

# CHINESE FAMILY FEAST DISHES

## 中国家宴菜



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**CHINESE FAMILY  
FEAST DISHES**

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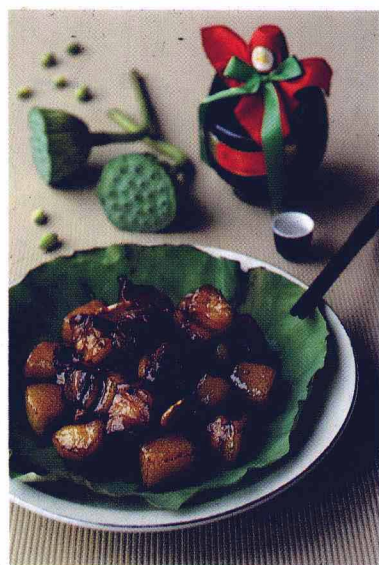
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Chicken Wrapped with Paper 纸包鸡



Steamed Pork Wrapped  
in Lotus Leaf 荷叶肉

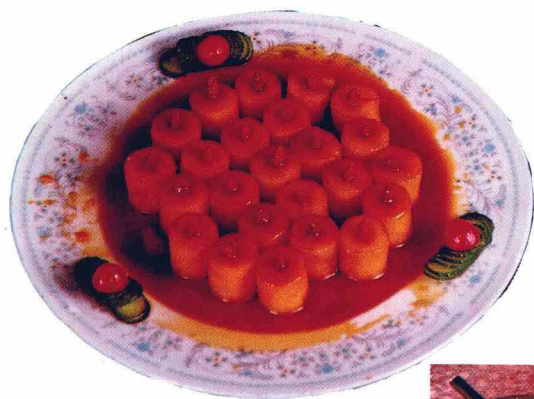
Stir-Fried Pigkidney 炒腰花







Assorted Dish in Creamy Sauce 奶汤什锦



Water Chestnut Coated with  
Honey Sauce 蜜汁马蹄

Cabbage in Creamy  
Sauce 奶汤白菜





Chopped Plain Chicken 白切鸡



Deep-fried Crispy Prawn 脆皮炸直虾



Steamed Pork with Spicy Taros 香芋扣肉

Sweet-Sour Spareribs 糖醋排骨



Simmered Four Treasures  
菜胆四珍煲



Stir-Fried Green Crabs 姜葱炒蟹





Dry Fried Fish 干烧鱼



Home Style Sea  
Cucumbers 家常海参



Spicy Walnut Kernels 怪味桃仁



Fish-Meat Ball  
Soup 鱼丸汤

Bag Bean Curd 口袋豆腐



Mapo Bean Curd 麻婆豆腐



Glass-Like Squid 玻璃鱿鱼



Family Reunion (Hotchpotch) 全家福



Water Celery Salad 拌水芹



Lion's Heads with Crab  
Meat 蟹粉狮子头



Vegetarian Assorted  
Dish 素什锦



Soft-Shelled Turtle  
Soup 甲鱼汤



Sauté Shrimp  
Meat 炒虾仁



## PREFACE

Dishes of Shandong, Guangdong, Sichuan and Jiangsu Provinces are the four famous dishes systems in China, representing the local flavours of the east, west, south and north areas of China. Because of the different local products, cooking methods, eating customs in each area, the family feast dishes have their own characteristics. Shandong dishes enjoy high reputation in the north part of China. Giving much attention to flavour, Shandong dishes are famous for being clear, fresh, tender and pure in taste. Typical Jinan local dishes stress the application of clear soup and creaming soup while cooking. The dishes cooked with clear soup are clear and fresh and dishes cooked with creaming soup presents milky colour and pure taste. Guangdong dishes are characterized by their rich ingredients such as snake, rats, turtles and the great variety in shape and colour. Another distinguished feature of Guangdong dishes is freshness, crispness, fragrance in taste. The special dish cooked with snake has a long history of two thousand years. The typical feature of Sichuan dishes is their special stress on flavour. They have such a reputation: "One dish, one style; one hundred dishes, one hundred different tastes." Sichuan dishes are flavoured mainly with hot pepper, pepper, Chinese prickly ash, fresh ginger, and broad-bean sauce. That is why Sichuan dishes are famous for being stupefied and hot. Jiangsu dishes have very important influence in the middle and lower reaches of the Changjiang River. They are characterized by the stress on the strictness of material selecting, cutting skill and fire control. Another famous feature of Jingsu dishes is their special attention to retaining the raw materials' natural juice and flavours. The Jiangsu dishes are clear, fresh, delicious and a bit sweet. The Jinling Osmanthus Duck in Nanjing, Squirrel Mandarin Fish in Suzhou, Lion's Head with Crab Meat in Yangzhou are well-known far and wide and praised by people today and in the past, at home and abroad.

In order to enrich your family life during holidays and instruct you in holding a family feast, improve your cooking skill and entertain your friends pleasantly, we translate the book "Family Feast Dishes of Shandong, Guangdong, Sichuan and Jiangsu Provinces of China" compiled by Mr. Zhang Lianming, Li Xiusong, Xiong Sizhi and Qiu Pangtong. The four authors of this book are theorists and associate professors engaged in Chinese cooking research. They are scholars of great attainments in theory and practice. They are branch editors in chief of **Chinese Encyclopaedia on Cooking** and deputy editors in chief of **Chinese Cooking Dictionary** and the members of the editorial board of **Chinese Cooking Magazine**, etc.

The book collects the quintessences of the family feast dishes of the four famous systems in China. We introduce separately the knowledge concerning the historical development, proper arrangement of a family feast, cooking process and the menu of family feast dishes of Shandong, Guangdong, Sichuan and Jiangsu cooking systems. According to the order of cold dishes, hot dishes, sweet dishes and soup, we collect and introduce about 100 dishes in each cooking system. There are about 400 dishes in all in this book. The ingredients of each dish introduced in this book are easily got in market. The cooking methods introduced in this book are easily mastered.

This book is either useful for the family to cook with or suitable to be used as the reference book for both the professional and amateur cooks. It is our sincere hope that this book can enrich your family life and bring happiness to all of you.

September 6, 1992

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