetables, may be boiled, deep-fried, or steamed. Commonly prepared in soups.

**Wonton Skins**
Thin sheets of dough made from flour, eggs, and salt. Used for small meat and vegetable filled dumplings known as potstickers and wontons.

**Wonton Wrappers**
Thin sheets of dough made from flour, eggs, and salt. Used for small meat and vegetable filled dumplings known as potstickers and wontons.
Audio Visual For China

China's "8 Great" Cuisines Explained!
http://www.youtube.com/watch?v=uthhBCKRHzs

Cantonese White Cut Chicken/白切雞/Chinese Food, Cooking and Recipes
http://www.youtube.com/watch?v=5iAQUP-a1b0

How to Make Cantonese Roast Pork (Char Siu)
http://www.youtube.com/watch?v=o0uWKroQ3lU