

MAP YOUR APPETITE



JIANGSU'S SIGNATURE FLAVOURS

江苏13市美食

HUAI'AN

TAIZHOU

XUZHOU

LIANYUNGANG

WUXI

SUQIAN

NANJING

CHANGZHOU

SUZHOU

ZHENJIANG

YANGZHOU

NANTONG

YANCHENG



HOW WELL DO YOU KNOW JIANGSU CUISINE?

Located along the lower reaches of the Yangtze and Huai Rivers, Jiangsu is an eastern coastal province of China blessed with abundant waterways. This rich natural environment has nurtured a wealth of fine ingredients, giving rise to a distinctive culinary tradition over two millennia ago—the renowned Jiangsu cuisine (江苏菜). Recognised as one of China's celebrated Eight Great Culinary Traditions, Jiangsu cuisine can be further divided into 4 regional styles, each showcasing the natural flavours of fresh produce in its own unique way.

HUAIYANG CUISINE 淮扬菜

Represented by Yangzhou and Huai'an, this style is often hailed as China's "national cuisine". It emphasises the original taste of ingredients, with delicate knife skills.

Covers: Huai'an, Yangzhou, Yancheng, Zhenjiang, Taizhou, Nantong

JINLING CUISINE 金陵菜

Centred around Nanjing, this cuisine highlights the freshness of both land and river produce, with a particular reputation for duck dishes.

Covers: Nanjing

SU-XI CUISINE 苏锡菜

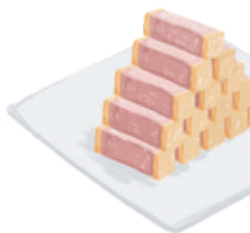
Originating from the Suzhou and Wuxi regions, this style is known for its sweet flavour profile. Specialities include freshwater delicacies, tea-infused snacks, and boat cuisine.

Covers: Changzhou, Wuxi, Suzhou

XUZHAI CUISINE 徐海菜

With a balanced savoury and fresh taste, this cuisine embraces bold flavours and diverse seasonings, placing great importance on both the culinary technique and health-boosting qualities of food.

Covers: Xuzhou, Suqian, Lianyungang



NAN南 JING京



DUCK DELICACIES 鸭菜

Nanjing's duck dishes are iconic and widely celebrated. Must-try specialities include Salted Duck (盐水鸭), Nanjing Roast Duck (南京烤鸭), and Duck Blood and Vermicelli Soup (鸭血粉丝汤)—all essentials when visiting the city.



南京烤鸭

PLUM-BLOSSOM CAKE 梅花糕

A popular Jiangnan snack shaped like a plum blossom. Made from glutinous rice batter and grilled over charcoal, it's topped with glutinous rice balls, corn kernels, raisins, red dates, and osmanthus petals.

NANJING
ROAST DUCK



梅花糕
PLUM
BLOSSOM
CAKE

BEEF POTSTICKERS 牛肉锅贴

A local favourite: crispy-skinned potstickers filled with juicy beef. Served with vinegar and a savoury-spicy sauce, they offer a balanced medley of salty, sweet, sour, and spicy flavours.



SU苏州
ZHOU

SQUIRREL FISH 松鼠桂鱼

This Suzhou classic demands precision. The mandarin fish is deboned and expertly cut, deep-fried until crisp, then topped with a hot sweet-and-sour sauce. The result is tender, fragrant, and perfectly balanced.



BEGGAR'S CHICKEN 叫化鸡

A whole chicken is wrapped in lotus leaves, encased in clay (or dough) and slow-baked until infused with a rich lotus aroma. The meat is tender, succulent, and uniquely aromatic.

HAIRY CRAB 大闸蟹

Suzhou is famed for its freshwater hairy crabs. In autumn, when they're at their peak, simply steaming them lets their plump, flavourful flesh shine.



大闸蟹
HAIRY
CRAB

YANG ZHOU 扬州



LION'S HEAD MEATBALLS 狮子头

Made from a blend of lean and fatty pork, these tender meatballs can be steamed, boiled or braised. A crab-infused version, Crab Roe Lion's Head (蟹粉狮子头), is also popular.



狮子头

LION'S HEAD MEATBALLS



YANGZHOU FRIED RICE 扬州炒饭

Also known globally as Yangchow or Young Chow fried rice, this dish combines day-old rice with ham, egg,

shrimp and veggies. The grains stay distinct, glossy and colourful—each mouthful is fresh, smooth and satisfying.

YANGZHOU MORNING TEA 扬州早茶

A beloved dining tradition in Yangzhou, served in local teahouses. It features premium teas and a variety of delicate tea-time treats: Thousand Layer Oil Cakes (千层油糕), Jade Siu Mai (翡翠烧卖), Three-Dice Buns (三丁包子), Crab-Shell Pastry (蟹壳黄) and more.



扬州早茶
YANGZHOU MORNING TEA

WU XI 无锡

WUXI SWEET-SOY PORK RIBS 无锡酱排骨

Ribs are slow-braised in soy sauce, rock sugar and yellow wine until sticky-sweet and tender, with a deep reddish hue and flavour that balances salty and sweet in every bite.



WUXI SOUP DUMPLINGS 无锡小笼包

Wuxi's answer to dessert for sweetness aficionados—thin-skinned buns bursting with juicy filling. You take a small bite, slurp the fragrant broth, then savour the bun and its contents.

THREE WHITES OF TAIHU LAKE 太湖三白

From the freshwater bounty of Taihu Lake comes a famed trio: Whitefish (白鱼), Silverfish (银鱼) and White Shrimp (白虾). Whitefish is best steamed; silverfish is often scrambled with eggs or added to soup; white shrimp shine in steamed dishes.

炸银鱼

DEEP-FRIED SILVERFISH



HUAI⁹ AN 淮安



CRAYFISH 小龙虾

Xuyi Crayfish are prized for their freshness, celebrated for their succulent meat and explosion of flavours. Summer is the prime season to enjoy them—whether in garlic butter, simply steamed, or spicy boiled.



WENLOU SOUP DUMPLINGS 文楼汤包

A speciality of century-old Wenlou in Hexia Ancient Town, these crab-roe dumplings are filled with hot broth—traditionally sipped through a straw before eating.

XU 徐州 ZHOU



HERBAL CHICKEN SOUP 饨汤

A nutritious chicken broth made by slow-simmering a whole chicken with barley and a variety of health-boosting herbs. A popular local breakfast choice, it's prized for its restorative qualities.



DIGUO CHICKEN 地锅鸡

This dish involves simmering chicken with seasonings in a pot. Just before serving, a thin pancake is lined along the rim to cook in the residual heat. The result is rich, flavourful, and pairs perfectly with the mild pancake.

TAI 泰州 ZHOU



QINHU CRAB 簕蟹

Qinqu Crab is a Taizhou specialty. With plump, rich meat and creamy roe, it is best enjoyed simply steamed and dipped in sweet vinegar with ginger to enhance its delicate flavour.



BRAISED TOFU STRIPS 大煮干丝

Dried tofu sheets are finely shredded and braised with ham, bamboo shoots, and mushrooms. This dish requires meticulous knife work and is a staple at festive banquets.

NANTONG 南通



CLAMS 文蛤

Nantong is renowned for its seafood, with clams being particularly prized. Enjoy them stir-fried, braised in broth, barbecued, or as iron-plate clam. Local chefs fondly refer to the stir-fried version as "Jumping Clams" (跳文蛤), a nod to their fresh, plump texture.

STEAMED CLAMS WITH EGG

文蛤蒸蛋



WALNUT SESAME CAKE 嵌桃麻糕

A traditional sweet made from sesame, sugar, rice flour and walnuts. These golden square cakes are studded with walnut pieces and boast a fragrant, crisp texture with a pleasantly sweet flavour.

LIANYUNGANG 连云港

HUAGUOSHAN SPICED GOOSE

花果山风鹅



HUAGUOSHAN SPICED GOOSE 花果山风鹅

Made from geese raised near Mount Huaquo, this dish is infused with over 30 natural herbs through 63 steps. The result is tender meat, thin skin, and savoury-salty richness. It can be served steamed in pieces or stir-fried with fresh chillies and onions.



BANPU MUNG-BEAN JELLY 板浦凉粉

A smooth, elastic jelly made from bean or yam starch. Often served chilled, topped with soy sauce, sesame oil, garlic and vinegar—or fried till crisp and mixed with chilli for extra punch.

SUQIAN 宿迁



WHEEL CAKE 车轮饼

Resembling a wheel, these fried pastries feature a golden, flaky crust and a rich filling of sugar, candied peel and pork fat. Best enjoyed hot—crispy on the outside, sweet and meltingly soft inside.

FISH-HEAD DUMPLINGS 鱼头饺子

A signature of Luoma Lake's boat cuisine, this dish features dumplings filled with fish paste, gently simmered in a rich broth made from carp heads. The result is silky dumplings served in a nourishing soup.

鱼头饺子

FISH HEAD DUMPLINGS



CHANG ZHOU



砂锅鱼头 CASSEROLE FISH HEAD



TIANMU LAKE CASSEROLE FISH HEAD 天目湖砂锅鱼头

This signature dish features wild bighead carp from Tianmu Lake, slow-cooked in a clay casserole using a secret method. The result is tender, flavourful fish in a creamy, slightly sweet broth with no fishy aftertaste.

SILK-THREAD NOODLES 银丝面

These snow-white, delicate yet springy noodles float in a rich broth made from old hen and pork bones. With 20-30 topping options, it's a versatile comfort dish.



ZHEN JIANG

CRYSTAL PORK 水晶肴肉

A popular morning-tea snack made from slow-cooked pig's trotters stewed with spices. It's set into a translucent jelly-glossy, firm yet tender, with pink-red meat suspended in crystal-clear aspic.



POT-LID NOODLES 锅盖面

Named after the tradition of pressing noodles under a pot lid, this dish features chewy handmade "jumping noodles" in a deeply savoury, soy-rich broth.

YAN CHENG



DONGTAI FISH-NOODLE SOUP 东台鱼汤面

A 200-year-old classic, this milky-white broth made from crucian carp, eel and pork bones is light yet nutritious. Served with thin, silky noodles, it's truly slurp-worthy.

YANCHENG EIGHT BOWLS 盐城八大碗

A banquet-style set of 8 braised dishes reflecting the region's salt-making heritage. Balancing meat and vegetables, the flavours are mild yet savoury. Highlights include Glutinous-Rice Balls (糯米肉圆) and Braised Radish with Mussels (萝卜烧淡菜).

GLUTINOUS RICE BALLS 糯米肉圆



—● Jiangsu's 13 Cities Must-Visit Food Streets

NANJING | FUZIMIAO FOOD STREET 夫子庙美食街

A historic culinary hub offering over 200 kinds of traditional snacks and local dishes.

📍 69 Dashiba Street, Fuzimiao, Qinhuai District, | ⌚ 10am-10pm
Nanjing City, Jiangsu Province, China



NANJING | SHIZIQIAO FOOD STREET 狮子桥美食街

A bustling strip home to many of Nanjing's time-honoured restaurants.

📍 3 Shiziqiao, Hunan Road, Gulou District, Nanjing City, | ⌚ 9am-9:30pm
Jiangsu Province, China



SUZHOU | FENGMEN HENG STREET 葑门横街

An old street combining a wet market with street food stalls.

📍 307 Fengmen Road, Gusu District, Suzhou City, | ⌚ 7am-5pm
Jiangsu Province, China



SUZHOU | GUANQIAN STREET 观前街

Where century-old shops and modern malls sit side by side.

📍 Gusu District, Suzhou City, Jiangsu Province, China | ⌚ 9am-9pm



YANGZHOU | DONGGUAN STREET HISTORIC QUARTER 东关街历史街区

Lined with local snacks, crafts and Ming-Qing architecture.

📍 100m east of the Dongguan Street-Guoqing Road junction, Guangling District, Yangzhou City, Jiangsu Province, China | ⌚ Night market 7pm-10pm

YANGZHOU | DUJIANG ROAD 渡江路

A beloved local spot for all-day dining.

📍 Guangling District, Yangzhou City, Jiangsu Province, China | ⌚ Varies by shop



WUXI | CHONG'AN TEMPLE FOOD STREET 崇安寺美食街

The city's most iconic snack street in a lively shopping district.

📍 Intersection of Zhongshan Road and Renmin Road, Chong'an District, Wuxi City, Jiangsu Province, China | ⌚ Varies by shop

WUXI | NANCHANG STREET 南长街

Snack and stroll, or hop on a boat along the ancient canal.



📍 11 Nanxiatang, Nanchang Street, Liangxi District, Wuxi | 🕒 Varies by shop
City, Jiangsu Province, China

HUAI'AN | JIAOTONG ROAD FOOD STREET 交通路美食街

Near the Grand Canal promenade, a haven for noodle lovers.

📍 Qingjiangpu District, Huai'an City, Jiangsu Province, China | 🕒 12pm–10pm

XUZHOU | MINFUYUAN NIGHT MARKET 民富园夜市

Over 100 stalls serving popular eats from across China.

📍 Hanjing Avenue, Luotuoshan Subdistrict, Yunlong District, Xuzhou City, Jiangsu Province, China | 🕒 4:30pm–11:30pm

TAIZHOU | TAIZHOU OLD STREET 泰州老街

A bustling commercial zone filled with food and local intangible heritage.

📍 Hailing District, Taizhou City, Jiangsu Province, China | 🕒 Varies by shop

CHANGZHOU | SHUANGGUIFANG FOOD STREET 双桂坊美食街

Known for local snacks and time-honoured eateries.

📍 Nanda Street, Zhonglou District, Changzhou City, Jiangsu Province, China | 🕒 Night market 5pm–9:30pm

ZHENJIANG | YONG'AN ROAD FOOD STREET 永安路美食街

Authentic local flavours for breakfast, lunch and dinner.

📍 6 Nanfu Alley, Jingkou District, Zhenjiang City, Jiangsu Province, China | 🕒 Varies by shop

NANTONG | NANDAJIE 南大街

From street food to fine dining—snacks, meals and everything in between.

📍 Chongchuan District, Nantong City, Jiangsu Province, China | 🕒 Varies by shop

LIANYUNGANG | YANHE LANE NIGHT MARKET 盐河巷夜市

Well-known for grilled seafood and budget-friendly bites.

📍 Junction of Hailian Road and Yanhe Road, Lianyungang City, Jiangsu Province, China | 🕒 Varies by shop

SUQIAN | BAOLONG 24 STREET NIGHT MARKET 宝龙二十四街夜市

A late-night hotspot popular with the local youth, packed with food options.

📍 Qingniannan Road, Sucheng District, Suqian City, Jiangsu Province, China | 🕒 Varies by shop



JIANGSU FOOD MAP 江苏美食地图

Herbal Chicken Soup
炖汤



Diguo Chicken
地锅鸡

Wheel Cake
车轮饼



Fish-Head Dumplings
鱼头饺子



Yangzhou Fried Rice
扬州炒饭



Braised Lion's Head
Meatballs 红烧狮子头



Jiming Soup
Dumplings 鸡鸣汤包



Duck Blood and
Vermicelli Soup
鸭血粉丝汤

Pot-Lid Noodles
锅盖面



Crystal Pork
水晶肴肉



Huangqiao Sesame
Cake 黄桥烧饼



Tianmu Lake Casserole
Fish Head 天目湖砂锅鱼头



Banpu Mung-Bean Jelly
板浦凉粉



Stir-Fried
Blue-Swimmer Crab
梭子蟹炒年糕

Dongpo Return-Gift
Pork 东坡回赠肉



徐州
Xuzhou

Yanghe Baijiu
洋河酒



连云港
Lianyungang

Huaguoshan Spiced Goose
花果山风鹅



Braised Radish with Mussels
萝卜烧淡菜



Dongtai Fish-Noodle Soup
东台鱼汤面



Glutinous-Rice Balls
糯米肉圆



Braised Knifefish
红烧刀子鱼



Crab-Roe Soup Dumplings
蟹黄汤包



Steamed Qinhu Crab
清蒸鲢蟹

淮安
Huai'an

Crayfish
小龙虾



盐城
Yancheng

Yangzhou
Morning Tea
扬州早茶



Braised Tofu
Strips 大煮干丝



扬州
Yangzhou

Zhenjiang Vinegar
镇江香醋

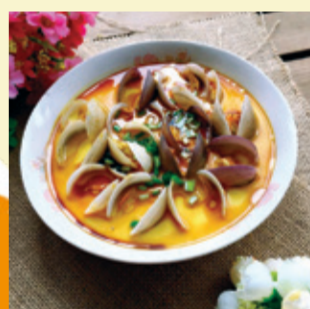


泰州
Taizhou

Plum-Blossom
Cake 梅花糕



南通
Nantong



Steamed Clams with
Egg 文蛤蒸蛋



Walnut Sesame Cake
嵌桃麻糕

南京
Nanjing

镇江
Zhenjiang

Silk-Thread
Noodles 银丝面



无锡
Wuxi

Fried Shrimp with
Biluochun Tea 碧螺虾仁



常州
Changzhou

苏州
Suzhou



Hairy Crab
大闸蟹



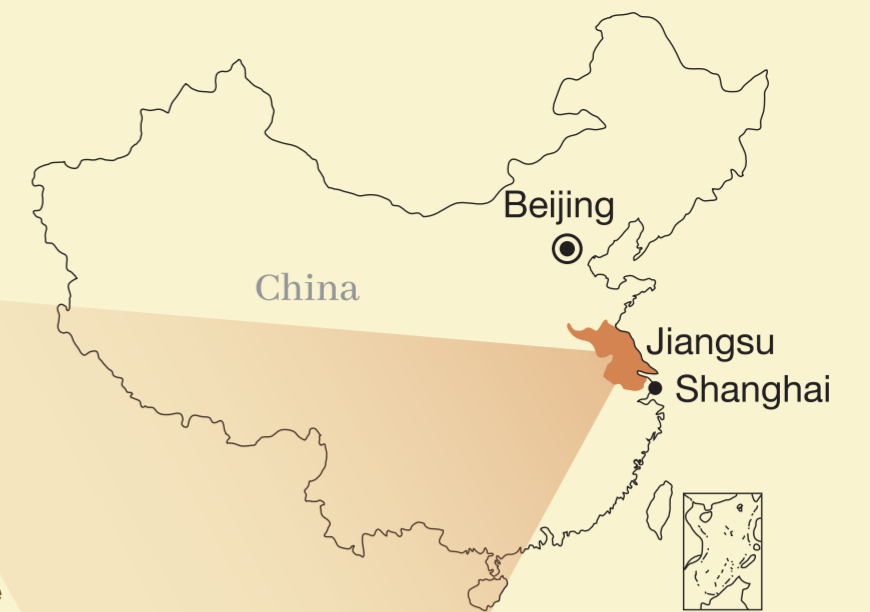
Beggar's Chicken
叫化鸡

Wuxi Sweet-Soy
Pork Ribs 无锡酱排骨



Wuxi Soup Dumplings
无锡小笼包

- Xuhai Cuisine 徐海菜
- Huaiyang Cuisine 淮扬菜
- Jinling Cuisine 金陵菜
- Su-Xi Cuisine 苏锡菜





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AND TRAVEL INFORMATION**



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