

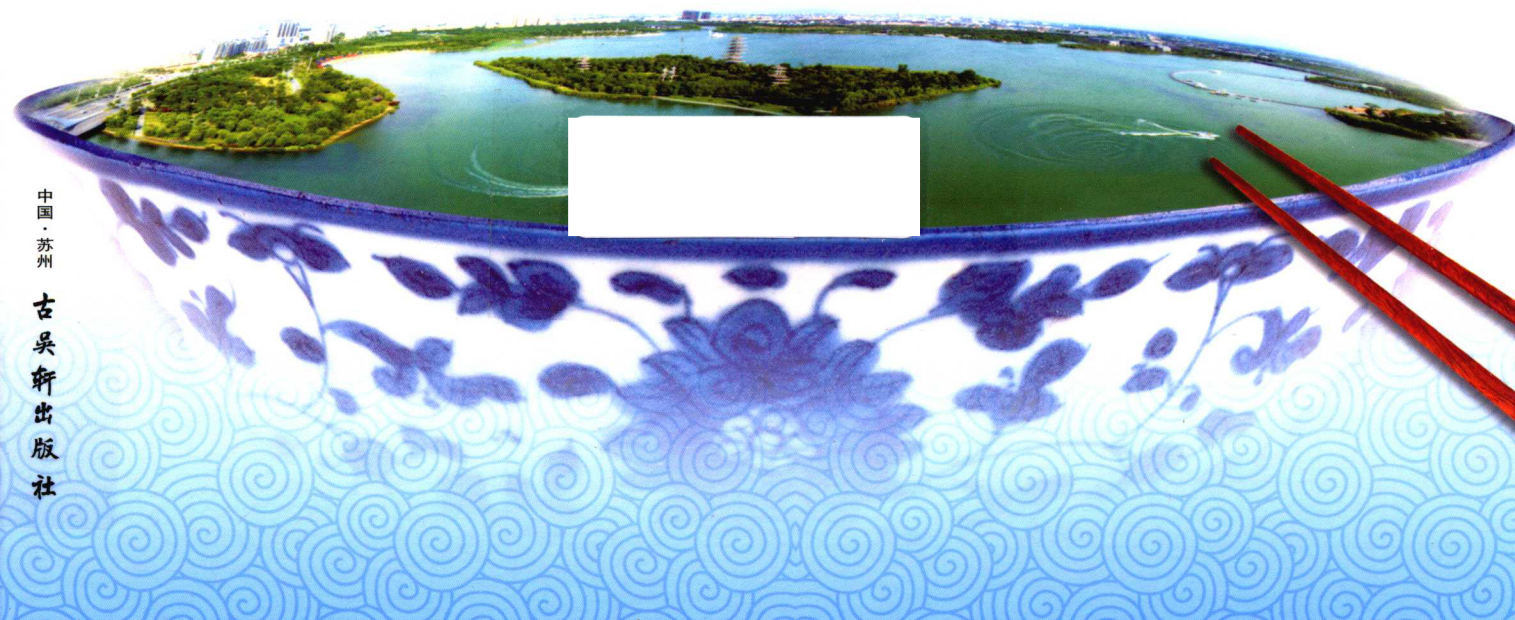
张家港市餐饮行业协会 张家港市烹饪技术协会 著

港城

River Delicacies: Classic Recipes & Stories in Zhangjiagang Cuisine

江鲜美食典故

少洲





中国·张家港

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River Delicacies: Classic Recipes & Stories in Zhangjiagang Cuisine



古吴轩出版社

中国·苏州



图书在版编目 (CIP) 数据

江鲜美食典谱 / 张家港市餐饮行业协会, 张家港市
烹饪技术协会著. — 苏州 : 古吴轩出版社, 2015.10

ISBN 978-7-5546-0543-1

I. ①江… II. ①张… ②张… III. ①饮食—文化—张
家港市 IV. ①TS971

中国版本图书馆CIP数据核字 (2015) 第229437号

出 品 人：张 豫
责任编辑：洪 芳
见习编辑：陈 盼
装帧设计：陶 然
责任校对：徐 铎
特约校对：潘家荣
责任照排：马建平 周小青

书 名：江鲜美食典谱
著 者：张家港市餐饮行业协会 张家港市烹饪技术协会
出版发行：古吴轩出版社

地址：苏州市十梓街458号 邮编：215006
[Http://www.guwuxuancbs.com](http://www.guwuxuancbs.com) E-mail: gwxcbbs@126.com
电话：0512-65233679 传真：0512-65220750

出 版 人：钱经纬
印 刷：无锡童文印刷厂
开 本：889 × 1194 1/16
印 张：11.75
版 次：2015年10月第1版 第1次印刷
书 号：ISBN 978-7-5546-0543-1
定 价：178.00元



序一



张家港市餐饮行业协会、张家港市烹饪技术协会的邢锦石会长和赵铁强秘书长邀请我为他们编撰出版的《江鲜美食典谱》一书作序，我欣然接受了。这不仅因为我们中国烹饪协会名厨委员会与张家港市餐饮行业协会、烹饪技术协会经历了6年的合作结下的深厚感情，更是因为张家港市那独具特色的江鲜美食文化的魅力吸引了我，让我这个毕生致力于研究中华饮食文化的餐饮人不得不为之动容，不惜笔墨。

张家港市地处“江尾海头”，历史悠久、环境优越、富水沃土、物产丰富，是江鲜美食文化的孕育发祥之地。张家港人就是利用这个优势，在弘扬江鲜美食文化上下了大力气，花了苦功夫。我在与张家港市餐饮烹饪行业协会6年的接触和了解中，深感张家港精神的力量，也被张家港市餐饮人为挖掘、传承、弘扬地方特色饮食文化而不懈努力的精神所感动。他们的努力，给有着8000年历史的江鲜美食文化赋予了新的活力，推动了当地餐饮经济健康有序的发展。我印象最为深刻的是餐饮业的三大变化：一是在弘扬饮食文化上年年有提高。张家港自2010年以来已相继荣获“中国江鲜美食之乡”和“中国刀鱼美食之乡”的称号。二是在餐饮业态上年年有变化。改变了过去同质化和单一经营模式的街面小饭店状态，逐步发展成了高、中、低不同档次和不同特色风味、不同经营模式的餐饮业格局，满足了市民不同层面上的消费需求，丰富了市民的选择余地。三是在烹饪技艺上年年有提升。为使江鲜美食文化不断发扬光大，他们把烹饪技艺的探索、创新、培训放在工作的首位。近十年来，他们每年都举办“江鲜美食节”。在这个“节”上我担任过6年的总评委。给我的感觉是，江鲜美食节就是一个厨艺比拼的比武台，是烹饪大师传授技艺的教练场，是原创经典江鲜菜肴的展示厅。他们还坚持每年有计划地开办烹饪培训班，近30年来共培训了约15000人次。为弘扬江鲜美食文化，为当地餐饮经济的健康发展打下了坚实的人才基础。

编撰《江鲜美食典谱》一书，是传承弘扬港城江鲜美食文化的一个举措。《典谱》如实概述了张家港市江鲜美食文化的发展轨迹，客观展示了江鲜美食的现实成果。该书以张家港市的地理环境和历史文化为切入点，着重从四个方面介绍了当地的食材；分六个方面介绍了当地经典菜肴和点心，并对每件作品的烹饪制作方法都做了详细的文字说明。我通篇看完这本书后的感觉是：不仅做工精致、美学价值高，而且，创意独特，集知识性、科普性、推介性为一体，是厨师学习技艺的好教材，也是家庭厨房菜点制作技艺的资料库。是一本书值性价比较高的好书。

《江鲜美食典谱》的出版，不仅会对张家港市独特江鲜美食文化的弘扬发展产生积极的推动作用，也给中华饮食文化宝库增添了一颗璀璨的明珠。我要衷心祝贺《江鲜美食典谱》出版问世，但我更希望张家港市餐饮烹饪界的同仁们以该书的出版为新的起点，继续努力挖掘江鲜美食的优秀文化遗产，不断丰富“江鲜美食之乡”的内涵；继续努力探究和创新江鲜美食烹调技艺，满足现代人舌尖上的消费需求，使张家港的江鲜美食文化在传承的基础上带着鲜活的时代元素代代相传，弘扬光大。为促进中华饮食文化的繁荣和发展，再做新的贡献。



Preface One

I had the honor of being invited by Jinshi Xing and Tieqiang Zhao, respectively president and secretary of Zhangjiagang Caterers Association and Zhangjiagang Cuisine Association, to write the preface for their book *River Delicacies: Classic Recipes & Stories in Zhangjiagang Cuisine*. I accepted the invitation more than gladly not only on account of the deep friendship between us Famous Chefs Committee of China Cuisine Association and the above-mentioned associations, but more importantly, because I, who have dedicated a whole life to the study of Chinese cuisine, am personally greatly attracted by the unique river cuisine peculiar to Zhangjiagang. I feel aroused and delighted to write about it.

Located at a wide river mouth where the Yangtze River meets the sea, the city of Zhangjiagang is blessed with geographical and climatic advantages, its land yielding rich produce and giving birth to a long, sophisticated river cuisine culture which the people of Zhangjiagang have actively sought to develop and promote. During my 6 years of contact with Zhangjiagang Cuisine Association, I have been deeply impressed and touched by the dedication of Zhangjiagang people to the preservation, innovation and promotion of their local cuisine. Through their effort, a new life has been infused to the 8000-year-old river cuisine, which best expresses itself in the three pronounced changes in the catering industry.

First, the promotion of local cuisine achieves better results year by year. Since 2010 Zhangjiagang has successively won the title of “the Hometown of River Delicacies” and “the Hometown of Chinese Saury Delicacies”. Second, conditions of the caterers have shown evident improvements. The traditional homogenous small private business has been replaced by a heterogeneous business mode consisting of different classes of caterers with different culinary features appealing to patrons with different expectations. Third, chefs' expertise upgrades by the year. They have given top priority to the exploration, innovation and training of culinary skills in order to promote local river cuisine to the fullest. A “River Cuisine Festival” has been consecutively held for almost ten years, at which I had the honor of acting as chief judge 6 times. What I have felt about the festival is that it is literally a stage for the competition for culinary skills where original high-quality river dishes are displayed and master chefs' skills are passed on to the spectators. In addition to that, culinary courses are opened each year following a well-structured education plan, which has benefited 15000 students in the last 30 years who in their turn will contribute to the development and promotion of local river cuisine.

River Delicacies: Classic Recipes & Stories in Zhangjiagang Cuisine is a gesture of promoting the harbor city river cuisine culture. The book gives a faithful account of the development of Zhangjiagang river cuisine and its achievements. Proceeding from the geographical environment and history and culture of Zhangjiagang City, the book divides its thorough introduction of local ingredients into four categories and local classic dishes and dainties into six categories. Accompanying each dish is detailed instructions on cooking procedures. My personal feeling after reading the whole book is: it is a book incorporating knowledge, teaching and advice, gracefully designed with high aesthetic value. It can be used both as a textbook for chefs and as a recipe book for ordinary families. In short, it is a book with reasonable price and high value.

The publication of *River Delicacies: Classic Recipes & Stories in Zhangjiagang Cuisine* not only gives a fresh impetus to the promotion of Zhangjiagang river cuisine, but also adds a new brilliant pearl to the treasure house of Chinese cuisine. I sincerely congratulate the publication of the book which I hope will be a new starting point for my colleagues in Zhangjiagang in their effort to develop and enrich the river cuisine. We are serving a new generation of customers with ever-changing needs for new flavors which can only be met through our constant effort at culinary exploration and innovation. I hope Zhangjiagang river cuisine will advance with the times and make new contributions to the development and prosperity of Chinese cuisine!

Bingyi Gao: Guest Vice President of China Cuisine Association, Chairperson of Famous Chefs Committee of China Cuisine Association

序二

美食是一种文化，是有民族性的，同时又是有地区性的。人们在吃喝过程中展示出“一方山水养一方人”的格言魅力。

张家港地处“江尾海头”，是我国东南地区，长江与东海交汇处的著名港城，沙洲是她的别称。她的美食、文化、风俗是苏州吴文化的重要组成部分，同时又有她自己的许多特点。就美食而言，在其悠久的长江文化、港城文化等熏陶下，特色尤为明显，主要表现为：讲究时令时鲜，有春尝头鲜、夏吃清淡、秋品风味、冬讲滋补之说。其糕点更有“春饼”“夏糕”“秋酥”“冬糖”的传统习俗。港城美食注重选料天然、绿色，菜品讲究色、香、味、形，菜肴口味清淡、原汁原味、风味隽永。

近年来张家港经济发展迅猛，社会各项事业和谐发展。随着我国旅游经济发展，张家港正在形成新兴的沿长江旅游风光带。这些景区、景点都为人们提供了一个休闲、聚会、健身、娱乐、游玩的好去处，那里还有餐饮美食一条街和美食聚集区，丰富多彩的美味佳肴、风味小吃等候着您的光临。

在张家港的美食中不能不提到长江鲜，这也是这座城市最具特色的美食食材，较为著名称为“长江八鲜”的即银鱼、刀鱼、鲥鱼、鲈鱼、河豚、白虾、凤尾鱼、长江蟹。春时你到张家港千万别忘吃刀鱼，大厨们按照传统烹调方法，采用现代烹调器具及调味，把刀鱼做到出神入化的地步，如出骨刀鱼球、铁板刀鱼、刀鱼饭就是其中几款名肴。

春夏之交最负盛名就是酿蒸鲥鱼了，其口味极为鲜美，尤其那银色鱼鳞肥腴之味为鱼类中的极品。

秋冬季时应时出品的长江河豚、鲥鱼、长江蟹均为极品，在张家港大厨手下，这些名贵食材都能变换出精妙绝伦的名菜佳肴。在张家港没有吃到河豚就像没有到过此地一样，春秋两季吃河豚是最佳时节，为特色经典名菜。野生河豚味道鲜美但有毒，因此在民间早有“拼死吃河豚”之说。现今河豚已开始人工养殖，毒性已减退，脱毒加上烹调技术提升，河豚已走上餐桌。在张家港河豚吃法也有别于其他城市，如河豚一鱼二吃，一为红烧，一为白煮，味道极鲜，营养丰富又各具特色。

在张家港除品吃江鲜特色名菜外，其农家菜、渔家菜、家常菜都各具特色，十分有名。蟛蜞豆腐是张家港民间运用长江滩涂食材资源创造的一道特色菜肴，顾名思义，蟛蜞豆腐是蟛蜞与豆腐的结合，然而其中豆腐却不是豆腐，而是蟛蜞肉浆与鸡蛋清烹制的似“豆腐”的传统乡土菜肴。用蟛蜞螯还可制出鲜美无比的餐桌凉菜，风味独特，是佐酒佳品。

著名拖炉饼、红薯糕是张家港传统特色点心。要说张家港名菜、名点真是不胜枚举。这些美味伴随那里的人们度过那些宁静而美好的时光，也是他们生活和岁月的记忆。

在张家港这一地区，独特的江南地理气候，优越的经济条件，相对开放的环境，使之食材众多，江鲜、湖鲜、海鲜、四季蔬果层出不穷。在美食文化中无不显示出那里人们的大智大慧，他们做出的菜点巧用酸、甜、苦、辣、咸等各种口感，调出人们所喜欢的不同味道，而又能得其平衡，并使其新意独特，个性特色鲜明。独特的食材，独特的口味，在传统烹调嫩、焖、煨、炆的基础上，善用爆、炒、烧、熘，配以蒸、扒、炸、烤，形成一整套独特的烹调方法。他们足够坚持与自信，烹调出各种炉火纯青的美味佳肴，在传承与创新的大道上迈开了前进的脚步。

中国人一直崇尚古人遗训，“民以食为天”则是永不变化的真理，即使到现在美食文化对社会进步和旅游经济发展推动也是无法估量的，与百姓生活联系紧密不可分的。推动美食、分享美食使我们生活更加丰富多彩。

Preface Two

As a kind of culture, cuisine has its own national and regional character. The lifestyle of a region is eloquently told by the way people eat and drink-as the old saying goes, “ The unique features of a local environment always give special characteristics to its inhabitants.”

Located at the wide river mouth along the south-eastern coast of China, Zhangjiagang, or Shazhou (meaning sandbar) as local inhabitants lovingly call it, has emerged as a prominent harbor city at the confluence of the Yangtze River and the East Sea. While being an important part of the Wu culture of Suzhou, the culture and customs of Zhangjiagang also have many unique characteristics, which is best expressed in its unique river cuisine developed on the basis of a long history of Yangtze harbor culture. Seasonal change is a key element in Zhangjiagang cuisine. Spring is the time to savor fresh river delicacies; summer is best for a light diet; autumn brings a ripe flavor; and winter is the time for extra nourishment. Dainties also have seasonal themes. Traditionally people eat pancakes in spring, rice cakes in summer, puff cakes in autumn and sweets in winter. Zhangjiagang cuisine attaches great importance to the freshness of ingredients and the integration of color, aroma, flavor and visual presentation in dishes. A light flavor is preferred as the result of a common belief that the original flavor of ingredients is the most lasting flavor.

Recent years have witnessed the booming economy of Zhangjiagang and the harmonious development of all kinds of public projects. Currently a new tourist landscape along the coastline of Yangtze River is emerging in the city where a great number of scenery spots are offering catering services such as recreation, party planning, gymnasium training, entertainment and sight-seeing. There you can find streets of restaurants and food stands awaiting your patronage with all kinds of delicacies and dainties.

River delicacy is a key topic when talking about Zhangjiagang cuisine which is also the most representative local food ingredient. The most well-known “eight delicacies” are Yangtze whitebait, Yangtze saury, Yangtze longsnout catfish, Yangtze shad, Yangtze fugu, Yangtze white shrimp, Yangtze tapertail anchovy and Yangtze crab. If you travel to Zhangjiagang during spring, make sure you do not miss tasting Yangtze saury. Infusing modern elements into traditional culinary techniques, chefs of Zhangjiagang have reached the acme of perfection in their presentation of Yangtze saury. Added to the traditional classic menu are Yangtze Saury Balls, Yangtze Saury Served on Sizzling Plate, Stir-fried Rice with Yangtze Saury, to name only a few.

Steamed Yangtze Shad in Fermented Rice Wine is the most reputed dish in the transitional period between spring and summer. Its supreme, rich flavor under the silver-colored scale can justifiably be said to be top-class among all fish species.

Autumn and winter yield top-class Yangtze fugu, longsnout catfish and crab. Master chefs of Zhangjiagang are capable of turning these ingredients, as if doing magic, to sumptuous dishes. One cannot be said to have visited Zhangjiagang without tasting Yangtze fugu, an absolute local classic delicacy which tastes the best in spring and autumn. Despite its supreme flavor it is well known that wild fugu is poisonous, hence the local saying “dying to eat fugu”. Nowadays, however, fugu is generally farmed in floating cages and has therefore lost most of its poison. This, plus the improvement of culinary techniques, has rendered fugu a common delicacy on the dining table. In Zhangjiagang you will encounter a different way of eating fugu than in other cities. It is common, for example, to serve fugu in two different ways, namely braised in brown sauce and stewed in white soup, both with rich flavor and abundant nutrition.

Definitely worth mentioning besides river delicacies are rural-style, fisherman-style and home-style dishes in Zhangjiagang. Fiddler Crab Tofu is a traditional rural-style specialty whose ingredients come directly from local Yangtze sandbar. As its name suggests, Fiddler Crab Tofu is a combination of Yangtze fiddler crab and tofu. The “tofu”, however, is not real tofu but mashed masses of Yangtze fiddler crab meat covered in egg white. Claws of Yangtze fiddler crab can also serve as excellent food ingredient for cold dishes whose special flavor is a perfect accompaniment to wine.

Tuolu Pancake and Sweet Potato Cake are two typical traditional dainties of Zhangjiagang. Zhangjiagang has an endless list of local delicacies and dainties, along with which are the good, peaceful times Zhangjiagang people have spent together and their memories of life.

Thanks to the amiable climate peculiar to the regions to the south of the lower reaches of the Yangtze River, Zhangjiagang abounds in all kinds of food such as lake, river and sea produce and seasonal fruits. The advantageous economic conditions have also brought about an open mindset among the folk, whose wisdom is to be found everywhere in their cuisine. In order to meet different demands for flavors of today’s customers, chefs in Zhangjiagang never cease to perfect their skills in creating a balanced flavor between sour, sweet, bitter, spicy and salty. In short, Zhangjiagang cuisine features a distinct personality and strong originality. Its unique ingredients are prepared through unique culinary methodology, including stewing, braising, stir-frying, steaming, deep-frying and roasting, etc., the outcome of which is a unique flavor not to be found anywhere else. With strong confidence and persistence, chefs in Zhangjiagang have already taken a large step forward in their innovation of traditional cuisine, and will further perfect their culinary skills to present to the world supreme Zhangjiagang delicacies.

We Chinese people are known for our respect for ancient wisdom. The ancient maxim “food is the god of the people” is an eternal truth. Even in today’s society, cuisine is the most relevant to our daily life and it never fails to give powerful impetus to the development of tourist economy. Sharing and promoting cuisine enriches our life-and this is what we will always dedicate ourselves to.

序言 Preface

概述 Introduction

沙上食材 Sandbar Food Ingredients

沙上美食 Sandbar Cuisine

杏花春雨江鲜美

自然天成蒸菜香

浓汤河豚	024	锅仔河豚鱼片	025	碧波养生江鲜盅	026	河豚绣球	027	茶道河豚	028
早春三月鲜	029	鲜毛豆籽蒸咸刀鱼	030	江滩老鸡炖刀鱼馄饨	031	酒酿鲜刀鱼	033	日式炭烤江刀	033
椒盐鲜鲥鱼	034	脆鳞鲥鱼	035	清蒸鲥鱼	036	网油烤鲥鱼	037	秘制醉江虾	038
堂煎长江虾	039	三味虾趣韵	040	粉红夏韵	040	双味长江虾	043	港城炒江蟹	043
烤盘长江鲜	044	渔家一锅鲜	045	烩长江三白	046	江鲜演绎	046	江边双鲜会	048
红烧长江鳊鱼	049	凉瓜鳊鱼丸	051	清汤长江白鲢鱼丸	051	剁椒长江鳊鱼	052	铁板长江鳊鱼	053
蓑衣鳊鱼	054	烧烤黄道士鱼	055	葱烤长江鲇	056	奶汤鲇鱼	057	三杯汁焗江鲇	059
江鲇豆腐狮子头	059	鲇鱼狮子头	060	招牌浸鲈鱼卷	061	五彩绣球鱼	063	铁板鲈鱼	063
黑椒煎鲈鱼	064	五彩长江鲈鱼	064	菊花鱼脑	066	生煎长江鲢	067	香锅鱼头	068
芦香鱼块	069	经典菜点索引	070						
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海味娃娃菜	084	开洋蘑菇	085	肉末蒸豆腐	086	豆腐衣卷	087	经典菜点索引	089

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长江恩泽 滋养港城

Zhangjiagang—A Harbor City Nurtured by the Yangtze River

概述

长江全长6300多公里，从青藏高原的涓涓细流，出千峡、纳万川，汇集成波涛滚滚的大江，已经奔腾呼啸了几千万年。她昂首高歌，飘逸豪放地东去，浇灌着两岸的千里沃野；她用甘甜纯美的乳汁，恩泽世代的中华儿女。

张家港偎依于长江下游，长江和东海在这里热吻相拥，古称“江尾海头”。她是原始文化的源头，七八千年前，先民就在这里安营扎寨，繁衍生息；五千多年前已经是一个繁荣的原始先民生活地。滚滚长江水，携带着大量泥沙东下，滔滔的风浪拍击海岸，从此使这片沿江濒海的肥土沃壤渐渐地东进，不断被先民所开拓和辛勤耕耘，变成了肥美富庶的“鱼米之乡”，创造了无穷的财富和灿烂的长江文化。饮食文化是长江物质文化丰富内涵的一个绚丽篇章。张家港的沙上饮食文化，融进了长江文化、河阳文化、香山文化、东渡文化、沙上文化的精髓，彰显着她的独特之处。长江浩浩流奔，得天时地利之便，又乐与百姓为伍，造就出具有自然特色的时鲜食材和香飘四方的佳肴美点，显出饮食文化之精义，散发出淳朴多姿的沙上风情，赢得了世人千年美誉。

今天港城人感恩长江的赐予，感恩这位只求奉献不求索取的伟大母亲，将进一步以高度的文化自觉，铭记长江儿女的荣光，延传灿烂无比的长江文明，开拓餐饮美食的发展之路。

江尾海头

Where the River Meets the Sea

古暨阳张家港位于长江下游南岸，江苏省东南部，以境内天然良港张家港港而命名。她北滨长江，南近太湖，距上海98公里，距南京200公里，是沿海和长江两大经济开发带交汇处的新兴港口工业城市。张家港市历史久远，拥有11处新石器时代遗址，距今2500—8000年，其中南沙东山村遗址是长江下游最早的古文化遗址。商末属勾吴之地，晋代设暨阳县。1962年建立沙洲县，1986年9月设立张家港市。全市总面积999平方公里，其中陆域面积777平方公里。境内有沿江岸线71.78公里，其中不冻不淤的深水岸线33.7公里。依托优越的沿江岸线，建有国际贸易商港张家港港及全国唯一的内河港型保税区江苏省张家港保税区。

港城

江
鲜
美
食
典
籍

001

珍贵的历史文化遗产

Historical and Cultural Heritage

1. 东山村新石器时代遗址 Dongshan Neolithic Site

东山村新石器时代遗址地处港区镇（原南沙镇）东山村，坐落在香山东侧的斜坡上。经发掘共发现房址10座、灰坑4处、墓葬14座，出土文物有石器、陶器、玉器共130多件，并发现稻谷、稻草、红烧土、兽骨、木炭等遗迹遗存，收集陶片标本近万片。考古专家经实地考察和研究论证，一致认为东山村遗址是目前太湖流域，也是长江下游地区已发现的新石器时代文化遗址中最早的遗址。最早的年代距今约8000年，它缩短了江苏和太湖流域旧、新石器时代文化衔接的距离，为进一步了解长江三角洲提供了不可多得的科学依据。

东山村遗址的红烧土中发现的大量稻谷，是目前国内发现的最早稻谷之一，比浙江河姆渡遗址出土的稻谷还早900多年，这更进一步证明我国是世界上水稻起源地之一。1995年经江苏省人大常委会审议通过，公布东山村遗址为江苏省省级文物保护单位。

2. 蔡墩新石器时代遗址 Caidun Neolithic Site

蔡墩新石器时代遗址位于塘桥镇东1公里，面积约4公顷。1974年曾发现石斧、石锛、陶钵等器物，后曾进行部分发掘，出土的陶杯、陶罐、石凿等陶器有60多件，还有稻谷、房屋墙壁、芦苇、灰坑、红烧土等大量遗迹。属新石器时代良渚、崧泽叠压类型文化遗址，距今4000—5000年。

3. 徐家湾遗址 Xujiawan Neolithic Site

徐家湾新石器时代遗址位于鹿苑镇南、204国道21公里里程碑东侧100米处。遗址处于较高的台地上，总面积约2万平方米。

遗址遗存有墓葬13座、灰坑18处、房基3座以及水井、水沟、烧灶、红烧土、兽骨、稻谷等。出土文物280多件。经C14测定，该遗址距今5500年，属新石器时代崧泽文化。该遗址对研究长江三角洲的地貌变迁具有十分重要的意义。





城市荣誉

City Awards

张家港市先后荣获国家卫生城市、全国环保模范城市、全国文化先进县（市）、全国双拥模范城、全国文明城市、国家生态市等称号，张家港市各镇全部建成国家卫生镇。2005年获得“国际花园城市”称号。张家港市由于在城乡综合发展方面的开拓创新，获得2008年联合国人居奖。2008年5月，张家港市被环保部确定为全国首批“生态文明建设试点地区”，2012年6月获省“生态文明建设特别贡献奖”，2013年张家港市被列入福布斯中国最富县级市榜单。



Sustainable Food Ingredients

沙 食 材





张家港市地处长江三角洲，北濒长江，南近太湖，长江和东海在这里交汇。

地势平坦，河流纵横，气候温和，雨量充沛，资源丰富，环境优美，因此物产十分丰富。有长江水鲜、草滩禽畜、禽蛋、各种蔬果、山珍、水生作物等食材，现在又进行了大量的养殖，经过大厨的创造，成了一道道舌尖上的美味。

张家港先民自古以来就从事稻麦耕作，在清代《常昭合志》中，张家港凤凰山附近长期培育成的凤凰稻被列为著名物产。张家港种植的『血糯』，又称『红莲糯』，清代被列为『御米』。

张家港处于长江下游与河口段的交汇地带，具有良好的水产生存环境。水产资源异常丰盛，仅鱼类就多达130多种；以河豚、刀鱼、鲥鱼为主的『长江三鲜』最为著名，如今张家港已成为『中国江鲜美食之乡』和『中国刀鱼美食之乡』。



长江 三鲜

经典赞誉

A Vintage Reputation

The Three Yangtze Delicacies

河 豚	刀 鱼	鲥 鱼
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【鲥鱼】 Yangtze Shad

鲥鱼列“长江三鲜”之首，为南方水产中的珍品。清宗信《续苏州竹枝词》云：“闯关趯货众商居，十万人家富有余。赶节冰鲜何太早，南濠四月卖鲥鱼。”鲥鱼上市持续时间短，不过20余天，转瞬即逝，故极为名贵。

鲥鱼肉质肥嫩，细软爽滑，味道鲜美，风味独特，营养丰富。鱼体扁阔而长，色白如银，鳞下多脂，鲥鱼鳞可食，肥嫩清鲜，一般重1千克左右。古时曾列为皇帝的“御膳”珍肴，现已蜚声海外，远销中国香港和新加坡、日本、美国等地。鲥鱼在近海入江，靠潮水自然推力前进。鲥鱼到张家港水域，体内脂肪消耗很少，正丰腴肥硕，肉味最鲜，营养丰富。张家港渔民还在长江边建设了江鲜养殖基地，以适应市场需求。



【刀鱼】 Yangtze Saury

刀鱼学名“刀鲚”，体形狭长侧薄，颇似尖刀，银白色，肉质细嫩，兼有微香。

农谚有“春潮迷雾出刀鱼”，刀鱼是春季最早的时鲜鱼。宋代名士刘宰曾经有诗写道：“肩耸乍惊雷，鳃红新出水。莼以姜桂椒，未熟香浮鼻。”每当春季，刀鱼成群溯江而上，形成渔汛。张家港当地常用刀鱼做成刀鱼面、刀鱼馄饨，入口清香诱人，口感细腻滑嫩。清代袁枚在《随园食单》里，曾经介绍过几种烹饪刀鱼的方法，“刀鱼用蜜酒酿、清酱放盘中，如鲥鱼法蒸之最佳”，还建议可用火腿汤、鸡汤、笋汤和刀鱼一起煨汤，鲜美绝伦。

【河豚】 Yangtze Fugu

“竹外桃花三两枝，春江水暖鸭先知。蒌蒿满地芦芽短，正是河豚欲上时。”这是北宋著名文学家苏轼在《惠崇春江晚景》中提及河豚的一首广为人知的名诗。

河豚古称“鲐”，是一种肉味极为鲜美的洄游性鱼类。河豚有锦斑、桔黄、东方条纹、白板等二十多个品种。河豚体呈椭圆形，头圆口小，背部一般呈黑褐色，有花纹，腹部白色有肉刺，无鳞、无胆，有气囊，能吸气膨胀。产于咸水和淡水相交处的水域里，每年春季沿江上溯产卵。营养丰富，腴肥鲜美且带野味，与众不同。但河豚的血液、肝脏、卵巢都有剧毒，烹煮不慎，食后易中毒致死。所以要由专门的厨师来加工。





自然造化
Nature's Bounty

Eight Rivertown Delicacies

长
江
鸭
蛋

弄
里
芹
菜

鹿
苑
鸡

茭
白

血
糯

草
头
干

凤
凰
水
蜜
桃

高
庄
豆
腐
干

