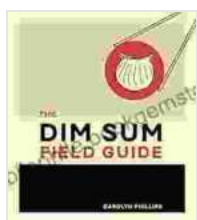


Taxonomy of Dumplings, Buns, Meats, Sweets, and Other Specialties of the Chinese

Chinese cuisine is renowned for its vast array of dishes, each with its own unique flavors and textures. Among these culinary delights, dumplings, buns, meats, sweets, and other specialties hold a prominent place. This article delves into the intricate taxonomy of these culinary treasures, exploring their diverse forms, fillings, and regional variations.



The Dim Sum Field Guide: A Taxonomy of Dumplings, Buns, Meats, Sweets, and Other Specialties of the Chinese Teahouse by Carolyn Phillips

★★★★☆ 4 out of 5

Language : English
File size : 111356 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 258 pages



Dumplings

Dumplings, or *jiaozi* in Chinese, are a type of filled dough that is typically steamed, boiled, or fried. They come in a variety of shapes and sizes, from small, crescent-shaped dumplings to large, round ones. The fillings can be made from meat, vegetables, or seafood, and are often seasoned with a variety of spices and herbs.

Some of the most popular types of dumplings include:

- **Steamed dumplings:** These dumplings are typically filled with pork, shrimp, or vegetables, and are steamed until cooked through. They are often served with a dipping sauce.
- **Boiled dumplings:** These dumplings are filled with a variety of ingredients, and are boiled in water until cooked through. They are often served with a vinegar-based dipping sauce.
- **Fried dumplings:** These dumplings are filled with a variety of ingredients, and are fried until golden brown. They are often served with a sweet and sour dipping sauce.
- **Wontons:** These dumplings are made from a thin dough wrapper that is filled with a variety of ingredients, and are typically boiled in soup.

Buns

Buns, or *mantou* in Chinese, are a type of steamed bread that is typically made from wheat flour. They come in a variety of shapes and sizes, from small, round buns to large, oblong ones. Buns can be filled with a variety of ingredients, such as meat, vegetables, or sweets.

Some of the most popular types of buns include:

- **Steamed buns:** These buns are made from a simple dough that is steamed until cooked through. They are often served with a variety of fillings, such as pork, shrimp, or vegetables.
- **Barbecued buns:** These buns are made from a sweet dough that is filled with a variety of ingredients, such as pork, beef, or vegetables.

They are then roasted in an oven or on a grill.

- **Deep-fried buns:** These buns are made from a dough that is deep-fried until golden brown. They are often filled with a variety of ingredients, such as pork, shrimp, or vegetables.
- **Flower buns:** These buns are made from a dough that is colored with a variety of natural ingredients, such as beetroot or turmeric. They are often shaped into flowers or other decorative shapes.

Meats

Chinese cuisine is known for its wide variety of meat dishes. These dishes can be made from a variety of meats, such as pork, beef, chicken, duck, and lamb. The meats can be cooked in a variety of ways, such as stir-frying, roasting, braising, and steaming.

Some of the most popular meat dishes include:

- **Stir-fried beef:** This dish is made from beef that is stir-fried with a variety of vegetables, such as onions, peppers, and carrots. It is often seasoned with a variety of spices and herbs.
- **Roasted duck:** This dish is made from a whole duck that is roasted in an oven or on a grill. It is often served with a variety of dipping sauces.
- **Braised pork belly:** This dish is made from pork belly that is braised in a savory sauce. It is often served with rice or noodles.
- **Steamed fish:** This dish is made from a whole fish that is steamed until cooked through. It is often served with a variety of dipping sauces.

Sweets

Chinese cuisine also offers a wide variety of sweets. These sweets can be made from a variety of ingredients, such as flour, sugar, and fruit. They can be cooked in a variety of ways, such as baking, frying, and steaming.

Some of the most popular sweets include:

- **Mooncakes:** These are round pastries that are filled with a variety of sweet ingredients, such as lotus seed paste, red bean paste, or duck eggs. They are often eaten during the Mid-Autumn Festival.
- **Egg tarts:** These are small pastries that are made from a flaky dough and filled with a custard filling. They are often served warm.
- **Glutinous rice balls:** These are sticky rice balls that are filled with a variety of sweet ingredients, such as red bean paste, sesame paste, or fruit. They are often served in a sweet syrup.
- **Fried dough sticks:** These are long, thin dough sticks that are deep-fried until golden brown. They are often served with a variety of dipping sauces.

Other Specialties

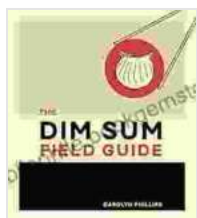
In addition to the above categories, Chinese cuisine also offers a variety of other specialties, such as:

- **Congee:** This is a type of rice porridge that is made from rice that is cooked in a large amount of water. It is often served with a variety of toppings, such as meat, vegetables, or eggs.
- **Noodles:** Chinese noodles come in a variety of shapes and sizes, and can be made from a variety of ingredients, such as wheat flour, rice

flour, or buckwheat flour. They can be cooked in a variety of ways, such as boiling, stir-frying, or deep-frying.

- **Soups:** Chinese soups come in a variety of flavors and textures. They can be made from a variety of ingredients, such as meat, vegetables, or noodles. They are often served as a starter or as a main dish.

The taxonomy of Chinese cuisine is vast and complex, reflecting the country's rich culinary traditions. From dumplings and buns to meats and sweets, there is something to satisfy every palate. Whether you are a seasoned Chinese food lover or a curious novice, this article has provided you with a glimpse into the world of Chinese culinary delights.



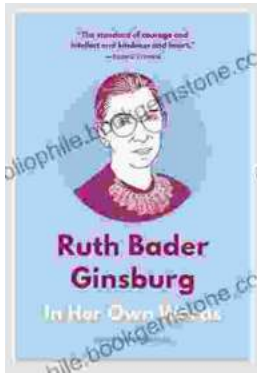
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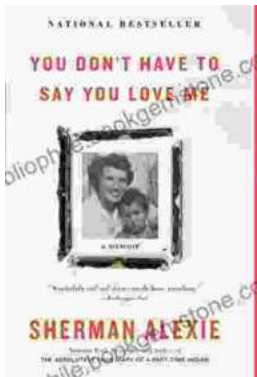
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