



山東名菜

Shandong Famous Dishes

山 东 名 菜

Shandong Famous Dishes

山东科学技术出版社

一九八一年·济南

Shandong Scientific and Technological Press

Jinan 1981

责任编辑 霍宝珍
Responsible Editor Huo Baozhen

山东名菜

*

山东科学技术出版社出版

山东省新华书店发行

山东新华印刷厂印刷

850×1168毫米32开本 7.5印张 32插页 168千字

1981年10月第1版 1981年10月第1次印刷

印数：1—11,000

书号15195·81 定价 2.90元

前 言

我国的烹调技术历史悠久，在世界上素享盛名，是祖国的一项重要文化遗产。长期以来，历经从事烹饪劳动者的辛勤操劳，依据各地的丰富物产、民族习惯，创制了数以千百计的各种色、香、味、形具佳的菜肴，逐渐形成了各自不同风味的全国八大菜系。山东菜是八大菜系之一，在我国北方占有重要地位。

山东地处黄河下游，濒临渤海、黄海，古时为齐鲁之邦。它东部沿海盛产鱼鲜水产，内陆河湖鱼虾，蔬菜果品种类繁多，为发展烹饪技术提供了丰富的物质基础。在很早以前就有了关于烹饪菜肴的历史记载，成为我国烹饪术发达最早的地域之一。春秋战国时期，齐桓公的宠臣易牙就是古代的名厨，《临淄县志·人物志》在术艺栏中称：“易牙，善和五味，淄澠之水，尝而知之。”鲁人孔子久有“食不厌精，脍不厌细，……”（《论语·乡党篇》）对饮食要求的论述，可知当时烹饪术已达到了较高的水平。到公元六世纪的南北朝时，北魏的山东益都人贾思勰撰写《齐民要术》一书，关于烹饪菜肴和制作食品占有重要篇幅，总结了以山东为主的北方菜肴达百多种以上，成为我国目前所知最早的菜谱。书中对烹饪菜肴的火候、刀功、选料等都有很高要求。烹调方法已有：蒸、煮、烤、酿、煎、炒、熬、烹、炸、包、裹、腊、泥烤等；所用调味品已有：盐、豉汁、醋、酒、梅、桔皮、葱、姜、蒜等等。那时菜肴操作复

杂，制作精细，人们已经把烤乳猪、五香灌肠、烧酿鸭、蜜蒸藕、红烧茄子等名菜点作为一般食品记载下来，可知距今已有一千四百多年前山东一带的饮食烹饪达到了很高的水平。到了唐代，随着国家经济的繁荣和发展，山东菜又达到了新的高度。山东临淄人段文昌极精于烹饪，《山东通志》载：“段文昌为相，精饮食，庖以榜曰‘炼珍堂’，在途曰‘行珍馆’。又自编食经（即菜谱）五十卷，时称《邹平公食经》。”他对烹调技术称“物无不堪吃，唯在火候，善均五味。”指出了火候、调味在烹制菜肴的重要性，成为以后人们所遵循的原则。这些都是山东菜及其烹饪术在古代的历史状况。

到了明代、清代，在全国已经逐渐形成了不同地方风味的各个菜系，烹饪技术已达到了纯熟的程度。山东菜系则完成了以济南地方风味菜为主，加之福山地方菜两部组成的菜系。

济南地方风味菜形成时间较早，又与孔子故土曲阜有着密切的联系，代表了除沿海外，内陆地区的菜肴。制作精细，讲究口味，注重火候，素以清、鲜、脆、嫩、纯著称。烹调方法多、选料精、刀工细、火候严、调味纯、善用汤。上至山珍海味，下到肉禽下货，菜肴千变万化，都各有特色，俗称“一菜一味，百菜不重”。象爆炒菜清初文士袁枚在《随园食单》中称颂山东的爆炒菜“滚油炮（爆）炒，以极脆为佳。”其中尤以“油爆肚、爆双脆最为有名”。其次，芙蓉菜、锅煽菜、拔丝菜等烹调方法也都是山东菜系济南菜的创造。再如，九转大肠、油爆腰穗、芙蓉鸡片、糖醋鲤鱼，都是极为有名的地方风味菜。

为了设置祭祀及宴席，在济南、曲阜最早创造了应用各种食料雕刻花盘的做法，做出了象八仙过海、福寿图等这样最早的带有封建迷信色彩的花盘，以后才逐渐演变至今，出现了国

家高级大型宴会的各种孔雀开屏、凤凰戏牡丹等花色冷盘，受到国内外宾客的赞赏，成为我国高超烹调技术的象征。

济南菜还善用清汤、奶汤，做出的汤菜，汤味鲜美，色形俱佳，象蝴蝶海参、清汤银耳、奶汤蒲菜都是济南名菜。

山东菜系的另一组成部分，是代表沿海地带烹调特点的胶东菜，源于福山。由于胶东沿海盛产海鲜品，故福山菜擅长海味菜品，口味清淡，以鲜为主，注意原味，方法多用蒸、煮、扒、炒、溜，如清蒸加吉鱼、炒八带鱼、扒龙眼大虾等都是胶东名菜。由于烟台、青岛在清末辟为商埠，航运发达，客商麇集，饮食更为发达。史料称：“烟市筵会酬酢之风，堪称盛典，酒楼饭馆，林立市内；各家所制之菜，均有所长，食者颇能满意。”同时，受到外地烹饪的影响，逐渐形成了烹调中口味喜淡甜，喜用芝麻油、蕃茄汁调味的习惯。

解放后，山东菜系在老厨师的传带之下，得到了继承和发展，又丰富和发展了山东菜，如济南南郊宾馆的厨师们创制了象扒原壳鲍鱼、梅花甲鱼、花篮西瓜等名菜，受到国内外宾客的欢迎，为祖国的烹饪术增添了光彩。

FOREWORD

Chinese cuisine has its long history and it has long been famous all over the world. It is an important cultural heritage of ours. Through years' assiduous labour, the workers who are engaged in cooking have created, on the basis of the rich local products and the folk customs and habits, thousands of thousands of delicious dishes in all varieties for their excellence of colour, smell, taste and shape. All these dishes have nowadays evolved to be grouped into eight major food styles in the country, each of which has its own special flavour. Shandong food is one of the eight, holding an important place in Northern China.

Shandong Province, the states of Qi and Lu in ancient times, is situated on the lower reaches of the Huanghe River and borders Bohai Sea and Huanghai Sea. So it is rich in seafood and other aquatic products along the eastern coastland and fresh water fishes and shrimps in the inland rivers and lakes, with vegetables and fruits in all varieties. All this provides a rich material base for the development of cooking. Early historical records of cooking had been kept long before. So to speak, Shandong

Province was one of the earliest advanced regions in cooking in our country. During the Spring and Autumn Period (770-475 B.C.) and the Warring States Period (475-221 B.C.), Yi Ya, a trusted minister of Prince Qi Heng, was a well-known cook. "Annals of Linzi County, Characters' Records" says in its techniques and arts section, "Yi Ya was good at making the five tastes and knew where the water came from solely by a taste." Confucius, a native of the Lu State, also wrote articles on the requirements for food and drink. Hence it can be said that the cooking skill at that time had reached a comparatively high standard. In the Southern and Northern Dynasties in the sixth century A.D., Jao Sixie, a native of Yidu County, Shandong, in Northern Wei (386-534 A.D.) compiled a book "Requirements for the People in Qi" in which many an important article was written about cooking dishes and making food, gathering together over one hundred kinds of dishes in the north, taking Shandong dishes as the dominant ones, hence the earliest recipes known nowadays in China. It set high demands on the timing of cooking, skill of cutting and choice of material. By that time there had already been cuisines such as steaming, boiling, roasting, brewing, frying, stir-frying, stewing, quick-frying, deep-frying, steam-stuffing, wrapping, curing, mud-broiling, etc. Also there had already been condiments such as salt, soy bean juice, vinegar, wine, prune, orange

peel, scallion, ginger, garlic, etc. At that time, the process in cooking dishes had been complicated, the preparation elaborated. People made a record of the famous dishes such as, "Broiled Sucking-Pig", "Spiced Sausage", "Stewed and Brewed Duck", "Steamed Lotus Root in Sugar", "Stewed Eggplant", etc., each of which had become very popular. It proves that over one thousand four hundred years ago, the culinary arts in Shandong had reached high level. By the Tang Dynasty (618-907 A. D.), culinary arts had come up to a new height. According to "The General Annals of Shandong", Duan Wenchang, prime minister of Tang, a native of Linzi County, Shandong, was proficient in cooking. He compiled all by himself 50 volumes of recipes known as "Food Menus by Revered Zhu Ping". He once remarked on cooking skill, "No food is of no taste; the key lies in the timing of cooking and the mixing of the five tastes." He pointed out the importance of temperature control and condiment in cooking delicious dishes, which had become the principles held by the following generations. All this is about the history of food in Shandong style and the skill of its cooking in ancient times.

By the time of Ming and Qing dynasties varieties of local flavour and cooking had reached maturity. The Shandong cuisine had then come into being with typical Jinan local dishes as the main component part supplemented by Fushan local dishes.

What with its earlier emergence and what with its close connection with Qufu, home town of Confucius, typical Jinan local dishes stand for the dishes of all inland regions in Shandong except the coastland. Typical Jinan local dish is done in a skilled way, giving much attention to flavour and temperature control. It has long been famous for being clear, fresh, crisp, tender and pure in taste. It is characterized by various cooking methods, delicate choice of food material, high skill of cutting, strict temperature control, pure flavouring and skillful soup-using. The dishes are made of delicacies from land and sea as well as of the offals of edible animals. The menu is ever changing with a different taste to each dish. "No two dishes however have the same flavour" as the saying goes. Take quick-fried dish for instance. Yuan Mei, a man of letters in the early years of the Qing Dynasty spoke highly of the Shandong quick-fried dish in "Sui Yuan Menu", "Crispness is the characteristic of the dishes quick-fried in rolling oil". Among the quick-fried dishes, the most famous dishes are "Quick-Fried Tripe", "Quick-Fried Double Crisps". Besides, "Dish in Egg-White Sauce", "Dry-fried Dish" and "Candied Floss Dish" were also the typical local dishes in Jinan. Furthermore, "Jiuzhuan Large Intestine", "Quick-Fried Tassel-Like Pork Kidney", "Sliced Chicken in Egg-White Sauce", and "Sweet and Sour Common Carp" are all particularly famous

local dishes.

In order to set up a banquet or memorial ceremony, the making of dishes of patterns by carving on various food stuffs, such as, "Eight Immortals Crossing the Sea", "Happy Birthday Pattern", and some others with a shade of superstition, were brought into practice in Jinan and Qufu for the first time in China. These dishes of patterns had been under development and nowadays have evolved to various patterns of cold dishes. "Peacock Displaying Its Fine Tail Feathers", "Phoenix Playing with Peonies", and others have been innovated for grand state banquets, which have received admiration from the guests both at home and abroad and stand for the symbol of the super skill of cooking in China.

Another distinguished feature of Jinan dish is in the making of clear soup and creaming soup. Dishes made with soup taste fresh and delicious and the colour and shape are excellent. "Butterfly Sea Cucumber", "White Fungus in Clear Soup" and "Rush Shoot Slices in Creaming Soup" are all famous Jinan dishes.

Another component part of Shandong food is Jiaodong dish which originated from Fushan, bears the characteristics of cooking along the coastland. Because of the rich fresh seafood along the Jiaodong coastland, Fushan dish has its own characteristics. With freshness as its main feature, it is light in taste, retaining its

original flavour. The regular cooking methods are "steaming, boiling, braising, stir-frying and sautéing". "Steamed Porgy", "Stir-Fried Octopus", "Braised Prawns in Dragon-Eye Shape" are all famous Jiaodong dishes. Due to the opening up of Yantai and Qingdao as trading ports at the end of the Qing Dynasty, the flourishing of shipping and the gathering of the travelling traders, food and drinks greatly developed. Historical data say, "In Yantai City, holding banquets has become the prevailing practice. Bars and restaurants can be found everywhere; dishes made in each restaurant has its own peculiarity. The visitors are quite satisfied." Influenced by the cooking in other places, light and sweet food has nowadays come to be popular and sesame oil and tomato sauce are used for flavouring.

After liberation, with the help of the experience passed on by the veteran cooks, Shandong food was greatly improved and enriched. Take for instance. The cooks in Southern Suburb Hotel in Jinan have now created new famous dishes such as, "Braised Abalone with Original Shell", "Soft-Shelled Turtle in Plum Blossom", "Watermelon Basket", each of which has been well received by the guests at home and abroad, thus adding lustre to the culinary art of our motherland.

目 录 Contents

<p>1. 糖醋鲤鱼 1 Sweet and Sour Common Carp</p> <p>2. 清蒸加吉鱼 4 Steamed Porgy</p> <p>3. 芙蓉加吉鱼 6 Porgy with Egg-White Sauce</p> <p>4. 烤加吉鱼 9 Baked Porgy</p> <p>5. 干烧鲫鱼 11 Stewed Crucian Carp</p> <p>6. 脯酥黄鱼 13 Fried Egg-Coated Croaker</p> <p>7. 茄汁黄鱼 16 Croaker in Tomato Sauce</p> <p>8. 白汁酿鱼 19 Fish in Creamy Sauce</p> <p>9. 绣球全鱼 21 Whole Fish of Coloured Fish Balls</p> <p>10. 盘龙鱼戏珠 24 Coiling Dragon Playing with Pearls</p> <p>11. 凤尾鱼卷 26 Phoenix-Tailed Fish Rolls</p>	<p>12. 荷花鱼 29 Lotus Porgy</p> <p>13. 五缕鱼扇 31 Five-Coloured Fish Chunk</p> <p>14. 荷包鱼球 34 Pouched Steamed Fish Balls</p> <p>15. 白雪鱼 37 Snow-White Fish</p> <p>16. 五香熏鱼 39 Spiced Smoked Fish</p> <p>17. 扒原壳鲍鱼 41 Braised Abalone with Original Shell</p> <p>18. 扒瓢鲍鱼 44 Braised Abalone with Stuffing</p> <p>19. 葵花干贝 46 Scallops in Sunflower Pattern</p> <p>20. 芙蓉干贝 48 Scallops in Egg-White Sauce</p> <p>21. 绣球干贝 50 Scallops in Coloured-Ball Forms</p> <p>22. 三色鱼丸 52 Three-Coloured Fish Balls</p>
---	--

- | | |
|------------------------------|------------------------------|
| 23. 爆炒乌鱼花.....55 | 35. 菊花凤尾虾.....80 |
| Scrambled Flowery Cuttlefish | Phoenix-Tailed Prawns in |
| 24. 烤墨鱼.....57 | Chrysanthemum Pattern |
| Baked Cuttlefish | 36. 麒麟大虾.....82 |
| 25. 烤大虾.....59 | Prawns in Chinese Unicorn |
| Baked Prawns | Form |
| 26. 扒龙眼大虾.....61 | 37. 炒虾仁.....85 |
| Braised Prawns in Dragan-Eye | Stir-Fried Shrimp Meat |
| Shape | 38. 加沙鱼球.....87 |
| 27. 桂花大虾.....63 | Crisp Fish Ball |
| Osmanthus Prawns | 39. 蝴蝶海参.....89 |
| 28. 梅雪大虾.....65 | Butterfly-Like Sea Cucumbers |
| Plum-Shaped Prawns | 40. 雪花海参.....92 |
| 29. 水炒木樨虾仁.....68 | Sea Cucumber in Snow Flakes |
| Boiled Alfalfa and Shelled | 41. 瓢扒玉珠海参.....94 |
| Shrimps | Braised Sea Cucumbers with |
| 30. 荷花金鱼虾.....69 | Pearls |
| Goldfish Prawns with Lotus | 42. 珍珠海参.....96 |
| Flower | Sea Cucumbers with Pearls |
| 31. 雪丽凤尾虾.....72 | 43. 百花大虾.....98 |
| Creamy Phoenix-Tailed Prawns | Flowery Prawns |
| 32. 芫爆虾仁.....74 | 44. 绣球海米.....101 |
| Fried Shelled Prawns with | Steamed Fish and Meat Balls |
| Coriander | with Dried Shrimps |
| 33. 白汁龙眼虾.....75 | 45. 芙蓉海螺.....103 |
| Dragon-Eyed Prawns in Creamy | Conch with Egg-White Sauce |
| Juice | 46. 爆炒海螺.....105 |
| 34. 金银大虾.....78 | Quick-Fried Conch |
| Gold and Silver Prawns | 47. 鸳鸯三鲜汤.....108 |

- Three-Delicious-Ingredient
Soup with Mandarin Duck
48. 清余蛎子.....110
Quick-Boiled Oyster
49. 荷花鱼翅.....111
Lotus Flower-Like Shark's
Fins
50. 百花珍珠汤.....114
Flowery Pearl Soup
51. 鸡抓鱼翅.....116
Shark's Fin with Chicken
52. 梅花甲鱼.....118
Soft-Shelled Turtle with Plum
Blossoms
53. 鸡汁干贝.....120
Scallops in Chicken Soup
54. 梅雪争春.....122
"Plums in Spring Snow" Fruit
Pudding
55. 凤凰戏牡丹.....124
Phoenix Playing with Peonies
56. 松鹤朝阳.....127
Cranes Facing the Sun
57. 飞燕争窝.....129
Flying Swallows Contending
for the Nest
58. 豆腐箱.....131
Stuffed Bean Curd Bin
59. 九转大肠.....134
Jiuzhuan Large Intestine
60. 冰糖肘子.....137
Candied Pork Shoulder
61. 酥白肉.....139
Crisped Fat Pork
62. 拔丝蛋泊肉.....141
Spun Sugar Pork
63. 爆肚仁.....143
Quick-Fried Tripe
64. 炒肉拉皮.....145
Slivered Pork Cold Dish
65. 脆皮里脊卷.....148
Crisp-Surface Fillet Rolls
66. 扒瓢蹄筋.....149
Braised Pork Tendons with
Stuffing
67. 梅花大肠.....152
Plum Blossom-Like Steamed
Large Intestine
68. 芙蓉辣椒.....154
Pepper with Egg-White Sauce
69. 德州扒鸡.....156
Braised Chicken, Dezhou Style
70. 布袋鸡.....159
Bagged Chicken
71. 芙蓉鸡片.....162
Sliced Chicken in Egg-White
Sauce
72. 炒鸡丝.....164
Stir-Fried Shredded Chicken
73. 糟炒鸡丝.....167
Pickled Shredded Chicken

- | | |
|--------------------------------------|--|
| 74. 翡翠鸡片.....169 | 87. 珊瑚白菜墩.....200 |
| Jadeite Chicken Slices | Coral-Like Cabbage Blocks |
| 75. 炸鸡椒.....171 | 88. 萝卜肉.....202 |
| Fried Chicken | Turnip-Shaped Pork |
| 76. 蕃茄鸡排.....173 | 89. 挂霜丸子.....204 |
| Chicken Steak with Tomato Sauce | Meat Balls with Frosting |
| 77. 荷花鸡丁.....176 | 90. 蜜汁山药墩.....205 |
| Lotus Flower-Like Diced Chicken | Chinese Yam Cooked in Sugar |
| 78. 熊猫大虾.....178 | 91. 拔丝山药.....207 |
| Prawns in the Shape of Panda | Hot-Candied Chinese Yams |
| 79. 三色蛋包.....181 | 92. 烤红果.....209 |
| Three-Coloured Stuffed Egg Dumplings | Baked Hill Haws |
| 80. 孔雀冷盘.....183 | 93. 拔丝金枣.....211 |
| Peacock Cold Dish | Hot-Candied Golden Jujubes |
| 81. 八宝无黄蛋.....186 | 94. 拔丝冰糕.....213 |
| Eight-Treasure Eggs Without Yolks | Spun Sugar Ice-Sucker |
| 82. 扒珍珠菜花.....188 | 95. 花篮西瓜.....215 |
| Braised Pearl Cauliflower | Watermelon Basket |
| 83. 锅煽豆腐.....190 | 96. 赛香瓜.....216 |
| Dry-Fried Bean Curd | Tasty as a Muskmelon |
| 84. 红烧面筋.....193 | 97. 四喜苹果.....218 |
| Gluten in Brown Sauce | Traditional Happiness Candied Apple |
| 85. 拌什锦粉丝.....195 | 98. 什锦苹果.....219 |
| Assorted Vermicelli Cold Dish | Assorted Apples |
| 86. 奶汤蒲菜.....198 | 99. 火烧冰激凌.....221 |
| Creamed Rush Shoot Slices | Flaming Ice Cream |
| | 100. 冰糖莲子.....223 |
| | Crystalized Sugar with Fresh Lotus Seeds |

1. 糖醋鲤鱼

此菜是应用黄河鲤鱼烹制成具有济南地方特色的名菜，相传是由曾做过清代御厨所首创，以后又由济南汇泉楼饭庄长期经营。该饭庄建自清道光二十八年（公元1848年），原址在江家池，池中养鱼，用活鱼烹烧，做成菜肴鱼尾高翘，糖醋汁浇在鱼上，吱啦作响，外焦里嫩，风味独特。此菜因形如跃起的活鲤鱼，又有人称此菜是鲤鱼跳龙门，是久负盛名的佳肴。

原 料：

活鲤鱼一尾（约一斤五两）	白糖四两
醋二两	酱油二钱
细盐五分	湿淀粉三两
葱蒜末一钱	高汤四两
花生油三斤（约耗四两）	

制 法：

1. 将鱼去鳞，开膛挖腮去五脏洗净，在鱼身两面自头至尾每隔八分距离剖斜刀，深至脊骨，然后提起鱼尾使刀口张开，盐撒入刀口内稍腌，再在鱼身上涂湿淀粉糊。
2. 花生油入锅，在旺火上烧至七成热，将鱼入锅炸至刀口张开，鱼尾翘起并呈金黄色时，捞起摆入盘内。
3. 锅内留油二两，烧热后放葱姜末，烹醋，再把酱油、高汤、白糖、湿淀粉放入烧沸成糖醋汁，浇在鱼上即成。