



# Chinese cuisine



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Chinese cuisine includes styles originating from the diverse regions of China, as well as from Chinese people in other parts of the world. One style may favour the use of lots of garlic and shallots over lots of chilli and spices, while another may favour preparing seafood over other meats and fowl.





# Staple foods



**Rice** is a major staple food for people from rice farming areas in southern China. Rice is one of the most popular foods in China and is used in many dishes. Glutinous rice ("sticky rice") is a variety of rice used in many specialty Chinese dishes.

Chinese **noodles** come dry or fresh in a variety of sizes, shapes and textures and are often served in soups or fried as toppings.



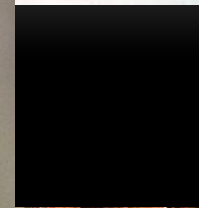
**Tofu** is made of soybeans and is another popular food product that supplies protein.



**Other** products such as soy milk, soy paste, soy oil, and fermented soy sauce are also important in Chinese cooking.



**Spices and seasonings** such as fresh ginger root, garlic, scallion, white pepper, and sesame oil are widely used in many regional cuisines. Sichuan peppercorns, star anise, cinnamon, fennel, cilantro, parsley, and **black pepper** are also used.



Chinese **sausage** is darker and thinner than western sausages.



China was the earliest country to cultivate and drink **tea**

The spirit of the tea ceremony embodies the basic principles of harmony, respect, purity, appreciation and tranquility. The tea ceremony is a way to focus on mental spirituality, relaxation, and to enjoy a tradition that is thousands of years old.







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bon appetit

