

Traditional Chinese Food

Chinese are famous for their cuisine, especially the traditional food. There are many foreigners intrigued by traditional Chinese food.

Do you want to learn about this delicious food? I'd like to introduce some typical example of them to you.

By: Ke Cai 130111122 Class 2

Jiao zi (Chinese Dumpling) is one of the most widely love food in china. Every family in China eat dumplings almost every day of the Spring Festival. It represent the auspicious and reunion. The shape of Chinese dumpling is similar to ancient Chinese gold or silver ingots, they symbolize wealth. Chinese dumpling is very delicious. You can make a variety of Chinese dumplings using different filling based on your taste and how various ingredients mixed together by you. Making dumpling is really teamwork .Usually all family members will join the work .Some people start to make dumplings when they were kids in the family, so most Chinese know how to make dumplings .





Tangyuan is the traditional food for the Lantern Festival or Yuanxiao Festival. The small dumpling balls are usually made of glutinous rice flour.

We call these balls yuanxiao or tangyuan. Obviously, they get the name from the festival itself. Made of sticky rice flour filled with sweet stuffing and round in shape, it symbolizes family unity, completeness and happiness.

The fillings inside the dumplings or yuanxiao are either sweet or salty. Sweet fillings are made of sugar, Walnuts, sesame, osmanthus flowers, rose petals, sweetened tangerine peel, bean paste, or jujube paste. A single ingredient or any combination can be used as the filling. The salty variety is filled with minced meat, vegetables or a mixture.

The way to make yuanxiao also varied between northern and southern China. The usual method followed in southern provinces is to shape the dough of rice flour into balls, make a hole, insert the filling, then close the hole and smooth out the dumpling by rolling it between your hands. In North China, sweet or non-meat stuffing is the usual ingredient. The fillings are pressed into hardened cores, dipped lightly in water and rolled in a flat basket containing dry glutinous rice flour. A layer of the flour sticks to the filling, which is then again dipped in water and rolled a second time in the rice flour. And so it goes, like rolling a snowball, until the dumpling is the desired size.





Zongzi is the festive food traditionally served during Dragon

Boat Festival celebrations.

During the Duanwu Festival, a glutinous rice pudding called zongzi is eaten to symbolize the rice offerings to Qu. Ingredients such as beans, lotus seeds, chestnuts, pork fat and the golden yolk of a salted duck egg are often added to the glutinous rice. The pudding is then wrapped with bamboo leaves, bound with a kind of raffia and boiled in salt water for hours.



There are many other traditional Chinese food like moon cake, rice cake, ice sugar ground and so on. Every kind of them will bring you wonderful experience.