

CHINESE CUISINE (КИТАЙСЬКА КУХНЯ)

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Розглянуто характеристику китайської кухні і як філософія впливає на китайську їжу. Проаналізовано структуру харчування китайської кухні.

Chinese Recipes. In a country where the traditional way to greet someone translates to have you eaten yet? (ni chile ma), be rest assured, the food will be extraordinary. China has the most popular culinary heritage in the world. The history of their cuisine dates back to about 1000 years with varied cooking styles, techniques and ingredients that have evolved over time.

A typical Chinese meal will have two things – a carbohydrate or starch like noodles, rice or buns, and accompanying stir fries or dishes of veggies, fish and meat. They use a lot of fresh vegetables like mushroom, water chestnuts, bamboo and even tofu. In North China, wheat-based accompaniments like noodles and steamed buns dominate the table, in contrast to South China where rice is a favorite. The short-grain sticky rice, grown throughout Southern China, is absolutely irresistible.

Each dish focuses on creating a balance between three aspects – appearance, aroma, and taste. They pay a lot of attention to the aesthetic appearance of the food with diversified colors. Sauces and seasonings like fish sauce, five spice powder, oyster sauce, soy sauce, vinegar, root garlic, fresh ginger and others are used generously to offer a complex play of flavour and aroma. Much like Japanese cuisine.

Chinese dishes are rich in umami which is described as a “pleasant savory taste”. The umami taste is common to many ingredients used in their cuisine like Chinese cabbage, spinach, celery, green tea or fermented products like soy sauce and pastes.

Chinese food and the way it is prepared is influenced by the two major philosophies – Confucianism and Taoism. One of the standards set by Confucius was that food must be cut into small bite-size pieces before being served. Those who follow Taoism focus more on food that promote health and longevity and those that have healing powers.