

Shanghai State-level Intangible
Cultural Heritage Series

Traditional Skills of Shanghai Cuisine

上海本帮菜肴 传统烹饪技艺

上海市国家级非物质文化遗产代表性项目丛书

本帮菜是上海的一张独特的文化名片——它是老上海人味觉上的一种集体记忆，它是上海这座城市味觉上的一种方言，它也是上海地域文化味道上的活化石。本帮菜的魅力在于把“下饭小菜”的文章做大，最终做成了“江南味道的最大公约数”。2014年，上海本帮菜肴传统烹饪技艺被列入国家级非物质文化遗产代表性项目名录。



上海市文化广播影视管理局

上海人民出版社

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上海本帮菜肴 传统烹饪技艺

编委会主任 —— 于秀芬
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本卷撰稿

周 彤

总序

中国是一个拥有5000年历史的文明古国，勤劳智慧的中华民族创造了丰富多彩的非物质文化遗产（以下简称“非遗”）。非遗源自长期生产生活实践，蕴含着中华民族特有的精神价值、思维方式、想象力和文化意识，连接着各民族的深厚情感和恒久血脉，她与物质文化遗产共同承载着中华优秀传统文化，是文化多样性的重要体现。切实保护好、利用好这些珍贵的非遗，赋予中华传统文化新的时代内涵，对于实现社会经济全面、协调、可持续发展具有重要意义。

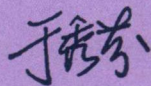
上海是我国著名的历史文化名城。上海文化的源头可以追溯到6000年以前。青浦崧泽、福泉山、金山查山、闵行马桥等地的考古发现表明，那时就已有先民劳动、休养、生息在这片土地上了。随着海岸线不断东移，上海先民的活动也不断顺势东进，约在10世纪前叶形成了现今的格局。千百年以来，上海因其水路交通便利，自唐宋逐渐成为繁荣港口；南宋咸淳三年（1267年）正式设立镇治；元朝至元二十八年（1291年），上海正式建县，这是上海建城的开始。至明代，上海地区商肆酒楼林立，已成为远近闻名的“东南名邑”；1685年，清政府设立上海江海关，一个国际性大商埠从此发展起来。上海县因交通便利、万商云集、物产丰富而被称为“江海之通津，东南之都会”。1840年鸦片战争后，英国强迫清政府签订丧权辱国的《南京条约》，上海被迫开放成通商口岸，外国资本的入侵冲击了本地传统手工业，但同时也带来了先进的科学技术和管理经验，促进了商业、金融、轻工业、交通运输的发展，形成了上海特有的工商文化。时事变幻，世代更替，独特的生态环境孕育了多姿多彩的海派非遗，其中有生动的民间信仰和习俗，百姓喜闻乐见的歌舞、戏曲和丝竹乐曲，还有巧夺天工的传统技艺、撼人心魄的民间竞技和令人叹服的工艺美术等。这些文化瑰宝融合古今、交汇东西，呈现鲜明的近现代工商业文化特征，在以农耕文明为主体的我国非遗体系中独具特色。

近年来，党中央和国务院高度重视非遗保护工作。2004年，我国加入联合国教科文组织《保护非物质文化遗产公约》。2005年，我国非遗保护工作正式启动。2011年，《中华人民共和国非物质文化遗产法》正式颁布实施，明确国家对非遗采取认定、记录、建档等措施予以保存，对体现中华民族优秀传统文化，具有历史、文学、艺术、科学价值的非遗采取传承、传播等措施予以保护。目前中国有39个项目列入联

联合国教科文组织非遗名录，是全世界联合国项目最多的国家。在国家的总体部署下，上海市积极开展非遗的普查建档、挖掘整理、抢救保护和宣传推广工作。2015年，上海市颁布《上海市非物质文化遗产保护条例》，确保非遗保护有法可依。2007年至今，市政府陆续公布了五批上海市非遗代表性项目名录，共计220项。其中，已有55项列入国家级非遗代表性项目名录。

为了让伟大先辈们创造的文化遗产代代相传，使其在全球化语境中发扬光大，交出一份令历史满意的答卷，我们从2009年起，启动了“上海市国家级非遗代表性项目丛书”编辑出版工程，通过“一个项目一本书”的形式，采用文字、图片、大事记、知识链接等方式，对列入国家级名录的上海项目进行生动而全面的介绍。截至目前，这套大型丛书已经累计出版分卷40余部，对本市珍贵的文化遗存进行了系统性整理，也为非遗在社会公众中的传播普及起到了积极作用。

当我们饱览这些成果时，不能不对长期致力于上海非遗保护传承的传承者和工作者肃然起敬，也不能不向为“上海市国家级非遗代表性项目丛书”编辑出版工作倾注心血的撰稿人、审稿专家和编辑表示诚挚谢意。在今年出版的分卷即将问世之际，中共中央办公厅、国务院办公厅印发了《关于实施中华优秀传统文化传承发展工程的意见》，这一重要政策不但将推动非遗事业进入新的历史阶段，也对我们的工作提出了前所未有的新要求，这将不断鞭策我们努力将这项工程不断推进下去。对于丛书编纂工作中出现的不当之处，敬请读者批评指正。



上海市国家级非物质文化遗产代表性项目丛书编委会主任

上海市文化广播影视管理局局长

2017年10月

General Preface

With five thousand years of history stretching from ancient civilizations to a contemporary, developing modern nation, Chinese people long used their diligence and intelligence to create a rich variety of intangible cultural heritage. China's intangible cultural heritage contains the values, aesthetic pursuits and emotional memories of the Chinese nation, and in turn demonstrates the creative characteristics of Chinese civilization. Cultural heritage is both a heartstring and lifeblood of a civilization, and this heritage provides us with powerful momentum for the development and innovation of contemporary culture. Protecting and promoting our outstanding intangible cultural heritage plays an important role in constructing the socialist core of our value system.

In fact, the origin of Shanghai culture can be traced back six thousand years, as demonstrated by archaeological findings in the areas of Qingpu's Songze, Fuquanshan Hill, Jinshan's Chashan Hill and Minhang's Maqiao showing that our ancestors were already working and living in the Shanghai area. Over time, the coastline gradually shifted eastward and along with our ancestor's activities. A geographical and municipal starting point that would be familiar to us today didn't form until around early 10th century. Until then, for thousands of years, Shanghai was just a small fishing village. Given its proximity to convenient waterway transportation, Shanghai has gradually become a busy port starting from the Tang and Song Dynasties. In the year 1267, during the Southern Song Dynasty, Shanghai was formally established as a town. During the Yuan Dynasty in 1291, Shanghai was officially established as a county, which we take as the origin of Shanghai as a city. By the Ming Dynasty, shops and restaurants proliferating in Shanghai, and the city became one of the most important and famous in southeastern China. In 1685, the Qing government established an official customs operation Jianghaiguan in Shanghai, an international commercial port began to take shape. Before the Opium War in 1840, Shanghai was already known as the region's "Southeast metropolis and communications hub", due to good transportation systems, large number of merchants, and rich natural resources. After the Opium War, Britain forced the Qing to sign the humiliating Treaty of Nanking, requiring Shanghai to become an open trading port. Although

the subsequent invasion of foreign capital devastated Shanghai's traditional handicrafts, it also brought advanced science and technology and management experience, promoting the development of Shanghai's commercial, financial and industrial sectors, including textiles, light industry, and transportation, and helped spur the emergence of a new industrial and commercial civilization.

Spatial and temporal changes, the rising and falling of different dynasties, especially with Shanghai's unique ecological environment and industrial and commercial civilization, gave birth to a variety of intangible cultural practices, reflecting traditional folk beliefs and values, their beloved dances, opera and "string and bamboo" music, as well as intricate traditional crafts, breathtaking folk athletics and creative arts. These cultural treasures were handed down from generation to generation, some being active only in small areas, such as a township; some spreading widely to surrounding provinces, continuing to evolve and spread today. These ancient but still living cultural and historical traditions remain an important foundation for building an international cultural metropolis and enhancing the positive soft power of our urban culture.

In recent years, the CPC Central Committee and the State Council have attached great importance to the protection of intangible cultural heritage. In 2004, China joined the UNESCO Convention on the Protection of Intangible Cultural Heritage. In 2005, China's intangible heritage protection work officially started. In 2011, the People's Republic of China Intangible Cultural Heritage Act came into effect, providing China's Intangible Cultural Heritage protection work a legal framework. At present, 39 projects in China are included in the UNESCO Intangible Cultural Heritage List, the most in the world. Under the overall deployment of our government, Shanghai government has actively carried out census, archiving, rescue, protection and promotion of Intangible Cultural Heritage. In 2015, the Shanghai government promulgated the Regulations on the protection of Intangible Cultural Heritage of Shanghai to ensure that Intangible Heritage protection is enforceable. Since 2007, the Shanghai government has successively announced five batches of representative list of Shanghai's Intangible Cultural Heritage, a total of 220 items. Among them, 5 items have been included in the list of representative projects of State-level Intangible Cultural Heritage.

It is our responsibility today to pass on our cultural heritage from generation to the next, and ensure that it will flourish amid globalization. We have a deep responsibility to those who came before us to make sure this happens. Editing and publishing the Shanghai State-level Intangible Cultural Heritage Series is one of the ways we can fulfill this responsibility. Since 2009, in the form of "one item, one volume", we have provided a vivid and comprehensive

introduction to Shanghai items that were included in the State-level Intangible Cultural Heritage list. We have done this by assembling text, pictures, memorabilia and knowledge chain etc. Thus far, this large series has published 40 volumes, giving a systematic collation of city's precious cultural relics, and doing so in a way that has also played a positive role in spreading and popularizing Intangible Cultural Heritage.

Now, as we enjoy the publication of this book series, we cannot fail to pay respect to the long committed inheritors and workers who continue to develop, protect, and pass along Shanghai Intangible Cultural Heritage. We also cannot fail to express our deep appreciation for the writers, peer reviewers and editors who have dedicated themselves wholeheartedly for "Shanghai State-level Intangible Cultural Heritage Series"; The General Office of the CPC Central Committee and the General Office of the State Council have issued the Opinions on Implementing the Inheritance and Development Project of the Chinese Excellent Traditional Culture this year. This important policy will not only push the Intangible Cultural Heritage undertaking into a new historical stage, but also put forward unprecedented new demands on our work. This will continue to spur us to work hard to push this work forward. We welcome any feedback that helps us enrich this series of works.

Yu Xiufen

Director of the Editorial Committee

Shanghai State-level Intangible Cultural Heritage Series

Director-General of Shanghai Municipal Administration of Culture, Radio, Film & Television

October 2017

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总序

上海本帮菜烹饪技艺

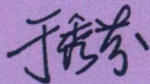
上海国家级非物质文化遗产代表性项目丛书

1

联合国教科文组织非遗名录，是全世界联合国项目最多的国家。在国家的总体部署下，上海市积极开展非遗的普查建档、挖掘整理、抢救保护和宣传推广工作。2015年，上海市颁布《上海市非物质文化遗产保护条例》，确保非遗保护有法可依。2007年至今，市政府陆续公布了五批上海市非遗代表性项目名录，共计220项。其中，已有55项列入国家级非遗代表性项目名录。

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