

UNIT - 4

International Cuisine & Bakery-Confectionery

Topic 1: Chinese Cuisine

Objective : To plan various dishes prepared in Chinese Cuisine

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CHINESE CUISINE

Four main styles in Chinese cooking:
Canton, Peking, Shanghai, Szechuan.
“No sequences of courses followed in
Chinese cooking”
The use of chopstick (Fig 10.1)
Chinese cleaver

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INTRODUCTION

- Different countries and their cuisine
- East Asian cuisine
- South-East Asian cuisine
- Asian cuisine
- Middle Eastern cuisine

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CHINESE CUISINE

- Four main styles in Chinese cooking: Canton, Peking, Shanghai, Szechuan.
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GEOGRAPHIC LOCATION

- Yellow river in the North.
- Yangtze river in Centtal China.
- Earthquake and other climates have had a big influence on the cuisine in China.
- The Chinese literally use every part of animal or vegetable.

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Course Name: Food Production Management



NORTHERN REGION: PEKING STYLE

- Influence from the Mongolian.
- Seafood dishes.
- Aquatic food from the yellow river.
- Cold climate.
- Manchu Dynasty (1699-1911).

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SOUTHERN REGION: CANTONESE STYLE

- *“Kwangsi & Kwangtung”*
- 2nd largest producer of rice in China.
- Exotic Dishes: Shark fin soup, Bird nest soup.
- Dim sums the *“Little heart”*

EASTERN CHINA

- Yangtze river.
- Important provinces: Jiangsu, Fujian, Zhejiang, Anhui, Jiangxi.
- Exotic meat such as pork, donkey and venison.
- *“The Hairy Crab of Shanghai”*
- *“Shaoxing wine”*

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WESTERN CHINA: SZECHWAN STYLE

- Use a lot of spices & chillies.
- Influence of Indian cuisine.
- Yunnan, Guizhou, Hubei, Sichuan
- *“The Szechwan pepper corn”*
- Yunnan Cuisine.



COMMONLY USED INGREDIENTS IN CHINESE CUISINE

- Gailan
- Napa cabbage
- Bok choy
- Tofu –bean curd
- Noodles
- Soy sauce
- Salted blackbean
- White fungus
- Shitake mushroom
- Cloud ear fungus
- Agar-agar
- Conpoy
- XO sauce
- Five spice powder
- Shark's fin
- Bird nest
- Szechwan peppercorn
- Longan berries
- Abalone
- Frog legs
- Sea cucumber
- Century eggs
- Ginkgo nuts
- Gingseng
- Chinkiang vinegar
- Shaoxing wine
- Sesame oil
- Hoisin sauce
- MSG (Monosodium Glutamate)
- Wonton skin
- Potato starch

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SPECIALITY DISHES

- Dim sums-hearts-cantonese
- Hot and sour soup
- Congee-porridge
- Spring roll
- Kung pao
- Peking duck
- Drungken chicken
- Beggar's chicken
- Sweet and sour pork
- Char siu
- Mapo doufu
- Dan dan noodles
- Hai nan kai fann
- Mongolian hot pot
- Shantung chicken
- Cantonese style steamed fish
- Hakka noodles
- Shaobing
- Date pancakes
- Darsaan
- Tofee banana

DIM SUMS

- **Dim sum** refers to a style of Chinese food prepared as small bite-sized or individual portions of food traditionally served in small steamer baskets or on small plates. Dim sum is also well known for the unique way it is served in some restaurants, wherein fully cooked and ready-to-serve dim sum dishes are carted around the restaurant for customers to choose their orders while seated at their tables.

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TOOL & EQUIPMENT IN CHINESE CUISINE

- Wok
- Chinese broom
- Chinese cleaver
- Dim sum basket
- Earthenware cooking pot
- Steamers
- Peking duck oven
- Metal spatula
- Chinese spoons
- Strainers

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Method

- 1. Stir fried
- 2. Fried –shallow , deep
- 3. Steaming
- 4. Boiling
- 5. Baked
- 6. Stew
- 7. roasting
- 8.



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Program Name: B.Sc

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