



Tabletop Solutions
Food Service Consultants

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China

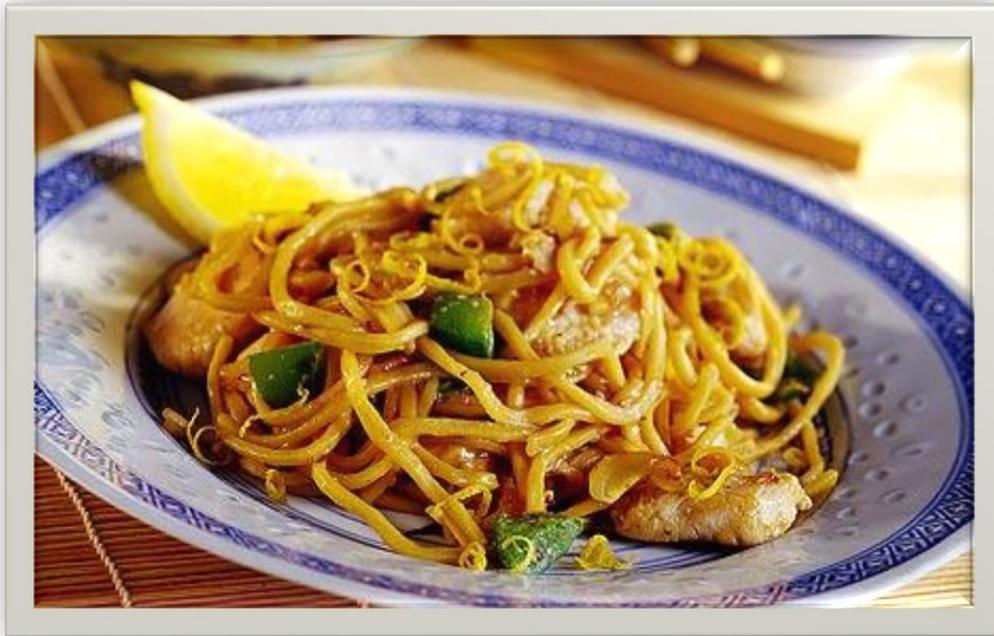


Photo from http://i.telegraph.co.uk/multimedia/archive/01707/chowMein_1707901c.jpg

Meals:

- **Breakfast:** or Zǎocān is a small to medium meal that could consist of congee, soya milk with youtiao, or Chinese steamed "bread," Noodles and 'boa zi' are also common.
- **Lunch:** or Wǔcān is usually a proper meal that is served with rice. Filled pastries and noodle soups are very common. Lunches are usually followed by a small nap.
- **Dinner:** or Wǎncān most typically involves a dish with a variety of vegetables mixed with a sauce and a form of meat most commonly chicken, pork, shrimp, and fish.

Frequently Used Foods:

- **Fruits and Vegetables:** Mushrooms, garlic, spring onions, cabbage, chili paste, peppers, bamboo shoots, zucchini, bean sprouts, water chestnuts, kumquats, apple pears, mandarin oranges, wax apples, kiwi, jackfruit, bok choy, celery, Chinese broccoli, eggplant, chives, shallots

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- **Protein:** chicken, pork, shrimp, carp, oysters, scallops, tofu, egg, ginkgo nuts
- **Spices:** garlic, ginger, soy, clove, fennel, cinnamon, five spice, cardamom, coriander, nutmeg, lemongrass
- **Oils/Misc:** Oyster sauce, rice vinegar, sesame oil, soy sauce, peanut oil, chili oil, hoisin sauce, plum sauce, rice wine, rice

Ten Regional Favorite Dishes with Links to Interesting Recipes:

- **Honey Garlic Barbecue Spareribs:** [[recipe](#)] [[images](#)]
- **Fried Rice:** [[recipe](#)] [[images](#)]
- **Chao Mian:** [[recipe](#)] [[images](#)]
- **Dong Po Pork:** [[recipe](#)] [[images](#)]
- **Huí Guō Ròu:** [[recipe](#)] [[images](#)]
- **Moon Salmon:** [[recipe](#)] [[images](#)]
- **Chinese Sponge Cake:** [[recipe](#)] [[images](#)]
- **Youtiao:** [[recipe](#)] [[images](#)]
- **Spicy Shrimp Stir-Fry:** [[recipe](#)] [[images](#)]
- **Egg Drop Soup:** [[recipe](#)] [[images](#)]

Religion: Roughly 56% of people in China practice some form of ancestral worship, almost 14% are Buddhists, and 13% are Taoist.

National Holidays and Dietary Requirements:

- **Chinese New Year:** Marking the first day of the first months of the Chinese calendar, Chinese New Year is the day of the second new moon following the Winter Solstice. Traditional New Year cuisine includes "nian gao" (year cake), "jiaozi" (dumplings), uncut noodles, "yu sheng" (raw fish salad), and "fa gao" (prosperity cake).
- **Moon Festival:** This mid-autumn festival falls on the fifteenth day of the eighth month of the Chinese calendar. It is a day where family and friends get together, visit scenic spots, eat moon cakes and pomelos (a crisp citrus fruit) together, and gaze at the moon.

- **The Ghost Festival:** Celebrated on the fifteenth day of the seventh month, the Ghost Festival is a holiday illustrating the connections between the living and the dead. Activities during the festival include ritual offerings of food and burning paper money to please the visiting ghosts. The Ghost Festival has its roots in the Buddhist festival of Ullambana, and also some Taoist culture.
- **Qing Ming Jie:** Celebrated on the 106th day after the winter solstice (early April), Qing Ming Jie, or Tomb Sweeping Day, is a festival for remembering one's ancestors. During the holiday, both young and old pray for their ancestors, clean their tombs, and offer food.

Etiquette: The Chinese primarily use a round dining table so every person can be seated comfortably and face one another. Except for soup, all dishes should be eaten with chopsticks. Dining pace should be in accordance with the other diners around the table.

Food History: Chinese cuisine dives deep into the country's history and is illustrated in the food's complexity and regional diversity. The earliest distinctions in Chinese food arose between the Northern and Southern cuisines. From this, four major food ideologies began, the Shandong, Jiangsu, Cantonese, and Szechuan. Today, there are eight schools of cuisine in China, each exemplifying the unique food of each region. Further, food plays an intricate role in many social interactions throughout the country.

Additional information and acknowledgements:

http://www.religionfacts.com/chinese_religion/holidays.htm

<http://travel.cnn.com/shanghai/eat/5-chinese-eating-habits-explained-311204>

http://www.travelchinaguide.com/intro/cuisine_drink/cuisine/eight_cuisines.htm