

# Enjoy Chinese Food

-----09 Chinese Class 1  
Group 403

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# The 403 Studio

How much  
do you know  
about Chinese  
food?



# Eight Great Traditions

Since China covers a large territory and has many nationalities, Chinese local dishes have their own typical characteristics. Generally, Chinese food can be roughly divided into eight regional cuisines.

# Eight Great Traditions

Hunan cuisine(湘菜)

Guangdong Cuisine(粤菜)

Sichuan Cuisine(川菜)

Shandong Cuisine(鲁菜)

Fujian Cuisine(闽菜)

Zhejiang Cuisine(浙菜)

Anhui Cuisine(徽菜)

Jiangsu Cuisine(苏菜)





**Hunan cuisine (湘菜)**

**Stir fry fish head with chopped hot chili (剁椒鱼头)**

**Guangdong Cuisine (粤菜)**

**Siu mei platter (烧味拼盘)**





**Sichuan Cuisine (川菜)**

**Boiled fish (水焗鱼)**

**Shandong Cuisine (鲁菜)**

**Sweet and sour fish (糖醋鱼)**





## Fujian Cuisine(闽菜)

### Buddha Jumps Over the Wall(佛跳墙)



## Zhejiang Cuisine(浙菜)

### Dongpo pork (东坡肉)



(Anhui Cuisine 徽菜)

Bagongshan Tofu(八公山豆腐)

Jiangsu Cuisine(苏菜)  
Stuffed Lotus Root dessert  
(冰糖莲藕)









- **Hunan cuisine** is one of the eight regional cuisines of China. Hunan cuisine, also called Xiang cuisine, consists of the cuisines of the Xiang River region, Dongting Lake and western Hunan Province, in China.

- Scene 1 (Outside Mao hotel 毛家饭店 )
- Hunan cuisine is well known for its hot spicy flavor, fresh aroma and deep color. Now it contains more than 4000 dishes, such as fried chicken with Sichuan spicy sauce (麻辣鸡丁) and Stir fry fish head with chopped hot chili(剁椒鱼头).



# Stir fry fish head with chopped hot chili(剁椒鱼头)

- The actual practice(做法)seem like original, but it is well-made(做工考究).
- It chooses fresh fish dishes, and a good deal of chili , which can make the meat quality without changing , tasted smoothly (口感滑嫩) and not greasy oil(油而不腻) . It can not only make the fishy smell removed, but also keep the fish fresh. Variety of capsicum(辣椒) is red, seductive and spicy.



# Cantonese ( Yuet ) cuisine

- Of all the regional varieties of Chinese cuisine, Cantonese is famous both inside and outside China. Cantonese cuisine consists of Guangzhou cuisine, Chaozhou cuisine and Hakka cuisine (客家菜), and it is represented by Guangzhou cuisine.

## Scene 2 (Outside Guangzhou Restaurant)

- For many traditional Cantonese cuisine, the flavors of a finished dish should be well-balanced, and never greasy. It will pay attention to its color, aroma, taste and shape (色, 香, 味, 形). Its flavors are thick, delicious, and sweet. But sometimes it will be changing with the changing seasons---light in summer-autumn and thick in winter-spring.



• With a chicken ,you can get two dishes. Boil the chicken in clear water to the degree eatable to you, take it out and cut it to pieces and place them in the plate. Put any things like mushroom into the soup from which you have cooked the chicken to simmer.-----Chicken Soup ready!

plain chicken  
白切鸡





# THANKS



Niji no mukou  
How can I get through to you?





# Task:

Make PPT : 梁晓华 黄舒娴

Search materials: 刘霞青 吴小娟

Correct mistakes: 谢 婷 莫丽梅