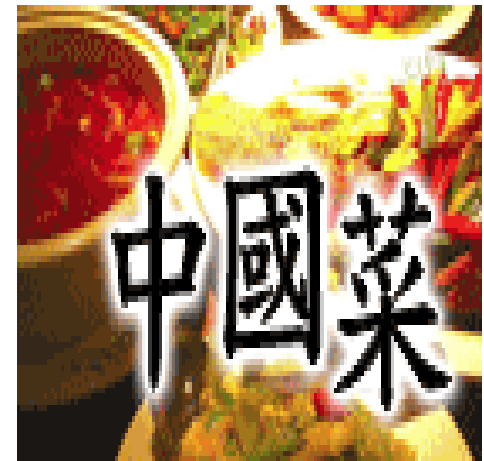


Eat in China - Authentic Chinese Food (zhong1 guo2 cai4)

Chinese 1 -7th

Handout

Chinese cuisine (Traditional Chinese: 中國菜, Simplified Chinese: 中国菜) originated from the various regions of China and has become widespread in many other parts of the world — from Asia to the Americas, Australia, Western Europe and Southern Africa. In recent years, connoisseurs of Chinese cuisine have also sprouted in Eastern Europe and South Asia.



There are major difference in food style based on regions



What is authentic Chinese food?

- In America, Chinese food is the most popular ethnic cuisine, with Mexican food coming in second place. However, what passes as "Chinese food" in the States, can be a far cry from the meals that people in the Republic of China enjoy.
- Regional cultural differences vary greatly amongst the different regions of China, giving rise to the different styles of food. Among them, Cantonese, Sichuan, Shandong, and Huaiyang cuisine (a major style and even viewed as the representation of the entire Jiangsu cuisine) are often considered as the standouts of Chinese cuisine and due to their influence are proclaimed as the Four Great Traditions (四si4大da4菜cai4系xi4).

What does authentic Chinese food look like?



How do you know if a Chinese restaurant in America is close to authentic or not?

- If you see sweet and sour chicken, it is not ☹️
- If you see hot and sour soup, it is not ☹️
- If you see lots of Americans eating there, it probably is not ☹️
- If you see things that you never tried before like rice soup, cold noodle, duck wings.... It probably is 😊
- If you see lots of Asian people eating there, it probably is 😊

Table manners in China

- In most dishes in Chinese cuisine, food is prepared in bite-sized pieces, ready for direct picking up and eating. Traditionally, Chinese culture considered using knives and forks at the table barbaric due to fact that these implements are regarded as weapons. It was also considered ungracious to have guests work at cutting their own food.
- In a Chinese meal, each individual diner is given his or her own bowl of rice while the accompanying dishes are served in communal plates (or bowls) that are shared by everyone sitting at the table. In the Chinese meal, each diner picks food out of the communal plates on a bite-by-bite basis with their chopsticks.

Research Project

- Find out what are the main differences between American Chinese food (in the south) and authentic Chinese food?
- How?
 1. Look for information on line
 2. Interview Chinese people such as Chinese student on campus

Discussion

- Do you think food plays a very important role in Chinese culture? Why? (remember spring festival and food during that holiday?)
- What's your favorite dish from Chinese restaurants here?
- Do you like Chinese food (ni3 xi3 huan1 chi1 zhong1 guo2 cai4 ma?) Why?