

Diet

饮食

【董强◎编著
陶静秋◎译】

卷

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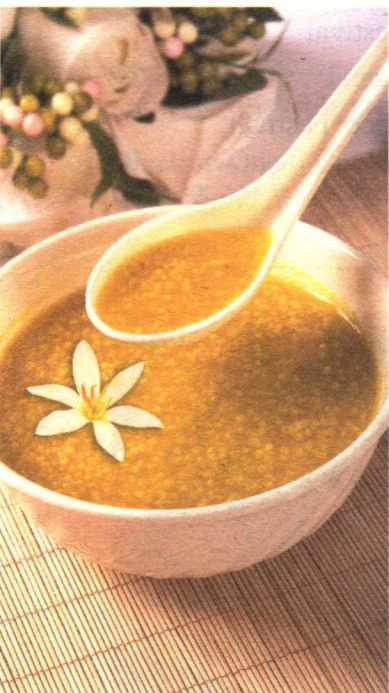
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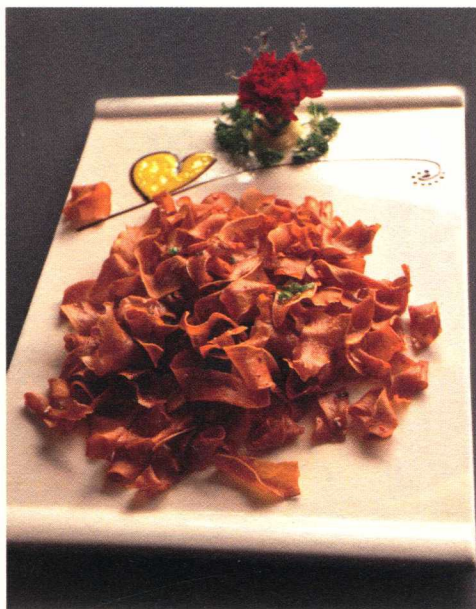
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Chapter One
Staple Food

第一章
主食



In our diet structure and dietary habits, the importance of staple food has always been stressed. In the Spring and Autumn Period, and the Warring State Period, there has already been an excellent statement on this, it said, "Five grains can support, five fruits are helpful, five animals are beneficial and five vegetables are supplementary. Making the flavors harmonious before eating, can supply you essence and energy." In this statement, we can know that they have highlighted the five grains support, which has been put at the principal place.

在中国的膳食结构和饮食习惯中,一直非常强调主食的重要性。远在春秋战国时,就有提出“五谷为养,五果为助,五畜为益,五菜为充,气味合而服之,以补精益气”的精辟论述。这其中就突出了“养”是主食,占主要位置。

Section One Rice Diet

第一节 米食

I Rice

Rice is one of the staple foods in our daily diet. Just rice itself, with the five flavors, can nearly provide the body with all needed nutrition. People can produce many kinds of rice foods, which makes the tasteless rice tasteful.

All Different Kinds of Rice

In fact, besides the kind of rice that we usually talk about, there are some other kinds of rice according to its different categories, such as sticky rice, millet and so on. Sticky rice is sticky, fragrant and smooth, with some nutritious constituents in it, such as protein, fat, sugar, calcium, phosphorus, iron, vitamin B₂, and a large amount of starch and so on. To people who are not used to having millet, millet tastes not very good, but it has abundant nutritions. It is rich in protein, fat, sugar, vitamin B₂, niacin, calcium, phosphorus, iron and many other nutritions which are very easy to

一、米饭

米饭，是人们日常饮食中的主角之一。一味米饭，与五味调配，几乎可以供给全身所需营养。人们对米饭进行不同的加工，让原本淡然无味的米饭变得多滋多味。

材质多元的各类米饭

我们通常所说的米饭主要是指大米饭。然而，除了大米饭之外，根据米的分类的不同，还有糯米饭、小米饭等。糯米饭香糯黏滑，含有蛋白质、脂肪、糖类、钙、磷、铁、维生素 B₂、大量淀粉等营养成分。小米饭对于不太习惯食用的人们来说，口感并不是特别好，但是其营养价值丰富，富含蛋白质、脂肪、糖类、维生素 B₂、烟酸和钙、



be absorbed by the body.

Fried Rice with Eggs

There are many kinds of fried rice with eggs. It has diverse ingredients and the cooking ways can be different too. Let's talk about the most famous *Yangzhou* fried rice.

Ingredients in *Yangzhou* fried rice are so plentiful that it can surprise you a lot, besides the first-class rice, there are egg, sea cucumber, chicken's leg, ham, dried scallop, shelled fresh shrimps, fresh bamboo shoots, green beans, chopped green onion, shrimp egg, re-fined salt, old wine, chicken soup, vegetable oil and so on. Before making *Yangzhou* fried rice, cook the eggs first, then make the other ingredients ripe, add some soup and salt to make it tasty, and remove them into dishes and set aside. After that, start to cook rice. The rice should be separated individually, no sticky and no burnt marks. Then mix fried egg and half of the ingredients with the rice, and remove two-thirds of the mixture into a dish, then mix the rest of the ingredients with the rice, which is finally covered on the former ones. Such kind of making is very strict.



磷、铁等营养成分,并且比较容易被人体吸收。

蛋炒饭

蛋炒饭的花样甚多,配料各式各样,炒法也各不相同,这里我们来看看负有盛名的扬州炒饭。

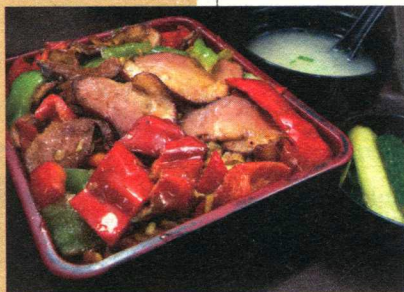
扬州炒饭材料之丰富,令人咋舌,除了上等白

米做成的米饭之外,还有鸡蛋、海参、鸡腿肉、火腿、干贝、虾仁、花菇、鲜

竹笋、青豆、葱花、虾子、精盐、绍酒、清鸡汤、菜油等。制作时先将鸡蛋炒好,再将其他配料炒熟,加清汤和盐调好味,盛起备用,然后开始炒米饭。米饭要炒得粒粒分明而没有糊斑,最后将炒好的鸡蛋和其他配料倒入一半炒匀。炒匀后盛出 2/3 放在盘中,再将剩下的配料与锅中的米饭炒匀,盖在盘中的炒饭上,做法十分讲究。

Topserved Rice

Topserved rice can be simply called served rice, which is a common processing of rice by covering some meat and vegetables on the top of rice. As there are vast territories and different customs in China, the preparations of delicious top-served rice are different from place to place and ingredients are also different. Therefore, they get their individual characteristics. In northwest part such as *Gansu*, they call it delicious top-served rice; in northeast part it is called stewed rice; in *Guangdong*, it is called rice served in dishes; in some other places, they are just called curry potato rice, curry chicken rice, spicy bean curd rice, tomato egg rice, tomato beef rice, and so on. In fact, it is just to eat food and rice in one dish.



八珍美味盖浇饭

盖浇饭, 简称“盖饭”, 是常见的米饭做法, 就是在米饭上浇入菜卤。

由于我国地域辽阔, 风俗各别, 现在的盖浇饭, 各地做法不一, 用料不同, 所以也各有特色。盖浇饭是

西北甘肃地区的叫法, 东北叫烩饭, 广东叫碟头饭, 还有的地方叫咖喱土豆饭、咖喱鸡饭、麻婆豆腐饭、番茄蛋饭、番茄牛肉饭, 依此类推, 其实都是菜和饭放在一个盘子里吃。

II Porridge

Porridge is also known as corrupted food, which is a kind of sticky food, made of grain, millet or corn. Generally, we divide porridge into two classes: normal porridge and decorated porridge. Normal porridge is a kind of porridge that is made of rice only, rice can be only grain, millet, pearl barley, black rice and so on

二、粥类

粥又可叫做“糜”, 是一种把稻米、小米或玉米等粮食煮成稠糊的食物。一般将粥分为普通粥和花色粥两大类。普通粥是指单用米(大米、小米、薏米、黑米等单独或混合



or their mixture. Decorated porridge is made at the basis of normal porridge, and adding many kinds of ingredients into it, which makes porridge in wide ranges. There are salty ones, sweet ones, and all of the flavors can be made diverse and colorful.

Elegant and Noble Flower Porridge

Flower porridge was welcomed by scholars at the beginning and it stood for their pursuit for beauty. Nowadays, we mainly use flower porridge to maintain beauty and keep young. For example, porridge with apricot blossoms can use grain to exert its function, by making intestines and stomach absorb its effective compositions which can restrain active tyramine oxidase of skin cells and prevent acne and black spot.

Best Healthy Laba Porridge

Laba porridge is a kind of porridge that we only have on December 8th, Laba Festival; it is also called rice porridge with seven treasures and five flavors. From the point of keeping healthy, the Laba porridge has its real meanings. Because the temperature in December 7th and 8th are the lowest in the year, people will be weak and Laba porridge which

的)煮成的粥。花色粥则是在普通粥用料的基础上,再加入各种不同的配料,制成品种繁多的粥,口味咸、甜均有,丰富多彩。

文雅高洁的花卉粥



花卉粥最早当属文人雅士喝的比较多,表现的是人对美的一种追求。到了现在,花卉粥多被用于美容养颜,像杏花粥,可以借米谷助其药力,让肠胃充分吸收其内所含

的抑制皮肤细胞酪氨酸酶活性的有效成分,以预防粉刺和黑斑的产生。

养生佳品的腊八粥

腊八粥是一种在腊八节用多种食材熬制的粥,也叫“七宝五味粥”。从养生角度来讲,腊八粥有其真正的意义。由于每年的腊月初七、初八是一年当中气温最低的日子,人的体质也较弱,而看似简

seems very simple, has many advantages to us, such as making stomach comfortable, supplementing spleen, nourishing heart, clearing lung, benefiting liver, improving eyesight, calming the nerves, relaxing bowels and so on. It nearly reaches every part of human body. What's more, its ample nutrition can strengthen our immunity and increase our cold-resistant abilities.

Vegetable Porridge

Vegetable porridge is a kind of porridge made of vegetables. Most people in the north prefer salty food, while people in the south prefer sweet food. Therefore, there are two kinds of porridge. The most common porridges are egg porridge, sweet potato porridge, tofu porridge, and cabbage porridge.

Milk Porridge with Milky Fragrance

Milk porridge is a kind of porridge made of animal's milk because animal's milk can supplement weakness and nourishing dryness. We mostly choose cow's milk and sheep's milk, supplementing weakness and strengthening spleen and stomach.

Meat Porridge with Full Taste

Cut meat into slices first, then put them into cooked porridge that is boiling and finally, cook them together. We can eat it after adding some ingredients. There are beef por-

单的一款腊八粥却起着和胃、补脾、养心、清肺、益肾、利肝、明目、安神、通便等作用，称得上是面面俱到，同时丰富的营养能增强免疫力，提高耐寒指数。

独特的菜粥

菜粥就是用蔬菜煲的粥。在北方，大多数人喜欢吃咸食，而南方则喜欢吃甜食，故而南北分为两种粥。最常见的数鸡蛋粥、红薯粥、豆腐粥、白菜粥。

乳香四溢的乳粥

乳粥指用动物乳汁煮粥，因为动物乳汁均有补虚润燥作用。乳粥一般选用牛乳和羊乳比较多，有补虚损、健脾胃的功效。

口感充实的肉粥

肉粥是以鲜肉切成薄片，放进滚烫的粥内煮熟，加调料后食用。有牛肉粥、猪肉猪肝粥、杂锦鱼球粥、



ridge, pork porridge, pork liver porridge, mixed fish ball porridge, preserved eggs and lean meat porridge and so on. All of them can supplement physical power effectively.

Fresh and Tasty Fish Porridge

Fish porridge is a kind of porridge that puts fish into porridge and boils them together. There is little content of lysine in rice, while rich amino acid and protein in fish can make up for this shortage.

Beneficial Medicine Porridge

Medicine porridge is a kind of porridge that takes grain as its main part and then adds with fruits, vegetables, fish, eggs, milk, herbs and so on. From the Spring and Autumn and Warring State Period, theories and prescriptions on medicine porridge in every dynasty scattered in the medical books.

III Rice Noodles

In ancient *Cookbooks*, people called rice noodles as *Can*. It contains abundant carbohydrate, vitamin, mineral substance, ferment and so on, with several features such as going ripe easily, even, and enduring cooking and not going interrupted, tasty and refreshing. Its soup won't be very dirty after cooking, and easy to

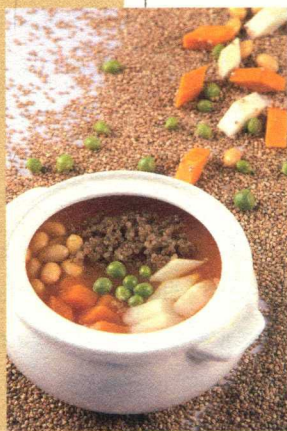
皮蛋瘦肉粥等，能有效地补充体力。

白嫩顺口的鱼粥

鱼粥就是将鱼肉放入粥中一起煮。大米中的赖氨酸含量极少，而鱼肉中丰富的氨基酸和蛋白质正好能填补这个缺陷。

强身益体的药粥

药粥，就是以谷类为主，配合水果、蔬菜、鱼肉、蛋奶、药物等制成的稀饭。自春秋战国起，历代药粥理论及方剂散见于各类医书中。



三、米线

古代烹饪书《食次》之中，记米线为“粢”。它含有丰富的碳水化合物、维生素、矿物质及酵素等，具有熟透迅速、均匀，耐煮不烂，爽口滑嫩，煮后汤水不浊，易于消化等特点。一

digest and so on. Normally, it is made of three parts: hot soup, sliced side food and rice noodle. Mengzi Town, Honghe Division, Yunnan Province is the original place of bridging rice noodle. What's more, there are some other famous rice noodles, such as small pot rice noodle in Yuxi, big pot sauce rice noodle, jellied bean curd rice noodle, cold rice noodle, red cooked rice noodle and so on.

Bridging Rice Noodle

Producing process of bridging rice noodle is complex and particular. The first thing is making soup. It needs fat chickens, fat ducks, fresh pork ribs, tube bones and so on, then adds some water, and stews them for five to six hours. At first, you'd better use big fire and remove the foam on the surface in due course. After four hours, take out of the materials in the soup, continue to stew them with little fire, mix and stir chicken or duck's blood and cold water together, pour them into the soup and keep stirring. When the precipitate is condensed, remove them so as to make the soup clear and transparent. During this process, you can cut meat into slice. Remove tendon and coatings of pork, liver, kidney, belly, cut them into transparent and thin slices, then use warm water to make all of them rare to get rid of its bleeding smell. The third step

般由三部分组成:热汤、切成片的副食、米线。云南省红河州蒙自县是过桥米线的发源地。此外,玉溪小锅米线、大锅肠旺米线、豆花米线、凉米线、卤米线等均有名气。

过桥米线

过桥米线制作工艺复杂而考究。首先是煨汤,要求以壮鸡、肥鸭、鲜猪排骨、筒子骨等为原料,加入适量的水,煨5~6个小时。刚开始时用猛火,一定的时候将汤上面的浮沫除去。4小时后将汤里的原料捞出,用微火煨炖,以生鸡鸭血加凉水拌和,注入汤内搅动。待沉淀物凝结时,捞去,使汤清澈透明。在这个过程中,可以同时开片。将猪肉、肝、腰、肚剔去筋、膜,片为透明薄片,其中肉、腰、肚头片先用温水氽入五成熟,去其血腥味。最后是配佐料,有韭菜、茼蒿、豌豆尖、豆坨、



is to match condiments. There are fragrant-flowered garlic, Chinese parsley, pea shoot, bean heap, water-soaked bamboo slice, fresh chrysanthemum and so on. After boiling in hot water for a second, put the condiments into cold water to keep its green and fresh, then take them out of water when you are going to use them. Afterwards, prepare green onion, ginger, thin sheets of bean curd, water-soaked bamboo slice and pigeon eggs and so on.

Bridging rice noodle is not only particular about its producing process, but also its way to eat. The main special feature is its soup and eating way. Bridging rice noodle is a kind of soup-stock with thick fragrance, cooked for a long time with big bones, mature chickens, and ham of *Xuanwei, Yunnan*. Its eating way has three steps. First, make a big china bowl hot and put some gourmet powder, pepper powder, ripe chicken oil and so on into it. Then pour the hot soup into the bowl. As there is a thick oil cover on the surface so as not to see vapor, which makes the heat not go away. At the same time, prepare another bowl to put rice noodle in it on the table. Afterwards, boil the several kinds of unripe sliced meat eatable in the soup in sequence, then put some ripe sliced meat, unripe or ripe vegetables, sesame oil, pepper oil and so on. The third step, put

玉兰片、鲜菊花等。用沸水略烫后漂入冷水中，以保持鲜绿，用时再捞出，再切好葱、姜、豆腐皮、玉兰片和准备好鸽蛋等。



过桥米线不但做法考究，而且吃法更有讲究。过桥米线主要独特在它的汤与吃法。过桥米线汤是用大骨、老母鸡、云南宣威火腿经长时间熬煮而成的具有浓郁鲜香味的一类高汤。吃法一般也分三步：第一步将一只高深的大瓷碗烫热，先放入味精、胡椒粉、熟鸡油等，再将滚烫的汤舀入碗内。由于汤面上厚厚的浮油的缘故，碗中不冒一丝热气，热气自然不会流失。同时将另一只盛放米线的碗也一并上桌。然后依次将各种生肉片置入汤中煮熟，再放入

the two bowls together, put rice noodle into the soup, mix them together and keep mixing them when you are having it, which must be really sticky and fresh, with fragrance. And the rice noodle will be in a shape of bridge, so it is called bridging rice noodle.

Small Pot Rice Noodle in Yuxi

Small pot rice noodle is convenient, and it's the favorite rice noodle for *Kunming* people, its main feature is that rice noodle is boiled ripe in a small pot on the charcoal fire, and the food in it are all fresh meat, and the rice noodle is fresh and fragrant.

Big Pot Sauce Rice Noodle

Big pot sauce rice noodle chooses rice in high quality, then refines them into lines after several procedures, such as fermenting, grinding into liquid, filtering into clear, steaming flour, pressing and squeezing and so on. Put them into cold water, soak for a while, and then wash, later it can be eaten. The rice noodles are long and thin, white, soft, charging some ingredients, it can be eaten hot or cold, and both of eating ways are delicious.

Jellied Beancurd Rice Noodle

Boil rice noodle in hot water first, put them into a bowl, then put a large amount of jellied beancurd into it, afterwards, add all of

熟肉片和生熟蔬菜、芝麻油、辣椒油等。第三步则将两只碗连在一起，把米线撩入汤中，边吃边撩，吃起来味道特别浓郁鲜美。米线成为过桥状，称之为“过桥米线”。

小巧便利的玉溪小锅米线

小锅米线是昆明人最喜欢的米线。主要特点是，米线都是在炭火上用小锅煮沸，里面加入的都是鲜肉，米线鲜香。

凉热皆宜的大锅肠旺米线

大锅肠旺米线是选用优质大米通过发酵、磨浆、澄滤、蒸粉、挤压等工序而成线状，再放入凉水中浸渍漂洗后烹制而成。米线细长、洁白、柔韧，加料烹调，凉热皆宜，极可口。

两味融合的豆花米线

先把米线用热水烫过，放在一个碗里，然后再舀进一大勺豆花，再依次