

As we know, culture is the blood and vein of every society. If you lose it, everything will become lifeless. I am always proud of being a Chinese due to having such a superb and colorful culture. Among them, our distinctive Chinese culinary culture deserves to be preserved and inherited.

There is an old Chinese saying, “People do care a lot about what they eat” (民以食為天). China’s long history and rich culture have given birth to distinctive Chinese culinary art. With several thousand years of history, Chinese cuisine was admired by people all over the world. Our traditional dishes are famous for their color, taste, meanings, and appearance. We have a wide variety of cooking techniques, namely stewing, braising, boiling, pan-frying and steaming. The diverse cooking techniques show the wisdom of Chinese people. One of the most famous dishes is hotpot. In the past, hot pot used to be favored only in winter. Now, hot pot is welcomed by every family all year round. Like many Chinese people, I love gathering around the pot with my family and enjoy eating, chatting, drinking and having fun with them. Dim sum is another popular Cantonese cuisine with a large range of small dishes, including dumplings, rolls, cakes, meat, seafood and dessert. I enjoy drinking tea with my family at the weekend. I can’t imagine a day when all those dishes no longer exist. We must inherit and develop it further by all means.