



吃货日记

FOODIE NOTE

食在无锡



PREFACE

After being processed ingredients in different ways, food appears with different tastes and textures. Cooking is indeed one of the greatest inventions in the world. Going all over the earth, we are tasting not only food and cooking, but also the memory and life of people living in various regions.

Luxuries dishes have their own strict rules while daily ones have different flavors. High-end restaurants go for delicate decorations while street vendors prefer simple beauty. Each cook has his or her unique way of cooking and adding seasons, and their special recipes, just like the ancient canals going through the city, lasts for several years and delight many people's life.

The traditional food can also touch tasters' s memory and evoke their emotions. Let's go for those hidden recipes into following the desire of palates.



Q: How long have you been running this store?

A: Around a year.

Q: Do you think extrinsic food will have impact on local traditional food?

A: The plum cake seems to have disappeared for a long time, but suddenly becomes popular recent years. Talking about extrinsic, actually we are not Wuxi people. When we saw such popularity, we learned the method and started this store.

Q: Do you think such popularity is a kind of "following suit" ?

A: Well, I think emotional factors are more important. People like our cake because it is the taste they remember from childhood. We take that into consideration and are moved by such memory. We want to continue the traditional taste.

Q: As extrinsic people, what do you think Wuxi people's idea about plum cake.

A: People all like delicious things. I think this can enable consumers to recall their past.

Q: Do you think young people and older people will have different choices on taste?

A: Mentioning taste, we are the first to bake purple-yum tasted plum cake in Wuxi. There had never been such things in the past, but the youth really like it. Elders often still prefer the traditional lard and pork.

Q: I can see you are really successful now. Do you have some special methods?

A: Only good things have their market. We emphasize a lot on quality and heat control. We didn't pay attention to those in the past. After we realized that, more and more consumers approve us.

Q: Do you feel satisfied with your store? Do you want to improve or expand?

A: At first we decided to open more. However, we have many potential consumers here, and the rent is cheap. It is important to expand, since it is too crowded here.



Yulan Cake is stuffed with juicy pork and has fried skin. One bite of it can taste different flavors in all layers: the outer layer is so crisp that you can hear the sound; the next taste is succulent and sticky. When your teeth are surrounded by soft and waxy doughs, chewy meat will suddenly melt in your mouth in the next second.

YULAN CAKE



Pan Fried Pork Bun is famous for its thin and semitransparent skin. Stuffed with the same juicy pork and scattered white sesame seeds on its top, the pork bun gathers different flavors together and mixes them perfectly.

Steamed Buns' outer skin is made of paste and has a pork meat ball in the middle as the filling. The essence of these dumplings is that they have juicy juice inside that will explode in your mouth while having the first bite. If you dip it into the vinegar, you can have a little flavor concert in your mouth.

PAN FRIED PORK BUN AND STEAMED BUNS



Wuxi spare ribs are a famous Jiangpaigu, it is a traditional food. It is tender, falling off the bone meat, glossy thick gorgon sauce. People should cook long, low heat, slow to achieve the just a falling off the bone also requires difficult rich sauces, and traditional Chinese technology.

WUXI SPARE RIB



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traditional Wuxi
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WUXI
SWEET POTATO
PLUM CAKE



Sweet potato is one of Wuxi people's favorite food. It is famous for its soft and waxy taste and simple flavor. This dessert is rather easy to cook: rock candy is the only condiment, but its soup has toffee brown color and attractive gloss. When you taste it, sweetness of the juice and tenderness of the sweet potato is melting in your mouth. Such a dessert with a delicate sweetness which is nourishing and mouthwatering is irresistible.

SWEET
POTATO



Plum cake has been popular and welcomed by all people in South East China. It originated from Ming Dynasty, and was nominated by Qianlong, an emperor in Qing dynasty. High-quality flour is poured into plum-shaped mode and different stuffings, such as pork, bean paste and roses. Then sugar, sesames and other dosing will be added if the consumers want. The just baked plum cake is spongy, sweet and looks golden. In addition, plum means good personalities such as purity and toughness in Chinese culture. That is why plum cakes are popular among from young kids to elders.

PLUM
CAKE



YI PIN

PLUM CAKE

■ Location: Zhongshan Road, Xinsheng Streets, No.4

■ Recommendation: Plum cake

■ Rating : ★★★★★



“Plum cake here is called ‘taste of childhood’”

■ Vanessa



Nanchan Temple, connecting the past and the present, linking spiritual perfection along with daily affairs, includes almost everything and pictures the miniature of Wuxi city. It is possible to find surprise in each of its corners. For example, going along this zigzag streets, you can see a seemingly endless queue and right at the end of the queue, surprisingly there is a simple and small store. There is no proper chairs or desks, but only two people and a store with special mode on it. After being baked, the cake will be put into a paper cup and that makes traditional plum cake.

Plum cake here is called “taste of childhood”, the small store and simple ingredients are key points of inheriting traditional style. The most welcomed tastes are always lard and pork. The inventive purple yum can only be found here. The purple color and fine sweetness make it new choice for young people. During our interview, we surprisingly found that the owners came from other cities. However, while learning to cook and selling plum cake, they gradually understood time change and childhood memory behind the food.

Money and popularity are not the reason of heritage, but the basis of it. Although keep unchanging is the simplest way of being traditional, it is too conservative. Using creative innovation to add modern value and life for traditional things maybe a more practical meaning of heritage.

MIAO HUA RESTAURA



There is a rather old restaurant on Qingyang Road, named Maohua Restaurant. During eighteen years I live in Wuxi, it always stand at the street corner, welcoming customers attracted by its fame. So, I am so lucky that I can always taste the same dishes of my childhood.

Once I invited my friends for supper in Maohua Restaurant. As dusk crept over the treetops, the restaurant was full of crowd. Looking around, I found this restaurant looks no different from my childhood memory.

People are chatting with soft and tender Wuxi accent, waiting patiently for their supper. We ordered our favorite dishes, Plain Noodles with chopped scallion pieces, a bowl of Sweet Potatoes or a bowl, steaming Fried Pork Buns and Yulan Cakes.

Having our supper, everyone's body was warming up. We enjoyed the dishes and praised: "So delicious...It's the taste of my childhood..."

When the whole world is chasing new fashions and up-to-date styles, this little restaurant has cooked dishes with the same heart for more than twenty years. It carefully preserved the taste of every Wuxi people's childhood, which feature makes Maohua a classic.

■ Location : Qingyang Road

■ Recommendation: Yulan Cake, Pan Fried Pork Bun

■ Rating: ★★★★★



“So delicious...

It's the taste of my childhood...”

■ Wendy

“The fra

WUXI



GRAND HOT

- Location: Liangqing Road, Binhu District
- Recommendation: Wuxi spareribs sauce Green dumplings
- Rating: ★★★★★

fragrance of sauce sparerib straight fly inside my nose”

■ Alsa



As one of the first four-star hotel, Wuxi Grand Hotel is located in the shore of the canal, near Xihui scenic spot. It has antique and traditional landscape and urban landscape in one skyscrapers. When we go to Wuxi Grand Hotel, we tried several snacks. The chicken pie is slightly sweet, crunching just right. While biting open Yulan cake, my mouse is full of soup, and the taste is memorable. Shredded turnip cake is not the same as we imagined, small and exquisite, it is served hot and delicious. The callie very delicious, reminded us stone group's desire, sweet and not greasy. Among these food, the one made me most impressive is the Wuxi sauce sparerib. At present, the fragrance of sauce sparerib straight fly inside my nose. After pick up one piece, with a bit fresh juice, literally, tongue gently sip sauce came out. Wuxi Grand Hotel's sauce sparerib is not too sweet greasy, have a distinctive superior flavor, which follows the sauce sparerib in Wuxi local unique cuisines, standing out the characteristics of the desirable. At the same time, as an established restaurant with a history of nearly 30 years, although Wuxi Grand Hotel appearance is old, but the inside is still delicate. After all, Wuxi Grand Hotel can update in the rise of new food and beverage industry improvement, and this is what we can study from.

“I truly miss them from the very bottom of my heart.”

■ Sophia

“One bowl of Red Spicy Soup Dumplings!” “One bowl of Steamed Buns!”

The cashier shouted at the kitchen loudly as usual.

“Get it!” The response submerged in the warmth of air.

Take the decorated little plate out of the basket made of wood, pour some of the white vinegar out of the tea pot on to this plate, pick a pair of chopstick and dip the hot Steamed Buns into the vinegar and then have a big bite. Every time I fail to slow down and taste every single bit of the Buns because they are simply too delicious.

The glass window allows the sun to shine through, which glorifies the ink and wash wall painting. This little dumpling restaurant is still in the shape as it was three years ago when I was in secondary school. I had my Chinese calligraphy class in this town so I had lunch at this restaurant every week for three years until I left the class for high school study.

I never believe that I have any deep research into Chinese traditional food even though I eat dumplings a lot. However, when I returned to this place after three years, I felt I was about to cry. The voice from the cashier, the warm art from the Steamed Buns, they had already become part of my identity and I truly miss them from the very bottom of my heart.

■ Location
■ Recommendation
■ Rating





the
my heart.”

1x Tongyang Road, Liangxi District

Recommendation: Steamed Buns, Red Soup Dumplings

★★★★★

KIAO LAI XI

■ How is your restaurant developing from beginning?

We are moving forward with a steady pace, taking each step carefully. The initial restaurant only had a very small space, now it has expanded a lot and what you can see now is just after decoration.

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FOODIE INTERVIEW

■ Do you have your own opinions about traditional food

Wuxi food has been appeared for centuries. We summarize them as Jiangna
only Wuxi, Changzhou, Suzhou and Shanghai are all representative, such as t
steamed buns. We believe we should inherit such traditional food and improve
to time, finding new breakthrough.

Most of traditional food restaurants have been appeared recently in Huxi. How do you think about this phenomenon?

Most obvious idea is to advertise traditional things, which is definitely. We also had consideration. Talking about taste, we think they are largely the same, none is, we say, extraordinarily good. What makes different is service and skills. However, some are simply following suit, cheating for small benefits and ignore safety issues. They are making the reputation of tradition. Those who do things carefully like us, may cost more.

What do you consider about expansion?

It is big enough. It is important to ensure fineness and quality. Too many branches may distract the pace. The food will therefore be coarse which situation is not good anyway.



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dishes. Not
the famous
from time

Homemade Steamed Buns

Ingredient


Wheat flour	400g
Pork	400g
Pork skin	200g
Soy	20ml
Salt	3g
Green onion juice	5g
Ginger juice	5g




Divide kneading dough
into little doughs and
flatten them.

Roll the margin
of dough.






Mince some pork, add green onion, ginger, salt, soy, aginomoto and oil and stir the mixture



Stuff meat mixture in a dough



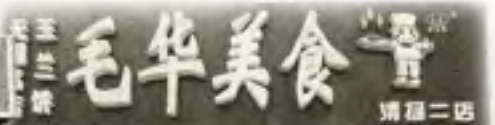
Dry the buns.

Put them into a food steamer for 10 min.

Finish!









制作团队 Production Team:

无锡一中吃货小分队 Foodies from Wuxi No.1 High School

