

SHAANXI TRADITIONAL SNACKS 陝西小吃

陕西省商务厅 编著



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Planning: Li Qian

摄影: 石卓立

Photograph: Shi Zhuoli

编辑: 张海潮

Editor: Zhang Haichao

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SHAANXI TRADITIONAL SNACKS 陕西小吃



代序 论中国饮食文化观

李雪梅

(一)

什么是中国饮食文化观？这就是：以和顺为祈福，以发达为荣禄，以安康为长寿，以忠孝为明礼，以仁爱为儒风，以天然为道骨，以慈善为佛怀，以勤俭为根本。

这是我们编辑《陕西小吃》对中国饮食文化观作出的新解说，也是初步构建的中国饮食文化基本理论体系的八大内容。我们之所以这样说，是有科学依据的。

中国菜系与土耳其菜系、法国菜系并雄称霸，成为世界三大菜系之一，中国是世界美食王国。泱泱大国，菜点万千，然而中国菜点的文化内涵总是彰显着上述八大中国饮食文化基本理论体系的内容，祈福、荣禄、长寿、明礼、儒仁、天然、佛慈、勤俭汇为一体，共同构建了中国饮食文化基本理论的总体框架。八大干流互为影响互为补充，是一个整体，分可自成体系，合可汇成主流。祈福是求取和顺，荣禄是荣耀发达，长寿是身体安康，明礼是知书有序，儒仁是包容大爱，天然是自然无欲，佛慈是大慈大悲，勤俭是生存根本。这便是流淌在中华民族血液里的文化心理，也是浸透在中国菜点制作、菜点经营、菜点进食过程中的中国饮食的文化表现。

(二)

中国菜点的色相味型构成了中国饮食的外在物化品质，中国菜点的文化内涵构成了中国饮食的内在文化品质。菜点制作的文化品质、菜点经营的文化品质、菜点进食的文化品质就叫饮食文化。中国饮食文化是中华民族文化心理在饮食上的反映，或者说中华民族文化心理反映在饮食上就叫做中国饮食文化。中国饮食文化所反映的中华民族文化心理，是中国人的传统文化心理与现代文化心理的总和。中国饮食文化基本理论体系的八大内容，反映的正是中国人的传统文化心理与现代文化心理的总和。

“温故知今，登高目极”。中国饮食文化基本理论体系的构建，是建立在对中国烹饪历史的研究基础之上的。中国早期的饮食文化更多地表现为一种饮食民俗现象。远古时期出现的用猪牛羊祭天祭地祭鬼神，是饮食民俗文化的萌芽；春秋时期出现的诸子百家对饮食礼仪所做的君臣、长幼顺序的规范限定，是饮食礼仪文化的表现；盛唐时期出现的专门从事厨艺职业技术教育的学校，是饮食教育文化的体

现;中国历朝历代出现的大量饮食著作,更是饮食文化理论研究的成果。所以伴随着中华民族发展的历史,中国饮食文化一直在积累、沉淀、发展、升华。中华民族文化心理一直在中国烹饪发展史上积累、沉淀、发展、升华。

中国在世界民族之林是一个哲理性文明国度。中国地域辽阔,人口众多,历史悠久,文化丰厚。中国文化是一个博大精深的庞大体系。中国饮食文化这一支流受中国文化总源流的影响,也具备着博大精深的特性。中国饮食文化是由中国传统儒、道、佛文化思想,中国现代科学文明文化思想,中国农耕文化,中国饮食民俗文化,中国饮食礼仪文化,中国饮食教育文化以及中国饮食手工作坊文化共同构成的。中国农耕文化是中国饮食文化的基础,中国饮食民俗文化是中国饮食文化民风的体现,中国礼仪文化是中国饮食文化的文明标志,中国教育文化是中国饮食文化的技术与理论的总结反映,中国手工作坊文化是中国饮食文化工艺科学化过程的表述。这些文化现象互为关联、互为影响,基本上以中国传统文化思想即儒、道、佛文化思想,和中国现代文化思想即科学文明文化思想为纽带而相连,进而形成中国饮食文化的总汇。

(三)

陕西小吃最具典型性地反映着中国饮食文化基本理论体系的内容。古长安是中国文化的发祥地,其饮食菜点一直影响和代表着中国饮食文化,尤以陕西小吃显著。

陕西小吃数量名列全国第一,小吃文化含量的丰富性在全国独一无二,是中国饮食文化的典型写照。品味一道道陕西小吃,人们会强烈地感受到中国人恪守勤俭,讲究礼仪,关注儒仁,崇尚自然,体现佛慈和追求福、禄、寿的饮食文化心理。

祈福:表现在中国人的饮食文化心理中是和顺、是平安、是团圆。反映这种心理的陕西小吃有水饺、元宵、月饼等。中国人大年三十包饺子的习俗最早源于西安,陕西民谚“迎客的饺子送客的面”、“上马的饺子下马的面”至今在民间广为流传。饺子里包进的是送亲人、迎贵客和家家户户儿孙满堂、全家团圆的祝福,祈福心态被表现得淋漓尽致。月饼源于盛唐西安唐明皇和杨贵妃中秋赏月,寓意是相亲相爱和和美,生活美满、团圆如月。正月十五闹元宵,一个“闹”字好不热闹,闹的是人间喜气洋洋,闹的是家家团圆,闹的是人人幸福。

荣禄:表现在中国人的饮食文化心理中是事业有成、升官发财、功成名就、光宗耀祖、荣耀发达。陕西小吃中的春卷、春段、春发生葫芦头,一个“春”字,寓意春意盎然、春华荣发,给人们送去事业有成的祝愿。元宝酥、水晶饼、一品山药,给人们带来升官发财的好运。

长寿:表现在中国人的饮食文化心理中有长生不老的传统文化思想,也有合理饮食结构的现代文化思想,是身体安康长寿之意。陕西是面食大省,千变万化的面条通过长长的形状,表达着对人们身体健康、寿比南山、长生不老的美好祝愿,长寿面、寿桃包、长生粥的祝寿名称,强调着祝愿人们永远健康的永寿之意。

明礼:表现在中国人的饮食文化心理中是知书达礼、忠孝明理、有序有则。中国是礼仪之邦,中国礼仪源于周礼,周礼根在陕西,周礼影响之深之远之大在陕西小吃品种中被表现得尤为突出。花馍的别名

就叫礼馍,可见“礼”对陕西小吃乃至全国小吃影响之大。花馍在历史上是陕西走亲访友的礼品,形状变化无穷,动物植物静物无所不容,但反映的核心是知书达理,表达出君臣、男女、长幼有序有则。“没有规矩,不成方圆”的做事基本法则,其实就是源于周礼和陕西饮食礼仪。

儒仁:表现在中国人的饮食文化心理中是以民为本、天下为公、博大仁爱。孔孟儒家思想一直在中国人的思想领域占据着统治地位,儒家思想由孔子依据周礼而创立发展。仁爱儒雅之风,在陕西小吃里随处可见。关中煎饼在神话传说中虽说始创于女娲补天,反映的文化思想内涵却是拯救人类,以民为本,博大仁爱;蘸水面虽说是在后稷教稼时所创,表达的文化思想内涵也是以民为本,拯救黎民百姓。这些思想都被孔孟儒家所吸收,在中国大地上传播。

天然:表现在中国人的饮食文化心理中是天人合一、清静无为、崇尚自然、回归自然、无为而治的道家思想。陕西周至县境内的楼观台老子创立的中国天人合一、崇尚自然的思想,在陕西小吃中有着典型反映;因汉代名相张良而创制的“坑坑馍”,讲述的就是张良功名成就之后,崇尚道家思想、与事无争、云游四方、安然求静的人文思想;和西安八仙庵及唐朝诗仙李白相关联的“菜疙瘩”,也向人们传达着云游四方、自然随意的仙风道骨。

佛慈:表现在中国人的饮食文化心理中是弃恶扬善、大慈大悲、慈善为怀的佛家思想。陕西扶风县法门寺遗址西安大雁塔及《西游记》里的大唐高僧,传播的“儒”是慈善为怀,大慈大悲的西天取经壮举,也给陕西小吃留下深刻历史烙印。民间传说的由玉皇大帝亲自过目的五月初五端午节吃的“红枣粽子”,伴之于“挂香包”等民俗,种在人间的就是弃恶扬善、大慈大悲、以慈为善、以善为慈、拯救生灵。“腊八粥”是在年关时节的腊月初八陕西民间进食的一种小吃,这种粥的文化涵义便是告诉人们:慈善为怀方可弃恶扬善,年复一年,平平安安。

勤俭:表现在中国人的饮食文化心理中是从勤劳和俭朴两方面对待人生,对待生活,维系生命及生存发展的基本原则。食欲是人七情六欲中的大欲。菜品制作和进食是人一日三餐必须面对的基本生活需求,也是社会生产中最辛苦、最显人格本色的一种劳动。勤俭在陕西小吃中被体现为一种检验人格魅力的标准。农忙时节的关中“云云馍”、娶亲期间的“岐山臊子面”、“凤翔试刀面”以及华山下棋亭的“棋花面”都向人们诉说着勤俭是人类的美德。

(四)

毋庸置疑,呼唤中华文明和中国饮食文化是一种时代强音。我们提出构建中国饮食文化基本理论体系正是为了适应时代需求。中国饮食文化基本理论体系的构建是一项探索性的重大文化工程,需要中国烹饪界和文化界有识之士以及关心中国烹饪发展同仁的共同努力。

伟大的中国文化旗手鲁迅先生说:“地上本来没有路,走的人多了便成了路。”本文对中国饮食文化基本理论体系作出的阐述,目的在于抛砖引玉。我们相信:中国饮食文化基本理论体系探索性的构建将对当代中国菜点的制作,中国菜点的经营,中国菜点的品尝乃至对中国烹饪的发展产生重大影响。

Theory of Chinese Dietary Culture

By Way of Introduction “Shaanxi Traditional Snacks”

Li Xuemei

(1)

What is the viewpoint of Chinese dietary culture? This is: Take harmony as pray for blessing; fortune as high official positions and riches; the peace and good health as the longevity; the loyal filial piety as the ritual; the benevolence as the scholarly style of behavior; nature as bone; charity as the Buddhist mercy; diligence and thrift as the basis.

This is the new solution we make to the Chinese dietary culture when we edit “Shaanxi Local Snacks”, it is also the eight big contents of elementary theory system of Chinese dietary culture we preliminary construct. We say so, because it has the scientific basis.

Chinese, French and Turkish dishes are the three main dishes of the world, and keep pace with one another. China is gourmet kingdom of the world. Magnificent country, hundreds of thousands of dishes, however cultural connotation of Chinese food always reveal above eight grand contents of elementary theory system of Chinese dietary culture. Blessing prays, wealth and rank, longevity, ritual, benevolence, nature, charity, diligence and thrift have together constructed the overall frame of elementary theory of Chinese dietary culture. The eight main branches mutually influence and supplement each other as a whole. They have their own system and may gather as one mainstream. Prays for blessing is seeking harmony and mildness; wealth and rank are the honor and fortune; longevity is in good health; ritual is of enormous sense, benevolence contains the great love; nature is no desiring, charity is greatly merciful and compassionate, diligence and thrift is the basis of survival. This then is the cultural psychology flowing in the blood of Chinese nation, and is also the cultural expression of Chinese food seeping in the cooking, management, and eating.

(2)

The color, fragrance, taste and shape of Chinese dishes constitute the external materialization quality in Chinese food, the cultural connotation of Chinese dishes constitute the internal cultural quality as well.

The cultural qualities of food manufacture, the management and diet are called the dietary culture. Chinese dietary culture is the cultural psychology of Chinese nation in the diet reflection, or we can say the Chinese cultural psychology reflected in the diet is called Chinese dietary culture. Chinese dietary culture reflected cultural psychology of Chinese nation is the total of traditional and modern Chinese cultural psychology. The eight great contents of elementary theory system of Chinese dietary culture reflect precisely the sum total of traditional and modern Chinese cultural psychology.

“Reviewing the past helps one to know the present, ascend the height and look far into the distance”. The construction of elementary theory system of Chinese dietary culture is on the basis of studying of the Chinese cooking history. The early stage of Chinese dietary culture mainly demonstrated one kind of folklore diet. In ancient times, it appeared offering sacrifices to the heaven, the earth, the gods and ghosts, with pigs, cattle and sheep, was the seeds of dietary folk custom culture; In the Spring and Autumn Period, it appeared the standard formulations to the dietary etiquette made by various schools of thoughts for rulers and the ministers, old and young, is the expression of dietary etiquette culture; The glorious age of the Tang Dynasty, the cuisine vocational-technical school appeared, it is manifesting of dietary education culture. From the Tang Dynasty to the 30-year opening reform nowadays, the great numbers of dietary works in successive dynasties are the research achievements of the dietary culture theory. Therefore with the development of the Chinese history, Chinese dietary culture has been continuously accumulating, precipitating, developing and sublimating. The cultural psychology of Chinese nation has been continuously accumulating, precipitating, developing and sublimating in Chinese cuisine history.

China is a philosophical civilized state in the forest of the world nationalities. China is vast in territory, with large population, long history and rich culture. Chinese culture is a broad and profound huge system. The main source of Chinese culture has influenced on this branch of Chinese dietary culture. It also has broad and profound characteristics. Chinese dietary culture consists of the traditional Chinese Confucius, Buddhist and Taoist cultural thoughts, modern Chinese science and civilized cultural thought, Chinese agricultural culture, Chinese folk custom culture of diet, Chinese dietary etiquette culture, Chinese education culture of diet, as well as Chinese manual workshop culture of diet. Chinese agricultural culture is the foundation of Chinese dietary culture, Chinese folk custom culture of diet is the manifestation of social mood of Chinese dietary culture, Chinese etiquette culture is the civilized symbol of Chinese dietary culture, Chinese education culture is the reflection of Chinese dietary culture technology and the theory, Chinese manual workshop culture indicates crafts scientific process of Chinese dietary culture. These cultural phenomenons interrelate and influence mutually. Connected by the link of traditional Chinese cultural thoughts, that is Confucius, Buddhist and Taoist cultural thoughts and the modern Chinese cultural thought, that is, modern Chinese science and civilized cultural thought, then form the confluence of

Chinese dietary culture.

(3)

Shaanxi snacks typically reflect the content of elementary theory system of Chinese dietary culture. Xi'an, and even Shaanxi are the root of Chinese culture. The ancient city of Xi'an is regarded as one of the "Four Ancient Civilizations of the World", together with Rome, Athens, and Istanbul. Xi'an and even Shaanxi, the land rich in philosophical Chinese civilization, always affects and is representing the Chinese dietary culture, is especially remarkable by its local snacks.

The quantity of Shaanxi snacks is the first, and the richness of snack culture intension is unique all over the country. It is the typical portrayal of Chinese dietary culture. Savoring a series of Shaanxi snacks, you can strongly experience dietary cultural psychology of observing hardworking and thrift of Chinese people, paying attention to the etiquette, showing solicitude for benevolence, advocating nature, manifesting charity and pursuing happiness, the wealth and longevity.

Pray for blessing, displays in psychology of Chinese dietary culture, is harmonious and gentle, peaceful and reunion. With this kind of psychology, Shaanxi local snacks have dumplings, sweet dumplings, moon cakes and so on. Chinese custom of making dumplings in New Year's Eve, earliest originated in Xi'an. The Shaanxi folk proverbs "Treating guests with dumplings and noodles for sending off", "Dumplings for riding and noodles for dismounting" still widely spread among the folks until now. The dumpling wraps up sending off relatives, welcoming honored guests, a growing family, blessing for family reunion and blessing prays. It is most incisive and vivid. The moon cake originated in Chang'an (Xi'an) in glorious age of the Tang Dynasty, Emperor Xuanzong and his favorite concubine Lady Yang appreciated the moon. The implication is to love each other, harmonious and happy, live a happy life and reunion like moon. People enjoy sweet dumplings and make merry in the Lantern Festival. The character, "carousing", is very lively, with a jubilant atmosphere, each family reunion and everyone is happy.

The wealth and rank, displays in psychology of Chinese dietary culture, is successful achievements, promotion and becoming rich, accomplishing both success and fame, bringing honor to ancestors, splendid and flourish. In the Shaanxi snacks, the spring rolls, the spring sections, Chun Fasheng intestines, the character "Spring", implicates Spring is evident everywhere, spring flowers and glory, sends best wishes to the people with successful achievements. Crispy cake in silver-ingots shape, crystal cake and top ranking Chinese yam, bring good luck to the people who wins promotion and gets rich.

Longevity, displays in psychology of Chinese dietary culture, has the traditional cultural thought of immortality, also has modern cultural thought of the reasonable diet structure, and is in good health and longevity. Shaanxi is the major province for wheaten food cooking. The ever changing noodles express

best wish through the long shape to people's health, happy birthday, the immortality and perpetual rejuvenation. The name of longevity noodles, peach shaped birthday bun and immortal gruel emphasizes meaningful wishes of people in good health forever.

Ritual, displays in psychology of Chinese dietary culture, is of enormous sense of etiquette, loyal, filial and reasonable, and remains orderly. China is a nation of the etiquette. Chinese etiquette originated from the classical rite of the Zhou Dynasty, the root of Zhou rite is in Shaanxi. The influence of Zhou rite is so deep, so far, and so great. It displays outstandingly in Shaanxi snack varieties. The variegated steamed bread alias the ritual steamed bread. You can see that ritual has great influence on Shaanxi snacks and even national snacks. The traditional steamed bread in Shaanxi history is the present for visiting relatives and friends. The shape with endless variations, animals, plants, nothing is left out. But the reflected core is of enormous sense of etiquette, and expresses the rules of monarchs and ministers, men women, the old and the young. The basic principle, "No rules, no circumference." actually came from the Zhou rite and Shaanxi dietary etiquette.

The benevolence, displays in psychology of Chinese dietary culture, is putting people first, all under heaven as one community and great benevolence. The Confucius and Mencius thought has always been occupying the dominant status in Chinese ideological realm, the Confucianism thought was established Kong Zi based on the Zhou rite. The benevolence and cultured demeanors can be found everywhere in Shaanxi local snacks. Guanzhong fried pancake in myth fable, although originated in the goddess--Nv Wa mending the sky, the cultural thought connotation reflected actually saves the humanity, putting people first and great benevolence; Although dipping sauce noodles created by Hou Ji, the God of Cereals, the expression of cultural thought connotation is putting people first, saves the common people. These thought are all absorbed by the Confucianists --Confucius and Mencius, and disseminates in China.

Nature, displays in psychology of Chinese dietary culture, is Taoism thought of complete harmony of man and nature, quiet and pure, being plain in mind and body, inaction, advocating nature, returning nature, and governing by doing nothing that goes against nature. The idea of complete harmony of man and nature, advocating nature, established by Lao Zi in Louguantai Temple in Zhouzhi County, Shaanxi Province, reflects typically in Shaanxi snacks. The rough pancake was invented because of notable Prime Minister Zhang Liang, tells about humanity thought of advocating Taoism thought, standing aloof from worldly success, wandering about the world, and seeking the static. The vegetable balls which connected with the Xi'an Eight Immortals Palace and fairy poet Li Bai of the Tang Dynasty, also transmits sage-like type of wandering about the world, naturally at will to the people.

Charity, displays in psychology of Chinese dietary culture, is Buddhist thought of getting rid of evil and carrying forward the good, kind and sympathetic, cherish charity. The eminent monk of the Great Tang

Dynasty in Xi'an Big Wild Goose Pagoda and the book "Pilgrimage to the West", was cherish charity charitable and great merciful and compassionate. His magnificent feat of going on a pilgrimage for Buddhist scriptures to the West left behind the profound historical brand mark to Shaanxi snacks. The legend goes that red jujube Zongzi looked over by the Jade Emperor personally on the Dragon Boat Festival accompanying with a hanging perfume satchel and other folklores, planted in the world is to abandons raises wickedly friendly, infinitely merciful, take kindly as friendly, take friendly as kind and save the life. The Laba porridge is a kind of snack taken on December the eighth day before New Year in Shaanxi among the people. The cultural meaning of this kind of gruel is to tell people only then cherish charity to abandon raises wickedly friendly, year after year, safe and sound.

Diligence and thrift, displays in psychology of Chinese dietary culture, is facing human life, maintenance life from two aspects of diligence and the thrift, the basic principle of survival development. Appetite is a big desire in the human seven emotions and six sensory pleasures. Dish cooking and feeding are the basic life demands which people must face with three meals a day, is also the most laborious and personality true colors kind of work in the social product. Diligently and thriftily manifested in Shaanxi snacks are one kind of standard of examining personality charm. Guanzhong Yunyun pancake during busy farming season, or minced meat noodles in Qishan in wedding day, Fengxiang bride noodles as well as check board-style dough slices of Mt. Huashan chess pavilion, all of these tell people that diligence and thrift are humanity's moral excellence.

(4)

Without a doubt, summons Chinese civilization and Chinese dietary culture is one kind of fortis of times. We proposed to construct the elementary theory system of Chinese dietary culture is precisely in order to adapt demand of the times. The construction of the elementary theory system of Chinese dietary culture is an exploring significant cultural project; it needs far-sighted personages from cuisine field and cultural circle as well as colleagues who care about the Chinese cooking development to make joint efforts.

Great Chinese cultural standard-bearer Mr. Lu Xun said that, "There's no road on the ground originally, walked more by people, and then has become the road." The aim of this article to elaborate the elementary theory system of Chinese dietary culture lies in throwing away a brick in order to get a gem. We believed that carry on the exploring to the construction of the elementary theory system of Chinese dietary culture, will produce a significant effect on the manufacture of modern Chinese food, the management of Chinese food, the tasting of Chinese food, and the development of Chinese cooking.

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