Article Side

Exploring Chinese Restaurants in Kolkata, Bangalore and Chennai with Chopsticks and an Appetite by Preeti

Article published on December 1st 2011 | Food

Chinese seasoning and cooking techniques have been masterfully developed to suit Indian tastes and is said to have developed by the Chinese restaurants in Kolkata. Chinese food in India is usually flavored with spices like cumin, coriander and turmeric which are traditionally not associated with Chinese cuisine. The other main difference is that yoghurt, garlic, ginger, and hot chili are frequently used. As a result, the culinary styles seen are Chili, Manchurian, and Szechwan. They actually correspond only loosely to Chinese practices, but it preserves the Chinese flavor. The cuisine is extremely popular in Chinese restaurants in Chennai, Kolkata and Bangalore.

Chinese cuisine may be categorized into eight traditional culinary dishes of China. A variety of foods with different flavors and texture is found based on the ingredients used, preparation methods, traditions and cultural differences. Most of them rely on basic preservation methods like pickling, salting, drying, and fermentation. In most Chinese dishes, preparation of food is done in pieces easy for biting and ready for picking up and consumed. Use of Chopsticks at the table is quite traditional. Chinese food is based on the opposite combination, whereby cold balances hot, fresh balances pickled, and mild balances spicy.

Most dishes are based on the regional staple foods. Rice is the most famous staple food. Mostly eaten in the form of steamed rice, it is also used for making wines, vinegars and beers. Chinese noodles such as Shoumian are symbolic of long life and vigorous health. Apart from these, soybeans, and vegetables, wheat flour based buns, breads, noodles and dumplings are also popular. Seasonings like dried food, sauces and spices are widely used. Chinese desserts are highly favored too. Important beverages are tea, liquor and herbal drinks. Apart from being available in Chinese restaurants in Kolkata these dishes are also quite popular in Chinese restaurants in Bangalore.

Considered one of the tastiest and popular cuisines around the world it is also highly nutritious. Rice and noodles are the core of the Chinese diet followed by vegetables and bread. So it is rich in natural food containing carbohydrates and all the vitamins and minerals needed. It contains little fat as it is often stirring fried, steamed or sautÃ©ed, but westernized dishes may have high fat content. About 20 percent of the diet is protein based, having legumes, tofu, fish or meat like pork or poultry. But Chinese food is famous for its bold flavors and tastes. Also, you shouldnâ€™t eat too much soy sauce or salt, as it is already rich in sodium. It is also advisable to use it along with milk and similar dairy products. Always keep in mind that westernized Chinese dishes have high calorie counts and contain high levels of sodium and fat.

In and around Indian cities, there are many popular Chinese eateries. Chinese restaurants in Bangalore like â€˜Mainland Chinaâ€™, â€˜Hungry Pandaâ€™, and â€˜Aromas of Chinaâ€™ are prominer exclusively for Chinese flavor. Chinese restaurants in Kolkata have been the oldest providers of Sino-Indian tastes and many exclusive and multi-cuisine restaurants serve tasty Chinese dishes throughout the day. â€˜Mainland Chinaâ€™, â€˜Trianaâ€™ and â€˜China townâ€™ are some of the promi restaurants in Chennai.

Article Source:
http://www.articleside.com/food-articles/exploring-chinese-restaurants-in-kolkata-bangalore-and-chennai-with-chopsticks-and-an-appetite.htm - Article Side

Preeti - About Author:
IndianKitchenRecipes- Explore a chinese restaurants in bangalore, a chinese restaurants in Kolkata, a chinese restaurants in chennai and much more.

Article Keywords:
chinese restaurants in bangalore,chinese restaurants in Kolkata,chinese restaurants in chennai

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!