

林婆豆腐

Traditional Chinese Culture and Art

◎ 中国传统文化艺术丛书

中国典故菜肴集

叫化鸡

Chinese Cuisine
- Recipes and Their
Stories

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责任编辑: 孙树明
设计: 孙树明
插图: 蔡汝震
摄影: 张恩来
翻译: 黄友义 卓柯达
丛国铃
封面设计: 唐少文

Author: Zhang Enlai
Dish preparation: Zhang Enlai
Editor: Sun Shuming
Designer: Sun Shuming
Illustrations: Cai Ruzhen
Photography: Zhang Enlai
Translator: Huang Youyi, Foster Stockwell &
Cong Guoling
Cover design: Tang Shaowen

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张恩来 编著

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中国典故菜肴集

Chinese Cuisine

--Recipes and Their Stories

张恩来 编著
by Zhang Enlai

Foreign Languages Press

前言

中国是一个多民族的国家，疆域辽阔、物产丰富，各地区都有自己的特产，由于气候、环境、生活方式、风俗习惯的不同，各地都创造了许多深受人民群众喜欢的菜肴，其色香形各呈异彩，并不断发展，逐步形成了中国菜肴独有的特色。目前中国已有十几个菜系，特色风味菜千余种，菜品已达万种，这是世界上任何国家都不可比拟的。

多年来中国与世界各国有着贸易往来，近十几年旅游事业迅速发展，特别是海外华人为了生存，在世界各地开设了许多中国菜餐馆，既维持了他们的生存，也交流了饮食文化。如美国仅纽约就有中国餐馆五千余家，英国四千余家，荷兰两千家，还有日本、巴西、加拿大、新西兰等，甚至非洲的一些国家，也有中国的餐馆。

中国的烹饪艺术虽具有几千年的历史，但由于各种原因，并没有得到全面系统的研究、整理和总结。自八十年代以来，烹饪事业发展较快，研究工作相继展开，中国的烹饪，作为一门科学才初见规模。

近年来，各菜系、各门类的书籍，如关于烹调知识、菜点的制作、冷菜的雕刻、拼摆、原材料的发制等等，都先后涌上了市场，给人们提供了很多的便利。但在众多的烹饪书籍中，很难找到一部全面反映中国几千年来典故菜肴的书籍，笔者认为它是中国烹饪中不可缺少的一部分，有必要挖掘整理出来。作为一名厨师，继承、发现、挖掘祖国的烹饪遗产是我们义不容辞的责任，为了把流传在民间的一些具有代表性的、影响比较大的、覆盖面比较广的典故菜肴蒐集成书，张恩来先生用了几年时间，翻阅了大量的书籍，查看了不少的历史资料。从三千多年前到清朝末年，从宫廷到山庄，从皇帝到平民百姓，从文武百官到文人墨客，从中发掘出许多酸甜苦辣的菜肴发展典故，并从中筛选了近80个有特色的典故菜肴，汇编成此书，呈献给读者。

这些中国典故菜肴，远的有三千多年历史，近的也有百年。在那样一个历史的年代中，食者都是一些特殊的人物，可是这些典故菜品，构思奇特，造型美观，火候合宜，刀功精细，口味多样，给人以美的享受。

《中国典故菜肴集》一书，使您不仅学会烹调精美的菜品，而且还了解到此菜的由来、发展和形成的过程。

希望读者通过此书，不仅可以学会烹调、品尝到美味的菜肴，还可了解一段典故，使自己和自己的家人都享受到饮食文化带来的乐趣。

我们知道菜肴的核心是味道，而决定味道的是切配和烹调，而烹调尤为重要，掌握烹调的是厨师和做菜的人，所以说做菜人的技术高低，直接关系到菜品的好坏，在此无论是厨师、还是烹饪爱好者，都可以学习并创造更多的菜肴。

张 明 亮 2000年10月于北京

Foreword

China is a country large in territory, rich in resources and pluralistic in ethnicity. Each region has its special local produce. Differences and variations in climate, environment, lifestyles, customs and habits have resulted in a wide range of dishes pleasing to the people of various regions. Local cooking has developed over the years to culminate in particular schools of cooking that reflect various Chinese characteristics. At present, there are over a dozen different schools of cooking throughout the country, boasting over a thousand different kinds of special flavors and nearly 10,000 different dishes, which is something unique in the world.

Years of trade and contact with persons from foreign countries and particularly the speedy development of tourism in the last ten years or more, in addition to the existence of thousands upon thousands of Chinese living in various parts of the world, has resulted in the opening of restaurants serving Chinese cuisine all over the world. These restaurants not only provide jobs for Chinese living abroad, but also serve as a channel for exchange in the culture of food. There are over 5,000 Chinese restaurants in New York, over 4,000 in Britain and 2,000 in the Netherlands. Besides, Chinese restaurants can also be found in Japan, Brazil, Canada, New Zealand and even some African countries.

Despite its long history, Chinese cuisine received no systematic study until recently. Since the 1980s, the culinary industry has experienced speedy development and now research into cuisine culture has been undertaken. At long last, Chinese cooking has emerged as the subject of many studies and much research.

Recent years have seen a long list of books on the various cooking schools and techniques of Chinese cooking, including the preparation of pastries, the carving skills for cold dishes, the art of arranging Chinese dishes, and the use of materials in the kitchen that facilitate the learning of techniques of Chinese cooking. It is difficult, however, to find any book that deals in a systematic way with the stories behind Chinese dishes, the recipes for which have been handed down for several thousand years. This I believe is an indispensable component of Chinese cuisine. It is necessary, therefore, to put into words this element of Chinese cooking culture. Convinced that it is a duty for a cook to find out and learn about the heritage of Chinese cooking, Mr. Zhang Enlai, after years of careful study through many books and historical documents, has put into this book some of the most representative and influential stories about Chinese cuisine from different parts of the country. During his research, he has discovered many accounts about a wide range of different dishes that existed through a period of from over 3,000 years ago to the late years of the Qing Dynasty. These include tales relating to cooking in palace kitchens and mountain villas, among emperors and common folk, dishes cherished by officials and men of letters. Mr. Zhang Enlai has selected over 80 stories to enlighten readers of this book.

Some of these recipes and the stories behind them may be as old as 3,000 years; others as recent as sometime within the last hundred years. For people to afford these dishes at the time they were first prepared, the meal had to be for somebody special. All of the dishes presented here were cleverly designed, have a beautiful appearance, are prepared with fine skill, offer many tastes and provide a feast for both the eye and palate.

This book will not only tell you how each of the dishes came about, evolved and developed but also help you to prepare these recipes yourself. I hope that through reading it, people will not only learn how to make and enjoy Chinese delicacies but that they may find reward in acquiring a deeper understanding of Chinese cooking.

We know the essence of a good dish is its taste, and the taste is determined by the materials selected as well as the preparation and cooking of them, with the last being the most important factor. The level of skill on the part of the cook, therefore, directly determines the quality of the dish. Whether you're a cook or just someone interested in preparing some dishes, you can learn a great deal from this book and can thus create your own dishes.

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天下第一菜 Shrimps with Rice Crusts (The First Dish Under Heaven)

公元1762年，乾隆皇帝三下江南巡游时，在无锡的一家小饭店就餐，席间店主用家常锅巴油炸，同虾仁、熟鸡丝熬制成浓汁一起上桌，将浓汁浇到锅巴上，顿时吱吱声起，香味扑鼻，乾隆品尝后，觉得此菜又香又脆，鲜美异常，便称赞说：此菜可称“天下第一”。从此“天下第一菜”便闻名于世而成为中国著名的传统菜肴。

乾隆 (1711-1799): 清高宗, 1736年-1796年在位, 满族。在位期间, 一方面力图有所作为, 继述祖业, 使清朝大体保持前朝的国势; 另一方面崇尚浮华, 好大喜功, 连年用兵, 巡游宴乐, 造成巨大的糜费。

In 1762, Emperor Qianlong of the Qing Dynasty made his third trip to the southern part of the country. While having a meal in a small restaurant in Wuxi, he was given a dish prepared by deep-frying rice crusts with a thick sauce consisting of shrimps and shredded chicken. When the restaurant owner brought the rice crusts and the sauce in two separate containers and then poured the sauce over the rice crusts in front of the diners, a sizzling sound was created and a pleasant aroma assailed their nostrils. The emperor tried the dish and found it quite tasty and crunchy. He praised the food for being the "Best in the World." Ever since, the dish of shrimps with rice crusts has been known by that reputation.

Emperor Qianlong (1711-1799), a Manchurian, was on the throne for 60 years from 1736 to 1796. As a ruler, he tried to maintain the power and influence of the dynasty established by his ancestors and at the same time pursued a showy and luxurious life style, demonstrated a fondness for the grandiose, engaged in several wars, and extensively toured the country which all resulted in extravagant spending of the nation's funds.

原料: 虾仁150克、熟鸡丝100克、锅巴150克、鸡蛋清一个、干淀粉30克、清汤250克、盐3克、白糖50克、番茄酱50克、料酒25克、味精5克、白醋30克、水淀粉50克、香油5克、油1500克(约耗150克)

制法:

- ①把虾仁洗净放在碗里, 加入鸡蛋清、干淀粉拌均匀。
- ②锅内放少许油烧至五成热, 放入虾仁炒熟后, 放入熟鸡丝、清汤、盐、白糖、番茄酱、料酒、味精和白醋, 烧沸后用水淀粉勾芡, 淋上香油, 盛在大海碗里。
- ③锅放油烧至九成热, 放入锅巴迅速炸焦脆, 捞出放盘里, 淋上热油50克。
- ④将‘鸡虾汁’和锅巴一起端上桌, 把汁迅速倒在锅巴上即可。

操作关键: 炸锅巴时油要宽, 温度要高。

特点: 色泽艳丽, 响声玉碎, 咸甜酸香, 鲜嫩松脆, 味美适口

Ingredients:

150 grams (0.33 lb) shrimps, 100 grams (0.22 lb) shredded and boiled chicken, 150 grams (0.33 lb) rice crusts, 1 egg white, 30 grams (1 2/3 tbsp) dry cornstarch, 250 grams (1/2 cup) water, 3 grams (3/5 tsp) salt, 50 grams (3 4/5 tbsp) sugar, 50 grams (2 2/3 tbsp) ketchup, 25 grams (1 3/4 tbsp) cooking wine, 4 grams (1 tsp) MSG (optional), 30 grams (2 tbsp) white vinegar, 50 grams (3 tbsp) mixture of cornstarch and

Shrimps with Rice Crusts (The First Dish Under Heaven) 天下第一菜

water, 5 grams (1 tsp) sesame oil and 1,500 grams (3 cups) cooking oil (only 1/10 to be actually consumed).

Directions:

- ① Wash the shrimps clean and put them into a bowl, add the egg white and dry cornstarch and mix evenly.
- ② Add about 2 tbsp of oil in the wok and heat to 110-135°C (230-275°F). Put in the shrimps to stir-fry until they are done. Add the previously boiled shredded chicken, water, salt, sugar, ketchup, cooking wine, MSG and vinegar and bring to a boil. Thicken with the mixture of cornstarch and water. Sprinkle on the sesame oil and put into a large bowl.
- ③ Put the remaining oil in the wok and heat to 220°C (430°F) or hotter. Quickly deep-fry the rice crusts to make them crispy. Take out and put on a plate, and then sprinkle on 50 g (3 1/2 tbsp) of hot oil.
- ④ Bring both rice crusts and shrimp-chicken sauce to the dining table. Quickly pour the sauce over the rice crusts.

Key to success: There must be a great amount of oil for deep-frying the rice crusts and the oil has to be very hot.

Features: Beautifully shiny in color, dish gives a sizzling sound, tastes salty, sweet, sour and aromatic all at the same time. The rice crusts are crispy and crunchy. The dish is really delicious.

山珍海味菜

Special Delicacies



掌上明珠 Duck's Web with Pigeon's Eggs (Pearl in the Palm)

清代乾隆执政期间（公元1736-1796年），宫廷及地方官府盛行鸭菜，其中鸭掌因清鲜不腻，脆韧可口，深受食客喜爱。十九世纪下叶，江苏地区的厨师又将鸭掌煮熟去骨，铺上虾茸，再放上鸽蛋，烹制成菜。因此菜取用鸭掌与珍贵鸽蛋烹制，人们将它视为菜中上品，所以名为“掌上明珠”，现上海、苏州、扬州和安徽等地均有此菜。

During Emperor Qianlong's reign (1736-1796), duck dishes were popular both at the imperial palace and in the grassroots government offices. Duck webs were particularly favored because they were crunchy, yet not greasy. In late 19th century, cooks in Jiangsu created a special dish by boiling duck webs, then removing the bones, putting mashed garlic on the webs, and then topping that with pigeon eggs. This dish was figuratively described as a "pearl in the palm," usually an expression in Chinese to describe something extremely valuable. Today, the dish remains popular in Shanghai, Suzhou, Yangzhou and Anhui.

原料：鸭掌 10 只、虾仁 150 克、托泥 50 克、鸽蛋 10 个、鸡汤 600 克、料酒 25 克、味精 7 克、盐 7 克、水淀粉 60 克、香油 5 克、猪油 25 克、豌豆苗 100 克

制法：

- ①鸭掌用温水浸泡后去外皮，洗干净。锅内放 500 克鸡汤和适量清水、鸭掌煮至熟，取出鸭掌放冷水里过凉，去鸭掌骨。鸽蛋煮熟剥去壳。
- ②把虾仁、托泥斩成茸，放碗里加料酒 15 克、味精 5 克、盐 3 克、水淀粉 45 克拌匀成‘虾胶’。
- ③将鸭掌放盘里，抹上‘虾胶’。然后嵌上鸽蛋，上屉蒸 5 分钟，出屉待用。
- ④勺放猪油烧至七成热，放入豌豆苗、盐 2 克炒熟后放盘中间，把鸭掌摆在四周。
- ⑤勺放鸡汤 100 克、料酒 10 克、味精 2 克、盐 2 克，烧沸后用水淀粉勾芡，淋上香油，均匀浇在鸭掌上。

操作关键：鸭掌要煮得火候恰当，去骨要当心，使鸭掌保持完整。

特点：菜名形象，鲜嫩香滑，清爽宜人。

Ingredients:

10 duck webs, 150 grams (0.33 lb) shelled shrimps, 50 grams (0.11 lb) pork fat, 10 pigeon eggs, 600 grams (1 1/5 cups) chicken soup, 25 grams (1 3/4 tbsp) cooking wine, 7 grams (1 3/4 tsp) MSG, 7 grams (1 2/5 tsp) salt, 60 grams (4 tbsp) mixture of cornstarch and water, 5 grams (1 tsp) sesame oil, 25 grams (5/6 oz) lard and 100 grams (0.22 lb) pea sprouts.

Directions:

- ①Soak duck webs, remove the skin, wash clean and boil in 500 g (1 cup) of chicken soup and 100 g (1/5 cup) of water for about 1 hour until they are done. Take out and cool in cold water. Remove the bones of the webs. Boil the pigeon eggs until they are well-done and then remove the shells.
- ②Mince the shrimps and pork fat, put in a bowl, add 15 g (1 tbsp) of cooking wine, 5 g (1 1/4 tsp) of MSG, 3 g (3/5 tsp) of salt, 45 g (3 tbsp) of mixture of cornstarch and water and stir well until the mixture becomes sticky.
- ③Put the webs on a plate. Spread the shrimp-fat mixture on top and top that with the pigeon eggs. Steam

Duck's Web with Pigeon's Eggs (Pearl in the Palm) 掌上明珠

for 5 minutes.

④ Heat lard in a wok to 180-200°C (355-390°F), stir-fry pea sprouts, add 2 g (1/3 tsp) of salt and then put the sprouts onto the center of the plate, placing the webs around them.

⑤ Put the remaining chicken soup, cooking wine, MSG and salt in the wok and bring to a boil. Thicken this with the mixture of cornstarch and water. Sprinkle on the sesame oil and pour the mixture evenly over the webs and pea sprouts.

Key to success: The right degree for boiling the webs is important. Carefully remove the bones to keep each duck web whole.

Features: The dish, with a highly descriptive name, is refreshing and succulent.



游龙戏凤 Squid with Chicken Strips (Playful Dragon and Phoenix)

明武宗朱厚照，1519年南下私访来到某县小城梅龙镇，镇上有家由兄妹俩开设的酒店，武宗来到酒店时，见妹妹凤姐有沉鱼落雁，闭月羞花之貌，便叫凤姐备佳肴美酒，凤姐亲手作了一道由鸡、鱼合烹的菜肴，武宗品尝后大为赞赏，问此菜何名，凤姐笑而不答。武宗便封此菜为“游龙戏凤”。以后凤姐随皇帝进宫，“游龙戏凤”从此成为宫廷菜而流传下来。

明武宗 (1491-1522): 年号正德，公元1506-1522年在位，专事逸乐嬉游，朝政纷乱。四川、江西等地农民起义频繁，1519年以亲政为名南下，仍然肆意渔猎。

In 1519, Emperor Wuzong of the Ming Dynasty arrived in Meilong Town in south China in disguise. The emperor went for lunch at a restaurant operated by a brother and his sister, Fengjuan. Finding the sister exceptionally beautiful, the emperor specially asked the sister to prepare the dishes. She cooked him one with chicken and squid that the emperor found it most tasteful. Praising the dish, he asked what it was called. The sister smiled, but did not know how to reply. The emperor then named the dish "Playful Dragon

and Phoenix" -- with the dragon referring to the squid and the phoenix to the chicken. Cleverly he also used the character "feng" (meaning phoenix) in naming the dish, which was the same character in the sister's name. After that, the dish "Playful Dragon and Phoenix" was put in the imperial kitchen's menu.

Emperor Wuzong of Ming (1491-1522) was on the throne from 1506 to 1522. He was known to be fond of playing games and ignoring state affairs. As a result, repeated peasant



Squid with Chicken Strips (Playful Dragon and Phoenix) 游龙戏凤

uprisings took place in Sichuan and Jiangxi. In 1519, for the purpose of personally finding out the situation at the grassroots in the country, he toured the south and, in fact, had a wonderful time enjoying hunting, playing and eating.

原料：鲜鱿鱼 250 克、鸡胸肉 150 克、盐 5 克、料酒 15 克、鸡蛋 1 个、干淀粉 50 克、葱姜丝、蒜片各 5 克、味精 5 克、醋 5 克、汤 50 克、水淀粉 25 克、水发木耳、冬笋片、菠菜各 15 克、油 750 克（约耗 75 克）、香油 10 克



山珍海味菜



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