

The Guilin rice noodles: Special Noodles for Special You



When it comes to Japan, we might think of the sushi. When referring to America, we will have hamburgers in mind. While talking about Korea, kimchi must be the symbol food of the country. The same case, when we mention Guilin, a city in Guangxi of China, the Guilin rice noodles will occur to us at once. There is a diverse range of food in different countries. The story I write is about the local special food in Guangxi, Guilin-Guilin rice noodles. It will tell you the origin and features of Guilin rice noodles. In addition, you can also learn some cooking methods from the story, especially for someone who adores the food.

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You might ask, "Are the Guilin rice noodles different from others?" The answer to it is Yes. Guilin rice noodles have their own features. There are a lot of legends about the origin of Guilin rice noodles, and they're kind of mysterious. In fact, the history of Guilin rice noodles would date back to

the Qin dynasty. The first emperor of Qin, Yingzheng, moved his armies south to have a fight. Because of the large difference of north and south, the soldiers of north are unaccustomed to the food in south. They liked wheaten food, however, south is teem with rice not wheat. To solve the problem, the cooks made the rice into wheaten food by squeezing them out like noodles. It's said that the rice noodles were made by the Yao nationality, one of the minorities of China. So the Guilin rice noodles came into being. Soldiers used to eat the special noodles with medicine soup to keep healthy, and the medicine soup is the rudiment of brine nowadays.

The brine of Guilin rice noodles consists of fennel, orange peels, anise, betel nuts, liquorice and the rest which can treat the disease. There is no doubt that the Guilin rice noodles are benefit to our health. Because of the



difference in seasoning and cooking methods, it can be classified as rice noodles with braised food, rice noodles with lettuce and rice noodles with beef brisket and so on.

It's easy to cook the Guilin rice noodles at home. You can buy the rice noodles directly from markets or noodles shops. You should prepare some brine and vegetables, you might also buy the specially-made brine from the shops. There are several simple methods to make the dish:

- 1) Scald the rice noodles in boiling water, and you should stir them with chopsticks at the same time.
- 2) Ladle the noodles out into the bowl.
- 3) Add some brine and vegetables into the noodles, you can sprinkle other relish in accordance with your taste. In

Guilin, we usually add some acid kidney beans or bamboo shoots.

So the dish is on the well. It's quite delicious as well as healthy and it's worth tasting. As the saying goes that "Guilin's scenery is the best in the world". So you will also enjoy the attraction of the city's food.



The Guilin rice noodles shops can be found everywhere in China. An increasing number of people know about the rice noodles and the city, Guilin. The festival of Guilin rice noodles has been held annually since 2007. It's combined with tourism and culture. It plays a dominant role in cultural communication. If you have a chance to travel to Guangxi, you might as well enjoy the special food—Guilin rice noodles. If you are interested in it, you can search some information about the Guilin rice noodles via [the link](#).