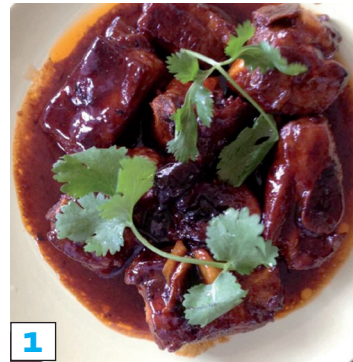


# A BITE OF JIANGSU

## 1. WUXI FRIED SPARE RIBS

A traditional dish in Wuxi, the smoky, deep-flavored ribs were developed during the Qing Dynasty (1644-1911). In the 1980s, the dish was called “Wuxi fried spare ribs” in order to promote it as a local specialty to attract tourists.

To make the dish, 6-7 pounds of pork side ribs are cooked over a long period with soy sauce, soft sugar, yellow rice wine, green onions, ginger, star anise, cloves and cinnamon. It is braised over a low fire for about two hours. When it’s finished, the tender ribs take on a bright yellow color and a strong fragrance.



## 2. ZHENJIANG SAVORY PORK ASPIC

Savory pork aspic is a traditional dish of the Han Chinese in Zhenjiang that was created more than 300 years ago. Aspic is a dish in which the ingredients, usually meat or seafood, are set into a gelatin made from meat stock.

The combination of pork meat and the white skin with the transparent, crystal-like aspic lends the dish its nickname — “crystal pork aspic”. The meat is lean and is often eaten with a small plate of finely sliced ginger and Zhenjiang vinegar.



## 3. TAIHU LAKE THREE WHITES

Taihu Lake is located on the border of Jiangsu and Zhejiang provinces. It is the largest lake in East China and the country’s third biggest freshwater lake. It has been developed into a tourist site.

The lake provides an abundant source of fish. One of the most famous dishes from the region is called Taihu Lake Three Whites and includes white shrimp, whitebait (the fry of fish) and whitefish. The dish is generally prepared on a boat as one floats on the placid lake waters.

White shrimp, which is nearly transparent, has a thin shell and tender meat and is a local favorite. Whitefish is slender and soft while whitebait, which is also described as a “noodle” dish, is about 10cm in length and is popular for its tender flesh and scarcity of bones.

The three Taihu Lake species are listed as protected national aquatic resources.



## 4. YANGZHOU FRIED RICE

Yangzhou fried rice is a popular dish in many Chinese restaurants around the world and originated from Yangzhou, Jiangsu province.

The key to the dish is scrambled eggs, which are cooked two different ways. The first variation, called “silver-covered gold”, cooks the scrambled eggs separately before it is mixed with the rice. The second, called “gold-covered silver”, involves pouring in the scrambled uncooked egg over the rice and vegetables in a hot wok.

Legend has it that the best cooks of Yangzhou fried rice to create a dish with a rice to egg ratio of 5:1 or even 3:1.

Variations of the meal revolve around the types of vegetables used: some use peas or carrots and others corns. Many Chinese restaurants in Western countries use soy sauce to flavor the rice. In the United Kingdom, a variant of the dish includes small pieces of chicken.



## 5. XUYI CRAWFISH

Xuyi crawfish is a unique dish that involves 13 kinds of ingredients used in traditional Chinese medicine. The seafood, caught in Hongze Lake, is dark red, delicious and made searingly spicy. It is served in many major cities of China, from Shanghai to Nanjing.

In Xuyi, residents boil the crawfish with the 13 spices and herbs according to their secret recipes. July to October is the best time to eat crawfish because the meat is the most fresh.

Every summer, an international crawfish festival is held in Xuyi and many Chinese pop stars are invited to perform at the opening act for the show. At present, there are about 800 crawfish shops in the city.

