

Chinese Food | 中国饮食

乔姣姣 © 编著





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中国是饮食大国，以种类繁多的美食佳肴和精湛高超的烹饪技艺享誉世界。对中国人来说，饮食的意义不仅仅是一日三餐，更是一种文化，一种艺术，一种生活中不可缺少的社会活动。

饮食文化是中华民族传统文化的一个重要组成部分。它涵盖范围极广，有代表饮食种类的粥文化、茶文化、酒文化，代表地方饮食风格的各地菜系文化、小吃文化，以及传统食疗养生的药

China is a nation of food and drinks, world-renowned for a broad array of superb cuisine and exquisite culinary skills. For the Chinese, food is not just three meals a day, but also a culture, an art, an essential social activity.

Food culture is an integral part of the traditional Chinese culture. It covers a wide range, from the porridge culture, tea culture, wine culture by food types, to the local culinary traditions and snack cultures which represent the local eating habit, and to the traditional therapeutic and medicine cuisine, as well as the cooking-techniques-related culture, to name just a few. All of these possesses a long history, distinctive features and endless meaning to be explored. Combined with the aesthetic taste, the food culture developed into an art which strives for pleasing colors, aromas, flavors, shapes, names, containers, feelings and settings.



膳文化、饮食制作技艺的烹饪文化等等，每一种都拥有悠久的历史、鲜明的特色和挖掘不尽的内涵。而当饮食文化进入审美领域，就成为一门讲究色、香、味、形、名、器、情、境的令人心愉悦的美食艺术。

无论亲朋相聚抑或会客谈生意，无论日常休闲还是逢年过节、婚丧嫁娶，各种日子、各种场合，“吃上一顿”总是中国人最重要的“保留节目”。餐桌上推杯换盏、谈笑风生，不仅为了满足胃口，获得美食享受，更为交流情感，维持人际关系、社会关系的和谐。因此，饮食对中国人意义独特，体现了中国传统文化中“和”的境界。

No matter for family reunion or for business talks, for ordinary recreation or for holidays and festivals, for weddings or funerals, on whatever occasions and any special days, “Let’s go for dinner” is always the repertoire of the social events. The toasting, chatting and laughing at the dinner table, is more than satisfying the appetite and enjoying the taste, but to exchange feelings and sustain the harmony of social contacts. Thus, eating and drinking have a special meaning for the Chinese people, reflecting the belief in harmony in the traditional Chinese culture.



中华饮食之道

The Way of Chinese Food 001

中国饮食的特色

Features of Chinese Food 002

烹饪技艺

Culinary Skills 015

美食情境

Settings for Delicacies 031



中国传统食俗

Chinese Food Customs 041

日常食俗

Food Customs on Non-holidays 042

节日食俗

Food Customs on Holidays and Festivals 063



经典名菜名食

Classic Food and Dishes..... 095

八大菜系

Eight Regional Cuisines 096

五大名宴

Five Great Feasts 134

风味小吃

Local Snacks 146



中华饮食之道

The Way of Chinese Food

中国人注重“吃”，不仅关注吃什么、怎么吃，还追求吃得好、吃得妙、吃得美；不仅造就了工艺精湛、色香味美、种类繁多、数不胜数的美饌佳肴，同时在食品名称、饮食器具、饮食礼仪、陈设环境、食疗养生等多方面皆有独到造诣。于是，饮食有了满足“口腹之欲”之外的更多内涵，渗透到了中国人生活的方方面面，并与民俗、艺术、文学、医学、历史融会相通，形成了在世界烹饪史上享有盛名、独树一帜的中国饮食文化。

Chinese people pay great attention to eating, not only concerned about what and how to eat, but also the good taste and elegant shape of the food, and the exquisite way of preparation. In pursuit of these elements, a great variety of cuisines with good aroma and flavor are developed with delicate workmanship. Achievement is also made in the name of the food, utensils, etiquette, catering furnishings and environment, health restoration and many others. Thus, in addition to satisfy the desire of the mouth and the stomachs, the diet has much more meaning and penetrates into every aspects of Chinese life. Its integration with the customs, art, literature, medicine, history has resulted in the exclusive Chinese food culture well-known in the world culinary history.





> 中国饮食的特色

中国饮食追求丰盛精良的食料、独具匠心的烹调和美妙可口的滋味，同时也重视饮食结构的合理搭配，发掘并提倡食物的养生保健功效，以达到膳食平衡、五味调和、食治养生的目的。

品类丰富

中国幅员辽阔，物产丰饶，拥有品种繁多的粮食、蔬菜、果品、肉类、禽类、水产品等丰富的食料。多种多样的食物原料促成了中国食品、菜品的极大丰富，为中国成为烹饪大国提供了有力的物质保障。

在中国悠久的饮食文化发展过程中，历朝历代的厨师们创造了数以万计的美味珍馐。从产生历史和饮食对象角度划分，有宫廷菜、官府菜、寺观菜、民间菜、民族菜、

> Features of Chinese Food

Chinese food looks for rich and quality materials, exquisite cooking and wonderful taste. It also values the reasonable combination of ingredients, advocates and explores the restorative functions of the food to reach a balanced diet with harmonized five flavors (spicy, sour, sweet, bitter, and salty).

Rich Category

China is a vast country with abundant resources and claims a wide variety of grains, vegetables, fruits, meat, poultry and aquatic products. Rich raw materials have facilitated the development of Chinese food, leading to rich variation of flavors. They are the material foundation for China, the culinary giant.

In the long history of cuisine culture, Chinese chefs have developed tens of thousands of delicacies. They can be divided by their origins and diners, such



市肆菜等不同类别；从地域角度来看，不同的自然条件、物产及生活习惯造就了众多迥异的地方风味流派，其中以鲁菜、川菜、粤菜、苏菜、闽菜、浙菜、湘菜、徽菜等八大菜系最具代表性，而各地的风味小吃则更是数不胜数。

在饮品方面，以茶和酒最具中国传统特色。中国是世界上最早种茶、制茶和饮茶的国家，是茶文化的发祥地。中国茶叶品类繁多，仅仅根据制造方法的不同和品质上的差异，就可分为绿茶、红茶、乌龙茶（即青茶）、白茶、黄茶、黑茶六大类。著名的茶品有西湖龙井、苏州碧螺春、黄山毛峰、庐山云

as imperial court cuisines, mandarin cuisines, temple cuisines (vegetarian cuisine), folk cuisines, minority cuisines, and street cuisines. Factors such as available resources, climate, geography, history, and lifestyle have led to many local varieties distinctive from each other, the most notable and influential being cuisines in Shandong, Sichuan, Cantonese, Jiangsu, Fujian, Zhejiang, Anhui, and Hunan. Local snacks are beyond calculation.

Tea and alcoholic are the most representative Chinese drinks China was the first country to cultivate, process and drink tea, the birthplace of tea culture.

• 中国名酒

Famous Chinese Liquor





• 品种繁多的绿茶
Rich Varieties of Green Tea

雾、六安瓜片、恩施玉露、白毫银针、武夷岩茶、安溪铁观音、云南普洱等。中国的酒，按照日常习惯分为白酒、黄酒、果酒、药酒、啤酒五大类。著名的酒品有茅台、五粮液、杜康、汾酒、西凤酒、董酒、剑南春、泸州老窖、古井贡、竹叶青等。这些各茶名酒影响深远，享誉世界。

膳食平衡

中国传统饮食多以植物性食料为主，动物性食料为辅，以五谷杂粮为主食，主食与副食相配合，荤

Chinese tea is often classified into several categories according to the species of plant from which it is sourced, and the method of production used. There is green tea, black tea, oolong tea, white tea, yellow tea and smoked dark tea. Well known brands include Xihu Longjing Tea, Huangshan MaoFeng, Suzhou Biluochun Tea, Lushan Yunwu Tea, Lu'an Guapian Tea, Enshi Yulu Tea, WhiteMilli-Silver Needle Tea, Wuyi Yan Tea, Anxi TieGuanyin Tea and Yunnan Pu'er Tea. Chinese alcoholic beverages are usually classified liquor spirit, yellow wine, fruit wine, medicine wine and beer. Some household names are Maotai, WuLiangYe, Dukang, Fen Jiu, Xifeng Jiu, Dong Jiu, JianNanChun, Luzhou Laojiao, Gujing Gong and Zhuye Qing. These teas and alcohols have enjoyed a world reputation.

A Balanced Diet

The traditional Chinese food consumes much more plant ingredients than animal ones, taking grains as staple food and others as supplementaries. The combination of meat and vegetarian food reaches a balanced and healthy diet. In *Huangdi Neijing* (translated as *Emperor Huang's Inner Canon*), the first Chinese



• 五谷杂粮
Grain Crops

与素相结合，以达到平衡和调补的目的。先秦时期问世的中国第一部医学理论专著《黄帝内经》将传统饮食结构归纳为“五谷为养，五果为助，五畜为益，五菜为充”，是世界上最早提出的科学合理的人类膳食结构。

五谷为养

“五谷”指稻、麦、玉米、高粱、豆类等粮食作物，统称为五谷杂粮。“五谷为养”，即包括谷类和豆类在内的各种粮食是人们养生所必需的最主要的食物。以五谷为主食，才能抓住获取营养的根本。

medical book written during Pre-Qin Period(before 221B.C.), it nourishment said, “*Five grains as nourishment, five fruits as supplement, five meats as compliment, and five vegetables as perfection*”, which is the earliest regulation on healthy human diet.

Five Grains as Nourishment

Wu gu (literally five grains) means grain crops such as rice, wheat, corn, sorghum and beans. The saying “*Wu gu wei yang*” means that all grain crops are the staple food which provides the basic nutrition for the body and is necessary for human health.

Five Fruits as Supplement

Wu guo (literally five fruits) refers to all kinds of fresh fruits and nuts. The saying “*Wu guo wei zhu*” means eating small amount of fruits and nuts as the supplement to grains, meats and vegetables, will benefit human health.

Five Meats as Compliment

Wu chu (literally five animals) refers to all animal-based food, such as livestock, poultry, fish, eggs and milk. The saying “*Wu Chu Wei Yi*” means that taking in animal-based food will facilitate the body's growth.

Five Vegetables as Perfection

Wu cai (literally five vegetables) refers to



五果为助

“五果”指枣、李、栗、杏、桃等各类水果、坚果。“五果为助”，即食用少量的果品作为对粮食和肉、蔬菜的辅助、调节，对维护人体健康有很大帮助。

五畜为益

“五畜”指畜、禽、鱼、蛋、奶等各类动物性食物。“五畜为益”，即适量地食用动物性原料，对人体健康特别是机体的生长有很大的补益。

五菜为充

“五菜”泛指各类蔬菜。“五菜为充”，即食用一定量的蔬菜作为对粮食和肉食品的补充，能增强人体的抗病能力，预防和减少疾病的发生。

“养助充益”的膳食观念在中国人的日常饮食中多有体现。人们常在以粮食作为主要原料的饭、粥、面点中加入肉食品和蔬菜，如中国著名的粥品，皮蛋瘦肉粥、海鲜粥、南瓜粥等，以及中国各地的面条、包子、饺子大都如此。中国的饮食格局特别是宴席格局，长期以来都包括菜肴、点心、饭粥、果品和水酒五大类，谷、肉、蔬菜齐

all kinds of vegetables, and “Wu Cai Wei Chong” means that eating certain amount of vegetables as supplement to grain and meat will help to increase immunity and prevent disease.

The notion of “*nourishment, compliment, suppliment and perfection*” is immersed in the daily life of Chinese people. People add meat and vegetable in rice, congee or wheat products, such as congee with lean pork and preserved egg, seafood congee and pumpkin congee. Other examples are common food in China, like *miantiao* (noodles), *baozi* (steamed buns with filling) or *jiaozi* (dumplings). Even from early times, Chinese meal has consisted of dishes, refreshment, rice and congee, fruits



• 新鲜的水果
Fresh Fruits



• 牛奶
Milk



• 蔬菜
Vegetables

备，这已成为中国人约定俗成的饮食方式。

味觉至上

都说西方人用脑子吃饭，坚持理性饮食观念，不论食物的色、香、味如何，营养一定要保证，讲究一天摄取多少卡路里、维生素、蛋白质等。日本人则用眼睛吃饭，对食品的色彩美十分重视，不论味道如何，都要赏心悦目。而中国菜则被称为“舌头菜”，因为中国人最懂得用舌头吃饭。在评判一道菜的好坏时，中国人通常会说“好吃”或者“不好吃”，可见国人对味觉的重视。

and beverages, especially at banquets. One may always find grains, meat and vegetables at the dining table. It has become a convention in China.

Tastes Come First

It is said that Westerners eat with their brains: insisting on the rational way of dining. Nutritional factors, such as vitamin, protein and calories are given more priority over the color, aroma and taste of the food. The Japanese eat by eyes: the aesthetic appeal is the most important. Every dish, no matter how it tastes, shall be good looking. On the contrary, Chinese cuisine is called the cuisine of tongues, because only Chinese people know how to eat by tongues. From the statement used to judge a dish, *haochi*



追求美味

俗话说“民以食为天，食以味为先”。中国人追求味觉享受，既重视食物原料的本味，体现食物的原汁原味，又重视调味品应用。在食物天然本味的基础上，经过精心配搭与调制，使食物的本味、加热后的熟味，与配料、辅料、调料的味交织融合到一起，互相补充，互相渗透，烹制成各种美味食品，给人以精细、可口、愉悦的味觉体验。美味是美食的基础，用舌头去体验美味，才是享受美食最直接的方法。

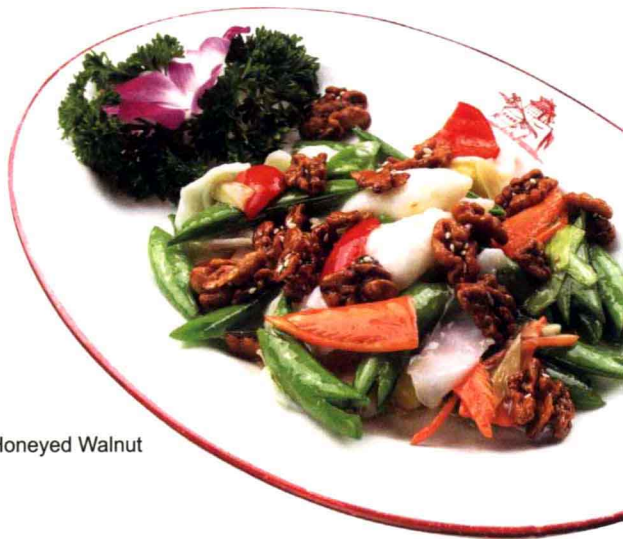
注重多样性

中国人还注重口味的翻新和变化，追求多样性，拒绝千篇一律。在烹饪时，中国人擅长将不同的食材和调味品进行搭配组合，使酸、甜、苦、辣、咸等基本味进行复合和交叉，不断调制出新鲜口味。比如将花椒与精盐同炒，可制成新的调味品——椒盐，

(literally good eating, delicious or tasty) or *bu haochi* (literally not good eating), one can tell the priority given to tastes by the Chinese.

Fastidious about Taste

There is a Chinese saying: Food is god for people, and taste is the lord for food. Chinese people look for palate enjoyment, keeping the original flavor of ingredients while using seasoning to enhance it. With exquisite cooking, the natural flavor of the food, the new tastes generated by cooking, and the flavors of supplementary ingredients and seasoning are blended and create all kinds of delicacies, providing people with fine, pleasant experiences. To experience delicate cuisine with tongue is the best way to enjoy gourmet.



• 琥珀桃仁炒花枝

Sautéed Cuttlefish with Honeyed Walnut



• 龙井凤尾虾
Phoenix Tail Prawns with Longjing Tea

代表菜品有椒盐虾、椒盐排骨等；将菠萝与猪肉同炒，菠萝天然的酸甜味与炒熟后的肉香味相融合，再配以一定的辅料和调味品，便可烹制出美味可口的菠萝咕咾肉。通过各种创造性的搭配与调和，使菜品不断推陈出新，口味富于变化，百菜百味，百吃不厌。中国人对美味的创新性和多样性孜孜不倦的追求，在很大程度上促进了中国饮食的繁荣。

Looking for Variations

Chinese people also pay attention to the changes in flavors and always look for new variations. The Chinese chef is good at matching different ingredients and seasonings and creating novel tastes with various combinations of different degrees of basic flavors: sour, sweet, bitter, hot-spicy and salty. For example, stir-frying salt with Chinese red peppercorn invented a new flavor of prickly ash and salt. Famous dishes include Fried Shrimps with Spiced Salt,



食养结合

中国饮食注重味觉享受，但并不意味着忽略营养和健康。中国饮食养生历史悠久，养生理论贯穿于饮食原料构成、膳食结构、饮食制度、饮食方法、烹饪技艺，以及各类食品之中，主张人的饮食要有利于养生，即通过饮食来对身体进行保养，以食强身，以食增智，以食美颜，以食益寿。其主要观点有以下几方面：

天人合一，顺应自然

天人合一即人与自然相和谐，强调在养生的过程中，不可违背自然规律，而应顺应自然，依照季节和时令进食和养生。以四季为例，春暖、夏暑、秋燥、冬寒，每个季节都有自己的特点，因时养生才能健康。例如春季是万物生发的季节，宜吃些种子类、根茎类食物，如大米、面粉、玉米、薏米、高粱、燕麦、花生、豆类、红薯、山药、土豆、白萝卜、胡萝卜等，因为种子中蕴含着生机，有助于机体的生发。

膳食平衡，五味调和

膳食平衡，即前面提到的“五谷为养，五果为助，五畜为益，五

and fried SpareRibs with Spiced Salt. If stir-fry pork with pineapple, the natural sweet and sour flavor of the fruit blends in with meat aroma. Supplemented with seasonings, and delicious *Gulaorou* is made. With creative touch, new cuisines keep on emerge. A hundred dishes have a hundred tastes and the diners will never get bored. Chinese people's obsession in new variables and unwearied endeavor in this regard lead to prosperity of Chinese cuisine.

Food and Nutrition

The obsession in palate enjoyment does not necessarily mean negligence in nutrition and health. China has a long history of restoration of health with food. The healthy food theory exercises its influence in every aspect of diet, like selection of raw materials, dietary structure, diet system, dining method and cooking skill. It claims that diet shall be beneficial for keeping good health. Good food can build up the body, increase one's intelligence, keep beauty and prolong one's life. Its main ideas have the following several aspects:

Unity of Heaven and Man

The notion of unity of heaven and men means that men shall conform to nature. In the process of building up health, the