

Traditional Cuisine

Hotpot

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【Part one】

History of Chinese Hotpot





Shang and Zhou Periods



Diners among the nobility each had a personal pot made of bronze when offering sacrifices to gods or ancestors

Song Dynasty



Hotpot had become rather popular among ordinary people

Yuan Dynasty



Because of the trade and the war, hotpot was spread to Mongolia

Qing Dynasty



Hotpot came into the palace as a royal court dish and became popular among the emperors.



【Part two】

Categories of Chinese Hotpot



The structure of the pots



monolithic hotpot 连体式火锅

Monolithic hot pot is a pot where only one hot pot base can be put



two-flavored hotpot\mandarin duck hotpot 鸳鸯锅

two-flavored hotpot is an innovative hot pot in Chongqing that is made by combining the traditional red soup and clear soup stew.



nine-patch hotpot 九宫格火锅

The nine-patch hotpot divides the hot pot into three levels - the center grid, the cross grid, and the four corners grid, each layer has a different temperature and different concentration. Depending on the ingredients, you can put it in different compartments to simmer for the best taste.

According to the regions

● Seafood hotpot in Guangdong

It is characterized by its originality, lightness and nutrition.

● Spicy hotpot in Chongqing and Sichuan

Also known as spicy hotpot or tripe hotpot (毛肚火锅), is the representative of "Southern style hot pot". It was believed to appear during late Ming Dynasty and early Qing Dynasty. In 2016, Chongqing hotpot was rewarded as the most recognizable symbol of Chongqing culture.



● Chrysanthemum hotpot in Zhejiang and Jiangsu(菊花火锅)

The taste is salty and fresh, spicy, and the soup is clear and delicious.

● Mutton hotpot in Peking

Mutton hot pot is a medicinal meal made with mutton and angelica as the main ingredient. Mutton hot pot is a dish, the main raw materials for making are mutton, angelica, etc., which can be used for symptoms such as backache and knee weakness and chills.



【Part three】

Hotpot and Chinese Culture



Chinese hotpot not only brings us enjoyment, but also provides us with a glimpse into Chinese culture



When having a hotpot, family members or friends usually gather together in a happy and intimate atmosphere.

Chinese people believe having hotpot meals helps enhance friendship and unite family members or colleagues.

People usually talk loudly and enthusiastically while having a hotpot, which indicates Chinese people's nature of enthusiasm and hospitality.



【Part four】

**Chongqing hotpot
and overseas hotpot**



Chongqing hotpot can be divided into two categories according to its origin

--The mountain hotpot and the river hotpot

The mountain hotpot (陆派火锅)

In legend, while a group of lost merchants tried to make some hot soup to keep them warm.

However, a careless cook accidentally threw their bags of chili, pepper, and other spices into the boiling water.

They didn't dare to pick them out from the simmering water, so they randomly added several other food into the **broth** (浓汤).

To their surprise, it turned out to be really delicious.

The river hotpot (水派火锅)

It is said that the bank of the Yangtze River and the Jialing River used to be the place where butchers slaughtered the oxen.

While the internal organs were unwanted, the **boat trackers** (纤夫) bought these them at a very low price and cooked them with chili and pepper in order to keep warm and to remove the moisture from their bodies.

What makes Chongqing hotpot so different from other hots?

1. It contains **beef tallow** (牛油) and peppers,

which are hardly used in the broth of hotpots in other regions.

2. And a typical dipping sauce contains **sesame oil** (香油) and is mixed with **crushed fresh garlic** (蒜泥) and chopped **spring onions** (香葱).



Add the ingredients into the pot following a certain order



The internal organs



The meat



The vegetables

Overseas hotpot

Hotpot was invented in China but has been spread all over the world.



In Asian countries like Japan and Korea , hotpot has been adapted into **Sukiyaki Pot (寿喜锅)** and **Budae jjigae (部队锅)** in order to fit their local taste , which is very popular among the people .

In European countries , people eat hotpot in a rather different way . In Switzerland , there are cheese hotpot, beef hotpot and the newly invented chocolate hotpot .

Thank you!

