



# 世界厨房中国味

## 蒸烤箱卷

李建国 主编

THE BIG-WOK  
CUISINE OF CHINA

FOOD VOLUME OF STEAM OVEN

中国铁道出版社  
CHINA RAILWAY PUBLISHING HOUSE



扫一扫  
名厨教你学做菜

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The Big-Wok-Made Cuisine of China, Food Volume of Steam Oven

## 蒸烤箱卷

李建国 主编

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作为中国的烹饪大师，我们知道，中国的饮食文化涉及资源的开发与利用、餐具的使用与创新、食品的生产与消费、餐饮服务与接待、餐饮业与食品业的经营与管理，以及饮食与国泰民安、饮食与文学艺术、饮食与人生境界的关系等，深厚广博。这是由于在中国优秀传统文化中的阴阳五行哲学思想、儒家伦理道德观念、中医营养摄生学说，还有文化艺术成就、饮食审美风尚、民族性格特征诸多因素的影响下，才创造出彪炳史册的中国烹饪技艺，形成博大精深的中国饮食文化。

中国饮食文化直接影响到日本、蒙古国、朝鲜、韩国、泰国、新加坡等国家，是东方饮食文化圈的轴心。与此同时，它还间接影响到欧洲、美洲、非洲和大洋洲。惠及全世界数十亿人。

中国饮食文化是一种广视野、深层次、多角度、高品位的悠久区域文化；是各族人民在生产和生活实践中，在食源开发、食具研制、食品调理、营养保健和饮食审美等方面创造、积累并影响周边国家和世界的物质财富及精神财富。

在我们出国讲学及与各国朋友的交往中，我们深深感受到大家对中国菜的喜欢。中国菜不仅让外国朋友吃得津津有味，中国饮食文化的博大精深同样让各国朋友兴趣盎然。只是中国菜制作起来的技艺繁复、烹调方法的讲究，让他们有些望而却步。于是，本想回到自己国家后也能亲手制作中国菜的愿望就成为朋友们的遗憾。

让我们一起，为友谊干杯！  
为世界和平，干杯！

中国大锅菜烹饪大师联盟

于中国·北京

# 序

## 真诚·友爱·互利·共享

——世界厨房中国味·蒸烤箱卷献词

此书是中国烹饪大师献给世界的一份心意。融合着中国对世界的真诚情谊，与对各国人民的美好祝福。

当今的世界，已是天涯若比邻、相见亦不难的地球村了。你中有我、我中有你的经济大潮，将我们大家聚集在一条大船上，向着美好的愿景一起前行。

中华民族具有五千年的文明史，素有『礼仪之邦』之称。正是在这悠久的文明滋养下，中国人民才有了礼貌待人、与人为善的道德情怀。我们深知，在全球经济一体化的当今时代，唯以这样的道德情怀才是构建国与国、人与人和谐相处的桥梁和纽带。

世界和平是人类共同追求的理想。要实现这一崇高的理想，需要各国人民从相互了解、认知、理解开始，从而达到彼此信任、互帮互助、和睦相处、共享和平的美好境界。

文化是民族交往的第一使者。不同民族间的相互认识，首先是从文化的交流开始的。作为民以食为天的饮食文化，则是一切文化都赖以生存的最基本的文化。

外国朋友对于中国菜的青睐，以及想在自己国家随时就能吃到中国菜的心愿，让我们感到了一种责任和使命。多年来，我们一直做着这样的尝试和努力，以期让朋友们的这一愿望早日实现。世界的美好最终还要世界各国人民的共同创造才会实现。德国 RATIONAL 莱欣诺® 研创的全新 Self Cooking Center 膳酷盛®，为世界各国朋友烹制中国菜提供了一套完美支持的系统。它将中国菜中的烤、煎、烘焙、炖、蒸等一切烹制技艺都变成了可能。于是，有了它，就如同您身边永远有一位顶级全能的烹饪大师在精心侍奉着。

德国万能蒸烤箱的问世，给了中国烹饪大师们极大的鼓舞。激发了大师们的激情。于是决定，将自己多年来对于大锅菜的潜心探究、从烹饪的技法、营养食谱的科学设计、营养素的合理搭配、投料的标准等诸多方面进行的长期积累、总结所形成的系列菜谱，与德国万能蒸烤箱结合，使中国菜的千年文化与现代科学技术相映生辉，一起为世界人民增添生活的乐趣。

用现代科学技术呈现中国菜的魅力，让具有万用功能的蒸烤箱成为世界厨房，让中国菜能出现在您的餐桌上，这就是我们编撰此书的美好初衷。

我们编撰此书，也同样致力于各国人民的友好，各民族之间的团结，让饮食文化成为我们相识相交的媒介，从而形成可贵的友谊。

## Sincerity, Fraternity, Mutual Benefit and Sharing

—Dedication to *World Kitchen: Chinese Food*

This book on food is a token of love of China's culinary masters to the world.

It contains our sincere friendship to the world and the wonderful blessings for people from all countries.

Today, the world is a global village, transcending time and space. The enormous economic tide brings us together in a big boat, sailing to a land of promises.

The Chinese nation boasts for 5,000 years' history of civilization. China is hailed as a "State of Ceremonies".

It is just under the nourishment of ancient civilization, Chinese people are notable for their polite, kind, and moral feelings. We know, in today's era of global economic integration, only this moral sentiment is the bridge and tie to build the harmonious relationships among countries and between people.

World peace is the common ideal of mankind. To achieve this lofty ideal, people around the world should begin to know, understand and appreciate each other so as to arrive at the realm of mutual trust, harmonious co-existence and peace sharing.

Culture is the number one ambassador for national association. The mutual understanding among different ethnic groups often starts first from the cultural exchange. The food culture of "food is the paramount necessity of people" is the basic culture that gives rise to all other cultures.

As Chinese culinary masters, we know that Chinese food culture involves the development and utilization of food source, the application and innovation of kitchen utensils, the production and consumption of food, the services and reception of catering, the operation and management of catering and food industry, as well as the relationships of food with the state's peace and prosperity, literature and arts, and life realm and so on, profound and extensive. The Chinese culinary art was created under the influence of philosophy of yin-yang and the five elements in the excellent traditional Chinese culture, the moral ideas of Confucian ethics, the nutrition and eubiotics of Chinese medicine, as well as the cultural and artistic achievements, the diet aesthetic fashion, the national characteristics among many other factors, and has thus formed profound Chinese culinary culture.

Chinese food culture directly affects Japan, Mongolia, North Korea, South Korea, Thailand, Singapore and other countries. It is the axis of oriental food cultural circle. Meanwhile, it has also indirectly affected Europe, America, Africa and Oceania.

Chinese food culture is a regional culture with broad vision, deep level, multi-angle, high grade and long history. It is the material wealth and spiritual wealth created, accumulated by Chinese people in the practice of production and life, food source development, kitchen utensil preparation, food processing, nutrition and health care and food aesthetic and other aspects, which also influences the surrounding countries

and the world.

We can deeply feel their keenness to Chinese food when we gave lectures abroad, and in our daily communication with friends from different countries. The foreign friends not only find the Chinese cuisine tasty, but they are also interested in the extensive and profound Chinese food culture. Nonetheless, they usually shrink back at the sight of the sophisticated process and cooking methods of Chinese food. As a result, their wish to cook Chinese food back home has thus become a regret they hate to part with.

Foreign friends' love of Chinese food and their desire to eat Chinese food at any time make us feel a kind of responsibility and mission. For many years, we have been making attempts and efforts in the hope of making their wishes come true early. The world will be a beautiful place only with the joint creation of all the people in the world. The Self Cooking Center<sup>®</sup> developed by Germany RATIONAL<sup>®</sup> has provided a perfect supporting system for friends around the world to cook Chinese food. It makes all cooking skills possible, such as roasting, frying, baking, boiling steaming and so on for Chinese food. Having it is like having a top all-round master chef to attend you all the time.

The appearance of the German Self Cooking Center<sup>®</sup> is a great inspiration to Chinese master chefs. It provokes their passion in making the best use of their attainment. So they decided to combine their long-term accumulated, well-researched series recipes over the years on wok dishes, from cooking techniques, scientific design of nutrition recipes, rational combination of nutrients to the standards of feed intake and many aspects with iCookingControl so as to make the best of the long-standing culture of Chinese food and modern science and technology, and add new fun to people's life worldwide.

Presenting the charm of Chinese cuisine with modern science and technology, making the iCookingControl world kitchen, placing the Chinese food on your table as you wish is our goodwill intention in compiling this book of dishes.

In compiling this book, we are also committed to the friendship, solidarity between different nations. We hope food culture can be the media in bringing us together and in building the cherished friendship.

Let us toast for friendship!

For world peace, cheers!

**Chinese Wok Cooking Master Chefs League**

**Beijing, China**

现。相同的口味，地道的口感，所有的菜肴如同由专业级厨师亲自烹饪出品。在保留了传统口味的同时，减少了油腻感。

这一切的实现离不开现代化的技术，更离不开大师们的努力。以李建国为代表的中餐大师们为此不懈地探索，做了大量创造性的工作。中餐标准化是世界厨房中国味·蒸烤箱卷中所传递出的最重要的信息。这无疑是『团膳』领域内的一大进步。

现代的客户对于团餐的要求早已不仅仅是能做得出餐食，能吃饱肚子这么简单了。新颖的菜色、营养的搭配、快速高效、节能环保甚至是高端化、个性化的商务餐饮逐渐成为各大客户对团膳的新要求。中国烹饪大师们将传统的中式美味与现代化的烹饪设备相结合，中餐的烹饪将不再依赖专业厨师之手。标准化的操作流程即使是未经专业培训的厨房员工也可轻松地在规定时间内大批量地制作出美食。满足几百人需要的饭菜对于厨房来说再也不是一场硬仗。厨房也无须再像过去一样雇佣许多专业厨师来亲自烹饪每一道菜。这不仅简化了人员结构，提高了管理效率，而且大大减少了在厨房上投入的人力与财力。

膳酷盛®全系列机型凭借优异的能源消耗率荣获了能源之星认证，这在每天需要烹饪大量食物的团膳领域内显得尤为重要。专业级的表现、人性化的操作、高品质的输出，这便是中餐标准化带来的效应，也正是各大企事业单位对于餐的完美设想。



# 序

## 创新

### 让世界更美好

经过几十年的发展，中国的『团膳业』在巨大的市场需求推动下，自身不断发展，已在卫生、节能及食物品质方面都有了长足的进步。现在，越来越多的企事业单位不断地扩张壮大，激增的员工以及现代化的管理标准，都对现有的『团膳业』提出了新的要求。

在2014年夏季『达沃斯论坛』开幕式上，中国国务院总理李克强指出『只要大力破除对个体和企业创新的种种束缚，形成「人人创新」「万众创新」的新局面，中国发展就能再上新水平』。李克强总理的创新倡导，同样给了中国烹饪大师们极大的激励与鼓舞。

由于传统的中式厨房内配备的炒锅有着自身的局限性，很难达到现代客户的高要求，因此许多中餐的专家及大师以创新的理念为指导，选择与RATIONAL莱欣诺合作，合力将传统的中餐制作烹饪移植到Self Cooking Center 膳酷盛®上。

令人欣慰的是现在大师们的工作已取得了很大的成果。传统的中式美味，经过努力现已全部可以在万能蒸烤箱上实

世界厨房中国味·蒸烤箱卷的出版，是中国烹饪大师们的智慧和现代科技完美结合的成果。这对于推行中餐标准化，满足高规格的市场需求，营造团膳领域新天地有着重要意义。

由此，团膳领域迈进了一个新的阶段。  
创新，让世界更美好！

世界厨房中国味·蒸烤箱卷编委会副主任



中国·北京

## Innovation, Making the World a Better Place

After decades of development, driven by the huge market demand, China's group meal industry has made leaps and bounds improvements on health, energy-saving and food quality in its continuous development. Now, with the rapid economic development, more and more enterprises continue to expand. The new situations of surging staff and modern management standards all have raised new requirements for the group meal industry.

At the opening ceremony of the 2014 summer Davos Forum, Chinese Premier Li Keqiang pointed out that "When the talent of all, or at least most of the professionals and skilled workers is brought to the full, a new pattern of innovation by the people and innovation by all, supported by the massive physical and mental power of the people and the strength of China's manufacturing and creative capability, will be fostered." Chinese Premier Li Keqiang's innovation advocacy is also the motivation and encouragement to Chinese master chefs.

Due to the limitation of the wok equipped in the traditional Chinese kitchen, it is difficult to meet the high requirements of modern customers. Guided by innovative ideas, many experts and masters on Chinese food decided to work with RATIONAL<sup>®</sup>, and jointly transplant the traditional Chinese food on the Self Cooking Center<sup>®</sup>.

Thankfully, now the masters' work has achieved great results. The traditional Chinese delicacies all can be achieved on iCookingControl. The same flavor, authentic taste, all the dishes are cooked as if by professional chefs. While retaining traditional tastes, the food turns to be less greasy.

These achievements are the outcome of modern technology, and more the endeavor of the masters. The Chinese master chefs represented by Li Jianguo have done a lot of creative work through unremitting exploration. Standardization of Chinese food is the most important information conveyed in *World Kitchen: Chinese Food*. This is, undoubtedly, a big step forward in the field of group meal.

The demand of modern customers for group meals is no longer as simple as just cooking the meals and getting fed. Novel cuisine, nutrition mix, high-efficiency, energy saving and even high-end, personalized business catering has gradually become the new requirements restaurant of major customers to group meals. With the efforts of Chinese master chefs, the traditional Chinese culinary delicacies are combined with modern cooking equipment. The cooking of Chinese food will no longer depend on professional chefs. Standardized operation process allows the kitchen staff to cook the desired food easily even without having professional training. Cooking the food for hundreds of people is no longer an uphill battle for the kitchen. And it won't be necessary for the kitchen to hire many professional chefs to cook every dish in person as in the past. This not only has simplified the personnel structure, improved management efficiency, but also greatly reduced the payroll invested in the kitchen.

With high energy consumption rates, Self Cooking Center<sup>®</sup> has won the honor of Energy Star accreditation, which is particularly important in the field of group meals where large amount of food is cooked daily. Professional-grade performance, user-friendly operation, high-quality output, this is the effect brought by standardization of

Chinese food. It is also the perfect envision of major enterprises to group meals.

The publication of *World Kitchen: Chinese Food* is the perfect combination of mastermind of the Chinese cuisine and modern science and technology. It is of great significance for the implementation of standardization of Chinese food, for meeting the high-end market demand and creating a new world of group meal catering.

The group meal industry thus has stridden to a new phase.

Innovation, making the world a better place!

**Editorial Committee**The director of editor board of  
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**WenJun Yu**  
**Beijing, China**

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# 烹饪大师·厨师漫画



杜广贝



侯玉瑞



李加双



李建国



李智东



林进



林勇



苏喜斌



孙家涛



孙立新



王朝辉



王海东



王连生



王万友



王兆志



徐龙



张爱强



张伟利



赵春源



郑绍武



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