

Chapter 1 : Beijing Snacks, Beijing Food,Dining in Beijing

Han says in the past, douzhi'er was a poor people's drink. "It dispels excessive heat in the body, helps with digestion, and prevents cold," she says. "It helps people stay well in all four seasons." Liu Chunping says before , rickshaw pullers would buy a bottle of douzhi'er, and drink it the whole day.

Ye Jun provides the details. But consumers hold radically different opinions about it. The Muslim shop always has a long line of customers on weekends. Therefore, the smell is not appetizing. But to many old Beijingers, it is their favorite drink and addictive. It tastes sour at first, reminding one of vinegar, but one will relish the aftertaste of green bean fragrance. If the person frowns and spits the drink, he or she is definitely not a genuine Beijinger. But if the person smiles and finishes it, then he or she is. It relieves summer heat, and quenches thirst," she says. The fragrant crispy dough ring balances the sour taste of the bean juice, while salty pickle slices complete the combo. It is said that it was the favorite drink for Manchurians in the Baqi garrison. It was so popular that eventually the Qing emperor and empress dowager both ordered it from the imperial kitchen, to relieve the feeling of greasiness from eating too much meat. Since then what was a cheap drink for the poor became popular also for the rich. But times have changed. And she says it is an acquired taste. Liu Xushui, 50, a Hebei province native, who has lived in Beijing for 30 years, is a fan of the smelly bean juice. He says he used to have indigestion problems, and he always felt stomach discomfort when he over ate, or drank cold beverages. Chinese medicine believes green beans can dispel heat and have a detoxification function. The fermentation process might have generated beneficial bacteria too. His job scope is to prepare precooked green bean juice to the restaurant, where it will then be boiled and served. The bean drink comes from the process of making green bean starch, when the dried vegetable is ground to powder and mixed with water. Liu Xushui puts the bean soup into stainless steel buckets, covers it with cloth and leaves it for natural fermentation. He says in summer the process takes one day and two nights, and in winter it usually takes two days and two nights. The expert chef will then taste to judge if it has the right sourness and proper texture, before sending the drink to the restaurant. One is a big liter bucket, and another a small liter bucket. The green bean soup is poured into the small bronze bucket, which is put into the big barrel with water in it. The small barrel of bean soup is actually heated by hot water to prevent over heating. The process is similar to double boiling soup. Each time a chef only pours a small amount of bean juice into the bronze bucket. When it seethes he will pour a bit more inside, until it seethes again. A bucket of bean soup will take between 45 and 50 minutes to boil. During the whole time, the chef will need to stir the soup continuously to prevent the liquid from solidifying. The restaurant was located at Qianmen Dajie. But it closed down in , when there was a major renovation. Liu Xushui, along with 30 other Beijing snack inheritors, has been given the title of "master". Contact the writer at yejun chinadaily.

Chapter 2 : When smelly is good[1]|theinnatdunvilla.com

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Map of Beijing Beijing snacks, a type of Beijing cuisine, enjoy a very long history. They used to be very famous in the past. Beijing snacks include the snacks of many Chinese ethnic groups, such as the Han, Mongols, Hui, and Man, as well as court snacks from the Ming and Qing dynasties. The tripe is cooked in boiling water after being cleaned and cut into slices. Fried Sauce Noodles Zhajiang Mian Fried sauce noodles a famous Beijing snack consisting of thick wheat noodles topped with a mixture of ground pork that is stir fried with zhajiang sauce mixed within it. Zhajiang is salty fermented soybean paste. It is favored by most people in the north of China. Pancake Shaobing Pancake or shaobing is a very common snack in Beijing. It is a baked, layered flatbread with or without sesame on top. There are many varieties and each having a different filling. Examples of fillings are red bean paste, black sesame paste, and jujube paste. People often eat pancake with soy milk or porridge as breakfast. Sticky Rice with Sweet Stuffing Ai Wo Wo Sticky rice with sweet stuffing is made of glutinous rice or millet flour with a sweet filling. This Islamic snack first appeared during the Yuan Dynasty , and then became a court snack in the Ming Dynasty. The cake, with white sticky rice as the coating, has a rich filling inside. The sweet filling is made from walnut meat, mashed jujube, sesame kernels, and white sugar. Rolling Donkey Lu Da Gun Rolling donkey is a well-known Islamic snack favored by people who have a natural sweet tooth. Rolling donkey is a steamed glutinous rice roll filled with red bean paste or brown sugar, which is then rolled and covered in a soybean flour crumble. Some people may wonder why it is called rolling donkey? This is because when the glutinous rice roll is rolled in the soybean flour, it looks like a donkey rolling about on the ground and kicking up a cloud of dust. Mung Bean Milk Douzhi When talking about Beijing snacks, most Beijingers will consider mung bean milk as the number one snack in Beijing cuisine. It is very popular with people born and bred in Beijing. It is a fermented drink made from mung bean. It is grey-green in color, and the taste is a slightly sour and sweet. People like to drink it because it is rich in protein, vitamin C, and dietary fiber, and was once listed in the imperial menus. Most people will find it hard to swallow, because of its sour flavor, but you may get addicted to it after several brave tries. Though it is called fried liver, actually the liver is only one third of the dish, while the intestines of pigs are the main ingredient. For finely-cooked fried liver, the soup should be sparkling and clear, the intestine tender and the liver tasty. Fried liver used to be served with small steamed dumplings, but now there is no particular way to eat it. The sausage is then boiled and cut into cubes to be fried. After that mashed garlic sauce is poured on it, and the delicious sausage is ready. People use cocktail sticks instead of chopsticks while eating the filled sausage. It is a famous Islamic snack in Beijing. The main ingredients are flour and sugar. It is served cold, and tastes soft and sweet. It used to be the court dessert since the time of Emperor Qianlong of the Qing Dynasty. It is made from cereal, such as barley, though fermentation and saccharification. The cake is characterized by the bright but not sticky syrup, the sweet and soft taste, and the strong flavor of sesame. Featured Restaurants There are lots of famous restaurants selling snacks. In many restaurants you may find some other things special. So my suggestion may be helpful for you to save some time. Nanlaishun Restaurant you can find about seventy kinds of snacks here. Get an authentic experience by contacting one of our specialists.

Chapter 3 : Project MUSE - Human Nature, Ritual, and History

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Sichuan, Cantonese, Shandong and Huaiyang, with each having dozens of branches. All styles are represented in Beijing with thousands of restaurants. In addition, recent years have seen the emergence of restaurants offering French, Russian and Italian foods as well as American fast food. Peking Duck Peking Duck has the reputation of being the most delicious food in the world. The Chinese have a saying: Visitors to Beijing must do two things: While at Quan JuDe, ducks are roasted directly over flames from fruit-tree wood, at Bian Yi Fang roasting is done in closed containers fired with crop stalks. Today, ordinary people can sample food of this cooking style, which was formerly reserved for royals only. Restaurants specializing in court food are not only meticulous about the quality of raw food selected, but lay great emphasis on the ambiance and decoration of the dining rooms. Feast of Complete Manchu-Han Courses Man Han Quan Xi One evening in early '35 Chinese and foreign tourists clad in clothes that made them the look-alikes of a Qing emperor, his queen, his concubines and court officials filed into the Fang Shan Restaurant. As many raw dishes come from wild life now under state protection, these courses are no longer available. Hot Pot The majority of restaurants in Beijing, big or small, serve huoguo, or hot pot. Customers sit around a table on which is placed a hotpot. When the water in the pot boils, they dip paper-thin slices of mutton in the water and, seconds later, get the cooked mutton out of the pot and mix them with a sauce that contains sesame butter, salted leek and a dozen other ingredients. People also cook frozen bean curd, Chinese cabbage and vermicelli in the hot pot. Moslem Flavor After the Jin and Yuan dynasties, with more Hui people settling in Beijing, Moslem food consisting mainly of beef and mutton became increasingly popular in the city. Beef and mutton are cooked in many ways. Cooked mutton alone comes in dozens of varieties, including instant stewed mutton and mutton cooked in sly sauce. Folk Snacks A Beijinger who has long resided abroad says: What miss most are the numerous snacks back home. Douzhi, pagao, ludagun, chatang and zhaguanchang all make the mouth water. Douzhi is a fermented drink made from ground beans; pagao is a cold food made from buckwheat flour; ludagun is a sweet millet flour cake coated, after steaming, with a layer of soy bean flour; chatang is a thin, hot gruel of sorghum flour; and zhaguanchang is fried sausage.

Chapter 4 : Zhu Wu - Wikipedia

Drinking douzhi / Han Shaohua The rustic origin of Jianbing Guozi / Gao Weixi Spring rolls / Shu Ting Sesame seed cake / Shu Guozi Foods in my hometown / Wang Zengqi.

Please use the follow button to get notification about the latest chapter next time when you visit NovelOnlineFull. Use F11 button to read novel in full-screen PC only. Drop by anytime you want to read free "fast" latest novel. Fu Jiachen did not stay to watch the fun. Madam Ye asked Ye Ke to send him off. There were only Ye Han, Madam Ye and the housekeeper in the hall. Then she said a few words to Ye Shaohua, and she told the housekeeper to let Ye Shaohua become familiar with Ye Family, give her information on the family, and thus let him take care of Ye Shaohua. She left the room. If she was just married, Madam Ye would mind the existence of Ye Shaohua. But now, the situation is different, Ye Ke and Ye Han have been smart since childhood, and they are many times better than Ye Shaohua, who is all plain. When she saw Ye Shaohua, she had a strange sense of victory. Ye Shaohua stretched and carelessly responded with a sound. A servant handed her a gla. Ye Han just stood up from the sofa, he called someone on the phone. His voice was not deliberately low, he seemed very excited. His voice was rebellious. Do you know what kind of car I drive to dare say this? Their eyes were cold and biting. She is not as good as she looks on the surface. She just came to the Ye family and she is already trying to find faults with her two siblings. She really thought that she has the same weight as a real miss from Ye family? Ye Shaohua put the cup of water on the table after drinking it. It was not until the next morning that Ye Shaohua saw everyone from Ye family. Ye father was reading a financial newspaper. Ye Han sat on the side with a heart-wrenching look. His face was not very good. Ye Ke was holding a computer. The atmosphere was very harmonious. When Ye Shaohua came in the room, she saw Ye Ke sitting on the sofa holding a computer. Before, when Ye Shaohua was not performing undercover tasks, she was rushing to catch brokers. There was no time to rest all throughout the year. It was rare to have time to relax, and she rarely slept and woke up naturally. Ye Shaohua looks very much like her mother, but her predecessor, the original body, had low self-esteem so her beauty had been compromised by her. Now that she is replaced by Ye Shaohua, naturally, there will be no inferiority complex. You can vaguely see the appearance of his ex-wife in her facial features. But Ye Shaohua has a more mysterious beauty. No matter how mature she is, having such success at the age of seventeen, she could not conceal the arrogance on her face. Cheng asked me to follow him to do research in Beijing University. After her above average performance in a high school compet. People like Ye Ke do have the capital to defy their peers. The national laboratory is very hard to get into. The person in charge of the admission to the laboratory is an academician of the University of Beijing. Ningcheng must give him face. After breakfast, the Ye family driver drove with the housekeeper and the three people in one car. Ye Ke looks very busy writing code in the car. Ye Shaohua sat next to Ye Ke. So her ability is only this much. Ye Shaohua put her hand on the window and supported her chin lazily. Last night, his new car really had a problem. When he thought of it, he felt cold. However, he has long heard that Ye Shaohua grew up in a third-tier city. How could she have knowledge about his car? Ye Ke hid her smile. Ye father had donated a library to the school. He also personally took Ye Shaohua and the housekeeper to the cla. The moment she saw Ye Shaohua and the princ. He pushed his gla. This is an experimental cla. I am afraid of delaying the study of the top students in our cla. The college entrance examination is coming soon.

Chapter 5 : Lu Zhi (Han dynasty) | Revolv

Ye Shaohua put the cup of water on the table after drinking it. Before leaving, she also licked her lips seeing Ye Han's mood: "Believe it or not, do as you wish." In the original plot, Ye Han has always been a cold-hearted boy.

English Sep 30, On the contrary, Bishkek, though as the capital city of Kyrgyz Republic, is rather small and peaceful. A one-month stay in Bishkek offered me a chance to have a glimpse of this mysterious place. I found these two cities surprisingly resemble each other but they also have their own characteristics. People who have visited these two cities may notice that Bishkek is more like a miniature of Beijing. For example, the central areas of these two cities have a lot in common. As for history, Beijing is an ancient city who has witnessed a history of more than years. In contrast, founded in , Bishkek is a relatively young city. Most of the modern buildings and streets there were built in Soviet era. During 20 years of independence, Bishkek has been trying to get rid of the influence of Russian Empire and the Soviet Union. People there picked up their own language, Kyrgyz, renamed the Lenin Avenue as Chui Avenue, imported American education and so on. It is very common that a Kyrgyz boy goes to a Turkish school, marries a Russian girl, lives in a Soviet-style apartment, works for a Korean shop and eats American fast food every day. At the same time, after embracing the western culture for more than 30 years, Beijing also realized the importance of preserving its own culture. Some actions have been taken, but somehow it is a bit too late because a large amount of traditional architectures are already replaced by modern skyscrapers. However, it is glad to see more and more young people and even foreigners in Beijing are interested in Beijing Opera and traditional handicrafts and are willing to inherit them. These years, inhabitants of Beijing have benefited a lot from economic growth, but they also suffer from worse and worse air quality. In winter, when thick haze blocks the sun, nearly all the people on the streets wear masks to protect themselves from air pollution, making Beijing look like a horrible city that is no longer livable. However, in Bishkek, the sky is always blue and clear, and no one wear mask on the street. Also, the fresher air and slower life pace make people there friendlier. Although the traffic signs are sometimes confusing, drivers are still well-behaved. When you walk across the street, they will pull over and let you go first, which is unlikely to happen in Beijing, a crazily busy city. The reason behind the different ingredients can be found easily – in the pastime, Han is of agricultural culture while Kyrgyz is of nomadic culture. Both Beijing and Bishkek are beautiful cities that are worth a visit. For people who enjoy a decent life in a developed city and are interested in Chinese traditional culture, Beijing is probably the best choice. For people who prefer a peaceful life and multi-cultural environment, Bishkek is good destination.

Chapter 6 : The Emperor in Han Dynasty - Wikipedia

It was heard that, a month ago, Ye Shaohua had created the world-best performing racing car for Ye Han. At that time, Ye Han won the racing championship with this car. Obviously, they are siblings yet Ye Ke was not eating well for three meals a day.

Fu Jiachen did not stay to watch the fun. Madam Ye asked Ye Ke to send him off. There were only Ye Han, Madam Ye and the housekeeper in the hall. Then she said a few words to Ye Shaohua, and she told the housekeeper to let Ye Shaohua become familiar with Ye Family, give her information on the family. She thus let him take care of Ye Shaohua. She left the room. But now, the situation was different, Ye Ke and Ye Han had been smart since childhood, and they were many times better than Ye Shaohua, who was all plain. When she saw Ye Shaohua, she had a strange sense of victory. Ye Shaohua stretched and carelessly responded with a sound. A servant handed her a glass of water and she picked it up. Ye Han just stood up from the sofa, he called someone on the phone. His voice was not very low, he seemed very excited. His voice was rebellious. Do you know what kind of car I drive to dare say this? Their eyes were cold and biting. She was not as good as she looked on the surface. She just came to the Ye family and she was already trying to find faults with her two siblings. She really thought that she had the same weight as a real miss from Ye family? Ye Shaohua put the cup of water on the table after drinking it. It was not until the next morning that Ye Shaohua saw everyone from Ye family. Ye father was reading a financial newspaper. Ye Han sat on the side with a heart-wrenching look. His face was not very good. Ye Ke was holding a computer. The atmosphere was very harmonious. When Ye Shaohua came in the room, she saw Ye Ke sitting on the sofa holding a computer. Before, when Ye Shaohua was not performing undercover tasks, she was rushing to catch brokers. There was no time to rest all throughout the year. It was rare to have time to relax, and she rarely slept and woke up naturally. Ye Shaohua looked very much like her mother, but her predecessor, the original body, had low self-esteem so her beauty had been compromised by her. Now that she was replaced by Ye Shaohua, naturally, there would be no inferiority complex. You could vaguely see the appearance of his ex-wife in her facial features. But Ye Shaohua had a more mysterious beauty. No matter how mature she was, having such success at the age of seventeen, she could not conceal the arrogance on her face. Cheng asked me to follow him to do research in Jing University. After her above average performance in a high school competition, she was specially selected to enter the National Laboratory. People like Ye Ke did have the capital to defy their peers. The national laboratory was very hard to get into. The person in charge of the admission to the laboratory was an academician of Jing University. Ningcheng had to give him face. After breakfast, the Ye family driver drove with the housekeeper and the three people in one car. Ye Ke looked very busy writing code in the car. Ye Shaohua sat next to Ye Ke. So her ability was only this much. Ye Shaohua put her hand on the window and supported her chin lazily. Last night, his new car really had a problem. When he thought of it, he felt cold. However, he had long heard that Ye Shaohua grew up in a third-tier city. How could she have knowledge about his car? Ye Ke hid her smile. Father Ye had donated a library to the school. He also personally took Ye Shaohua and the housekeeper to the class. The moment she saw Ye Shaohua and the principal coming over at the door of the class, she frowned. He pushed his glasses. I am afraid of delaying the study of the top students in our class. The college entrance examination is coming soon.

Chapter 7 : When smelly is good

Ye Han originally didn't want to play with Ye Shaohua's money at the beginning, but now he thought that it all was nothing much. Looking at the already cold mantou on the table, Ye Ke collapsed on the chair and cried. In the end, she looked up again and looked at Fu Jiachen, who was sitting on the opposite side, incessantly drinking alcohol.

But consumers hold radically different opinions about it. The Muslim shop always has a long line of customers on weekends. Therefore, the smell is not appetizing. But to many old Beijingers, it is their favorite drink and addictive. Eat like a local: Beijing Bite-sized stroll in Beijing It tastes sour at first, reminding one of vinegar, but one will relish the aftertaste of green bean fragrance. If the person frowns and spits the drink, he or she is definitely not a genuine Beijinger. But if the person smiles and finishes it, then he or she is. It relieves summer heat, and quenches thirst," she says. The fragrant crispy dough ring balances the sour taste of the bean juice, while salty pickle slices complete the combo. It is said that it was the favorite drink for Manchurians in the Baqi garrison. It was so popular that eventually the Qing emperor and empress dowager both ordered it from the imperial kitchen, to relieve the feeling of greasiness from eating too much meat. Since then what was a cheap drink for the poor became popular also for the rich. But times have changed. And she says it is an acquired taste. Liu Xushui, 50, a Hebei province native, who has lived in Beijing for 30 years, is a fan of the smelly bean juice. He says he used to have indigestion problems, and he always felt stomach discomfort when he over ate, or drank cold beverages. Chinese medicine believes green beans can dispel heat and have a detoxification function. The fermentation process might have generated beneficial bacteria too. His job scope is to prepare precooked green bean juice to the restaurant, where it will then be boiled and served. The bean drink comes from the process of making green bean starch, when the dried vegetable is ground to powder and mixed with water. Liu Xushui puts the bean soup into stainless steel buckets, covers it with cloth and leaves it for natural fermentation. He says in summer the process takes one day and two nights, and in winter it usually takes two days and two nights. The expert chef will then taste to judge if it has the right sourness and proper texture, before sending the drink to the restaurant. One is a big liter bucket, and another a small liter bucket. The green bean soup is poured into the small bronze bucket, which is put into the big barrel with water in it. The small barrel of bean soup is actually heated by hot water to prevent over heating. The process is similar to double boiling soup. Each time a chef only pours a small amount of bean juice into the bronze bucket. When it seethes he will pour a bit more inside, until it seethes again. A bucket of bean soup will take between 45 and 50 minutes to boil. During the whole time, the chef will need to stir the soup continuously to prevent the liquid from solidifying. The restaurant was located at Qianmen Dajie. But it closed down in , when there was a major renovation. Liu Xushui, along with 30 other Beijing snack inheritors, has been given the title of "master".

Chapter 8 : Beijing Xiaoichi--Gourmet

Association of Genetic Polymorphisms with Age at Onset in Han Chinese Patients with Bipolar Disorder Huang,1 Yi Xu, Shaohua Hu 1Department of Psychiatry, The First Affiliated.

Amanda Wu From top: But consumers hold radically different opinions about it. The Muslim shop always has a long line of customers on weekends. Therefore, the smell is not appetizing. But to many old Beijingers, it is their favorite drink and addictive. It tastes sour at first, reminding one of vinegar, but one will relish the aftertaste of green bean fragrance. If the person frowns and spits the drink, he or she is definitely not a genuine Beijinger. But if the person smiles and finishes it, then he or she is. It relieves summer heat, and quenches thirst," she says. The fragrant crispy dough ring balances the sour taste of the bean juice, while salty pickle slices complete the combo. It is said that it was the favorite drink for Manchurians in the Baqi garrison. It was so popular that eventually the Qing emperor and empress dowager both ordered it from the imperial kitchen, to relieve the feeling of greasiness from eating too much meat. Since then what was a cheap drink for the poor became popular also for the rich. But times have changed. And she says it is an acquired taste. Liu Xushui, 50, a Hebei province native, who has lived in Beijing for 30 years, is a fan of the smelly bean juice. He says he used to have indigestion problems, and he always felt stomach discomfort when he over ate, or drank cold beverages. Chinese medicine believes green beans can dispel heat and have a detoxification function. The fermentation process might have generated beneficial bacteria too. His job scope is to prepare precooked green bean juice to the restaurant, where it will then be boiled and served. The bean drink comes from the process of making green bean starch, when the dried vegetable is ground to powder and mixed with water. Liu Xushui puts the bean soup into stainless steel buckets, covers it with cloth and leaves it for natural fermentation. He says in summer the process takes one day and two nights, and in winter it usually takes two days and two nights. The expert chef will then taste to judge if it has the right sourness and proper texture, before sending the drink to the restaurant. One is a big liter bucket, and another a small liter bucket. The green bean soup is poured into the small bronze bucket, which is put into the big barrel with water in it. The small barrel of bean soup is actually heated by hot water to prevent over heating. The process is similar to double boiling soup. Each time a chef only pours a small amount of bean juice into the bronze bucket. When it seethes he will pour a bit more inside, until it seethes again. A bucket of bean soup will take between 45 and 50 minutes to boil. During the whole time, the chef will need to stir the soup continuously to prevent the liquid from solidifying. The restaurant was located at Qianmen Dajie. But it closed down in , when there was a major renovation. Liu Xushui, along with 30 other Beijing snack inheritors, has been given the title of "master". For copyright issues, please contact us by emailing: The articles published and opinions expressed on this website represent the opinions of writers and are not necessarily shared by womenofchina.

Chapter 9 : Yang Chun - Wikipedia

Shaohua Yan of Jiangsu Academy of Agricultural Sciences, Nanjing (JAAS) with expertise in: Ecology, Limnology and Marine Biology. Read 28 publications, and contact Shaohua Yan on ResearchGate, the.

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