



GSRANALYTIX

FOOD & CULINARY MAGAZINE

FOOD • BEVERAGE • GASTRONOMY

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CHINA EDITION

01



CHINA

EIGHT CUISINES
ONE CIVILISATION



CHINA
EAST
ASIA

FROM ANCIENT TECHNIQUES TO GLOBAL TABLES

Heritage - Regional Diversity - Innovation

INSIGHTS - DEBATES - OPPORTUNITIES

AUTHENTIC
CHINESE
FLAVOURS

INSIDE CHINA

A CULINARY CIVILISATION SHAPED BY PLACE AND TIME

Across a vast landscape, Chinese cuisine balances grain, vegetables, meat, seafood, tea and fermentation with extraordinary regional technique. The result is not one cuisine, but a family of traditions connected by season, texture and hospitality.

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THE NORTH

Wheat, dumplings, noodles and robust seasoning.

THE SOUTH

Rice, seafood, dim sum and delicate freshness.

THE WEST

Chilli, peppercorn, smoke and bold aromatics.

WORLD FAMOUS

REGIONAL CUISINES BALANCE. FIRE. CRAFT.



CHINA
EAST ASIA



CHINA



EIGHT GREAT CUISINES, THOUSANDS OF LOCAL TRADITIONS

Chinese cooking values contrast and harmony: crisp and tender, hot and cool, fresh and fermented. Geography guides the table, from wheat in the north and rice in the south to coastal seafood and the aromatic heat of the west.

INSIDE THE EDITION

- 01 CULINARY OVERVIEW
- 02 ICONIC FOODS
- 03 MAPO TOFU FEATURE & RECIPE
- 04 INGREDIENT HERITAGE
- 05 FOOD SECTOR OUTLOOK

THREE IDEAS BEHIND THE CHINESE TABLE

BALANCE

Flavour finds harmony

Sweet, sour, salty, bitter and umami work together.

TECHNIQUE

The knife meets the wok

Cutting, steaming, braising and stir-frying shape texture.

SEASON

Food follows nature

Fresh produce and preservation connect every month.



SICHUAN

Mala heat, fermentation and deep aromatics.

CANTONESE

Freshness, dim sum and precise technique.

JIANGSU-ZHEJIANG

Refined textures, river fish and gentle sweetness.

NORTH & WEST

Wheat, lamb, noodles and hearty flavours.

ICONIC FOODS OF CHINA I

Regional dishes that carry craft, memory and a sense of place.

01

PEKING DUCK

Lacquered skin, fine carving and ritual service.

02

XIAOLONGBAO

Delicate soup dumplings from Jiangnan.

03

MAPO TOFU

Tofu, chilli bean paste and Sichuan pepper.

04

DIM SUM

Small dishes made for tea and sharing.

05

KUNG PAO CHICKEN

Sweet, sour, nutty and gently fiery.

06

HOT POT

A communal meal built around a simmering broth.

07

CHAR SIU

Cantonese roast pork with a glossy finish.

“Every region speaks through ingredients, heat and technique.”

ICONIC FOODS OF CHINA II

Regional dishes that carry craft, memory and a sense of place.

01

LANZHOU NOODLES

Hand-pulled noodles in clear beef broth.

02

DONGPO PORK

Slow-braised pork with rich, glossy depth.

03

BEGGAR'S CHICKEN

Aromatic whole chicken sealed for gentle cooking.

04

HUNAN FISH

Steamed fish with vivid chopped chilli.

05

BIANG BIANG NOODLES

Wide Shaanxi noodles with chilli and vinegar.

06

YANGZHOU FRIED RICE

Fine dice, balanced texture and wok fragrance.

07

MOONCAKES

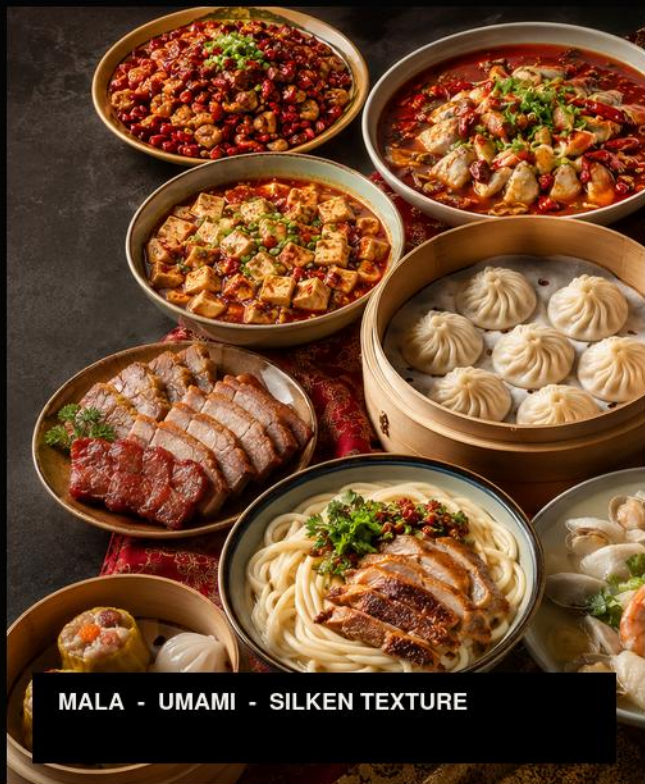
Festival pastry filled with symbolism and memory.

“Every region speaks through ingredients, heat and technique.”



FEATURED DISH: **MAPO TOFU**

SICHUAN BALANCE - HEAT, NUMBNESS AND UMAMI



MALA - UMAMI - SILKEN TEXTURE

Mapo tofu is a Sichuan classic where tender tofu meets fermented chilli bean paste, aromatic mince and the citrusy numbness of Sichuan pepper. Its power comes from layering, not simply from heat.

KEY ELEMENTS

- Soft tofu
- Sichuan pepper
- Garlic
- Stock
- Doubanjiang
- Minced beef or pork
- Ginger
- Scallions

CLASSIC PAIRINGS

Steamed rice - Greens
Light soup - Chinese tea

WHY THE WORLD LOVES IT

BOLD

Immediate aromatic impact

BALANCED

Heat with savoury depth

COMFORT

Soft tofu and warm sauce

ADAPTABLE

Restaurant or home cooking

Chef's rule: keep the tofu intact and bloom the pepper at the end for a fresh, vivid aroma.





MAPO TOFU RECIPE

A practical home-style method - Serves 4

INGREDIENTS

- 450 g soft tofu
- 250 ml light stock
- 150 g minced beef or pork
- 1 tsp soy sauce
- 2 tbsp doubanjiang
- 1 tsp ground Sichuan pepper
- 1 tsp fermented black beans
- 1 tbsp neutral oil
- 2 garlic cloves
- 2 scallions
- 1 tsp grated ginger
- Cornstarch slurry



STEP-BY-STEP PREPARATION

01

PREPARE THE TOFU

Cut gently into cubes; warm briefly in salted water and drain.

02

BUILD THE BASE

Brown the mince, then fry doubanjiang until the oil turns red.

03

ADD AROMATICS

Stir in black beans, garlic and ginger until fragrant.

04

SIMMER GENTLY

Add stock and tofu; simmer without aggressive stirring.

05

THICKEN IN STAGES

Add a little slurry, simmer, then repeat for a glossy sauce.

06

FINISH & SERVE

Add scallions and Sichuan pepper; serve immediately with rice.

THE GOLDEN RULE Gentle tofu - layered heat - fresh pepper aroma



CHINESE INGREDIENTS

LAND, SEASON AND CULINARY HERITAGE

THE BUILDING BLOCKS OF A VAST FOOD CULTURE



RICE

Staple, ritual and regional identity

WHEAT

Noodles, buns and dumplings

SOYBEANS

Tofu, sauces and fermentation

TEA

Daily life and ceremony

CHILLI

Heat with regional character

SICHUAN PEPPER

Citrusy numbing fragrance

MUSHROOMS

Texture and savoury depth

GINGER & SCALLION

Aromatic foundations

TECHNIQUE HERITAGE

Stir-frying - steaming - braising - roasting - pickling - fermenting

SIGNATURE BEVERAGES

Green tea - oolong - black tea - baijiu - rice wine



KEY STATISTICS & NUMBERS

Scale that shapes both domestic and global food systems

714.88 MT

Grain output, 2025

301.24 MT

Corn output, 2025

209.04 MT

Rice output, 2025

140.07 MT

Wheat output, 2025

76.57 MT

Aquatic products, 2025

\$93.6 BN

Agricultural exports, Jan-Nov 2025

GLOBAL LEADERSHIP

GRAIN

1/4 WORLD

Approximate share of world output

ARABLE LAND

UNDER 10%

Share used to feed a fifth of humanity

PRODUCE

GLOBAL #1

Fruit and vegetable production

CUISINE

8 TRADITIONS

A framework for immense diversity

SELECTED 2025 OUTPUT PROFILE

CORN



RICE



WHEAT



MEAT



AQUATIC PRODUCTS



Sources: National Bureau of Statistics of China, GACC and FAO; official 2025 data.



FOOD SECTOR AT A GLANCE

Production scale, processing depth and global reach

**714.88 MT**

GRAIN OUTPUT

2025

3.92 MT

TEA OUTPUT

2025

100.72 MT

PORK, BEEF, MUTTON & POULTRY

2025

HIGH-POTENTIAL CATEGORIES

TEA & PREMIUM BEVERAGES



SAUCES & CONDIMENTS



PLANT-BASED FOODS



PREPARED REGIONAL FOODS



AQUATIC PRODUCTS



COLD-CHAIN & CONVENIENCE



WHY CHINA MATTERS

- One of the world's largest food consumer markets
- Exceptional agricultural and processing scale
- Deep regional cuisine and origin storytelling
- Fast-moving retail, delivery and hospitality ecosystems

Data source: Growing demand for quality, safety and premiumisation. Please refer to the full report for more details.

THE FLAVOURS OF CHINA

REGIONAL HERITAGE WITH GLOBAL MOMENTUM

A CULINARY CIVILISATION

Chinese food connects ancient agricultural knowledge, precise technique and regional identity with a modern market of remarkable scale and speed.



A MOSAIC

Eight great cuisines are only the beginning.

THE POWER OF TECHNIQUE

Steam, fire, fermentation and knife work create identity.

GLOBAL MOMENTUM

Restaurants, brands and diaspora carry regional stories.

OPPORTUNITY AREAS

- + Regional premium foods
- + Sauces and condiments
- + Plant-based innovation
- + Cold-chain logistics
- + Tea and beverage culture
- + Frozen dim sum
- + Hospitality partnerships
- + Culinary tourism

CHINA TURNS REGIONAL HERITAGE INTO A GLOBAL CULINARY LANGUAGE.

GSR ANALYTIX: CONNECTING WORLDS

FROM CHINA TO THE WORLD



OUR MISSION

We connect businesses, markets and cultures through clear intelligence, practical insight and global visibility.

WHAT WE OFFER

- Country & sector intelligence
- Market entry and export insight
- Business networking & visibility
- Culinary and hospitality promotion

OUR GLOBAL NETWORK

120+

COUNTRIES

50,000+

PROFESSIONAL REACH

25+

SECTOR REPORTS

1,000+

BUSINESS CONNECTIONS

BE PART OF OUR GLOBAL JOURNEY**TOGETHER, WE FEED THE WORLD.**www.gsranalytix.com - @gsranalytix