



## NANJING CUISINE

Nanjing's culinary scene is an offshoot of Huaiyang Cuisine, one of the four traditional Chinese cuisines. Flavors are concentrated but dishes are refined and light, focusing on seasonality and emphasizing the balance of taste with color. Nanjing is known for its duck, and because of the city's proximity to the water, many dishes also incorporate river fish and shrimp. Specialty dishes commonly served in Nanjing include:

### **Nanjing Salted Duck**

Nanjing Salted Duck is the city's signature dish with a history dating back hundreds of years to its height of fame during the Qing Dynasty. To make the dish, free-range ducks are first simmered in brine before being hung to dry for approximately three days and then served as chops. Nanjing Salted Duck is reputed to taste the best shortly before or after mid-Autumn, when the sweet, newly bloomed osmanthus flowers are added to the spice mixture. Though its presentation may appear bland, Nanjing Salted Duck packs a punch thanks to its flavorful marinade.

### **Duck Blood Soup with Fried Tofu and Vermicelli**

A staple of Nanjing cuisine, this soup can be enjoyed at any time of day. Cubes of duck blood come with duck-bone stock with deep-fried firm tofu, vermicelli and bits of duck organs, such as liver and gizzard. The texture of the coagulated blood resembles bean curd - succulent, watery and tender.

### **Hairy Crab**

Gucheng Lake in Nanjing's southern suburbs breeds some of the tastiest hairy crabs in China. Known for their vibrant orange roe and rich, buttery texture, these crustaceans are a delicacy in many Asian countries. Nanjingers enjoy them steamed, cracking open the shells and dipping the meat in vinegar. Every year between mid-September and mid-October, Gucheng County hosts a festival to celebrate the harvest season of the hairy crab.

### **Pan-fried Beef Dumpling**

These doughy purses, loaded with minced beef mixed with diced ginger and spring onion, are fried until golden and crispy. The fragrant crescents provide a contrasting taste sensation with the inside moist and soft while the outside maintains a satisfying crunch..

### **Peking Duck**

Nanjing is said to be the hometown of the celebrated Peking Duck. The Ming Dynasty brought the dish to Beijing when the capital relocated in 1421, but it can still be found on menus throughout the city.

### **Pidu Noodles**

Up to 15 different ingredients can be combined to create this dish including pork skins that have been boiled, dried, and deep fried as well as local vegetables and pig liver, which are combined in a bowl of steamy noodles.

**Sesame Pancake**

This crumbly pastry comes in two types – a savory oval with minced pork and spring onion and a sweet round presentation topped with melt-in-your-mouth sugar. A lump of duck fat is enclosed in the dough before it is baked to produce the flavor. The white sesame topping brings in an aromatically sweet kick.

**Shredded Tofu in Chicken Broth**

To create this comforting dish, gansi (finely shredded tofu) is boiled in chicken stock with a variety of other ingredients including ham, bamboo shoots, and shrimp. The tofu absorbs the meaty flavor from the broth, providing a vibrant taste.

**Tangbao**

Also known as soup buns, these steamed dumplings consist of a ball of tender pork and delectable broth under an extremely thin layer of dough.

**Tofu Jelly**

Chunks of silky and jade-smooth bean curd are served hot with various seasonings including pickles, dried shrimp, coriander, soy sauce, vinegar and chili oil. Some vendors add chicken slices or beef stock to give the flavor even more depth.

For more information on Nanjing, please visit [www.GoToNanjing.com](http://www.GoToNanjing.com).

**Media Contact:**

Ashley Norman

PHG Consulting

[ANorman@phgconsulting.com](mailto:ANorman@phgconsulting.com)

Tel: +1 646 465 9775

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