

# Taste journey through China

According to the taste preference of Chinese people from various regions of China, I define our cooking traditions in six styles. Let me take you on taste journey through China.

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## 1. SALTY IN THE NORTH OF CHINA

*Famous for: Peking roasted duck, salty food and lots of herbs.*

*Favourite method of cooking: stewing*

*Exter product fitting this culinary area:*

*SAVOUREX BB008P - Stewed meat bouillon with high umami impact*

Because of the cold but humid climate, people mostly eat flour and rice products. They really like stewed and braised dishes in this region. They believe it could make people feel warmer during the freezing weather and long winter. They love spices and herbs like garlic, onion, ginger and scallions and use a lot of salt and oil in their foods. Roasted and grilled meaty foods are the most popular snacks for young people in the North. World famous' dishes from this area are Peking roasted duck, stewed chicken with wild mushrooms and four joy meatballs.

## 2. HALAL IN NORTHWESTERN CHINA

*Famous for: Xinjiang roast flat bread, mutton shish kebab and roasted whole lamb.*

*Favourite method of cooking: roasting*

*Exter product fitting this culinary area:*

*SAVOUREX RZ003PK - Dark roasted taste with balanced savoury taste*

This region has a dry climate and their food is quite similar to the Middle East, they use and love similar spices like cumin and onion. Wheat and flour products is the only staple food. This region has the largest muslim community in China, so the halal foods are popular. Mutton and beef instead of pork and seafood are greatly consumed. Roasting is the most popular cooking method here. Famous cuisines are Xinjiang roast flat bread, mutton shish kebab and roasted whole lamb. This region is a producer of high-quality tomatoes so people here are fond of sour tomato sauce.

## 3. HOT-SPICY IN CENTRAL-WESTERN CHINA

*Famous for: Sichuan pepper and Mapo tofu.*

*Favourite method of cooking: Hot Pot*

*Exter product fitting this culinary area:*

*EXHANCE CZ012P - Dark roasted chicken booster with strong umami effect*

As major agricultural area of China, this area flourish in all kinds of foods. The humid climate makes people eager for spicy-hot food. They love herbs like red chili and Sichuan pepper. It seems people here can't live without chili, almost every dish is spicy and hot and also very oily. Sichuan foods burns your lips and leave a lingering, numbing kick on your tongue. Their cooking method is easy and simple: Hot Pot. Raw food is boiled in delicious spicy soup. Besides Hot Pot, Mapo tofu is a world-famous dish in this area (stir-fried tofu in hot sauce).

#### 4. SOUR IN SOUTHWESTERN CHINA

*Famous for: the bamboo tube to cook rice and fermented cabbage.*

*Favourite method of cooking: fermenting*

*Exter product fitting this culinary area:*

**EXTER UM8** - Umami bouillon with excellent enhancing and lingering effect

Southwestern Chinese food in this warm-mountainous region is famous for its sour taste. People love the sour taste from naturally fermented foods like fermented cabbage and fermented meat. They also love pickled vegetables. Rice is the only staple food. People here know how to make food steamer from the natural world. For example, they use a bamboo tube to cook rice which creates a unique flavour. Many dishes in this area are very distinctive and flavourful and accompanied by sour fish and rice noodles.

#### 5. SWEET IN EASTERN CHINA

*Famous for: Dongpo pork and steamed river crab.*

*Favourite method of cooking: stir-frying*

*Exter product fitting this culinary area:*

**RM14** - Pan-fried dark meaty taste with high umami effect

Many of the dishes in this region are using still water fish and crustaceans. People don't like too salty or spicy foods; instead they prefer sweet. They even use sugar as a condiment in regular savoury dishes. The favourite cooking method is stir-frying, soy sauce plays an important role. It makes the dishes more beautiful in colour and when it is combined with sugar, it leads to Maillard reaction. East China foods are always more delicious and rich in aroma/odour comparing to other areas. Representational dishes in this area are Dongpo pork (curved pork braised by soy sauce) and steamed river crab.

#### 6. LIGHT AND FRESH IN SOUTHERN CHINA

*Famous for: Cantonese food, umami taste and Dim Sum.*

*Favourite method of cooking: steaming*

*Exter product fitting this culinary area:*

**EXTER KBS** - High impact umami stewed white-meat bouillon, with a fatty note

This region is close to Hong Kong and near the sea, their food style is also called Cantonese food. This is the most 'light taste' area in China. People are not eager for salty, sweet, spicy-hot or sour food and don't use a lot of spices and herbs. Instead, they are very keen on the umami taste, especially in soups. The most important rule for food in this region, is that it is fresh and nutritious. The cooking methods here are most famous for soup, simmer and steaming foods. It is said every housewife in this region must make delicious soup healthy for body otherwise she could not get married. The most famous Cantonese food is Dim Sum.

