

CHINESE CUISINE SERIES
JIANGSU CUISINE

中国大菜系

苏菜



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序

中国是世界文明的四大发祥地之一，其独具特色的饮食文化是中华民族对人类文化的突出贡献之一。中国烹饪在世界上堪称一绝，颇受其他国家和民族的喜爱。中国烹饪技术历史悠久，博大精深，历经火爨、石烹、陶烹、铜烹、铁烹等各个历史发展阶段，在内外交流中逐渐成熟。中国常用烹饪原料有3000种左右，调味品近500种，烹调方法100余种，刀工技法不下40种。不同原料、不同调料、不同刀法、不同烹法的搭配组合，产生出了千姿百态、丰富多彩、不可胜数的美馐佳肴。

中国烹饪有完善的技术体系，其特点可以概括为：广采博取，充分利用原料优选；刀工细腻、组配平衡的切配加工；讲究火候、注重滋感的烹制技法；善于调和、追求风味的调味工艺。这些都具有鲜明的民族特色，构成了有别于其他国家烹饪的基本特征。

中国烹饪有独特的菜肴审美标准，即色、形、香、味、滋、养。色是菜肴的色泽；形是菜肴的形态；香是菜肴的香气；味是菜肴的味道；滋是菜肴的质地感觉；养是平衡膳食肴饌养生。此六者结合构成视觉、嗅觉、味觉、触觉的综合艺术享受，其中又以味为核心，以养（健康长寿）为目的。

中国烹饪有著名的四大菜系，即黄河流域的鲁菜、长江上游的川菜、长江下游的苏菜、珠江流域的粤菜。由于地理、物产、民族、风俗等因素的影响，形成了不同的风味特色。鲁菜选料广泛，烹法全面，口味讲究纯正醇浓，工于制汤；川菜好麻辣辛香，擅调复合味，菜式朴实；苏菜精刀工细，注重火候，调味清淡醇和，善烹江鲜家禽；粤菜精于烹制海鲜，口味注重鲜爽，烹调讲究出新。鲁菜、川菜、苏菜、粤菜是中国烹饪区域性的主要表现。

《东方美食》杂志社社长兼总编辑刘广伟先生，是位特一级厨师，有丰富的烹饪学识，并一直热心致力于中国烹饪事业，对弘扬中国烹饪文化作出了贡献。这次他与山东科学技术出版社共同组织策划出版的大型中英文对照画册《中国大菜系》（鲁菜、川菜、苏菜、粤菜……），由全国各地的烹饪专家学者参与编写，以“继承、发扬、开拓、创新”为宗旨，挖掘传统，整理创新，以精美的形式、非凡的气派展示中国烹饪风貌于世人。我深信它能更好地服务于世界各地的中餐从业者，能为世界人民的身体健康作出更大的贡献，故乐为之序。

世界中国烹饪联合会会长
姜 习

1996年5月

PREFACE

China is one of the birthplaces of world civilizations, and the Chinese food culture has contributed greatly to the culture of mankind. Chinese culinary art is rated as the best of its kind the world over and has been praised and admired by peoples of other countries. With a long history and a comprehensive and profound theory, it has undergone different historical stages of development with regard to the way of cooking, starting with roasting by fire and then with stone utensils, pottery utensils, copper utensils and nowadays with iron and stainless steel utensils. The raw materials that are used for Chinese cooking are of about 3,000 different kinds with 500 condiments available. As far as cooking methods are concerned, as many as one hundred ways of cooking have been put into practice apart from almost 40 ways of cutting. Therefore, a great variety of delicious and delicate dishes of different patterns can be produced by using various ingredients, condiments and different ways of cutting and cooking.

Chinese cuisine is characterized by its complete and perfect technique system which includes the careful selection and extensive use of a wide range of raw materials, the meticulous care of cutting style and skillful mixture of ingredients, the enormous attention to the heat used that plays an important part in the texture of dishes, and finally, the way of ingeniously blending condiments. These constitute the basic and distinctive characteristics of Chinese cooking.

The special aesthetic criteria by which Chinese dishes are assessed include colour, shape, flavour, taste, texture and nutrition that the dishes possess. The combination of the six elements provides the whole artistic enjoyment of the senses of vision, smell, taste and touch, with the satisfaction of the sense of taste as the key point and good health and longevity as the main purpose.

Chinese cuisine can be geographically divided into four categories. The dishes that are produced in the area around the Yellow River are called Shandong cuisine. Those dishes produced on the upper reaches of the Changjiang River are Sichuan cuisine; the dishes enjoyed by the people along the lower reaches of the Changjiang River, are Jiangsu cuisine and finally dishes that are popular along the Pearl River are Guangdong cuisine. Shandong cuisine, with soup as the best of its kind, has the features of extensive selection of raw materials, the use of all cooking methods and its pure and rich flavour. Sichuan cuisine, with its simple style and hot taste, is good at creating a complex taste. Jiangsu cuisine attaches much importance to the cutting skills and handling of heat, taking river fishes and poultry as the main cooking materials and committing itself to the production of simple taste and rich flavour. What distinguishes Guangdong cuisine from the rest is the freshness of the taste and the innovation of the cooking technique. Besides, it takes sea fishes as the main raw materials. The four categories of Chinese dishes demonstrate their regional differences created by such factors as geography, natural products, nationality and customs.

Mr. Liu Guangwei, director and editor-in-chief of the journal *Oriental Food*, is himself a first class cook and has for many years devoted himself to Chinese culinary cause, and has contributed a lot to the spread and development of Chinese food culture. In his cooperation with Shandong Science and Technology Press for the publication of the magnificent Chinese-English pictorial book *Chinese Cuisine Series* he has organized the culinary experts throughout the country to explore the tradition, systematize what is left from history and make further additions, so that the book can present to the public in elegant form and with boldness the whole image of the Chinese cooking and provide better service to the people engaged in this profession and promote better health and long life for the people of the world. Therefore, I feel it a great honour to write the preface for this book.

Jiang Xi

Chairman of the Chinese Culinary Association of the World
May, 1996

前 言

中国饮食文化源远流长，苏菜菜系作为中国四大菜系之一，以其独特的历史风貌和个性风味名扬四海。

苏菜以选料精细，工艺精湛，造型精美，文化内涵丰富而在中国四大菜系中独领风骚。苏菜品种丰富，制作精细，是中华古老饮食文化发展的丰硕成果。

苏菜菜系包涵了淮扬、苏锡、金陵和徐海四大风味流派。在选料方面注重取料广泛，营养调配，分档用料，因料施艺，体现出较强的科学性；在工艺方面注重烹饪火工，刀法多变，擅长调味，表现出制作工艺的严密性；在造型方面注重色彩器皿的有机结合，展现出精美的艺术性，可谓“淮扬品味，一枝独秀”。

大型豪华画册《中国大菜系——苏菜》集苏菜之精粹，菜品按珍品、畜肉、禽蛋、水产、素菜、荤菜、冷拼、食雕、面点分类，选入最具特色的传统和创新菜品400种，以精美的菜品彩色照片为主，配以中、英文对照的菜谱，一菜一谱，图文并茂，融系统性、知识性、实用性和科学性为一体，可供饭店、宾馆人员和广大烹饪工作者、爱好者使用，也可作为烹饪院校教学用书。

本书在编写过程中得到扬州大学商学院中国烹饪系、江苏省烹饪协会、南京市烹饪协会及众多淮扬菜烹饪大师的大力支持和帮助，在此一并致谢。由于我们水平所限，书中粗谬之处在所难免，恳请广大读者不吝赐正。

杨家栋

1996年5月

FOREWORD

Chinese culinary culture goes back to ancient times and Jiangsu cuisine, one of the four major components of Chinese cuisine, is widely known for its unique history and characteristics.

Jiangsu cuisine stands out from the other three major components of Chinese cuisine for its meticulous selection of ingredients, consummate skill, exquisite shaping and rich cultural connotation. Rich in variety and prepared with meticulous care, Jiangsu dishes are the fruits of the development of ancient Chinese culinary culture.

Jiangsu cuisine consists of the styles of Huaiyin-Yangzhou, Suzhou-Wuxi, Nanjing and Xuzhou-Haizhou. It is highly scientific in that it pays attention to selecting ingredients from a wide range of sources, using nutrients in proper proportions and using ingredients in accordance with their grades and characteristics. It is technologically strict in that it lays stress on the degree and duration of cooking, the variation of ways of cutting and the skill in seasoning. It is highly artistic in that it attaches importance to the organic combination of colours and utensils, the proper proportions of meat and vegetables and its cultural characteristics.

The voluminous and exquisite book *Chinese Cuisine Series — Jiangsu Cuisine*, a collection of the cream of Jiangsu cuisine, introduces 400 the most typical, traditional and newly-created dishes classified into nine parts, livestock meat dishes, poultry and egg dishes, aquatic product dishes, delicacies, meat dishes, vegetable dishes, assorted cold dishes, cereals and food carvings with each one having a color photo and a recipe both in Chinese and English. Systematic, knowledgeable, practical and scientific, the book can be used by cooks in restaurants, hotels and elsewhere, and as a teaching book in culinary colleges and schools.

Our gratitude goes to the Department of Chinese Cuisine of Commercial College of Yangzhou University, the Culinary Association of Jiangsu Province, the Culinary Association of Nanjing City and many master cooks of Jiangsu cuisine for their full support and help to the compilation of the book. As our academic level is limited, superficiality and errors are inevitable in the book, therefore, we sincerely hope that our readers will point them out.

Yang Jiadong

May, 1996

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概 述

苏菜菜系又称淮扬菜系，是中国四大菜系之一，主要由淮扬、金陵、苏锡、徐海四大地方风味构成，其影响遍及长江中下游广大地区，在国内、外极富盛誉。

据《淮南鸿烈·地形训》载：古代中国设九州，其中的扬州即包括淮河以南至东海之滨的广大地区。苏菜菜系作为中国烹饪艺坛上的一个重要流派，不仅代表了今天扬州的烹饪技艺，而且也代表了华夏大地东南部这一广大地区的烹饪技艺。

苏菜菜系的形成，离不开地理、历史诸多因素。首先，在苏菜菜系的覆盖区域内，有长江、淮河两大水系，以及数不清的湖泊、水荡，水网纵横，水产丰富，如长江三鱼（鲥鱼、刀鲚、鲢鱼）、太湖三白（银鱼、白鱼、白虾）、松江四鳃鲈、木渚鲃鱼、长江河豚等，闻名于世。而扬州乃江淮重镇，北临淮河，南靠长江，东濒大海，气候温和，土地肥沃，河汊如织，物产丰盛。鹅鸭鱼藕，珍禽水产，山珍野味，联翩上市，为苏菜菜肴提供了丰富的物质基础。

其次，发达的商业经济极大地刺激了饮食消费，为苏菜烹饪的发展提供了极其广阔的市场。公元前486年，吴王夫差北上伐齐，在邗沟、长江交汇之处修筑了邗城，这即是最初的扬州城。夫差在长江北岸开拓的邗沟，联结了长江、淮河两大水系，方便了货物运输与流通，这就大大促进了邗城经济的发展，使扬州成为东南重镇。公元605年，隋炀帝开筑通济渠，进一步沟通了南北方水系，成为全国关键性的交通大动脉，这就是后人所说的“大运河”。扬州扼守大运河的

咽喉，不仅成为国内漕米、海盐、生铁、茶叶等货物的集散、转运基地，而且成为对外贸易和国际间友好交往的重要港口城市。商业经济的发达，使人口日益集中，城市规模日渐扩大。至唐代，则有“扬一益二”（即在全国各州郡市中，扬州为天下第一城，成都则次之）之说，可见，扬州能够较早地综合南北风味、丰富地方风味，形成具有代表性、典型性的风味流派绝非偶然。

历史上曾多次出现大规模的南北方“烹饪交流”活动，这是苏菜形成与发展的又一重要因素。两汉以来，南方和沿海经济逐渐发达起来，东南扬州、长江、运河交汇处的广陵成为经济发达的盐运和漕运中心。到了唐代，扬州又成为中国一个著名的外贸大港。明、清两代，江、浙、皖、赣多有富商来扬州业盐，盐商们日进斗金，腰缠万贯，穷奢极欲追求享乐。他们蓄养家厨，往复宴请，附庸高雅，争邀名流，经常举办“诗文之会”，并借以炫耀自己的美食美饮。富商大贾对精美饮馔的追求，使得家厨这个特殊的社会阶层得以迅速发展。许多名厨都有自己特别擅长的菜点品种，“烹饪之技，家庖最胜。如吴一山炒豆腐，田雁门走炸鸡，江郑堂十样猪头，江南溪拌鲟鳇，施胖子梨丝炒肉，张四回子全羊，汪银山没骨鱼，江文密蚌虾饼，管大骨董汤、鲞鱼糊涂，孔仞庵螃蟹面，文思和尚豆腐，小山和尚马鞍乔，风味皆臻绝胜”（清·李斗《亿州画舫录》）。

值得一提的是，扬州是有近二千五百年历史的文化名城，自古人文荟萃。一方面以自己特有的饮食习惯影响和丰富了苏菜菜系的内涵，促进了

苏菜菜系的形成和发展;另一方面他们发挥自己的专长,进行归纳总结,写下了不少烹饪专著,使苏菜菜系较早地形成了自己的理论体系,如袁枚的《随园食单》,介绍了数十种扬州菜点。童岳荐等编撰的《调鼎集》更是一部广泛收集、采录苏菜菜点及烹饪技法的厨房秘籍,是中国烹饪史上罕见的巨著。众多文人的实践和总结,促进了苏菜的发展,扩大了苏菜的影响。

二

苏菜菜系的风味体系可分为淮扬风味、金陵风味、苏锡风味和徐海风味四大流派,它们虽同属一系,但因所处地理环境、历史条件诸多因素之不同,因而同中有异,各具特色。

地处长江与运河两岸的扬州、镇江、泰州、南通、淮阴、淮安、盐城等地菜肴的口味咸甜适中、适应面广,在历史上称为淮扬风味。这里水网交织,江河湖荡所出甚丰。菜肴以清淡见长,味和南北。其中的扬州在历史上曾是我国南北交通枢纽,东南经济文化中心。扬州菜肴素有“饮食华侈,制作精巧,市肆百品,夸视江表”之誉。扬州厨师制作菜肴擅长吊汤(汤清则见底,汤浓则似乳),讲究火工,且精于瓜果雕刻。扬州名菜有蟹粉狮子头、醋溜桂鱼、蛋美鸡、三套鸭、大煮干丝、将军过桥等,均各具特色。两淮的鳊鱼菜品达108种之多,其中炒软兜、炆虎尾、煨脐门、生炒蝴蝶片、大烧马鞍桥等各有活嫩、软嫩、松嫩、酥嫩等特点。镇江则以“三鱼”(鲥鱼、刀鲚、鲥鱼)菜肴驰名全国,名食水晶肴蹄更是别具一格。南通多江海鲜品,以车螯制就的“天下第一鲜”和以海蜇制就的芙蓉海底松等名菜皆著口碑。此外,泰州的红烧大乌和盐城的藕粉圆子等,都具有浓郁的地方特色。

以南京为中心的地方风味称金陵风味,又称“京苏菜”。南京为六朝古

都,是江苏省的政治、经济、文化中心,饮食市场繁盛。南京菜兼取四方之美,其中的烤鸭颇负盛誉,而盐水鸭、黄焖鸭、卤鸭肫肝乃至鸭血汤等,或用于华筵盛宴,或布于街头巷尾。南京菜以滋味平和、醇正适口为特色,擅长焖、炖、叉、烤。名菜有炖菜核、炖生敲、扁大枯酥、清炖鸡孚、金陵扇贝、菊叶玉版等。名店马祥兴的四大名菜松鼠鱼、蛋烧卖、美人肝、凤尾虾堪称代表,此外,夫子庙小吃也名传遐迩。

以苏州、无锡为中心,含太湖、阳澄湖、鬲湖周近的地方风味称苏锡风味。苏锡一带烹饪技艺在春秋战国时期即已具相当造诣,鱼饌如“全鱼炙”、“鱼脍”等早见于文献。此后,市肆官厨、家庖寺斋无不力求精美,船菜、船点至今仍为中外宾客所向往。苏锡菜重视以甜出头,以咸收口,浓油赤酱,近代逐渐趋向清新爽适,浓淡相宜。其代表菜品有松鼠桂鱼、螺碧虾仁、雪花蟹斗、莼菜糖鳊片、梁溪脆鳊、香脆银鱼、四喜面筋以及常熟叫化鸡、常州糟扣肉和昆山奥灶面等,都是脍炙人口的。

自徐州沿东陇海线至连云港一带的地方风味,称为徐海风味。徐州建城已达3000年,地处京沪、陇海铁路要冲,饮食市场颇为繁华。徐海菜以鲜咸为主,五味兼蓄,风格淳朴,注重实惠,名菜别具一格,如徐州的霸王别姬、彭城鱼丸、大鳊烩、羊方藏鱼和沛县狗肉以及连云港的凤尾对虾、红烧沙光鱼、爆乌花等,皆为人们所传颂。

三

苏菜的特点是选料严格,制作精细。在选料上以淡水水鲜为主,以时令、鲜嫩为佳。青菜取其心,菠菜取其嫩,冬笋取其尖,虾蟹取其鲜。扬州有句谚语:“醉蟹、风鸡不过灯(节)”,“刀鲚不过清明,鲥鱼不过端午”。以鱼为例,在制作上因材施教,

物尽其用,对鱼的分档取料达到了异常完善的地步,比如青鱼,整用、块用、片用、丝用、茸用是一个方面;头、尾、中段、肚裆、活络、下巴、眼肉,乃至唇、舌、脑、皮等选用又是一方面。这些都可单独成菜。苏菜的烹饪技艺以精工细腻著称,案上功夫主要体现在刀工上,各种刀口刀面、冷盘热炒,均要求严谨规范。“菊花青鱼”、“翠珠鱼花”等刀工菜品,常令食客为之击节称赞,整禽脱骨功夫可见于“三套鸭”;茸泥菜尤见功力,长江沿岸的鱼丸是其代表作;扬州的葵花大斩肉,集刀工、火工之精粹,其诀窍可以八字概括“肥六瘦四,细切粗斩”,夹之于箸,完整实在,纳于口中,嫩如豆腐,肥而不腻,腴而不化,而衍化成今天的扬州名菜“狮子头”,随时令配制,春配芽笋,夏配河蚌,秋配蟹黄,冬配风鸡,皆各具特色。

注重火工,擅长炖焖,是苏菜的又一特点。具体操作时,按照菜肴要求和原料质地及刀工形状准确掌握火工,以达到酥烂脱骨而不失其形,滑嫩爽脆而不失其味之效。通过火工的调节来体现菜肴的鲜、香、酥、脆、嫩、糯、韧、烂等不同特点。如“清汤三套鸭”,采用家鸭、野鸭、菜鸽整骨出料,用火腿、冬笋作辅,逐层套制,三位一体,文火宽汤炖焖而成,既保持了形态完整,汤汁清澄,又形成家鸭肥嫩,野鸭香酥,菜鸽鲜细,火腿酥烂,冬笋脆鲜的特点。

由于扬州处长江中下游,南北交通的要冲,因而苏菜在历史上多次南北烹饪技艺的交流中,既吸取了南方菜的鲜脆甜的特色,又融入了北方菜咸、色浓的特点,形成了自己甜咸适中,咸中微甜的风味。汤清则见底,汤浓则乳白,虽淡而不薄,虽浓而不腻,清鸡汤的制作尤其讲究,是制作高级宴席的必备汤料。

苏菜的造型艺术与着色手法相当

高明,菜肴配色,春季多为俏丽,夏季浅淡,秋季多彩,冬季则色深。厨师多擅长食品瓜果的雕刻,清乾隆时扬州就出现了以“镂刻人物花卉鱼虫之戏”的西瓜灯作为宴席的点缀。用香瓜制成的金鱼灯两眼朝天,头大体硕,燕尾悠然,逗人喜爱。宫灯典雅俊逸,上下灯环相称,图案点缀古色古香,呈现出立体多层次画面,富有生活气息。雕刻的萝卜花更是一绝,梅、菊、月季、牡丹无不维妙维肖。立体花篮融冷盘和食品雕刻为一体,既可食用,又是艺术品,充分体现出淮扬菜厨师食品造型艺术的深厚功底。

苏菜菜式组合也很有特色。除日常饮食和各档次宴席的菜式搭配讲究层次、各具章法之外,还有三类宴席颇为独到。其一为船宴,古代虎丘山塘、太湖、玄武湖、瘦西湖、秦淮河、京杭运河上均有大型官船、画舫、沙飞船,所出名菜名点总称为船菜船点,后并转入市肆供应。其二为斋席,江苏素饌盛于梁武帝,历代相沿不衰,至今南京绿柳居素菜馆,镇江金山、焦山斋堂和一枝春素菜馆,苏州灵岩斋堂,扬州大明寺斋堂、小觉林素菜馆,云台山三元宫素斋等都是品尝斋席的好去处。第三是全席,品类很多,如全鱼席、全蟹席、全鸭席、鳝鱼席、全狗席、海蜇宴等。

总之,苏菜的特点是:选料严谨,制作精细,因材施艺,四季有别,烹饪手法多样,重视原汁原味。

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SURVEY

Jiangsu cuisine, also known as Huaiyin-Yangzhou cuisine, is one of the four major components of Chinese cuisine, mainly consists of the styles of Huaiyin-Yangzhou, Nanjing, Suzhou-Wuxi and Xuzhou-Haizhou and its influence spreads all over most of the middle and lower reaches of the Changjiang River and is famous both at home and abroad.

I

An important component of Chinese cuisine—Jiangsu cuisine is representative of not only the culinary skills of Yangzhou, but also those of southeast China as a whole. Jiangsu cuisine came into being due to geographical and historical causes. First of all, in southeast China, there are two important water systems, the Changjiang River and the Huaihe River, and countless lakes, teeming with aquatic products such as hilsa herrings, *colia ectenes*, *leiocassis longirostris* in the Changjiang River, whitebait, whitefish and white shrimps of the Tai Lake, perches of the Songjiang River, Spanish mackerels and globefish of the Changjiang River. An important city in the Changjiang River and the Huaihe River region and bordering the Huaihe River in the north, the Changjiang River in the south and the sea in the east, Yangzhou has a mild climate, fertile land, a network of rivers, an abundance of products including geese, ducks, fish, lotus roots, delicacies and game, which provide an abundance of ingredients for Jiangsu cuisine.

Secondly, the developed commerce and economy of Yangzhou give a strong impetus to its food consumption and provide a very broad prospect for the development of Jiangsu cuisine. In 486 B.C. Fuchai, king of the state of Wu, had a town called Han built where the channel of Han and the Changjiang River met on his expedition northward against the state of Qi. It is the early form of Yangzhou City. The channel of Han on the north bank of the Changjiang River connected the Changjiang and the Huaihe Rivers, made the transportation and flow of commodities convenient, gave a great impetus to the development of the town of Han and helped it develop into an important city in southeast China. In 605 A.D. the emperor of the Sui Dynasty had Tongji Canal dug, thus linking further the water system in the south and that in the north. It became a vital transportation artery of the whole country and is called by later generations the Grand Canal. Located at the key junction of the Grand Canal, Yangzhou became not only a distribution center and transit base of the commodities like grain, sea salt, pig iron, tea, etc. in the country, but also an important port city of foreign trade and friendly international intercourses. The development of commercial economy concentrated the population increasingly and expanded the city at the same time. In the Tang Dynasty, Yangzhou was said to be the most important city in the country. Therefore, it is by no means accidental that Yangzhou cuisine became a typical local style through its combination with southern and northern styles.

Many large-scale culinary exchanges between the South and the North in history also contribute greatly to the formation and development of Jiangsu cuisine. Since the Western and the Eastern Han Dynasties, the economy in the South and that along the coast developed gradually, so Yangzhou in southeast China and Guangling where the Changjiang River and the Grand Canal meet became prosperous transportation centers of salt and grain. In the Tang Dynasty, Yangzhou also became a famous port of foreign trade in China. In the Ming and the Qing Dynasties, many rich merchants from Jiangsu, Zhejiang, Anhui and Jiangxi came to Yangzhou to do salt business. They made a lot of money and wallowed in luxury. They kept household cooks, entertained one another, mingled with men of letters and posed as lovers of culture, vied in inviting celebrities and often held poetry and prose parties to show off their culinary taste.

Their pursuit of exquisite cuisine developed very quickly the special social stratum of household cooks, many of whom became famous for the dishes they were especially good at. The stir-fried bean curd by Wu Yishan, fried chicken by Tian Yanmen, ten styles of pork head by Jiang Zhengtang, salad sturgeon