

Flavors of China



Fujian Cuisine

Fujian province is mountainous and situated on the southeastern coast of China. Fujian cuisine revolves around seafood and river fish, as well as mountain delicacies. Fujian province began to flourish after the Southern Song Dynasty (1127-1279). During the Qing Dynasty (1644-1912), Fujian cuisine became more and more famous in China. As one of the eight main cuisines of China, Fujian cuisine features unusual ingredients, soups, delicate sauces and seasonings, fine slicing techniques and exquisite culinary art. The Fujian coastal area produces various kinds of fish, turtles and shellfish. The abundance of natural resources gives Fujian dishes quality, nutritious ingredients, which are also good for dieters because of their low-calorie counts.

Fujian cuisine consists of three styles: Fuzhou style which is sweet and sour, but also fresher and less salty compared to other styles. It is popular in the eastern, central and northern parts of Fujian Province. Southern Fujian style is sweet and hot, many dishes come with dipping sauces. It is popular in Xiamen, Quanzhou, Zhangzhou and the golden triangle of South Fujian. Western Fujian style is salty and oily, usually focusing on meat rather than seafood. The cooking methods are often steaming, frying and stir-frying. It is popular in the Hakka region. Generally speaking, Fujian dishes tend to be less oily and spicy, and often use red distiller's grain for flavoring. Red distiller's grain is made of rice fermented with red yeast. After being sealed for a year, the grain gains a sweet and sour flavor as well as a rosy color.

The most characteristic aspect of Fujian cuisine is that the dishes are served in soup. Fujian cuisine uses soup more than other Chinese cuisines. A common saying in Fujian is: "a meal without soup isn't a good meal".

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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