




Shanghai Snack Menu

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by Michael New, Judy Wu



 Shanghai Pictorial Publishing House

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INTRODUCTION

About this Book

Living in or traveling through a different culture is a wonderful experience. Experiencing Shanghai, one of China's most traditional but modern cities, has the benefits of both east and west, old and new for foreign visitors. This experience comes with its challenges, especially if you don't speak the local language. Arriving in a foreign city with little language, cultural or local knowledge is exciting and difficult. How do you obtain a local experience and not just be caught in the latest tourist traps? The aim of this book is to help visitors to obtain a more local experience through enjoying the snack culture that Shanghai has to offer. This book helps to remove the barriers and the uncertainty for a visitor in knowing what is available and in finding and ordering traditional Shanghai snack food.

The dishes in this book are all traditional Shanghai snacks that are available in authentic long established Shanghai restaurants. A Shanghai snack or XiaoChi (XiaoChi Chinese characters) is the Shanghai equivalent of Dim Sum or Yum Cha from Hong Kong that many westerners are more familiar with. These are small dishes which are often eaten as snacks between meals, as part of a meal or by ordering several snacks as a complete meal. Most of the dishes pictured in this book have been eaten in Shanghai for centuries. All the restaurants listed are famous local Shanghai restaurants that cook these dishes in their original style. Some of these restaurants have been operating for over 100 years.

How to Use this Book

This book is organised into 10 chapters based on the style of cooking used for each dish. For example, Steamed, Fried, etc.. There is one dish per page with the following information: Name of the dish in Chinese characters, its English name, the English transliteration of the Chinese name, a photo and a brief description of the dish and the address of a restaurant in Chinese and English that specialises in the dish.

The picture and description of the dish will allow you to choose your food with confidence. The restaurant name and address will allow you to jump into a cab and get to the restaurant by showing the driver the address in Chinese. To assist in ordering, the English transliteration of the Chinese name will allow you to try to verbally order the dish. If this does not work then showing the page to the waiter will do the trick.

Be adventurous and we hope this helps you to enjoy Shanghai snacks as much as we do.

Walk in for Shanghai Snack

Shanghai snack is a combination of dim sum, street food, and dessert. It absorbs the elite taste of South Yangzi River and found its special snack tradition. Lots of the snack food restaurant in Shanghai has hundreds years history, and some of them are still in the lane only known by locals. People walk in to have breakfast, lunch, dinner or whenever they feel like something tasty.

Like your feelings of Shanghai, Shanghai snack is also something new and old, traditional and creative. The snack is LIVE! It's in Shanghainese daily life and day after day, new snacks are born while some old fashion becomes hard to find... So, run to taste the fresh snack now and feel Shanghai by your tongue.

Tea

Once seated, the next thing you will be asked is, "What kind of tea would you like?" Tea is a traditional complement for dim sum and a very important part of the dining ritual. To ask for a new pot of tea, you can choose:

Oolong Tea	乌龙茶
Longjing Tea	龙井茶
Jasmine Tea	茉莉花茶
chrysanthemum tea	菊花茶
Iron Buddha Tea	铁观音茶
Black Tea	红茶



Tea Snack



迷你粽子
mini- dumpling



五香豆
five scented bean



玫瑰瓜子
rose melon seeds





五香鹌鹑蛋
five scented quail egg



鲜汁小白干
delicious dried tofu



绿茶瓜子
green tea melon seeds

湖心亭茶楼

Teahouse of the Pavilion
in Lake Center

豫园路 257 号

257, Yuyuan Road,
Old Town God's Temple Shanghai
Tel: 86-21-63736950

How to Use Chopsticks

Chinese people use chopsticks for eating all the time, the way Americans use a fork and knife. Learning to use chopsticks can be a little difficult in the beginning, but don't give up; once you master the skill, it's easy, and eating with chopsticks can add to the appreciation of foods from countries where chopsticks are used. Follow the five steps below and practice first by picking up light objects such as cotton balls.

1 Hold your dominant hand as if you are going to shake hands with someone.



2 Secure the first chopsticks in the crook between your thumb and index finger.

