Chinese food
The Chinese philosopher Laotse once said: “Governing a great nation is much like cooking a small fish.”

He meant that governing a country required just the right “seasonings” and adjustments for successful results. This metaphor clearly illustrates the importance of food in Chinese culture!
Kuài zi (chopsticks)
The Four Regional Cuisines
• Shandong Cuisine
• Guangdong Cuisine
• Sichuan Cuisine
• Huaiyang Cuisine
Shandong Cuisine

• The oldest cuisine in China, with a history of 2500 years.
• The representative of North China Cuisine
• Traditional luxury royal banquet
• Soy sauce
Typical dishes
Sichuan Cuisine

• Hot and Spicy
• “Three peppers”
• 2000 years of history but gained popularity all over China after 1980
• Now it is one of the fastest growing cuisines in the world
Typical dishes
Guangdong Cuisine

• Sweet
• The flavor: clear but not light
• Tender but not crude
• Excellent cutting and carving skills
• 18-19th century, immigrants spread over the world and set up many Cantonese food.
Typical dishes
Huaiyang Cuisine

• Braising and stewing
• Preserving the original flavor and source
• Light
• Fine
• Used to be expensive and luxury
Typical dishes
The Difference between Northern and Southern
The Northern

- Wheat and flour

The Southern

- Rice
The Northern

- Salty
- Rough & Large
- Oily
- Garlic, Chinese onion (raw)
- Festival food: Dumpling

The Southern

- Sweet
- Fine & Small
- Light
- Garlic, Chinese onion (cooked)
- Festival food: Rice cake
The Northern

- Soup
- Generally served not a dish
- After meals

The Southern

- Soup
- served as a dish
- Drink before meals
- Prefer Soup
Round tables, dishes, bowls

- It reflects the Chinese notion of union versus division -- round tables, dishes, bowls all symbolize union and perfection.
• Food must be eaten while seated
• “Live on the mountain If you ear in one and live on water if you live by water ”
• Vegetables are the main ingredients
• Fully-cooked
• Warm water / soup /food
• Drinking Tea
Medicinal Food

• Nutrition and dietary therapy is an essential aspect of Chinese medicine. The Chinese have known for thousands of years the direct correlation between what we eat and our health. Even before the development of acupuncture and Chinese herbs, foods were used by traditional peoples to heal diseases and build immunity.
• The Chinese medicine model of nutritional therapy, or using foods as medicine, is sophisticated and there are many factors that contribute to determining what to eat when trying to heal from certain diseases or imbalances.
• According to its respective functions, medicinal cuisine is classified under four categories: health-protection cuisine, prevention cuisine, healing cuisine and therapeutic cuisine.

• Health-protection cuisine refers to reinforcement of required nutritional food correspondingly to maintain the organic health. A soup of pumpkin and almond can help lose weight; soup of angelica and carp can add beauty; and ginseng congee can give more strength.
Pumpkin with Corn

Cuttlefish Soup
• Prevention cuisine builds resistance to potential ailments. Mung bean soup is considered helpful as a guard against heat stroke in summer. Lotus seeds, lily, yam, chestnuts, and pears can assist in the prevention of dryness in autumn and a strengthening of resistance to cold in winter.
• Healing cuisine is the medicinal food for rehabilitation after severe illness. Broiled sheep's heart with rose or braised mutton with angelica will help to rebuild a healthy constitution.

• Therapeutic cuisine aims at the specific pathology. Fried potatoes with vinegar can adjust the organ and restrain hypertension and carp soup with Tuckahoe may enrich the strength of blood plasma albumen to help reduce swelling.
Video