

A BITE OF GUANGDONG

食在廣東



廣東省人民政府新聞辦公室 編

COMPILED BY THE INFORMATION OFFICE OF
THE PEOPLE'S GOVERNMENT OF GUANGDONG PROVINCE



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CANTONESE CUISINE: A BRIEF INTRODUCTION

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Guangdong Province, located south of China's Nanling Mountain Range on the South China Sea coast, borders Guangxi Zhuang Autonomous Region to the west, Hunan and Jiangxi provinces to the north, Fujian Province to the northeast, and Hong Kong and Macao Special Administrative Regions to the south. The province, which faces Hainan Province across the Qiongzhou Strait, is usually referred to as the "Southern Gateway" to China's foreign trade. It also leads the country in terms of regional gross domestic product (RGDP) and population. The fascinating region, which has a long rich history, vast land areas and a long coastal line, is set to embrace a brand-new future. Guangdong people have always been the bellwether and forerunner in various fields, be it in expanding maritime trade, moving on to modern civilization, or promoting reform and opening up. Guangdong boasts beautiful mountains, rivers and islands, as well as bustling skyscrapers and office buildings in the Pearl River Delta metropolitan area. Ever since the ancient times, Guangdong, which is well-known for its open-mindedness to cultural diversity, has been embracing guests, businessmen and tourists from home and abroad. The rapidly-changing province welcomes all to stay, work and enjoy life here.

Guangzhou, the capital city of Guangdong, is China's third largest city and the center of economy, culture, education and transportation in South China. A nearly 100-year-old popular Chinese saying goes that "Guangzhou is a paradise for eating," crowning Cantonese cuisine one of the most celebrated cuisine in China.

The saying highlights that Guangdong's culinary culture shines with unique glamour thanks to its long history, great diversity and profound influence.

Guangdong food remained obscure for a long time in ancient China. The economy of Lingnan Region (south of the Five Ridges) has seen robust development since the Tang and Song dynasties (618-1279) as China's economic center moved southward and the advanced technologies in the Central Plains in the middle and lower reaches of the Yellow River reached the southern part of the country. Lingnan became the wealthiest region in China during the Qing Dynasty (1644-1911) due to the Canton Trade System (1757-1842) which made Guangzhou China's only port for Western trade. It's a principle of law that business prosperity always leads to booming of catering. Guangzhou emerged as one of the world's largest trading ports and a vibrant international metropolis during the Tang Dynasty. Consequently, the city became a capital of gastronomy. After the five treaty ports were forced to open under the Treaty of Nanking signed in 1842, the Cantonese cuisine was introduced by local businessmen into the northern part of China in cities including Shanghai, Tianjin and Beijing. The unique culinary style gradually rose to fame, especially in Shanghai. During the Republic of China period (1912-1949), Guangdong became the cradle of revolution and fountainhead of new forms of economy and culture. Two Cantonese restaurants--Taishi (Court Historian) Cuisine in Beijing and Tan's Imperial Cuisine in Guangzhou--together opened the trend of "tasting Guangzhou", while in Shanghai, Haipai cuisine-styled Cantonese cuisine (Cantonese cuisine integrated with all-embracing Haipai cuisine, a form of Shanghai cuisine), won the title of "national cuisine" and brought Cantonese cuisine to a peak of development to represent the flavor of the time. The development of Guangdong's culinary culture underwent several ups and downs after the founding of the People's Republic of China in 1949. The Cantonese cuisine restaurants became ubiquitous again throughout the country after the opening-up and reform policy was initiated in late 1970s. Restaurants with Guangdong chefs cooking fresh seafood are regarded as high-end ones in the northern part of China.

People regard food as their primary want, and it's a natural right to be a foodie. Sun Yat-sen, the forerunner of China's revolution to end feudalism, once said, "Delicious food should also be viewed as artworks since good-looking things and pleasant musical notes are both artworks." Guangdong people have created so many wonders to satisfy foodies' passion for delicacies. Gourmet food embodies the most robust part of Guangdong's culture. Fine traits in Guangdong people's disposition, such as pioneering spirit, open-mindedness, inclusiveness and pragmatism, are all reflected in their culinary culture.

Sun Yat-sen represents well the pioneering spirit. Sun, born in a gourmet village in Guangdong, was a gastronome well-versed in culinary art. He invented a famous dish named "Siwu Soup," which is cooked with four ingredients--the Jew's ear, daylily, tofu and bean sprouts. Guangdong was the first to cultivate edible fungi in modern China: Residents in the northern part of Guangdong took the lead in cutting logs into short lengths to cultivate black mushrooms, and monks at the Nanhua Temple in Qujiang County, Shaoguan City learned how to grow straw mushrooms long ago.

Guandong people are open-minded. They sailed across the sea a long time ago and settled down in various countries and regions in the world, including Japan,

广东，位于南岭以南，南海之滨，与香港特区、澳门特区、广西、湖南、江西和福建接壤，与海南隔海相望，是中国对外贸易的“南大门”，也是中国经济总量第一、人口规模第一的省份。这里，既属于悠久的历史，也属于崭新的未来；既属于广阔的大陆，也属于蔚蓝的海洋。这块土地上的广东人，无论开拓海上贸易，开启近代文明，还是推动改革开放，都以“领头羊”的身份“敢为天下先”。广东有美丽的山川和海岛，也有珠三角都市圈的繁华高楼。自古以来，广东就以开放的文化胸襟迎接着海内外的宾客与商旅。今天，日新月异的广东，欢迎着您的莅临。

广州是广东的省会、中国第三大城市，是华南地区经济、文教、交通中心。“食在广州”，是近100年来流传坊间的民谚，赞美粤菜是“舌尖上的中国”的杰出代表。

“食在广州”，表明广东饮食文化源远流长、博大精深、魅力诱人。

广东饮食最早在中国寂寂无名。唐宋以后，随着中国经济大势的南移和中原先进技术的南传，岭南经济得到强劲开发。清末以来，一口通商的优势更使得岭南富甲天下。商业繁荣催生了饮食业的繁荣，这是一条铁律。唐代，广州崛起为世界性贸易大港、国际化大都市。与之匹配，广州同时成为美食之都。五口通商时期，粤菜随粤商北上，到达上海、天津、北京，特别是在上海地区，渐渐获得名声。及至民国时期，广州成为革命策源地和新的经济文化衍生地。北京的太史菜与广州的谭家菜遥相呼应，共开“食在广州”之先河；在上海，海派粤菜赢得“国菜”的殊荣，将“食在广州”





The reason why Guangdong is dubbed “paradise for gourmet food” lies in its rich culinary culture. Throughout history, many eminent writers have been inextricably bound up with Cantonese cuisine. Han Yu, a great litterateur in the Tang Dynasty, was once an official in Chaozhou City. He wrote a number of poems to commend Teochew cuisine (Chaozhou cuisine), which amazes foodies with a full array of sea food. Su Shi, an accomplished litterateur in the Song Dynasty (960-1279), wrote a famous poem on litchi which reads: “Feasting on lychee – 300 a day, I shouldn’t mind staying

Europe and the United States. Opening Chinese restaurants is a special skill and means of subsistence for many overseas Chinese, as well as a way to manage their homesickness. Cantonese restaurants are the most popular among overseas Chinese restaurants.

Guangdong’s inclusiveness is embodied in Cantonese cuisine’s blending the culinary styles of northern and southern China and that of the East and the West. Dishes in the northern part of China, including wonton, Dong Po Pork and West Lake Fish, were introduced into Guangzhou during the Tang and Song dynasties. In the late Qing Dynasty, “Manhan Quanxi,” literally the complete feast of Manchu and Han courses, became the most dignified and extravagant banquet in Guangzhou. In the Tang Dynasty, traders from different countries lived in “Fanfang” (foreign residential area) of Guangzhou and introduced exotic foods into the city. Guangzhou’s residents would immediately refine the recipes once they found anything useful and as a result, developed new dishes suitable for the local taste buds.

Guangdong people are also pragmatic. In a broad sense, this means that they take measures in line with the local conditions. Tan’s Imperial Cuisine and Taishi Cuisine were the two most prestigious cuisines in the early years of the Republic of China. Jiang Kongyin, an established scholar titled “Lord Jiang Taishi,” created Taishi Cuisine. He bought a farm in the suburbs of Guangzhou and grew various vegetables and fruits there. He sent his fifth son, who graduated from Yenching University, to study agriculture in Japan. After his son returned home, he opened a bee farm to ensure food materials are sufficient and fresh.



eternally here." Guangdong people can cook a lot of dishes using litchi as an ingredient, such as shelled shrimps with litchi and litchi chicken balls.

Most notably, "eating in Guangdong" implies health preservation and essential elements of life. This is usually embodied in the practice of drinking soups. Housewives, no matter whether they are literate or illiterate, are fond of such topics as "expelling dampness from the body," "adding moisture and clearing the lungs" and "nourishing the body." They know well they should regularly make slow-cooked soups for their family members. There are all kinds of soups, the recipes of which are backed by the time-tested old Yin-Yang and Five Element Theory.

Guangdong, located in the subtropical zone, has a mild climate and abundant rainfall year round. As a result, there are always bounties of fresh vegetables and fruits in all seasons, laying a solid foundation for its being a paradise for gourmet food. Cantonese cuisine is composed of Guangfu, Teochew and Hakka cuisines, due to the distinct culinary customs of the three branches of the Han ethnic group—Guangfu (Guangzhou) people, Chaoshan people and Hakka people. These categories of Cantonese cuisine demonstrate three different styles of life: Guangfu people, who reside in the most fertile Pearl River Delta region and enjoy abundant food materials for cooking; Chaozhou people (in great Chaozhou-Shantou area), who live in the coastal areas of eastern Guangdong, focus on seafood dishes; Hakka people, most of whom live in mountainous areas, highlight raw materials from mountains in cooking.



推向时代的巅峰，表征民国味道。新中国成立之后，广东饮食文化几经沉浮。直到改革开放，粤菜馆再度在全国遍地开花，北方大地都将请到广东大厨烹制生猛海鲜作为高档酒楼的标志。

民以食为先。追求美食是天赋人权。正如孙中山所说，既然悦目的东西是艺术品，悦耳的东西是艺术品，那么悦嘴的东西也应该是艺术品。为了一张嘴，广东人创造了多少人间奇迹！美食体现了广东文化最有生命力的部分。广东民性中的“敢为天下先”“开放”“包容”“务实”等优秀特质，都体现在饮食文化里。

孙中山是“敢为天下先”的代表人物。孙中山出生于美食之乡，爱吃懂吃，创过一道菜，名叫“四物汤”，用料是木耳、黄花菜、豆腐和豆芽。广东是近代培养菌的发源地：粤北人率先把木头截成段培养冬菇，曲江南华寺僧人早学会培育草菇。

至于“开放”，广东人很早就漂洋过海，足迹遍及日本、欧美等世界各地。开办中餐馆，是大量华人、华侨的看家本领和谋生手段，更是舌头不能割舍的乡愁。海外中餐馆，粤馆执牛耳。

“包容”，则表现为粤菜的南北同炉、中外合璧。唐宋时期，北方的馄饨、东坡肉、西湖鱼等传来广州。晚清，北方的满汉全席成为广州最高贵、最讲排场的筵席。唐代，各国商人聚居广州带来各种异国风味菜。广州人但凡有一点可取的，都马上拿过来，按自己的口味改造一番。

“务实”，大而论之，是因地制宜。民国初年最负盛名的粤菜，一个是谭家菜，一个是太史菜。创制太史菜的太史公在市郊买下一个农场，种植各种蔬菜水果，还派毕业于燕京大学的第五子到日本学习农科，回到农场之后又办蜂场，以保证用料充足新鲜。

“食在广东”的底色，是文化。古往今来，不少文豪与粤菜结下不解之缘。唐代的大文豪韩愈在潮州做官时就作诗盛赞潮州菜，海鲜食材林林总总，令人惊叹。宋代的大文豪苏东坡在惠州留下“日啖荔枝三百颗，不辞长作岭南人”的佳句，而广东人用荔枝可以做出荔枝虾仁、荔枝鸡球等好多道菜。

为人称道的是，“食在广东”蕴含着保健意识，通常体现在喝汤这件事上。家庭主妇无论有文化没文化，都爱谈论“祛湿”“清润”“滋补”，都懂得定期煲汤给家人喝。汤的种类不胜枚举，背后都有最古老的阴阳五行理论作为支撑，经历过千锤百炼。

广东地处亚热带，气候温暖，雨量充沛，瓜果蔬菜四时常绿，为“食在广东”奠定了基础。而广府、潮汕、客家三大民系独具一格的饮食习惯，使粤菜分为广府菜、潮州菜、客家菜。这三个流派，呈现出三种生活形态：广府人占据着最肥沃的珠江三角洲，做菜选材丰富；潮州（大潮汕）人占据着东部沿海，做菜以海产品为主；客家人多居住在山区，落入林莽，便以山野材料入菜。

GUANGZHOU CUISINE,

The Most Typical Cantonese
Cuisine

广府菜

粤菜的代表



The three categories of Cantonese cuisine feature different characteristics.

Guangfu cuisine was renamed Guangzhou cuisine in the 1960s and 1970s. Originating in Guangzhou, it is the most typical Cantonese cuisine.

Guangfu cuisine is like transformers in animated films that can change themselves into different objects in a dazzling way.

Guangfu cuisine incorporates Nanhai, Panyu, Dongguan, Shunde and Zhongshan cuisines, featuring a combination of relatively light, fresh, clear and fragrant flavors. In this culinary style, dishes are cooked in different ways in different seasons, with light flavors served in summer and autumn and mellow flavors in winter and spring.

Using an extensive variety of ingredients and retaining fresh taste are the two greatest features of Guangfu cuisine. Other distinctive features are as follows: proportions of ingredients are meticulous, condiments are varied and ingenious, and decorations of food are beautiful and brightly colored. The culinary style subtly blends the essence of cuisines in different cities and regions, including Beijing, Suzhou, Yangzhou and Hangzhou, as well as the Western cooking techniques. Chefs are good at innovation based on imitation, integrating different culinary styles to form their special features and thus bringing about more varieties of dishes. Early in 1965, a total of 5,457 kinds of dishes in Guangfu cuisine were showcased at the Guangzhou Famous Dishes and Delicious Desserts Expo. Guangfu cuisine also features upscale dishes, such as the exquisite banquet of edible bird's nest and shark's fin, but there are more family-style dishes, such as white gourd soup and long-simmered soup.

The cooking techniques include stir-frying, frying, sautéing, braising, soft-frying, stewing, boiling, steaming, pickling, spicing, and curing with salt or sugar. The most typical dishes include white boiled shrimp, roast suckling pig, braised sliced pork with taro, Huangpu scrambled egg and stewed tylosrhynchus.







粤菜的三个流派，各具特色，个性鲜明。

广府菜在20世纪六七十年代后改称广州菜，是粤菜的代表，发祥地广州，流行于讲粤语的地方。

广府菜就像动画片中的变形金刚，能够变得令人眼花缭乱。

南海菜、番禺菜、东莞菜、顺德菜、中山菜的特色风味，广府菜将其变成一体，口味比较清淡，力求清中求鲜、淡中求美。而且广府菜的各种菜式随季节时令的变化而变化，夏秋偏重清淡，冬春偏重浓郁。

广府菜的最大特点是用料广、味道鲜。另一突出特点是，用量精而细，配料多而巧，装饰美而艳，且兼京、苏、扬、杭等外省菜以及西菜之所长，善于在模仿中创新，融为一体，自成一家，故而品种繁多。早在1965年，广州名菜美点展览会介绍的广府菜，就多达5457种。广府菜还有一大特点是，既有高档菜，如最精绝的燕翅席，更多的却是家常菜，如冬瓜盅、老火汤等。

广府菜的烹调方法，有煎、炒、爆、烧、炙、煲、煮、蒸、氽、腌、卤、腊、蜜饯等。代表性菜肴有白灼虾、烤乳猪、香芋扣肉、黄埔炒蛋、炖禾虫等。





TEOCHEW CUISINE, China's Highest-end Cuisine

潮州菜
中国最高端菜系

Teochew cuisine, a counterpart of Guangfu cuisine, is usually regarded as the top cuisine in China. It is dubbed "China's highest-end cuisine."

The great Chaozhou-Shantou area, located in the subtropical zone, faces the sea to its south with abundant marine products. As the Chinese saying goes that "Those living near the sea live off the sea," Teochew cuisine is well-known for its seafood cooking techniques. Selection of ingredients is meticulous and curing procedures are elaborate. Seafood dishes, served with various fragrant sauces, are fresh and delicious, refreshing but not light, fragrant without fishy smell, and mellow but not greasy. Some of the signature dishes include Mandarin Duck Crab Paste, lettuce lobster, stewed shark's fin, Oyster omelette, boiled eels and consommé crab balls.

Teochew cuisine focuses on both meat and vegetable dishes. Chefs are adept at cooking dishes with vegetables and fruits. Raw materials are cooked with delicate skills to create fresh, refreshing, delicious and nutritious dishes. Teochew dishes commended by foodies include the "Protect Country Dish" favored by Zhao Bing, the last emperor of the Southern Song Dynasty (1127-1279), smashed water chestnut, braised mustard greens and sweet potato stewed with sugar.

Teochew cuisine is a kaleidoscope of dishes and flavors---Apart from seafood and assorted spiced meat, there are more than 100 varieties of cold dishes, such as pickles, kale borecole and dried radish, as well as over 100 kinds of meat balls, with the most famous ones being beef meat balls and fish balls. Teochew-style hot pot and light soup are also well-known.



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