



辣椒湖南



湖南师范大学出版社 蒋祖烜



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作者简介

蒋祖烜，男，湘人。1962年生，1981年大学毕业后参加工作。曾经历中学教师，部队新闻干事，县委、市委、省委宣传部新闻出版管理等岗位，现为中共湖南省委宣传部新闻出版处处长，湖南省记协秘书长，为中国作家协会会员。已出版《神话陈逸飞》、《曾经遥远的地方》、《比到最后比观念》等著作8种。

《辣椒湖南》简介

《辣椒湖南》从辣椒这一特定和特殊的植物切入湖湘文化的研究，立论于辣椒的物质属性和精神属性及两者交叉融合的关系之上，从一个侧面探析了湖南辣椒精神与湖南人革命精神和改革精神的相互关系。作者挖掘、收集了大量的材料，许多信息与观点自成系统，鲜为人知，第一次与读者见面，填补了湖南文化研究中一个重要的空白地带，是一部较有价值的湖南辣椒文明简史。

本书在编排上采取图文并重的路线，辅之以大量与辣椒相关的美术、摄影、书法、雕塑、音乐等作品的图片。文字约十万字，图片一百余幅。以图补文，既满足读图时代的需要，又在图书编辑装帧上有一定的创意。

靜帶湖南



辣椒湖南

長沙七十七號

壬午年



自序



有朋自远方来，不亦乐乎。每每有北国、岭南及东部沿海诸省老友新朋访湘，嘉宾贵客莅临，宾主聚宴，举杯投箸之前，出于一种独有而又特殊的礼节，每每要请问客人能否食辣，然后才点菜下单。其间，十有八九绕不开一个“辣”字。此时此刻，湘籍主人的说明与解释，往往少不得一番对辣椒文化的自豪与卖弄：有的深得其味，精彩绝伦；有的信马由缰，不得要领。而湖南辣椒从科研、生产、加工到贸易已经形成一个完整的产业链，并且拥有相当的产业集中度和规模效益，但目前尚无专家学者从产业的角度对之进行观察与思考，更无直接为此内容产业服务的著作。笔者自全国书市的文化巡礼中突获灵感之后，更深感有必要编著一部有关湖南辣椒的小册子，以正视听，以助谈兴，以兴产业，以倡文明。此议颇得好友、国内知名辣椒专家邹学校博士的赞同及其师长张继仁研究员首肯。可叹辣椒由南美传入中华方三百余年历史，生根湘土则更为短暂，相关的图片、资料寥若晨星，极难寻觅；而第一次提出辣椒文化的概念，更有筌路蓝缕之孤独。惟有强烈而紧迫的文化责任感为支撑，坚持不懈，多方努力，才得此十余万字。如蒙读者不弃，外益阐扬我湖南辣椒盟主与辣椒文化中心的固有地位，让外来文化猛烈冲击下的湘楚大地，亮出自己的品牌文化；内利光大与提升湘人不信邪、不怕苦、不畏难、不服输的辣椒精神，添增其革命勇气与改革意识，弘扬与延绵我湖湘文化的气势与血色。若果，则幸甚幸甚，或善莫大焉！

蒋祖烜

辛巳年正月初六谨识于长沙袁家岭双香楼

何序



湖南人嗜食辣椒，名闻天下，几乎达到无辣椒而不能下饭、无辣椒而索然无味的地步。故此，凡湖南菜肴，不论是炒、烧、蒸、煎、炖，还是烹、煮、煲、焖、炸以及凉拌等十几种传统的中国菜肴，不论是山珍海味，还是竹笋林蕈、荤素汤干，处处离不开辣椒佐料；且辣椒具备各种单独煎炒打汤为菜的特色，其红如玛瑙，青如碧玉，黄如田黄，白如羊脂，色艳而丽。其味有剧辣、辛辣、麻辣、香辣、苦辣、甜辣、微辣、回味辣之分，无不耐人寻味，以至百肴无辣椒，则菜肴为之逊色，品尝犹如嚼蜡，所以列入五味，成为湘菜的最大特色，亦使湘菜列入中国八大名菜之一。湖南人由此赢得湖南辣椒食品、辣椒性格、辣椒劲头、辣椒情谊，也养成热情、激烈、奋进、拼搏、刻苦、强悍和坚毅的品格。在近半个世纪以来，湖南人才辈出，在军政文史科技各界都做出显赫成绩，在中国历史进程中起着举足轻重的作用，对捍卫祖国边疆、维护祖国统一作出了巨大的贡献。由此，天下人以辣椒来比喻湖南人的性格和特色，可能也有其内涵之理。

遗憾的是，湖南乃至全国，至今仍不见有关辣椒方面的历史文化研究专著问世，这种成为湖南以至中国乃至全世界普通蔬菜的辣椒，得不到人们应有的重视和论定，未免对辣椒这一有益植物太不公道的了。因此，蒋祖烜先生，以儒官之姿，政余之暇，旁搜侧绍，广采群籍，遍梳零篇，由于辣椒系外来植物，古籍甚少记载，必须从沙中淘金，草中拾芥，积多年之笔录，聚群狐以成裘，其中烦苦，自不待言。

全书通考辣椒的源流、分布、传播、品种、作用、价值，尤其在湖南受到的特别的尊重和厚爱。辣椒，乃茄科辣椒属，原产南美洲热带之地，

且早已有多年生辣椒的栽培历史，而巴西则尚有一年生的野生辣椒，在古代的西印度群岛亦早已栽培。至今，在秘鲁和亚马逊河流域的山林里仍有野生辣椒的分布。由于哥伦布探险至南美洲，西班牙、葡萄牙随即瓜分占领南美洲，并于16世纪将辣椒传入西欧。明末，辣椒又由菲律宾和澳门传入中国沿海，很快便散布全国，成为中国人不可少的蔬菜食品。聪明的中国农学家(包括在实践中进行发明创造的农民)培育出的新品种多达二百多种。现在常见的品种有朝天椒(味最辣)、牛角椒(味较辣)、灯笼椒(味不辣而略带甜味)。当然其辛辣的程度和椒肉的厚薄与地区气候、海拔高低、日夜温差以及土壤和雨量等因素都有很大的关系。我国也有野生辣椒，如云南西双版纳、思茅、澜沧一带分布有一种野生“涮辣椒”，一年生，结小圆果；还有一种“小米辣”，是多年生辣椒树。鄙人也曾于1973年在深圳东面的大鹏湾北岸丘陵地带发现了成片的野生小粒朝天椒，它可算是地球上最辣的食品，可惜一直未被人培育和栽种过。

由于我国栽培的辣椒系由占领菲律宾的西班牙人引进的，便始称为番椒，至今闽南、潮汕及




台湾等地仍称辣椒为番椒。它属于辛香蔬菜，又称秦椒、海椒、大辣、鸡嘴椒、麻人辣、辣角、辣茄、辣虎、番姜等；有红、绿、青、白、黄、紫等色；大的辣椒每个可达100克，小的老鼠尾朝天椒只有米粒大。有的形如灯笼、南瓜、羊角、盘羊角，有的形如玉镯、玛瑙块，皆色泽鲜艳，光泽可爱。有枝端一簇五爪的五爪朝天椒，也有一簇七爪的“七姊妹”朝天

椒。一般是椒愈小愈辣，愈大愈不辣，还有一些大椒已经被人工培育成为甜椒。

辣椒不但可作菜肴佐料，还可单独做菜，煮汤及煎、炸、烧、煲、炒、拌皆可，亦可晒成干椒，腌成咸椒、酱椒，研成辣椒粉，制成辣椒酱、辣椒油和辣椒罐头，用途极广。辣椒营养丰富，维生素 C 在蔬菜中含量最高，另含辣椒碱、辣红素、维生素 P、胡萝卜素以及蛋白质、钙、铁、磷和碳水化合物、脂肪等元素。又可作中药用，有生热发汗之功，能“温中下气、散寒、除湿、开郁去痰、消食杀虫、治呕逆、疗噎膈、祛脚气”，还可驱虫发汗，帮助消化，促进食欲。据美国洛杉矶市调查，在常吃辣椒的人中，支气管炎的发病率比不吃辣椒的人要低得多。在北方秋冬寒冷季节，或南方春夏潮湿季度，多吃些辣椒，可增强刺激，促进血液循环，使人精神振奋，又可驱湿抗寒。据《中国药学大辞典》载，辣椒还能治冻疮，疗顽症，祛臭虫和治蛇蝎咬伤。且多年生的老辣椒根还可雕刻成为古朴美观的旱烟斗工艺品。可见辣椒全身是宝，作用广泛，是任何蔬菜和植物食品所难以比拟的。

由于辣椒传入中国时间很晚，所以中国众多的典籍都没有记载，仅见于明末清初《群芳谱》（叫秦椒、番椒）、《遵义府志》（叫海椒、辣角）、《花镜》（叫辣茄）、《药性考》（叫辣虎）、《药检》（叫腊茄）、《广州植物志》（叫鸡嘴椒）。在清末才以辣椒定名，一直广传到中国各地，成为中国人不可缺少的菜肴和佐料。

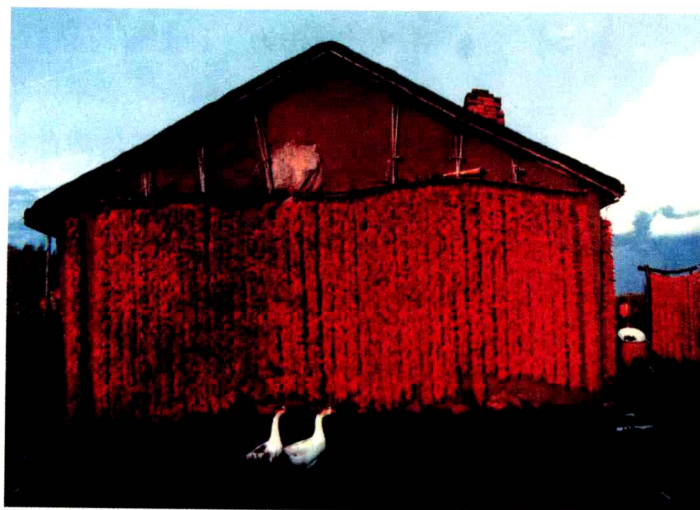


其中，尤以湖南人嗜食辣椒成性。在以前，几乎家家户户有腌辣椒、辣椒酱、干辣椒，农民无不种辣椒。每逢秋冬，全省各乡镇地摊上几乎大多是买卖辣椒；而且每户每餐的餐桌上都少不了辣椒，“无辣不成菜”，三只辣椒打一碗汤，便可吃一餐饭。故此，在国内流传着“湖南人怕不辣”的民谣。还有民谚：“近代湖南两大土特产——一出辣椒，二出名人。”大概是湖南人从小便在辣的环境下长大，具有不怕艰难困苦而又强悍热烈、乐于助人的性格和敢

为人先、以忧国忧民为己任的责任感，导致一个半世纪以来，人才辈出。他们在中国政治军事舞台上火辣辣的表现，可说是震天动地，威撼世界，连侵华日寇也“望湘生畏”。难怪杨度敢说：“若道中华国果亡，除非湖南人尽死。”所以，日寇三下长沙，都大败而退，湖南人自诩说：“日本鬼子算什么，打过黄河，打过长江，就是打不过我们湖南岳阳一条小小的新墙河。”这些话像吃辣椒一样够刺激，耐人品“辣”了。湖南民歌《辣椒歌》唱遍全国，歌词是：“远方的客人莫见笑，湖南人最爱吃辣椒……”

由于湖南人好吃辣椒，多种辣椒，于是乎培育生产出许多辣椒名产和名牌制品，它们既畅销国内外，还受到多种好评，以辣、甜、香、鲜的特点著称于世，多达数十个品种。常见的有牛角辣椒、光皮辣椒、伏地椒、七姊妹、五爪龙等，高产的每亩可达450公斤（1亩=1/15公顷）。其中溆浦的牛角椒，弯曲如牛角，肉厚不辣；嘉禾的鸡心椒，椒身细长，肉厚而且有光泽；醴陵的玻璃辣椒，个个都似手指约16厘米长，表皮红中透亮，肉厚籽少，辣中有香，早在18世纪时便远销美国、新加坡、锡兰(斯里兰卡)等国；邵阳的朝天椒，又名宝庆(清代宝庆府)辣椒，清道光《宝庆府志》载：“辣椒有大小两种，大者曰菜辣椒，不甚辣；小者为朝天椒，又名七姊妹，其味甚辣。”宝庆辣椒分布于原宝庆府各县，尤以隆回、邵阳、武冈为最多。邵阳干椒远销香港、美国、日本、新加坡、马来西亚、斯里兰卡等地，制作的椒干，色、香、味、形俱佳。1982年春全国椒干推销小组北京会评定，邵阳椒干质量为全国第一。

辣椒除鲜吃外，还可制成干椒、白椒、黄干椒、酱辣椒、剁辣椒、腌辣椒、泡辣椒、辣椒粉、辣椒酱、辣椒油、辣椒罐头等。湖南辣椒油在国内外市场上享有盛名，而双峰县永丰镇的永丰辣椒酱是湖南传统优质名牌



产品，是中国最古老的名牌辣椒酱，创始于明末清初，以蔡广祥酱店出品最负盛名，咸丰年间产品引进北京，一度列为贡品。它以当地所产肉质肥厚、辣而带甜的大红椒为主料，加小麦、黄豆、芝麻、糯米和盐等原料加工而成，经蒸煮、发酵、磨晒、露晒等工艺精工制作而成，色泽鲜艳，气味芳香，鲜美可口，是营养丰富的佐餐调味佳品。1981年、1984年、1985年曾三次荣获省地优质品证书及农牧渔业部、商业部优质产品称号，销往国内各省，远销泰国、新加坡、马来西亚等东南亚各国。近代伟人毛泽东几乎每餐少不了永丰辣椒酱。湖南人出差、旅游和出国，也往往带上一瓶辣椒酱，所以外省一见有带辣椒酱出行的人，不问也知是湖南人。辣椒在现代竟成为湖南人的标志，逐步形成了湖南辣椒文化。医药界还常用辣椒制成酊剂作为一种健胃药品。

辣椒既然是湖南人必不可少的食物，更使湖南人对辣椒情有独钟，在吃、喝、玩、乐和一切生活食物中，湖南人都离不开辣椒，所以不可不无《辣椒湖南》一书，这是时代发展的需要，是经济繁荣的需要，是文化迈进的需要。蒋祖烜先生应时而作，起到“筌路蓝缕，以启山林”的先导作用，其功不可没。虽然，由于资料的缺乏，不免有挂漏错置之处，但也无伤大雅。阅读本书有利于开发蔬菜基地，促发食品工业，创发商品名牌，启发文化内涵，它是企业界、工商业界、菜农们和政府官、职员们不可不参考的好书，可令人增加不少知识，对搞好工作应当有很大的参考价值。

鄙人乃一介洞庭樵夫，少年为人牧牛，终年以价廉物美的辣椒为食，曾务农种辣椒多年，嗜椒成癖。本系目不识丁，岂敢胡乱涂乙。由于蒋君的抬举诚推，嘱为作序，三辞不纳。幸曾从事农业技术工作长达十五年又三个月之久，对辣椒的种植、制作、食用也有所了解，故谨以所知，勉为之序。自感孤陋寡闻，未尽该书之意，尚祈著者、读者哂谅，则不胜感激之至矣！

何光岳

辛巳处暑辣椒正红之时书于星沙德雅村两千万文斋

（作者系湖南省社会科学院研究员）

The Author's Preface



Confucius said, "Isn't it a delight to have friends come from afar! " Whenever a friend, old or new, from the North, from the provinces south of the Five Ridges, or from the eastern coastal provinces, visit Hunan, the host will invite his honored guest to a dinner. But before the dinner begins, the host, out of a unique and peculiar courtesy, will inquire whether his guest can eat pungent food before he begins to order dishes, nine in ten of which, however, are nothing if not seasoned with chilies. At this moment, the Hunan host's explanation tends to be a proud show-off of chili culture, which may be insightful and brilliant, or random and pointless. Scientific research on, production and processing of, and trade in, Hunan chilies have formed a complete industrial chain, which has attained considerable concentration, and considerable scale with attendant benefit, yet no expert or scholar has so far observed and reflected on them in terms of an industry, still less is there any written work in direct service of this industry. Suddenly inspired on a cultural pilgrimage to a national book fair, the author was obsessed with the necessity of compiling a booklet on Hunan chilies so as to ensure a correct understanding, add interest to conversation, build up an industry and develop a culture,

all in connection with Hunan chilies. This suggestion was greeted with approval from Dr. Zou



Xuexiao, a close friend of the author's and a chili specialist of national fame, and with a nod of assent from his teacher Prof. Zhang Jiren, a research fellow. But it is a pity that it is only three centuries or so since the introduction of the chili from South America into China, and even shorter a time has elapsed since it took root in Hunan soil; as a result, relevant pictures and data are scanty and extremely hard to come by. When the author first came up with the idea of "chili culture", his loneliness was as keen as that of one who, in ragged clothes, drives a cart to blaze a new trail. It was only a strong and urgent sense of responsibility for a unique culture that sustained the author through his

endeavor which resulted in a booklet of 100 000 or so Chinese characters . If the reader does not turn up his nose at it, it may help, externally, to consolidate Hunan's position as the leading chili producer and the center of chili culture, and provide the broad land of Hunan with its own trademark culture in the face of fierce impact by foreign culture, and internally, to enhance the Hunanese's chili-like spirit of refusing to submit to obstacles and fearing neither sufferings nor difficulties, to strengthen their revolutionary courage and reform consciousness, and to keep up and carry forward the momentum and sanguinity of Hunan culture. That will be a real blessing, and the best the booklet can achieve.

Jiang Zuxuan

from Double Fragrance Tower, Yuanjialing, Changsha, China

Feb. 13, 2001.



He Guangyue's Preface



The Hunanese's addiction to the chili is known far and wide, so much so that without it they find everything insipid and lose their appetites for all food. Consequently, no Hunan dishes are cooked but are seasoned with chilies, whether they are sea or mountain delicacies, bamboo shoots or mushrooms, meat or fish, cooked with or without soup; whether they are sauté , steamed, braised, boiled, pot-stewed, simmered, quick-fried, stew-fried, fried in deep or shallow oil, or dressed as salad. What's more, the chili can be cooked alone, whether sauté or fried or as soup. It presents bright colors — red as agate, green as emerald, yellow as gamboge, or white as suet. Their pungent taste may be biting, acrid, tingling, aromatic, bitter, sweetish, delicate or aftertaste, none but leave such a pleasant memory that dishes without a pungency are just tasteless and leave much to be desired. That is why pungency is included in the five tastes and has become the greatest feature of Hunan cuisine, which helps to rank it among the ten famous Chinese cuisines. As a result, the Hunanese have developed their peculiar food, disposition, energy, and friendly feelings that all smack of the chili without exception, and cultivated their character of warmth, impetuosity, drive, exertion,

assiduity, valiancy and unswerving determination. In the past half century, Hunan has yielded generation after generation of men of great ability who have made brilliant achievements in military affairs, literature, historiography, science and technology, playing a crucial role in the course of Chinese history, and making great contributions to the defense of the country's frontiers and to the maintenance of her unity. Therefore, there may be some intrinsic reason for people to compare the character of the Hunanese to the chili.

But it is a pity that so far no monograph has been published on the history and

culture of the chili either in Hunan or elsewhere in China. It is a bit too unfair to the chili, a vegetable common in Hunan, in China, and even throughout the world, that it should be denied the attention and approval it deserves. So Mr. Jiang Zuxuan, a scholarly official, devoted his spare time to searching high and low for bits and pieces of information on the chili in numerous books which he collected and sorted. As records of the chili, which was introduced from overseas, are very rare in old books, he had to accumulate them over long years, just like panning sand for gold or picking mustard seeds in deep grass before he, so to speak, made a fur coat of fox hairs. It is unnecessary to say what pains he took to do it.

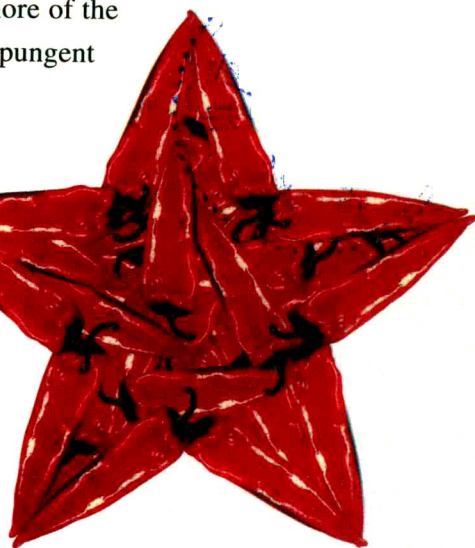
The book gives a comprehensive account of the origin, distribution, dissemination, species, effect and value of the chili, and in particular, the esteem and profound love it receives in Hunan. The chili, a plant of the capsicum genus under the solanum family, originated in the tropical regions of South America. The cultivation of perennial chilies began long ago, and there are still wild annual chilies in Brazil. In the West Indies annual chilies began to be cultivated in ancient times. Up to now, wild chilies can still be found in the forests in Peru and in the Amazon valley. After Columbus came to South America on his expedition, Spain and Portugal divided and occupied the continent, and brought the chili back to Western Europe in the 16th century. At the end of the Ming Dynasty, it was brought to coastal China from the Philippines and Macao, and was rapidly spread all over the country, becoming a vegetable food that the Chinese could not dispense with. Intelligent Chinese agrarians (including experimental farmers) bred over 200 new varieties. At present, common varieties of the chili include the up-

turned chili which is the most pungent, the ox horn chili, which is moderately pungent, and the lantern chili, which is not pungent but sweetish. Of course, the intensity of pungency varies considerably with the thickness of its flesh and the conditions in the area where it is grown—the climate, the altitude, the difference in temperature through the day, the soil, and the rainfall. In China there are also wild chilies. For example, in Yunnan Province's Xishuang Banna, Simao and Lancang are found a wild "rinsed chili", which is an annual plant that yields a tiny round fruit, and a perennial "millet chili". In 1973, your humble servant found a stretch of land grown with a wild chili that yielded

a tiny upturned fruit in the hilly country along the northern shore of the Dapeng Bay east of Shenzhen. That may be counted the most pungent food on earth, only it has never been domesticated and grown.

The chili was first called European pepper in China because it was introduced by the Spaniards who occupied the Philippines. Even today, it is still called European pepper in southern Fujian Province, in Chaozhou and Shantou in Guangdong Province, and in Taiwan Province.

It is a kind of piquant vegetable, also known as Qin pepper, sea pepper, big pepper, chicken-beak pepper, tingling pepper, pungent horn, pungent eggplant, pungent tiger, European ginger and so on. Its color may be red, green, cyan, white, yellow or purple; its size varies from one that weighs up to 100 grams



to one, called upturned mouse-tail chili, that is as tiny as a grain of rice; and it may be shaped like a lantern, a pumpkin, a tornado, an argali horn, a bracelet or an agate, all bright and pleasantly shiny. There are five-clawed upturned chilies whose fruit grow in clusters of five, and “seven-sisters” upturned chilies whose fruit grow in clusters of seven. Generally, the smaller the fruit, the more pungent the taste, and vice versa. Some big chilies have undergone years of cultivation to become sweet in taste.

Not only can the chili be used as seasoning, but it can be cooked alone as dishes, whether boiled as soup, fried in deep or shallow oil, fry-stewed, pot-stewed, sauté or dressed as salad. It can be processed in various ways: sun-dried, salted, pickled,

powdered, or made into thick chili sauce, chili oil, and canned chilies. The chili is rich in nutrition, with the highest vitamin C content of all vegetables, and in addition, it contains

capsaicine, capsanthin, vitamin P, carotene, protein, fat, calcium, ferro and phospor. It can also be used as traditional Chinese medicine, calorific and diaphoretic in function, and capable of “warming the middle jiao and driving the adverse qi downward, expelling cold, dampness, stuffiness and phlegm, helping digestion and killing parasites, curing emesia, cancer of the esophagus and dermatophytosis.” It can also whet the appetite. According to an investigation conducted in Los Angeles, the USA, the incidence of bronchitis is much lower among chili-eaters than among non-chili-eaters. In the cold weather of autumn and winter in the North and in the humid weather of spring