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DICTIONARY OF CHINESE FOOD AND DRINK

简明中餐餐饮 汉英双解辞典



冯 源 主编



北京大学出版社
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前言

迄今为止,在我国乃至全世界都还没有一部汉英/英汉对照的中西餐饮辞典。随着我国与世界各国的交流日趋频繁,我国的旅游产业和旅游教育蓬勃发展,中外人士都需要汉英/英汉对照的中西餐饮辞典,以满足出国旅游、工作或者到中国旅游、工作的需要,以及学习的需要。编写一部简明实用、汉英/英汉对照的中西餐饮双解辞典,是时代的需要,也是我们“简明中西餐饮汉英/英汉双解辞典”项目组全体成员的愿望。

《简明中餐餐饮汉英双解辞典》是该项目的中餐分册。中华文化源远流长、丰富多彩、举世闻名,在人类文明史上占据重要地位。我们从国内出版的各种中餐餐饮书籍、各地旅游局网站、中国饭店协会网站、各地餐饮行业协会网站、中国烹饪协会网站、中华美食网等提供的数万条餐饮资料中筛选出 2777 个条目,一个条目为一个菜品、食品或饮品。我们为所有条目撰写了释文,并给释文配上英文。

本辞典是菜单型,不是菜谱,力求简明扼要、信息量大。它对菜品、食品、饮品的介绍以名称突出主题,以主料说明本质,以辅料与方法说明特点。

我国的餐饮史可以说是中华各民族相互交往与融合的镜子。祖国各地餐饮发展到今天,早已是你中有我,我中有你,甚至中西混合,日日更新,很难按传统的八大菜系分类。例如“糖醋里脊”这道菜就出现在鲁菜、苏浙菜、东北菜的菜谱里;“酒酿圆子”以大同小异的名称存在于多个菜系。因此,我们将条目按原产地或省、市、自治区

标注。

本项目构思于2003年春,2004年春正式立项。我们组成了一支兼具应用语言学与旅游、餐饮专业背景,具备双语能力的队伍,开始艰难的跋涉。这个队伍来自五湖四海,其中一半是海归人员,对理解中西餐饮有独特优势。部分研究生和优秀本科生参加了一些辅助性工作,为本项目的完成作出了贡献。

编撰《简明中餐餐饮汉英双解辞典》是原创性工作,无前例可循。中外各国对很多物产和物品的命名并不一致,甚至对产地、源流众说纷纭。由于资料繁杂,考证艰难,资金短缺,我们的工作难度很大,受主客观条件限制,本辞典必然有许多缺失甚至错误,敬请广大读者批评指正。

2009年2月8日 冯源

用法说明

一、条目

1. 收入的条目一律用粗体字顶格排印。
2. 所有条目按汉语拼音顺序排列。
3. 多音字按其在该条目里的发音排列。
4. 所有条目参照国家标准《汉语拼音正词法基本规则》和汉英双语《现代汉语词典》断词,注拼音,标四声。当以上《规则》和《词典》里无例可循或出现相互矛盾状况时,本辞典遵循汉语表述习惯,并根据自身的特殊性,处理词界。
5. 所有条目的释文均为汉英对照,先汉语后英语。

二、释文

1. 条目和汉语拼音用粗体字,拼音放在圆括弧()里,汉语和英语释文分段排列。
2. 三个或更多地名并列出现时,用简称。如:“江浙沪”,“闽粤港台”。
3. 释文内容顺序为:汉字条目,汉语拼音,产地,主料、辅料及制作方法简介,英语译名及其他汉语的英语译文。举两例:

例 1:

八珍扒大鸭 (bāzhēn pá dà yā)

福建菜。将仔鸭与干贝、萝卜、鱿鱼、香菇、玉兰片、火腿、鸡肉、虾仁等八种配料一起炖煮。

Stewed duck with eight treasures. Fujian dish. Young duck stewed with other eight ingredients, such as scallop, turnip, squid, fragrant mushroom, bamboo shoot, ham, chicken, and shrimp meat.

例 2:

董酒 (dǒngjiǔ)

白酒,产于贵州遵义。用高粱为主料,用小麦和多种中药制曲酿造,酒精含量为 30-60 度,属混合香型酒。

Dongjiu, liquor produced in Zunyi, Guizhou. White spirit made with sorghum and yeast of wheat and several herbs. Contains 30-60% alcohol, and has a mixed aroma.

三、译文

1. 英文语法以《新韦氏语法指南》为准。
2. 一般情况下,菜品和食品释文的英译采用省略句型,饮品采用省略句+陈述句型。见上述两例。
3. 单复数问题作如下处理:
 - 1) 概念明确、可数的东西一般用复数。如:两只鸭 *two ducks*, 八宝 *eight treasures*, 藕 *lotus roots*。
 - 2) 若没有指明数目,可数的大件食材一般用单数。如:鸡 *chicken*, 鸭 *duck*。
 - 3) *such as* 后列举的东西一律用单数。
 - 4) 中草药、动物内脏、调料用单数。特别指明数目的除外。
4. 一些目前未被收入英语辞典,但已在世界各地广泛出现,独具特色的中国食品或特殊食材,采用拼音音译,用斜体标出。如:饺子 *jiaozi*、粽子 *zongzi*、饅 *nang*、糍粑 *zanba*、芷草 *zhicao*。
5. 所有酒品和茶品的拼音均用小写,其英文译名用斜体字,如碧螺春 (*bìluóchūn*) *biluochun*, 西凤酒 (*xīfèngjiǔ*) *xi fengjiu*。乌龙 (*wūlóng*) *oolong* 为唯一例外。
6. 为了避免歧义,统一部分英汉对应名词。如:田螺 *field snail*, 鸡精 *chicken essence*, 玉兰片 *soaked bamboo shoot*, 泡椒 *pickled pepper*, 猪里脊肉

pork tenderloin, 猪排骨(根据上下文)pork rib, pork sparerib 或 pork steak, 猪下水 hog offal, 猪蹄 hog feet, 鸡腿 drumstick, 木耳 wood ear, 鳊鱼 Chinese perch。

7. 各地使用的芡粉有所不同,很多菜谱并未对此作具体规定。因此,“芡粉”一律译为 starch。有具体说明的除外。

8. “味精”一词使用频繁,根据英文习惯,将其英译 monosodium glutamate 缩写为 MSG。

9. 为中华文化独有,英文里缺乏对应词或没有统一译名的词条,参照中国名家翻译并在中国得到广泛认可的译文,或者意译,力求信达。如干茶叶、刚摘的鲜茶叶以及茶汤分别译为 dry tea leaves, fresh tea leaves 以及 the tea。

四、术语

为了节约篇幅,这里对释文中经常出现的术语定义如下:

“调料”指盐、酱油、葱、姜、味精等五种普适性佐料,不包括其他佐料,如糖、醋、辣椒、花椒、蚝油、料酒、麻油等。

“卤汁”的基本内容与调料相同,加水或汤,或因各地习惯不同增减调料。

“清汤”指加淡盐和少量油的开水。

“高汤”在上海菜中指酱油汤,在其他地方指加了调料的肉汤。

“白汤”为不加调料的肉汤。

“鲜汤”指加了调味品的清汤。

“上汤”为长时间熬煮、加佐料的肉汤或鸡鸭汤。

“膏汤”与“上汤”意义相同。

“勾芡”指在少量水或汤里调入芡粉,煮开,然后与烹制的菜肴拌和。

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A

阿婆铁蛋 (āpótiedàn)

台湾点心。先将鹌鹑蛋煮熟，去壳后入卤汤焖煮并浸泡多次，然后自然风干，直到蛋白缩成脆薄的一层。

Dried marinated quail eggs. Taiwan snack. Shelled coddled quail eggs boiled and marinated in gravy several times. Air-dried till egg white becomes thin and crisp.

阿宗面线 (āzōngmiànxiàn)

台湾点心。先将面线煮熟，倒入鱼头汤中，然后加入卤过的大肠。因首创人阿宗得名。

Noodles with hog intestine. Taiwan snack. Boiled noodles put in fish head soup, then combined with cooked hog large intestine. It is named after its creator A Zong.

安多面片 (ānduōmiànpiàn)

西藏食品。先将面团用手拉成小片，然后用羊肉汤煮熟。

Noodles in mutton soup. Tibetan food. Flour dough hand-made into small pieces, then boiled in mutton soup.

安溪色种 (ānxīsèzhǒng)

乌龙茶。产于福建安溪一带的乌龙茶的总称。除铁观音外还有六种，即本山、黄旦、毛蟹、乌龙、梅占、奇

兰，各有特色。

Anxi wulong or oolong varieties. It is a general name for all kinds of oolong teas produced in Anxi, Fujian. Besides tieguanyin, there are benshan, huangdan, maoxie, oolong, meizhan, and qilan, each having a different aroma and taste.

鹌鹑蛋海参 (ānchúndàn hǎishēn)

山东曲阜孔府菜。将海参煮熟，配熟鹌鹑蛋和萝卜片装盘。

Quail eggs and sea cucumbers. Specialty of the Kong Family in Qufu, Shandong. Sea cucumbers boiled, then served with cooked quail eggs and sliced turnips.

鹌鹑蛋奶露 (ānchúndàn nǎilù)

浙江菜。先将鲜奶加白糖烧滚，用藕粉勾芡，然后倒在去壳的熟鹌鹑蛋上。

Quail eggs in milk soup. Zhejiang dish. Sugared fresh milk boiled, thickened with lotus root starch, then poured over shelled boiled quail eggs.

鹌鹑炖参竹 (ānchún dùn shēn zhú)

广东菜。鹌鹑、玉竹、北沙参加入盐、味精等调料炖煮。

Stewed quails with herb. Guangdong

dish. Quails stewed with herbs, such as solomonseal root and coastal glehnia root, then flavored with salt and MSG.

熬黄花鱼 (áohuānghuāyú)

浙江菜。将黄花鱼、五花肉、青菜加调料熬炖。

Stewed yellow croaker. Zhejiang dish. Yellow croaker stewed with streaky pork, Chinese cabbage, and

seasonings.

熬锅油鸡 (àoguō yóujī)

江苏菜。将仔鸡加桂皮、八角、小茴香等焖熟,斩块,浇上酱油和麻油。

Stewed hen with sauce. Jiangsu dish. Young hen stewed with cinnamon, aniseed, and fennel, chopped, then washed with sesame oil and soy sauce.

oolong tea produced in Anhui, Fujian, besides Taiwan, there are Taiwan, Guangdong, Yunnan, Hubei, and others, each having a different aroma and taste.

雞黃菜 (jīhuángcài) (chicken egg yolk)

山東菜。將雞黃與肉片、

雞黃與肉片、

Quail eggs and sea cucumber.

Specialty of the Kong Family in

Qufu, Shandong. Sea cucumbers

boiled, then served with a cooked

quail eggs and sliced tripe.

雞黃炒飯 (jīhuángchǎofàn)

浙江菜。將雞黃與白飯、

雞黃炒飯。將雞黃與白飯、

雞黃。

Quail eggs in milk soup. Zhejiang

dish. Sautéed fresh milk boiled,

thickened with bean root starch,

then poured over shell-boiled quail

eggs.

雞黃炒麵 (jīhuángchǎomiàn)

浙江菜。將雞黃與麵條、

雞黃炒麵。將雞黃與麵條、

Stewed quails with herb. Guangdong

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八宝鹌鹑 (bābǎo ānchún)

浙江菜。先将肉丁、竹笋、枸杞、莲子、调料等填入鹌鹑腹内，蒸熟，然后炸至金黄。

Fried quails with eight treasures. Zhejiang dish. Quails stuffed with seasoned eight ingredients, such as diced pork, bamboo shoot, Chinese wolfberry, and lotus seed, steamed, then deep-fried.

八宝冰 (bābǎobīng)

台湾点心。将大米、红枣、莲子、龙眼、栗子、薏米等八种原料熬成粥，拌入炼乳，冻成冰。

Frozen eight-treasure porridge.

Taiwan snack. Porridge cooked with eight ingredients, such as rice, red date, husked lotus seed, longan, chestnut, and seed of Job's-tears, mixed evenly with condensed milk, then frozen.

八宝菠菜 (bābǎo bōcài)

东北菜。先将菠菜焯水，加入火腿、海米、鲜冬笋、干冬菇、黄瓜、胡萝卜等，再加调料拌匀。

Spinach with eight treasures.

Northeastern dish. Spinach quick-boiled, combined with other eight ingredients, such as ham, dried

shrimp, winter bamboo shoot, dried winter mushroom, cucumber, and carrot, then seasoned.

八宝刀鱼 (bābǎo dāoyú)

江苏名菜。刀鱼腹内装入腌渍过的猪腿肉、火腿、香菇等八种馅料，用猪网油包裹，蒸熟。

Anchovy with eight treasures.

Famous Jiangsu dish. Long-tailed anchovy stuffed with seasoned eight ingredients, such as hog trotter ham, and dried mushroom, wrapped in web lard, then steamed.

八宝冬瓜盅 (bābǎo dōngguāzhōng)

广东菜。以半个焯水冬瓜为容器，放入瘦肉、火鸡肉、火腿、蟹肉、田鸡肉、鲜蚝，鲜汤等，蒸熟。

Meat soup in wax gourd. Guangdong dish. Halved wax gourd scalded, stuffed with eight ingredients, such as lean pork, turkey, ham, crab meat, frog meat, oyster, and seasoned soup, then steamed.

八宝豆腐 (bābǎo dòufu)

各地家常菜。嫩豆腐加猪肉、鸡肉、虾仁、火腿等翻炒，加盐、酱油等调料。

Sautéed tender bean curd and meat. Home-style dish in many places.

Tender bean curd sautéed with eight ingredients, such as ground pork, minced chicken, shrimp meat, and ham, then seasoned with salt, soy sauce, and other flavorings.

八宝炖鱼头 (bābǎo dùn yútóu)

湖南菜。先将鱼头腌渍,油煎,然后加入枸杞、海参、河虾、野笋、红枣、火腿、鸡腿菇等熬炖。

Fish head with eight treasures.

Hunan dish. Fish head pickled, deep-fried, then stewed with eight ingredients, such as Chinese wolfberry, sea cucumber, shrimp, wild bamboo shoot, red date, ham, and drumstick mushroom.

八宝饭 (bābǎofàn)

各地传统甜点。先把糯米煮熟,再加入猪油、核桃仁、芝麻、甜豆沙、玫瑰膏、青梅干、杏干、葡萄干、松仁等,做成半圆形糕状。

Sticky rice and eight-treasure pastry. Traditional sweet pastry in many places. Sticky rice cooked, combined with various ingredients, such as lard, walnut, sesame, sweet bean paste, rose jam, dried green plum, dried apricot, raisin, and pine nut, then arranged into a dome-shape cake.

八宝鸽子 (bābǎo gēzi)

北京菜。先将鸽子腹内填入加调料的鸡脯肉、火腿、冬笋、红枣等八种馅料,炸至金黄,再放入汤中焖煮,然后蒸至酥烂。

Pigeon with eight treasures. Beijing

dish. Pigeons stuffed with eight seasoned ingredients, such as chicken breast, ham, winter bamboo shoot, and red date, deep-fried, simmered, then steamed.

八宝鳊鱼 (bābǎo guīyú)

江苏菜。先将腌渍过的鸡脯肉、火腿、冬笋、虾仁等八种馅料塞入鳊鱼肚内,用蛋浆封口,然后将鱼身裹满蛋浆和面包屑,油炸。

Fried Chinese perch with eight treasures. Jiangsu dish. Chinese perch fish stuffed with seasoned eight ingredients, such as chicken breast, ham, winter bamboo shoot, and shrimp meat, sealed with egg paste, coated with egg paste and bread crumbs, then deep-fried.

八宝海参 (bābǎo hǎishēn)

湖北菜。将炖好的火腿、蹄筋、鸡肉、冬笋、虾米、香菇、莲子和荸荠倒在海参上,蒸熟并勾芡。

Sea cucumbers with eight treasures. Hubei dish. Sea cucumbers steamed with cooked eight treasures, such as ham, pork tendon, chicken, winter bamboo shoot, dried shrimp meat, dried mushroom, lotus seed, and water chestnut, then thickened with starch.

八宝黑米粥 (bābǎo hēimǐzhōu)

各地传统点心。用黑糯米与桂圆、红豆、绿豆、红枣、核桃、莲子、杏干、芝麻等八种配料熬成粥。

Black sticky rice porridge with eight treasures. Traditional snack in many

places. Black sticky rice cooked into porridge with other eight ingredients, such as longan, red bean, mung bean, red date, walnut, lotus seed, dried apricot, and sesame.

八宝桔盅 (bābǎo júzhōng)

湖北菜。先将香菇、马蹄、火腿、鸡脯肉、冬笋、莲子、桃仁、青豆等拌匀,蒸熟,然后装入桔盅。

Eight treasures in orange cups.

Hubei dish. Hollowed oranges filled with steamed mixture of dried mushrooms, water chestnuts, ham, chicken breast, winter bamboo shoots, lotus seeds, walnuts, and green soybean.

八宝辣酱 (bābǎo làjiàng)

上海菜。将虾仁、花生米、猪肉丁、鸭肫、竹笋、鸡丁等加辣酱拌炒。

Spicy eight treasures with sauce.

Shanghai dish. Shrimp meat, peanuts, diced pork, duck gizzard, bamboo shoots, and diced chicken stir-fried, then flavored with chili sauce.

八宝梨罐 (bābǎo líguǎn)

山东点心。雕梨为罐,放入糯米、梨肉、桔饼、桂圆、山楂等八种原料,蒸熟。

Eight treasures in pear cups.

Shandong snack. Hollowed pears filled with eight ingredients, such as sticky rice, pear pulp, candied tangerine, longan meat, and haw, then steamed.

八宝酿 (bābǎoniàng)

新疆点心。先将当地香梨去核,填入葡萄干、瓜干、红枣,蒙上桑皮纸,然后蒸熟,浇蜜汁。

Steamed dried fruits in pear cups. Xinjiang snack. Cored local pears filled with raisins, dried melons, and red dates, covered with mulberry bark paper, steamed, then flavored with honey.

八宝酿凉瓜 (bābǎo niàng liángguā)

江苏菜。将虾仁、火腿、香菇、花生米、猪肉、鸭肫、竹笋、鸡肉等填入凉瓜,加入清汤,蒸熟。

Steamed bitter melon with eight treasures. Jiangsu dish. Shrimp meat, ham, dried mushrooms, peanuts, pork, duck gizzard, bamboo shoots, and diced chicken filled in bitter gourds, then steamed in clear soup.

八宝糯米鸡 (bābǎo nuòmǐ jī)

浙江菜。先将鸡腹内填入加调料的江米饭、豌豆、火腿、莲子、薏仁、芡实、虾仁等八种馅料,蒸熟,然后油炸。

Chicken with eight treasures and sticky rice. Zhejiang dish. Whole chicken stuffed with seasoned eight ingredients, such as cooked sticky rice, pea, ham, lotus seed, seed of Job's tears, gorgon euryale seed, and shrimp meat, steamed, then deep-fried.

八宝青蟹饭 (bābǎo qīngxiè fàn)

福建菜。将糯米饭与白果、花生、冬菇、冬笋、火腿、调料等拌和,覆上青蟹片,蒸熟。

Crab and eight treasures with sticky rice. Fujian dish. Sticky rice mixed with ginkgoes, peanuts, winter mushrooms, winter bamboo shoots, ham, and seasonings, covered with crab chunks, then steamed.

八宝碎扣鸭 (bābǎo suikòuyā)
浙江菜。将生鸭焯过,再与猪肉、香菇、百合、薏米、莲子、白果、栗子、火腿等八种配料加调料蒸熟。

Duck with eight treasures. Zhejiang dish. Scalded whole duck seasoned, then steamed with other eight ingredients, such as pork, dried mushroom, lily bulb, seed of Job's tears, lotus seed, ginkgo, chestnut, and ham.

八宝鸭 (bābǎoyā)
山东菜。先将莲子、鸡丁、虾仁、青豆、香菇、干贝、调料等填入肥鸭,然后蒸熟,炸至金黄。

Duck with eight treasures.
Shandong dish. Fat duck stuffed with seasoned eight ingredients, such as husked lotus seed, diced chicken, shelled shrimp, green bean, dried mushroom, and dried scallop, steamed, then deep-fried.

八宝鸭羹 (bābǎo yāgēng)
浙江菜。将鸭肉、胡萝卜、火腿、香菇、豌豆、莲子等八种原料用鸡汤烩熟,勾芡。

Duck soup with eight treasures.
Zhejiang dish. Duck braised in chicken soup with eight ingredients, such as carrot, ham, dried mush-

room, pea, and lotus seed, then thickened with starch.

八宝芋巢 (bābǎo yùcháó)
台湾菜。先将芋头泥与葡萄干、冬瓜糖、桔饼等八种果脯蒸熟,然后勾芡。

Steamed taros with dried fruits.
Taiwan dish. Mashed taros steamed with various dried fruits, such as raisin, candied melon, and candied tangerine, then thickened with starch.

八宝原壳鲜贝 (bābǎo yuánké xiānbèi)
山东菜。先将鲜鲍鱼肉与大虾肉、鸡肉、冬菇等八种原料煸炒,然后装入贝壳蒸熟,浇芡汁。

Abalone with eight treasures.
Shandong dish. Abalone meat stir-fried with eight ingredients, such as prawn meat, chicken, and winter mushroom. Put back in abalone shells, steamed, then washed with starched soup.

八宝鳘鱼 (bābǎo yuányú)
江苏菜。鳘鱼即甲鱼。将甲鱼肉和糯米、鲜笋、香菇、火腿等八种原料焖熟,加黄酒、盐、姜、葱。

Turtle with eight treasures. Jiangsu dish. Soft-shell turtle meat braised with eight ingredients, such as sticky rice, fresh bamboo shoot, dried mushroom, and ham, then seasoned with yellow wine, salt, ginger, and scallion.

八宝粥 (bābǎozhōu)

各地传统点心。将糯米或粳米加红枣、红豆、黑豆、绿豆、桂圆肉、百合、莲子、糖等煮成粥。

Eight-treasure porridge. Traditional snack in many places. Sticky rice or round grain rice boiled into porridge with red dates, red, black and green beans, dried longans, lily bulb cloves, lotus seeds, and sugar.

八卦汤 (bāguàtāng)

江苏菜。先将带肠乌龟肉用麻油煎透,再入砂锅煨烂,加盐、黄酒等调料。

Stewed turtle. Jiangsu dish. Turtle meat with intestine deep-fried in sesame oil, then stewed in a clay pot. Seasoned with salt, yellow wine, and other condiments.

八块鸡 (bākuàijī)

南方菜。先将整只母鸡切成八块,用盐、花椒、黄酒腌渍,然后油炸。

Fried chicken. Southern dish. Whole hen cut into eight chunks, pickled with salt, Chinese prickly ash, and yellow wine, then deep-fried.

八生火锅 (bāshēng huǒguō)

福建菜。先将火锅汤加调料煮开,然后放入鸡肫、牛百叶、海蛎、鱿鱼、生鱼、猪腰、青菜、豆腐涮熟。

Eight treasures in fire pot. Fujian dish. Seasoned soup boiled in a fire pot. Chicken gizzard, ox tripe, oyster, squid, fish fillet, hog kidney, green vegetable, and bean

curd are added for quick-boiling.

八味酿笋 (bāwèi niàngsǔn)

浙江菜。先把竹笋塞满用香菇、蘑菇、干笋尖、榨菜、烤麸等做成的馅,再油炸,然后焖熟。

Eight-taste bamboo shoots. Zhejiang dish. Bamboo shoots stuffed with eight ingredients, such as dried mushroom, dried bamboo shoot tip, pickled potherb mustard tuber, and gluten, deep-fried, then simmered.

八仙豆腐 (bāxiān dòufu)

台湾菜。将豆腐泥与爆香的青豆、香菇、草菇、黄豆芽等拌匀,煮熟。

Steamed bean curd with vegetables. Taiwan dish. Mashed bean curd mixed with quick-fried green beans, dried mushrooms, meadow mushrooms, and soybean sprouts, then steamed.

八仙过海闹罗汉 (bāxiān-guòhǎi nào luóhàn)

山东曲阜孔府宴菜。将鸡、虾、鱼翅、海参、鲍鱼、鱼骨、鱼肚等加调料煮熟,摆八仙与罗汉状于罐中。

Chicken with seafood varieties. Feast dish of the Kong Family in Qufu, Shandong. Chicken, shrimp, shark fin, sea cucumbers, abalone, soft fish bones, and fish maw seasoned, steamed, then arranged in a pot in shapes of Chinese legendary Eight Immortals and Monks.

八鲜大补汤 (bāxiān dàbǔtāng)

江苏菜。先将干贝、海米、火腿、冬笋、猪肉、鸡肉炖至酥烂,再加入海

参和人参酒煮熟,然后放入人参片
焖煮,加调料。

Eight treasures with ginseng.

Jiangsu dish. Dried scallops, dried
shrimp meat, ham, winter bamboo
shoots, pork, and chicken stewed
with sea cucumbers and ginseng
wine, then simmered with sliced
ginseng and seasonings.

八珍炒面 (bāzhēn chǎomiàn)

广东食品。先把猪腰、猪肚、叉烧、
虾球等炒熟,再放入焯熟的面条、小
白菜、香菇等炒匀。

Stir-fried noodles with eight
treasures. Guangdong food. Quick-
boiled noodles stir-fried with hog
kidney, hog tripe, barbecued pork,
shrimp meat, baby Chinese cabbage,
and dried mushrooms.

八珍冬瓜盅 (bāzhēn dōngguāzhōng)

四川菜。将冬瓜去瓤成盅,放入干
贝、萝卜、鱿鱼、香菇、玉兰片、火腿、
鸡肉、虾仁等八种配料,加调料蒸熟。

Steamed eight treasures in wax gourd.
Sichuan dish. Wax gourd hollowed,
filled with eight ingredients, such as
scallop, turnip, squid, dried mush-
room, bamboo shoot, ham, chicken,
and shrimp meat, then steamed with
seasonings.

八珍豆腐 (bāzhēn dòufu)

四川菜。先将豆腐块掏空,填入炒
好的海带、鱿鱼、鸡脯、香菇,然后蒸
熟,浇上高汤,配余过的菜心装盘。

Bean curd with eight treasures.

Sichuan dish. Hollowed cubed bean

curd stuffed with cooked kelp,
squid, chicken breast, and dried
mushrooms, steamed, washed with
broth, then served with quick-boiled
Chinese baby cabbage.

八珍鲩鱼 (bāzhēn huànyú)

广东菜。将鲩鱼煮熟,沥干,淋上滚
猪油,佐咸味卤酱或酸甜酱食用。

Grass carp with special sauce.
Guangdong dish. Grass carp boiled,
drained, then washed with boiling
lard. Served with salty sauce or
sweet and sour sauce.

八珍扒大鸭 (bāzhēn pá dà yā)

福建菜。将仔鸭与干贝、萝卜、鱿
鱼、香菇、玉兰片、火腿、鸡肉、虾仁
等八种配料炖煮,加盐,黄酒等调料。

Stewed duck with eight treasures.
Fujian dish. Young duck stewed with
eight ingredients, such as scallop,
turnip, squid, dried mushroom,
bamboo shoot, ham, chicken, and
shrimp meat. Seasoned with salt,
yellow wine, and other condiments.

八爪鱼煲 (bāzhǎoyúbāo)

广东菜。八爪鱼即乌贼。将八爪鱼
与珍珠笋、甘笋、青豆等煲煮,加入
盐、蒜茸、麻油、胡椒粉等调料。

Braised cuttlefish and vegetables.
Guangdong dish. Cuttlefish braised
with baby corn, carrots, and green
peas, then seasoned with salt,
mashed garlic, sesame oil, and
ground black pepper.

巴盟烩菜 (bāménghuìcài)

内蒙巴盟菜。将豆角、土豆、肉和粉