

Fifteen Ningbo Cuisines on CCTV



Mud Snail in Rice Wine



Soft-Shelled Turtle with Rock Candy



Rice Cake

Five half-hour episodes of the featured series Tasty China: Ningbo Cuisine have been aired on CCTV-4 (Chinese International Channel) for five days running from April 5th to April 9th. The episodes introduced fifteen savory Ningbo cuisines: Salted Crab, Mud Snail in Rice Wine, Chicken with Distiller's Grains, Fermented Mantou with Rice, Rice Cake, Ningbo Glutinous Rice Balls, Rice Tofu, Ninghai Baozi Stuffed with Juicy Pork, Liangnong Glutinous Rice Cake, Soft-Shelled Turtle with Rock Candy, Deep-Fried Glutinous Rice Stick with Sesame, Sweet Paste with Assorted Food, Stewed Yellow Croaker with Bamboo Shoots and Preserved Vegetable, Braised Fish Balls and Dried Fish.

Ningbo cuisine, a significant component of Chinese food culture, features ingenious recipes for seafood with a subtle balance between saline and fresh tastes. Natives to Ningbo used to fish for a living due to the close proximity of the sea. The fishes they caught, large in number, required preserving, and salting was the most convenient way to store them for a

long time. Therefore, through three quintessential salted cuisines – Mud Snail in Rice Wine, Salted Crab and Chicken with Distiller's Grains – Tasty China: Ningbo Cuisine exhibits how the locals produce unique salty yet fresh delicacies out of common ingredients.

Rice, as one of the most consumed foods in China, is made into various delicious dishes in the hands of people in Ningbo — the authentic taste of rice-made food in Ningbo is embodied in Cicheng Rice Cake and Ningbo Glutinous Rice Balls. Full of imagination and creativity, natives in the coastal city subtly ferment rice with distiller's yeast, adding a taste of Mantou to food.

People in Ningbo make delicacies in sync with seasonal changes. Rice Tofu, Ninghai Baozi Stuffed with Juicy Pork, Liangnong Glutinous Rice Cake, and other savory foods are served on the dining table with the arrival of spring. With wishes and blessings, they feed people with not only tastes and flavors but joyous memories.

It is a Chinese tradition to express good wishes in sweetness.

Various Deep-Fried Glutinous Rice Sticks with Sesame in Yuyao County usher in auspiciousness for people. Moreover, Soft-Shelled Turtle with Rock Candy in Yinzhou District symbolizes that students come out top in their academic pursuits. With a riot of colors, Sweet Paste with Assorted Food in Ninghai County implies best wishes to newlyweds.

People live off resources that are available near them, so Ningbo natives rely on the ocean for much of their produce. People here share a close bond with fishes, which can always be found at parties, with meals specially made for children who are to take Gaokao (the national college entrance exam) and for reunion dinners. Fishes, cooked by dexterous people in Ningbo, are turned into a wide array of delicacies like Braised Fish Balls and Dried Fish, unique in taste, cooking and even shape.

Ningbo cuisine is so savory.

Source: Ningbo Release (Official Weibo account held by Information Office, The People's Government of Ningbo Municipality)

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