“□□”(Guang bing)——The Taste Of Home

We’ll never forget the taste of home. I’d like to share with you a delicious snack □□ from my hometown. I assure you that you will soon fall in love with it .Because it is not only a food but also a feeling of home.

By: Kailing Xue 130111111 Class2



“□□(Guang bing)”is a special snack in FuQing. It included in the urban business card by the local government. There are many vendors who selling “□□”(Guang bing)along the street.

“□□”is round, the size of it like the adult palm. It’s made from flour and sesame baked. FuQing people still retains the traditional approach to make “□□”(Guang bing).They don’t use the oven or stove, but a wrapped in yellow vats. First, they used the bundles of pine lit the fire in the cylinder, leave only ashes. Then, two people cooperate with each other to make the cake embryo fast and accurately on the cylinder wall. They must be well coordinated and action quickly to avoid being scalded. Lastly, “□□”(Guang bing)backed slowly by coals. The finished is golden and crispy.

“□□”(Guang bing)is not only delicious, well made, but also has a legendary story. The national hero “□□□(Qi JiGuang)”led the army resist against Japanese pirates in FuJian Province, but

they can’t cook because of rainy days. To solve this problem,□□□(Qi JiGuang)ordered soldiers to bake the bread and with hemp rope strung together hung on the neck as dry food. This clever idea helped them to win in the end. Later, the bread into the private, not only the common edible, but also become necessary offering ancestor worship the gods. It was named “□□”(Guang bing)to commemorate □□□(Qi JiGuang).



The population of FuQing outside the multidirectional flows and only a few local people know the manufacture method. These reasons lead people to never eat it in the other places. So “□□”(Guang bing)is a great significance for FuQing people. No matter whether you love to eat it or not, once you mention it, you will think of homeland.

1.“□□”(Guang bing): A kind of food

2.□□□(Qi JiGuang):a man’s name

Tasty Foods in Taiwan

Introduce some traditional tasty foods in Taiwan, and tell the readers the history of Taiwan snacks, let people enjoy a great food feast.

By: Jiayu Cui 120905212 Class2

Taiwan has a reputation called “gourmet paradise”, the snacks here melt in the indigenous cuisine essence in Netherlands, Portugal, Japan and dozens of provinces in Chinese mainland in a furnace, create the cuisines of the world’s most prestigious foods. And the snacks are sold in the form of great affinity corner shop and night market. The rich delicious foods can attract tens of millions of people around the world to visit Taiwan every year. People will enjoy a great food trip in Taiwan. Here, I will introduce some history of Taiwanese traditional food and the top 5 snacks that tourists are interested in.

People all know Taiwanese food tastes amazing, there is quite a long story! Since the Qing dynasty, the Han Chinese agricultural groups dug up mountains from Fujian Province to Taiwan Island. It was a hard work, people cost unimagined labor. So some people started to send foods to the farmers. Then, the snack business with this gesture came out, all kinds of cold and hot snacks were provided for the hillside farmers. In the primitive cultivation period, people would hold a meet god temple in the center of the faith fairs, crowds gathered, snack business also followed to the temples, so many snacks market near the temple of Taiwan.



Now, I will recommend famous Taiwanese snacks to you. The top 1 named E. package of small intestine, it’s quite common in Taiwan snacks. E. skin is very crisp after barbecue with the charcoal fire, fillings are full of grains, with delicious sausage inside, add some sour pickled cabbage, cucumber and salted eggs. While biting it, your mouse will brim with gravy.

And such a special traditional snack will be found in the night market named East China Sea.



Oyster omelet is the most famous Taiwanese snack, because of the idol drama “Corner with Love”, it is touted by fans on both sides. Now wherever in Taiwan, everyone can find the shadow of oyster omelet. Each plump oyster sprinkled on iron plate, doused with thin white batter, and then matched a few pieces of green vegetables and eggs; finally make the finishing point would spray a sour sweet special sauce just left the fire on the oyster omelet. An amazing snack comes out!



A history of more than 50 years, Simon tempura has been quietly sitting in Taiwan’s local snacks tempura first chair, not only because of its long years, more important is the unique flavor snacks is full of change and imagination. Simon tempura all handmade craft is also an important factor in taste, how many years did not change. When travelling Taiwan, it’s necessary to have a taste.



Pearl milk tea and they called the “Boobs milk tea”, originally, the merchants in Taichung area added milk and soft Q black tea powder round, and mixed to make a drink. Because it has a tea fragrant taste and great chewy feel, and soon was warmly received by the Taiwanese people. Even the fame spread far abroad, many overseas Chinese can enjoy this tasty pearl milk tea.



Generally called the shaved ice, more refers to shaved ice machine file of crushed ice, add mung bean, red bean, flour, taro and so on, that can be selected randomly, finally pour the sugar water. It is pretty cool in summer to eat at ease. Taiwanese who quite understand eat, however, have developed many new Taiwanese ices, for example, the ices made of fruits such as mango, strawberry, not only cool and refreshing in summer but also creative.

Taiwan is a fantastic place that is full of tasty foods. I can’t introduce them all in one article. If you want to know more, searching online is a good way. But visiting Taiwan and enjoying the snacks by yourselves is the best choice, I think.

Taiwan Delicious Foods Introduction

Top 10 of Tasty Snacks in Taiwan

To try before you die—The TOP 4 Disgusting delicious

Culinary Thrill-Seeking for others is a traditions throughout the world. Our earth is a colorful one with diverse cultures and special tastes, actually, maybe inapprehensible tastes. So i want to know,would you eat these?

110111101 Cai Yun Class 4

Casu Marzu: So Gross is this cheese



Casu marzu is a traditional Sardinia goat’s milk cheese. Although it is banned for health reasons in the European Union, but can still find it in black market in Sardinia, Italy. Casu marzu literally means “rotten cheese” in Sardinia and oral English as maggots cheese.

This is a description of this kind of cheese, with no

exaggeration: the translucent maggot larva can jump six inches high, which makes this kind of cheese an only kind of edible food that should have eye protection when eating it. Its taste is very strong, which can let your tongue can not stand, and the maggots will undigestedly through your stomach , sometimes even can survive for a long time and will be in the attempt to drill through the intestinal wall, causing vomiting and severe diarrhea.

Mongolian Boodog



They don’t call it “Outer Mongolia” for nothing. Nomads, without stainless steel gourmet kitchens, have found more ingenious ways to cook a whole goat long time ago, sometimes marmot (but they may have fleas that host bubonic plague, so goat may be a better choice)—from the inside out, after you’ve hung it upside down, bled it and broken its legs. The stuffing is a bit non-Western, too: smooth hot stones crammed into every cavity imaginable and even up under the leg skin where

you would have yanked the broken the bones out. Blowtorch the beast till desired doneness; it can also be roasted over an open fire. That’s authentic Mongolian barbecued meat, Boodog.

Soft-Boiled Fetal Duck



Balut is a best of MAO egg in the category, which would include the 100 – year – old eggs. Balut is a fairly common, humble street food provided in the Philippines and Vietnam. It also won a wide reputation as a history of the most serious national cuisine. Most americans are familiar with the unfertilized eggs. Balut, despite the fertilized duck eggs, hatching or allow the in vitro growth at a certain length of time, usually a few weeks. Leather case and a typical medium eggy inside small baby duck – small lazy bones, feathers, beak, more developed than others. Most people suggest to eat its shell with a pinch of salt. There is a right way to”enjoy” balut.

Bat Paste – Make sure you try this last because it could kill you.



Palau people find the bat much more special, these bats on the island often wander between the jungle.Once the plants bloom,the bat will suck up the SAP in different flowers . So, Palau people believe these bats can absorb the essence of the plant so to eat the flesh of their body would be particularly helpful to people. The most common cooking method is to add medlar to bat to boiled together and the cooked soup tastes fresh and refresh.Some people will add coconut milk to the soup, and it is said that so amazing. In fact,the bat meat has been taken away before the dishes come to the table. The tourists can’t see the bat, but if you want to try some bats meat, the restaurant will help you to remove the leather. People say that the bats meat tastes like chicken, and actually pretty tasty!

For more information.

A bite of Taiwan –PK about Taiwan pineapple cake

If you go to Taiwan, you must enjoy the food in there. If you enjoy food there, you cannot miss pineapple cake. But, importantly, there are too many pineapple cake's shops in Taiwan. Which shop has the longest history? Which shop is the favorable shop? And which shop is valuable?

110307129 Zhou Xiao yuan class4

liji



When you walk into liji, you will find that there are many people queuing. There are two flavors of pineapple cakes in Liji. One is the traditional pineapple cake, made of high quality pineapple. Another is the soil pineapple, which tasted more acid. Liji is best known for its crust. The crust exudes baked smell for a long time. Now, liji also opened the store in Shanghai, the people do not have to go to Taiwan to buy the

pineapple cake purposely.

Sunnyhills



Sunnyhills is a new brand, its packaging is very cute. Sunnyhills's pineapple cake is rectangular, and it is larger than normal pineapple cake. It is said that pineapple's stuffing all brewed, and do not add any additives. But it is worth noting that the filling fiber of Sunnyhill's pineapple cake is very thick, and the orderly is best not to eat.

Jiade



Jiade regarded as a rising star, he did not emphasize its pineapple selection, but stressed that its pastry using New Zealand dairy products as raw materials. The pastry of Jiade is very crisp, unlike other brands of pineapple cakes so easy dregs. But the taste don't have very prominent feature, so I can hardly remember what it is the biggest advantage.

However, Jiade is the most popular brand for mainland

tourists.

Dawn



Personally, Dawn is my favorite pineapple cake. At first, I was attracted by Dawn’s package. It’s looks like a book. When I went to Taiwan to be an exchange student, most Taiwan students told me that their favorite pineapple cake is the Dawn. Moreover, pineapple cake of Dawn only can buy from Taichung, many people spend several hours rush to Taichung, just for a pineapple cake. In addition, Dawn’s service staffs are very warm. When people visit the Dawn, they will give visitor a piece of pineapple cake to taste. Besides pineapple cakes, dawn have delicious Cheese Cake and ice cream, so that customers have a variety of selection.

Yuzhen House



Yuzhen House, just as its website, was born in 1877. The head office of Yuzhen is located in Lukang. Yuzhen House’s product is very suitable for the elderly. Because he’d thin pastry, filling very rich and moderate sweetness. In many people’s views, Yuzhen House’s Phoenix cake is more delicious than pineapple cake. The Phoenix cake is adding egg yolk into the stuffing in the pineapple cake, which is soft and sweet.

The above is my Taiwan pineapple cake Raiders
Do not forget! Do not eat the best, only the most appropriate

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Listen to the summer: we are what we eat



With the summer just around the corner, the weather is getting hot. In such a hot season, the majority of people might get agitated and tired. On account of the weather as well as our moods, we may have a irregular and unhealthy diet, which will do harm to our bodies. To abstain from the health hazard, we ought to be aware of the food that we choose to eat. However, do you know what kind of food that is suited to eat in summer? The issue of it now has been brought into public focus. So the article will show you how to choose the correct food, in addition that, you can also acquire what you eat and how to keep in good health. What are you waiting for? Just come to read it, I'm sure that you'll get some ideas from the article.

By: Fang Ming 120112103 Class 2

In the summer, we always have a poor appetite. On the one hand, when the temperature rises, the needs of our bodies for the food energy will diminish. So we don't need to eat too much food. On the other hand, the hot weather may make us get

thirsty easily, and many people like to drink the carbonated beverage. As is known to us, the carbonated beverage is rich in sugar and we can get full soon. On this occasion, people would like eat more snack food instead of having meals at the table. Nevertheless, it may pose a serious health problem: overweight. So, to avoid the problem, we should have a balance and healthy daily diet.

1) Drink: Upon arrival in the summer, the burning hot weather makes people sweat easily and be liable to thirsty. Cold drink will be the first choice for people to quench their thirst. Actually, the drink especially the soft drink doesn’t really matter to quench the thirst as it contains much sugar. Soft drink may be tasty but we still feel thirsty. Now that we sweat a lot, some salt content of the body would also lose. So the best choice of drink had better be the boiled water with a little bit of salt. It can supplement the salt in our bodies and we won’t get thirsty.



2) Fruits: Fruits are necessary to our health. The most popular ones among fruits are definitely watermelons, which have an efficiency of clearing away summer heat. When we get thirsty, we can have watermelons instead of drinking water. Watermelons not only contain vitamins, but also are rich

sources of glucose, glutamic acid, malic acid and so on. They are good to us. Going too far is as bad as not going far enough, so we should have a moderate in eating watermelons, otherwise, it will do harm to us. If you don’t sleep well at night, bananas can be a good choice. There is also a saying: “One apple a day keeps the doctor away.” Other fruits like strawberries, grapes and kiwi fruits are gorgeous as well.

3) Vegetables: As with the fruits, vegetables are closely related to our lives. Melon vegetables are more than 90% moisture content, and we need water replenishment in summer. Among this kind of vegetables are wax gourd, cucumbers, pumpkins, bitter gourds and the rest. Take bitter gourds for example, they can work up an appetite. But we should pay attention that bitter gourds can’t be eaten too much at a time.

4) Meats: Meats provide protein, which is indispensable for our health. Apart from pork, chicken and duck meat are good options, especially the duck meat. It can be cooked with sticky rice, and it contributes to enriching blood and nourishing the stomach. It can also be stewed with kelps and prevent heart disease. But do not have more beeves and mutton, they are “hot” food. If you eat too much, you will feel lit and get a nosebleed.



Some noticeable changes have taken place in people’s diet in recent years, experts remind us to bear in mind that proper proportion of different food groups is of vital importance for one’s health, so the best policy is to strike a balance in our diet. Having a healthy diet, it can help you keep the hot weather at bay and have a wonderful summer.

If you want to find more interesting information, click the link .

Colourful Diet leads you to Health

Since a lot of people do not aware of the close relations between various food and their colours when it comes to nutrients, I’d love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.



Although it is known to us all that daily diet plays a significant role in keeping fit, many people are not aware of the fact that the nutrients we receive from food do have a lot of things to do with its colour actually. Therefore, I'd love to introduce a health tip about colourful diet to all of you, which means to choose food from different colour and have them together.

Since you might be wondering about in what way are the food and its colour related, I'd say that not only can it offer a wider range of nutrients, but it also has the power to arouse our appetite by the fancy appearance.

Now, I'm going to give some specific examples of colourful diet so as to help you understand the idea better.

Red/Pink

Food of this color might help reduce the risk of prostate cancer, since they contain strong antioxidants that would end

up helping protect both our heart and cells. Fruits like red apple, strawberry, raspberry, pomegranate, red grape, cherry, cranberry, watermelon are in this category, and some vegetables such as beet, red pepper, tomato are included as well.

Green
Asparagus, cucumber, broccoli, lettuce, pea, even green apple and pepper, these fruits and vegetables get their appearance from a pigment called chlorophyll. Some greens like cabbage can protect us against cancer, not to mention that broccoli, along with spinach, is especially good for your heart and may reduce the risk of birth defects.

White
Fruits and vegetables of this color have pigments that can lower cholesterol and blood pressure, which results in reducing the risk of stomach cancer and heart disease. Some also provide a good source of potassium. Fruits and vegetables included in this group are banana, potato, coconut, onion, mushroom, ginger, garlic, and cauliflower.

Orange/Yellow
Beta-carotene has healthy benefits because when digested it is converted to vitamin A. This helps us maintain healthy eyes, which can also improve the function of our immune system, and may reduce the risk of cancer and heart disease as well. Some common fruits and vegetables of this color are pineapple, cantaloupe, orange, lemon, mango, apricot, sweet potato, and corn.

Blue/Purple
These fruits and vegetables get their colour from a pigment which act as powerful antioxidants to protect cells, so that it can improve the function of your memory, even reduce the risk of cancer, stroke, and so forth. Some delicious blue or purple fruits and vegetables that you can choose to add to your diet are blueberry, blackberry, purple grape, plum,

prune, raisin, fig and eggplant.

When it comes to my point of view, eating is always an exciting experience for everybody. It’s something that we are involved with every single day. While what’s frustrating these days is that we don’t even have time to look at our food due to tight schedule or something. But I do want to recommend that we all take time to enjoy the food and take care of what we are putting into our body.

So next time when you are at the grocery store, bear the tremendous benefits of colourful diet in your mind, and be sure to pick up a beautiful rainbow to keep you healthy and delighted at the same time.

Potatoes buffs,look here!

Do you like eating potatoes? Do you enjoy the cates made by potatoes? Do you favor various taste of potatoes from different areas? There are introductions of six disparate cates made by potatoes. If you are a potatoes buff,the article is totally for you!

110806224 Du Jian Class4



Fish and chips
From: England

When it comes to the potatoes, which calls firstly to my mind is the fish and chips, the national dish of England. There are so many stores selling this snack, but the most famous and oldest store is “Rock &Sole Plaice”. As the name indicates, this consisted of fried fish and chips. The chips in this store are wide and long, which are extremely different from others, but fit english traditions. The fish usually chooses codes and haddocks to make, which is wrapped by flour and fried. The dish tastes not very good if you do not have condiments, such as salt, vinegar and so on.Local folks also like taking peas as an indispensable part of this dish, regarding as a kind of sauce, just like tomato sauce.

Saute Spicy Chicken
From: China



Red is the traditional colour of China, this dish represent Chinese dishes well. The most important condiment in this dish is red pepper, which can be seen in the picture. It brings so hot taste with sweat streaming down your back when you enjoy it. Because of little white sugar added in it, the chicken tastes delicious and the quality of the chicken becomes soft. To let potatoes become more tender and achieve the target that potatoes can be dissolved in the sauce, they must be stewed in sauce for twenty minutes. Meanwhile, the flavour of chicken and potatoes can be fused better. I believe you do not want to miss it!

Spanish potato pastry
From: Spanish



Like the Spanish seafood paella and hams, the potato pastry is also one of the famous dishes in Spanish. The main stuffs of this case are potatoes and eggs, you can add onions, seafood, chicken and other materials if you like. The most important spice is pepper, which makes common potatoes have amazing taste! The exterior of the snack is golden eggs, which looks so attractive that everyone can not help to taste it. When you cut apart the pastry and have a bite, you will find the potatoes are quite well-done and soft that absolutely embrace your tongue, and then you can not stop not to take a bite again.



Potato chicken curry
From: India

Nowadays, curry has been used in many dishes widely because of it’s fragrance and piquancy, so this dish contains much curry. Except potatoes and chicken, there are many stuffs in this dish, such as carrots, snow peas and so on. Because of these various stuffs, the dish looks quite colourful and delicate. As for it’s taste, carrots and potatoes are soft and mixed the

smell of chicken, which is the result of the cooking method of mixing all stuffs and braising in curry. As my opinion, it’s yummy and popular with the group of people who like potatoes and hot food.

Potato chanterelle soup
From:Germany



There is so much milk in the soup that we can smell the full-bodied milk flavor. Not only the milk, but also some butter and fish soup that make the soup more savoury. The off-white color always appears in German dishes, which makes you feel quite warm in cold weather. As the picture indicates, except for the milk and potatoes, there are many other stuffs in the soup, such as chanterelle, carrots, fresh shrimps and so on, which make it colourful. The potatoes are cooked into powders dissolving in the soup, mixing the flavor of fishes and shrimps, let our tongues dance!

For more information.

Amazing: 5 ways to lose weight!



Do you want to keep fit and slim? Do you want to lose weight just by eating food healthily without chemical medicines, surgery or high intensity exercise? It is not a dream. Here, I'd like to introduce 5 effective ways to help you lose weight more safely and efficiently. In a word, let us eat food healthily and lose weight happily!

By: Lin Xue 120112102 Class 2

Are you worrying about the flab in your cute belly? Are you anxious about the jeans you're no longer fit into? Do you want to attract more attention in summer streets? If your answer is

‘ yes ’, then you may make up your mind to lose weight. The beginning always be tough. You may try chemical medicines even liposuction surgery, but does it worth? Maybe not. You may be intended to work out, but that doesn’t always work if you don’t have scientific methods. It could make you eat more and become fatter and fatter. You may benefit a lot if you follow the tips given as following.

1. Don’t skip meals.

You should eat 3 meals a day normally. Eating less doesn’t mean that you can lose weight easily. The point is how many calories you consume and how many you absorb. If the former more than later, then you have a chance to lose weight, or you may be fat again. All in all, skipping meals is not a wise choice.

2. Keep a food journal.



It is good for you to have a record for what you eat everyday, which is more convenient for you to calculate their calories. It’s also a good way to supervise oneself and prevent us from high calories diet.

3. Don’t guzzle calorific drinks.

Not only cakes, chocolate and biscuits, but also improper drink can make you fat. Water is free from calories, fat, sugar, salt and additives. A 250 ml glass of skimmed milk contains just 83 calories. If you want fruit juice, make sure you’re buying juice without added sugar. Anyway, it’s quite

different from fresh fruit. Stay away from fizzy carbonated beverage, which are packed with calories, and contain a sugar and acid combo which is also harmful to our teeth. It is said that drinking one can of fizz every day may be all that it takes to gain a stone in a year. That is horrible! So, if you are on a diet, lemonade or soda water can be a better choice.

4. Choose fresh and light food and fruit.

People always restrict calories. Actually, if you are on a diet, you'd better absorb 1000-1500 kilo calories which turn out to lose 0.5-1 kilo. Instead of high fat meat, such as pork, beef, you should eat fish or chicken which is low-fat. Bean products also work. Eat more cereal, fruit, vegetables which are rich in fiber, they can make you feel full easily. Furthermore, you'd better eat fresh fruit everyday, fruit and vegetable salad is delicious and healthy.



5. When you are full,stop eating no matter how delicious it is.

Last but not least, delicious food are always attractive, if you want to lose weight, you'd better control yourself, overeating is the enemy of your slimming plan. So just stop and say 'no' to the tasty food if you are full.

Losing weight is a long journey, tough but don't give up, keep

going then you will find a beautiful world. No matter you succeed or not, you deserve it! If you want to get more information,please click here!

Hot pot not a pot !

The hot pot, when first heard the name, many foreign friends may not understand, the pot can also be used to eat? It is hard to imagine. Now, let's explore the true face of it.

By: Yi Wang 134302149 Class 2

Hot pot called "antique soup"in the ancient china, it named of the "thump" sound, when a feeding into the boiling water. And now it also called chafing dish .As a Chinese original food,hot pot has a long history and the rich cultural connotation .

The Chinese hot pot boasts a history of more than 1,000 years. While often called "Mongolian hot pot", it is unclear if the dish actually originated in Mongolia. Mongol warriors had been known to cook with their helmets, which they used to boil food, but due to the complexity and specialization of the utensils and the method of eating, hot pot cooking is much better suited to a sedentary culture.

In general,chafing dish is use the pot for appliances, with water or soup to boiling heat transfer.The pot with heat insulation effect make the eating food reeky. People can eat while they are cooking.

There are mand kinds of Chinese Hot pot,people in different place eat it in different way. Bashu chafing dish represented

by Chongqing and Chengdu chafing dish is spreading all over china now. It famous for it’s spicy and delicious taste□has become the symbols of the city.

In Chongqing, my hometown, Hot pot is the most famous and popular dish. Chongqing local people consider the hot pot a local specialty, which is noted for its peppery and hot taste, scalding yet fresh and tender. People gather around a small pot boiled with charcoal, electric or gas filled with flavorful and nutritious soup base. You have a choice of spicy, pure and combo for the soup base,called Chinese fondue,half is spicy, the other not.



Thin sliced raw variety meat, fish, various bean curd products and all kinds of vegetables are boiled in the soup base. You then dip them in a little bowl of special sauce. Be careful since the spicy soup base is burning hot.

Hotpot First eaten by poor boatmen of the Yangtze River in Chongqing area and then spread westwards to the rest of Sichuan. Now is a very popular local flavor and can be found at every corner of the city. There are a great variety of hotpots, including Yueyang Hotpot, Four Tastes Hotpot, Yashan Hotpot and Fish Head Hotpot. If you are adventurous enough, you can basically cook anything with hot pot, e.g., pig’s brain and duck’s kidney.

Chongqing people love their hotpot, especially when the weather is steamy. The fire dances under the pot, the heavily oiled and spiced soup boils with hazy steam, and the people are bathed in sweat. Although hotpot can be found wherever there are street vendors or small restaurants, Chongqing Hot pot has the greatest variety and is known for its delicious soup base and dipping sauce.

The other famous local food is hot and spicy “Ma la Tang”, similar to hotpot . Literally, “ma” means numbness in the mouth, “la” is chili hot and “tang” means piping hot. Ma la Tang, with various raw ingredients cooked in a communal pot of steaming stock blended with spices, originated in Sichuan’s largest city, Chongqing. The double-sided soup pot, placed on a central table burner, is the focal point of the meal. Powerfully hot Ma la Tang soup and fresh tasting chicken broth, side by side, are popular. Ingredients include fresh sliced abalone, sea cucumber, hog tendon, Beijing cabbage and beef dumpling, prawns, carp fish fillet, bean curd, chicken fillet and vegetables. The excellent dipping mixture of sesame oil, chili sauce, peanut sauce, chopped chilies and garlic combine to make magic. Savory tidbits are appetizingly tasty – egg coated glutinous square, crispy spring roll, fried buns, eight treasure black rice and water chestnut jelly.

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.



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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.