

Title:

The History of Chinese Cuisine

Word Count:

441

Summary:

A brief insight into the origins of Chinese food as we know it today.

Keywords:

history, Chinese, cuisine, food

Article Body:

In China, food and its preparation has been developed so highly that it has reached the status

This art has been cultivated and refined over hundreds of years. Legend has it that the cultu

The two dominant philosophies of Chinese culture both had extreme influences on the political

Confucius emphasised the artistic and social aspects of cookery and eating. The Chinese don't

Confucius established standards of cooking and table etiquette, most of which remain to this d

Confucius also encouraged the blending of ingredients and flavourings to become a cohesive dis

On the other hand, Tao encouraged research into the nourishment aspects of food and cookery.

Centuries on, the Chinese have discovered the health-giving properties of all sorts of roots,

Home cooked Chinese food is extremely healthy, even though much of it is fried. This is due t

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