

《吃货的自我修养：中国菜之“五味”！》

导读:中国菜讲究色、香、味、形，其中味更被认为是中国菜的灵魂，作为一枚吃货，你对五味了解多少？



Chinese people pay great attention to the color, smell, taste, and shape of food, and taste is regarded as the soul of Chinese food. Chinese people use many seasonings to give a richer taste experience.

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"The 5 Flavors" — a TCM Principle

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Tastes of Chinese food are traditionally categorized into five flavors: salty, spicy, sour, sweet, and bitter.

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Chinese emphasize the harmony of five flavors. According to traditional Chinese medicine, the harmony of the five flavors can not only improve taste enjoyment, but also have the function of achieving balance to promote health, as

well as treating diseases and aiding recovery from injury.

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Regional Flavors

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Over China's vast territory the flavors of cuisine vary from one region to another, and usually one or two of the five flavors dominate. Flavor preferences can reflect features of geography, climate, agriculture, culture, and history.

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Here we introduce the five flavors of Chinese food.

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Spicy — Central China, especially Sichuan and Hunan

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Spiciness is also called the "pungent flavor" among the five flavors. It can not only whet the appetite, but also is said to have the functions of expelling wind and cold from the body, reducing internal dampness, moistening dryness, and promoting qi and blood circulation.

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Salty — Coastal Areas and Northern China

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The salty flavor is important among the five flavors for its health benefits and precautions. Saltiness is said to help the body "dissolve stagnation". However, salty food should not be eaten too much, because eating too much salt is harmful to the health.

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Sweet — Eastern China

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According to traditional Chinese medicine, the sweet flavor can "tone the body", alleviate illness, and improve one's mood. Sweet Chinese seasonings mainly include sugar, honey, and various jams, which can not only sweeten, but also can enhance flavors and reduce fishiness and greasiness.

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Sour — Southern Minorities and Shanxi Province

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The sour flavor can reduce fishiness and greasiness, help digestion, including dissolving calcium in food, and whet the appetite. According to traditional Chinese medicine, it can constrict the intestines, stop diarrhea, promote salivation, and quench thirst.

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Bitter — the Taste of Chinese Medicinal Food

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The bitter flavor is said to clear "heat", strengthen the stomach, and promote salivation.

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Bitterness is used in Chinese cooking, but rarely alone. Slight bitterness can make dishes fresher and more delicious, greatly whetting the appetite.

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The bitter flavor is generally the taste of Chinese medicinal food, which is made by adding bitter medicinal herbs.

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