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.