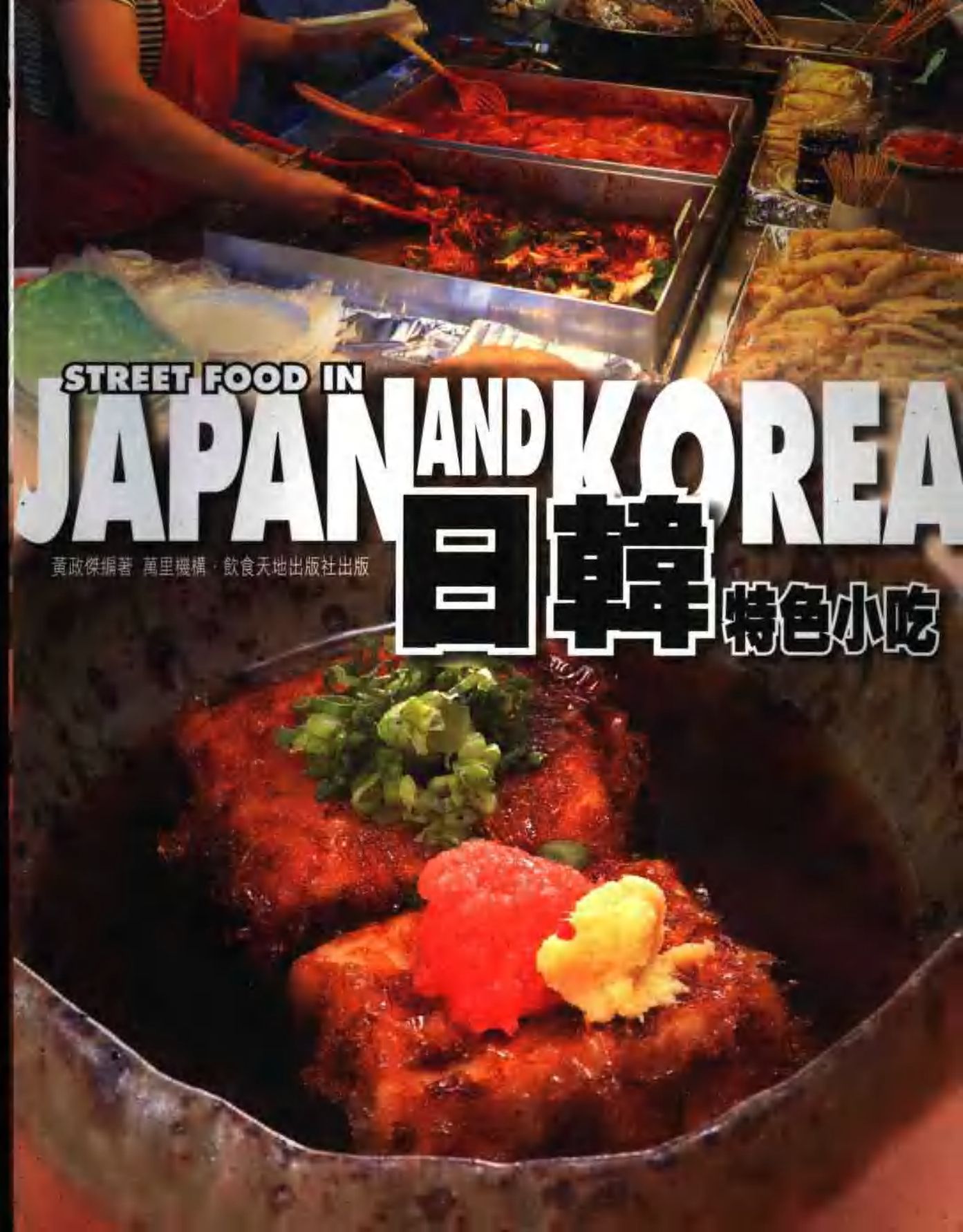




STREET FOOD IN

JAPAN AND KOREA

黃政傑編著 萬里機構·飲食天地出版社出版

日韓特色小吃

承蒙宋軒麟先生和溫嘉露小姐提供書中風景相片，謹此致謝

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前言

Preface

黃昏日落，餘輝斜照樹影，嫩葉沙沙作響，歸鴉正邁着輕快步伐跳躍樹梢，吱吱喳喳鬧個不停。橫街小巷，華燈初上，暖簾隨風飄揚，屋台 / Pojangmacha 檔主紛紛亮燈，為了吸引食客光顧，盡把食物模型展現眼前或是拿着食物直接上前兜售，已經不甚寬敞的小街橫巷，頓時擠滿客人和檔主，叫賣的叫賣，玩鬧的玩鬧，吃喝的吃喝，人聲、食物氣味、響亮聲混合一起，全街顯得一片鬧哄哄。

某日，和風細雨，兩旁銀杏樹豎立於街角，仿如天然屏障地替許多食檔遮風擋雨。客人們悠然自得地手拿竹筷豪邁地進食，氣爐呼呼響動，美饌飄香，玩鬧之聲不絕，檔主手起刀落，身手敏捷，這邊廂忙於招呼客人，那邊廂則忙於準備食物。轉眼間，一碟美食便呈現眼前，客人們紛紛露出饞嘴食相，急不及待地把食物掉進口中品嚐，十分有趣。

街頭飲食充滿朝氣，人流穿梭如鯽，十分熱鬧，也是認識當地文化和民生的最佳地方，看盡人生百態，亦是不同階層人物的表演台或演講台。來吧！從當地第一口街頭美食來開始日本、韓國美食之旅……

我愛旅行欣賞湖光山色，也愛品嚐當地的街頭食物，每當步入橫街小巷時，亂中有序的檔位，別樹一格，每檔美食各顯特色，還張貼不同雜誌報章的美食情報，或是名人推廣，過客身份的我往往會為“它”而駐足，不過為了肚皮着想（因為腸胃空間有限，不得不挑食一點嗎？）我會先觀察食物外觀，四周環境（衛生狀況和交易密度），食客反應，作為飲食指標，然後才精心細選心頭好，這個方法萬試萬靈啊！深度旅行往往會從當地民生、文化和歷史遺蹟進行探索，有了初步接觸和認識，漸漸能感受和體會當地人的生活作息，旅行經歷變得更有樂趣了。

黃政傑



At dusk, the setting sun is casting shadows of trees; green leaves are rustling in the wind; crows are jumping lightly on treetops and chirping without stop. Along the streets and alleys, darkness is falling and curtains are fluttering with the wind. The shopkeepers of Pojangmacha start to light their lights. They display their food models or present their food to customers in order to attract them. These make the already narrow alleys even more crammed with hawkers and visitors. Some of them are shouting loudly to sell; some of them are playing while some of them are eating and drinking. The sounds of people mixes with the fragrance of food and the horn sounding noises, making the entire place noisy and boisterous.

One day, with gentle breeze and mild rain, and ginkgo trees standing on both sides of the street corner, like natural blockade to keep out wind and rain, customers are leisurely holding bamboo chopsticks and magnanimously eating. The gas stoves are whistling; fragrance is coming out from the pot; noises arising from playing are ceaseless; shop owners are busy chopping and cutting food skillfully, greeting their customers or preparing food. Before long, dishes of delicious food are prepared and customers just show how gluttonous and impatient they are to put the food into their mouths to taste it. It is extremely interesting.

Street snack is full of vitality, as people are moving and the place is very noisy and boisterous. It is the best place to understand local culture and the livelihood of the people. It is also a stage where different walks of people perform and speak. Come on! Let's start our cuisine journey by having a bite of good Japanese and Korean street snack.

I like traveling and enjoying the scenery of lakes and mountains. I also like tasting local street snack. The chaotic yet organised stalls in streets and alleys have their unique styles. Each stall has its own characteristics. Different food information extracted from newspaper and magazines or celebrities' recommendations are posted up. I, being a visitor, always pause for it, but for my stomach (given that the space of my stomach is limited, I have to select food), I would first observe the appearance, the hygienic conditions of the environment, the number of transactions, and the response of the customers as an indicator of food quality before I choose what I consider the best. This method always works! In-depth travel always starts by exploring livelihood of the local people, culture and historical heritages. With these initial contacts and understanding, one can gradually realize the life of local people. It also adds pleasure to our traveling experiences.

PETER WONG

讓你駐足凝望的日本、韓國街頭

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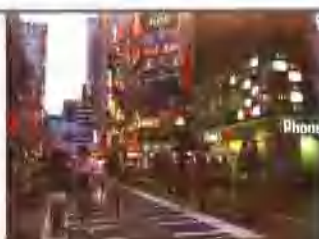
(1杯 = 1量杯 = 250毫升)。

粉狀材料，1杯的重量會因應不同質料(粉質)而重量不同。

In this cook book, "cup" is the basic unit of measurement.

(1 cup = 1 measurement cup = 250 ml)

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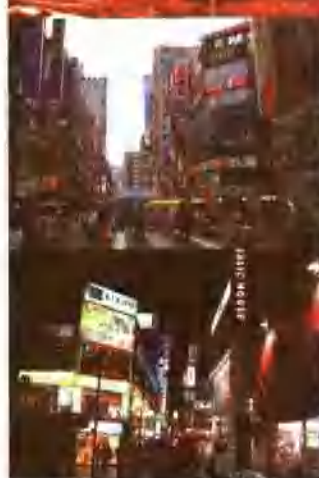
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讓你駐足凝望的日本、韓國街頭

Eye-catching Scene in the Streets of Japan and Korea

溫柔婉約、高貴典雅的日本；豪邁剛直、粗中帶幼的韓國，在給人截然不同的感覺和風味，看似風馬牛不相及的兩國，抽絲剝繭，發覺箇中有着千絲萬縷的關係。兩者既是獨立個體，卻共同擁有相似的飲食文化、風俗和生活習慣，讓人置身其中，有時可能會混淆，不過只要細心感受和把眼睛放亮，又很容易能區分出她們不同之處。不如，就從街頭文化邁出第一步，走走看看真正道地的日本人和

味道，很好吃的。”轉到另一街角，景象立即變化不同，全條街佈滿了大小不一的街頭檔，有些販賣廉價的日常用品；有些會販賣有點破舊的陶瓷食具；食物的流動檔則零星地散落整條街。叫喊的叫喊，表情豐富；忙得連說話也懶得跟你說的檔主，狀似機械般包裝食物，再向你索錢，面無表情地迎客；有些高傲的檔主因應個人喜好挑選客人，太有不是知音客，沒有資格享用我的

Japanese are graceful and elegant; while Korean are generous, firm, bold but yet careful. They seem to be entirely different, but yet they are interrelated. They share similar diet culture, customs and ways of living. As such, one can easily mix them up. However, if one tries to understand them carefully, one can distinguish the differences. To understand the genuine life of Japanese and Korean, let's begin by looking at their street culture and cuisine through reading this book. Let's start our gourmet journey.

In Korea, street corners are usually spacious and unplanned, with old-style houses scattering on different locations. Clay pots can be seen lying around houses and on roof tops, inside which should be local food - pickled vegetable. The smoke rising from a few stalls, together

with food fragrance, would stimulate people's central nerves and convey a message of hunger, 'are you feeling hungry? Try to taste me, I am yummy.' Around the corner, the view changes entirely. The whole street is full of stalls, some selling inexpensive daily necessities; some selling little worn-out ceramic dining wares; while a few scattered stalls selling food. Some hawkers yell with rich expressions; some are so busy packing food and seeking payments that they are reluctant to talk to customers; some are picking customers they like as if only those who appreciate their food are qualified to enjoy the food. Their service attitude is largely different from that we find in the food courts of department stores. However, it is actually the true personality and real daily life of Korean, which make us stop and stare at.

韓國人的生活，了解當地的飲食文化，並為這本書揭開序幕，來吧！開始向我們的美食之旅出發。

在韓國的街頭多是空曠和沒有統一的規劃，舊式的平房散落在不同的大小街角，房子的四周或天台上放置許多笨重的瓦罏，應該是道地食物——泡菜吧！三三兩兩的食物攤檔，升起繚繞輕煙，食物香氣隨煙而上刺激人們的中央神經，轉化成饑餓信息。“肚子感覺餓嗎？嚐嚐我的

食物。相對於摩登的百貨商場的食物廣場的服務態度，差異頗大，不過，這才是真正讓我們駐足停留、凝望這地韓國人的日常生活、真實不矯飾的真性情嘛。”

日本讓人聯想起傳統與潮流共融的國家，出品細緻精巧，創意藝術強而大膽，不失溫柔細膩，特別是街頭文化和五花八門的小吃，令你不得不停留駐足，專注地凝望街中的人、事和物，匆匆一瞥，享受忙裏偷閒的小小



One always associate Japan with a country where traditions and trend fuse. Its products are fine, creative and bold, but yet graceful and exquisite. They are particularly shown in street culture and a wide variety of snacks on streets. The people and snacks will attract your attention so much that you will not help pausing and staring at them when you walk along the streets. After all, it is no big deal to take a rest and relax. When you travel in Japan, you can easily be deeply attracted by its elegance and beauty, no matter who you are. In the heart of a busy Japanese city, you can find lots of people, who are in stylish attire and in a rush without losing their politeness. It seems that people are performing fashion shows all the times. Nicely packed snacks inside display windows will also attract your attention and acclaim every now and then.

Around the corner, the view can be different. Moving from a busy city to a quiet place where life is simple, one can probably see a little dog lying leisurely on a lawn or on a street with flowers and plants here and there; one can also feel a cool breeze with the fragrance of flowers and grass, which lifts ones' spirits. Under the clear blue sky, the overhanging interknitting electric cables are simply like a spider web that covers the food fragrance coming from the stalls on the street. Besides, it may serve to indicate the location of the old food shops. If you are starving, why not pausing for a moment, taking a cup of tea and enjoying some snacks, in order to give spice to life.

生活越軌，又有甚麼大不了呢？在日本旅行，無論你是甚麼身份或人物，都會被她的柔和美深深感動。在繁忙的市中心，隨處可見車水馬龍，人們的步伐急速卻不失禮貌，衣著入時的日本人，好像分分秒秒在為你表演花生騷；包裝精美的小吃茶點展現於櫥窗，吸引你的目光和讚嘆。

拐一彎，別有一番景象，從熱鬧的都市生活突然進入

寧靜又帶點自然純樸的簡單生活，小狗閒適地躺於草地或街頭，四週疏落地種植了一些植物花卉，陣陣清風夾雜着若有似無的花香或草香，令人精神爆發。晴空藍天下，錯綜複雜的電線交纏一起，仿如一個蜘蛛網罩住街角小檔的陣陣食物香氣，或是指示出隱身於矮矮平房的食物老店所在地。肚皮雷鳴，催化胃液奔流，就停下來喝一杯茶，享受一些茶點，調劑一下呆板枯燥的生活吧！

日本街角 Street Corner of Japan

劃破黑暗的長空，曙光初現，喚醒仍在睡夢中的你，晨曦露水凝聚於嫩綠新芽，街角早上已揚起一片熱鬧；午後小巷，陽光猛烈地照耀食肆老店的暖簾，店前排滿了衣著整齊的時尚白領；黃昏日落，街頭流動檔紛紛出籠，檔主一面笑臉迎人地與老主顧招呼，一面埋首於料理製作，直至深宵才告一段落。

吃在日本的日子：

日本的含意是“朝陽升起的地方”，位於亞洲東部的島國，分別由北海道、本州、四國和九州的四大島和3900多個小島組成，西臨日本海，面對朝鮮半島，東面則太平洋。鑑於地理環境的特性，四季分明，時令美食劃分清晰，海產豐富，農產品質優，由於擁有良好的食材，造就日本人的飲食文化會按季節素材入饌，為了達到完美要求，以能充份發揮材料的美味，創造出獨特的烹飪技術（如生吃、罐食、鹽燒、醃漬、鍋燒和油炸等）。日本廚師對食物，烹調、食材搭配和擺設，一絲不苟，可以窮一生時間追求和專注於烹弄一種食物，他們的執着是對食物的一種尊敬，所以許多經歷數代的傳統老店漸漸成為食物專門店，無論食物的表現手法和味道，都屬於經典和傳統，印象難忘，這些食物就顯得珍貴和值得推崇了。當中食物許多更是經典的街頭特色美食。

日本的街頭小吃，種類多如繁星，許多時在不同的大街小巷偶會見到“屋台”（即路邊攤，泛指設在路上或路



At dawn, you are awakened by a dazzling light in the dark. Dawn dew has gathered on new green buds and the street corners have already been busy. In the afternoon, sunlight violently shines the blinds of old food shop. In front of the shops are full of white-collars, dressed neatly and stylishly. At dusk, food carts appear gradually. Hawkers, while greeting their old customers, immerse themselves in preparing food. These go on until deep night.

Eating in Japan:

Japan, meaning 'the place where the sun rises' by its name, is an island country located at east Asian. It comprises Hokkaido, Honshu, Kyushu and Shikoku and 3900 plus islands. To the west is Sea of Japan, facing Korean Peninsula; To the east is Pacifica Ocean. Because of its unique geographical conditions, seasons and seasonal food are distinct there, seafood is abundant, and the quality of agricultural products is high. And because of these vast sources of raw food, Japanese cuisine can be made according to seasonal food availability, such that perfection can be achieved, the taste of the food ingredients can be fully brought out, and a unique cooking skill can be created (e.g. eating uncooked, salt grilling, pickling, hot pot and deep-frying, etc.). Japanese chefs are serious about food, cooking methods, mix and match of ingredients as well as its outlook. They may spend their whole life in quest of ways to cook a particular kind of food. Their persistence represents their respect for food. That is why many old traditional shops which have passed through a few generations have become specialty shops. Both the way of presenting the food and the taste of the food are classical and traditional, and are deeply impressing. The food turns out to be precious and highly praised. Amongst these kinds of food are those delicacies which can be found at street corners.

There are plenty of kinds of Japan's street snacks. One can find Yatai (i.e. simple roadside stalls) at various main streets and small alleys. In old days, Yatai were formed from a large handcart, on which a kitchen in the shape

of a house was built. Customers would sit or stand around the Yatai to enjoy delicacies. Mobile Yatai was gradually eliminated because of their hygienic problems. Tachigu (Eating while standing) emerged accordingly. Because there are no seats, customers would leave soon after they have finished their meals. As such, the food prices can be low. In connection with Yatai, we would think of "aka-chochin" (i.e. "red lantern", which refers to a small stall where people can enjoy ramen, oden or yakitori while drinking wines in the evening). At times where worshipping ceremonies take place at jinja (Shinto shrine) or temples, yatai will line up along the street, usually selling some rare local specialties, different kinds of masks, and traditional Japanese snacks and dim sums. Sometimes yatai can be found in Nakasu or train stations. It follows that Japanese street gourmets are usually closely associated with the local cuisine culture and ways of living.

Japanese buddhists have built lots of torii and jinta (i.e. temples) in their country. Particularly, lots of historic temples have been built in Kobe, Osaka, Kyoto, Hakone or Asakusa, denoting past prosperity. Various god statues can even be found in alleys for worshipping in quest of health. It is known that worshipping jinta is a Japanese custom. During festivals, traditional families will dress in traditional kimono to pray to show their respect and quest for health. As such, many yatais are located beside temples such that worshippers can easily buy snacks for worshipping or eating. The snacks mainly include kusa mochi, daifuku, manjuu and tempura. Roasted sweet potatoes, fruits or shaobings and okonomiyaki are also sold. Some yatai would sell hot food, allowing a few customers to sit down and enjoy delicacies. This makes the atmosphere warm, without trading off the silence of the temple.

Japanese are wine lovers. Snacks to be served with wines are especially abundant. Examples are delicious kushiyaki (which have charcoal grilling, salt grilling, broiling etc.); teriyaki food such as braised fish and

邊的簡易店舖)。早期的屋台是用一架大型的手推木頭車搭一所屋形的廚房煮食，而客人則圍坐着屋台享受美食，或是站立於一旁圍食。流動式的屋台因衛生問題而被淘汰，繼而興起“立食”，由於沒有座位可坐，顧客吃完便走，所以價錢便宜。由屋台會聯想到“赤提燈”（即紅燈籠，那是讓人在晚上的時候，可以一邊享受拉麵、關東煮或烤雞肉串，一邊小酌的攤檔）。每當在神社或寺院舉行祭典的日子裏，屋台便會沿街排列，一般會售賣一些稀奇土產或各式面具，以及一些日本傳統零食和點心。手推車屋台偶然會在福岡中州或各大火車站前看到，所以許多日本的街頭美食往往會與當地的飲食文化和生活習慣有密切關係。

信奉佛教的日本人在國境內建有許多鳥居和神社（即寺廟）。在神戶、大阪、京都、箱根或淺草一帶特別多歷史悠久的廟宇存在，記載着昔日的繁榮，甚至小巷裏也會安放不同的神祇來供奉，以保平安。據知參拜神社是日本人的生活習俗，越是傳統的家庭，每逢節日慶典，闔家都會穿上傳統和服參拜，以示尊敬和求福。正因如此，許多小吃屋台紛紛設置寺旁，方便參神時在附近的檔子買點小吃作祈福和祭祀貢品或零嘴糕點，例如草餅、大福、饅頭和天婦羅為主，烤番薯，農場水果或燒餅也有售賣；間中也有些熟食小吃的流動屋台橫排於空地中，可讓少量食客坐下享用美食，充滿熱鬧氣氛卻又不曾破壞寺院的寧靜。



日本人嗜好杯中物，佐酒美食特別多。例如惹味甘香的串燒（Chen Yaki），（分有炭燒、鹽燒、熱炙等）；照燒食物就有紅燒魚片或肉片，把魚肉表面搽上特式烤醬汁略醃片刻，再上火烤出香氣，相對於鹽燒和炭燒，肉汁含量比較豐富；一口吉列食物也是不錯的選擇；爐端燒是現今居酒屋的潮流經營。這些食物能在一般居酒屋找到。不過，想要感受真正醇酒美食的風味，就應該到流動串燒檔享用，因為當寒風颯颯，迎面被冷風刮臉，一邊飲用醇香的日本米酒，一邊把串燒往嘴裏送，特別覺得食物好味道，偶然食客喝得盡興時，還會手舞足蹈起來，真情流露，反映出日本人純真和輕鬆的一面。日本人叫“串燒”，做燒鳥，泛指將食物串起，或放在爐端燒烤（沒有規定食物必定是一串串的，也包括隔着網燒的燒烤食物）從江戶時代由居住於長崎的荷蘭教士所傳授的一種烹調方法——燒烤法，它便是串燒的前身，及後逐漸發展成普及的主流料理。

拉麵 是日本大街小巷常見的特色小吃，不同店舖會擁有自身的招牌麵，更稱為“國食”，著名有九州的長崎麵，四國的廣島麵，熊本麵，福岡的博多麵，關東的東京麵，北海道的札幌麵，函館麵等，一般湯料味道分為四大類：骨湯底、清湯底、醬汁湯底和醬油湯底，再搭配不同材料以增加進食風味。在冰冷的冬天，最適宜於紅燈籠下吃麵，特別有感覺和風味，也可以在車站位置的享用一碗燙手湯麵。著名的湯麵街位於北海道札幌薄野車站或是札幌的狸小路—丁目至七丁目。除了拉麵外，蕎麥麵在日本也很普及，它的製作程序必須經過一併（揉糰）、二延（擀麵）、三泡丁（切工），現造現吃最妥當，最佳吃法是煮熟過冷，拌點蔥花、蘿蔔蓉、木魚花、海苔與山葵混成的醬汁享用。在潮戶內海的氣候和四國讚岐的土地，最適合栽種優良小麥，搭配天然

pork slices which are made by brushing special teriyaki sauce on and marinate for a moment, and grill the food until fragrance. Compared with salt grilling and charcoal grilling, teriyaki food is much more juicy. A bite-sized breaded food is not a bad choice at all. Robatayaki is a stylish way of food in izakaya (Japanese drinking establishment). Food as mentioned above can be found in most izakaya. However, to taste real wines and delicacies, one should visit movable yakitori stalls. When one enjoying sake and kushiyaki amidst strong and freezing breeze, the food would appear to be more tasty to him. Occasionally, customers who have drunk to their utmost satisfaction will dance. This reflects the pure and relaxed side of Japanese. Japanese call skewer grill "yakitori" which refers to food skewered on a bamboo and then skewered and barbecued (the food is not limited to that is skewered, but includes that grilled in a wire net). This is a way of cooking passed on by a Netherland missionary who lived in Nagasaki at time of Edo. Barbeque is the predecessor of yakitori and has become popular gradually and the major food style.

Ramen is a special snack that commonly find at various main streets and small alleys in Japan. Individual ramen shops all have their own particular flavour and style. Ramen is called "country food" in Japan and the most famous ramens are Nagasaki ramen in Kyushu, Shikoku's Hiroshima ramen, Kumamoto noodles, Hakata ramen, Toyko style ramen, Sapporo ramen and Hakodate ramen in Hokkaido etc. Ramen broth is generally divided into four flavours: pork bone, salt ramen soup clear, miso

甘美的海鹽，才能做出入口細滑的麵條，所以當地出產的烏冬麵最著名，最佳享用的方法是把烏冬從鍋中撈起，立刻用拌有極幼細的蔥花和小魚乾醬汁，不咀嚼而直接溜進喉嚨裏，吃得十分痛快豪邁。

鍋物 是日本的經典食物，泛指直接在餐桌上用湯鍋或平底鍋煮的料理總稱，由以壽喜燒（人們將魚肉、蔬菜放入地坑上的鍋裏，邊煮邊吃）、東京傳統的柳川鍋（以泥鰍、牛蒡為主）、廣島土手鍋（以蠔為主）、北海道的石



and soy sauce which invariably topped with different ingredients. It is most suitable to have noodles under "red lantern" or enjoy a bowl of soup noodles near train stations in cold winter. The famous ramen streets are located in Susukino station or Tanukikoji of Sapporo in Hokkaido. Besides ramen, Soba noodles (buckwheat noodles) are also popular in Japan. It is made by making dough out of buckwheat flour and binder, spreading it out flat before slicing noodle strands off it using a special knife. The best way of taking soba noodles is to blanch and then serve with a mixture of chives, mashed radits, bonito flakes, seaweeds, and wasabi as dipping sauce. Temperature in Seto Inland Sea and land in Sanuki are suitable for wheat growing and together with the natural sea salts, fine and smooth udon is produced. Udon is therefore famous in these areas. The best way of taking udon is to remove udon from pot and mix them with finely ground chives and fish sauce immediately. It is joyful by swallowing it directly without chewing.

Nabemono is a classical food in Japan and is generally refer to all one-pot stews served at the table, shared by multiple persons. Typical nabemono such as Sukiyaki (fish and vegetables are slowly cooked or simmered in a shallow pot); Tyoko's traditional Yanagawa nabe (primarily of loach and burdock root); Dote-nabe (primarily of oyster); Ishikari nabe (primarily of salmon and miso-based broth) and crab nabe in Hokkaido.

There are many delicacies in Japan. Its climatic and soil conditions have provided a high standard of food. Near

the coastal areas, there are a great variety of aquatic products such as small fish, seafood, shellfish, squids and king crabs and seaweeds etc. In inland or near hillside, many delicious grains, (different kinds of rice, buckwheat and wheat etc.) fruits, (e.g. strawberries, melons, grapes, peaches and persimmons etc.) and vegetables (ferns, ohba, garlic and mushrooms etc.) are produced. Development of animal husbandry is also good in Japan, famous products such as Kobe beef, (reportedly are fed milk and beer and receive regular massages to ensure the tenderness and fatty well-marbled texture), Matsuzaka beef, Yonezawa beef and Omi beef. Places there are having long history in raising cattles and maintain a high beef quality. For pork, Kuro buta (black pig) in Kagoshima is raised by specialist and leaves freely in grasslands so that it is muscular with good meat texture. Besides, forage for the black pigs is specially prepared with less fat so the meat of this kind of pig is tender and juicy. Hokkaido milk is another specialty in Japan and all the above are good ingredients for cooking. In Japan, top level of ingredients are preserved for its citizens and that is why gluttons are attracted by Japanese food.



狩鍋（日本鰻和鮭魚為主）、北海道的鮮蟹鍋等。

日本美食很多，這樣有賴當地的氣候土壤能培育不同高質素的食材，近海的有許多不同種類的海產如小魚、海鮮、貝類、魷魚、長腳蟹和海藻等，內陸或近山地方出產許多美味可口的五穀（不同品種的白米、蕎麥和小麥等）、水果（如士多啤梨、蜜瓜、巨峰提子、水蜜桃和柚子等）和野菜（蔞、太莖、大蒜和菇類）等。畜牧業也發展不俗如有名的神戶牛（據說是飲牛奶和啤酒長大

，每天均有人為牠們全身按摩，保持肉質柔軟和佈滿油脂（俗稱雪花），入口即溶），還有松阪牛、米澤牛和近江牛等均擁有長久畜養歷史和保持優良品質見稱；鹿兒島的黑豚豬經專人飼養，放牠們於草地自由活動，肌肉特別發達有質感，加上飼料經特別研製，脂肪含量少，仍然保持肉質鬆軟和含有豐富肉汁；濃度高的北海道牛奶是當地特產等，都是烹飪的好材料，頂級材料全都留在本土供給國民享用，這亦是日本食物吸引老饕們垂涎的原因。

Famous genive snacks :

Sushi (means fish or pickled fish): Sushi refers to vinegared rice. Between the period of late Edo and prior to the Second World War, sushi is a fast food taking by standing around the yatai. In the evening, movable yatai will appear. Male customers just grasp sushi with hands and wipe and rub their hands clean with the blinds thereafter. As time passes by and due to hygienic problems, selling of sushi in street has been moved into shops. Rice is important in making tasty sushi, so for Edo's style of sushi, it is made of rice that is soft and has a moisture rate of 15-16%. Rice from Yamagata and Niigata is particularly suitable for making this style of sushi. For Osaka style of sushi, it is made of hard rice that contain a moisture rate of 13%-14%. Rice from Shiga, Hyogo and Nara is mostly suitable to make sushi of this kind.

Tempura: Batter-coated deep-frying was introduced to the Japanese by Portuguese from the 16th century. After a long period of modification by the Japanese, it now becomes a classical Japanese food. The word "tempura" derives from the Portuguese's custom of taking seafood and vegetables by batter-coated deep-frying on Ember Days during the period when they stationed in Japan. As there were totally four Ember Days each year, "four" pronounced in Latin is "tempora" and the word "tempura" is then named. The batter of tempura is a mixture of ice cold water, eggs, flour and oil. It is soft and tender. It is not that crispy but with a special fragrance. In the late Edo period, sushi, soba noodle, and tempura are famous street snacks and classical food for Japanese. As people could stand freely

when taking the food, so they are very popular.

Okonomiyaki: During Edo period, a Japanese emissary has brought the method of making Chinese style of pan cake (using wheat flour to make batter and fry as pan cake in a pan) back to Japan. After certain developments and modifications, it becomes a kind of snack found in assemblies and markets. In Hiroshima, where the dish is said to have originated, the ingredients of Okonomiyaki are layered rather than mixed together. Unlike Osaka style okonomiyaki and monjayaki which are much easier to handle, proficient skill is required in order to make a crispy and yummy Hiroshima style okonomiyaki. Besides people in Hiroshima, it is also very popular in Kansai and Osaka.

Oden: Strictly speaking, oden is a kind of pot dishes. From Edo period up till now, it is still a long lasting national and classical dish in yatai (food carts). Oden could also be taken in household restaurants. Beef sinew, kelp, katsuobushi etc. are used to make the broth first. Then white carrot, konjac, surimi, chikuwa, vegetables and other processed fish pastes are added in the pot and stewed for around 40 minutes. Customers will choose a few kinds of ingredients in front of the stalls and hawkers will skewer the chosen ingredients for the customers. It is said that "Kanto-ni" was first appeared in the late 15th century and was taken by skewering tofu and other ingredients together and grill with miso. It is until the middle of Edo period of which oden is taken with miso broth. At the end of Edo period, soy sauce was very popular and has replaced miso as the broth of oden.

著名的道地小吃：

壽司 也作“脂”即魚的意思。或“鮓”解作醃漬後的魚：形容醋飯酸味的意思。從江戶時代後期到第二次世界大戰前，它是圍在屋台站着吃的日本“速食”。每每到了黃昏後流動屋台紛紛出籠，一些男食客用手抓壽司，吃罷後順手在暖簾上擦擦抹抹。隨着時光流逝和衛生問題，街頭販賣壽司演變為入鋪販賣了。美味壽司神髓在於米飯，所以溫食的東京江戶前壽司採用含水量達15%-16%的軟質米，尤以山形縣（庄內米），新潟縣（越後米）最適合；煮熟冷食的大阪押壽司則採用了含

水量13%-14%的硬質米，尤以滋賀縣（江州米）、兵庫縣（三田米、播州米）和奈良縣（生駒米）最適合。

天婦羅（或稱天麩羅） 自16世紀時經由葡萄牙人引進到日本，經長期日本化已演變成典型的日本料理。據說“Tempura”一詞的來源，因為當時的葡萄牙人在停留期間，都會在齋戒日購買海鮮及蔬菜，蘸上粉漿後以油炸式烹調，由於他們一年共有4次齋戒日，“4次”在拉丁文的發音是“Tempora”，因而取名。天婦羅的粉漿由冰水、雞蛋、麵粉和油混合而成，綿軟帶點韌，不會

Takoyaki: Takoyaki is especially popular in the Kansai region and can nearly be found in every tourist spot of Kansai. The way to make takoyaki is similar to that of konomiyaki, and the only difference is a takoyaki pan, a frying pan made of cast iron with hemispherical molds, is used instead to make the octopus balls.

Anmitsu: Anmitsu is a Japanese traditional cold dessert. It is made of small cubes of azuki bean paste and agar served in a bowl with a variety of fruits or ice cream on top. It is special if green tea is added. If serve with green tea, it may neutralize the sweetness of this dessert and create a genuine Japanese style.

Kuzukiri: The two Kanji「葛切」mean Japanese jelly. It is similar to agar which is semi-transparent and rectangular in shape. It becomes soft after boiling with hot water and in order to preserve its food texture, it should be soaked in ice water. It is usually served with syrup.

Manjuu: It is an exquisite Japanese confection with fillings (mostly filled with bean paste); It may have different shapes but is chewy and sweet. People consider it too sweet but it may be served with tea.

Danko: Danko is a Japanese mochi made of glutinous rice. Soy sauce, sesame or other flavour will be brushed on after grilling and three to five pieces of mochi will be skewered together. Danko is firstly served as a kind of food for worshipping ceremonies, however, it now can be found everywhere in shops, tourist spots and tea house.

很酥脆卻有它的獨特香味。在江戶時代後期，並與當時壽司、蕎麥麵為街頭著名小吃，亦是經典的庶民食物，進食時不受拘束地站着便吃，深受大眾歡迎。

日式煎餅 在江戶時期，遣唐使把來自中國的薄饅（利用小麥粉調成稀糊，倒在燒鍋燒成煎餅）的製法帶回日本，經發展改良成經常出現在廟會市集裏的攤上的流行小吃。據說廣島是日式煎餅（稱為「廣島燒」）的發源地，它的最大特色在於一層又一層的材料，需要熟練的技巧才能煎出外脆內軟的美味煎餅，故不像「大阪燒」

或「文字燒」那麼容易處理，除了廣島人愛吃，它也深受關西人和大阪人歡迎。

關東煮 它嚴格來說也算是「鍋料理」之一。江戶時代至今歷久不衰的國民料理和屋台（路邊小吃攤）的典型料理，也可在有濃濃家庭風味的料理店吃到。先以牛筋、昆布、柴魚等熬成底汁，然後放入白蘿蔔、茼蒿、魚板、竹輪、蒟蒻及各種魚漿製品等在鍋中燉煮約40分鐘即可。客人會在攤子前點選數款，檔主就用竹籤串起來端給客人享用。據說最早期的關東煮於15世紀後期出現，用竹籤將豆腐等物串起，再加味噌燒熟，直到江戶時代中期才用味噌湯煮熟。到了江戶末期，醬油十分流行，因而取代了味噌作關東煮湯底。

八爪魚丸 它是關西的流行地道小吃，差不多每到一個關西觀光點都能找到它的蹤影，做法與日式煎餅大致相同，唯一不同的用了扁平又佈滿半球狀的鐵板把麵漿燒至半熟，加入八爪魚粒，蓋上另一個半球，組成一球球的燒八爪魚丸。

蜜豆冰 這是一種傳統日式冰品。小小一碗裏有豆餡、大菜（洋菜）加水果或一球雪糕（冰淇淋），添加抹茶則另有風味。吃這道甜點時搭配一杯傳統抹茶，不但可中和甜膩，也是道地日式風情。

日式涼粉 「葛切」兩個漢字就是日式涼粉。它有點像大菜（洋菜），半透明的長條形狀，熱水煮開後變得柔軟，泡在冰水中則是為了保持它的口感。吃時沾糖水即可。

饅頭 這是一種包有甜餡（以豆餡為多）的精緻和式甜點。外形各有不同，口感實密，甜度頗高，人們會略嫌它有點甜膩，不妨作為茶食搭配着吃。

麻糬丸子 俗稱串燒三兄弟，用糯米磨成的麻糬烤熟後，塗上醬油、芝麻或其他口味，3~5顆一串，最早為供神用的點心，現在幾乎在各商店街、觀光區或茶屋中都可看到販賣。

綠茶冷麵

Cold Noodles in Green Tea Flavour



材料 綠茶麵 200 克・芝麻少許・雞蛋 1 隻・七味粉少許

冷麵汁 味醂 50 毫升・濃口醬油 50 毫升・木魚水約 350 毫升・白糖 15 克

做法

1 汁醬料同置鍋中煮沸，待涼後可用盛器盛好，放進冰箱冷卻，備用。

2 先將綠茶麵放入開水煮至約 6-8 分鐘（取出少許麵條嘗試是否軟硬適中，否則可再煮 2-3 分鐘），取出瀝去熱水，再用涼水過一下，直至凍透為止，瀝乾水份，放進冰箱冷卻待用。

3 雞蛋打散，用平底鍋加熱，下油煎成蛋皮，切成絲狀待用。

4 用盛器盛入麵條，加上雞蛋絲，配入冷麵汁。

5 加入芝麻及七味粉味，提升味道的層次。

心得 食用時可加入其他的冷凍配料。

INGREDIENTS 200g green tea noodles, pinch of sesame, 1 egg, pinch of seven spicy powder

SAUCE FOR COLD NOODLES 50ml mirin, 50 ml koikuchi soy sauce ... 350ml bonito sauce, 1.5g sugar

METHOD

1 Place sauce in a saucepan and bring to the boil. Leave to cool, chill in fridge and set aside.

2 Boil green tea noodles with water for 6-8 minutes take some out and try whether it is of appropriate texture, otherwise cook for further 2-3 minutes and drain. Then plunge in cold water until thoroughly cooled, drain, chill and set aside.

3 Whisk egg, heat the oil in a frying pan and fry egg into an egg sheet. Shred egg sheet and set aside.

4 Place noodles in a container, add shredded eggs and serve with cold noodles sauce.

5 Add sesame and seven spicy powder to enhance the flavour.

TIPS It may be served with different kinds of chilled ingredients.

份量
Serving

4 → 6

預備時間
Prep time

00:15

烹調時間
Cook time

00:15

步驟過程
Procedures



好味道指數
Yummy index

Yummy!
Yummy!
Yummy!



在炎夏日來一個冷麵，既感清涼，因為麵質清爽更勁滑。
Having cold noodles in hot summer will provide a cool feeling as texture of noodles is fresh and smooth.