

Top 10 Local Snacks of Foshan

Dear,

I'm delighted to show you the specialty snacks from my hometown.



1. Xiqiao Big Cake

One of Foshan's time-honored traditional snacks, Xiqiao Big Cake wins diners over with its pale golden hue, fluffy texture and mild sweet aroma. Boasting a history of over 300 years, it ranks among the Four Famous Cakes of Guangdong. Crafted with pure spring water from Xiqiao Mountain via exclusive techniques, it stays moist after eating, comparable to sponge cake.

In Xiqiao Town, it is not only a daily staple for locals but also an iconic symbol of the city's food tourism culture.



2. Nine-Layer Rice Cake

A classic Foshan pastry. Locals make it for all festive occasions, especially the Spring Festival, symbolizing lasting happiness and steady progress in life.

Glutinous white rice is soaked and ground into thin rice batter, mixed with sugar syrup. A thin layer of batter is steamed solid in a copper tray repeatedly until nine layers are formed.

Travel tip: During Chinese New Year, people exchange cakes, fried rice puddings, fried dough twists and crispy oil pastries as gifts. However, nine-layer rice cake is never given away, as folklore says sharing it dilutes good fortune.



3. Gaoming Rice Noodles (La Fen)

A renowned regional specialty from Foshan. These long handmade noodles are tender, springy, smooth and crisp.

They are served in slow-simmered bone broth with pork liver and lean meat, topped with crushed peanuts, minced garlic and chopped scallions, offering a perfect balance of color, aroma and taste.

Gaoming District hosts an annual La Fen Festival, drawing countless tourists to sample this authentic delicacy.



4. Double-Skin Milk

A signature dessert from Shunde with silky, melt-in-your-mouth texture. Its origin dates back to the late Qing Dynasty, accidentally created by a local farmer while preparing breakfast.

Made by boiling and steaming fresh milk with egg liquid, it forms a creamy white curd that is sweet yet light with a soothing milk fragrance. Every mouthful delivers an irresistible treat for the taste buds.



5. Ginger Vinegar Pork Trotter

A classic Cantonese nourishing snack deeply rooted in Lingnan folk culture. In Cantonese tradition, serving ginger vinegar signifies a newborn baby in the family, and visiting new parents is known as "having ginger vinegar", carrying the auspicious meaning of welcoming grandchildren.

Slow-braised pork knuckles, eggs and ginger in sweet-sour vinegar, it warms the body and nourishes the skin.



6. Deep-Fried Milk

A beloved Lingnan dessert famous for its distinctive texture and craft. Fresh milk is boiled with sugar and starch to set into solid milk blocks, then deep-fried until the crust turns golden and crisp.

The center retains runny creamy milk, combining the crunch of fried pastry and the smoothness of dairy, a top pick for dessert lovers.



7. Har Gow (Shrimp Dumplings)

The signature dim sum staple for Cantonese morning tea. Its translucent thin wrapper encloses plump, flavorful fillings.

The wrapper is made of wheat starch, paper-thin; fillings include whole prawns or chopped shrimp blended with minced pork and bamboo shoots for a fresh, tender bite. Visitors can find authentic shrimp dumplings everywhere in Foshan, from upscale restaurants to street food stalls.



8. Cheong Fun (Steamed Rice Rolls)

An iconic Cantonese street food celebrated for its silky soft texture and versatile fillings. Traditional cheong fun uses stone-ground fresh rice batter steamed into tender rolls.

Foshan offers rich fillings including beef, pork, shrimp and vegetables, each matching perfectly with smooth rice rolls for unique flavors.



9. Stir-Fried Rice Noodles with Beef (Gan Chao Niu He)

A ubiquitous daily Foshan dish featuring springy rice noodles and crisp bean sprouts.

This dish demands masterful heat control and tossing skills from chefs. Well-fried noodles turn golden and fragrant, with chewy noodles and crunchy sprouts in every bite, a regular sight on local dining tables.



10. Boat Congee (Ting Zai Zhou)

A traditional Cantonese congee invented by Tanka boat dwellers along the Pearl River Delta, later popularized in Guangzhou, now one of Guangdong' s most iconic snacks.

Loaded with generous toppings: raw fish slices, lean pork, crullers, peanuts, scallions, shredded egg, pork rind, jellyfish, char siu and roast duck strips.

Closing

These ten iconic Foshan snacks embody the city' s unique food culture and are unmissable culinary experiences for all visitors. Each snack carries the wisdom and warmth of Foshan locals, allowing travelers to feel the city' s special charm through every delicious bite.