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UNIT

3

# Cuisine and dining etiquette

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There is no sincerer love than the love of food.  
— George Bernard Shaw

# Chinese cuisine and dining etiquette



## ● Passage 1 Chinese cuisine

- 1 Chinese cuisine is an important part of Chinese culture. There have been a multitude of cooking styles in China due to factors such as availability of resources, climate, geography, history, cooking techniques and lifestyle. In the early Qing Dynasty, the best known and most influential cooking styles were the traditional “four major schools of Chinese cuisine” — Sichuan, Shandong, Guangdong and Jiangsu cuisines, which represent the West, North, South and East China cuisines respectively. Later, four new schools of Chinese cuisine were added to form the “eight major schools of Chinese cuisine” — Shandong, Sichuan, Jiangsu, Guangdong, Fujian, Zhejiang, Hunan, and Anhui cuisines.
- 2 Shandong cuisine is famous for its wide selection of materials and use of diverse cooking methods. The raw materials are mainly domestic animals, birds, vegetables, and seafood, such as sea cucumber, abalone and scallops. The masterly cooking methods include stewing, roasting, boiling, quick frying, quick frying with flour, and crystallizing with honey. The most famous Shandong dishes include Sweet and Sour Carp, Braised Sea Cucumber with

Spring Onions, and Confucian dishes<sup>1</sup> such as Crystal Prawn Rings and Fried Chrysanthemum Shrimp Dumplings, which are beautifully designed and prepared with excellent cutting skills.

- 3 Sichuan cuisine has bold flavours, particularly the pungency and spiciness resulting from liberal use of garlic, chilli peppers, and the unique Sichuan pepper. UNESCO declared Chengdu, the capital of Sichuan Province, to be a city of gastronomy in 2010 to recognize the sophistication of its cooking. The most important spice in Sichuan cuisine is the Sichuan pepper with an intense, citrus-like flavour, which produces a tingly, numbing sensation in the mouth. Other commonly used spices in Sichuan cuisine are garlic, chilli peppers, ginger and star anise. Broad bean chilli paste is an important seasoning as in Mapo Tofu and Twice-cooked Pork. The cooking methods of Sichuan cuisine include stir-frying, steaming, braising, baking, and the most popular one — quick frying. There are a wide range of famous Sichuan dishes, including Gong Bao Chicken, Dry-fried Green Beans, Sichuan Hotpot, Spicy Slices of Poached Pork, and Dandan Noodles.
- 4 Jiangsu cuisine, represented by Huaiyang cuisine, is very refined and is presented colourfully and artistically. The chefs of Jiangsu cuisine emphasize bringing out the distinct natural flavours in various ingredients in their dishes. Reflecting its imperial origin, Jiangsu cuisine uses very elaborate and precise cooking methods. The commonly used methods include stewing, braising, simmering, and boiling, most of which can preserve the original flavours and maintain clarity, freshness, and mildness of the ingredients. Famous Jiangsu dishes include Wensi Tofu, Sweet and Sour Mandarin Fish, and Yangzhou Fried Rice.
- 5 Guangdong cuisine is famous for its use of fresh seafood and a wide variety of meat, including pork, beef, chicken, goose, duck etc. In traditional Guangdong cuisine, spices are used in modest amounts to avoid overwhelming the flavours of primary ingredients. Many cooking methods are used, but steaming and stir-frying are the most favoured. Other methods include shallow frying, double steaming, braising and deep-frying. Condiments used in Guangdong cuisine include spring onions, sugar, salt, soy sauce, rice wine, cornflour, vinegar, scallion oil, sesame oil and so on. Traditional Guangdong dishes include Roast Goose, Steamed Fish, Scalded Shrimp, Rice Noodle Rolls, and Wonton Noodles. Guangdong cuisine is also famous for the great variety

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1 Confucian dishes (孔府菜) refer to a Chinese aristocrat cuisine developed by the descendants of Confucius. The characteristics of Confucian dishes include a wide selection of ingredients, emphasis on freshness and nutritious value, extravagant and lavish banquets in strict social stratification order, and artistic presentation of dishes.



of soups such as Cantonese Seafood Soup, White Fungus Soup and Wax Gourd Soup.

- 6 Fujian cuisine is known to be light, soft and tender, with particular emphasis on an umami taste. Many diverse seafood and woodland delicacies are used, including local fish, shellfish, turtles, mushrooms and bamboo shoots. Unique seasoning from Fujian includes fish sauce and shrimp oil. The most commonly employed cooking methods in Fujian cuisine include braising, stewing, steaming and boiling. The most famous dishes in Fujian cuisine are Fo Tiao Qiang, Fried Oysters, Lychee Meat and so on.
- 7 Zhejiang cuisine is dainty and refined. Many cooking methods are used in Zhejiang cuisine, including sautéing, braising and stewing. The province is traditionally noted for confections made from sugar, beans, rice, and wheat. Zhejiang dishes are fresh and soft, with the flavour of mellow fragrance. The most popular Zhejiang dishes include Beggar's Chicken, Dongpo Pork, West Lake Fish in Vinegar Gravy and so on.
- 8 Hunan cuisine is well known for its hot and spicy flavours, fresh aroma and deep colours. Common cooking methods include stewing, frying, pot-roasting, braising and smoking. Known for its liberal use of chilli peppers, shallots and garlic, Hunan cuisine is known for being "purely hot" rather than "spicy and numbing" as in Sichuan cuisine. The most popular Hunan dishes include Beer Duck, Dry-wok Chicken, Homemade Bean Curd, Mao's Braised Pork, Pearly Meatballs, Fish Head Steamed with Chopped Chilli etc.
- 9 Anhui cuisine is known for incorporating wild herbs, fungi and mushrooms from the local mountains. The chefs of Anhui cuisine use comparatively simple cooking methods (chiefly braising and stewing). However, they are particular about controlling cooking time and temperature. Famous Anhui dishes are Li Hongzhang Hodgepodge, Egg Dumplings, Steamed Stone Frog and so on.

## Reading comprehension

### 1 Skimming and scanning

Read Passage 1 quickly and match each of the dishes with the school of cuisine it belongs to.

- |  |                            |
|--|----------------------------|
| _____ 1 Scalded Shrimp                     | <b>A</b> Shandong cuisine  |
| _____ 2 Egg Dumplings                      | <b>B</b> Sichuan cuisine   |
| _____ 3 Braised Sea Cucumber with Scallion | <b>C</b> Jiangsu cuisine   |
| _____ 4 Fried Oysters                      | <b>D</b> Guangdong cuisine |
| _____ 5 Gong Bao Chicken                   | <b>E</b> Fujian cuisine    |
| _____ 6 Dry-wok Chicken                    | <b>F</b> Zhejiang cuisine  |
| _____ 7 Dongpo Pork                        | <b>G</b> Hunan cuisine     |
| _____ 8 Wensi Tofu                         | <b>H</b> Anhui cuisine     |

### 2 Careful reading

Read Passage 1 carefully and complete the following table with the missing information.

Schools of cuisine	Materials	Cooking methods	Characteristics
Shandong			
Sichuan	/		
Jiangsu	/		
Guangdong			
Fujian			
Zhejiang			
Hunan	/		
Anhui			



## Verbal expression

### 1 Identifying the schools of cuisine

Translate the following names of Chinese dishes into Chinese and make judgment about which school of cuisine each of them belongs to.

- 1 Dezhou Braised Chicken
- 2 Sliced Beef and Ox Tripe in Chilli Sauce
- 3 Fish Ball Soup
- 4 Braised Pork Balls in Gravy
- 5 Nanjing Salted Duck
- 6 Spring Rolls
- 7 Stewed Soft-shelled Turtle with Ham

### 2 A recipe of Chow Mein

Chow Mein is a Chinese dish of stir-fried noodles with meat and vegetables. Here is a recipe of Chow Mein in the wrong order. Read the steps and arrange them in the right order, paying special attention to the language features of a recipe. Then try to work out a recipe of a dish that you are good at cooking.

- A** Heat a wok over high heat. Add 1 tbsp (tablespoon) groundnut oil and, when it is very hot and slightly smoking, add the chicken shreds. Stir-fry for about 2 mins and then transfer them to a plate. Wipe the wok clean. Reheat the wok until it is very hot, and then add some groundnut oil. When the oil is slightly smoking, add the garlic and stir-fry for 10 secs. Then add the mangetout and ham, and stir-fry for about 1 min.
- B** Add the noodles, soy sauce, rice wine, pepper, sugar, spring onions and 1 tsp (teaspoon) salt. Stir-fry for 2 mins. Return the chicken to the noodle mixture. Stir-fry for about 3-4 mins or until the chicken is cooked. Add 1 tsp sesame oil and give the mixture a few final stirs. Put it on a platter and serve immediately.
- C** Cook the noodles in a large pan of boiling water for 3-5 mins, then drain and put them in cold water. Drain thoroughly, toss them with 1 tbsp sesame oil and set them aside.
- D** Combine the chicken with the marinade ingredients and ½ tsp salt, mix well and then leave to marinate for about 10 mins.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_



## Critical thinking and cultural exploration

### 1 Chinese breakfast vs English breakfast

The importance of breakfast can be shown by an old adage “Eat breakfast like a king, lunch like a prince and dinner like a pauper.” No discussion about Chinese food is complete without the introduction of Chinese breakfast. Chinese breakfast is light, but filling. Instead of “breaking” from the night’s “fast,” a Chinese “morning meal” is simply the first meal to kick-start your day. Listen to a recording, note down the common food in English breakfast, and talk about the differences between Chinese and English breakfast.



### 2 Is American-Chinese food “real” Chinese food?

Have you heard the complaint that American-Chinese food is not “real” Chinese food? Listen to a commentary in a radio programme to get the answer to the question “Is American-Chinese food ‘real’ Chinese food?” What’s your opinion about whether Chinese food should be localized when it is introduced overseas?





## ● Passage 2 Chinese dining etiquette

- 1 In traditional Chinese culture, eating has far more functions than just filling the stomach or bringing gastronomic pleasure. To ancient Chinese literati, the foremost function of eating was physical and mental cultivation. The second function was strengthening kinship and friendship. The ancient agricultural society of China advocated big families in which several generations lived under one roof. At meal times, family members sat in an order distinguished by status and seniority. Today, friends also sit together around a dinner table as eating together enhances communication, understanding and friendship.
- 2 Eating out is one of the most common ways to honour guests, socialize, and deepen friendship. Proper etiquette is very important to Chinese people who believe good manners invite luck and boorish conduct brings shame. Today, table etiquette is still taken as an indication of educational status. Therefore, it is necessary to know the basic Chinese dining etiquette.

### Seating arrangements for a Chinese banquet

- 3 Seating arrangements are probably the most important parts of Chinese dining etiquette. Other people are not supposed to be seated before the guest of honour or the most senior member is seated. When a family holds a banquet, the seat of honour is for the guest of the highest status, and the head of the house takes the least prominent seat. If a round table is used, the seat facing the door or entrance is generally the seat of honour. The seats on the right-hand side of the seat of honour are second, fourth, sixth etc in importance, while

those on the left-hand side are third, fifth, seventh and so on in importance, until they join together. In ancient times there was a piece of furniture known as the Eight Immortals table, a big square table with benches for two people on each side. The right-hand seat facing the entrance or facing east was for the guest of honour. In a grand banquet of many tables, the table of honour is the one furthest from the entrance or facing east. Of course, the seating arrangements may vary from region to region, but the seating order is generally observed on formal Chinese dining occasions. Therefore, if you arrive early, the smartest thing to do is to sit in the waiting area until other guests arrive.

### **Serving and eating etiquette**

- 4 A major aspect of eating etiquette is respect for seniority and superiority — children for their parents, subordinates for their superiors, younger for older, and hosts for guests. This is reflected not only in the order of seating, but also in serving and eating. One rule of serving is about where and how to place the teapot and dishes. It is impolite to place the teapot in a position where the spout is facing a diner since it is a sign of expelling or that this diner is unwelcome. Instead, the spout should always be directed to where nobody is sitting, usually just outwards from the table. The direction of the dish is considered particularly important when a whole fish is served. Usually the head is placed towards the most honoured guest to show respect for him or her.
- 5 The basic principle of eating is to start eating after the elders or superiors and stop when they do. There are some other rules to observe when a lazy Susan is in use. A lazy Susan is a circular rotating tray placed at the centre of a table and is used to easily share a large number of dishes among the diners. If the dishes come out one at a time or if there are some special delicacies, they are typically served to the guest of honour first and then rotated clockwise around the table. The host will often wait to serve himself or herself last. Dishes should typically not be removed from the lazy Susan and placed on the table. At most, one should hold the dish aloft while serving and then return it to its place on the tray. One should try to avoid moving the lazy Susan even slightly when someone is transferring food to his or her plate or bowl. It is common to take a smaller amount of food on the first round and to keep other diners in mind when one takes a larger second helping.

### **Taboos for using chopsticks**

- 6 Getting food with chopsticks has been the Chinese practice for almost 4,000 years. Over the millennia, rules and taboos regarding the use of chopsticks have been formed and incorporated into traditional behavioural etiquette. Many of these taboos are still valid in today's table manners. For example,



chopsticks should neither be used upside down, nor be placed vertically in a bowl, as this is the way of making a sacrifice to the dead. Another taboo is knocking on the tableware with chopsticks, which is seen as a sign of begging for food. It is bad-mannered to stir food with chopsticks to find what the diner wants or to use a chopstick as a fork by poking it into a piece of food. When the diner wants to put down their chopsticks during a meal, they should place them lengthways on a chopstick holder, or on the diner's own plate or bowl.

- 7 Through thousands of years of evolution, Chinese dining etiquette has developed into a set of generally accepted dining rituals and practices. However, there is variation in Chinese table manners due to the nature and purpose of a banquet and regional differences.



## Reading comprehension

### 1 Skimming and scanning

Read Passage 2 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 Filling the stomach and bringing gastronomic pleasure are the two most important functions of eating in traditional Chinese culture.
- ( ) 2 When a family holds a banquet, the seat of honour is reserved for the head of the house.
- ( ) 3 The main serving etiquette mentioned in Paragraph 4 is about the position of the teapot and the dishes.
- ( ) 4 According to traditional Chinese etiquette, other diners cannot eat before the guest of honour begins to eat.
- ( ) 5 Many ancient taboos regarding the use of chopsticks are still observed today.
- ( ) 6 There may be regional variations in dining etiquette in China.

### 2 Careful reading

Read Passage 2 carefully and answer the following questions.

- 1 How many dining functions are mentioned in Paragraph 1? What are they?
- 2 Why is dining etiquette so important to Chinese people?
- 3 Which one is the seat of honour at a round table?
- 4 If you happen to be the youngest at a banquet of eight friends, which seat are you supposed to take?
- 5 What is the proper way to put the teapot down at dinner?
- 6 If you are the host for a banquet, when are you supposed to eat when a course is served?
- 7 Why is it a taboo to place chopsticks vertically in a bowl?
- 8 What factors can have an influence on the dining etiquette to be observed?





## Verbal expression

### 1 Table settings

Below is an introduction to the elements you'll need in English table settings. Read it and then try to compare the English table setting with the Chinese table setting.

- **Table linens**

Soften your tablescape with a tablecloth, napkins and place mats. Or opt for a table runner instead of a whole cloth. For outdoor festivities, you can find cork mats with matching block-printed napkins. Indoors or out, mix and match your table linens for a festive, casual feel or coordinate them for a more cohesive, formal look. You can also discover smaller, embroidered or printed table throws for accent tables to coordinate with linens that go on your larger tables.

- **Dinnerware**

Plates and bowls are the crown jewels of any table, indoors or out. For something versatile and elegant at the same time, opt for classic, pure white plates with subtle edging designs, and supplement them with a coordinated sugar bowl, creamer and teapot. Look for holiday dinnerware with sophisticated designs, including mix-and-match plaid designs for a warm, cozy dinner setting. Today's durable stoneware is finely detailed with designs and colours to look more like fine china. For outdoors, modern melamine plates in vivid colours look elegant enough.

- **Glassware**

You can never have too much glassware on hand. For indoor and outdoor use, acrylic glassware passes for fine crystal, and it's an ideal choice for active family dinners. Whatever glassware you're seeking for your dining room, kitchen or bar, you have a vast array of choices. From stemless wine and tasting glasses to water glasses, goblets and juice glasses, you might find that your glassware pieces become some of the most well-used essentials in your house.

- **Flatware**

Like glassware, you may need more flatware than you think for casual and formal occasions and for indoors and out. Don't hesitate to mix and match; you can find so many gorgeous designs you might not want to pick just one. From brushed gold, rose gold and stainless steel utensils to serving sets with marble or copper handles, there's a design that can enhance any dinnerware set.

- **Table accessories**

Finish off any table with place card holders, napkin rings and printed wine sarongs. You can find place card holders to match any theme, from pineapples to shells or sea creatures for your seaside dinners. Match your napkin rings to your theme and choose a motif like braided rope or gold cutout rings. Protect your table and table linens with dinner plate chargers in all designs.

## 2 Instructions on the use of chopsticks

Chopsticks were invented almost 4,000 years ago in China. They were made of twigs and were first used mostly for cooking since they were perfect for reaching into hot oil or water. It is believed that chopsticks were used on the table around 400 BC. Below are instructions on how to use chopsticks. Read the instructions, and then work in pairs to do a role-play to give your own instructions on how to use chopsticks.

- 1 Rest one of the chopsticks between your thumb and forefinger.
- 2 Hold the other chopstick on the middle finger and against the nail of the ringer finger.
- 3 The best way to get comfortable with chopsticks is to move just the chopstick mentioned in the first step.
- 4 Now, pick something up using your chopsticks.



## Critical thinking and cultural exploration

### 1 Three seasons of *A Bite of China*

*A Bite of China*, which debuted in 2012, has become hugely popular nationwide for its quality introduction to some rarely-known and mouth-watering domestic cuisine. So far three seasons of the programme have been aired, with varied comments and ratings. Listen to an introduction to the TV programme, and then answer the following questions.



Questions:

- 1 When was the first season aired? What about the other two seasons?
- 2 Which season is the favourite among the three for most of the audience according to the ranking on a website mentioned in the recording?
- 3 According to the crew of the third season, what are the possible reasons for the criticism of the audience?

### 2 A case study: What's wrong with the reception?

At a banquet, a Chinese host or hostess may put food into the guest's bowl or plate to show his or her hospitality. But this may be embarrassing in case the guest is a foreigner who has different dining habits. Listen to a story and analyse it to see what was wrong with the hostess' arrangement. Then work out a better plan to welcome a foreign friend as in this case study.



# Cuisine and dining etiquette in the West



## Passage 3 Cuisine in the West

1 Western cuisine is a generalized term collectively referring to the cuisines of European countries and other Western countries which derive substantial influence from European settlers. The term is used by East Asians to contrast with Asian styles of cooking. Western cuisine is diverse by itself, although there are common characteristics that distinguish Western cooking from cuisines of Asian countries and others. Compared with traditional cooking of Asian countries, for example, meat is more prominent and substantial in serving size. Steaks and cutlets are common dishes and salads are an integral part of Western cuisine. Western cuisine also puts a lot of emphasis on sauces as condiments, seasonings or accompaniments. Many dairy products are utilized in the cooking process, including diverse cheeses and various fermented milk products. Below is a brief introduction to the cuisines in five English-speaking countries.

### British cuisine

2 British cuisine is the specific set of cooking traditions and practices associated with the United Kingdom, which has been described as “unfussy dishes made with quality local ingredients, matched with simple sauces to accentuate flavour, rather than disguise it.” However, British cuisine has absorbed the cultural influence of settlers, producing many hybrid dishes, such as the Anglo-Indian chicken tikka masala. British cuisine has traditionally been limited



in its international recognition to the full breakfast, fish and chips and the Christmas dinner. Other British dishes include the Sunday roast, steak and kidney pie, shepherd's pie, and bangers and mash. British cuisine has many regional varieties within the broader categories of English, Scottish and Welsh cuisines. Each has developed its own regional or local dishes, many of which are geographically indicated foods such as Cornish pasties, Yorkshire pudding, Cumberland sausage, and Arbroath smokies.

### **American cuisine**

- 3 The cuisine of the United States reflects the history of the nation. The European colonization yielded the introduction of a number of ingredients and cooking styles. Early Native Americans utilized a number of cooking methods in early American cuisine, which have been blended with early European cooking methods to form the basis of today's American cuisine. During the 1980s, upscale restaurants introduced a mixing of cuisines by combining Americanized styles of cooking with foreign elements, which was commonly referred to as New American cuisine. New American cuisine is a type of fusion cuisine which assimilates flavours from traditional American cooking and from other cultures and sometimes absorbs molecular gastronomy components. Some dishes that are typically considered American have their origins in other countries. American cooks and chefs have substantially altered these dishes over the years, to the degree that the dishes now enjoyed around the world are considered to be American. Hot dogs and hamburgers are both based on traditional German dishes, but in their modern popular forms they can be reasonably considered American dishes. Crab cakes were once a kind of English croquette, but over time as spices have been added, they and the Maryland crab feast have become two of Baltimore's signature dishes.
- 4 Generally speaking, in the present day the cuisine of the United States is very much regional in nature. For example, the cuisine of New England<sup>1</sup> is noted for its heavy emphasis on seafood, a legacy inherited from coastal tribes, who used the rich fishing banks offshore for sustenance. In contrast, southern states have some of the oldest known food, with Native American influences still visible in the use of cornmeal as an essential staple in desserts and pastries as varied as mince pies, pecan pies, pecan rolls, honey buns and quick breads.

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1 New England (新英格兰) is a northeastern region of the United States. It includes six states: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.



## Canadian cuisine

- 5 The former Canadian Prime Minister Joe Clark believed that “Canada has a cuisine of cuisines. Not a stew pot, but a smorgasbord.” Canadian cuisine is a collage of dishes from the cuisines of aboriginal, European, Asian and Caribbean cultures. Although there are considerable overlaps between Canadian food and the rest of the cuisines in North America, many unique dishes are found and available only in the country, including poutine, butter tart, and peameal bacon sandwiches.

## Australian cuisine

- 6 Australian cuisine refers to the cuisine of Australia and its indigenous and colonial societies. Australian cuisine from the first decade of the 21st century shows the influence of globalization. British traditions persist to varying degrees in domestic cooking and the take-away food sector, with roast dinners, Australian meat pie, and fish and chips remaining hugely popular. But there are also new elements featured in these foods. Meat is a core component of the Australian cuisine, and to barbecue meat is considered traditional. Restaurants whose products include contemporary adaptations, interpretations or fusions of exotic influences are frequently termed “modern Australian.” The iconic Australian food is the Chiko Roll and Vegemite on toast. Other popular Australian food includes lemon delicious pudding and fairy bread.

## New Zealand cuisine

- 7 Similar to the cuisine of Australia, the cuisine of New Zealand is a diverse British-based cuisine, with Mediterranean and Pacific Rim<sup>2</sup> influences as the country becomes more cosmopolitan. New American cuisine and Asian culinary traditions have become popular since the 1970s. As a result of various developments, the food scene of New Zealand in the 21st century is in a state of flux: Pacific Rim fare’s reign is now the norm in most metropolitan eating out scenes, and traditional hearty settlers’ food, but reinterpreted with Pacific Rim cooking knowledge, is a popular cooking style in eating out scenes even in the most remote rural regions. Certain vestiges of traditional Kiwiana dishes remain popular throughout the country, such as meat pies, custard squares, and pavlova.

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2 The Pacific Rim (环太平洋地区) is the area around the rim of the Pacific Ocean.

## Reading comprehension

### 1 Skimming and scanning

Read Passage 3 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 Western cuisine is the common cooking style of European countries and other Western countries.
- ( ) 2 British cuisine is internationally recognized because of its unfussy style.
- ( ) 3 American cuisine has incorporated various ethnic or regional cooking styles to form its own style.
- ( ) 4 American cuisine varies greatly from region to region.
- ( ) 5 Canadian cuisine is the same as that of the United States despite the different climates of the two countries.
- ( ) 6 Dishes of British origin are widely popular in Australia in both domestic cooking and the take-away food sector.
- ( ) 7 Cuisine in New Zealand metropolitan cities is much influenced by Pacific Rim cooking.

### 2 Careful reading

Read Passage 3 carefully and answer the following questions.

- 1 How is Western cuisine different to Asian cuisine in the way meat is served?
- 2 Why does the writer think that hot dogs and hamburgers can be “reasonably considered American dishes”?
- 3 Where are you likely to find seafood in America according to the passage?
- 4 What kind of food can you expect to find in a “modern Australian” restaurant?
- 5 What can we learn about the characteristics of Canadian cuisine from the quote from Joe Clark?
- 6 What is the evidence of the Pacific Rim influences on New Zealand cuisine?



## 1 Identifying Western food

The following are descriptions of eight dishes mentioned in Passage 3, marked from A to H. Read the descriptions carefully and match the dishes with the pictures by putting the corresponding letters on the blanks below the pictures.

- A** **Fish and chips** is a dish of English origin consisting of fried battered fish and hot chips. It is a common take-away food and an early example of culinary fusion.
- B** **Shepherd's pie** (made with minced lamb or mutton) or **cottage pie** (made with minced beef) is a meat pie with a topping of mashed potato. The defining ingredients are minced meat cooked in gravy with onions and sometimes vegetables, such as peas, celery or carrots.
- C** **The Sunday roast** is a traditional British main meal that is typically served on Sunday, consisting of roast meat, roast potato, and accompaniments such as Yorkshire pudding, sausages, stuffing, vegetables and gravy.
- D** **A crab cake** is a variety of fishcake that is popular in the United States. It is composed of crab meat and various other ingredients, such as bread crumbs, mayonnaise, eggs, and seasonings. Particularly the cake is then sautéed, baked, grilled or, the most popular choice, broiled, and then served.
- E** **Chicken tikka masala** is a dish of chunks of roasted marinated chicken (chicken tikka) in a spiced curry sauce. The sauce is usually creamy and orange-coloured.
- F** **Bangers and mash**, also known as sausages and mash, is a traditional dish of the British Isles made of sausages and mashed potato, and may consist of a variety of flavoured sausages made of pork, lamb or beef. The dish is sometimes served with onion gravy, fried onions, or peas.
- G** **An Australian or New Zealand meat pie** is a hand-sized meat pie containing diced or minced meat and gravy, sometimes with onions, mushrooms, or cheese. It is often consumed as a take-away food and often served with tomato sauce on the top.
- H** **A butter tart** is a type of small pastry tart highly regarded in Canadian cuisine and is considered one of Canada's quintessential desserts. The tart consists of butter, sugar, syrup, and egg filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_



8 \_\_\_\_\_

## 2 Ordering food in a restaurant

Listen to two conversations about ordering food in a restaurant and note down some expressions that may be useful when you are in such a situation. Then work in pairs and create a conversation about ordering food in a restaurant using the expressions you've got from the recording.



### NOTES

1 As a waiter or waitress

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2 As a customer

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# Critical thinking and cultural exploration

## 1 Differences between Western and Asian cuisines

Western cuisine and Asian cuisine are different in many ways. Listen to a recording and note down the three major differences mentioned in it.



NOTES	
1	_____
2	_____
3	_____

## 2 Fast food and its impacts on Chinese people

A study conducted by the *International Journal of Pediatric Obesity* tested the association between Body Mass Index (BMI) and fast-food consumption in Chinese children between the ages of 2 and 18 and found that the highest correlation between the two occurred between the ages of 10 and 12. While Chinese children consume less fast food than American children, Chinese children are becoming increasingly obese and it is likely that the influx of fast food in China is a contributing factor even though it might not be the principle culprit. Listen to a report and discuss in groups what measures should be taken to solve such a problem.







## ● Passage 4 Dining etiquette in the West

- 1 In many cultures, there are rules of etiquette pertaining to dining, whether at home or out in a restaurant. Below is the introduction to general table manners in the West.
- 2 Clothing choice is one important thing to be considered for a dinner invitation. When people dine in a casual environment, attire is much less important than it is at an elegant meal. In a relaxed atmosphere, T-shirts, jeans, shorts or sneakers might be appropriate. However, that type of clothing is not considered proper fine dining etiquette. Instead, women might want to wear a tasteful dress or an attractive trouser suit. Men may wish to wear slacks, a shirt and a jacket. In fact, many high-end restaurants have very strict dress codes. Men's and unisex hats should never be worn at the table. Ladies' hats may be worn in a restaurant.
- 3 Napkins should always be laid on the lap and brought up only to blot or pat your mouth, and should be placed unfolded on your chair if you need to leave the table during the meal or placed loosely folded or unfolded on the table when the meal is finished. A diner should never spit things into a napkin.
- 4 Traditionally, the host or hostess takes the first bite unless he or she instructs otherwise. In religious households, a family meal may commence with saying grace<sup>1</sup>, or at dinner parties the guests might begin the meal by offering some

1 A **grace** (餐前祈祷) is a short prayer or thankful phrase said before eating. Reciting such a prayer is sometimes referred to as "saying grace."

favourable comments on the food and thanks to the host or hostess. In a group dining situation it is considered impolite to begin eating before all the group have been served their food and are ready to start.

- 5 The fork may be used in the American style (in the left hand while cutting and in the right hand to pick up food) or the European continental style (fork always in the left hand). The fork is held generally with the tines down, and the knife is used to cut food or help guide food onto the fork. When no knife is being used, the fork can be held with the tines up. With the tines up, the fork balances on the side of the forefinger, held in place with the thumb and forefinger. Under no circumstances should the fork be held like a shovel, with all fingers wrapped around the base. A single mouthful of food should be lifted on the fork and you should not chew or bite food from the fork. The knife should be held with the base into the palm of the hand, not like a pen with the base resting between the thumb and forefinger. The knife must never enter the mouth or be licked. When soup is taken, the spoon is held in the right hand. You should scoop the soup in outwards movements. The soup spoon should never be put into the mouth, and soup should be sipped from the side of the spoon, not the end.
- 6 Food should always be tasted before table salt and pepper are added. Applying condiments or seasonings before the food is tasted is viewed as an insult to the cook. Butter should be cut, not scraped, from the butter dish using a butter knife and put onto a butter plate, not spread directly onto the bread. Bread rolls should be torn with the hands into mouth-sized pieces, and then buttered individually on the butter plate by using a knife. As with butter, cheese should be cut and placed on your plate before eating. If food must be removed from the mouth for some reason — a pit, bone, or gristle, the rule of thumb, according to Emily Post<sup>2</sup>, is that it comes out the same way it went in. For example, if an olive in a salad is eaten with a fork, the pit should be deposited back onto the fork inside your mouth, and then placed onto a plate. Food that is simply disliked should be swallowed. While eating, the diner should sit up straight, keeping elbows off the table. Food should always be chewed with mouth closed. Talking with food in your mouth is seen as very rude. Licking your fingers and eating slowly can also be considered impolite. It is also rude to slurp food, eat noisily or make noise with cutlery. It is impolite to reach over someone to pick up food or other items. Instead, diners should ask for items to be passed to them.
- 7 Phones and other distracting items should not be used at the dining table.

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2 Emily Post (埃米莉·波斯特) (1872-1960) was an American author famous for writing about etiquette.

Reading at a table is permitted only at breakfast, unless the diner is alone. Urgent matters could be handled, after an apology, by stepping away from the table. Should a mobile phone ring or if a text message is received, the diner should ignore it. In exceptional cases where the diner feels the call (or the text message) may be of an urgent nature, he should ask to be excused, leave the room and take the call (or read the text message) out of earshot of the other diners. When finishing eating, the diner should communicate this to other diners and place the knife and fork together on his or her plate. At family meals, children are often expected to ask permission to leave the table at the end of the meal.

- 8 Dining etiquette can vary in different cultures and dining situations. For the most part, however, many of the above rules apply.



## 1 Skimming and scanning

Read Passage 4 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 T-shirts and jeans should never be worn for a dinner invitation.
- ( ) 2 The diner should never spit into a napkin.
- ( ) 3 In the West, generally it is the host or hostess who should eat first.
- ( ) 4 Paragraph 5 is about the proper use of the cutlery: fork, knife and spoon.
- ( ) 5 Most of the rules discussed in Paragraph 6 can be summed up as “being considerate of others while eating.”
- ( ) 6 When eating with others, if you have to leave the table to handle an urgent issue, you should ask to be excused.
- ( ) 7 When finishing eating, the diner should place the knife and fork together on his or her plate.

## 2 Careful reading

Read Passage 4 carefully and answer the following questions.

- 1 Where and how should you put the napkin after meal?
- 2 When can the guests begin to eat in a group dining situation?
- 3 What should be avoided on the use of fork, knife and spoon respectively?
- 4 What utensils are needed if you want butter or cheese for your bread?
- 5 According to Emily Post, how should the pits be removed if olives are eaten by hand?
- 6 What is a child expected to do at the end of a family meal?





## Verbal expression

### 1 Kitchen utensils

Match the following pictures of some common kitchen utensils with their names. Then discuss in pairs their functions.

whisk  
egg slicer

rolling pin  
grater

lemon squeezer  
strainer



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

### 2 Resting and finishing positions of tableware

When you are just pausing between bites, place your tableware in a resting position; and when you are done eating, place it in a finishing position.

Listen to a description of the resting and finishing positions of tableware in the European continental style, and try to draw simple pictures to illustrate the positions according to the description. Then introduce the tableware positions to your partner(s).





## Critical thinking and cultural exploration

### 1 Top 10 differences between Chinese and Western dining practices

In this unit, you have learnt that Chinese and Western cuisines and dining etiquette are different in many ways. Listen to a recording and note down the 10 differences between Chinese and Western dining practices mentioned in it.



#### NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

### 2 Importance of table manners

A survey shows that British table manners are in a parlous state, with two-thirds of British people eating with their elbows on the table and a quarter of them burping during meals. Some people believe that “people should feel comfortable and relaxed when eating,” while others insist that “if you don’t develop good table manners for your children, you should not be surprised if they grow up alienated and uncivilized.” Listen to a recording and explain why the pediatrician thinks that table manners are important.

