

SHANG HAI DISH COLLECTION



上海菜点集锦

Shanghai
Cuisine in different poses
and with different expressions
The source is still in the
old hotel

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Shanghai dishes,
with the quickening of city's modernization paces at present in Shanghai,
the catering trade gets new development.
The old hotel of Shanghai is famous old established firm brand enterprises,
bear and spread Shanghai dishes for a century,
coping with shifting events by changing and innovating and opening up and
advancing and driving the old shop into the capital to choose one hundred Shanghai
dishes to publish constantly,
this undoubtedly popularizes promoting the exchange of Shanghai dishes,
study each other, promote Shanghai dishes to innovate and achieving more
glorious results constantly.
This measure is gratifying and congratulatory. Congratulate "dish collection of
Shanghai" on being published ceremoniously warmly.

SHANG HAI

Dish Collection



千姿百态上海菜 源头还在老饭店

100%

SHANG HAI



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上海老饭店简介

BRIEF INTRODUCTION OF THE OLD RESTUARANT IN SHANGHAI

上海老饭店创建于清光绪元年（公元1875年），是中国上海菜的发源地。饭店餐饮有“上海菜一面旗帜”的美誉，以正宗上海菜闻名海内外。


（北京）上海老饭店有风格迥异、装饰豪华的展示充满中华民族特色的文化氛围和饮食文化意蕴的包房18间，可容纳500人同时用餐。饭店崇尚“给宾客留下一份美好回忆”的经营理念。

Shanghai Classical Hotel, the birthplace of Shanghai local dishes, is founded in AD 1875, the Qing dynasty of first year of Emperor GuangXu. Recognized as a flag of Shanghai local dishes, the food in Shanghai Classical Hotel is renowned for traditional Shanghai dishes home and abroad.

(Beijing) Shanghai Classical Hotel can hold 500 people to have dinner at the same time and has 18 dining rooms in different style and luxury decoration, which have presented the characteristics of Chinese culture and food

The hotel advocates the management theory of "**leaves guest one bright and remembers**".





百年老店 千年文化

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经叔平



二〇〇六年十二月十八日



中国商业联合会会长 何济海



世界中国烹饪联合会会长 张世尧



序言 (一)

Shanghai local dishes, the important component in the local style of cooking of China, is a kind of cooked food with unique flavor of Shanghai area. It was constituted by traditional dish and creative dish, referred to as Shanghai dishes. Its origin and development are in pace with economic prosperity of Shanghai.

Since the last years of the Southern Song Dynasty, set up the Shanghai Town in the fishing village at that time, the restaurant industry revitalized for the first time. Shanghai have the scale of county town for the first time in the middle period of the 16th century, the trade in urban and rural areas is frequent, the restaurant increases day by day, forming the local dishes with strong local colour tentatively, certainly the cook is local too. The representative dish is as follows, Fried shrimp, Braised fish, braising belly shelf, grass carp's bean sheet jelly, eight treasures thick chilli sauce, shredded meat soya bean soup, "Family delight" assorted ingredients, etc. The characteristic is dense oil and red sauce. After Shanghai opened the port to the outside in 1843, entered 19 until the middle period of the 20th century, Shanghai prospered it for the port city, nationality's industrial and commercial greatly develops, the catering trade thereupon rises with force and spirit too. The local tea house of Shanghai is while developing, strangers enter Shanghai and run a shop one after another too, successively appeared in local flavor restaurants such as Anhui, Suzhou, Wuxi, etc.. In 1930s to 1940s, Shanghai had already become largest trading port of the whole country and commercial center, the catalyst of the economic prosperity impels the catering trade to develop in step, merge and absorb the strong point of more than ten pieces of local flavor and characteristic dish, form the style of cooking of Shanghai which contains the traditional dishes and creative dishes. Its characteristic takes flavor of the south Yangtze River as the core, is good at cooking rivers seafood and vegetables of four seasons. At the cooking skill, have had series of braising in soy sauce which have kept the red sauced characteristic of strong oil, have increased series such as frying, preserving in wine, etc. The representative dish is as follows: Braised chicken, bamboo & ham, steamed Herring Fish, fish head stewed with brown sauce in casserole, Braised River Crab with Soy Paste, sea cucumber in shrimp sauce, sugar candy title.

From new China established to reform and opening-up, this old and legendary international metropolis of Shanghai, international association increases day by day, Shanghai dishes grow with each passing hour, on the basis of inheriting the traditional classic dish, absorb the cooked food characteristics of Japan, South Korea, Thailand, Hong Kong, Taiwan etc, receiving the cooking skill of American-European western food concurrently again, tend to scientific meal, nutritive equilibrium, the taste is changed to good sweet and salt. The representative dish is as follows, vegetable salad, stir-fry shrimps, leaf mustard and yellow croaker soup, crab rice noodle with bean curd.

Shanghai is located the place that rivers flow to sea and regional immigrants with different culture background enter Shanghai, which have added inside information for Shanghai dishes' prosperity. Different areas' diet custom make Shanghai dishes various as well as is assimilated,

merged and developed. Because the main immigrants are from area of Jiangsu and Zhejiang Provinces, which make shanghai dishes have the South characteristics alone.

The gifted ecological environment of the Changjiang Delta, has brought up the Shanghai people knowing the own business, one may well say that a remarkable place producing outstanding people, the characteristic of Shanghai dishes reflect this layer of relation very naturally. Shanghai dishes not only pay attention to nutrition health but also the wide and precise in materials, contain seafood, river food, birds domestic animal, when vegetables. The cooked food makes a clear distinction between the four seasons, pay attention to the original sweat primary taste, there are bamboo shoot types in spring, such as salting bamboo and freshly; There are stewed goods in summer, for instance stewed chicken, etc.; There are crab types in autumn, for instance steamed crab, etc. There are nourishing types in winter, for instance eight-treasure duck, etc. It is sophisticated to cook the tactics, pay attention to the cutting and slicing skill, rigorously enforces the duration and degree of heating. The colour, fragrance and taste, shape, quality all are good to produce. The flavor is various, fresh aromatic alcohol of taste and deep or light and suitable. The pastry is exquisite and exquisite, sparkling and crystal-clear.

Nearly there are more than 1 500 restaurants which manage Shanghai dishes. Shanghai dishes, with the quickening of city's modernization paces at present in Shanghai, the catering trade gets new development. The old hotel of Shanghai is famous old established firm brand enterprises, bear and spread Shanghai dishes for a century, coping with shifting events by changing and innovating and opening up and advancing and driving the old shop into the capital to choose one hundred Shanghai dishes to publish constantly, this undoubtedly popularizes promoting the exchange of Shanghai dishes, study each other, promote Shanghai dishes to innovate and achieving more glorious results constantly. This measure is gratifying and congratulatory. Congratulate "dish collection of Shanghai" on being published ceremoniously warmly.

President of Chinese cuisine association
Su QiuCheng

上海菜，中国地方菜系中的重要组成部分，是上海地区的一种风味独特的菜肴。它包涵上海菜不同时期发展起来的的本帮（传统）菜和海派（创新）菜，统称上海菜。其起源和发展与上海经济繁荣同步。

自南宋末年，在当时的渔村设立上海镇，饭馆业初兴。16世纪中叶上海初具县城规模，城乡交易频繁，饭馆日渐增多，初步形成具有浓郁乡土气息的本帮菜，厨师当然也是本地的。代表菜有：油爆河虾、红烧鲰鱼、红烧肚档、糟钵头、草鱼粉皮、八宝辣酱、肉丝黄豆汤、全家福等。特点是浓油赤酱。1843年上海对外开埠后，进入19至20世纪中叶，上海繁荣为港口城市，民族工商业大发展，餐饮业也随之雄起。上海本地茶馆发展的同时，外地人也纷纷入沪开店，先后出现了安徽、苏州、无锡等地方风味菜馆。到了20世纪30、40年代，上海已成为全国最大的通商口岸和商务中心，经济繁荣的催化剂促使餐饮业同步发展，融合并吸收十余个地方风味和特色菜的长处，形成包涵本帮菜及海派菜的上海菜系。其特点是以江南水乡风味为主，擅长四季的江河鱼鲜和蔬菜烹制。在烹饪技术上，既有保持浓油赤酱特色的红烧系列，又增加了滑炒、酒糟等系列。代表菜有：精扣三丝、清蒸鲥鱼、砂锅大鱼头、生煊草头、冰糖甲鱼、油酱毛蟹、青鱼划水、虾子大乌参等。

新中国成立至改革开放以来，上海这个古老而又富有传奇色彩的国际大都市，国际交往日益增多，上海菜与时俱进，在继承传统经典菜的基础上，吸收日本、韩国、泰国及香港、台湾等国家和地区的菜肴特点，又兼纳欧美西菜烹饪技艺之长，趋向科学膳食、营养平衡发展，口味变化为甜咸得当、清淡爽口。代表菜有：蔬菜色拉、清炒虾仁、荠菜黄鱼羹、冬菜银鳕鱼、蟹粉豆腐、蟹黄鱼翅等。

上海在百川汇海处，各地移民入沪，不同的文化背景，为上海菜兴旺增添了底蕴。其不同地区的饮食风俗异化着上海菜，同时也被同化，兼收并蓄，融合发展。因其主要移民是来自江浙一带，历经百年发展起来的上海菜，独具江南特色。

长江三角洲得天独厚的生态环境，养育了精明能干的上海人，可谓人杰地灵，上海菜的特色很自然地反映出这层关系。上海菜不但注重营养卫生而且用料广而精，涵盖海味、河鲜、禽畜、时蔬。菜肴四季分明，注重原汁原味，春季有竹笋类，如腌笃鲜等；夏季有糟货类，如糟鸡等；秋季有蟹类，如清蒸大闸蟹等；冬季有滋补类，如八宝鸭等。烹饪手法高明，讲究刀工，制作精细，严格火候，出品色、香、味、形、质均俱佳。清新秀美，风味多样，口味鲜香浓醇，浓淡相宜，甜咸兼备，糟香独特，味型多样。点心则精巧玲珑，晶莹剔透。

上海目前约有1500余家经营上海菜的餐馆，上海菜随着城市现代化步伐的加快，餐饮业又有新的发展。上海老饭店是著名的老字号品牌企业，承传百年上海菜，以变应变不断创新开拓前进把老店开进京城精选出百款上海菜点出版，这无疑将促进上海菜的交流推广，相互学习，推动上海菜不断创新再创辉煌。此举，可喜可贺。热烈祝贺“上海菜点集锦”隆重出版。



蘇秋成

中国烹饪协会会长



SHANG HAI DISH COLLECTION 上海菜点集锦

序言 (二)

In A.D. 1737 according to legend, Emperor Qianlong travels incognito to Shanghai county, Shanghai was not flourishing more than 200 years ago, but town little restaurant, several kinds of South stir-fry dishes make him happy, especially until "Fried whole shrimps" profuse in praise, Emperor Qianlong writes down "the honour arranges the hall" emperor's hand writing. Time passed, hotel owner has changed times while the horizontal inscribed board is remained nowadays and the several courses of food of those years of Qianlong tasted have spread for a century, been keeping all the time. And the name of the classical hotel is because in the past people used to calling the place where a lot of old guests often make an appointment to have a meal "usual place" or "classical hotel", let three words of "Classical hotel" shout smoothly, thus named in Shanghai classical hotel. Established in the first year of Guang Xu (1875 years) Shanghai Classical Hotel of Shanghai is one birthplace of Shanghai dishes. The so-called Shanghai dishes are referred to traditional dishes with dense oil and hot sauce and creative dishes to present Shanghai is a remarkable place producing outstanding people who are filled with intelligence and creation.

After liberation, Shanghai Classical Hotel successively excavated and put over one hundred dishes of traditional local cuisines, the material is fetched lifelike, kept to real flavor, fresh and cool and plain. It is said to keep the origins to be established by the examples of Sea cucumber in shrimp sauce, Fried whole shrimps, Roast duck with "eight-treasures", Eight-treasure Hot Sauce, Crab Rice Noodle With Bean Curd, Pork with preserved bean curd, Braised chicken, bamboo & ham. For example "Braised chicken, bamboo & ham": with ham, chicken, bamboo shoots cut into filaments of 1.5 millimeter long, three colors are the same, the taste is fresh and fragrant, the decoction is clarified, the entry slips comfortably, light and soft and soft, make people enjoy endless aftertastes. Fully show the exquisiteness of cook's cutting and slicing skill of Shanghai Classical Hotel. Still the cooks innovate out more than 100 dishes of Shanghai style. "Fish with pepper of sichuan", "sea food with pig blood" let you find the smell of Sichuan. Various sashimi, because the difference of Shanghai dressing, can let you taste the novelty of the flavor of Guangdong. There are fashionable dishes, for instance XO sauced sea chrysanthemum, etc., can let you experience cooked food of fashions. In addition, various small fine pastries are a feast for the eyes; several dozen iron custard, stewed soup and vegetables.

Shanghai Classical Hotel was run in Beijing in 2002, merging old and modern times, showing forceful atmosphere, explaining the sole of Shanghai cooked food culture. With famous calligraphy personality's couplet "salty light spring and autumn, Rongshun last forever". Each compartment has special graceful bearing, there are different designs such as "new-type lanes and alleys", "English villa", "Shikumen of Shanghai", there is "purple cloud hall" of China's classical royal dignified air too, combined with Chinese and Western styles in "dream Shanghai" of the Shanghai's style. While moving one's steps, celebrity's treasured scroll, actor weave, the carved celadon, windows of fence interspersing among them, there are stage photos of film stars of old Shanghai,

rickshaw, light of street on the road, old car license plate, the outdated gramophone, Western wine cupboard of old times, etc. ornamental inside and outside the dining-room, seem to bring you into last century in metropolis of 5 kilometers of Shanghai in the thirties. The exquisite Shanghai delicacy is incorporated in this graceful environment, let guests have one kind to yearn for, linger on a part.

During several years I run a shop in Beijing, get the support and great kindness of the friends from all walks of life, many kinds of good friend exhorts many times, make it publish cooked food collection of Shanghai. It's honored to receive assignments herein and I am afraid of doing this satisfied, but for thanks of the friends from all walks of life and at last I do it as to obey the order. Choose carefully one hundred sections of dishes send to press specially, named "The Dish collection of Shanghai", please make more comment on it.

In the course of publishing this book, I want to appreciate the help of the peoples: President Wenming.Fang, Vice-president Liang.Jian of Zhongshang Corporations Group; Chairman Ping.Wu, General manager Binghai.Cheng of Shanghai Yuyuan Tourism Plazza Limited Company; Assistant chairman Liu.Yang of Chinese cuisine Association; Chairman Shiming.Shen of China cuisine Association; General manager Yaota. Zhang of Shanghai Yuyuan Old Temple Catering Co.Ltd; General manager Jianping.Xiao of Shanghai Green Wave restaurant. My special thanks to the staff of Shanghai Classical Hotel.

Executive member of the council of Chinese cuisine association
(Beijing) general manager of Shanghai Classical Hotel
JinZong. Zhang

相传公元1737年，乾隆皇帝微服私访到上海县，二百多年前上海并不繁华，但市井小店，几盘江南小炒却让龙颜大悦，尤其对“油爆河虾”赞不绝口，乾隆皇帝御笔一挥“荣顺堂”。斗转星移，店家几易变主，如今匾额尚存，乾隆当年吃过的几道菜也承传百年，一直保留了下来。而老饭店的招牌是因为很多年来民间有许多老客人经常相约，称到“老地方”、“老饭店”吃饭，叫‘老饭店’三个字叫顺口了，从而索性取名上海老饭店。

创建于清光绪年（1875年）的上海老饭店，是上海菜发源地之一。所谓上海菜，即上海本帮菜和海派菜的统称，本帮专指上海当地的菜，菜肴是浓油赤酱。而海派，则体现了上海人杰地灵，精明创新的一面，兼收并蓄，博采众长，创新了上海菜。

解放后，上海老饭店先后挖掘整理出百余道传统本帮菜，料取鲜活，注重真味，既清爽素雅，又滋味浓郁，真真正正原汁原味。如虾子大乌参、油爆河虾、八宝全鸭、八宝辣酱、蟹粉豆腐、南乳扣肉、精扣三丝等。比如“精扣三丝”：用火腿、鸡肉、冬笋切成见方不过1.5毫米、长约80毫米的细丝，三色相同，口味鲜香，汤汁澄清，入口滑爽，清淡嫩软，令人回味无穷。充分展示出上海老饭店厨师刀工的精巧及调味的绝活。还创新出100余道海派菜。“花椒飘香鱼”、“海鲜毛血旺”能让你在上海菜的餐桌上找到川味的感觉。各种刺身，因上海调味汁的区别，又能让你尝一下上海粤味的新奇。还有不少时尚的佳肴，如XO酱海菊花等，能让你体验一把时尚菜肴。还有，各种精细的小点心，琳琅满目；数十种烫羹、煲仔及时令蔬菜。

2002年上海老饭店进京开店，古今融合、雄浑大气，尽显申江菜肴文化之精髓。其间有海派书法名人题写的对联“咸淡春秋，荣顺百年”。各个包房风韵别具，有“新式里弄”、“英式别墅”、“上海石库门”等不同样式，也有中国古典皇家气派的“紫云殿”，中西合璧海派风格的“梦上海”。移步之间，名人墨宝、艺人编织、青瓷雕刻、花格栏窗点缀其间，还有老上海的电影明星剧照、旧时的黄包车、马路街灯、老汽车牌照、老式留声机、西洋酒柜等装饰于餐室内外，仿佛把你带入了上个世纪30年代的上海十里洋场。精美的沪上佳肴融入这优雅的环境中，让客人有一种怀想，一份流连。

在京城开店的数年间，深得各界朋友的支持与厚爱，多方好友又多次叮嘱，令其出版上海菜肴集，受命于此，又难当此任，但为答谢各界，推辞不如从命，特精选百款菜点付印，取名为“上海菜点集锦”，还请各界多多指正。

在出版此书过程中，我要感谢中商企业集团公司范文明总裁、梁键副总裁，上海豫园旅游商城股份有限公司吴平董事长、程秉海总经理、中国烹饪协会杨柳常务副会长、上海烹饪协会会长沈世明、上海豫园商城老城隍庙餐饮有限公司张耀他总经理，上海绿波廊餐厅肖建平总经理，上海老饭店全体员工的支持，并深表谢意。



张锦宗

中国烹饪协会常务理事
(北京)上海老饭店总经理



SHANG HAI DISH COLLECTION

上海菜点集锦

序言 (三)

It is eaten to compatriot that "food is god for the people", even if a thing even heavier than it. Is there the more important than to eat one? Someone says have, "the food, color, sex" explain at least too. Besides eating, an likewise important thing exists in this world. I am disapproving, have you heard "the people regard color as it"? Do not certainly have! However, "son Wen Shao, do not know the bad smell of meat in March"; "would rather eat, have meat, can't occupy, have bamboo" bright feelings of these kind have according to can test really, and exist objectively. Like people that take as one, have willing to believe they but overstating at more literature is. Hole old scholar to like cured meat, let Su Dongpo select one only together bamboo and meat really too, cannot know the answer either, but on the other hand, they prove exactly that delicious and liking eating, eating, do not influence you to become the great man. Since it is so, the menu which is read "dish collection of Shanghai", etc. is harmless too.

I am from Hunan, grow up from the snack hot pepper. The stomach that originally likes the hot pepper does not matter with salty and sweet and sour Shanghai Cuisine. Because long one takes big mouth all sides only, do one run work of all directions. Beyond the control of nitpicking by oneself, follow Shanghai Cuisine it becomes attached to to be in Shanghai for the first time. On business to get to Shanghai, a gang of people come into and cross the small shop of edge of the bridge in vain outside. Someone wants, take fish, ask waiter give a recommendation, young lady point to to braise in soy sauce tripe shelf say menu: "his is sold best". It is very fast to serve, bring in the sub meat of a fish maw, petite and dainty, sparkling and crystal-clear. After being joyful, is wanting to glut oneself with delicacies, there is anger of the National People's Congress during the feast unexpectedly: "Are the fish of your family long like this? Where is the head? Where is the end? Indebted to strangers! "The little girl is in a timid manner: "Braising the belly shelf in soy sauce is like this. Fish's head is fish's head, fish's tail is struck, I always sell separately. "The thing has separated for many years, wanting to come now still cannot help smiling. Later on Shanghai Cuisine seemed more, ate much, but has been feel the same as original all the time: Shanghai Cuisine is precise, Shanghai Cuisine is thin. I still think until today, the marrow of Shanghai Cuisine is two exquisite words. Do not believe? Have read this menu and known.

It seems to become a kind of fashion and trend to eat Shanghai Cuisine nowadays, but there is no Shanghai Cuisine in eight big cuisines. Shanghai Cuisine is popular because the fast developments, economy outwardly with Shanghai, but ponder carefully, the root, still in the word exquisite. The exquisiteness is melted in every detail. For example ate crabs, I always sent to the mouth and chewed for two times and finished the task in the past, after the waiter see that, she will help you hold on golden yellow crab shell, water the vinegar juice of gingers and you can't help eating it. Have never known a crab has so much delicious food, after sighing over with feeling, food is not only the crab, it is that one is exquisite, an thoughtful, a favor. May prejudice, think meticulous Shanghai people for a long time wipe out improper to wipe out always, that kind of innate exquisite feeling has been shed into every dish just like salt. So have horseradish such as me like the frequent visitor of the old

hotel of Shanghai, it is not an accident. It is said that it is a kind of culture to eat, but does not know this kind of culture is habit-forming. My two year old of sons like the Fried Whole Shrimps most and I think he like saute shrimps sweet and fat taste and red crisp appearance, found later what attracted him included exquisite dressing and exquisite smile of Shanghai auntie.

Certainly, it is not enough to depend on the people's favor; the most important one is still the dish. During five years in Beijing, Shanghai Classical Hotel enjoys the highly praise and degree, which is for the unique hidden weapon of the old hotel- the dish quality. Quality is so good to eat that each customer has become salesman without salary, so old customers become more, so Yangcheng Lake's crabs without ring sell well equally never. Specialties in the old hotel are all the most traditional local cuisine, from material to taste, from cutting to dish style, conscientious and meticulous. Go on like this, signboard on whose name is "Rongshun Tang" hang in piece have on the one hundred to 80 years trader Building hall of 18 layers who to gossip probably. But the style of the Shanghai's style has always been all-embracing; the old hotel also knows this well, so its dish has development growing with each passing hour while radically reforming. Except those traditional Shanghai Cuisine's names that what's frequently heard can be repeated in detail, you can also in order to order get "Shanghai's style pig's blood", "Pepper of Sichuan large intestines", "Shanghai's style hot chicken" some famous Shanghai Cuisine non- in old menu of hotel. Just the content has been changed into the commonly used material of Shanghai Cuisine; the method is extremely exquisite and traditional. Mr. Zhang, the general manager, is back from abroad, he think it should have dessert after meal, so that the customer can taste Kazakhstan, which maybe is the only Chinese hotel in Beijing.

The general manager of Mr. Huag and Mr. Jin as well as most staff are from Shanghai, so the good service is in accordance with expectation. But what I do not understand is that two gentlemen are tall the slim, according to their appearance it's hard to judge their occupation. Think about it, see a lot of table delicacies not to eat every day, very difficult! Maybe for the cause of hard work, otherwise how have Shanghai Classical Hotel in Beijing today. Certainly Mr. Xin with a white cap should not be forgettable. The three Shanghai people, tall or short, it become hotel one scene, who it is less I think it will be shortcoming. They like to chat with the people loving food about current news, family stories, pleasure-seeking, geography, thematic personage, Olympic Games and so on. You feel full and satisfied unconsciously. Writing these characters, and wanted to go to the hotel to scoop up suddenly. Taste in the pickles of consideration and sweet and miss the atmosphere of old Shanghai and the way of the world of Chinese characteristics.

I like to eat. when the people liking food is worried about it, he will do it by himself. The people who have eaten dish that I cooked said that: "Among the host, you cook very well! Among the people who cook, you do the best as a host! "To be fair, as an amateurish cook I am good at Hunan dishes, but to Shanghai Cuisine I am a layman. It is good to eat and chat about it as to make it I know nothing about it. But there being this book, it is probably expected to teach oneself to become a useful person.

“民以食为天”。对于国人来说，吃，就是件比天还大的事儿。有比吃更重要的吗？有人说有，“食、色、性也”。至少说明，这个世界上除了吃以外，还有同样重要的一件事情存在。我不以为然，你听说过“民以色为天”吗？当然没有！不过，“子闻韶，三月不知肉味”、“宁可食无肉，不可居无竹”这类的美好情怀的确有据可考，而且客观存在。但作为一个爱吃之人，我更愿意相信它们只是文学上的夸张。孔老夫子也是喜欢腊肉的。真把竹子和肉放在一起让苏东坡只选其一，答案也未可知吧，不过从另一方面看，它们恰恰说明好吃、爱吃、会吃，并不影响你成为伟人。既然如此，读读《上海菜点集锦》之类的菜谱也无妨。

我是个湖南人，从小吃辣椒长大。原本喜欢辣椒的胃跟咸甜酸的上海菜没什么关系。只因长了一张吃四方的大嘴，干着一份跑八方的活儿，便由不得自己挑剔。第一次跟上海菜结缘就是在上海。出差到沪，一帮人走进外白渡桥边上的小店。有人想吃鱼，请服务员推荐。小姐指着菜单上的红烧肚腩说：“这个卖得最好”。上菜很快，端来一截鱼肚子肉，娇小玲珑、晶莹剔透。欣喜之余，正想大快朵颐。不料席间有人大怒：“你们家的鱼长这样吗？头呢？尾呢？蒙外地人吧！”小姑娘怯生生：“红烧肚腩就是这样。鱼头是鱼头，鱼尾是划水，阿拉从来就是分开卖的。”事隔多年，现在想来仍然忍俊不禁。后来上海菜见得多了、吃得多了，但感觉一直和当初一样：上海菜精、上海菜细。到今天我仍然认为，上海菜的精髓就是这精致二字。不信？读读这本菜谱就知道了。

如今吃上海菜似乎成了一种时尚和潮流，但八大菜系中并没有上海菜。上海菜之所以流行，表面上看跟上海的快速发展、经济强大分不开，但仔细琢磨，根儿还在这精致二字上。精致是融在每一个细节里的。比如说吃螃蟹，以往我总是送到口中嚼两下完成任务，看得周围服务员心疼。下次来吃的时候，她会在旁帮你把蟹肉剔出来，盛在金黄的蟹壳中，浇上姜醋汁。不吃都不行啊，从来不知道一只螃蟹竟有这么多美味。感叹之余，吃的就不只是螃蟹了，是一份精致，一份周到、一份人情啊。可能是偏见，老觉得精细的上海人早就把吃不当吃了，那种与生俱来的精致感觉早就像盐一样被洒进了每一道菜里。所以像上海老饭店的常客中有我这样的辣根，也不是个意外。听说过吃是一种文化，却不知道这种文化也上瘾啊。我两岁的儿子最爱吃油爆虾，原以为他喜欢的是油爆虾甜甜腻腻的味道和红酥酥的样子，后来发现吸引他的还有上海阿姨们精致的打扮和精致的微笑。

当然，光靠人情是吃不饱饭的，最重要的还是菜品。进京五年能有今天的口碑和江湖地位，老饭店的独门暗器还是菜品质量。质量好吃得放心，吃得好每位顾客都成了不拿工资的推销员。所以老饭店的回头客多，所以老饭店的阳澄湖大闸蟹从不带戒指一样卖得好。老饭店的招牌菜都是最传统的本帮菜，从材料到口味，从刀工到菜式中规中矩，一丝不苟。这样下去，“荣顺堂”的招牌挂在中商大厦十八层的大堂再过个百八十年恐怕也不会有谁说三道四。但海派的风格历来就是兼容并蓄，老饭店亦深谙此道，所以它的菜品在正本清源的同时也

有与时俱进的发展。除了那些耳熟能详的传统上海菜名，你在老饭店的菜单里也可以点到“海派毛血旺”、“花椒肥肠”、“海派辣子鸡”等一些非常著名的其他帮别的菜。只是内容换成了上海菜常用的材料，做法却格外讲究正宗。总经理张锦宗先生留过洋，吃完饭还要上甜点，那里大概是全北京唯一一家饭后可以品尝哈根达斯冰淇淋的中餐厅吧。

饭店的张总、金总是上海人，员工也多来自上海，因此服务好是我意料之中的事儿。但我不解的是两位先生少有的高而瘦，光凭形象很难推断他们的职业。想想啊，每天看着一大堆美食光说不吃，何其难也！一定是因为太操心的缘故吧，不然怎么会有今天的北京上海老饭店。当然还得加上永远带个白帽子增加高度的辛师傅，三个上海人高高低低，本身就成为饭店一景，少了谁我都会觉得缺点什么，他们喜欢跟爱吃的人聊天，时事新闻，家长里短、吃喝玩乐、人文地理、专题人物、奥运世博无所不包，不知不觉之间就酒足饭饱了。写着这些文字，突然又想去饭店撮一顿了。品品小菜里的周到甜腻，还有老上海的怀旧氛围，中国特色的人情世故。

我就是个好吃之徒。爱吃的人都好吃，好吃人急了就会自己动手，吃过我做的菜的人都捧场：“在主持人中，你做饭做得很好！在做饭的人中，你主持得很棒啊！”说句实话作为一个业余厨子，我做做湖南家常菜还行，但上海菜却是地道的外行。吃吃尚可，侃侃作罢。真动起手来一定是七窍通六窍一窍不通，不过有了这本书，自学成材大概有望了。

中央电视台著名主持人



上海风味冷盆

SHANGHAI STYLE COLD DISHES

- 004 老饭店醉鸡
SHANGHAI CLASSICAL HOTEL WINY CHICKEN
- 005 白切三黄鸡
PLAIN BOILED TENDER CHICKEN
- 006 上海酱鸭
SHANGHAI STEWED DUCK IN SOY SAUCE
- 007 目鱼大烤
SMOKED HALIBUT
- 008 五香熏鱼
SHANGHAI SMOKED FISH
- 009 汾酒醉蟹
FENJIU LIQUOR DRUNKEN CRABS
- 010 酱麻油海蜇
JELLYFISH IN SOY SAUCE WITH SESAME OIL
- 011 糖醋小排
SWEET AND SOUR SPARERIBS
- 012 虾油白切肉
BOILED PORK SLICES WITH SHRIMP OIL
- 013 香糟门腔
PORK TONGUE COOKED WITH WINE
- 014 四喜烤夫
SOYA CHEESE WITH FUNGUS、AGARIC、PEANUT AND LILY FLWOER
- 015 雪菜开洋
SAUTEED PRESERVED VEGETABLES WITH SAUCE
- 016 油焖笋
BRAISED BAMBOO SHOOT
- 017 香干马兰头
DRIED BEAN CURD WITH KALIMERIS INDICA X
- 018 水晶猪手冻
"CRYSTAL" PIG'S FEET IN ASPIC
- 019 葱油萝卜丝
TURNIP SHREDS WITH SCALLIONS
- 020 活炆河虾
FRIED RIVER SHRIMP WITH SOY BEAN PASTE
- 021 茶香豆腐干
DRIED BEAN CURD WITH TEA SMELL
- 022 蜜汁烤子鱼
BAKED FISH IN HONEY
- 023 糯米糖藕
LOTUS ROOT STUFFED WITH STEAMED STICKY RICE



本帮经典菜

SHANGHAI TRADITIONAL DISHES

026 本帮油爆虾

FRIED WHOLE SHRIMPS

027 虾子大乌参

SEA CUCUMBER IN SHRIMP SAUCE

028 八宝全鸭

ROAST DUCK WITH "EIGHT-TREASURES"

029 油酱毛蟹

BRAISED RIVER CRAB WITH SOY PASTE

030 八宝辣酱

CHILI PASTE WITH EIGHT TREASURES

031 蟹粉豆腐

CRAB RICE NOODLE WITH BEAN CURD

032 草头圈子

STEWED PORK INTESTINE WITH SAUCE

033 清炒鳝糊

STIR-FRIED EEL PASTE

034 红烧鲰鱼

BRAISED FISH IN BROWN SAUCE

035 锅烧河鳗

FRIED RIVER EEL

036 清炒蟹黄油

STIR-FRIED CRAB ROE FAT

037 糟卤大鱼头

FISH HEAD MARINATED IN WINE ESSENCE

038 红烧甩水

FISH TAILS IN BROWN SAUCE

039 青鱼秃肺

FISH LIVER AND GUN OF BLACK CARP

040 全家福

"FAMILY DELIGHT" ASSORTED INGREDIENTS (SAVOURY)

041 南乳扣肉

STEAMED PORK WITH PRESERVED BEAN CURD

042 糟钵头

VEGETABLE IN WINE

043 水晶虾仁

SAUTEED CRYSTAL SHRIMP

044 椒盐排骨

SPICY FRIED SPARERIBS (SHANGHAI STYLE)

045 精扣三丝

SLICED CHICKEN, BAMBOO AND HAM

046 冰糖甲鱼

SUGAR CANDY TURTLE

047 腌笃鲜

SALTED VEGETABLE

048 小白蹄砂锅

SINEW IN CASSEROLE

049 黄浆

THICK SOUP WITH BEAN CURD、

MUSHROOM AND SHREDDED PORK

050 雪菜大黄鱼

YELLOW-FIN TUNA WITH SALTED VEGETABLE

051 什锦砂锅

ASSORTED MEAT IN CASSEROLE

052 红烧蹄膀

BRAISED RUMP PORK IN BROWN SAUCE

053 鸡骨酱

CHICKEN BONE SAUSAGE

054 菊花蟹斗

"CHRYSANTHEMUM" CRAB

055 阳澄湖大闸蟹

YANGCHENGHU CRAB



创新海派菜

CREATIVE SHANGHAI DISH

058 红油明虾

PRAWN IN RED SAUCE

059 蟹粉狮子头

LION'S HEAD WITH CRABMEAT

060 南腿蒸鲳鱼

STEAMED HERRING FISH WITH HAM

061 明月红松鸡

STEWED CHICKEN IN MEDLAR BROTH

062 糟香鲢鱼尾

STEWED FISH TAILS WITH RICE WINE

063 麒麟豆腐

BRAISED BEAN CURD WITH HAM

064 灌汤虾球

DEEP-FRIED PRAWN BALLS WITH SOUP

065 鱼肚焗瓜脯

BRAISED FISH MAW WITH PICKLED MELON

066 脆皮鸭腿

DEEP-FRIED CHICKEN LEGS

067 金杯基围虾

FRIED GREASYBACK SHRIMP

068 仔龙脱袍

BRAISED SHREDDED EEL WITH SESAME OIL

069 夏果牛肉粒

SAUTEED DICED BEEF FILLET WITH FRUIT

070 煎糟银鳕鱼

PAN-FRIED CODFISH IN LIGHT SOYA SAUCE

071 鲍汁松茸

BRAISED MUSHROOM IN ABALONE SAUCE

072 四味会官燕

**STEWED BIRD'S NEST; BRAISED BIRD'S NEST IN ORANGE SAUCE
(WITH WHITE FUNGUS AND COCONUT MILK CRYSTAL SUGAR)**

073 红烧葡萄鱼

STEWED FISH WITH GRAPES

074 火龙果炖雪蛤

CLAM BROTH SOUP SIMMERED WITH PITAHAYA

075 蟹黄干捞翅

SAUTE CRAB ROE

076 川竹瓜夹盅

WINTER MELON (WHITE GOURD) AND HAM、BAMBOO SOUP

077 荠菜花蟹炒年糕

**STIR FRIED RICE CAKES WITH CRAB AND LEAF
MUSTARD**

078 小干鲍捞面

SLICED DRIED ABALONE NOODLE

079 夜来香鱼丝

SHREDDED FISH

080 椒盐蟹粉排

FRIED WITH SPICY SALT CRAB RICE NOODLE

081 火瞳鸡煲翅

CHICKEN WITH SHARK'S FIN

082 黄油焗龙虾

SAUTE PRAWNS IN BUTTER SAUCE



上海特色点心 SHANGHAI SPECIAL DESSERT

084 (船点) 硕果累累

LOCAL SNACKS

085 香酥核桃球

WALNUT SEED PASTRY BALL

086 果仁枇杷酥

PAN FRIED NUTLET AND LOQUAT CAKE

087 葱油蟹壳黄

FRIED CHIVE CRAB SHELL ROE

088 萝卜丝酥饼

PAN FRIED TURNIP CAKE

089 三丝眉毛酥

PAN FRIED CAKE IN EYEBROW SHAPE

090 枣泥香酥饼

PAN FRIED JUJUBE PASTE CAKE

091 鲜肉月饼

CAKE WITH MEAT

092 笋菇素菜包

STEAMED BUN STUFFED WITH MUSHROOM AND BAMBOO SHOOT

093 千层油糕

FRIED SPONGE CAKE

094 奶黄鹤顶包

STEAMED BREAD WITH MILK AND EGG

095 五仁水晶包

STEAMED BUN STUFFED WITH "FIVE TREASURES"

096 生煎馒头

PAN-FRIED STEAMED BUN

097 缙纱虾肉馄饨

SHRIMP WONTON

098 南翔小笼

NANXIANG PORK DUMPLING

099 西施春角

XISHI SPRING ROLL

100 蟹粉灌汤包

STEAMED BUN WITH CRAB

101 瑶柱糯米烧卖

STEAMED DUMPLINGS

102 鸽蛋园子

PIGEON EGG DUMPLINGS

103 锦绣八宝饭

"EIGHT-TREASURES" RICE PUDDING

104 腰果珍珠球

CASHEW NUT BALL

105 太白拉糕

STEAMED BREAD WITH SUGAR

106 鸡鸭血汤

CHICKEN AND DUCE BLOOD SOUP

107 面筋百叶 (双档)

**LEAF SHAPED PASTRY STUFFED
WITH MINCED PORK**

108 菜肉冷馄饨

**BOILED SMALL DUMPLINGS WITH PORK AND
VEGETABLES**