



Culinary Institute
of America

Chinese Cuisine



Learning Objectives

- Identify the main regional Chinese cuisines.
- List the characteristics and common ingredients of Chinese cuisine.
- Recognize the flavor profiles specific to Chinese cuisine.
- Apply the methods of steaming, deep-frying, braising and stir-frying when preparing Chinese dishes.
- Prepare a variety of Chinese dishes following standardized recipes.

Culinary Regions of China

Xin Jiang

- Muslim influence
- Stewed lamb dishes
- Kebabs
- Millet

Sichuan

- Hot/spicy food
- Szechwan "fagara" peppercorns
- Fu-yung -egg white thickened

North

- Wheat
- Corn
- Millet

South

- Rice

Beijing

- Steamed buns
- Peking duck
- Table bbq
- Mongolian fire-pot

Shanghai

- Red cooking
- Bird's nest soup
- Chingkiang vinegar

GuangDon (Canton)

- Lacquer roasting
- Cha shiu "cha shao"
- Fruits in cooking "Sweet and sour"
- Black bean sauces



Elements of Taste

- **Aroma:** 4 key ingredients bring out the true aroma of others: green onions, ginger, garlic, wine
- **Primary flavors:** sweet, sour, salty, bitter, pungent/ spicy
- **Texture:** each dish should offer one or several textures
- **Color:** creates eye appeal



The Wok

- Deep, round-bottomed cooking pan
- Curved, concave shape provides larger usable cooking surface
- Small area of intense heat at bottom, lower heat along sloped sides
- Can execute most cooking techniques
- Made of carbon steel or cast iron
- Must be seasoned and then maintained
- Spatula used in dominant hand to push/scoop, ladle used in opposite hand to catch/transfer, extra large chopsticks



Aromatics



- **Ginger + garlic + green onion:** the Chinese trinity
- **Green & red chiles:** fresh, dried, whole, flaked, ground
- **Hot chile paste + fermented soybeans**
- **Five spice powder:** star anise, Szechwan pepper, cinnamon, clove, fennel
- **Fermented black beans:** inoculated with mold, brined for 6 months

Condiments

- **Soy sauce:** fermented soybeans, salt brine
- **Oyster Sauce:** oyster extract, wheat starch, sugar
- **Hoisin sauce:** fermented wheat starch, vinegar, sugar, garlic, sesame
- **Pickled vegetables**



Ingredients



- Shaoxing rice wine
- Salted, dried shrimp
- Sesame oil, paste, seeds
- Dried lily buds
- Sichuan peppercorns
- White pepper
- Dried shiitake mushrooms
- Black vinegar
- Peanut oil

Tofu

- Prepared by coagulating soy milk and pressing the curds into solid blocks
- Low in calories, high in protein, iron
- Can be **fresh** (produced directly from soy milk) or **processed** (produced from fresh tofu)
- Fresh tofu has varying softness, (unpressed) extra soft, silken, (pressed) firm, extra firm
- **Tofu skin** is produced by boiling soy milk, producing a skin, which is dried into sheets



Green Vegetables

- Bok choy
- Chinese broccoli
- Napa cabbage
- String beans
- Long beans
- Chrysanthemum leaves (*Tong hao*)
- Water spinach



Noodles

- Originated in China 4,000 years ago
- Essential food, enjoyed at all meals
- Included in soups, salads, stir-fry, snacks, as accompaniments
- Wide variety of ingredients (wheat, buckwheat, rice flour, sweet potato, mung bean)





Wonton Wrapper (Yun Tun Pi)



Yellow Egg Wheat (Fujian Mian)



Mung bean (Dong Fen)



Thin Egg Wheat (Sheng Mian)



Dried Egg Wheat (Gan Mian)



Dried Rice Vermicelli (Mi Fen)



Dried Thin Egg Wheat (Yi Mian)



Shao Mai Wrapper (Yun Tun Pi)



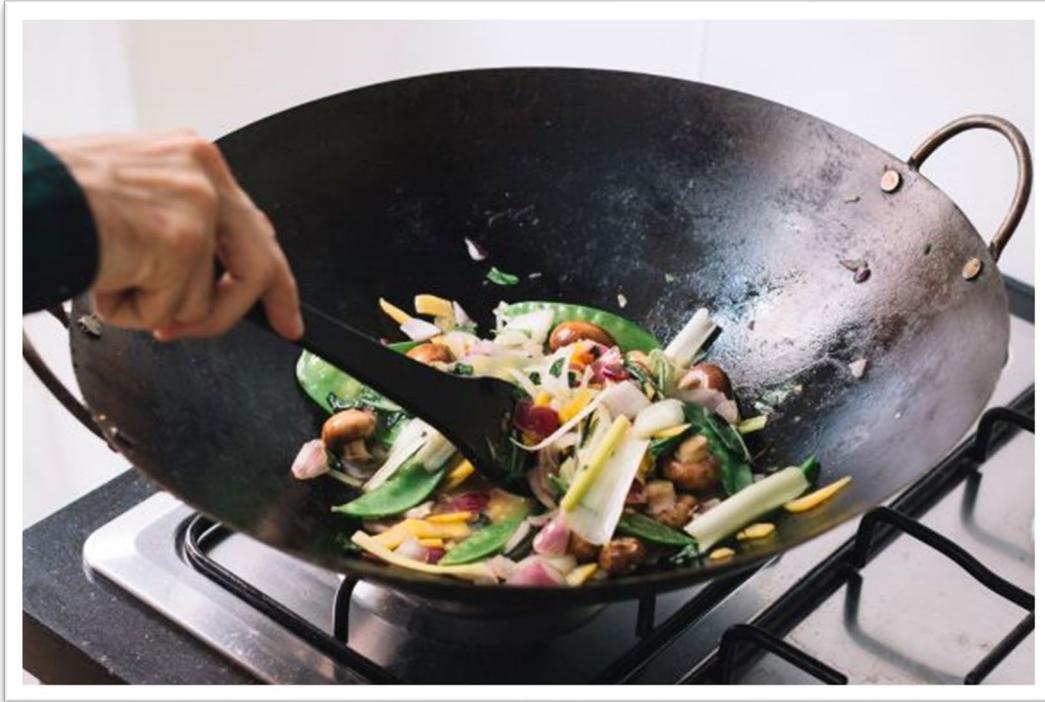
Egg Wheat Strips (Kuo Mian)

Cooking Methods

- Stir-frying
- Steaming
- Deep-frying
- Simmering
- Boiling
- Smoking
- Roasting



Stir-Frying



- Used to quickly cook food in a wok
- Food cut into small, uniform pieces
- All mise en place completed before starting the cooking process
- High heat to sear, not burn
- Move constantly
- Add liquids slowly
- Use all five senses: sight, sound, smell, touch, taste

Velveting

- Used to tenderize proteins by marinating and gentle cooking
- For thinly sliced or bite-sized cuts
- Two methods:
 - Marinate meat in egg white, cornstarch, salt, shao xing wine. Cook in oil at 275°F until 50% cooked.
 - Cook in simmering water until 50% cooked. Stir-fry immediately



Sand Pot Cooking



- Ancient Chinese cooking method
- Food cooked in an earthenware pot directly on the gas burner
- Food is served in the cooking pot
- Often a stew-like dish
- Sometimes some ingredients are precooked to apply different flavor
- Gravy is created from the mingling juices of the ingredients

Dim Sum

- Little snacks artistically wrapped in a variety of wrappers
- Steamed, boiled, deep-fried, or pan-fried
- Large variety of fillings
- Often served on Sundays with tea
- Commonly eaten for breakfast



Steaming



- Moist cooking technique locks in flavor by preventing moisture from evaporating
- No mixing/ stirring, good for delicate foods that might break apart
- No added fats/ oils
- Meat, fish, vegetables are left bright and tender
- Bamboo steaming: place food in a bamboo basket, steam over boiling water
- Wok steaming: boil water at the bottom of the wok, elevate food on a rack, cook covered



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Any Questions?