

Building a Chinese Plate

PROTEIN OPTIONS

- *Sweet & Sour Pork*: a sweet orange sauce with a slight sour taste! Usually has chicken & shrimp options for substitutions
- *Kung Pao Chicken*: Diced chicken, dried chili & fried peanuts traditionally fried together in a skillet with savory flavors
- *Ma Po Tofu*: Spicy soft tofu cubes tossed with browned ground beef & green onion.
- *Peking Roasted Duck*: Served thin & crispy often eaten with pancakes, sweet bean sauce or soy sauce and garlic.
- *Roujiamo*: "Chinese burger" made from lamb and pork varieties usually served with soup or noodles at lunch time.
- *Century Eggs*: A Chinese delicacy made by preserving for up to 12 months in rice hulls! Has the same texture as hard boiled eggs with a sweeter taste.



CARB SOURCES

- *Steamed White Rice*: Rice is a staple food for most meals throughout China. It is typically always served on the side alongside the main dish (veggies and meat).
- *Chow Mein/Lo Mein*: Wheat based egg noodles usually served with stir fried veggies and meat. Chow based noodles are usually deep fried while lo based noodles are boiled and soft.
- *Wontons*: Usually steamed, fried or served in a broth soup. A wonton wrapper made of flour stuffed with pork, shrimp, ground meat or veggies.
- *Dumplings*: Doughy outer layer made of flour usually filled with minced vegetables, potato or meats.
- *Spring Rolls*: A crispy fried outer shell usually stuffed with vegetables or meat. Typically served as an appetizer with various sauces.



FRUIT & VEGGIES

- *Bok Choy*: A type of chinese cabbage that has a sweet-mild flavor and crunchy texture. One of the most common green veggies usually served as a stir fry with different meats.
- *Chinese Eggplant*: Slightly sweeter and less bitter than traditional eggplant usually tossed in a savory garlic sauce.
- *Water Chestnuts*: small white vegetable with a crunchy texture mild taste. Typically served in stir fries, soups and noodles.
- *Jujube*: Traditional chinese fruit similar to dates when dried and crisp like an apple when fresh!
- *Apples, Apricots, Pears, Persimmons & Peaches, broccoli.*



DESSERTS & SNACKS

- *Youtiao*: Fried dough that resemble the taste of churros!
- *Jianbing*: Chinese street food similar to crepes; usually stuffed with savory ingredients.
- *Douhua*: Creamy pudding based dessert/snack made from tofu!
- *Green Tea*: Brewed hot tea traditionally served with most meals and in restaurants!
- *Sesame Balls*: Fried rice flour dough stuffed with red bean paste served as dessert!

CHINA

SIGNATURE DISHES



Hong Shao Rou

A very popular Chinese dish that originated from Shanghai and translates to Red Braised Pork Belly. Cooked with flavors of ginger, garlic, chili peppers and soy sauce. Usually served on its own with a side of rice!

Biang Biang Mian

A traditional bowl of egg noodles topped with egg, meat, tomatoes, diced potato and more depending on the restaurant! The noodles are thick and tossed in a savory oil based sauce. One of the most popular dishes!



Hot Pot

Served fondu style! A variety of meats and vegetables are brought to the table where you cook yourself in a large hot pot of broth. Other restaurants will serve it already cooked in a large pot of hot broth to be shared with the table.

Peking Duck

The national dish of China! A garlic roasted and crisp duck served with onions, pancakes and a sweet bean based sauce. It also comes with a variety of veggies like cucumbers and soy sauce for dipping.



Sweet & Sour Spareribs

Another popular dish all throughout China! Fried pork served in bite sized chunks and tossed with a sweet and sour sauce made from soy sauce, ketchup and white vinegar. Served with diced pineapple, green pepper and white rice.