

Recipes of China's Five-Star Hotels

中国五星



美食

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中国有一种艺术，主要是人们用嘴巴来鉴赏，它古老而又神秘，在当今许多国家不难见到它的踪迹，这就是中国的烹饪美食。从世界角度看中国的烹饪美食，独特而优秀，是中国传统文化中比较重要的组成部分。近代革命先驱孙中山先生早有灼见：“烹饪之术本于文明而生，非深孕乎文明之种族，则辨味不精，辨味不精，则烹饪之术不妙，中国烹调之妙，亦足表明进化之深也”。作为中国旅游业的资源，除自然景观、人文景观和接待设施等等之外，中国的烹饪美食也是当之无愧的重要资源。

本世纪的下半叶，中国实行改革开放政策敞开了大门，欢迎各国朋友来华观光旅游，欣赏品味东方文化。中国的独特魅力，吸引了千千万万的游客，旅游业飞速发展，酒店建设日新月异，目前已有星级酒店30余座。如何管好高档酒店，餐饮质量是一个非常重要的环节，从某种意义上讲，可以决定酒店的声誉与效益。国家旅游局旅行社饭店管理司与《东方美食》杂志社组织编写的这本《中国五星美食》，正是顺应了这一需要。星级酒店的美食，可以视为当代中国美食的最高层面。它有三个最显著的特点：一是选料精，颇为考究；二是注重口味，重视色型；三是传统式与新潮式共存。

《中国五星美食》的出版，是对旅游烹饪美食的初步概括，可供酒店业同行参考与借鉴，也为海外游客提供了一本很好的休闲读物。我相信《中国五星美食》的魅力，故乐为之序。

刘 毅
1997年5月



前言

中国五星美食，顾名思义就是中国五星级饭店的美食，它代表着中国旅游饭店美食的最高境界，它在继承传统、中西结合、博采众长、勇于创新中，使“吃在中国”之美誉大放异彩。中国五星美食以原料新鲜正宗，选料精细，造型精美，口味纯正，厨艺精湛，菜式常新，且饮食环境豪华幽雅，服务高档规范，而在中国饮食文化中独领风骚。

大型豪华画册《中国五星美食》集中国 30 家五星级饭店美食之精华，精选菜品 500 多款，其中既有传统品牌菜，又有新潮流行菜和西餐，并配有中英文对照的菜名和主要制作方法，每款菜肴都是厨师精心制作，糅合传统与创新的经典之作，可以说一款款的菜肴也是一件件颇具观赏价值的烹饪艺术佳品。同时该书还精选了近 200 幅五星级饭店饮食环境的照片，以供读者参考。本书可供饭店、宾馆人员和广大烹饪工作者、爱好者使用。也适合摆放在旅游饭店客房内供海内外游客休闲翻阅。

本书在筹划编写过程中得到国家旅游局旅行社饭店管理司、《东方美食》杂志社和各五星级饭店的大力支持；得到了山东科学技术出版社的鼎力相助，不惜投入巨资支持该书的出版，在此一并致谢。由于我们水平所限，书中粗谬之处，恳请广大读者不吝赐正。

编 者

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