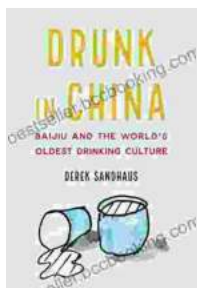


# Baijiu: The World's Oldest Drinking Culture



## Drunk in China: Baijiu and the World's Oldest Drinking Culture by Derek Sandhaus

★★★★☆ 4.8 out of 5

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Baijiu is the world's oldest drinking culture, dating back to at least 3000 BC. This distilled beverage is made from sorghum, wheat, or rice, and has a unique flavor that is often described as being similar to vodka or whiskey. Baijiu is typically served neat, but can also be used in cocktails.

## History of Baijiu

The history of baijiu is long and storied. The earliest evidence of baijiu production dates back to the Neolithic period, around 7000 BC. By the Han dynasty (206 BC - 220 AD), baijiu was already a popular beverage, and was often used as a form of currency.

During the Tang dynasty (618 - 907 AD), baijiu became even more popular, and was introduced to Japan and Korea. By the Ming dynasty (1368 - 1644

AD), baijiu was being produced all over China, and was the country's most popular alcoholic beverage.

In the 20th century, baijiu continued to be popular in China, and was also exported to other countries around the world. Today, baijiu is one of the most popular alcoholic beverages in the world, and is enjoyed by people of all ages and backgrounds.

## **Production of Baijiu**

Baijiu is made from a variety of grains, including sorghum, wheat, and rice. The grains are first fermented, and then distilled to produce a clear, colorless liquid. This liquid is then aged in clay pots or oak barrels for a period of time, which can range from a few months to several years.

The aging process gives baijiu its unique flavor and aroma. The longer the baijiu is aged, the smoother and more complex its flavor will be. Baijiu can be aged for up to 50 years, and some of the oldest baijius can fetch very high prices.

## **Types of Baijiu**

There are many different types of baijiu, each with its own unique flavor and aroma. The most common types of baijiu are:

- **Luzhou-flavor baijiu:** This is the most popular type of baijiu, and is produced in the city of Luzhou in Sichuan province. Luzhou-flavor baijiu is characterized by its strong, pungent flavor and aroma.
- **Fen-flavor baijiu:** This type of baijiu is produced in the city of Fenyang in Shanxi province. Fen-flavor baijiu is characterized by its clean, crisp flavor and aroma.

- **Jiang-flavor baijiu:** This type of baijiu is produced in the city of Jiangyou in Sichuan province. Jiang-flavor baijiu is characterized by its sweet, fruity flavor and aroma.
- **Guizhou-flavor baijiu:** This type of baijiu is produced in the province of Guizhou. Guizhou-flavor baijiu is characterized by its smooth, mellow flavor and aroma.

## **Health Benefits of Baijiu**

Baijiu is often touted for its health benefits. Some studies have shown that moderate consumption of baijiu can help to improve circulation, reduce cholesterol levels, and boost the immune system.

However, it is important to note that excessive consumption of baijiu can lead to liver damage, heart disease, and other health problems. It is important to drink baijiu in moderation to enjoy its health benefits without putting your health at risk.

## **How to Drink Baijiu**

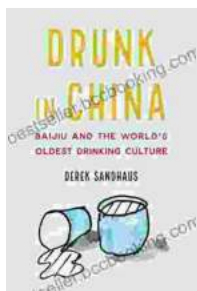
Baijiu is typically served neat, but can also be used in cocktails. If you are new to baijiu, it is best to start with a small glass and sip it slowly. Baijiu can be quite strong, so it is important to pace yourself.

There are a few different ways to drink baijiu. One way is to simply sip it from a small glass. Another way is to mix it with water or tea. You can also add baijiu to cocktails to create your own unique drinks.

## **Where to Buy Baijiu**

Baijiu is available for Free Download in most Chinese supermarkets and liquor stores. You can also find baijiu online from a variety of retailers.

Baijiu is a unique and flavorful alcoholic beverage that has been enjoyed by people in China for centuries. If you are looking for a new and exciting drink to try, I encourage you to give baijiu a try. You may be surprised at how much you enjoy it!



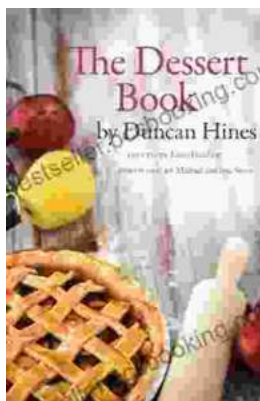
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