

Must-Try Food Experiences in China

China is one of the world's most exciting culinary destinations, with every region offering its own flavors, traditions, and signature dishes.

Here are some of the most recommended local food experiences in China's top destinations.

Beijing

Signature Food Experiences

Peking Duck

Beijing's most iconic dish with crispy skin and tender meat, traditionally served with pancakes and sweet bean sauce.



Beijing Hotpot

A traditional northern-style hotpot experience, especially popular during winter.



Zhajiangmian

Handmade noodles served with savory soybean paste and vegetables.



Local Snacks

Try local street food at traditional hutong areas:

- Jianbing (Chinese pancake)



- Tanghulu (candied fruit)



- Lamb skewers



Shanghai

Signature Food Experiences

Xiaolongbao

Shanghai's famous soup dumplings filled with rich broth and pork.



Shengjianbao

Pan-fried dumplings with crispy bottoms and juicy fillings.





Shanghai Cuisine

Known for:

- sweet and savory flavors
- braised dishes
- seafood specialties

Recommended Experiences

- Huangpu River dining
- Bund-view restaurants
- Traditional Jiangnan cuisine

Zhangjiajie

Signature Food Experiences

Tujia Minority Cuisine

Traditional dishes from the Tujia ethnic culture.

Smoked Pork & Preserved Meats

Popular mountain-style local specialties.



Spicy Hunan Cuisine

Known for:

- chili peppers
- bold flavors
- spicy stir-fried dishes

Local Mountain Food

Fresh bamboo shoots, mushrooms, and countryside ingredients are commonly used.

Chengdu

Signature Food Experiences

Sichuan Hotpot

One of China's most famous culinary experiences.

Known for:

- spicy broth
- Sichuan peppercorn flavor
- rich local ingredients



Mapo Tofu

Classic Sichuan dish with tofu, minced meat, and spicy sauce.



Kung Pao Chicken

A world-famous Sichuan dish combining sweet, spicy, and savory flavors.



Street Food

Chengdu is famous for:

- spicy noodles
- skewers
- dumplings
- tea houses

Chongqing

Signature Food Experiences

Chongqing Hotpot

Famous for:

- extremely spicy flavors
- local chili oils
- authentic local dining atmosphere



Chongqing Noodles

Traditional spicy noodles enjoyed by locals for breakfast and late-night meals.



Riverside Dining

The city offers unique dining experiences overlooking Chongqing's dramatic skyline and river views.

Guilin

Signature Food Experiences

Guilin Rice Noodles

The city's most famous local dish with flavorful broth and toppings.



Beer Fish (Yangshuo)

Fresh river fish cooked with local beer and spices.



Countryside Cuisine

Fresh vegetables, bamboo shoots, and local farm-style dishes are highly recommended.

Tea & River Dining

Enjoy scenic countryside restaurants near the Li River and Yangshuo area.

Xi'an

Signature Food Experiences

Biang Biang Noodles

Wide handmade noodles with spicy and savory flavors.



Roujiamo

Often called the “Chinese hamburger,” filled with slow-cooked meat.



Dumpling Banquet

Traditional Xi'an dining experience with various handmade dumplings.

Muslim Quarter Street Food

One of China's most famous food streets featuring:

- lamb skewers
- flatbreads
- local desserts
- halal cuisine

Food Travel Tips

Spice Levels

Some regions such as:

- Chengdu
- Chongqing
- Hunan



are known for spicy cuisine.

Please inform your guide if you prefer mild flavors.

Dietary Requirements

Vegetarian, halal, and special dietary requests can often be arranged with advance notice.

Street Food Tips

Street food is part of the authentic local experience, but travelers are encouraged to:

- choose busy and clean vendors
- avoid overly cold or uncooked food
- drink bottled water

Recommended Culinary Experiences

Travelers may also enjoy:

- Chinese cooking classes
- Tea ceremonies
- Local market visits
- Fine dining experiences
- Michelin restaurants
- Traditional family-style meals

Explore China Through Food

Food is one of the best ways to discover China's culture, traditions, and local lifestyle.

RedGate DMC is delighted to help travelers experience the authentic flavors of China through carefully selected culinary experiences across the country.