

# Traditional Cuisine:

# Four Distinct Regional Cuisines



李静怡





1.

Sichuan  
cuisine

2.

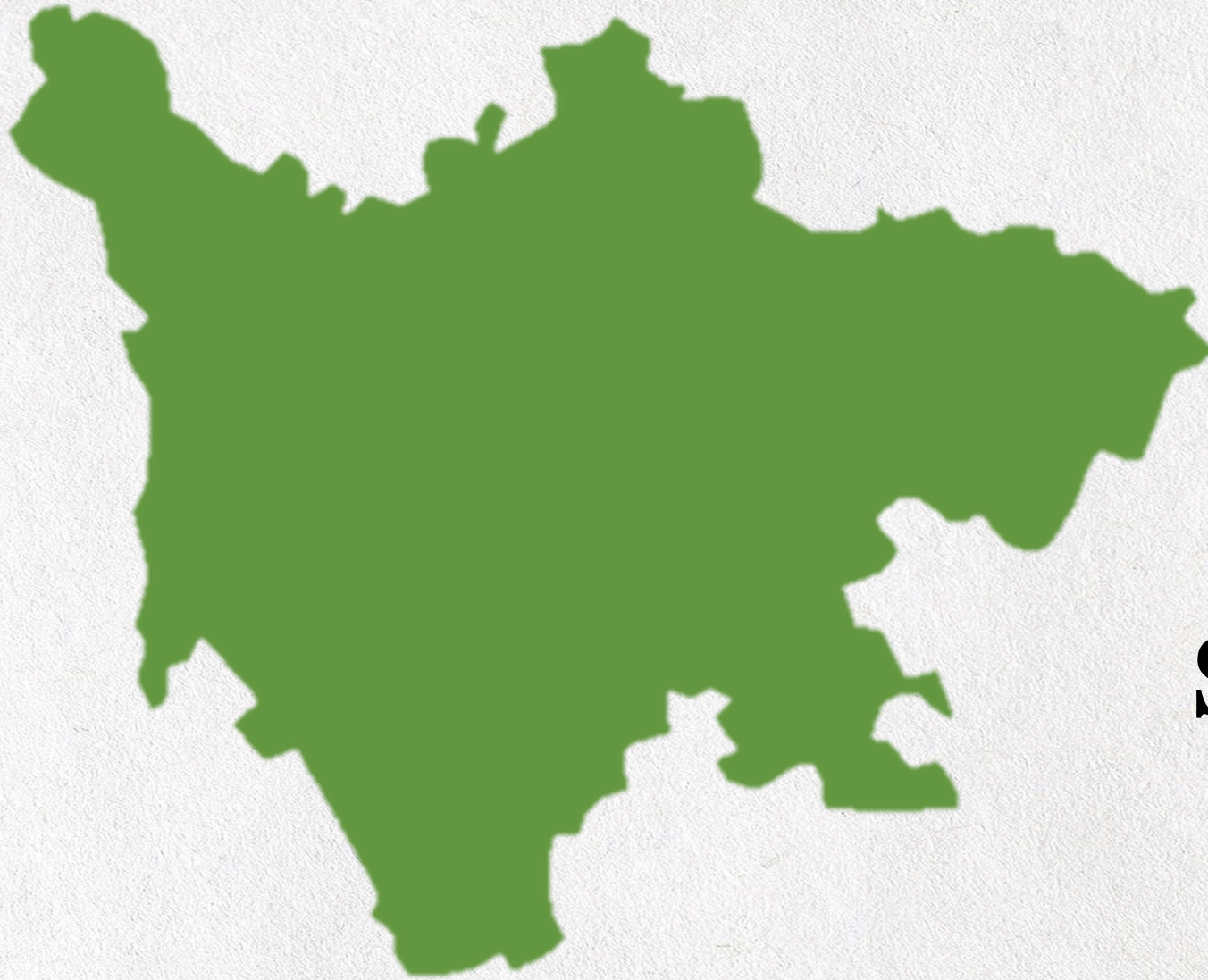
Shandong  
cuisine

3.

Guangdong  
cuisine

4.

Huaiyang  
cuisine



1.



**Sichuan cuisine**





中国川菜  
*Sichuan Cuisine*



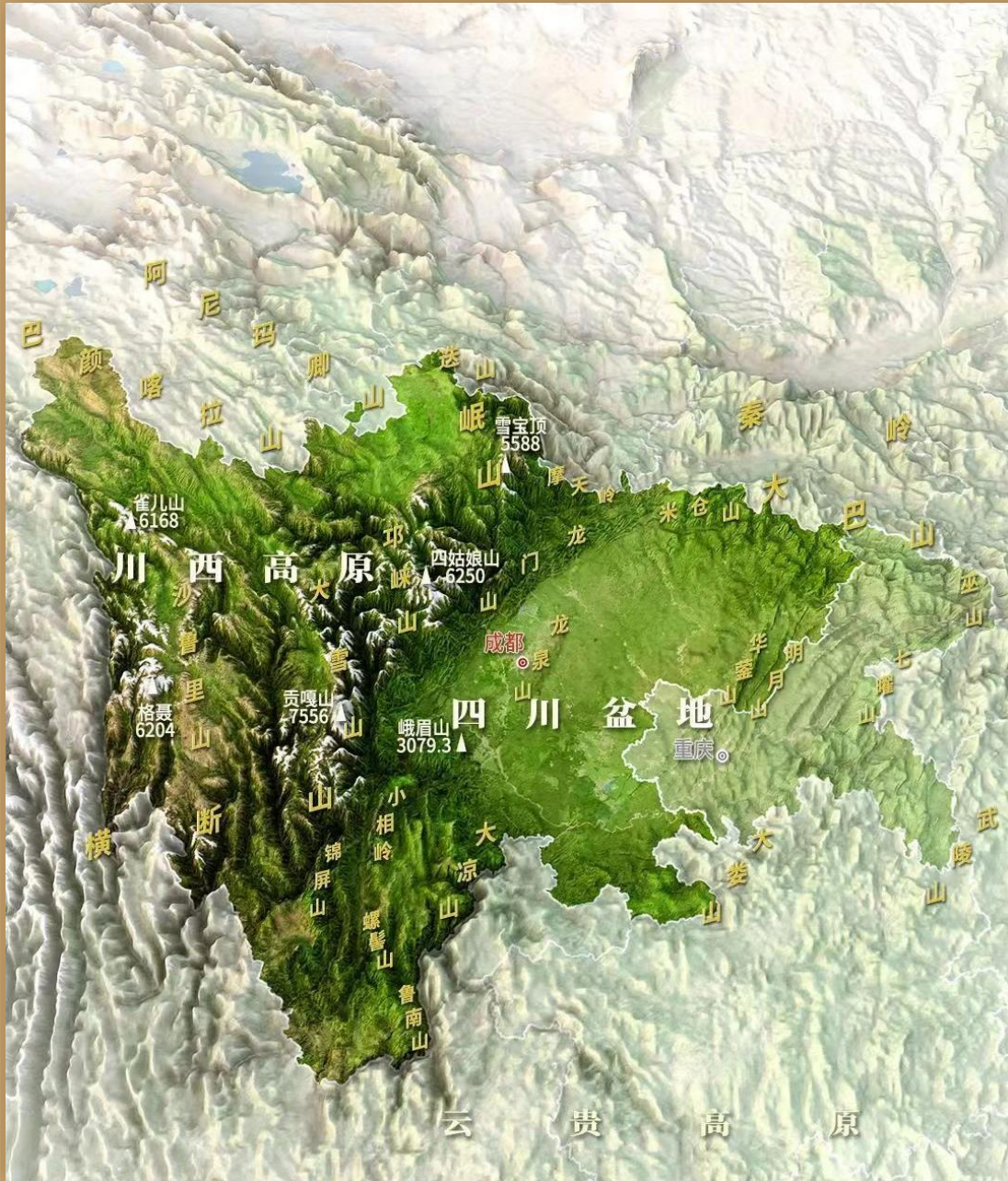
**Sichuan cuisine**, is famous for its unique spicy taste and rich cooking techniques.

**The main raw materials** are mountain delicacies, aquatic products, and vegetables and fruits within the Sichuan region;

**The main ingredients** are Sichuan sugar, Chinese prickly ash(花椒), chili, bean paste and Fermented bean curd.

**The flavor pattern** is characterized by spiciness, yuxiang, and peculiar taste.





The climate in Sichuan region is humid, and people need to consume some ingredients that have the effect of dispelling cold and dampness.

The unique climate and water and soil conditions of the Sichuan Basin have enabled the use of various ingredients, such as Sichuan pepper and chili pepper, which have become the basis for the unique flavor of Sichuan cuisine.



# Schools :



Sichuan cuisine is divided into three schools, namely, Shanghe Gang, Xiahe Gang and Xiahe Gang, which together constitute the three main branches of local flavor schools of Sichuan cuisine, representing the highest artistic level of the development of Sichuan cuisine.

# Flavor characteristics :



**rich taste, known as hundred dishes hundred taste.**

Basic flavor types: sesame, spicy, sweet, salty, sour, bitter

## Complex flavor types:

salty and fresh flavor type, home style flavor type, spicy flavor type, paste spicy flavor type, fish flavor type, ginger flavor type, strange flavor type, pepper and sesame flavor type, sour and spicy flavor type, red oil flavor type, garlic paste flavor type, sesame sauce flavor type, sauce flavor type, smoke aroma type, lychee flavor type, five aroma type, fragrant lees flavor type, sweet and sour flavor type, sweet aroma type, tangerine peel flavor type, mustard flavor type, salty and sweet taste type, salt and pepper flavor type, paste spicy lychee flavor type, eggplant juice flavor type, and so on.

## 复合味型:

咸鲜味型、家常味型、麻辣味型、糊辣味型、鱼香味型、姜汁味型、怪味味型、椒麻味型、酸辣味型、红油味型、蒜泥味型、麻酱味型、酱香味型、烟香味型、荔枝味型、五香味型、香糟味型、糖醋味型、甜香味型、陈皮味型、芥末味型、咸甜味型、椒盐味型、糊辣荔枝味型、茄汁味型等等。

# Top 10 Classic Sichuan Cuisine :



**Boiled fish**



**Sichuan hot pot**



**Sweet skin duck**



**Kung Pao chicken**



**Boiled fish with pickled cabbage and chili**



**Spicy chicken**



**Twice-cooked pork**



**Fish-flavored shredded pork**



**Mapo tofu**



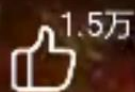
**Poached spicy slices of pork**

21:35

wifi



< 一定要吃鱼蛋呀！藏在河边的宝藏自贡菜馆！仔姜鱼蛋超下饭



1.5万



1人正在看



丹妮妮妮妮2098



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鱼蛋



字幕

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2.



## Shandong cuisine



# 中国鲁菜

*Shandong Cuisine*



**Shandong cuisine**, the leader of the eight major Chinese cuisines, is a representative of northern cuisine and the foundation of Chinese home cooked cuisine. It is the oldest, most skillful cuisine in history,

as well as a representative of culinary culture in the Yellow River Basin.

八大菜系  
鲁菜



# Flavor characteristics :



① Shandong cuisine emphasizes the quality of raw materials, using salt and soup to enhance freshness, and seasoning to emphasize the purity of saltiness and freshness, highlighting the original flavor.



② The outstanding cooking methods of Shandong cuisine include flash-frying (爆), frying and simmering (扒), and crisp frying with syrup (拔丝).



③ Shandong cuisine uses soup as the source of all kinds of freshness, emphasizing the modulation of "clear soup" and "milk soup", with clear turbidity and freshness.



据说博山菜是

逛吃小猪猪 bilibili

3.



# Guangdong cuisine



StormSue bilibili



0 1人正在看



**Guangdong cuisine** emphasizes quality and taste, with a relatively light taste. And it changes with the seasons, with a preference for light in summer and autumn, and a preference for rich in winter and spring, pursuing color, fragrance, taste, and shape.





Cantonese are known to have an adventures palate and dare eat many different kinds of meet and vegetable.

Various unusual materials are used for their dishes. Guangdong dishes are fresh, crisp, tender, and lightly seasoned.



The basic cooking methods of Guangdong cuisine include roasting (烤), stir-frying (炒), deep-frying (炸), stewing (炖) and steaming (蒸).

Steaming and stir-frying are most commonly used to preserve the ingredients' natural flavors.



Many kinds of Guangdong porridges and soups provide enough nutrients to make up for the water lost through perspiration during the long, hot summer.



百家号/人间食堂



# Typical menu items of Guangdong cuisine :



double-  
stewed soup  
(老火靚汤)



steamed  
sea bass  
(蒸海鲈鱼)

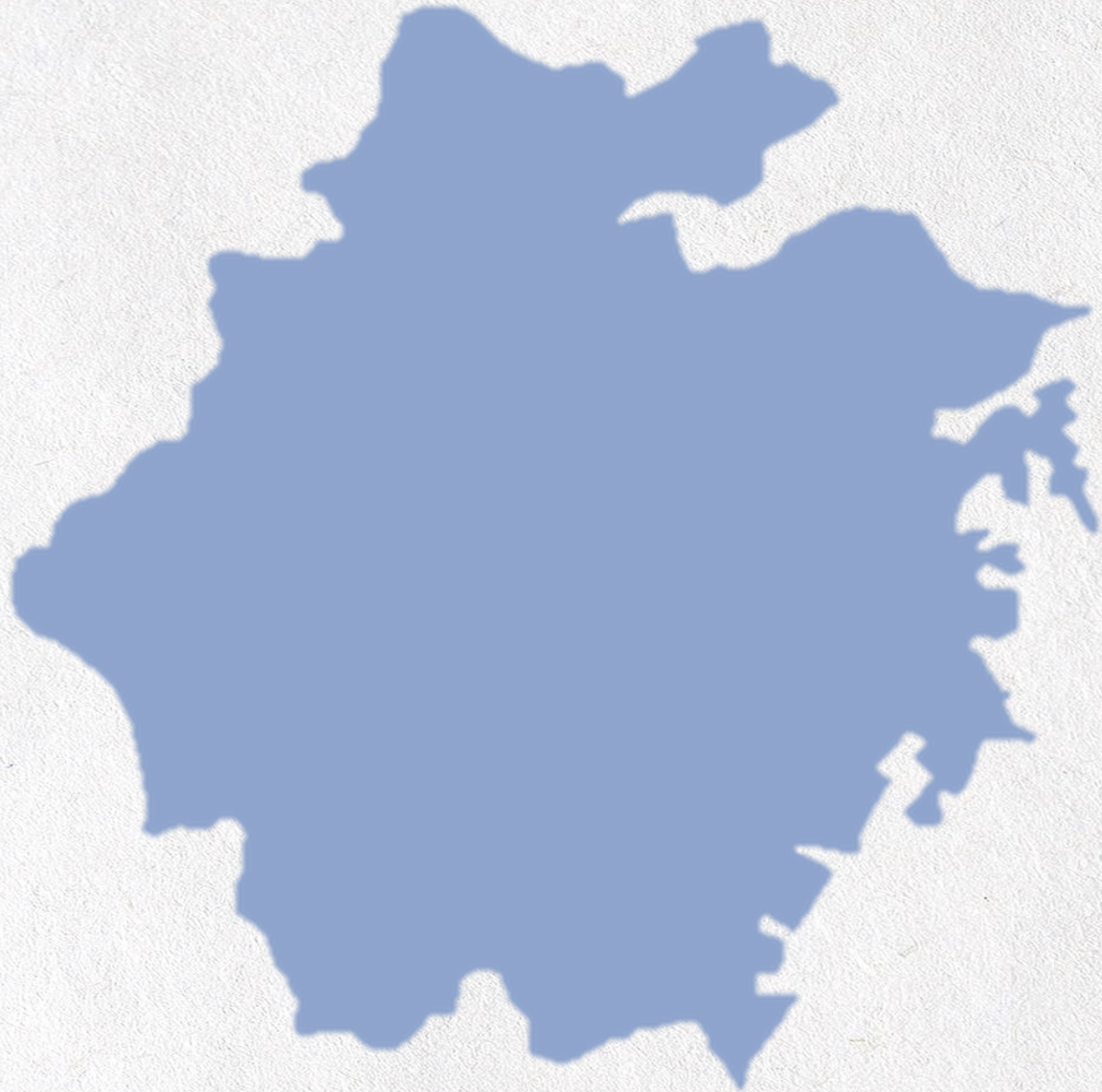


roast piglet



Steamed  
turtle with  
chive sauce  
(蒸甲鱼)

早茶店的小小档口排满了附近的村民



4.



## Huaiyang cuisine





**Huaiyang Cuisine** originates from Yangzhou and Huai'an. Most of the raw materials are aquatic products. Huaiyang cuisine is supported by top cooking skills, with the original taste and natural color as the best, and with the pursuit of meeting the needs of the public, emphasizing unique concept of "harmony, refinement, purity, and novelty".



# The characteristics of Huaiyang cuisine :

## ① Flavor characteristics:

the taste is fresh and peaceful, with a moderate salty and sweet intensity. Huaiyang Cuisine is rigorous in material selection and skill application.



# The characteristics of Huaiyang cuisine :

## ② Fine knife work:

fine knife work, skillful combination and proper color matching make Huaiyang Cuisine like a fine carving handicraft.



# The characteristics of Huaiyang cuisine :

## ③ Pay attention to the heat:

Huaiyang cuisine is good at stewing, braising and boiling, which can better highlight the original taste of raw materials. Huaiyang dishes through the heat adjustment to reflect the dishes fresh, fragrant, crisp, tender, waxy, fine and other different characteristics.



清炒太湖白虾仁138 💰