

Chinese cuisine

- Despite the regional diversity of Chinese cuisine, some cooking rules remain common to all chefs. The culinary canons of China require the chef to ensure that the food is not only tasty, but also healthy, and sometimes even curative. Certain spicy South Chinese dishes are considered potent mood-enhancing aphrodisiacs. It is also believed that rice liqueurs on southern Chinese snakes not only strengthen masculine strength, but also help with many ailments, for example, from coughs or headaches.

The recipe for almost all dishes includes a variety of herbs (and in a certain set and ratio), most of which are also medicinal. It is not surprising that in antiquity the professions of a cook, a doctor and a pharmacist were usually combined, and the dietary Chinese cuisine is rooted in the same hoary antiquity as the ordinary one.

- "Buddha Jumping Over the Wall" is the most famous dish in Fuzhou City, Fujian Province. A whopping 18 ingredients are used in this dish: sea cucumber, abalone, shark fins, fish lips, ham, pork belly, hooves, tendons, mushrooms, bamboo shoots, etc. Multitasking dish: nourishes qi, cleanses lungs and intestines, protects against colds

Guangdong: white chicken cut into pieces 白切鸡 Bái qiē jī

A characteristic feature of this dish is simple preparation without the use of additional ingredients, while preserving the product's own taste. The Qingping restaurant in the Liwan district of Guangzhou is considered the best in cooking, so the dish has a second name - "qingping chicken".

Guangxi: rice noodles with snails 螺蛳粉 Luósī fěn

Rice noodles with snails are the most popular snack in Liuzhou City. Combines sour and pungent taste, freshness and pungency.

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