

YANGZHOU CUISINE IN CHINA



中国淮扬菜

□ 淮扬家常菜 ○

主 编 吴家祺
副主编 杨存根 袁金广
姚庆功 茅建民
撰 文 王 镇 胡建华

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Preface

Yangzhou is a city well known in China, as well as in the world, for its long history and rich culture. With its wonderful poplar trees, picturesque landscape and rich cultural heritage, it has won admiration and praise from people down the centuries.

Yangzhou cuisine, one of the four major schools of Chinese food, possesses a strong appeal to gourmets both at home and abroad for its agreeable taste and beautiful presentation.

According to *The Book of History*, Yangzhou was the economic center of North Jiangsu. Great varieties of cooked food were available in the city as early as the Qin dynasty (221-206 BC).

After construction of the Grand Canal (6th century AD), Yangzhou, which is the southern terminal of the Canal, became a hub of land and water transportation for shipping salt and grain from South Jiangsu to the Capital in the north. It also served as a distribution center of all kinds of commodities in China, as well as an inland port for foreign trade with other countries.

With a population of over 600,000, Yangzhou once ranked 3rd among the top 10 cities in the world. In those days, one could see a forest of masts standing high along the Canal while scholars and merchants kept arriving from all parts of the world.

The city is favorably located in the lower reaches of the Yangtze River at about 33 degrees north latitude and 120 degrees east longitude, with a temperate climate. It is rich in natural resources and farm produce. Especially abundant are fresh water aquatic products such as crucian carp, purple crab, spring water shield, ginger sprouts, and duck eggs. Other delicacies (as often mentioned in ancient Chinese poems) are bamboo shoots, reeves shad, crabs, shrimps, etc. Moreover, the city is close to the East China Sea, in which abounds all manner of seafood, hence providing a continuous supply of raw materials for the Yangzhou cuisine.

By absorbing the best methods in cutting and cooking from other Chinese culinary schools, chefs in Yangzhou have developed their own culinary style. The main characteristics of Yangzhou cuisine are "fresh and plain" — neither salty, nor too sweet — rich in nutrition and taste. For these reasons, Yangzhou food is favored by people both at home and abroad. Newly developed delicacies keep coming forth in large numbers and are very popular in the marketplace. In poems, operas, and other literature, Yangzhou cuisine has been praised as "...the best of delicacies in Southeast China...", hence its firm position in the Chinese culinary system.

It must be noted that Yangzhou cuisine is more than just food preparation and service. It also pays great attention to the health of diners. The idea of diet and medicine linked to food intake first appeared in the book *On Cooking* by Mr. Wu Pu, a medical doctor living in Yangzhou about 200 AD. His theory was passed down generation after generation and gradually became popular among the common people, who prefer fresh vegetable and tender meat.

Yangzhou is renowned for three special knives (i.e., the kitchen knife, the tailor scissors, and the pedicure knife). Yangzhou's chefs are world famous for their outstanding cutting skills in the kitchen. The courses of "stewed meat balls", "Yangzhou chop suey" and "Wensi bean curd" have become favorite dishes in the West. Restaurants in Yangzhou often receive telephone orders from the other side of the Pacific Ocean.

Yangzhou cuisine is a delight to the Chinese people as well. Restaurants serving Yangzhou food can be found in every corner of China (the most famous dining spots in Beijing serving Yangzhou specialties are The Great Hall of the People, Diaoyutai State Guest House, and the Beijing Hotel). It has close relations with the scientific content and culinary art contained in the Yangzhou cuisine that developed over the past thousands of years. No wonder Yangzhou food was served at the first state banquet during the founding celebrations of the People's Republic of China in 1949!

Today, a new generation of skilled Yangzhou chefs has come to the fore in large numbers. While carrying on the fine traditions of the Yangzhou culinary school, they are constantly blazing new trails to bring forth new dishes, such as "Dream-of-the-Red-Mansions Banquet", "New Manchu-and-Han Banquet", "Family Banquet of Zheng Banqiao", and "Family Banquet of Mei Lanfang", all of which have won the respect of gourmets both at home and abroad.

Chinese cuisine is a culture, a science, and an art. Yangzhou cuisine is a crystallization of all these parts. It has fully demonstrated the Chinese food theory that diners should be attracted not just to great tasting food, but more importantly, that food should be nutritious and look good on the plate. The attached photo album will visually attest to the Yangzhou theory of cuisine.

Nie Fengqiao
October 2000

序

扬州，世界知名的中国历史文化名城。绿扬城郭，二分明月，画意诗情，以其深厚的文化底蕴，吸引了历代人士的称颂与咏赞。

淮扬菜，是世界知名的中国四大菜系之一，以其独具的风味特色，倾倒了海内外无数食客。淮扬菜是长江中下游（扬子江）、淮河中下游的代表风味，扬州是淮扬菜的中心和发源地。

淮扬菜见于文献，当自《尚书》“淮海惟扬州”始。自先秦发展至汉晋，史载扬州已是“熟食遍列”。隋唐、明清尤见繁盛。特别是大运河开凿以后，扬州成为盐漕两运、物资集散和进出口口岸的水陆交通枢纽，曾排名为世界上60万人口以上十大城市之第三位。因之，八方辐辏，帆樯林立，商贾麇集，文士如云，经济、文化高度发达，史有“扬一益二”之称。加之，扬州地处长江下游东经120°左右、北纬33°上下，气候适宜，物产丰富；位于江河水网地区，尤饶动植物水鲜，苏东坡《扬州以土物寄少游》诗中提及的鲜鲫、紫蟹、春莼、姜芽、鸭蛋之类，郑板桥诗词中描述的鲜笋、鲥鱼和“蒲筐包蟹、竹笼装虾、柳条穿鱼”等，均比比皆是；海味产区亦近在咫尺。这些，构成了个性鲜明的烹饪原料实力。又以其集散、聚焦之地理优势，得以萃取宇内烹调技艺之精华，凝聚吴楚饮食文化之神髓，不仅锻炼出了世人惊叹的刀功、火功等精湛的烹饪工艺，而且酝酿出能够适应四面八方的“清鲜平和，浓淳兼备，咸甜适度，南北皆宜”的风味特色。从而，佳肴迭传，美点盈市，诗文词曲称颂不绝，名人题咏尤难列举，曾蒙“东南佳味”之美誉的“满汉席”亦首见于《扬州画舫录》。正是在此历史背景和经济地位的基础上孕育出了淮扬菜，其饮食文化积淀之深厚，海内无出其右者。故而，很早就确立了中华一大风味菜系之地位。

扬厨怀“扬州三把刀”中之厨刀布艺四方，走向五大洲。在西方，知“清炖狮子头”“扬州炒饭”者大有人在。大洋彼岸也不时电话订餐，指名要“文思豆腐”之类名菜。在海内，淮扬菜更是广布各地，成为人们追求一尝的对象。例如，北京的钓鱼台国宾馆、人民大会堂和北京饭店，淮扬菜也历来都是主供风味之一。这些，与淮扬菜在漫长的历史优选中所积淀的艺术与科学内蕴有着密不可分的关系。由此也就可以理解，建国初之“开国第一宴”用淮扬菜，自非偶然的选择。时至今日，淮扬菜更是名厨辈出，高手如林。他们不仅继承、发扬了优良传统，而且深谙创新是发展之灵魂、兴盛之动力的道理，不断开拓、创新，创新菜点层出不穷，创新宴如红楼宴、满汉全席、板桥宴、梅兰宴等也接踵而至，并且引起海内外的广泛兴趣。淮扬菜正稳步走向新的高度。

中国烹饪是文化，是科学，是艺术。淮扬菜是其一大结晶，也是中国烹饪“以味为核心，以养为目的”这一本质特征的一大体现。

我相信，本画册可以展示淮扬菜系的精髓。

聂凤乔

2000年10月

前言



家常菜是指人们在日常家居生活中制作和食用的菜肴。从饮食史上看，家常菜出现比市肆菜要早得多，自从主、副食分离，家常菜也就出现了。据《史记》记载，长江中下游地区“饭稻羹鱼”，即吃米饭，食鱼羹，这鱼羹就是一种家常菜，可见淮扬家常菜的历史在两千年以上是毫无疑问的。

两千多年来，淮扬家常菜代有发展。唐宋之时，家常菜中的名品已有很多。如苏东坡有一首《扬州以土物寄少游》的诗，其中有“鲜鲫经年秘醖醑，团脐紫蟹脂填腹。后春莼茁活如酥，先社姜芽肥胜肉。兔子累累何足道，点缀盘飧亦时欲。淮南风俗事瓶罍，方法相传竞留蓄。”诗中赞颂的全是扬州民间腌渍食品——醉鲫、醉蟹、腌莼、腌姜芽、咸鸭蛋等。明、清之时，淮扬家常菜中的日常菜、年节菜、家宴菜等均有发展。郑板桥诗云：“笋菜沿江二月新，家家厨爨剥新筠。”惺庵居士《望江南》云：“扬州好，端午乐何如。到处艾绒悬绣虎，大家蒜瓣煮黄鱼。跳判闹通衢。”林兰痴《邗江三百吟》在介绍扬州家宴“三碗六簋”时说：“此寻常待客也，讲究饮食家，口味各出其奇。”近年来，随着人民生活水平的提高，淮扬家常菜又有了进一步的发展。

当前，淮扬家常菜具有如下特点：

所用原料以当地出产为主。如里下河地区的鲜鱼、鲜虾、鲜蟹，湖荡地区的麻鸭、野味、荷藕，长江中的刀鱼、鲥鱼，郊区的萝卜、青菜、芹菜、茄子、毛豆、豇豆……均力求新鲜、洁净，同时还注意荤素搭配，营养平衡。

菜肴制作上注重季节性，并与民俗节庆相结合。如春季的韭菜炒螺蛳肉、蚕豆瓣炒苋菜、春笋烧刀鱼，夏季的毛豆米烧仔鸡、干咸菜烧肉、丝瓜豆腐汤，秋季的茭白炒肉丝、藕夹、螃蟹斩肉，冬季的雪里蕻炒冬笋、慈姑烧肉、羊糕、老鸭汤等。而端午节时吃烧黄鱼、烧牛肉、炒虾、炒红苋菜、炒鳝鱼、烧仔鹅、咸鸭蛋、杨花萝卜等十二种带“红色”的菜肴、水果，则更具民俗风情。

菜肴制作力求简便易行，以小炒、烧、煮、炖、焖居多，炸、熘、火锅也常使用。由于长期的文化熏陶，扬州家常菜的制作水平普遍较高。比如狮子头，许多家庭中的中年男、女主人都能“露一手”，且决不比一般店里的水平差。在家常菜风味上，以清鲜淡雅、咸甜适中为主，冬日也追求浓郁或辛芬之品。

本画册共收录照片120余幅，大体能反映淮扬家常菜的概貌，介绍了每道菜肴的主要原料及制法要领，厨师可根据制作时的具体情况，作适当调整。

邱庞同 王 镇

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咸肉蒸香芋

芋头酥糯入味，咸肉酥香清口。

原料：咸肉，荔浦芋头，精盐，绍酒，鸡清汤，湿淀粉，味精。

制法：将咸肉蒸熟切片，芋头削去外皮煮至半熟切片。咸肉、香芋间隔排叠在盘中，放盐、味精、鸡清汤、酒蒸熟，滗去原汤不用。炒锅上火，入鸡清汤、盐、酒，烧沸，勾芡，将汤汁浇淋在盘中。

制作者 江苏省扬州商业技工学校 姚庆功





制作者 江苏省扬州商业技工学校 袁金广

蛋

子

肉

肉香酥烂，鸡蛋入味，汤汁稠浓。

原料：鸡蛋，猪五花肉，葱段，姜块，酱油，绵白糖，味精，浓白汤，色拉油。

制法：鸡蛋煮熟去壳，抹上酱油，入油锅炸至酱红色。将五花肉切成小方块入锅，加酱油、糖、葱段、姜块、味精、浓白汤，烧至将熟时，放入鸡蛋，再烧至汤汁黏稠时装盘。

萝卜肉片汤

原料：白萝卜片，熟猪肉片，姜片，葱段，干辣椒末，花椒末，豆瓣酱，酱油，味精，胡椒粉，色拉油，精盐，猪肉汤。

制法：炒锅上火，入油，入干辣椒、花椒末煸香，加豆瓣酱、味精，熬成红油麻辣酱。炒锅上火，入猪肉汤、萝卜片，略烧，放入肉片、胡椒粉、盐烧入味，装碗，带红油麻辣酱蘸食。

制作者 江苏省扬州商业技工学校 封长虎





制作者 江苏省扬州商业技工学校 姚庆功

咸猪排炖冬瓜

原料: 咸猪排, 冬瓜片, 姜片, 葱段, 精盐, 味精, 绍酒, 色拉油。

制法: 咸猪排用清水浸泡去咸味后剁成块, 焯水。炒锅上火, 入油, 放姜、葱煸炒, 入排骨, 加清水烧沸, 再入酒, 炖熟, 放入冬瓜片、盐、味精, 装碗。



制作者 江苏省扬州商业技工学校 周亚平

斩肉极鲜嫩，汤汁浓鲜醇。

原料：蛤蜊，猪五花肉，姜米，葱末，绍酒，精盐，淀粉，鸡蛋清，味精，色拉油。

制法：将蛤蜊劈开，取肉洗净，与五花肉分别斩成茸，同放入碗中，入酒、姜米、葱末、鸡蛋清、盐，搅拌上劲成肉泥馅。蛤蜊壳焯水，将肉泥馅分装在壳内，蒸熟。炒锅上火，入油，滗入原汤汁烧沸，加盐、味精，勾芡，浇在肉泥馅上。

蛤
蜊
斩
肉

腐
竹
白
果
猪
肚

原料: 腐竹段, 焗油脱皮白果, 熟猪肚块, 苦瓜条, 胡萝卜条, 水发冬菇, 猪骨头汤, 精盐, 味精, 绍酒, 胡椒粉, 熟猪油。

制法: 炒锅上火, 入油, 入腐竹段、胡萝卜条、白果, 煸炒, 再入熟猪肚、冬菇、骨头汤烧沸, 放入盐、味精、酒, 烧至汤汁乳白, 放入苦瓜条略烧, 装盘, 撒上胡椒粉。

制作者 江苏省扬州商业技工学校 姚庆功



糯
米
斩
肉

软嫩不肥腻，咸甜有清香。

原料：硬糯米饭，猪五花肉茸，山药丁，姜块，葱末，姜米，鸡蛋，酱油，精盐，味精，绵白糖，绍酒，湿淀粉，浓白汤，芝麻油，色拉油。

制法：将猪五花肉茸、糯米饭、山药丁、姜米、葱末、鸡蛋、盐、酒串匀上劲。炒锅上火，用生姜擦锅，斩肉挤成球状，攒上劲，入锅小火煎成两面金黄。锅内加入浓白汤、酱油、糖、葱、姜、酒、味精，烧沸，斩肉入锅，小火烧透，装盘，淋芝麻油。

制作者 江苏省扬州商业技工学校 袁金广



粉

蒸

排

骨

排骨香味浓郁,余味隽永。

原料:猪肋排骨,炒香大米粉,鲜荷叶,红腐乳,芝麻酱,甜面酱,香辣酱,酱油,绵白糖,味精,芝麻油。

制法:将猪肋排骨切段,洗净,放入碗中,加红腐乳、芝麻酱、甜面酱、香辣酱、酱油、糖、味精浸渍入味。大米粉用水调成厚糊状,排骨裹上糊,放入盘内,上盖荷叶,上笼蒸至酥烂取出,排入盘中,淋上芝麻油。

制作者 江苏省扬州商业技工学校 刘 文



淡菜扣肉

原料: 淡菜, 猪五花肉, 葱段, 姜片, 酱油, 绵白糖, 味精, 浓白汤, 湿淀粉, 绿叶菜, 色拉油。

制法: 淡菜用温水泡开洗净。五花肉焯水, 趁热在肉皮上抹酱油, 入油锅炸至皮呈金红色, 切片排入碗中, 放入淡菜、酱油、糖、浓白汤、葱、姜、味精, 蒸透, 将肉覆入盘中。煸炒蔬菜, 放入盘中围边。将卤汁勾芡, 浇在肉上。

制作者 江苏省扬州商业技工学校 袁金广

蒜苗烧肉

猪肉酥烂, 蒜苗醇香。

原料: 猪五花肋条肉, 蒜苗, 葱结, 姜块, 绍酒, 酱油, 绵白糖, 色拉油。

制法: 将五花肋条肉焯水, 洗净, 切成长方块。蒜苗洗净, 切成段待用。炒锅上火, 入油, 入葱、姜煸香, 入肋条肉块煸透、煸香、煸出油, 加酒、酱油、糖、清水烧沸, 焖熟, 加入蒜苗, 烧至肉酥烂, 收稠汤汁, 装盘。



制作者 江苏省扬州商业技工学校 吴宏迪



制作者 江苏省扬州商业技工学校 茅建民

黄鱼干烧肉

肉香鱼鲜，汤汁稠浓。

原料：带皮猪五花肉，小黄鱼干，绍酒，葱结，姜块，色拉油，酱油，绵白糖。

制法：猪五花肉洗净切块，焯水。小黄鱼干水泡回软，洗净。炒锅上火，入油，煸香葱、姜，入肉块、水、酱油、糖、酒烧沸，肉烧至将熟，放入黄鱼干，继续小火烧至肉熟汤稠，装盘。