

**COOKING FROM CHINAS FUJIAN PROVINCE: ONE OF
CHINAS EIGHT GREAT CUISINES**

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Guangdong Cuisine originated from the subtropical zone, along with the coastal area of southern China adjacent to the South China Sea, which is green all the year round. It is very refined and presented colorfully and artistically.

Seasonings include water chestnuts, onions, other vegetables, or wood ear. The position on the coast meant they had contact with Japanese and people from Southeast Asia. It is tender, tasty, and nourishing.

This mold is slightly sweet, and it is thought of as having medicinal effects. In the Han dynasty, the Chinese developed methods of food preservation for military rations during campaigns such as drying meat into jerky and cooking, roasting, and drying grain.