



Photo From <http://www.chongthai.my/en/wp-content/uploads/2013/08/Image00058.jpg>

Meals:

- **Breakfast:** or Zǎocān is a small to medium meal that could consist of many Western items like eggs, bread, and juice. Also, British malt drinks and dim sum are popular breakfast items in Hong Kong.
- **Lunch:** or Wǔcān has been heavily influenced by foreign cuisines. Although noodle and rice dishes are extremely common, modern Hong Kong lunches frequently consist of more Western items.
- **Afternoon Tea:** Taken around 3 p.m. everyday, afternoon tea is a tradition that persists from British colonialism. Afternoon Tea in Hong Kong includes pastries, jams, and, of course, tea.
- **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.
- **Late Night:** or Siu yeh is a meal usually taken at some point after 10 p.m. and is can be very similar to the dinner meal. Siu yeh can be anything from a small snack to a

full fledged meal, with many street vendors and restaurants in Hong Kong staying open late to cater to this midnight meal.

Frequently Used Foods:

- **Fruits and Vegetables:** mandarin orange, lemon, mango, banana, lychee, longan, Chinese pear, passion fruit, fig, persimmon, star fruit, plum, zucchini, bean sprouts, water chestnuts, bok choy, celery, broccoli, eggplant, onion, scallion, chive, peppers, bamboo shoots [more Hong Kong fruits](#)
- **Protein:** chicken, pork, shrimp, oyster, tofu, egg
- **Spices:** garlic, ginger, clove, cinnamon, five spice, star anise, cardamom, coriander, soy, nutmeg, lemongrass
- **Oils/Misc:** rice vinegar, soy sauce, sesame oil, peanut oil, plum sauce, rice wine, rice, oyster sauce

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Cantonese Fried Rice:** ([recipe](#)) ([images](#))
- **Beef in Oyster Sauce:** ([recipe](#)) ([images](#))
- **Poon Choi:** ([recipe](#)) ([images](#))
- **Mantou:** ([recipe](#)) ([images](#))
- **Yuanyang:** ([recipe](#)) ([images](#))
- **Chicken with Vegetables:** ([recipe](#)) ([images](#))
- **Winter Melon Soup:** ([recipe](#)) ([images](#))
- **Beef Chow Fun:** ([recipe](#)) ([images](#))
- **Lo Mein:** ([recipe](#)) ([images](#))
- **Spareribs:** ([recipe](#)) ([images](#))

Religion: Almost half of Hong Kong is either non-religious, or practices ancient local religions. The most common major religions in Hong Kong are Buddhism (21%) and Taoism (14%).

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).
- **Ching Ming Festival:** A traditional Chinese festival on the 104th day following the Winter Solstice, this holiday celebrates the beginning of the spring season and declares a time for people to go out and enjoy the new green landscape.
- **Dragon Boat Festival:** Occurring annually on the fifth day of the fifth month of the Chinese calendar, the Dragon Boat Festival is a celebration of the sun and the long daylight of the season. During the festival, people race dragon boats, drink realgar wine, and eat sticky rice dumplings. [More on the Dragon Boat Festival](#)
- **National Day:** Occurring on October 1st every year, this holiday celebrates the unification of the People's Republic of China. Similar to the 4th of July in the United States, National Day allows the people of Hong Kong to display their patriotism.
- **Chung Yeung Festival:** observed annually on the ninth day of the ninth month of the Chinese calendar and is a holiday to protect against danger.

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: The history of Hong Kong cuisine is very different from the rest of China. Although Hong Kong is deeply ingrained with Cantonese influence, British colonialism has forever impacted the cuisine of Hong Kong. Not only have many in Hong Kong adopted British culinary tendencies, but also many other Western nations, like France, Italy, and the United States. Hong Kong has become a gastronomic melting pot, full of flavor and complexity.

Additional Information and Acknowledgements:

<http://www.ibiblio.org/chineseculture/contents/food/p-food-c03s04.html>

<http://www.internations.org/hong-kong-expats/guide/15908-culture-shopping-recreation/dining-in-hong-kong-etiquette-15914>