

# 中国典故菜

张恩来

BY CHARLES ZHANG



# THE STORY ABOUT CHINESE KITCHENS

壬午秋月 张恩来 写于上海



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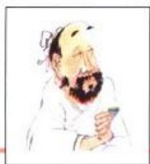
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# 冷 菜

## Cold Dishes



醋 芹	Celery with Vinegar
香菇银杏	Mushrooms with Ginkgo
五香辣鳊鱼	Spiced Fish with Chilli
三皮丝	Jelly Fish with Chicken's and Pig's Skin

### 醋 芹 Cu Qin

#### Celery with Vinegar

据《龙成录》记载，唐太宗的左相魏征自谓平生无所嗜，并常常摆出一副严肃的面孔进谏。某天，唐太宗问侍臣：“有什么方法可使魏征动其情？”侍臣说：“魏征喜食醋芹，每食之必然称快。”第二天，太宗传魏征与他一起用膳，席间有醋芹三杯，魏征看到很高兴，饭还没有吃完，而醋芹已被吃得精光，并与太宗有说有笑。这时太宗说：“你说你无嗜好，可我今天看你特别嗜醋芹。”魏征自知失态，急忙起身拜谢。

According to 《Long Cheng Records》， Wei Zheng, Prime Minister of the Tang Dynasty declared himself that he had no hobby over all his life and often propose with a serious face. Someday, Emperor Tang Taizong asked his minister: "Have got any way to make Wei happy?" Minister said: "Wei was fo nd of celery with vinegar, when eating this dish each time, he would express his gratification." The next day, Tang Taizong summoned Wei to meal with him together, and three cups of celery with vinegar were served, Wei was pleased. The celery with vinegar was eaten up quickly. And he also talked cheerful and humorously with



the emperor. The emperor said: "You said you have no hobbies, but I found you were addicted to the vinegar celery." Wei realized his gaffe and stood up to express his thanks.

#### 原料 Ingredients

芹菜 500 克, 面粉 150 克, 熟鸡胸肉 150 克, 冬笋 100 克, 花生油 25 克, 葱末 5 克, 盐 5 克, 料酒 25 克, 胡椒粉 2 克, 白醋 50 克。

500g celery, 150g flour, 150g cooked chicken breast, 100g bamboo shoot, 1tbsp peanut oil, 5g scallions chopped, 1tsp salt, 1tbsp cooking wine, 1/2tsp white pepper powder, 2tbsp white vinegar.

#### 制法 Methods

1. 将芹菜去掉根和叶, 洗净控干水分; 面粉放在大碗里, 加一杯清水调匀。
2. 锅置火上, 放清水烧沸, 倒入调好的面粉糊并推匀; 取小坛一个, 码上芹菜, 倒入热面粉汤, 密封后放置约 3 天使之发酵。
3. 把发酵的芹菜洗净, 切成长 4 厘米的小段; 熟鸡胸肉、冬笋也切成相同的小段并与芹菜一起分成 20 份, 用细芹菜叶捆成小把状。
4. 净锅置火上, 放花生油烧热, 用葱末炆锅, 倒入发酵的芹菜汤汁(500 克)、盐、料酒和胡椒粉一起烧沸, 放入芹菜把和白醋, 用小火烧几分钟, 出锅倒在汤盘内即可。



Cut out the root and leaves of the celery, clean and drain them; Put flour in a big bowl, add one cup of water to mix well.

Heat water in a pan, bring to boil, drop flour batter in it to push well; Take out a small earthen jar, arrange celery in it and drop hot flour batter in, seal up and set for 3 days to ferment.

Clean the fermented celery, cut them into pieces, cut cooked chicken breast and bamboo shoots into pieces too, and divide them with celery together into twenty parts, tie up with celery leaves.

Heat peanut oil in the wok, stir-fry scallions till fragrant, and 500g fermented celery soup, salt, cooking wine and white pepper powder, after boiling, add celery and white vinegar, cook for 5 minutes over low heat, take out and put into a soup plate and serve.

特别提示 Notes

- 热面粉汤要以淹没芹菜为度，并要发酵好。
- 芹菜要捆绑紧密，以免松散。

Hot flour batter should cover the celery and be fermented well.

Tie up celery well to avoid loosening.



## 香菇银杏 Xiang Gu Yin Xing Mushrooms with Ginkgo

汉顺帝刘保(115~144)酷爱打猎。一天他独自一人骑马到城外打猎，突然狂风大作、电闪雷鸣，其坐骑受惊吓，狂奔起来。不知跑了多远，才在一所草房前慢慢停下来。刘保不知所在，只得叩门求助。一老人见刘保狼狈不堪，便让进屋来并叫女儿银杏备饭，银杏做一款香菇菜非常鲜美，深得刘保的喜爱。当晚刘保发起高烧，只得在老人家住下，期间得

到老人及银杏的悉心照料，银杏每天都为他做香菇菜。过了几天，一队人马寻得刘保，并跪称“万岁”。老人及银杏才知道住在自己家的竟是当今皇帝。刘保感谢他们的细心关照，并封老人为义父，银杏为御妹，其所做的菜肴赐名为“香菇银杏”。后来人们在做香菇菜时就干脆把银杏放在一起烹制，成为真正的“香菇银杏”。

Liu Bao(115 - 144), the emperor of Han, loves hunting. One day he rode a horse hunting alone out of a town, suddenly a violent storm came, his horse had a shock and ran about wildly. He being in ignorance of how far it ran, his horse stopped at a thatched cottage. Liu had no idea of where he was, he had to knock door to ask for help. An old man saw Liu Bao like a drowned mouse, let him in and told daughter named Yinxing (mean ginkgo in Chinese) to prepare meals. She made a dish of mushrooms which got Liu's favor.

In the evening Liu had a fever and had to stay in the house of the old man, he was in the care of the father and daughter, Yinxing cooked mushrooms for him day by day.

After a few days, a group of people looked for Liu and knelt to call "your majesty". The old man and his daughter knew that the emperor had resided at their home. Liu thanked their circumspection, and made the old man his pester father, Yinxing his younger sister, the dish she made was named "Yinxing mushroom". Afterward, when people cooked mushroom, they usually added ginkgo together, so the dish became true mushrooms with ginkgo.

#### 原料 Ingredients

白果 150 克，花生油 300 克(约耗 40 克)，香菇 75 克，大葱 10 克，盐 2 克，白糖 10 克，料酒 10 克，汤(或水)100 克，酱油 5 克，味精 2 克，水淀粉 10 克，香油 5 克。

150g ginkgo, 300g peanut oil (consume 40g), 75g mushroom,

10g scallion, 1/2tsp salt, 2tsp sugar, 2tsp cooking wine, 100g stock (or water), 1tsp soy sauce, 1/2tsp MSG (optional), 1tsp cornstarch - water mixture, 1tsp sesame oil.

### 制法 Methods

1. 把白果剥去外壳, 放入盛有花生油的锅内炸一下, 捞出去掉果皮和芽。

2. 将香菇放温水中泡软, 洗净去蒂, 切成小块; 大葱洗净切成末。



3. 炒锅置旺火上, 放少许花生油烧热, 用葱末爆锅, 加上白果和香菇略炒, 放入盐、白糖、料酒和鲜汤, 用中小火烧焖2分钟, 加上酱油、味精, 用水淀粉勾薄芡, 淋上香油, 装盘晾凉后, 上桌即可。

Shell the ginkgo and deep-frying in the peanut oil for 2 minutes, take out, peel and remove the sprouts.

Soak mushrooms in warm water until soft, clean and remove stem, dice mushrooms; Clean scallion and chop.

Heat 1/2tbsp peanut oil in a pan, stir-fry scallions for seconds, add ginkgo, mushroom, salt, sugar, cooking wine and stock, stew over low heat for 2 minutes, add soy sauce, MSG, thicken with cornstarch - water mixture, sprinkle sesame oil, then take out, serve after cool.

### 特别提示 Notes

- 勾芡不要太浓厚。
- 滑白果时油温要低。

Don't thicken with too much cornstarch - water mixture.

Use low heat to fry ginkgo.



## 五 香 辣 熏 鱼

Wu Xiang La Xun Xu

Spiced Fish with Chilli

“五香辣熏鱼”为三国时蜀主刘备十分青睐的美味，一直不外传，而吴主孙权对此久闻而不得食。后来蜀、吴两国联合抗曹，孙权又将妹妹嫁给刘备，刘备非常感谢，总想要设法报答孙权。一次刘备派大将赵云送礼到吴国，特意吩咐手下厨师烹调了上百条“五香辣熏鱼”送给孙权。孙权见到“五香辣熏鱼”非常高兴，连声称好。从此“五香辣熏鱼”也成为孙权餐桌上不可缺少的一道美味佳肴。

“Spiced fish with chilli” is a favourite dish of Liu Bei, King of Shu, during Three Kingdoms period. It was not authorized at all times, whereas Sun Quan, king of Wu wanted to get the dish for a long time. Afterward Shu and Wu united to resist Cao, Sun Quan's younger sister married Liu, so Liu wanted to thank to Sun Quan, and repaid his kindness. Once Liu let general Zhao Yun send a present to Sun Quan, Liu asked his chef to cook hundred pieces of spiced fish and delivered to Sun Quan. Sun ate the spiced fish and exulted at the delicious fish. Since then, the “spiced fish with chilli” became an indispensable dish on Sun's table.



原料 Ingredients  
鲢鱼1条(约重750克), 酱油40克, 料酒25克, 五香粉5克, 八角2个, 葱段、姜片少许, 油500克(约耗75克), 白糖100克, 米醋15克, 香油10克。

one silver carp (about 750g), 1 1/2tbsp soy sauce, 1tbsp cooking wine, 1tsp five spices powder, 2 star aniseeds, 15g scallions, 5sliced ginger, cooking oil for frying, 4tbsp sugar, 1/2tbsp vinegar, 2tsp sesame oil.

### 制法 Methods

1. 将鲢鱼去鳃、鳞及内脏，洗净后切成大块，放在盆内，加上酱油 25 克、料酒 15 克、五香粉、八角、葱段和姜片，拌均匀，腌制 2 小时。

2. 锅置火上，放油烧至八成热，放入鲢鱼块炸至熟脆，捞出控净油。

3. 原锅留少许底油，复置火上烧热，放入酱油 15 克、料酒 10 克、白糖、米醋和 1 杯清水烧沸，倒入炸好的鱼块，用小火烧几分钟至汤汁浓厚，取出鲢鱼块，改切成小条，码在盘内；把香油放入锅内的浓汁内稍炒，出锅淋在鱼条上即成。

Remove gill, scale, viscera of the silver carp, clean and cut into pieces, put in a basin, add 1tbsp soy sauce, 1/2tbsp cooking wine, five spices powder, star aniseeds, scallions and ginger, mix well and marinate for two hours.

Heat cooking oil in a pan until high hot, deep-fry silver carp until crispy, take out and drain the oil.

Retain a little oil in the wok, add 1/2tbsp soy sauce, 1/2tbsp cooking wine, sugar, vinegar and one cup of water to boil, put fish pieces, stew for a few minutes to make the sauce thick, take out silver carp and cut into strips, arrange on a dish, add sesame oil in the thick sauce to stir for seconds, pour over the fish and serve.

### 特别提示 Notes

- 炸鲢鱼时油温要高。
- 可用草鱼、鲤鱼等其他鱼类代替鲢鱼使用。

Use high heat to deep-fry silver carp.  
Can use the meat of grass carp or carp instead of silver carp.





## 三皮丝

San Pi Si

**Jelly Fish with  
Chicken's and  
Pig's Skin**

唐代武则天执政时期(690 ~ 705), 王旭、李嵩、李铨三人官居高位, 但贪赃枉法, 作恶多端, 百姓愤恨之极, 便称三人为“三豹”。长安有一姓吕的厨师, 将三种不同颜色的皮烹制成菜, 取名“剥豹皮”, 以发泄不满。以后吕厨师遭小人告发, 被“三豹”杀害, 但他创制的这款菜却传遍京城, 为了纪念吕师傅, 后改名为“三皮丝”流传至今, 现为江西名菜。

During the emperor Wu Zetian of the Tang Dynasty (690 ~ 705), Wang Xu, Li Gao and Li Song, three government officials of high rank, took bribes and bent the law, did many immoral things, the common people resented their actions, and called them as “three leopards”. A cook named Lu in Changan city, used three kinds of skin with different colours to make a dish, which was entitled “peel leopard's skin” to air his grievances. Later on chef Lu was killed by “three leopards”, but the dish he created went the round of the city, in order to commemorate chef Lu, the name of the dish was changed into “three shredded skin”. And the dish we eat nowadays, as a famous dish of Jiangxi Province.

### 原料 Ingredients

猪肉皮 150 克, 鸡皮 150 克, 海蜇皮 150 克, 芝麻酱 25 克, 香油 15 克, 葱丝 25 克, 花椒油 25 克, 盐 3 克, 米醋 25 克, 酱油 15 克。  
150g pig's skin, 150g chicken's skin, 150g jelly fish, 1tbsp sesame paste, 1/2tbsp sesame oil, 25g scallions, 1tbsp pepper oil, 1/2tsp salt, 1tbsp vinegar, 1/2tbsp soy sauce.

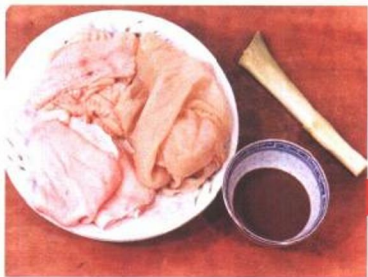
## 制法 Methods

1. 将猪肉皮刮洗干净和鸡皮分别放入锅里煮至熟，捞出过凉，切成细丝；海蜇皮洗净，放入沸水锅里烫一下捞出，也切成丝。
2. 把芝麻酱放一碗里，加上少许清水和香油调拌均匀备用。
3. 把葱丝放另一碗里，淋上热花椒油，放盐、米醋和酱油搅拌均匀，分别拌入三皮丝，码在盘内，淋上调好的芝麻酱即成。

Boil pig's skin and chicken's skin for about 30 minutes until cooked, take out and shred. Blanch jelly fish in boiling water for seconds, take out and shred.

Mix sesame paste well with 3tbsp water and sesame oil in a bowl.

Put shredded scallions in another bowl, add hot pepper oil, salt, vinegar, soy sauce to mix, then add shredded pig's skin, chicken's skin and jelly fish, mix well, arrange on a plate, sprinkle sesame paste and serve.



## 猪肉

## Pork Dishes

- |      |                         |
|------|-------------------------|
| 东坡肉  | Dongpo's Meat           |
| 樱桃肉  | Pork with Tomato Sauce  |
| 水浒肉  | Boiled and Steamed Pork |
| 仙桃蒸圆 | Steamed Meat Balls      |





## 东坡肉

Dong Po Rou

Dongpo's Meat

苏东坡是我国北宋时期著名文学家，他不仅才华出众，对烹调也颇有研究。苏东坡任杭州太守时，组织民工疏通湖巷、建桥筑堤，使西湖重新恢复了“美貌”。当地老百姓非常感谢他，知道他喜食“红烧肉”，便纷纷上门送猪肉给他，苏东坡便让家人，用他的烹调方法烧制成红烧肉，分送给参加疏浚西湖的民工。大家食后，称赞此肉酥香味美，肥而不腻，于是人们便以他的名字，将此菜命名为“东坡肉”，后来此菜流传开来，成为中外闻名的传统菜肴。



Su Dongpo, a well-known writer of the North Song dynasty, not only won eminence as a writer, but also was fond of cook. When he was the officer of Hangzhou, he organized civilian workers to dredge lakes, build bridges and dikes, regained the beautiful scenery of West Lake. The local people wanted to express their thanks to him, they knew Su liked "braised meat", so they sent pork to him, Su let his servant to cook the meat with his own method, and delivered to the workers. Everybody commend the dish for



its deliciousness, and then people entitled this dish by Su's name, afterward this dish became a famous traditional Chinese dish.

### 原料 Ingredients

猪五花肋肉 1500 克, 大葱 100 克, 老姜 1 块, 酱油 150 克, 料酒 100 克, 白糖 75 克。

1500g streaky pork, 100g scallion, one ginger (about 50g), 150g soy sauce, 4tbsp cooking wine, 3tbsp sugar.

### 制法 Methods

1. 将猪五花肋肉刮洗干净, 切成 3 厘米大小的块, 放入沸水锅内煮约 5 分钟, 取出用清水洗净; 大葱切成段; 老姜去皮、拍散。

2. 锅置火上, 放入酱油、葱段、姜块和猪肉块烧几分钟上色, 加上料酒、白糖和少许清水, 先用旺火烧 20 分钟, 再改用小火焖约 1.5 小时至皮酥肉烂、汤汁稠浓时, 撇去汤面浮油, 分装在小罐内待用。

3. 食用前用皮纸将小罐密封, 入屉蒸 15 分钟, 取出直接上桌即成。

Clean streaky pork, cut into pieces, boil in boiling water for 5 minutes, take out and wash, drain. Cut scallion into segments. Peel ginger and flatten.

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Heat wok, add soy sauce, scallions, ginger and pork to cook for a few minutes, add cooking wine, sugar and water, cover, braise for 20 minutes over high heat, then stew over low heat for 1.5 hours, take out and put pork in the small posts separately.

Use paper to cover and seal the pot, steam for 15 minutes, take out and dish up.

### 特别提示 Notes

- 要用小火烧闷。
- 可用炒熟的绿色蔬菜如菠菜、油菜等码盘垫底, 上放蒸好的猪肉块。  
Braise over low heat.  
Can use cooked green vegetables such as spinach, rape to be decorated.

