China (Food) Essay, Research Paper

China (food)

China s food is very unique and traditional. Grains are the main food in China. Rice is

the favorite grain among the people in the South. In the north, people prefer wheat, which they

make in to bread and noodles. Corn millet, and sorghum are also eaten. Vegetables, especially

cabbage and Tofu rank second in Chinese diet. Roasted sweet potatoes are a popular snack

eaten by the Chinese. Pork and poultry are the favorite meats in China. The people also like

eggs, fish, fruit, and shellfish.

Chop Suey originated in China. Chop sticks and soup spoons are served as the only

utensils at a Chinese meal. Tea is the traditional Chinese beverage. Ice-cream has gained

popularity in China. Food from the East and Southeast coastal areas includes fish, crabs, and

shrimp. The spiciest foods come from Sichuan, and Hunan.

The texture of dishes is prized in China, as with sharks fin, and some have such unusual

ingredients such as snakes. Food in China is mostly stir-fried rapidly in oil at a very high

temperature. Fujian Cuisine is famous for delicately cooked fish and crabs for soups and for

flavorings such as soy-sauce.

Breakfast in China may be rice porridge, chicken noodle soup, or deep fried pastries that

taste like donuts. In China the people s favorite lunch time foods include eggrolls, and

dumplings filled with meat or shrimp. A typical Chinese dinner includes vegetables with bits of

meat or seafood, soup, and rice and noodles.

A Chinese cuisine has definite rules for the appropriate combining of the ingredients into

dishes, and dishes in to an appropriate meal. A typical home meal for no special purpose might

include boiled rice, soup, steamed fish, and stir-fried pork with vegitables. Each dish is in a

separate category. 1. The cooking method 2. Appearance 3. Texture. Main ingredients are all

different. Asian individual dishes, flavors, textures and ingredients should complement and

harmonize each other, rather than being the same. Food must strike attention in good cuisine

cooking.

Chef Martin Yan is the best of Asian Chefs. He has his own t.v. show called Yan Can

Cook which now airs in 70 countries for the past 19 years. He recently took a trip to Boston to

have a cooking duel with a French chef named Jacky Robert. In Boston Yan turned similar sets

of ingredients into magnificent French and Chinese dishes. Yan says You don t want to

confuse people because you basically make a mess. Yan says Cooking is not just a science,

but also an art. Yan chose a Boston favorite as an illustration. He said Lobster with a black

bean and garlic sauce with just a touch of butter and spices: delicious, but add hoison and plum

sauce and you can not taste anything. Yan cautions against the word fusion today. Yan says he

incorporates Yin and Yang in his cooking where ever possible.