

Traditional Chinese Food—Culture of Delicacy

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Abstract

China is a large country with a vast land. There are differences in the climate, products, and customs of different places. For a long time, many flavors have been formed in the diet. In China, there has always been a saying that rice is the main food for people in the south part of china and flour food for north part People, and the taste is divided into several parts, people in the south like sweet dish, salty dish in the north, acid dish in the east and spicy dish in the west.[1] From the perspective of influence, Chinese food culture directly affects Japan, Mongolia, North Korea, South Korea, Thailand, Singapore and other countries, and is the axis of the eastern food culture circle. At the same time, it also indirectly affects Europe, America, Africa and Oceania. For example, China's vegetarian culture, tea culture, sauces and vinegars, pasta, medicated food, ceramic tableware and soybeans all benefit billions of people around the world. In short, China's food culture is the regional culture with characteristics of long-range, wide-view, deep-level, multi-angle and high-quality; it is the development of food sources, food utensils, Food conditioning, nutrition, health care, and diet aesthetics create, accumulate, and influence the physical and spiritual wealth of neighboring countries and the world.

Keywords

Chinese Cuisine;Oriental Culture; Deep Communication;Spiritual Wealth.

1. Introduction

China, a vast country, has a long history of 5,000 years. As a cultural and artistic form, the spread of food culture has its own scientific value in studying artistic clues. In traditional Chinese culture, the influence of Confucian ethics and morals, Yin and Yang philosophical thoughts, and traditional Chinese medicine nutrition theory, including dietary aesthetics, cultural and artistic achievements, and national character characteristics, have created Chinese culinary skills, which have subsequently formed China with broad and profound food art. Since ancient times, eating has been pervasive throughout human beings, and a splendid and rich dietary culture has been continually nurtured. From ancient times to today, it has continued to flourish.

According to historical records, the diet of the Chinese nation has begun to improve since the first emperor. The emperor made a stove, beginning as a stove god, to save fuel for concentrated firepower, to quickly cook food, and was widely used in the Qin and Han Dynasties. Soon after, the high-foot cooker gradually withdrew from the stage of history and invented a steamer called 甑 Zeng (in Chinese pronunciation). [2]Different utensils were designed with different cooking methods, such as "steaming grain for drinking and cooking grain for porridge". By the time of the Zhou and Qin periods, Chinese food culture was gradually forming, and humans began to use cereals and vegetables as their main food. The Han Dynasty was the prosperous period of Chinese diet, which was mainly due to the cultural exchange between the Central Plains and the Western Regions of the Han Dynasty, such as the continuous introduction of fruits and vegetables such as pomegranate, sesame, watermelon, spinach, onion and garlic, and various cooking techniques. Especially mentioned here is the tofu invented by Wang An, the king of Huainan. The tofu technology he researched can make the nutrition

of beans fully digested in the human body, and at the same time, it can make a variety of dishes, which can be described as good quality and low price. In about 1960, a large number of large portrait stones were found in the Han tombs in Mi County, Henan Province, with stone carvings about tofu workshops.

2. Ancient eating habits of Chinese

Until the heyday of the Ming and Qing Dynasties, China's traditional diet craftsmanship can reach a peak, not only the continuation and development of Tang and Song food customs, but also adding the characteristics of Manchuria, the diet structure has changed greatly. Type of rice has been completely replaced by a new one, soy material is no longer used as a staple food and has become a dish; the proportion of wheat in the northern Yellow River Basin has increased greatly, making noodles a staple food in the north after Song Dynasty. In addition, the Ming Dynasty introduced large-scale crops such as potatoes and sweet potatoes, and the vegetable cultivation technology reached a high level, and once became the main dish at people's tables. Poultry farmed by artificial animals is also the main source of meat. The famous "Man-Han Banquet" represents the highest standard of food culture and art in the Qing Dynasty.[3]

The Qing Dynasty, the last feudal dynasty in China, not only summarized but also absorbed the essence of Chinese food culture. The food culture at this time can be said to have developed the palace diet to the point where it reached its peak. It is learned from the archives that the Qing Dynasty imperial meal had the following characteristics: Firstly, the Qing emperor ate two meals a day. Breakfast was usually from 6 am to 8 am, and dinner was mostly from noon to 2 pm.[4] Nowadays, supper is considered lunch, and only after two dinners, adding a snack. The second is the composition characteristics of Qing palace royal diet, which is mainly composed of three local flavors and cuisines. The first is Manchu cuisine, which is the national taste used by the emperor from snacks. It is composed of various meats and games etc. Secondly, as the royal family entered the Central Plains, The characteristics of the court diet of the Ming Dynasty were inherited from the Qing Palace, and the diet gradually became mainly Shandong flavor. In the real Qianlong period, due to the emperor's repeated trips to the south of the Yangtze River, Suzhou and Hangzhou cuisine was slowly appreciated and gradually became popular in the palace. For these three cuisines, the cultural characteristics of food were widely favored among the royal families in the Qing Dynasty.[5] It can be said that different eating habits have created different eating cultures. People in these different historical dynasties are using their wisdom to shape a new art of diet revolution.

In addition, it is also one of the artistic characteristics that created the traditional Chinese food culture because of the consistent style of the Chinese People's completeness. Throughout the ages, the Chinese, whether on treat or been treated as guests, usually will provide seven big dishes and eight big bowls to symbolize the richness and warmth of the host. In particular, each household will prepare their own special dishes to entertain relatives in every custom festival. Each dish is not only the sincerity of entertaining guests from afar, but also the family and the festival, a form of blessing and joy.[6] Due to the different traditions in different places, food culture occupies a position that cannot be underestimated in the expressions that represent the differences in local customs and culture. For example, in the local diet customs of Wuxi, Jiangsu, during the Spring Festival, the breakfast on the first day of the year is to eat steamed cake, dumpling balls, noodles, and take the meaning of reunion, promotion and longevity. On this day, all families only eat leftovers from the following Eve, which means "more than enough". Also begging for fire and water from neighbors, admonishing not to scold, not to be angry, not to speak unlucky words, and to pray for peace and good luck throughout the year. In Wuxi province the local customs is when the children come in the new year, the host has to take refreshments and treats as gifts.

Therefore, the traditional Chinese food culture can be summarized into words in terms of its deep connotation: exquisite, pleasing to the eye, full of family love, and courtesy. These words reflect the unique cultural connotations of dietary quality, aesthetic experience, emotional activity, and social

functions in the process of dietary activities, as well as the close connection between dietary culture and Chinese traditional culture.

3. Traditional Chinese food art

In addition, when it comes to traditional food culture, what has to be linked is the diet tool. In China, because people are mainly based on fibrous foods, chopsticks are commonly used to eat. Unlike Westerners who started from nomads and mainly meat, they generally use knife and fork. Chopsticks also embody the yin and yang, ways of Chinese traditional culture. Two chopsticks are one Yin and one Yang. When you use chopsticks, the one that moves is yang, and the one that does not move is yin.[7] It can be seen that the utensils used in traditional cooking are very interesting, such as Gray Pot and the Stove. what is currently known to be found the earliest is a three-legged pot, called black pottery which has steaming drawer with the lower part filled with water. In the Paleolithic period, humans mainly grilled. In the Neolithic period, they began to use the method of boiling and steaming. The north eats millet and the south eats rice. By the end of the Spring and Autumn Period, dumplings was created, and various pasta, wonton and powdery foods had also appeared.

Secondly, Chinese traditional food art is also more and more harmonious. Chinese people must use a round table to eat, because sitting around table in a circle means that no one will distinguish how expensive or humble his social status is when eating together. The ancients believed that eating is the most relaxing moment for human beings. When we eat, we should maintain a relaxed and happy attitude. This is a feature of our Chinese food culture. Therefore, when you eat, do not keep urging your child to eat fast. This will have a bad impact on his future habits and do no good to his spleen and stomach.

China's food culture favors social organizations, so what is social organization? According to ancient records, Chinese ancestors worship the ancient god of earth and god of valley at the same time. This means that the traditional diet culture encourages everyone to drink millet porridge instead of milk. For mothers who have just given birth, the best nurturing food must be millet porridge. The reason is that milk splashes on the ground but nothing grows. Although the grain of millet is very small, it is a seed and can germinate. Therefore, Chinese people pay great attention to this kind of germination of food. We have to mention another phenomenon here. The ancient Chinese particularly emphasized that the eating and the rhythm of the universe should be in coordination.[8] Spring, summer, autumn, winter, and day and night, it is obscure to eat food of different natures, and even processing and cooking food must also take season, climate and other factors into consideration. This ideology that emphasizes adapting to the rhythm of the universe should be unique to the Chinese food culture and art, and also a concept gradually formed by historical humans. However, in today's society, this kind of consciousness spreads to modern times only during the holidays. Although there are some in traditional Chinese medicine, it has never been valued.

4. Conclusion

In short, Chinese traditional food culture is a kind of eastern culture with long-term, wide-viewed, deep-level, multi-angle, and long-term regional culture. It is the development of food sources and food utensils by people of all ethnic groups in more than one million years of production and living practices in China. It pay more attention to food nutrition, health care and diet aesthetics, thus accumulate and influence the material wealth and spiritual wealth of the contemporary world culture. It can be said that ignorance make people blind about how big the world is. The experience of those who eat it can be said to us as a precipitated philosophy of happiness. Chinese food culture teaches us how to eat, how to love and how to live.

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