

LESSON ONE

Flavors of China



Cantonese Cuisine

Guangdong is a paradise of delicate foods. Cantonese cuisine refers to the cuisine of China's Guangdong province. It is one of the eight traditional cuisines of China, originating from an area known as Lingnan. Guangdong cuisine is heavily influenced by its subtropical climate and long coast line which provide abundant ingredients.

Cantonese cuisine features light and fresh flavors with clear and fragrant smells. Light foods are served in summer and autumn, and heavier foods in the winter and spring. Cantonese cuisine is particular about the freshness of their primary ingredients, but it also uses a long list of preserved food items to add flavor to a dish. These include Chinese sausage, century egg, and salted pork.

With its own climate characteristics and customs, Cantonese culture has formed a complete system of cooking skills and unique cooking characteristics. Cantonese cuisine has more than 20 cooking methods. Stir-frying and steaming are the main methods. Other methods include braising, baking, stewing, shallow frying, and deep frying, double steaming and so on. What's more, Cantonese cuisine emphasizes decorating and color.

In Cantonese cuisine ingredients such as garlic, spring onion, soy sauce, rice wine, cornstarch, sugar, salt, vinegar, scallion oil, and sesame oil are used to enhance flavor.

Tea culture is also an important part of Cantonese cuisine, Cantonese like to drink tea and eat delicious snacks and delicate dim sum. Long-boiled soup is the soul of Cantonese cuisine. The reason Cantonese prefer long-boiled soup is closely related to the subtropical climate which is humid and warm in Guangdong all year round. From high-class banquets to the average person's dinner, long-boiled soup has always been a staple.

STUDENT CONTEST HOST YOUR OWN COOKING SHOW!

Visit <https://tinyurl.com/yaq2wx2f> and choose a recipe for one style of Chinese cuisine. Create a video of you mastering the art of Chinese cuisine. Submit footage of yourself creating the recipe of your choice for a chance to win. Submissions are due April 30, 2018.

All students who submit a video will be entered into a semester drawing to win a \$250.00 Visa Gift Card!

Teachers, if your student wins, you get a \$500 Visa Gift Card!



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