

## Chapter 1 : American Chinese cuisine - Wikipedia

*As you explore Chinese recipes, you will notice that oyster sauce is a common ingredient. It brings the flavour of umami (earthy and rich) to a dish while adding a bit of sweet and salty. You can find it at almost any market that specializes in Asian foods and a bottle will last a very long time.*

With a long history, unique features, numerous styles and exquisite cooking, Chinese cuisine is one important constituent part of Chinese culture. Chinese traditional dishes are famous for color, aroma, taste, meaning and appearance. The following are the 8 most popular dishes among foreigners and Chinese. These dishes are available in most large restaurants in China. At the very beginning there was only sweet and sour pork, but to meet demands, there have been some developments on this dish. Now, the pork can be substituted by other ingredients like chicken, beef or pork ribs. Read the DIY recipes of sweet and sour pork ribs. The major ingredients are diced chicken, dried chili, and fried peanuts. People in Western countries have created a Western-style gong bao chicken, for which the diced chicken is covered with cornstarch, and vegetables, sweet and sour sauce and mashed garlic are added. The milky tofu is enriched with brownish red ground beef and chopped green onion. It is really a tasty delicacy. Read the DIY recipes of ma po tofu. The most versatile shape of a wonton is simple a right triangle, similar to Italian tortellini. Wontons are commonly boiled and served in soup or sometimes deep-fried. The filling of wontons can be minced pork or diced shrimp. Dumplings With a long history of more than 1, years, dumplings are a traditional food widely popular in North China. Popular fillings are mince pork, diced shrimp, ground chicken, beef, and vegetables. They can be cooked by boiling, steaming, or frying. See How to Make Chinese Dumplings. Generally speaking, this stir-fried dish consists of noodles, meat usually chicken, beef, shrimp, or pork , onions and celery. For making chow mein, the noodles need to be cooked in boiling water for a while. After they becoming cool, then move to the step of stir-frying. See How to Cook Chow Mein. Peking duck is savored for its thin and crispy skin. The Sliced Peking duck is often eaten with pancakes, sweet bean sauce, or soy with mashed garlic. It is a must-taste dish in Beijing! Read more about Peking Roasted Duck. The filling of spring rolls could be vegetables or meat, and the taste could be either sweet or savory. After fillings are wrapped in spring roll wrappers, the next step is frying. Then the spring rolls are given their golden yellow color. Read more about Spring Rolls. Try Authentic Chinese Food with China Highlights Unlike these travel groups who will be served the same food menu all their China trip. Our private tour allow you to try different local dishes at each place. Our local guide know which restaurants are favored by locals, are willing to arrange them to your itinerary. See our recommended tours below for inspiration.

**Chapter 2 : 15 Favorite Chinese Takeout Recipes to Make at Home | Kitchen Explorers**

*As a kid, ordering Chinese takeout was a real treat. We usually ate home-cooked meals every night. Fast forward a few decades later. I moved to New York City, where ordering Chinese foodâ€”or any.*

August 18, China has the most popular culinary heritage in the world. The history of their cuisine dates back to about 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 favourite. 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 colours. 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. 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. The 8 Culinary Traditions of China Chinese cuisine is as diverse as their culture where every region writes up a new menu. Cooking styles, ingredients, flavours - all differ from region to region. Cantonese cuisine is famous all over the world for its distinctive style. Most dishes are steamed and stir-frying which makes it healthy and non-greasy. Here the dishes are tender, slightly sweet and with a mellow fragrance. Shandong cuisine originated in East China and mostly features seafood as it is a coastal province. They heavily rely on salty flavours. Zhejiang cuisine also thrives on seafood , but focuses more on soft, fresh flavours. Their food is known to have a delicate appearance. They are also fond of using bamboo shoots. Similarly, the dishes from Jiangsu region are known for their soft texture. Their dishes offer a balance of sweet and salty tastes. Szechuan cuisine stands out due to the bold, pungent and spicy flavours. The use of Sichuan peppercorn is what makes it unique. This one is for those of you who love the sting. Anhui cuisine uses a wide variety of herbs and vegetables, especially, fresh bamboo and mushrooms. It also use a lot of wild herbs to enhance the flavour and aroma. Fujian cuisine is often served in a broth or soup using cooking styles like braising, stewing, steaming and boiling. The most notable features of this cuisine are - the use of fresh ingredients from the mountains and sea, soup making and a a lot of focus on seasonings. Hunan cuisine is well known for its hot spicy flavor, fresh aroma and deep color. It is renowned for its stews, but their cuisine also features a lot of braised and baked dishes. Many, many years ago the use of fork and knife was believed to stand for violence versus chopsticks which represented gentleness and compassion. Foods That Bring Good Luck: It is an adaptation of the Chinese sauces, seasoning and certain cooking techniques like steaming and stir-frying. A lot of street food vendors and restaurants serve what is known as the Hakka cuisine with prominent dishes like Manchurian, American Chop Suey, Sweet and Sour, Chow Mein and others. These have similar textures but different flavours due to the use of certain Indian ingredients. To celebrate a cuisine that is so rich, we bring you the most authentic Chinese recipes. Recipe by Chef Nikhil Chib Small bite-sized rounds stuffed with veggies or meat. This essentially a Cantonese preparation. It is made spicy by using red peppers or white pepper and sour with vinegar. Just bung in all your favourites and create a masterpiece of your own. It is loaded with pungent spices like brown pepper. Recipe by Chef Vicky Ratnani A crisp appetizer where shredded veggies are encased in thin sheets and then fried golden. Serve with some fried rice to make a wholesome meal. A dish that is fast, filling and flavourful. Recipe by Chef Roopa Gulati This earthy recipe is perfect for a holiday feast. Chinese pancakes are usually made with dough instead of using a batter.

### Chapter 3 : The 8 Most Popular Chinese Dishes, Traditional Chinese Food

*Best Chinese Recipes A wok is an essential tool to making quick and easy Chinese meals, but authentic Chinese ingredients are just as (if not more) important.*

History[ edit ] Chinese immigrants arrived in the United States to work as miners and railroad workers. As the large groups of Chinese immigrants arrived, laws were put in place preventing them from owning land. They mostly lived together in ghettos, individually referred to as " Chinatown ". Here the immigrants started their own small businesses, including restaurants and laundry services. The restaurants in smaller towns mostly owned by Chinese immigrants served food based on what their customers requested, anything ranging from pork chop sandwiches and apple pie, to beans and eggs. Many of these small-town restaurant owners were self-taught family cooks who improvised on different cooking methods and ingredients. By , there were five restaurants in San Francisco. The trend spread eastward with the growth of the American railways, particularly to New York City. This fueled the opening of Chinese restaurants as an immigration vehicle. Restaurants along with Chinese laundries provided an ethnic niche for small businesses at a time when the Chinese people were excluded from most jobs in the wage economy by ethnic discrimination or lack of language fluency. However, after World War II it began to be dismissed for not being "authentic. By this time it became evident that Chinese restaurants no longer catered mainly for Chinese customers. Adapting Chinese cooking techniques to local produce and tastes has led to the development of American Chinese cuisine. Many of the Chinese restaurant menus in the U. With the continuing success of American Chinese cuisine, including its portrayal to mainland Chinese audiences through the medium of American television sitcoms , American Chinese restaurants have opened in China itself. Products and ingredients needed to recreate these adapted dishes are imported into China. They include "Philadelphia cream cheese , Skippy peanut butter , cornflakes and English mustard powder ". Please help improve it or discuss these issues on the talk page. This section needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. July This section possibly contains original research. Please improve it by verifying the claims made and adding inline citations. Statements consisting only of original research should be removed. July Learn how and when to remove this template message American Chinese food builds from styles and food habits brought from the southern province of Guangdong , often from the Toisan district of Toisan, the origin of most Chinese immigration before the closure of immigration from China in These Chinese families developed new styles and used readily available ingredients, especially in California. The types of Chinese American cooking served in restaurants was different from the foods eaten in Chinese American homes. This can be seen in the use of carrots and tomatoes. Cuisine in China makes frequent use of Asian leaf vegetables like bok choy and kai-lan and puts a greater emphasis on fresh meat and seafood. The food also has a reputation for high levels of MSG to enhance the flavor. American Chinese cuisine makes use of ingredients not native to and very rarely used in China. One such example is the common use of Western broccoli Chinese: Among Chinese speakers, however, it is typically understood that one is referring to the leafy vegetable unless otherwise specified. This is also the case with the words for carrot *luo buo* or *lo baak*, or *hong lo buo*, *hong* meaning "red" and onion *yang cong*. *Lo baak*, in Cantonese , refers to a large, pungent white radish. The orange Western carrot is known in some areas of China as "foreign radish " or more properly *hung lo baak* in Cantonese, *hung* meaning "red". When the word for onion, *yang cong*, is used, it is understood that one is referring to "green onions" otherwise known to English-speakers as " scallions " or "spring onions". The larger, many-layered onion bulb common in the United States is called *yang cong*. This translates as "Western onion". These names make it evident that the American broccoli, carrot, and onion are not indigenous to China, and therefore are less common in the traditional cuisines of China. Egg fried rice in American Chinese cuisine is also prepared differently, with more soy sauce added for more flavor whereas the traditional egg fried rice uses less soy sauce. Some food styles, such as dim sum , were also modified to fit American palates, such as added batter for fried dishes and extra soy sauce. However, an increasing number of American Chinese restaurants, including some upscale

establishments, have started to offer these items in response to customer demand. Ming Tsai, the owner of the Blue Ginger restaurant in Wellesley, Massachusetts, and host of PBS culinary show *Simply Ming*, said that American Chinese restaurants typically try to have food representing regions of China at one time, have chop suey, or have "fried vegetables and some protein in a thick sauce", "eight different sweet and sour dishes", or "a whole page of 20 different chow meins or fried rice dishes". If separate Chinese-language menus are available, they typically feature items such as liver, chicken feet, or other meat dishes that might deter American customers. In Chinatown, Manhattan, the restaurants were known for having a "phantom" menu with food preferred by ethnic Chinese, but believed to be disliked by non-Chinese Americans. Almond chicken - chicken breaded in batter containing ground almonds, fried and served with almonds and onions. Believed to be named after Qing Dynasty statesman and military leader Zuo Zongtang, often referred to as General Tso. Sesame chicken - boned, battered, and deep-fried chicken which is then dressed with a translucent red or orange, sweet and mildly spicy sauce, made from soy sauce, corn starch, vinegar, chicken broth, and sugar. Chinese chicken salad - usually contains sliced or shredded chicken, uncooked leafy greens, crispy noodles or fried wonton skins and sesame dressing. Some restaurants serve the salad with mandarin oranges. Chop suey - connotes "assorted pieces" in Chinese. It is usually a mix of vegetables and meat in a brown sauce but can also be served in a white sauce. Crab rangoon - fried wonton skins stuffed with usually artificial crab meat surimi and cream cheese. Wonton strips are commonly served complimentary along with duck sauce and hot mustard Fortune cookie - invented in California as a Westernized version of the Japanese omikuji senbei, [21] fortune cookies have become sweetened and found their way to many American Chinese restaurants. Royal beef - deep-fried sliced beef, doused in a wine sauce and often served with steamed broccoli. Pepper steak - consists of sliced steak, green bell peppers, tomatoes, and white or green onions stir-fried with salt, sugar, and soy sauce. Bean sprouts are a less common addition Mongolian beef - fried beef with scallions or white onions in a spicy and often sweet brown sauce Fried wontons - somewhat similar to crab rangoon, a filling, most often pork, is wrapped in a wonton skin and deep fried. Some variants are stuffed with cream cheese or icing. Sushi - despite being part of traditional Japanese cuisine, some American Chinese restaurants serve various types of sushi, usually on buffets. Wonton strips - commonly served complimentary along with duck sauce and hot mustard, or with soup when ordering take-out Other American Chinese dishes[ edit ] Authentic restaurants with Chinese-language menus may offer "yellow-hair chicken" Chinese: Yellow-hair chicken is valued for its flavor, but needs to be cooked properly to be tender due to its lower fat and higher muscle content. This dish usually does not appear on the English-language menu. Originally it was only available during a few months of the year, but it is now grown in greenhouses and is available year-round. North American versions found in China[ edit ] Egg foo young Cashew chicken - Stir fried tender chicken pieces with cashews. Chow mein - literally means "stir-fried noodles". Chow mein consists of fried crispy noodles with bits of meat and vegetables. It can come with chicken, pork, shrimp or beef. Egg foo young - a Chinese-style omelet with vegetables and meat, usually served with a brown gravy. While some restaurants in North America deep-fry the omelet, versions found in Asia are more likely to fry in the wok. Egg roll - while spring rolls have a thin, light beige crispy skin that flakes apart, and is filled with mushrooms, bamboo, and other vegetables inside, the American-style egg roll has a thicker, chewier, dark brown bubbly skin stuffed with cabbage and usually bits of meat or seafood such as pork or shrimp, but no egg. Fried rice - fried rice dishes are popular offerings in American Chinese food due to the speed and ease of preparation and their appeal to American tastes. Fried rice is generally prepared with rice cooled overnight, allowing restaurants to put leftover rice to good use freshly cooked rice is actually less suitable for fried rice. The Chinese American version of this dish typically uses more soy sauce than the versions found in China. Fried rice is offered with different combinations of meat and vegetables. Hulutang - a Chinese traditional soup with hot spices, often called "spicy soup" on menus Kung Pao chicken - The Sichuan dish is spicy hot, but the versions served in North America tend to be less so if at all, and sometimes leave out the Sichuan pepper that is a fundamental part of the original dish. Lo mein "stirred noodles". These noodles are frequently made with eggs and flour, making them chewier than simply using water. Thick, spaghetti shaped noodles are pan fried with vegetables mainly bok choy and Chinese cabbage nappa and meat.

Sometimes this dish is referred to as "chow mein" which literally means "fried noodles" in Cantonese. Mei Fun see Rice vermicelli dishes Moo shu pork – The original version uses more typically Chinese ingredients including wood ear fungi and daylily buds and thin flour pancakes while the American version uses vegetables more familiar to Americans, and thicker pancakes. This dish is quite popular in Chinese restaurants in the United States, but not so popular in China. Orange chicken – chopped, battered, fried chicken with a sweet orange flavored chili sauce that is thickened and glazed. The traditional version consists of stir-fried chicken in a light, slightly sweet soy sauce that is flavored with dried orange peels. Wonton soup – In most American Chinese restaurants, only wonton dumplings in broth are served, while versions found in China may come with noodles. In Canton, Wonton Soup can be a full meal in itself, consisting of thin egg noodles and several pork and prawn wontons in a pork or chicken soup broth or noodle broth. Especially in takeout restaurants, wonton are often made with thicker dough skins. Beijing beef – In China, this dish uses gai-lan Chinese broccoli rather than American broccoli. Beef with broccoli Regional variations[ edit ] New York City[ edit ] Given that the New York City metropolitan area has become home to the largest overseas Chinese population outside of Asia, [31] [32] all popular styles of regional Chinese cuisine have commensurately become ubiquitously accessible in New York City , [33] including Hakka , Taiwanese , Shanghainese , Hunanese , Szechuan , Cantonese , Fujianese , Xinjiang , Zhejiang , and Korean Chinese cuisine. Even the relatively obscure Dongbei style of cuisine indigenous to Northeast China is now available in Flushing, Queens , [34] as well as Mongolian cuisine and Uyghur cuisine. Kosher preparation of Chinese food[ edit ] Main article: The perception that American Jews eat at Chinese restaurants on Christmas Day is documented in media as a common stereotype with a basis in fact. Kosher Chinese food is usually prepared in New York City, as well as in other large cities with Orthodox Jewish neighborhoods, under strict Rabbinical supervision as a prerequisite for Kosher certification. The trademark dishes of American Chinese cuisine remain on the menu, but there is more emphasis on fresh vegetables, and the selection is vegetarian-friendly. This new cuisine has exotic ingredients like mangos and portobello mushrooms. Brown rice is often offered as an alternative to white rice. Some restaurants substitute grilled wheat flour tortillas for the rice pancakes in mu shu dishes. This occurs even in some restaurants that would not otherwise be identified as California Chinese, both the more Westernized places and the more authentic places. There is a Mexican bakery that sells some restaurants thinner tortillas made for use with mu shu.

### Chapter 4 : Food Network UK | TV Channel | Easy Recipes, TV Shows and Videos | Food Network UK

*After searching the internet for a good Chinese Spareribs recipe and not finding any that caught my eye, I decided to make my own. This recipe is pretty simple, and yields tender, juicy, tangy ribs. In Japan, I cooked this in the fish broiler, but it should be fine on the grill or in the oven.*

I can never replicate that quite the same Daniel R. Patterson The secret to fried rice is it has to be day-old. Cook the rice the day before you want to fry it, refrigerate it, and then use it the next day. Also, a good rice cooker makes the texture better. Amanda Marlies Ching Agreed! Also, my mother in law taught me that you need to fry everything separate, and then fry the rice last, and add everything back in for an incorporating stir. KL InIdaho May 24, You have to under cook the rice a bit less water and then refrigerate it over night. I keep trying to replicate as well, and I almost got it last time, except my rice was well done with the normal amount of water, so I will add less water this time. Also make sure it is long-grain rice, as the other types are for sticky rice. Yes, a rice cooker is essential, I have found. Add any meats you want, toss around in the pan for a few. Then add your rice. I have done it with both fresh and leftover rice, it seemed the same to me, honestly. I added a few drops cashew oil, and a lot of soy sauce cause I love it. Toss around a bit more to mix it, then put a lid on to finish cooking the veggies and get all the flavors mixed in. Add soy, or plum sauce, or sriracha or whatever you like from there. The biggest thing for me is what veggies to use. So if you want a particular type of flavor, pay attention to what is in your fav version. I love using a wee bit of onion, with big chunks of red and green peppers. HarryPsalms When the question is about re-creating classic fried rice, your answer is horrible. Ruth Anderson I got my recipe from a Chinese street vendor. When it comes to being helpful or informative, you are neither. Plus you are rude. Sometimes steering someone away from a crap answer is plenty worthwhile, especially when the correct answer has been posted elsewhere already. Denise King My new favorite website! This is great stuff! Zheng Mi March 13, Looks delicious! She loads a new video once a week! She did the filming, cooking, editing all on her own! I am very proud of her!

### Chapter 5 : Chinese recipes | BBC Good Food

*Check out F&W's 10 favorite Chinese recipes, like hot and sour soup, fried rice and delicious wontons.*

### Chapter 6 : Chinese Cooking With American Meals by Hodgson, Moira

*Trusted Results with Chinese american recipes. chinese-american Recipes at calendrierdelascience.com show results for food recipes drink recipes member recipes all recipes an exact match for: chinese-american.*

### Chapter 7 : Chinese Cooking With American Meals by Moira Hodgson

*Chinese food is meant to be eaten with chopsticks and you'll find this practice fairly common in all Chinese households. Many, many years ago the use of fork and knife was believed to stand for violence versus chopsticks which represented gentleness and compassion.*

### Chapter 8 : easy chinese recipes

*Skip the takeout and cook up some fresh Chinese cuisine with Food Network. Check out all the tips and Chinese recipes you need for a delicious meal.*

### Chapter 9 : Everyday Meals | Chinese American Family

*The types of Chinese American cooking served in restaurants was different from the foods eaten in Chinese American*

*homes. [14] [8] Of the various regional cuisines in China, Cantonese cuisine has been the most influential in the development of American Chinese food, especially that of Toisan, the origin of most early immigrants.*