

# When Noodles Meet Spaghetti



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Noodle Making Videos:

<http://www.youtube.com/watch?v=6sfSiWepm7U>

<http://www.youtube.com/watch?v=51h3cGWXD5M>

# How old are you, Noodles?



# 面条



- 面：miàn (Flour)
- 条：tiáo (Strips)

汤饼 ( “Pastry Soup” )



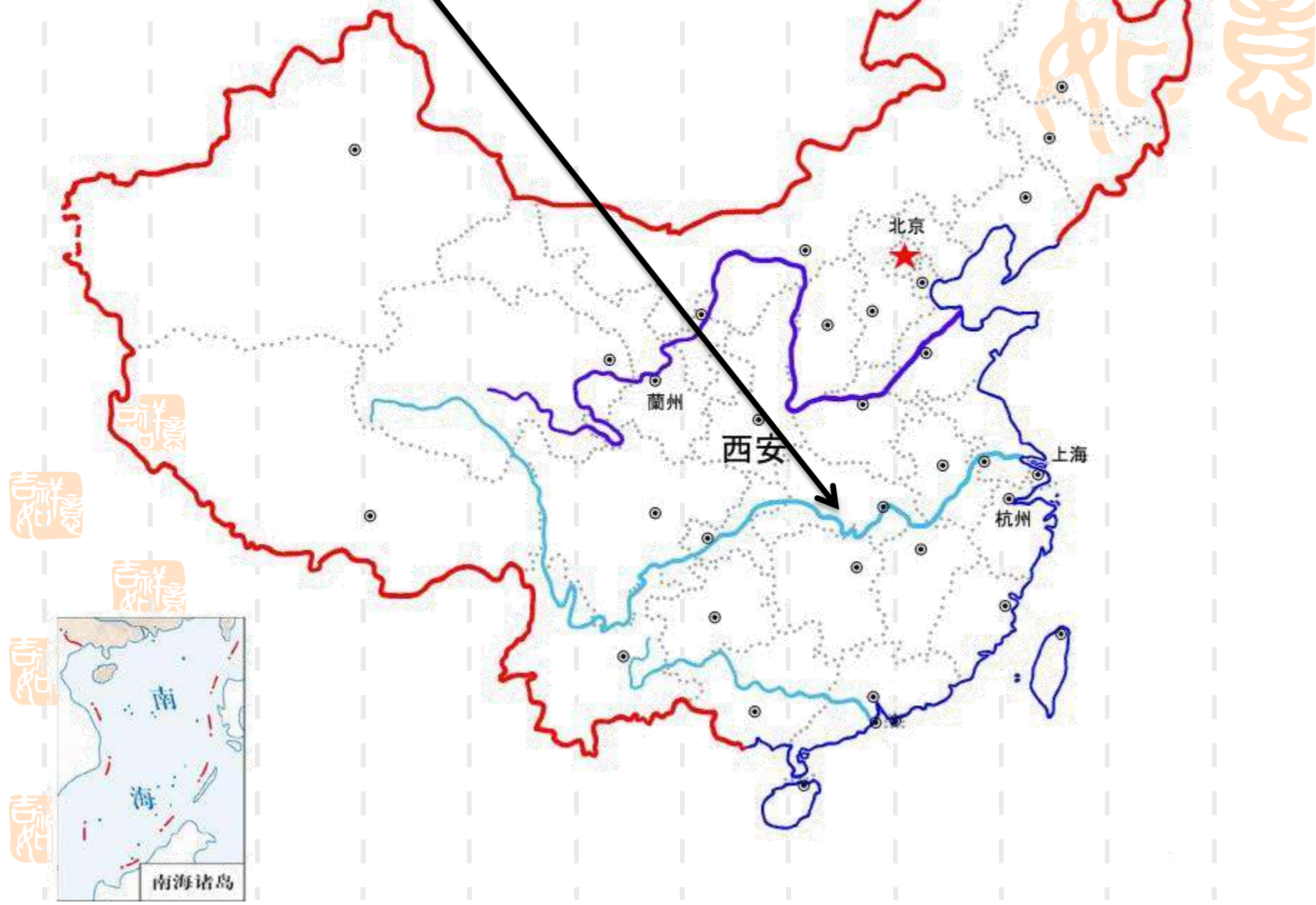
面(flour) VS 粉(rice), but sometimes people don't distinguish between them so well...

Generally 面 – thin whereas 粉 – thin, flat & wide





To the north of the Yellow River: **Main dishes**  
South: **Breakfast**



Compared with Noodles:  
Relatively chewy  
High level of gluten. Sauce is very important for the taste.

# Pasta?



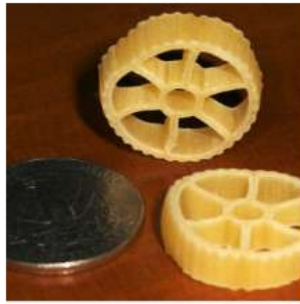
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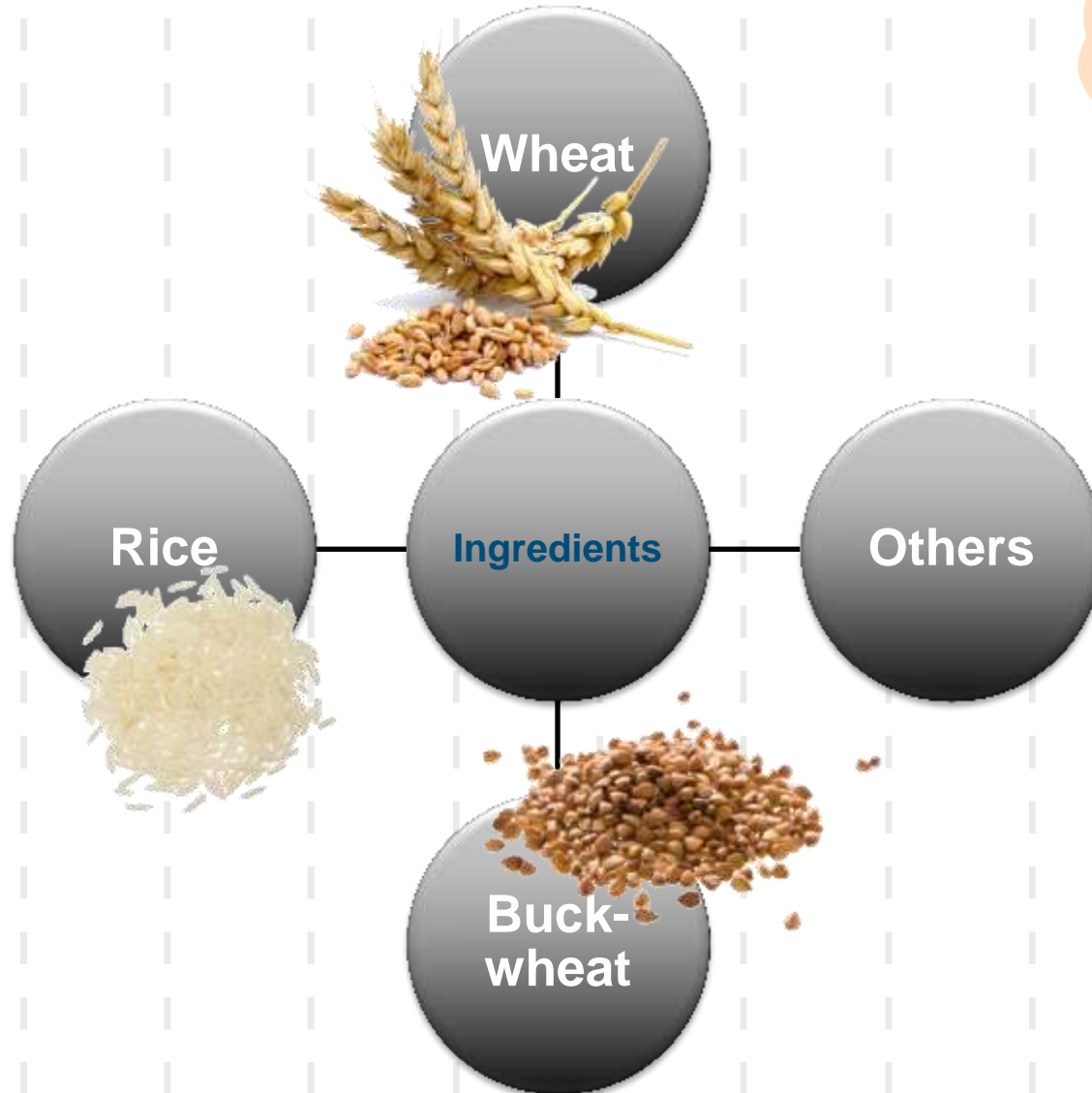
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# Types of Noodles

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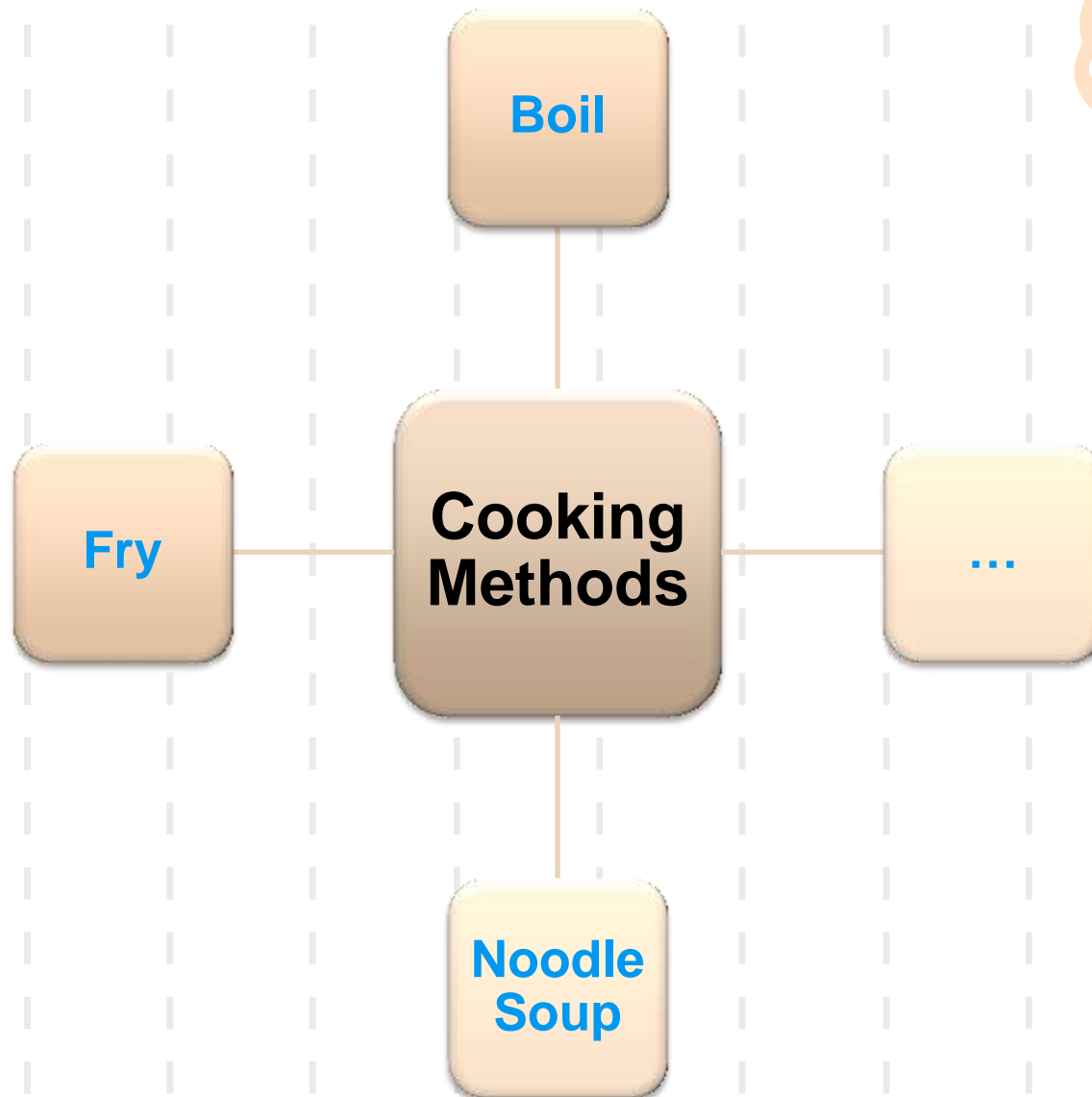
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# By Cooking Methods



# 拌面 (“Mixed/ stirred Noodles”)



# 炸酱面 (“Sauce Noodles”)

- Soy sauce?





# 龙须面 (“Dragon’s Beard”)



# 刀削面 (“Sliced Noodles”)



Sheared off/ cut by metal plate/ knife and dropped directly into boiling water

# 猫耳朵 (“Cats’ ears”)





# 面疙瘩Gnocchi



# 兰州拉面 (“Lanzhou Ramen”)



# 锅盖面 (“Wok Lid”)

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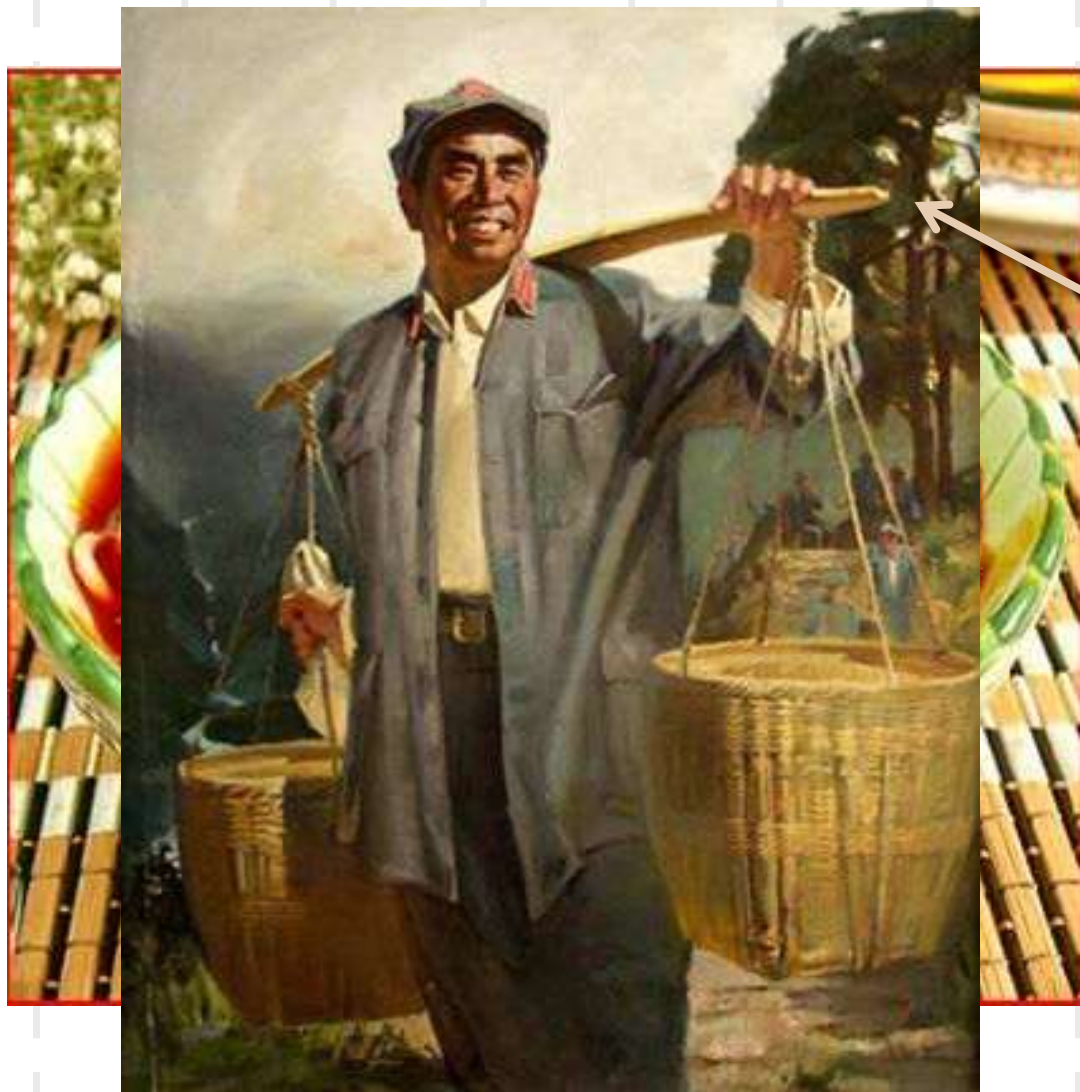


# 打卤面 (“Gravy Noodles”)

- Noodles served with thick gravy



# 担担面 (“Sichuan Style”)



Shoulder Pole  
(扁担)



# 烩面 (“Stewed Noodles”)





# 云吞/馄饨面 (Yuntun/ Wonton)



# 担仔面

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- Hanker's Noodle Soup, Taiwan Style



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# Biáng biáng miàn

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饅頭

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Most complicated name and unique pronunciation



# 日本拉面 (Jp Ramen / Soba)



# 肠粉/拉肠 (Rice noodle rolls)

- Steamed, Cantonese style (name: intestine)

Video: <https://www.youtube.com/watch?v=u22zCD3iMdA>





# 米粉/米线/河粉

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- 米线 (Rice. → 线 = strings)
- 米粉 (Rice + Potato Powder)





# 象形菜单餐馆必备

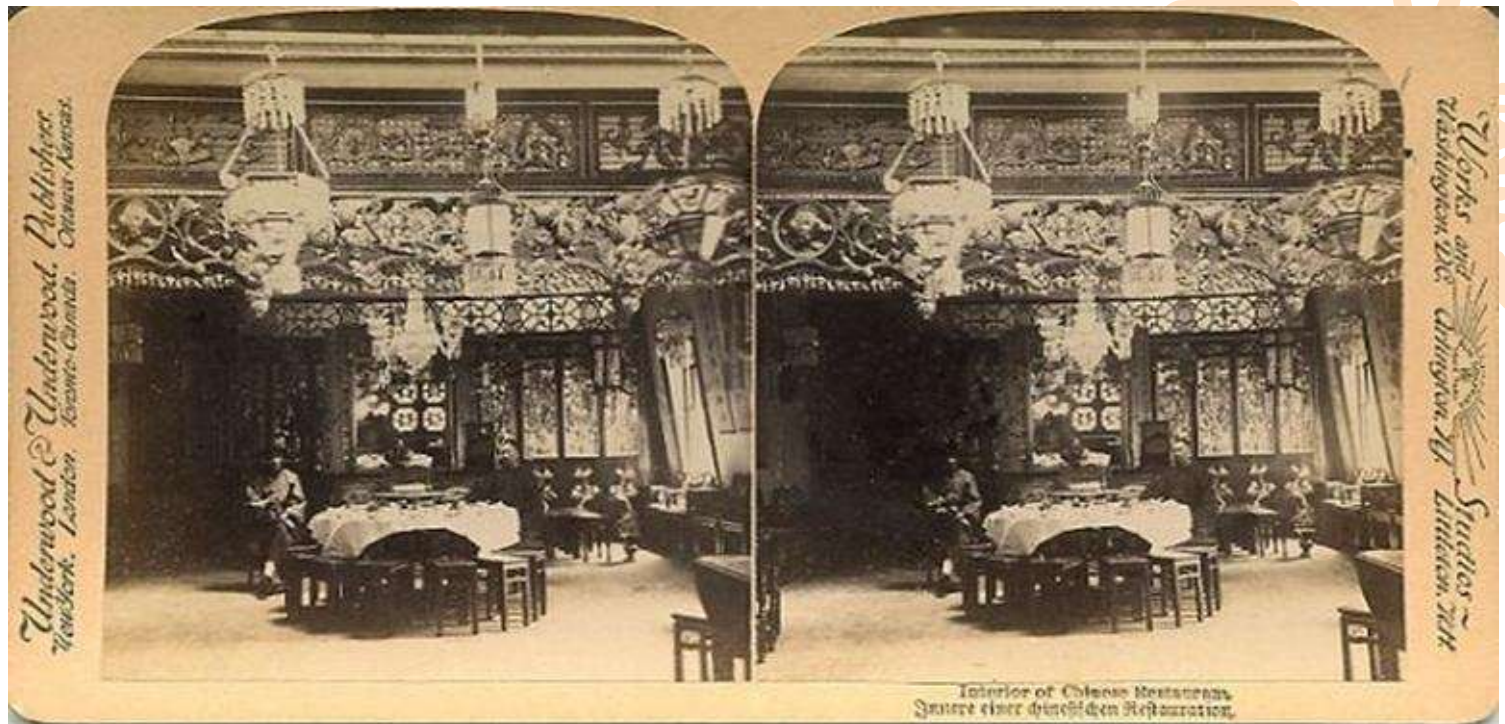
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- Menu with Pictographs



# San 1849

US's 1st  
Chinese  
Restaurant





# Non-traditional

(usually sweet & sour, battered / deep fried)

- Chicken Strip Noodles
- Bamboo Shoot Slices
- Baby Corns
- Asparagus



■ 菠萝咕咾肉 (甜酸肉) Sweet and sour pork with pineapple



■ 黑椒牛柳 (Beef fillet with black pepper)  
+ Fried Rice





# Non-traditional...



- 炸虾片 Shrimp chips / Prawn crackers
- 炸鸡球 Deep fried chicken meat

Traditional but many westerners don't like it:

■ e.g. 清炒芥兰 Fried Spring cabbage

Taste modified since they are too spicy... :

- 重庆辣子鸡 (Chongqing spicy chicken)
- 酸辣汤 (Sour and chilli soup)

# 炒杂碎 Chop Suey (Mixed Meat)

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# “左宗棠鸡” (General Tso's Chicken)



Only made in the US...



## Local cooking materials: Broccoli and Beef





# 甜酸鸡 (Sweet & Sour Chicken)



# 柠檬鸡块 (Lemon Chicken)



# 杏仁鸡丁 (Almond Chicken)





# 蒙古牛 (Mongolian Beef)



# 蜜汁排骨 (Honey Garlic Spareribs)



# 宫保鸡丁 (Kung Pao Chicken)



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# 宫保虾、宫保扇贝

**Local materials (e.g. seafood)**



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# 芙蓉蛋 (Egg Foo Young)





# Fusion? Spaghetti with Chicken Slices





# 幸运饼 (Fortune Cookies)

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Different people may have different opinions on  
“traditional”

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# Principles of “Westernization”

Simple, Cheap and Tasty

So use local materials!



# Some rules for making non-traditional Chinese food

- 一：不要带壳的东西（如虾的话，最好是虾仁，鱼的话不要有骨头） -- better to have no shells/ bones
- 二：不要有内脏（鹅肝是特例） -- No internal organs
- 三：不要鱼头、鸡头、鸭头等等头类的东西，不要各种爪子。 -- No heads, necks or claws
- 四：蔬菜中，不要特别中国式的。如：茭白等。最好准备是西式的，如：芦笋、西兰花等。
- 五：不要中国做法的糟卤等，不要有发酵的菜。豆腐也不是很受老外喜欢，豆制品也不是很受老外喜欢。
- 六：牛肉比较受欢迎，如耗油牛肉等，蛋炒饭，酸辣汤，古老肉，虾仁，鸡汤（注意不要有头、头颈、爪子出现，最好是先切成块块的），糖醋排骨。



# What's “好” (good) cuisine?



女

Daughter



子

Son



Don't always pursue “TRADITONAL” Chinese food,  
whatever suits your taste is the best food.

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谢谢观赏！