

## Guide to Cantonese Cuisine in Foshan

Dear,

I'm delighted to share the local specialty dishes from my hometown with you.



### 1. Shunde Raw Fish Sashimi

A signature traditional dish from Shunde, Foshan, it is served for festivals and joyous celebrations. Prepared with ultra-fresh river fish fillets, it is paired with assorted vegetables, fruits and seasonings. Vibrantly colored and crisp-tasting, this dish symbolizes good fortune and family reunion.



## **2. Tai Gen Wu Mi Zhou (Da Liang Rice Milk Hot Pot)**

A time-honored congee hot pot representing Lingnan food culture. The milky rice broth, simmered for hours and strained to remove rice grains (“rice essence without visible rice”), is rich in minerals and trace elements. Diners blanch seafood, meat and seasonal vegetables in it; the high temperature locks in natural juiciness while preserving original umami. Ingredients turn tender, silky and infused with subtle rice fragrance, instantly whetting the appetite.



### 3. Clay Pot Rice

An iconic classic Cantonese dish widely popular across Guangdong. It gets its name from the clay casserole (called “bao zai” locally) used to cook rice, usually topped with cured meat, spare ribs or chicken. Crispy golden rice crust at the bottom is its biggest highlight.



#### **4. Winter Melon Pot**

A famous summer specialty popular in Guangdong and Shanghai. A whole winter melon acts as the edible container, stuffed with shiitake mushrooms, winter bamboo shoots, Chinese yam and other ingredients before steaming. The soup is clear, fresh and lightly permeated with melon sweetness, with soft tender melon flesh. It clears internal heat and relieves summer heat, hailed as “Midsummer Night’s Dream” among local seasonal dishes.



### **5. Slow-Simmered Cantonese Herbal Soup**

A nourishing traditional Cantonese soup born to counter the hot, humid climate of the Pearl River Delta. Meat is stewed for hours in clay pots with Chinese medicinal herbs and seasonal fruits/vegetables to retain pure natural flavor. Classic varieties include Black-bone Chicken Soup with donkey-hide gelatin & red dates, and Squab Soup with Chinese yam & poria cocos. Soups come in savory, sweet and sour profiles, with formulas adjusted by season and physical condition. The custom of drinking soup before meals combines herbal healthcare and dietary nourishment.



## **6. Giant Top Bitter Melon Feast (Shishan, Nanhai)**

One of Nanhai's renowned set menus favored by food lovers. The full feast features over dozens of bitter melon creations: raw bitter melon sashimi, white clam stewed bitter melon, five-spice bitter melon and more. A new white jade bitter melon variety has been added this year. Every dish dispels summer heat, healthy and delicious.



## **7. Jiujiang Whole Fish Banquet**

A legendary signature set menu in Jiujiang, consisting of ten fish dishes plus one fish soup. Every part of fresh fish is utilized via diverse cooking techniques: pan-frying, braising, stewing, deep-frying, boiling and cold tossing. Masterful knife skills, precise heat control and rich layered flavors deliver hearty yet refined seafood enjoyment.

## **Closing**

Foshan's culinary style is shaped by local culture, geographic conditions and historical evolution. It absorbs the essence of Cantonese cuisine while preserving unique regional recipes, forming a diverse and profound local food culture well worth exploring for all visitors.