

# *Chinese Dietary Culture*

# **outline**

**lesson 1**

**Chinese Traditional Staple Food**

**lesson 2**

**Chinese Cuisine**

**lesson 3**

**Delivering and Take-out Industry in China**

**lesson 4**

**Chinese Festival Food**

**lesson 5**

**Chinese Tea and Wine Culture**

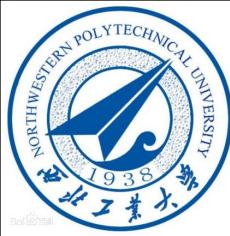
# Have you eaten?

你

吃

了

吗



suān 酸



tián 甜

# Some folk expressions related to "eat"

chī dé kāi

吃得开: be popular

chī cù

吃醋: be jealous

hú kǒu

糊口: make a living to feed the family

fàn wǎn

饭碗: job

hùn fàn

混饭: eat without paying or working



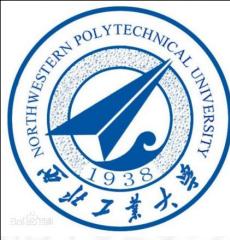
kǔ 苦



là 辣



xián 咸

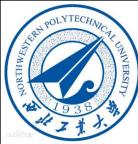


An old Chinese saying goes like:  
“Food is the first necessity of the people”



# Chinese Traditional Staple Food

中国传统主食



# 1. Rice (mǐ fàn)

Rice is the most common staple food in China. Different areas have different type of rice, they taste different as well.

Cooking method: boiling (煮)

steaming (蒸)

stir-frying (炒)



Steaming Rice

Porridge

Fried rice

- Rice has made great progress in China, accounting for one quarter of the total area of grain crops.
- China's annual rice planting area is less than 30% of that of grain crops, but the grain produced accounts for 45% of the total grain output
- Rice exports account for 70% of China's total grain exports.





## 2. Noodles (面条) miàn tiáo



Noodles originated from China, which has a long history. As a staple food, it is usually eaten in the north. Noodles can also be cooked in many different ways. Every kind of noodle may taste different.



Lanzhou Ramen  
兰州拉面



Beijing noodles  
北京杂酱面



Shanxi Sliced Noodles  
山西刀削面



Henan Xiaoji  
Stewed Noodles  
河南烩面



Wuhan hot noodles  
武汉热干面



Hangzhou Pian Er Chuan  
杭州片儿川



Sichuan Spicy  
Dandan Noodles  
四川担担面



Jilin Yanji Cold Noodles  
吉林延吉冷面

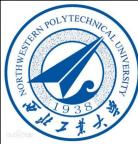


jiao zi

### 3. Dumplings (饺子)



Jiaozi is a very common food in the north part of China. When the Chinese New Year comes, almost every Chinese family will eat jiaozi, because the pronunciation of jiaozi can express a very good meaning, which means connection of the New Year and the past old year and wealth. Jiaozi can be made into many shapes, the fillings inside are also various.

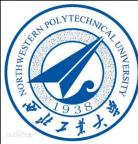


mán tou

## 4. Steamed buns (馒头)

Steamed buns made of flour, there is no stuffing in it .  
It taste a little sweet and it is light.





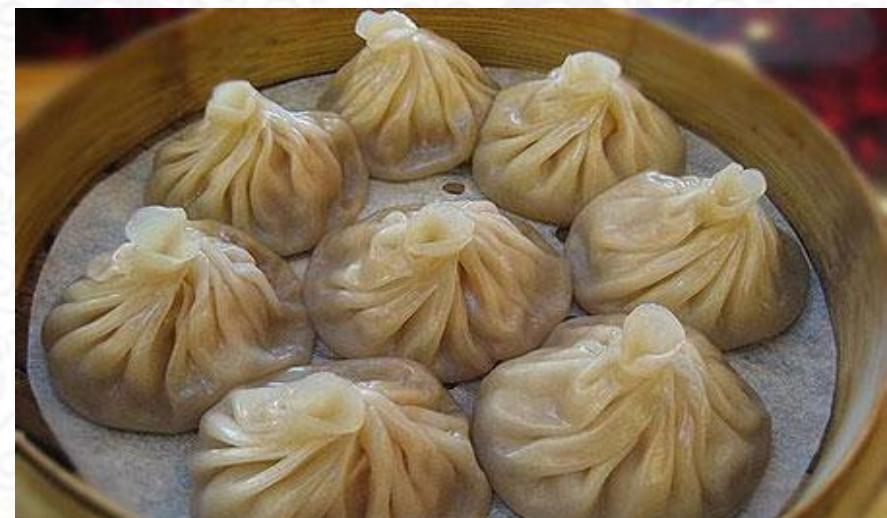
bāo zi

## 5. *Steamed stuffed bun* (包子)

Different buns contain different stuffings.

For example, soup dumpling, red bean paste, vegetables, pork, beefs.

So their tastes are different.





# *History of some Special Cuisine*

## Goubuli

The wrapping is thin, the fillings are juicy, the meat is tender; it tastes delicious and not at all greasy.

There is an interesting story behind it. Goubuli steamed buns were first sold in Tianjin about 150 years ago. A local young man by the name of Gouzi (Dog) worked as an apprentice in a shop selling baozi (steamed buns). After three years, he set up his own baozi shop. Because his buns were so delicious, he soon had a thriving business, with more and more people coming to buy his buns.





# *History of some Special Cuisine*

As hardworking as Dog was, he could not keep up with demand so his customers often had to wait a long time to be served.

Impatient, some people would call out to urge him, but as he was so busy preparing the buns, he didn't answer. People therefore came to call his buns Goubuli, meaning "Dog pays no attention". This eccentric name, however, has had very good promotional effects, and has been used ever since. Now Goubuli is now a time-cherished brand name in Tianjin.



天津狗不理  
*Goubuli steamed buns in the city of Tianjin*





## *Exercises*

- 1) Where did this steamed stuffed bun originate? How many years has it been?
- 2) Why is this steamed stuffed bun called Goubuli?



津  
Tianjin

狗不理包子

2

# Chinese Cuisine

中国特色美食



bilibili



## *Common cooking methods of Chinese food*



Stew



Boiling



Roasting



Steam



Stir-Fring



Light-Fring



Deep-Fring



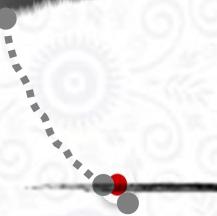
Chinese food can be roughly divided  
into **eight** regional cuisines

Shandong  
Cuisine  
山东菜系

Sichuan  
Cuisine  
四川菜系

Guangdong  
Cuisine  
广东菜系

Fujian  
Cuisine  
福建菜系



Jiangsu  
Cuisine  
江苏菜系

Hunan  
cuisine  
湖南菜系

Anhui  
Cuisine  
安徽菜系

ZheJiang  
Cuisine  
浙江菜系



# Eight major schools of cuisine





# 1. Shandong Cuisine 山东菜系

Consisting of Jinan cuisine and Jiaodong cuisine, Shandong cuisine, clear, pure and not greasy, is characterized by its emphasis on aroma, freshness, crispness and tenderness.





# 1. Shandong Cuisine 山东菜系

## Famous dishes



红烧海螺  
Braised Conch



油爆大哈  
Braised shrimp



糖醋鲤鱼  
Sweet and sour carp



## 2. Sichuan Cuisine 四川菜系



水煮鱼

Fish Filets in Hot Chili Oil

Sichuan Cuisine Flavor  
sour and sweet,  
ma (numbing),  
fragrant and spicy,  
spicy prominent

The essential Trio of Peppers  
Green pepper  
Cayenne pepper  
Red cluster pepper

Nature 's Storehouse; also a  
storehouse of cuisine  
delicious yet economical culinary  
fare  
ingredients simple; spices quite  
different



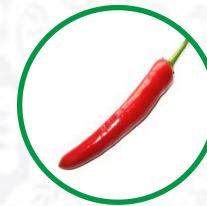
花椒

prickly ash



胡椒

Pepper



辣椒

chili



生姜

ginger



## 2. Sichuan Cuisine 四川菜系

### Famous dishes



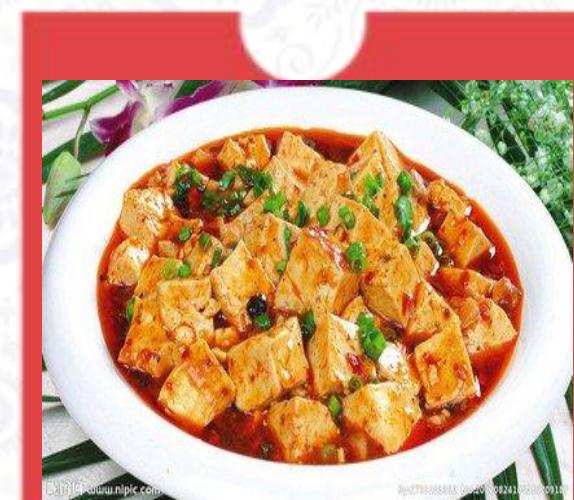
suān cài yú  
酸菜鱼

Boiled Fish with Pickled Cabbage and Chili



gōng bào jī dīng  
宫爆鸡丁

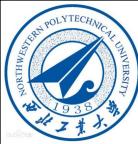
Kung Pao Chicken



má pó dòu fu  
麻婆豆腐

Mapo Tofu





### 3. *Guangdong Cuisine* 广东菜系



located in southern China, with a moderate climate and abundant produce all year round.

Famous for its seafood as well as for its originality and refined cooking processes. roasting, stir-frying, deep-frying, braising, stewing and steaming.

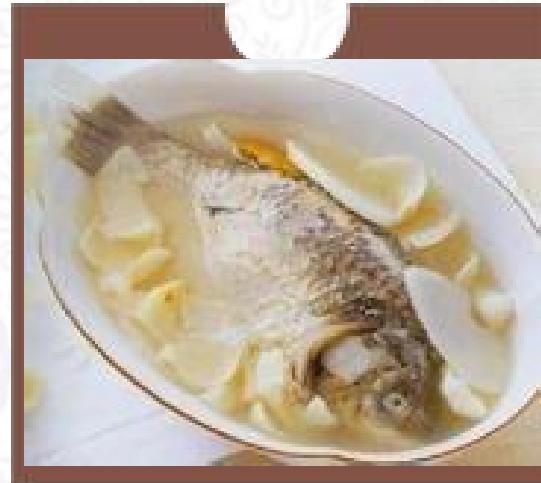


### 3. Guangdong Cuisine 广东菜系

## Famous dishes



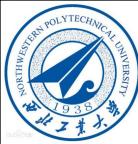
白切鸡  
Boiled Chicken  
with Sauce



百合鲫鱼汤  
Lily and fish soup



糖醋咕噜肉  
Sweet and Sour Pork  
with Fat



## 4. Fujian Cuisine 福建菜系



stir-fry  
quick-fry  
panfry  
braise  
especially the wine-  
marinade method.

Beautiful color and magic taste  
of sweet, sour, salty and savory.  
Pickled taste



seafood



pickled taste



## 4. Fujian Cuisine 福建菜系

### Famous dishes



One day, several scholars came to Gathering Spring Garden for a meal. When the dish was served, one of the scholars improvised a poem: "Fragrance spreads to the neighborhood once the lid lifts, / One whiff (breathe) and the Buddha jumps the wall, abandoning the precepts (religious discipline). Hence the name of the dish.

佛跳墙

Buddha Jumping the Wall



## 5. Jiangsu Cuisine 江苏菜系

The taste is light. The materials are rigorous, pay attention to color matching and modeling, and the four seasons are different. Cooking skills are famous for stewing and simmering; Pay attention to mixing the soup, keep the original juice and smooth taste.



yellow rice wine



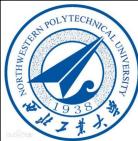
## 5. Jiangsu Cuisine 江苏菜系

### Famous dishes



红烧狮子头

Stewed Meatball with Brown Sauce



## 6. Zhejiang Cuisine 浙江菜系

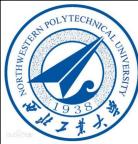
light, crisp, tasty, not greasy, freshness, tenderness, softness, smoothness of its dishes with mellow fragrance.



Stir-fry  
Deep-fry,  
Poach  
Saute  
Steam and stew



yellow rice wine



## 6. Zhejiang Cuisine 浙江菜系

### Famous dishes

It is said that, when he was in charge of the drainage work for the West Lake, Su Dongpo rewarded workers with stewed pork in soy sauce, and people later named it Dongpo Meat, to commemorate this gifted and generous poet.



Su Shi(1037~1101), a poet in Northern Song Dynasty



东坡肉  
Braised Dongpo Pork



## 7. Hunan cuisine 湖南菜系

thick and pungent flavor.

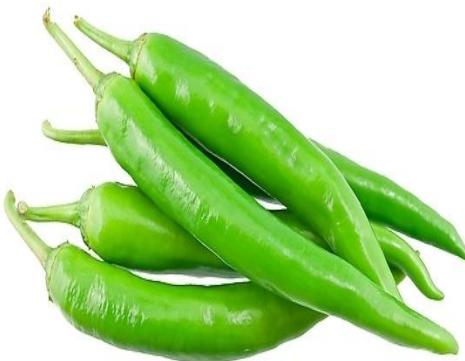
fragrant

hot

sour

smoked, braise, steam, stew, deep-fry, stir-fry.

green pepper



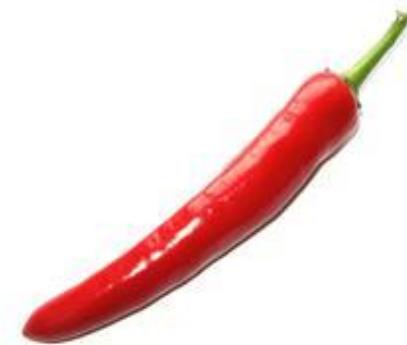
http://www.huatu.com

green Chinese onion

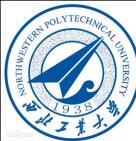


http://www.huatu.com

Red pepper



http://www.huatu.com



## 7. Hunan cuisine 湖南菜系

### Famous dishes



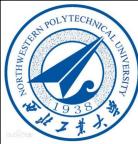
剁椒鱼头

Steamed fish head with diced  
hot red peppers



臭豆腐

Strong-smelling  
preserved bean curd



## 8. Anhui Cuisine 安徽菜系



火腿炖甲鱼 Ham stewed turtle  
香菇板栗 Mushrooms chestnut

The taste is mainly spicy; stewing and steaming, but less fried vegetables, heavy oil, heavy color and heavy fire.





## 8. Anhui Cuisine 安徽菜系

### Famous dishes



臭桂鱼

Strong-smelling  
mandarin fish



黄焖鳝段

Braised eel in  
yellow sauce



## *Exercises*

### I. Skimming and Scanning

- F 1) The number of Chinese restaurants increased tens of times in the past time.
- T 2) Unlike before, now different cuisines can be found in one place and every place has its own local specialties.
- F 3) Guangdong cuisine is famous for its spicy and hot food.
- F 4) Zhejiang cuisine is typical of food in the areas along the lower Yangtze River.



## *Exercises*

T 5) The names of some Chinese dishes can not be understood literally.

F 6) Goubuli steamed buns got this name because its owner worked like a dog.



津  
Tianjin

狗不理包子



## *Exercises*

- T 7) Dongpo Meat is well-accepted by people for its beautiful color and greasiness.
- F 8) Dongpo Meat is belonging to Jiangsu cuisine.



## *Exercises*

T 9) The name of Buddha Jumping the Wall, whose name was once Eight Treasures Stewed in a Pot, is from a poem by a scholar.

F 10) Buddha Jumping over the wall was created by a restaurant called Gathering Spring Garden in Guangdong



## Warmth and Hospitality Expressed by Food

- Chinese people pay attention to family. People often go home with their parents on major festivals. It is very important to have a reunion dinner.
- "下馆子" in Chinese means go to restaurant. The highest ranking person sits at the table facing the door, then his left, then his right, and then his left and right. The position near the door is usually the person who pays.
- There must be fish at dinner. In Chinese culture, "fish" represents wealth. Therefore, the fish head usually faces the person with the highest seniority.



Chinese Family

Table Manner



头条 @小乔的美食美客



The head of the fish faces the oldest or highest-status person



# The Diet Of China and West Country

< 英语介绍中国文化 100 集 -75- 筷子 Chopsticks



听歌爱循环

关注



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评论



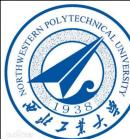
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# Summary

## Tolerance

China has rich geographical environment and different flavors in different regions. Chinese people's tolerant and open-minded character has created a rich and diverse cuisine.



## Harmonious

Since ancient times, Chinese people have emphasized the harmony between man and nature. The way for Chinese people to survive is to get food from nature and give back to nature through labor.



## Inheriting

Chopsticks have been used for thousands of years, which reflects the ideas inherited by the Chinese people.

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# **Delivering and take-out industry in China**

## **中国的外卖产业**



# Delivering and take-out industry in China

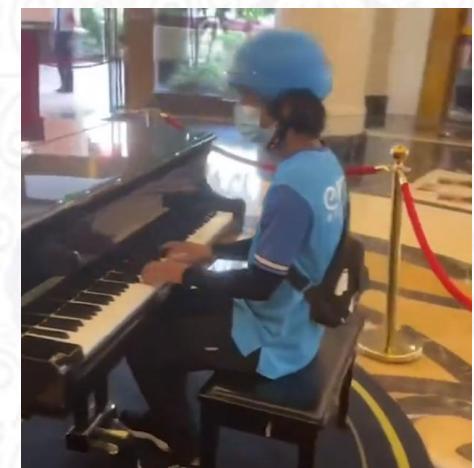
- Telephone takeout
- Website takeout
- Mobile takeout app





# Delivering the take-out industry in China

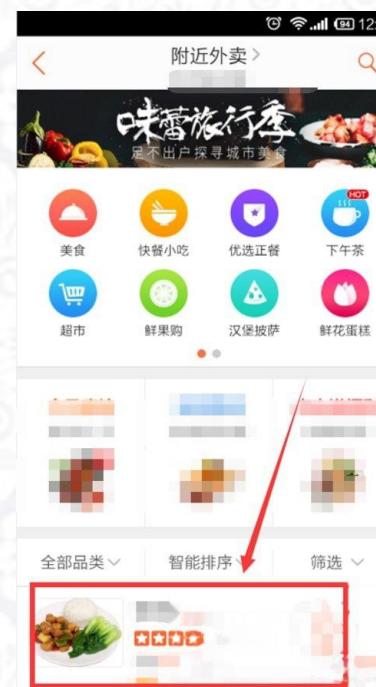
- The delivery guy in China





# Delivering the take-out industry in China

- How to order takeout:
- 1. Click the takeout app: you can download the app or order takeout in the wechat applet
- 2. Choose food
- 3. Payment
- 4. Remarks
- 5. Pick up / eat
- 6. Evaluation

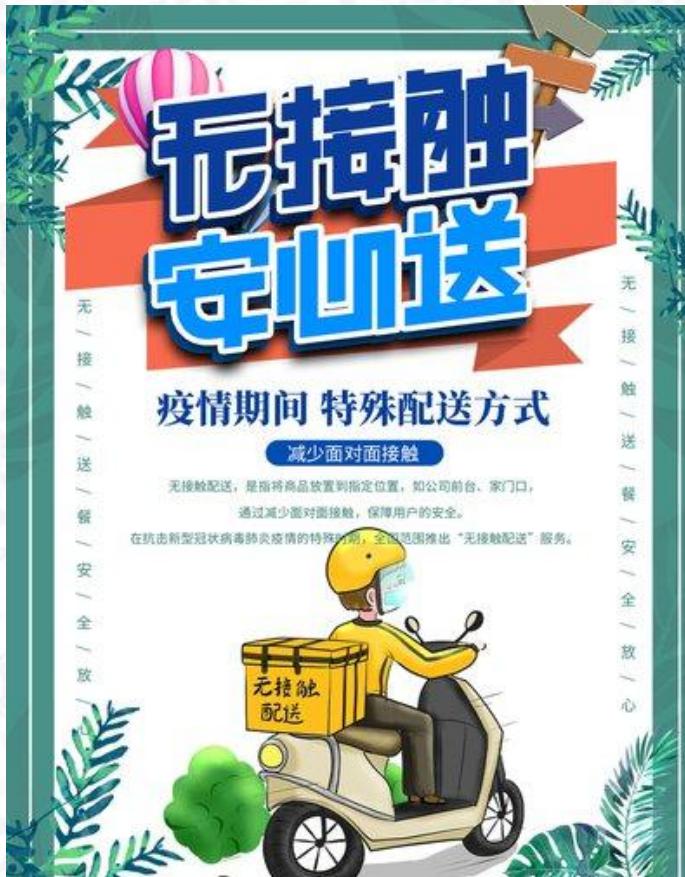


招牌鲜肉生煎  
精肉小混沌



# Delivering the take-out industry in China

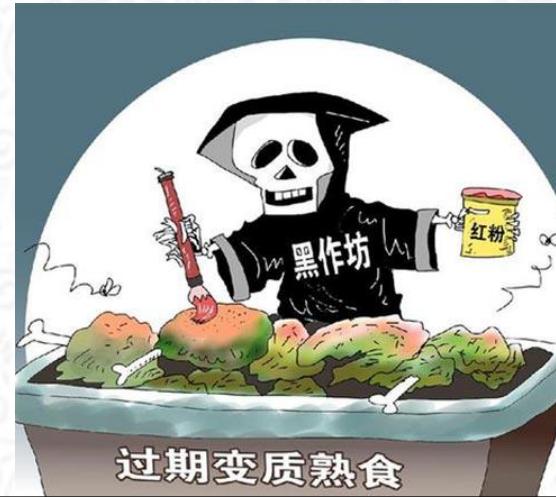
- No contact distribution under epidemic situation





# Delivering the take-out industry in China

- Takeout not only brings convenience to our life, but also brings many problems.
- 1. The picture is for reference only: the picture is inconsistent with the real object
- 2. Black workshop (food safety): sometimes the safety of food during production and distribution cannot be guaranteed.
- 3. Over packaging: in order to get high praise, businesses do not hesitate to over package, which is not conducive to the environment.





# Delivering the take-out industry in China

- Takeout seal
- On February 5, 2018, the first batch of 1 million "food safety seals" were opened in Haidian District, Beijing. In the process of making, packing and delivering takeout, sealing is equivalent to an inspection mark. The seller shall paste it after production, and the consumer can inspect it when receiving the meal. If the seal is damaged, it can be rejected. The seal is expected to achieve full coverage in Beijing by the end of June and cover 30 cities in China by 2018.





# Delivering the take-out industry in China

- When it comes to takeout, our first thought is food delivery.
- However, in recent years, with the development of the takeout industry, more takeout apps have emerged, the service industry is diversified, and the distribution is not just food delivery. For example, it provides services such as purchasing, delivering and queuing. Supermarket is moved on the mobile phone.





# Discussion

Do you like to order takeout?

Cook by yourself vs take out



4

# Chinese Festival Food

## 传统节日食物



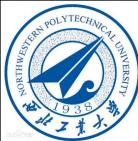
# Spring Festival

## 吃饺子

### chī jiǎo zi

Dumplings are people's good wishes for happiness when they leave the old and welcome the new. Jiaozi, formerly known as jiaozi, has a history of more than 1800 years. Its meaning of "Jiaozi at a younger age" means that when the new year intersects with the past, making and eating jiaozi during the Spring Festival means good luck. The shape of Jiaozi is like Yuanbao. Therefore, making jiaozi also means wrapping good luck. "



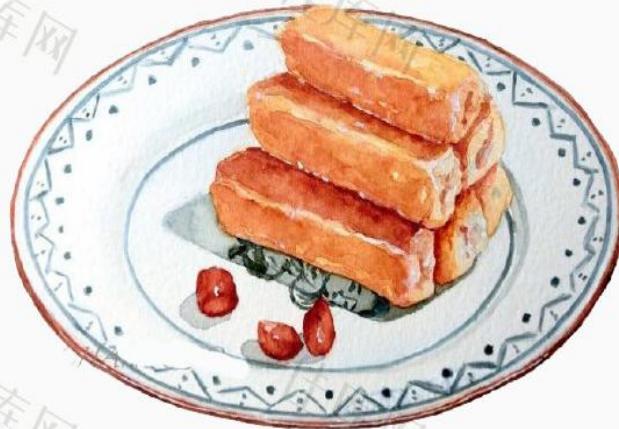


# Spring Festival



Spring rolls are a large variety of filled, rolled appetizers. The name is a literal translation of the Chinese chūn juǎn.

Rice cake, also known as "New Year cake", is homonymous with "high every year", implying that people's work and life are improving year by year. Generally, southern China eats rice cakes during the Spring Festival.





# Lantern Festival

吃元宵

chī yuán xiāo



The Lantern Festival falls on the 15th day of the 1st lunar month, usually in February or March in the Gregorian calendar. As early as the Western Han Dynasty (206 BC–AD 25), it had become a festival with great significance.





# Dragon Boat Festival

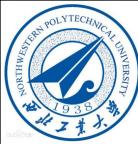


The Dragon Boat Festival, the 5th day of the 5th lunar month, has had a history of more than 2,000 years. It is usually in June in the Gregorian calendar.

吃 粽 子

chī zòng zi





# Mid-Autumn Festival

The Mid-Autumn Festival falls on the 15th day of the 8th lunar month, usually in October in Gregorian calendar.

People in different places follow various customs, but all show their love and longing for a better life. Today people will enjoy the full moon and eat moon cakes on that day.

- 1.Suzhou style mook cake
- ( 2.Guangzhou style mookcake )



吃月饼



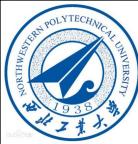
chī yuè bǐng





# Chinese Tea and Wine Culture

## 中国茶酒文化



# *Life with Fragrant Tea*

- The History of Tea Drinking
- The Classification of Chinese Tea
- Magical Function of Tea
- Ways of Savoring Tea
- Tea Drinking and Folk Customs



# Seven Daily Necessities in China

Firewood



Rice



Oil



Salt



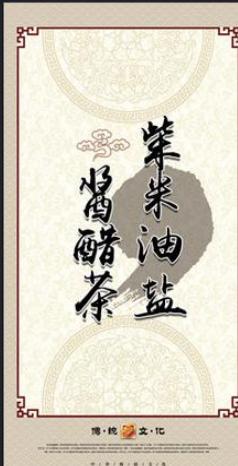
Soy sauce

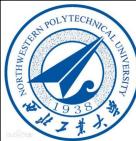


Vinegar



Tea





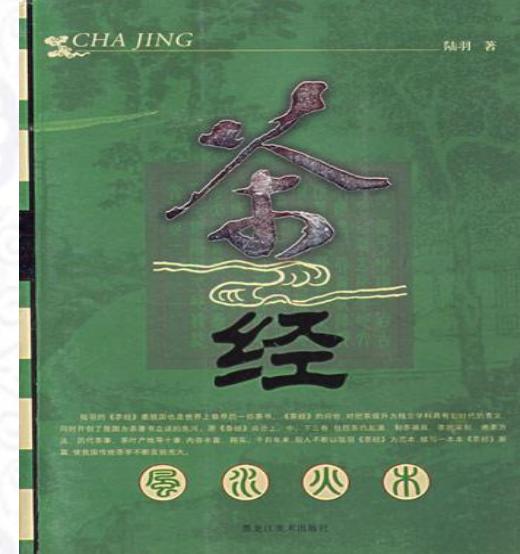
# The History of Tea Drinking



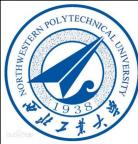
Shen Nong Shi, the God of Agriculture, was believed to be the first to discover tea. In his *Book of Herbs* (《神农本草经》), it says that “Shen Nong Shi personally tasted hundreds of herbs and he was hit by 72 poisons in a single day. But he used a kind of tree leaves to ease his case and it turned out to be tea tree.”



# The History of Tea Drinking



Lu Yu of the Tang Dynasty is respected as the Sage of Tea(茶圣) for his contribution to Chinese tea culture. He is best known for his book the *Classic of Tea* (《茶经》), which is the first monograph on making and drinking tea in the world.



# The History of Tea Drinking

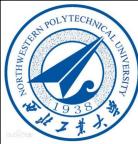


Originally produced in China about 4,000 years ago.

During the Tang Dynasty, Japanese monks introduced tea seeds to Japan, and by combining tea with Zen Buddhism (禪宗), they created the world-famous Japanese tea ceremony.

In the 17th century, the Dutch took to Europe the Chinese habit of tea drinking, which then became a tradition of the Europeans.





# Classification of Tea



green tea



black tea



yellow tea



dark tea



oolong tea



white tea



herb tea



scented tea



# Classification of Tea





# Green tea 绿茶

The tea made without being fermented

The tea liquid and tea leaves are greenish.

Benefits:

It helps people reduce their inner heat.

It helps with anti-aging.

It prevents computer radiation and bad breath.

西湖龙井: Dragon Well



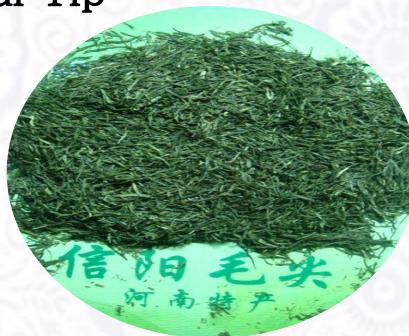
洞庭碧螺春: Spring Spiral



庐山云雾: Cloud & Fog



黄山毛峰: Fur Peak



信阳毛尖: Fur Tip



# Green tea 绿茶

# lóng jǐng chá 龙井茶



a top-grade green tea from Longjing, West Lake, Hangzhou

Four characteristics:

green in color 色绿

fragrant in smell 香郁

sweet in taste 味醇

beautiful in appearance 形美



West Lake



# Green tea 绿茶

## bì luó chūn 碧螺春

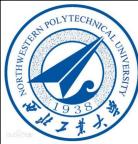


a top-grade green tea from Dongting 洞庭, Taihu, 太湖, Wu County 吴县, Jiangsu Province  
Biluo Peak on Mountain Dongting

“Terrifying aroma” 吓煞人香  
Emperor Kangxi 康熙 named it biluochun.



Dongting Lake



# Black tea 红茶

The fermented tea

The most popular tea in the world

The tea liquid and tea leaves are reddish.

Benefits:

It helps the fostering of oxygen in the human body.

It warms the stomach.

It helps with digestion.

It is a most suitable choice in cold seasons.

The most well-known black teas:

Qimen Black Tea

祁门红茶

Yunan Dianhong Tea

云南滇红

Sichuan Chuanhong Tea

四川川红





# Black tea 红茶

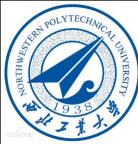
祁门红茶  
qí mén hóng chá



A top-grade black tea from Qimen of Anhui Province.

In 1915, Qimen black tea was awarded the Gold Medal at Panama International Fair.

From then on, it has been popular with people in foreign countries



# Oolong tea 乌龙茶

The half-fermented tea  
an important part of Gongfu tea

The tea leaves are green in the center and red at the edge.

Benefits: It decomposes (分解) fat and helps people lose weight.

铁观音 : Iron Guan Yin

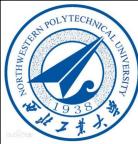
武夷大红袍: Big Red Robe

宋种草丛: Song species Lone Bush

凤凰水仙: Water Fairy

永春佛手: Buddha's Hand



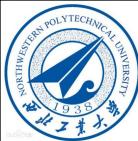


# Oolong tea 乌龙茶

## tiě guān yīn 铁观音

Tieguanyin is produced in Anxi 安溪, Fujian Province.  
tealeaves: dark green in color, similar to that of iron  
It is said that tieguanyin has such a strong aroma that  
even after adding water to the teapot seven times, one  
can still enjoy the pleasant taste and fragrance.





# White tea 白茶

Non-fermented, non-rubbed, fast-dried green tea

The tealeaves are silver in color and have fine white hair on them.

The tea liquid is yellowish in color and sweet in taste, with natural fragrance.

Benefits:

It helps eliminate heat within the human body.

It also enhances immune function.

It protects the heart and blood system.

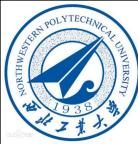
It is mainly produced in Fujian Province.

The most well-known:

“yinzen baihao” 银针白毫 (silver needle with fine hair on them)

“baimudan” 白牡丹 (White Peony )





# Yellow Tea 黄茶

The tea produced by letting damp tea leaves naturally turn yellow

It has an original smell like that of black tea if the tea is cured with other herbs, but its taste is most similar to green and white teas.

Benefits:

It refreshes the mind.

It helps clear away heat and toxic materials within the human body.

The best well-known:

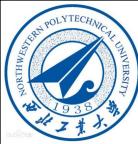
Junshan Yinzhen (君山银针) from Hunan

Huoshan Huangya (霍山黄芽) from Mt. Huo, Anhui

Meng Ding Huangya (蒙顶黄芽) from Mt. Meng, Sichuan

Da Ye Qing (大叶青) from Guangdong





# Dark tea 黑茶

The tea which is compressed and hardened into a certain shape

brick tea 砖茶: in the form of bricks

Tuocha 沱茶: in the form of cakes and bowls

good for transport and storage

mainly supplied to the ethnic minorities living in the border areas of the country

mainly produced in Hubei, Hunan, Sichuan and Yunnan provinces

饼茶: Cake tea

砖茶: Brick tea

沱茶: Pea-top tea

普洱茶: Pu'er tea





# Scented tea 花茶

The most well-known:

jasmine tea

茉莉花茶

magnolia tea

玉兰花茶

lotus flower tea

荷花茶

chrysanthemum tea

菊花茶

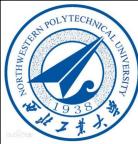
rose tea

玫瑰花茶



The tea made by mixing tea leaves with scented flowers





# Scented tea 花茶

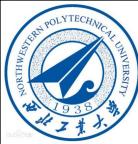
mò lì huā chá  
茉莉花茶



The most popular among scented tea  
Made from jasmine flowers.

The most well-known jasmine flower tea is produced in Fujian Province.  
The favorite of northern Chinese.





# Notes

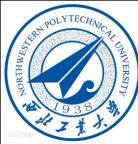
Green tea (the main type of tea, whose output encompasses about 70 percent of total production each year) — Longjing of Hangzhou, Biluochun of Jiangsu, and Huangshan Maofeng and Liu'an Guapian of Anhui.

Black tea (fermented tea)— Qimen Black Tea of Anhui and Dian Black Tea of Yunnan.

Oolong tea is mainly produced in Taiwan and in the Wuyi Mountains in Fujian.

Dark tea is represented by Pu’er Tea of Yunnan. It is processed by adding water to dried green tea leaves, which are then fermented.

There are a variety of scented teas, including chrysanthemum and jasmine tea, the favorite of northern Chinese.



## Exercises

Green tea is kind of tea with fermentation (F)

Longjin Tea has the name of "terrifying aroma" and the Emperor Kangxi very like.  
(F)

Oolong tea is mainly produced in Taiwan and in the Wuyi Mountains in Fujian.  
(T)

Dark tea is popular in European and Amercian countries, people like to drink tea with milk and sugar added. (F)

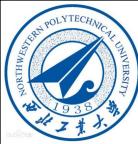
The chrysanthemum and jasmine tea are the favorite of northern Chinese.  
(T)



# Magical Functions of Tea

- Tea can clean the mind.
- Tea can improve manners.
- Tea can express respect.
- Tea can relieve depression.
- Tea can enhance energy in the human body.
- Tea can maintain health.

hē chá  
喝茶



# Ways of Making Tea

The Chinese attach great importance to the clean water, tea leaves, tea set, and fire, when making and drinking tea.





# Ways of Making Tea

- **Water** is an element of priority in the making of tea. To make a good cup of tea, quality water is a must.
- In the cloud-enveloped high mountains, crystal clear spring water is the best for making tea;
- water in the brooks though also good, is not pure because it has smell of the earth, therefore is only second best.
- Considered third is water from wells, as artificial springs from underground are often not flow and tinted with the flavor of salt.





# Ways of Making Tea

- After water, the second most important factor for making good tea is **tea leaves**.
- China has a long history of cultivating multifold tea leaves. From the perspective of processing, tea leaves fall into the categories of green tea, black tea, oolong tea, dark tea, and scented tea.





# Ways of Making Tea

- Fine tea needs to be served in a **fine tea set**.  
The Chinese people pay particular attention to tea sets, which may be made of porcelain, ceramic, glass or wood.



宜兴紫砂壶  
Boccaro teapot  
during Emp.  
(1723-1735)





# Ways of Making Tea

- The fourth and final element in making good tea is **the fire**, which should be:

“Flowing water needs a live fire.” (by the famous Song-dynasty poet Su Dongpo)

- ① live — referring to a charcoal fire
- ② slow
- ③ not having that stink of smoke





# Ways of Savoring Tea

In the Chinese tea ceremony, there are four principles that a tea drinker should observe, i.e., color, aroma, taste, and form.

chá dào

茶道





# Ways of Savoring Tea

First, observe the color. Different teas have different colors, such as black tea, green tea, oolong tea, white tea (leaves with fine and soft white hair), and dark tea. When making tea, people have different color requirements for these different teas.



Longjing tea



Biluochun tea



Qimen Black Tea



Dahongpao tea



Pu'er tea



Jasmine tea



# Ways of Savoring Tea

Second, observe the aroma. Fine tea should have a special fragrance of its own. The Chinese people have three ways of enjoying the aroma of tea: **smelling it** with one's nose once the tea leaves are put into a teacup; **tasting it** with the tongue once the tea is in the mouth and the fragrance overflows; and **enjoying it** with the heart as the unforgettable aroma in the mouth, just like enjoying a fresh breeze.





## Ways of Savoring Tea

Third, observe the taste. Mentioning the taste of tea, a tea lover would tell you that the **bitterness of tea is the most important factor of all tea flavors**. Tea itself has a subtle bitterness, which, if one sips it slowly, would turn into sweetness, that is, when bitterness begins, sweetness ends.





## Ways of Savoring Tea

Fourth, observe the form. The shape of tea leaves should also be observed when drinking tea, especially green tea.





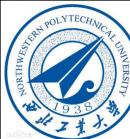
## Exercises

How could we make a good cup of tea?



In the Chinese tea ceremony, How many principles that a tea drinker should observe?

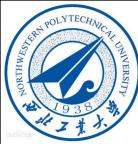




# Drinking and Folk Customs

- Teapot: 茶壺
- Teacups: aroma cup 闻香杯 drinking cup 茶杯
- Tea Tray 茶盘
- Tea Tool: tea shuffle 茶荷 tea funnel 茶斗  
tea tong 茶夹 tea digger 茶匙 tea needles 茶针
- Strainer 漏



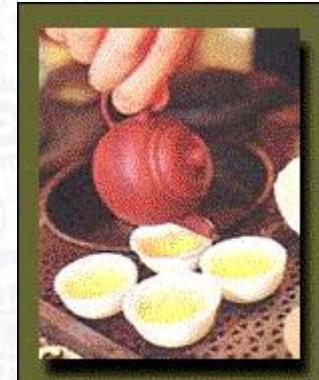
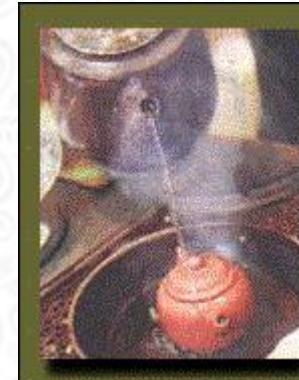
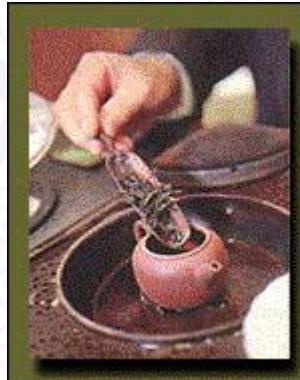
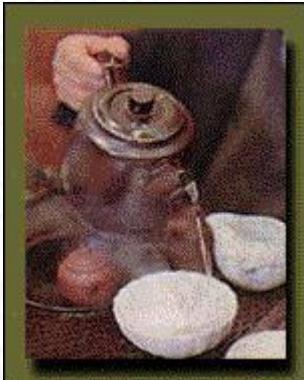


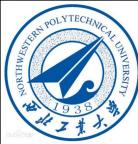
# Drinking and Folk Customs

Chinese tea art is not only the combination of tea and art, but also an art of life.

## Procedures of the kungfu tea ceremony:

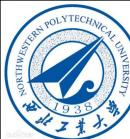
- ♣ Heating cups. (温具)
- ♣ Setting tea. (置茶)
- ♣ Washing tea. (洗茶)
- ♣ Making tea. (冲泡)
- ♣ Drinking and enjoying the tea. (品茶)





# Drinking and Folk Customs

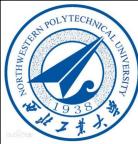
- To show respect
- To apologize
- To express gratitude to the elders on one's wedding day



# Other Uses of Tea

- Making tea-flawred egg
- Making tealeaf pillow
- Making candy





# Chinese Alcoholic Drink Culture



## The Origin of Alcoholic Drink

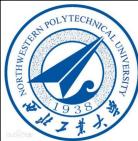


## The Varieties of Alcoholic Drink



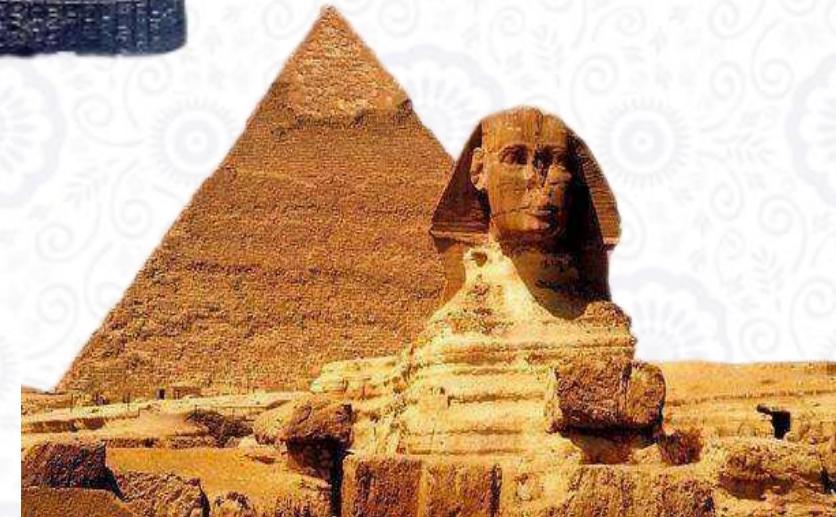
## Chinese Alcoholic Drink Customs



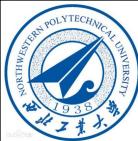


# The Origin of Alcoholic Drink

- Beer, wine and rice wine, the three major brewing wines in the world, have flourished with human civilization.
- The code of Hammurabi in **Babylon** recorded the method of making **beer**.
- The murals in the pyramids of **ancient Egypt** record the process of making **wine**.



How about China?



# The Origin of Alcoholic Drink



= 丶 + 酉



- As **China** has a long history of agricultural civilization, the ancient Chinese put the surplus **grain** into this crock and fermented it into grain wine, which is the oldest wine in China -- **Rice wine**

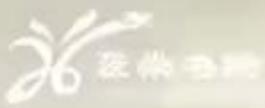
Combination of rice and moldy spores[spɔrz]



+



- Chinese ancestors creatively invented the unique fermented material of Chinese wine: "**Jiuqu**". It allows grains to be **saccharified**[sə'kærifai] and **alcoholic** at the same time.



国家博物馆

高士奇书画作品集

小窗今復誰能識

杜田新見大刀

明  
張  
瑞  
圖



好看视频

来源

乾坤一脉书画作品集

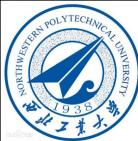


# The Origin of Alcoholic Drink

## What is the historical process of Chinese Alcoholic Drink?



- The history is advancing, and the brewing technology of rice wine is also constantly improving. In general, the degree of rice wine is getting higher and higher, and the liquor is getting clearer and clearer.



# The Origin of Alcoholic Drink



- In the Qin and Han Dynasties, the degree of rice wine was about 4 ° .
- In Tang Dynasty, the degree of high-quality wine can reach about 8-12 ° .
- The final quality of rice wine stabilized in the Song Dynasty. At this time, the degree of good wine can reach 14-18 ° .
- Later, in the Yuan Dynasty, people invented distilled liquor, which was called Baijiu after the establishment of P.R.C.



# The Varieties of Alcoholic Drink

- Chinese alcoholic drink has a long history and a broad variety. Depending on the handmaking method, alcoholic drink can be categorized into brewage, distilled spirits and liqueur.
- In accordance with the **sugar content**, wine can be divided into: sweet alcoholic drink (more than 10%), semi-sweet alcoholic drink ( 5% -10%), semi-liquor (0.5% -5%) and dry alcoholic drink (0.5%).
- Based on **alcohol content**, alcoholic drink can be divided into high alcohol (51% -67%), moderate alcohol (38% - 50%) and low alcohol wine (38% or less).

According to the **type of goods**, alcoholic drink can be divided into: **White liquor, rice wine, Chinese beer, fruit wine, and medicinal liquor.**

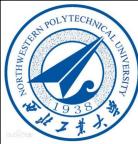


# Chinese Baijiu 白酒

White liquor, traditional Chinese distilled liquor, also known literally as “stewed wine” or “white dry”, **is one of the world's six most famous distilled wines** (white liquor, brandy, whiskey, vodka and rum).

The alcohol content of white liquor is generally above 40%, making it strongly irritant. **White liquor is clear with a pure texture and rich aroma and tastes soft**





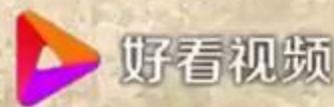
# Chinese Baijiu 白酒

- A history of over 200 years
- Originating from the town of Maotai, Guizhou
- Made from wheat and sorghum



máo tái jiǔ  
茅台酒



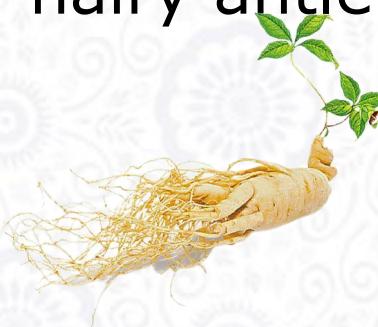


中日邦交正常化



# Medicinal Liquor 药酒

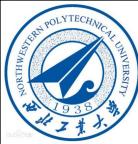
- Medicinal liquor was made by adding to different kinds of Chinese herbal medicines such as ginseng 人参, wolfberry 枸杞 and the animal medicines such as hairy antlers of a young stag 鹿角.



Chinese medicinal liquor generally has therapeutic effects. They are very popular with the elderly.

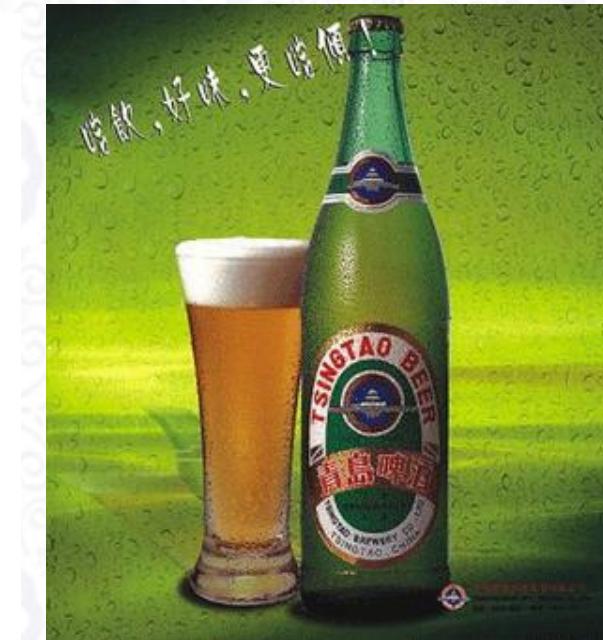
It's a kind of integrated liquor, and it can only be bought in Chinese herbal medicine stores.





# Beer 啤酒

- Using barley as the raw material and hops as the flavor, beer is brewed to be a low alcohol wine, with the content of alcohol **generally between 2% -5%**. Beer has a unique bitterness and aroma, tasting pure and refreshing. Poured into a cup, it will form a large amount of foam.





# Chinese Rice Wine 黃酒

- Chinese rice wine, also known as **yellow wine**, is a classic Chinese brew
- The **300-year-old liquid looks yellow**, which gives it its name. Yellow wine appears golden or brown, tastes mellow, smells fragrant and has some nutritional value.
- The alcohol content of the wine is **generally 15% - 18%**, which makes it a low alcohol wine.
- **Rice wine production is mainly** centered in the lower reaches of **the Yangtze River area**, with the most famous places being Shaoxing, Zhejiang.





# Fruit Wine 果酒

- Fruit wine was made from fruits and berries through direct fermentation, **with an alcohol content of about 15%**. Its flavor varies, different fruits used as materials, and it retains the aroma of the fruits from which it was made. Fruit wine has a higher nutritional value. Grape wine is a typical kind of fruit wine.





# Exercise

White liquor is one of the world's six most famous distilled wines (T)

Rice wine dates back to the Tang Dynasties (F)

Grape wine is a typical kind of fruit wine. (T)

Medicinal liquor was made by adding to wine different kinds of Chinese medicines. (T)

You can buy medicinal liquor everywhere (F)

Yellow wine reaches of the Yellow River area (F)



# Chinese Alcoholic Drink Customs

**Alcoholic Drink** is inseparable from Chinese customs. Whenever there are agricultural activities, festivals, wedding ceremonies, memorial ceremonies, victory meetings or receptions of guests, wine is indispensable.

- 喜酒 Wedding Baijiu
- 满月酒 (百日酒) Celebrating the One Month or One Hundred Days' Age of a Baby Baijiu
- 寿酒 Baijiu Celebrating Elderly Peoples' Birthdays
- 接风酒 Welcoming Baijiu
- 谢师酒 Baijiu Honoring Teachers
- 壮行酒 Farewell Baijiu
- 乔迁酒 House-warming Baijiu

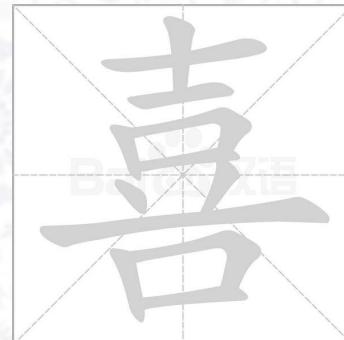


# Wedding Baijiu

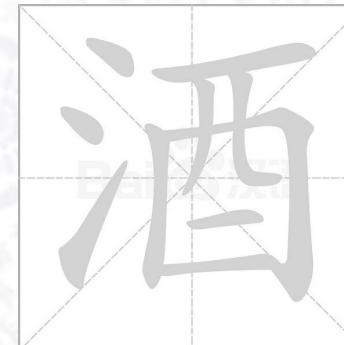


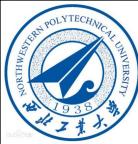
In China, people call attending a wedding ceremony to eat xijiu.

xǐ



jiǔ





# Baijiu for Celebrating the One Month or One Hundred Days' Age of a Baby



In China, when a new-born child arrives for a month or a hundred days, their parents will treat guests with wine in restaurants. People call it full moon wine

mǎn



yuè



jiǔ



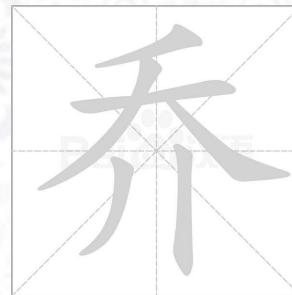


# House-warming Baijiu



If you move to a new house, you must invite relatives and friends. Chinese people this can bring luck.

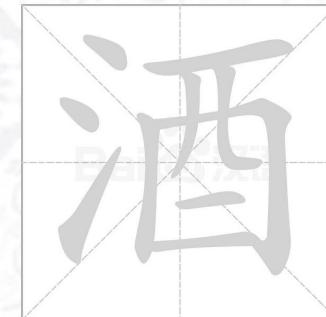
qiáo



qiān



jiǔ





# Wine-drinking Manners



干杯 (gān bēi )



敬酒 (jìng jiǔ)

- How to Propose a Toast
- Generally, the host should propose a toast to guests one by one. In addition, when two people clink their glasses, one should put his glass lower than the other as a sign of respect toward him.



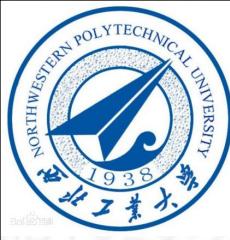
# Wine-drinking Manners

Do you drink in your country?

What is the most popular drink in  
your country? Brief introduction.



**Assignment:**  
reading: Defeating Hunger with  
Hybrid Rice  
send answers to me through Ding  
talk  
due date: till Dec. 4th



---

# Thank you!