

# Beef Board Noodles

## 牛肉板面

汇报人：闫祥



# Content

## 1. Origin and development of Beef Board Noodles

## 2. Preparation Method

## 3. Cultural Significance



**01**

**Origin and development of  
Beef Board Noodles**

# Origin



**Beef Board Noodles** originated in **Hebei Province**, China, and are deeply rooted in the region's culinary traditions.

Historically, this dish dates back to the **Qing Dynasty**, where it was first created by **Hui Muslim chefs** (回民厨师) who specialized in beef-based cuisine.

01

## Qing Dynasty

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Origins

02

## 20th Century

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Spread and  
Adaptation

03

## 21st Century

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Modernization

**Development**  
and

Standardization



# Major Regional Varieties

Region	Characteristics	Signature Pairings
Traditional Hebei Style	Rich beef bone broth, wide and chewy noodles, savory and mildly spiced.	Cilantro, chili oil
Anhui Style	Intensely spicy and braised, bright red broth with fermented bean paste and spices.	Braised eggs, tofu skin
Northwest Spicy Style	Clear broth but bold flavors, heavy on Sichuan peppercorns and chili.	Radish slices, garlic sprouts
Jiangnan Light Style	Lighter broth with chicken or seafood essence, refined toppings (e.g., bamboo shoots).	Greens, dried shrimp
Northeast Innovative Style	Incorporates pickled cabbage for tanginess, thicker noodles.	Pickled cabbage, frozen tofu



**02**

# **Preparation Method**

# Dough Preparation



**choose suitable flour**

Use high-gluten (高筋面粉)  
flour for elasticity.



**control water  
temperature**

Mix with warm water  
(30-40°C)



**knead for  
smoothness**

Knead until smooth for  
optimal texture.



# Beef Cooking

**Simmer beef (e.g., shank or brisket) over low heat for tenderness.**

**Control heat and timing to preserve**

# Broth Preparation

## Material Selection and Preliminary Processing



## Seasoning and Flavor Enhancement



star anise——八角

cinnamon bark——桂皮

ginger slices——姜片



## Cooking process



# Noodle Shaping



## Dough Rolling and Cutting

Roll the dough flat and cut it into uniformly sized noodles to ensure even cooking.

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03

# Cultural Significance

# \* Role in Chinese Cuisine

## Staple Food



Beef board noodles are a staple in many parts of China, often eaten for breakfast or as a quick meal. They are beloved for their hearty and satisfying nature.

## Street Food Culture



These noodles are commonly found in street food stalls, where they are prepared fresh and served quickly, reflecting the vibrant street food culture of China.



# Global Influence

## International Popularity

Beef board noodles have gained popularity worldwide, with many restaurants offering their own versions. They are a symbol of Chinese culinary culture.



## Cultural Exchange

The spread of beef board noodles has facilitated cultural exchange, introducing international diners to the flavors and traditions of Chinese cuisine.



**Thanks for your  
listening**