

## Cooking Class at a Local Family

### Basics

**Title:** Cooking Class at a Local Family

**Duration:** 4 hours (9:00 - 13:00)

**Meeting point:** Hotel

**Place to visit:** A local family

**Overview:** This cooking class is specially designed for foodies who enjoy cooking and are also interested in learning about a local family's life. From choosing your ingredients in the wet market, to making your own lunch with what you bought, to finally tasting what you made, this process will introduce you to the unique local cooking and culinary culture. You will visit the local market in the morning and then get to know the cooking utensils that the Chinese use. Your host will show you how to use the utensils and how to make authentic local dishes. You will get your hands dirty and learn how to make Mapo Tofu, Kungpao Chicken, Dumplings, Noodles, Chinese Salad, etc.

### Highlights

- Visit a local family and see the way they live;
- Learn all about Chinese cuisine;
- Wander in a local wet market;
- Private guide service.

### Itinerary

Date	Starting Time	Destination
Day 1	8:30 a.m	Local Market

At 8:30 a.m, your local guide will meet you at the **Exit D of Sajinqiao Station of Metro Line 1**.

Please make sure you get there on time.

You will head for a **local family** first. After introductions to each other, you will set out to a local wet market and know all kinds of local food ingredients. You will encounter many local people coming here for vegetables and it's common to see some vigorous bargaining.

After purchasing what you need, you will go to the a **private yard at the foot of City Wall** to begin the cooking magic. Under the guidance of your host, you will do the chopping, cutting, frying, and other cooking styles you may never have tried.

You will get to make the authentic Chinese dishes that you have previously tasted. Besides the dishes, we recommend you make dumplings and noodles, two staples in Northern China. From mixing and wrapping stuffing, and boiling



dumplings to making sauces, you will be walked through by your host step by step. Making noodles is a little different; you only need to make thin strips out of the flour dough and boil them, it's done! The trick lies in the sauce or soup. With the explanation of your guide, the host will show you how to make plain noodles delicious. After everything is done, you will be proud to enjoy what you made.

After lunch, you will be offered some seasonal fruit as dessert and rewarded with a recipe for what you made!

## What's Important:

### What's included:

Public transport costs.

Licensed Chinese- English bilingual speaking tour guide.

Lunch

Materials needed for cooking.

Teaching fee

### **What's not included:**

Personal expenses or private entertainment items at sights.

Tips or gratuities for guide if he/she did a good job (recommended)

What to take: smile and a relaxed enthusiastic attitude.

### **Good to know:**

1. Please be civil and don't snoop around the host's private rooms.
2. Please be aware that your host may not be able to speak English. Your guide will be along with you all the time to ensure good communication.
3. You are welcome to learn a little Chinese with your host, while imparting a little bit about yourself to them.
4. Please be respectful to the local customs.

### **FAQ**

1. We are not staying in the city center, can you pick us up from our hotel?

Re: Usually we will make use of public transportation to complete this tour. If your hotel is in suburbs and it's not easy for you to take a taxi cab, Lilysun China Tours can provide a private transfer service for you. This will however, cost extra.

2. I don't want to make dumplings or noodles, what other choice do I have?

Re: Lilysun China Tours has several families that can host you. You just need to inform us about your food preferences in advance, we will arrange a family that suits you best.

3. Can we start earlier in the morning to stop by a local park?

Re: Sure, no problem. Just advise your preferred time.

Tel: +86 18629295068

Email: [lilychinatours@hotmail.com](mailto:lilychinatours@hotmail.com); [service@lilysunchinatours.com](mailto:service@lilysunchinatours.com)

