

中国苏州菜

曾孝通题

CHINESE SUZHOU DISHES



古吴轩出版社

GUWUXUAN PUBLISHING HOUSE



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主编 华永根



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图书在版编目(CIP)数据

中国苏州菜 / 华永根主编. —苏州: 古吴轩出版社,
2006. 12

ISBN 7-80733-103-8

I. 中… II. 华… III. ①菜谱—苏州市②饮食—
文化—苏州市 IV. ①TS 972.182.533②TS971

中国版本图书馆CIP数据核字(2006)第144200号

责任编辑: 顾黎明

装帧设计: 任月

电脑制作: 刘薇

责任印刷: 蒋家宏

书 名: 中国苏州菜

主 编: 华永根

出版发行: 古吴轩出版社

地址: 苏州市十梓街458号 (215006)

E-mail: gwxcs@126.com

印 刷: 深圳市国际彩印有限公司

开 本: 889×1194mm 1/12

印 张: 11

字 数: 100千

版 次: 2006年12月第1版 第1次印刷

印 数: 0001-3500

书 号: ISBN 7-80733-103-8/G·367

定 价: 138.00元

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陆大夫

饮食是一种文化，而且是一种大文化。所谓大文化是因为饮食和地理、历史、物产、种族、习俗、和社会科学、自然科学的各个方面都有关联。我们简言之从饮食着手来研究人类社会经济与文明的发展。

美食是一种艺术，而且是一种综合艺术，它和绘画、雕刻、工艺、文学，甚至和音乐都有关联。比如“响油鳝糊”、“虾仁锅巴”，食前都会发出响声，这响声是音乐，是一种引起食欲、振奋精神、增添兴趣的音乐。

苏州地处长江下游、太湖之滨，气候温和，物产丰富，历史悠久，人文荟萃，作为它历史文化的三个组成部分——苏州菜或苏帮菜，当然是丰美精细，而且富有艺术气息。这是顺理成章，自然而然，决不是靠谁讲“吃在××”来决定的。我认为吃在哪里都可以，各有所好，各有特点。菜肴的美与不美是由当地的物产（或运输条件）、由当地的经济文化水平来决定的。美食是大自然的恩赐，巧夺天工厨师也只是把大自然的产物经过加工放在盘子里，是“盘中的自然”。当然，在物产条件相同的情况下，艺术加工就是决定性的。

这本《中国苏州菜》囊括了苏州菜艺术加工的历史经验，同时论及了物产、习俗、文化的诸多方面，是一本小书，也是一本文化书。我想，它可以引起读者的兴趣。

随着人民生活日益改善，饮食愈来愈受到人们的注意。人类对于饮食的要求开始是为了活命，什么都吃。后来是除活命之外还要求获得某种快感，即要好吃、要痛快、要兴奋等等，大吃大喝便是一种表现。随着经济与文明的进展，人们对饮食的要求进入了第三阶段，即把吃喝当作了一种享受，一种艺术享受、文明的休息、在艺术的享受之中达到活命与健康的目的。

但愿《中国苏州菜》能为吃喝的第三阶段作出它的贡献。

PREFACE Lu Wenfu

Catering is a culture, and is a mass culture at that. Its being called mass culture is due to the culture's being related to geography, history, produce, nationality, habits as well as every aspect of social sciences and natural sciences. We can simply proceed from history to research the economic and civilization development of the human society.

Gastronomy is an art, and a comprehensive art at that, because it has something to do with painting, sculpture, handicrafts, literature and even music. Take "braised eel with sounding oil" and "fried rice crust with shrimp meat" as examples, they can give a sound before being eaten, and this sound is music, is a music that can provoke the appetite, invigorate spirit and increase interest. Located in the lower reaches of Yangtze on the shore of Taihu Lake, Suzhou is of a mild climate, rich produce, long history and gathering of talents, and the Suzhou dishes or Suzhou cuisine, as a component part of its historical culture, is of course rich, nice and delicate, and is of abundant artistic flavor. This is undoubtedly logical, and a natural consequence, and is definitely not decided by somebody's saying of "the best foods are in ...". I hold that best foods could be in any possible places, everyone has his own particular taste, and each food has the characteristic of its own. The deliciousness of dishes is decided by the local produce (or transport conditions) of a place and the local economic development level. Delicacies are favours of nature; even the cooks with superb skills that excel nature can only process the produce of nature and put them in plate, which is the "nature in place". Of course, under the circumstances of same produce conditions, the artistic processing is decisive.

The present *Chinese Suzhou Dishes* includes the historical experience of the artistic processing of the dishes of Suzhou, and at the same time involves multiple aspects of produce, social customs and culture; it is a reference book, and a cultural book too. I think it can arouse readers' amusement.

Along with the improvement of the people's life with each passing day, catering is more and more being paid attention to by people. The requirement of people for catering at the beginning was to survive, and they ate everything. Later, in addition to survival they had another requirement for getting a certain pleasant sensation, that is, the catering should be of delicious food, able to make one filled with joy and able to excite one, and extravagant eating and drinking is an expression of such a requirement. Along with the progress of economy and civilization, the requirement of people for catering entered its third stage, that is to regard eating and drinking as a kind of enjoyment, a kind of artistic enjoyment and civilized rest, and to obtain the objectives of survival and health in such an artistic enjoyment.

Be this *Chinese Suzhou Dishes* able to make its contribution to this third stage of eating and drinking.



概

述

苏州是一座具有2500多年历史的国家级历史文化名城，依傍太湖，大运河与长江，山川秀美、物产丰富，堪称“鱼米之乡”。早在2000多年前，《吕氏春秋》就对苏州菜给予了高度的赞美：“鱼之美者，洞庭之鲈……菜之美者，具区之菁”。自古名菜迭出，如春秋的“家鱼”（《史记》），梁代前的“金羹玉鲈”（《春秋佐助期》），隋代前的“蟹羹”（《大业拾遗记》），五代的“玲珑牡丹鲈”（《清异录》）等在中国饮食史上占有重要地位。在历代古籍中苏州菜点踪迹可寻，而调和得宜的“吴羹”（《楚辞》）、“莼鲈之思”的“莼羹与鲈鱼脍”（《晋书·张翰传》），以及沿袭至今的“糕团”习俗（《清嘉录》）等，其精华均是“鱼米”。

船菜、船宴，官、富之家酬饗，寺院、民间素食，其精美在清代西溪山人《吴门画舫录》、袁枚《随园食单》等均有专述，并对今天的苏州菜产生重要影响。明清时期，苏州菜日趋成熟，自成一体，“吃在苏州”，在清代名画《姑苏繁华图》卷中就可窥一斑；《清类典钞》将苏州肴饌列为十大风味流派之一，明确标志了苏州菜在中国地方风味流派中自成一格的位置。在以后的历史进程中，苏州菜集民、商、官、船、寺诸菜之大成，不断发展，日臻完美，饮誉中外。

苏州菜の色、香、味、质、形、器、声均有独到之处，特色鲜明。菜色自然而丰富，单色、多色，层次分明；以柔和淡雅为主；香讲究热菜气香，冷菜入口有香，点心馥郁芳香，“荷叶粉蒸鸡”气香奇妙，“卤鸭、酱肉”香

而不俗，“糕团”桂花，玫瑰花香诱人；味追求的是原味醇厚，甜酸适口，讲究甜出头，咸收口，口味恰似吴侬软语，现逐渐趋于清新淡雅，体现自然之味；菜肴质感或滑润爽口，脆嫩相宜，以求满足口感的各种体验；原料成形丝、片、条、块勾落分明，菜点造型形神兼备，“松鼠鳜鱼”栩栩如生、“船点”维妙维肖；食器精美雅致，“蟹壳”、“西瓜”等均可作器，一切都让人赏心悦目；像“响油鳝糊”、“天下第一菜”在桌上还会发出美妙的声响，犹如音乐伴奏，情趣倍增。

选料之精当，制作之精湛，烹调之精妙，

创造出了精致的苏州菜。苏州菜选料精当，讲时节，因季节而变化菜肴，符合因时养生的饮食之道；苏州厨师制作技艺精湛，擅长“吊蟹”、“出虾仁”，讲究“现用现出”，花刀、拼摆、食雕等制作技法细腻独到；苏州菜烹调精妙，醉、炸、爆、炒均有一套细致的操作程序，源自于船菜制作的炖、焖、煨、焐技法，以火功见长，成为苏州烹调技法的一大特色。品尝苏州菜可以感受到浓厚的吴文化气息，体味到中国烹饪中最精细的一部分。

苏州菜是中国著名的地方风味流派，是中国饮食文化中的瑰宝。苏州菜也是在继承传统、兼收并蓄、开拓创新的过程中不断取得发展。如今，苏州在抓紧挖掘传统特色菜，并使之与现代饮食风尚相融合；借鉴他菜制作之长，加强创新菜点的研究和市场开发等方面积极开展工作。中国苏州菜将以崭新的姿态展现给世人。



GENERAL DESCRIPTION

A State-level historical and cultural famous city with a history of over 2500 years, Suzhou is located by the side of Taihu Lake, Grand Canal and Yangtze River with elegant hills and waters and plenty of products, being worthy to be reputed as a "land of fish and rice". As early as over 2000 years ago, the Historical Writings Compiled by Li Buwei spoke highly of the dishes of Suzhou: "the rice among the fishes is the mackerel from Dongting.....the rice among the vegetables is the turnip from Juqu". Since ancient times there have been famed dishes coming into being one after another such as "baked fish" in the Spring and Autumn Period (Historical Records), "tadpole perch in golden sauce" in the Liang Dynasty (Table Foods in Spring and Autumn Period), "honeyed crab" in the Sui Dynasty (Supplement to Records of Dynasties), "delicate peony salted fish" in the Five Dynasties Period (Records of Rarities of the Qing Dynasty) and so on, which occupy important positions in the catering history of China. The dishes of Suzhou can be found in ancient books of successive dynasties, and the essences of the "broth of Wu" that is properly savored (Elegies of Chu), "water shield soup with minced perch" famous due to the "thinking of water shield and perch" (History of the Jin Dynasty • Biography of Zhang Han) as well as the "cakes and dumplings" custom handed down up to now (Records of Five Deeds of the Qing Dynasty) and so on have all been "fish and rice".

The delicious cookery of the toast dishes, boat banquets, homely dishes of the officials and rich households, as well as the vegetarian dishes of the temples and ordinary people has long been recorded in the Records of Gaily-painted Pleasure-boats of Suzhou by Xishi Recluse and the Memo of Suixuan by Yuan Mei of the Qing Dynasty, and has exerted an important influence on today's dishes of Suzhou. In the Ming and Qing period, the dishes of Suzhou became matured day by day and formed the style of their own, and the fact of "best foods being in Suzhou" could be seen in the famous painting scroll of the Prosperous Scene of Gusu; the Records of Qing Anecdotes listed the Suzhou dishes as one of the ten major local cuisine schools, to explicitly mark out the unique position of the Suzhou dishes in the local cuisine schools of China. In the later historical progress, the Suzhou dishes, integrating all the features of the dishes of the people, merchants, officials, boats and temples, have been developing incessantly to become perfect, and have been tasted both at home and abroad.

The color, savor, taste, quality, shape, form, vessel and sound of the Suzhou dishes have the specific characteristics and distinct features of their own. The dish color looks natural and plentiful, and monochrome and multi-chrome are of clearly demarcated layers and are good at being soft and light; as for the fragrance, they are fragrant when being hot and savory when being cooled down, while the refreshments are of enlivening scent, and "chicken steamed with rice flour in lotus leaves" is of wonderful fragrance; "marinated duck and pork" of

graceful fragrance and "cakes and dumplings" of attracting asonians and rose scent; in respect of their taste, the dishes follow after the mellow original taste and palatable sourness and sweetness, and are particular about being first sweet and finally salty, which feels like the soft dialect of Suzhou, but now there comes into being a trend towards being refreshing and light to embody the natural taste; the quality feelings of the dishes are either smooth, moistening and refreshing, or appropriately crisp and tender, so as to meet the experiencing of different palate feelings; the raw materials shall be formed into uniform shreds, slices and strips, and the dishes shall be perfect in both shape and spirit; the "squirrel-shaped mandarin fish" is vividly life-like, and the "boat refreshments" are remarkably true to life in shape; the food vessels are nice and elegant, with "crab shells" and "water melon" being both able to serve as vessels, and both of them are good to heat and see; the dishes such as "braised gel slices with sautéing oil" and "number one dish under heaven" can give a sound on the table, which is just like accompanying music, to make one doubly interested.

The meticulous material selecting, superb processes and nicest cookery together create the fine dishes of Suzhou. The Suzhou dishes are of meticulous selecting of materials, which pays particular attention to the seasonal freshness, and the dishes change along with the seasons, which conforms to the principle of keeping good health in line with the seasons; Suzhou cooks are of superb processing craftsmanship, and are good at "making crab meat" and "making shrimp meat", attaching importance to "making them while using them", and their pattern cutting, plate molding and food carving are of the finest and unique processing technique; the Suzhou dishes are of nicest cookery: all the boiling, steaming, frying, braising and sautéing are of a set of detailed procedures, and the techniques of stewing, pot-roasting, simmering and contact-heating derived from the cooking of boat dishes are good at fire application, which institutes a characteristic feature of Suzhou cookery; and lastly the Suzhou dishes enables one to experience the strong flavor of Wuxi culture, and to realize the finest part of the cooking art of China.

Of a well-known local school of China, the Suzhou dishes are a gem of China's catering culture. The Suzhou dishes have also been consciously developing in the Procedures of taking over tradition, incorporating things of diverse nature and pioneering and innovating. At present, the Suzhou dishes are seizing the opportunity to tap their traditional special feature dishes, and to fuse them with modern catering fashion; learning the strong points from other dishes and strengthening the research of innovative dishes and refreshments as well as launching an active work in market opening up. The Suzhou dishes will display in front of the people of the world in a brand new gesture.



【名菜】

HAUTE CUISINE HALF TITLE



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HAUTECUISINE HALF TITLE







【碧螺虾仁】

碧螺春茶，相传其名为康熙所赐，声名远扬，吴语称其为“吓煞人香”。茶叶入馔，古已有之，称为“茗菜”（《曼子春秋》），发展至今，已为独特的菜式——茶菜。此菜选太湖出产的白壳虾，活虾挤捏，肉质富有弹性，食时有鲜香脆嫩之感，以茶代酒突出了菜肴的风味特色，为春今佳肴。

原料：新鲜大虾仁、碧螺春茶。

制法：虾仁加精盐、蛋清、淀粉上浆，调碧螺春茶一杯；虾仁煸熟，倒回锅内，入碧螺春茶汁，颠翻炒锅，出锅装盘。造型即成。

特点：虾仁脆嫩，茶香味鲜。

GREEN SNAIL SHRIMP MEAT

Green Snail Tea, the name is said to be granted by Emperor Kangxi, which is known far and wide; in Suzhou dialect it was called "frightening-to-death fragrance". The practice of using tea in dishes existed as early as in ancient times, by the name of "tea course" in those days (Spring and Autumn Annals by Yanzi); developing up to now, it has got its own cuisine name: tea dish. This dish selects the white-shell shrimp from Taihu Lake, and the meat, being made from the live shrimps, is of elastic quality, and is of a delicious, fragrant, crisp and tender taste; the substituting of tea for wine gives prominence to the local flavor of the dish, and it is a good dish in spring season.

Raw materials: fresh big shrimp meat, and green snail tea leaves.

Cookery: shrimp meat plus refined salt and egg white thickened with starch, and brew a glass of green snail tea; the shrimp meat sautéed and poured back into the pan with the green snail tea added and stir fry them, then take them out and put them in the plate to mold and complete the dish.

Characteristic feature: the shrimp meat is crisp and tender, with tea fragrance and delicious taste.





【蟹黄扒翅】

SHARK'S FINS WITH CRAB SPAWNS

清代顾禄所著《桐桥倚棹录》已有记载。鱼翅，为八珍之一，据《本草纲目》载：“（鲨鱼）背上有鬣（lie），腹下有翅，味并肥美，南人珍之。”苏州蟹，久负盛名，尤以阳澄湖黄毛金爪大闸蟹口味为最，蟹黄丰腴，与鱼翅相合，色艳味美。

原料：水发鱼翅、蟹黄等。

制法：鸡块、带膘猪皮加水烧透，洗净，置鱼翅上；汤提清后入鱼翅中，加调料蒸2小时，取出鱼翅；葱末、姜末爆香，捞去，下鱼翅，加调料烧至翅糯入味；葱末、姜末爆香，入蟹黄略炒，加调料、鸡汤焖透；将鱼翅放入蟹黄锅内，扒至汤汁稠厚，勾芡，装盘，撒胡椒粉，点椒即成。

特点：鱼翅软糯，蟹黄鲜腴。

Was recorded as early as in the Records of Tongqiao at Table by Gu Lu of the Qing Dynasty. Shark's fin is one of the eight dainty meats, and according to Compendium of Materia Medica, "there are mane on shark's back and fin on its abdomen, both are tasty and treasured by southerners"; Suzhou crab has long been reputed, especially the yellow hair golden claw crab from Yangcheng Lake is the tastiest, the crab spawn is fatty, and together with shark's fin the dish looks bright and tastes nice.

Raw materials: water-soaked shark's fin, crab spawns and so on.

Characteristic feature: the shark's fin is soft and glutinous, and the crab spawn is delicious and fatty.

【松鼠鳊鱼】

苏州名菜之冠，蜚声遐迩。相传乾隆皇帝下江南时，在“松鹤楼”品尝此菜，龙颜大悦，赞扬不已。唐代张志和《渔夫》词有“桃花流水鳊鱼肥”的名句，春季是品尝松鼠鳊鱼的最佳时节。

原料：净鳊鱼等。

制法：鳊鱼斜切下鱼头，拍成型，去脊骨及胸刺，鱼肉划花刀，一起渍味，拍上干淀粉；番茄酱、鸡汤、白糖、香醋、黄酒、精盐、湿淀粉兑成糖醋汁；鳊鱼深炸两次至金黄色时捞出，装盘，拼成松鼠状；虾仁上浆、煨熟；蒜苗末爆香，放配料炒透，入糖醋汁搅匀，舀入热油和芝麻油再搅匀，浇在鱼上；熟虾仁撒鱼上，点熨即成。

特点：外脆里嫩，酸甜适口。

SQUIRREL-SHAPED MANDARIN FISH

Ranked first among Suzhou famous dishes, it is known to far and near. It is said that when Emperor Qianlong made his southern tour and tasted this dish at Restaurant Songhelou (Pine and Crane Restaurant), His Majesty felt very happy and praised without end. Zhang Zhihe of the Tang Dynasty praised the dish in his lyric Fisherman, which tells that the best season to taste the squirrel-shaped mandarin fish is spring.

Raw materials: clean mandarin fish and so on.

Characteristic feature: it is crisp in exterior and tender in interior, and is palatable with its being sour and sweet.



【蜜汁火方】

苏州传统名菜。见诸《桐桥倚棹录》。清代文人袁枚在《随园食单》中记述道：“取好火腿，连皮切大方块，用蜜酒煨极烂最佳”。并盛赞此菜：“其香隔户便至，甘鲜异常。此后不能再遇此物矣”。此菜的独到之处是成鲜菜甜做，重火功，甜味中显鲜醇，风味别致。

原料：熟金华火腿中峰等。

制法：火腿精肉面制小方块，入碗加清水蒸，拔去咸味；通心莲菜氽；火腿入碗中，加冰糖、清汤蒸至入味，再入莲心炖蒸入味，氽入锅中；汤汁中加入松子仁、白糖、淀粉烧稠，浇在火方上即成。

特点：肉烂莲糯，汁蜜味醇。

HAM CUBES GLAZED IN HONEY SAUCE

A Suzhou traditional famous dish, it is carried in Records of Tongziao at Table. Yuan Mei, a scholar of the Qing Dynasty, recorded in his Menu of Suiyuan that: "cut good ham into big cubes, stewed them in honey wine and best to make them well-done". And he praised the dish: "its smell, extraordinary sweet and delicious, can be felt even next door; it is difficult to cross by in future". The unique points of the dish are salted meat being made sweetish, being well-stewed, and being of an unusual mild fresh taste.

Raw materials: central part of ham from Jinhua and so on.

Characteristic feature: the pork is well-done and the lous root is glutinous, and the sauce is sweet and of a mellow taste.



【鸡火燕窝】

燕窝又称燕菜，有毛燕、白燕、血燕之分，其中以白燕品质最佳，历来被视为珍品，用于高档筵席。此菜选白燕用高汤入味，与火腿丝、鸡丝搭配，色泽素雅，诱人食欲。

原料：水发燕窝等。

制法：燕窝加温鸡汤蒸制入味；熟嫩鸡胸肉、熟火腿切丝，依次摊放在汤碗内；鸡汤加盐调味盛入碗内，加葱结、姜片，黄酒蒸至入味；燕窝放在火腿丝上面，加味精续蒸5分钟，青菜心烫一下，入汤内点缀。

特点：鸡火软烂，汤清味醇。

BIRD'S NEST WITH CHICKEN AND HAM

Bird's nest is also called swallow dish; the swallows are of hairy, white and blond ones, among which the white swallow is of the best quality, and has been regarded as treasure product to be used at high-grade banquet tables. This dish selects white swallow nest crooked in thin soup, matched with ham and chicken shreds, being of graceful color attracting appetite.

Raw materials: water soaked swallow nest and so on.

Characteristic feature: the chicken and ham are soft and well-done, while the soup is clean and of mellow taste.

【早红桔酪鸡】

早红桔，又称洞庭红，为桔中上品，曾作贡品，早红之名最早见于《县志》，所谓“早红皮薄而先熟”。金秋时独步上市，因而受到人们青睐。此时，稻熟飘香，稻熟鸡肉嫩肥壮，选用早红桔作配料，相得益彰，别有风味，为苏州秋季时令名菜。

原料：光嫩母鸡、早红桔等。

制法：鸡加工处理，早红桔取净瓤，在微热香捞出，入面粉、调料、桔瓤炒成桔酪酱，起锅装入钵中；鸡炸至金黄色，捞出，入钵中，加葱、姜片、香叶、鲜桔皮等蒸约2小时即可。

特点：桔香浓郁，鸡肉酥烂。



TENDER CHICKEN IN EARLY RED TANGERINE CREAM

The early red tangerine, by the other name of Dongting red, is a superior variety to all the other tangerines and oranges, and was once used as tribute to imperial court. It is put in market in golden autumn earlier than other varieties, and so is in people's good graces. At that time the rice is also ripens and gives fragrance, while the chicken grows fatty and sturdy with tender meat, and the choice early red tangerine is selected as garnish to add flavor to each other; this alternative taste is a famous dish in Suzhou in the season of autumn.

Raw materials: smooth and tender chicken, early red tangerine and so on.

Characteristic feature: it is of strong tangerine fragrance and the chicken meat is well-done.



【黄焖河鳗】

为苏州松鹤楼菜馆名菜，据成书于1931年的《姑苏馆饮食杂志》称“以城中松鹤楼最最美”。并与黄焖鱼甲，黄焖栗子鸡号称“三黄焖”。一般是大锅烹制，小锅分次复烧后上席，味更浓厚。

原料：净鳗鱼等。

制法：鳗鱼切成段，竖排在锅热上；葱、姜爆香，夹出放在鳗上，连锅持平放入锅中，加黄酒、红曲米水、酱油、冰糖、精盐、大蒜头、生猪油丁烧至鳗鱼熟烂，收稠汤汁；葱末爆香，入配料、加调料及白汤烧透，倒入鳗鱼，收稠汤汁；勾芡，淋芝麻油放入盘中。

特点：鳗肉细嫩，甜中带咸。

BRAISED FRESH WATER EEL TANGERINE CREAM

It is a famous dish of Suzhou Songhelou Restaurant, according to Jottings of Famed Foods of Chunhua Chamber written in 1931, "this dish prepared by downtown area Songhelou Restaurant is the nicest", and was called "three braised dishes" together with the braised shell fish and braised chicken with chestnut. Usually it is cooked in big caldron and then re-cooked in small pans for different services, and thus becomes of stronger taste.

Raw materials: clean fresh water eel and so on.

Characteristic feature: the eel meat is fine and tender, tasting sweet with salty flavor.