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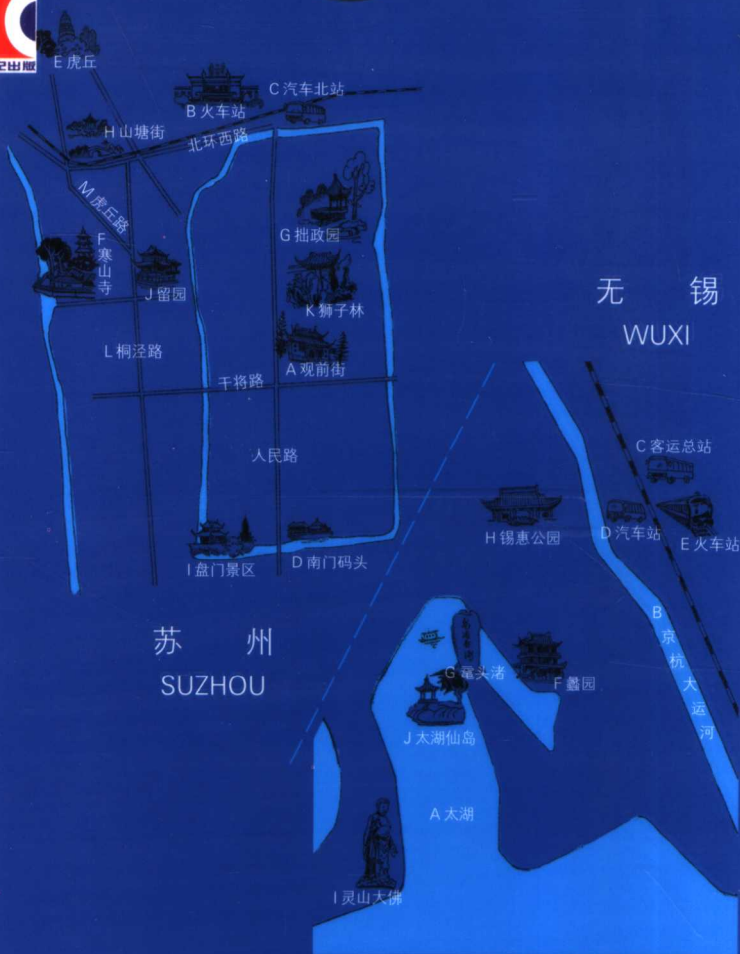
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SUZHOU WUXI

打开 苏州 无锡

吃
住

SUZHOU WUXI

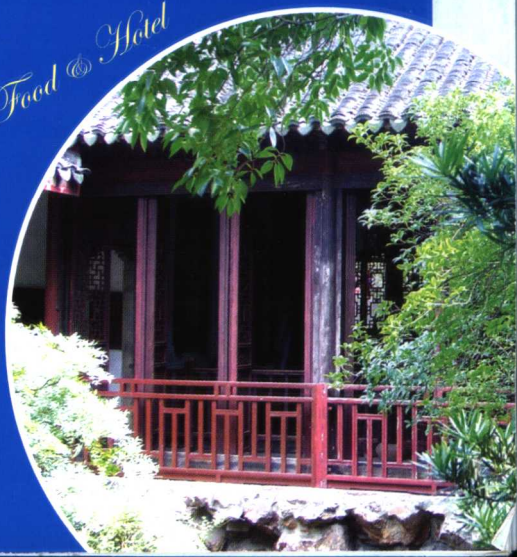
SUZHOU WUXI

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SUZHOU WUXI

Food & Hotel



吃在苏州 WHAT TO EAT?

中国的菜肴“东酸、西辣、南甜、北咸”，苏州菜属于“南甜”风味，其特点是口味清淡趋甜。

著名的苏式招牌菜有：松鼠鳊鱼、鲃肺汤、西瓜鸡、白汁圆菜、响油鳝糊、鸡油菜心等。

苏州小吃蜜汁豆腐干、松子糖、玫瑰瓜子、枣泥麻饼、猪油咸糕等，不可不尝。

One of the characteristics of Chinese cuisine is “sour in east, hot in west, sweet in south and salty in north”. The cuisine of Suzhou belongs to the “sweet in the south”. It is sweet lightly.

Special of Suzhou: Song-shu-gui-yu (mandarin fish), Ba-fei-tang (barbell soup), Xi-gua-ji (chicken), Bai-zhi-yuan-cai (soft-shelled turtle), Xiang-you-shan-hu(eel), Ji-you-cai-xin(Chinese cabbage), etc.

The following snacks can't be missed in Suzhou: Mi-zhi-dou-fu-gan(dried bean curd), Song-zi-tang (candy), Mei-gui-gua-zi (melon seeds), Zao-ni-ma-bing (chinese date cake), Zhu-you-xian-gao (salty cake), etc.



熟。鱼肉翻翘起来，再把它摆成松鼠的模样。精心熬一碗糖醋卤汁，浇在鱼上，顿时发出像松鼠叫声的“吱吱”声。从此，苏州多了一道传统名菜——松鼠鳊鱼。

话说乾隆皇帝来到了苏州的松鹤楼，又累又饿，四下一看，发现在堂前的供桌上，供奉着一条鲜活的鳊鱼，于是命令这里的厨子将鱼烹制。厨子不敢怠慢，但是这条鱼乃是祭品，恐怕烹之不利。聪明的厨子突然灵机一动，把鱼的前后背与骨分离，把鱼肉刻成菱状花纹，加调料稍加腌制后，入油锅炸

Emperor Qianlong came to Songhelou Restaurant in Suzhou, he felt so tired and hungry. Suddenly he found that a living mandarin fish was put

on the altar desk, he ordered to have the fish cooked. The fish was the sacrificial offering, how dare the cook do so? But the cook couldn't neglect the emperor at the same time.

The clever cook suddenly had a brain wave. He cut the meat from the bone of the fish, carved the meat into a form of diamond, pickled it in the condiment for a while, covered it with the yolk paste and fried it in the hot oil. When the end of the fish stuck up, the cook put it into the shape of asquirrel. Then he poured a bowl of juice with sugar and vinegar on the fish, a kind of sound was heard which was like from the squirrel, a wonderful course was created —— song-shu*-gui-yu(mandarin fish).

*song-shu: squirrel in Chinese.

说起鲃鱼肺，就让人想到法国鹅肝。鲃鱼肺虽然没有法国鹅肝名气大，却是同样的美味。鲃肺汤是用鲃鱼肝烹调而成，鱼肝肥嫩，汤汁鲜美。法国鹅肝的最佳搭档是苏玳白葡萄酒，配鲃肺汤就不必了，只管尽情喝汤。

Talking about Ba-fei-tang reminds us of the foie gras of France. Ba-fei-tang is also a kind of tasty food as the foie gras of France. Ba-fei-tang is cooked with the liver of the barbel, which is tender and delicious. It is good to eat the foie gras with Sauternes, but with nothing to eat Ba-fei-tang. Just enjoy the soup.

西瓜鸡的名字一听就很清凉，是苏州人夏天喜欢吃的一道菜。选肥嫩的母鸡和火腿片、笋片、香菇等一起清蒸，熟后盛入去了瓤的西瓜，盖上瓜盖，再蒸几分钟后可上餐桌。西瓜鸡味美清香，一端上桌就轻易地攫取了食客的心。



Xi-gua-ji means water melon chicken, and the name sounds very cool. Steam the chicken with the ham, bamboo shoot, mushroom, etc. After it is well done, put it into the water melon without the flesh and continue to steam for several minutes. The meat of the chicken has the smell of the water melon, and Suzhou people like to eat it in the summer.

圆菜就是甲鱼。苏州人吃菜很讲究时令,吃甲鱼要吃春天的“菜花甲鱼”和秋天的“桂花甲鱼”,夏天的“蚊子甲鱼”无人问津。

The local people also like to eat yuan-cai (soft-shelled turtle). The best time to eat turtle is in the spring and autumn.



冬天,打霜下雪过后的青菜,苏州人叫“小塘菜”,味美甜香,和火腿一起煮,加上鸡油,一盆翠绿、鲜红、橙黄的鸡油菜心就温暖了寒冬的心。

In the winter, Xiao-tang-cai (Chinese cabbage) is sweet and delicious after the snowing. Cook it with the ham and the chicken oil, and it looks warm with the colors of green, scarlet and orange.

在哪儿吃 WHERE TO EAT?

苏州的主要美食街有:太监弄、十全街、学士街、凤凰街、干将路等。

Taijian Lane, Shiquan Street, Xueshi Street, Fenghuang Street and Ganjiang Road are the main food streets in Suzhou.



● 推荐菜馆

Recommended Restaurants

大鸿运酒楼 da-hong-yun

在其附近有较多的著名景点，如拙政园、狮子林等。

招牌菜：太湖和阳澄湖的湖鲜。

地址：旧学前 70 号

电话：0512-67273383

It is very close to some famous scenery spots, such as Humble Administrator's Garden, Shizilin Garden, etc.

Special: the lake food

Add: No.70, Jiuxueqian

Tel: 0512-67273383

得月楼 de-yue-lou

始建于明朝嘉靖年间，距今有四百多年历史。曾接待过泰国公主、意大利威尼斯市长等。

招牌菜：得月童鸡、千层鲑鱼、三虾豆腐、樱桃汁肉等。

地址：太监弄 43 号

电话：0512-65238940

Established in Ming Dynasty, it has a history of more than 400 years. It received some well-known personages such as the princess of Thailand, the mayor of Venice.

Special: De-yue-tong-ji (chicken), Qian-ceng-gui-yu (salmon), San-xia-dou-fu (bean curd), Ying-tao-zhi-rou (pork), etc.

Add: No.43, Taijian Lane

Tel: 0512-65238940

贵宾楼大酒店 gui-bin-lou

以苏菜为主，辅以川、粤、鲁菜。

招牌菜：酱鸭，果珍西米露等。

地址：干将东路 888 号

电话：0512-65217888

It serves the cuisine of Suzhou, Sichuan, Canton and Shandong, etc.

Special: Jiang-ya(duck), Guo-zhen-xi-mi-lu(syrup), etc.

Add: No.888, East Ganjiang Road

Tel: 0512-65217888

老东吴酒楼 lao-dong-wu

典型的江南水乡建筑，古朴典雅。

招牌菜：东吴醉鸡、东吴醉蟹、腐皮黄鱼卷、跳水鲈鱼等。

地址：阊胥路 611 号

电话：0512-65332093

It is with the classical architectural style of the south of the Yangtze

River.

Special: Dong-wu-zui-ji(chicken), Dong-wu-zui-xie(crab), Fu-pi-huang-yu-juan(yellow croaker), Tiao-shui-lu-yu (perch), etc.

Add: No.611, Changxu Road

Tel: 0512-65332093

松鹤楼 song-he-lou

创始于清乾隆年间, 已有 200 多年的历史, 是传统苏菜的代表。

招牌菜: 松鼠鳜鱼、清溜虾仁、荷叶粉蒸肉、鸡油菜心等。

地址: 观前街 141 号

电话: 0512-67272285

It has a history of more than 200 years. It is famous for the local cuisine.

Special: Song-shu-gui-yu (mandarin fish), Qing-liu-xia-ren (shrimp), He-ye-fen-zheng-rou (pork), Ji-you-cai-xin (Chinese cabbage), etc.

Add: No.141, Guanqian Street

Tel: 0512-67272285

通天府 tong-tian-fu

名声很响的苏式菜馆。

招牌菜: 蜜汁蹄膀、烤兔腿、青豆泥。

地址: 临顿路 315 号

电话: 0512-67705758

凤凰街 262 号

电话: 0512-65218270

道前街 128 号

电话: 0512-65247778

It is a famous Suzhou styled restaurant.

Special: Mi-zhi-ti-pang(hoof), Kao-tu-tui(rabbit), Qing-dou-ni (green bean), etc.

Add: No.315, Lindun Road

Tel: 0512-67705758

No.262, Fenghuang Street

Tel: 0512-65218270

No.128, Daoqian Street

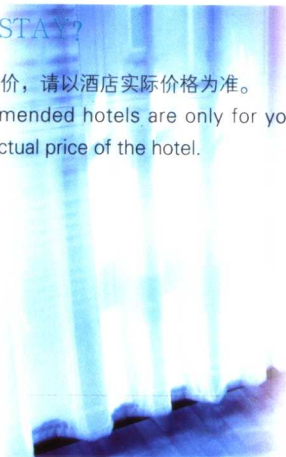
Tel: 0512-65247778



住在苏州 WHERE TO STAY?

所有推荐酒店的价格均为参考价，请以酒店实际价格为准。

All the prices of the recommended hotels are only for your reference, please subject to the actual price of the hotel.



苏州青年之家旅舍 Suzhou Youth Hostel

特点：国际青年旅舍连锁店。

35 元 / 床。

地址：相王路 178 号

电话：0512-65109418

It is the international youth hostel branch. RMB35/bed.

Add: No.178, Xiangwang Road

Tel: 0512-65109418

如家快捷酒店 Home Inn

特点：经济型连锁酒店。所有客房提供免费宽带上网。

178 元。

地址：观前店 人民路 1400 号

电话：0512-65238770

观前二店 景德路 73 号

电话：0512-68019088

木渎店 翠坊北街 32-18 号

电话：0512-66519666

狮子林店 园林路坝上巷 20 号

电话：0512-67288808

It is an economical chain hotel. It is free to the internet access in the rooms. RMB178.

Guanqian Branch

Add: No.1400, People's Road

Tel: 0512-65238770

No.2 Guanqian Branch

Add: No.73, Jingde Road

Tel: 0512-68019088

Mudu Branch

Add: No.32-18, North Cuifang Street

Tel: 0512-66519666

Shizilin Branch

Add: No.20, Bashang Lane, Garden Road

Tel: 0512-67288808



阊门饭店 Changmen Hotel

特点：园林式酒店，1991 年被列为文物保护单位。3 星级。198 元。

地址：西中市 139 号

电话：0512-67273208

It is a garden typed hotel and was listed as the historic relic in 1991. Three stars. RMB198.

Add: No.139, Xizhongshi Street

Tel: 0512-67273208

古城花园酒店 Ancient Garden Hotel

特点：苏州园林式建筑风格。

3 星级。248 元。

地址：太湖东路 24 号

电话：0512-65686888

It is a garden typed hotel. Three stars. RMB248.

Add: No.24, East Taihu Road

Tel: 0512-65686888

华侨饭店 Suzhou Overseas Chinese Hotel

特点：富有苏州古典园林特色，古朴雅致。

3 星级。288 元。

地址：三香路 178 号

电话：0512-68261888

It is a hotel with the classical garden characteristic. Three stars. RMB288.

Add: No.178, Sanxiang Road

Tel: 0512-68261888

苏州饭店 Suzhou Hotel

特点：坐落在京杭大运河旁。

4 星级。420 元。

地址：十全街 345 号

电话：0512-65204646

It is by Beijing-Hangzhou Canal. Four stars. RMB420.

Add: No.345, Shiquan Street

Tel: 0512-65204646

苏州人家大酒店 Suzhou Garden View Hotel

特点: 市中心的一座豪华庭园式商务酒店, 与观前街隔墙相望, 步行十分钟可到达拙政园、狮子林。 4 星级。550 元。

地址: 临顿路落瓜桥下塘 66 号

电话: 0512-67778888

It is a luxurious garden typed business hotel in the city center. It takes ten minutes to Humble Administrator's Garden and Shizilin Garden by walk. Four stars. RMB550.

Add: No.66, Luoguaqiao Xiatang, Lindun Road

Tel: 0512-67778888

吴宫喜来登酒店 Sheraton Hotel

特点: 江南水乡特色建筑。酒店的入门处仿盘门而造。5 星级。1260 元。

地址: 新市路 259 号

电话: 0512-65103388

The architectural style is the traditional style of the south of the Yangtze River. The gate of the hotel is the imitation of Panmen Gate. Five stars. RMB1260.

Add: No.259, Xinshi Road

Tel: 0512-65103388



吃在无锡 WHAT TO EAT?



无锡烹调早在 2500 多年前的春秋战国时期就有很高的造诣。无锡菜点注重造型，口味略甜。

Wuxi cuisine had the very high attainments in the Spring and Autumn Period which was more than 2500 years ago. Wuxi cuisine is with good model, and the taste is slightly sweet.

● 船 菜(chuan-cai)

BOAT DISH

以太湖“三白”为主。“三白”指的是银鱼、白鱼和白虾。银鱼细长透明，“长不过三寸，色明莹如银”；白鱼体型扁长，通体细鳞，四时皆有；白虾洁白透明，晶莹如玉。三者均产自太湖，都非常娇贵，出水即死，所以要吃新鲜的最好就是在船上，即捕即吃，也因为这样才叫“船菜”。

银鱼是一种非常奇特的鱼，无鳞无刺，无骨无肠，无锡人喜欢用它炒蛋、炒雪里蕻，或者做汤。白鱼肉质细腻，无锡人一般都是用来清蒸或者做鱼丸汤。白虾的壳又薄又软，无锡人喜欢只用盐水煮一煮，简单又鲜美。煮熟了的白虾呈透明的淡粉色，吃的时候让人有心疼的感觉。

The best boat dish is tai-hu-san-bai (three white) of Taihu Lake. The “three white” are yin-yu (whitebait), bai-yu (whitefish) and bai-xia (white shrimp). The “three white” are extremely fragile, they will die just out of the lake water, therefore it is best to eat the “three white” on the boat. That’s why we call it “boat dish”.

The whitebait is a kind of unusual fish, it is smooth without any scales, bones and intestines. Wuxi people like to fry it with the egg, the dry vegetable and make the soup. The meat of the whitefish is exquisite, Wuxi people generally have it steamed or to make the fish ball soup. The shell of

the white shrimp is thin and soft, Wuxi people only cook it in the boiling salty water, it is simple but tasty. The cooked white shrimp is transparent with the light pink color, very lovely.

● 肉骨头(rou-gu-tou)

SPARERIB

无锡的肉骨头就像扬州的琼花,“四海无同类”,离开了无锡怎么也烧不出同样的好味道,尽管人人都知道要加酱油,加蔗糖。因此,在无锡的每一天都是不能错过酱排骨的。



The sparerib of Wuxi is just as the jade flower of Yangzhou*, it is unique. It is impossible to cook the same good sparerib in other places, though everybody knows that cooking sparerib should be with the soy sauce and the sugar. So, it is necessary to eat the sparerib every day when you travel in Wuxi.

*Yangzhou: a city of Jiangsu Province, which is famous for its unique Jade Flower.

● 油面筋(you-mian-jin)

OIL GLUTEN

油面筋对无锡人来说就像盐和味精,烧肉炒菜熬汤都可以加在里面。常见的品种有:清炒面筋、面筋笋片、香菇面筋、面筋汤等等。

The oil gluten for the people of Wuxi is like the salt or the gourmet powder. It is cooked almost with everything, e.g. with meat, vegetable and soup. The popular dishes with the gluten are: Qing-chao-mian-jin(fried gluten), Mian-jin-sun-pian(with bamboo shoot), Xiang-gu-mian-jin (with mushroom), Mian-jin-tang(soup), etc.



● 功夫菜 (gong-fu-cai)

TIME DISH

无锡的功夫菜是很独特的。叫功夫菜是因为做菜的工序复杂耗时。如鸡茸蛋、马兰豆干。

The time dish of Wuxi is very special. It is called "time dish" because it always takes a long time to cook.

The famous time dishes: Ji-rong-dan(egg), Ma-lan-dou-gan (dried bean curd).

● 汤 包 (tang-bao)

STEAMED SOUP-STUFFED BUN

早晨起来，在附近随便找个小店，要一笼汤包和一碟醋。“轻轻移，慢慢提，先开窗，后喝汤”，顿觉唇齿留香。有了这美味营养的早餐，一天都精神饱满。

Getting up in the morning, please find a snack bar nearby and order a bamboo cage of the steamed soup-stuffed bun and a small dish of vinegar. Bite a little bit on the skin of the bun, do not move, suck the soup slowly and gently, then eat the skin and the meat, you will feel very good. This special, delicious and nutritious breakfast can make you energetic all day long.

在哪儿吃 WHERE TO EAT?

无锡的美食街主要是南禅寺美食广场、青石路欧风美食街、公园路皇亭美食街、崇安寺夜排档等。

Nanchan Temple Food Square, Qingshi Road European Food Street, Huangting Food Street on Garden Road and Chong'an Temple Food Street are the good places to eat in Wuxi.

● 推荐菜馆

Recommended Restaurants

聚丰园大酒店 ju-feng-yuan

创建于 1867 年的百年老店。

招牌菜：腐乳汁肉、盐焗鸡等。

地址：中山路 555 号

电话：0510-82757888

It was established in 1867.

Special: Fu-ru-zhi-rou(pork), Yan-ju-ji(chicken), etc.

Add: No.555, Zhongshan Road

Tel: 0510-82757888

龙凤包子馆 long-feng-bao-zi-guan

无锡有名的小吃馆。

招牌菜：龙凤大肉包、鱼饺等。

地址：解放东路 748 号

电话：0510-82765331

It is a popular snack bar in Wuxi.

Special: Long-feng-da-rou-bao(steamed stuffed bun), Yu-jiao (dumpling), etc.

Add: No.748, East Jiefang Road

Tel: 0510-82765331

三凤酒家 san-feng-jiu-jia

老字号苏锡帮菜系酒家。

招牌菜：无锡酱排骨等。

地址：中山路 240 号

电话：0510-82725132

It is an old restaurant to serve the food of Suzhou and Wuxi.

Special: Wu-xi-jiang-pai-gu(sauced sparerib), etc.

Add: No.240, Zhongshan Road

Tel: 0510-82725132

太湖船菜馆 tai-hu-chuan-cai-guan

是市中心区的一家以太湖船菜为特色的菜馆。

招牌菜：糟卤太白虾、白鱼羹、船菜双味煲、太湖一锅鲜等。

地址：五爱北路、县前西街交叉口

电话：0510-82758212

It is located in the city center and serves the boat dish.

Special: Zao-lu-tai-bai-xia(white shrimp), Bai-yu-geng(whitefish), Chuan-cai-shuang-wei-bao(three white), Tai-hu-yi-guo-xian(three white), etc.

Add: the crossing of North Wu'ai Road and West Xianqian Road

Tel: 0510-82758212



王兴记馄饨店 wang-xing-ji

无锡的招牌老店，有近百年的历史。

招牌菜：小笼馒头、三鲜馄饨、鱼皮馄饨、银鱼金沙卷、镜箱豆腐等。

地址：中山路 89 号 电话：0510-82751777

It is a famous old snack bar with a history of 100 years.

Special: Xiao-long-man-tou (steamed bun), San-xian-hun-tun

(wonton), Yin-yu-jin-sha-juan(fish cake), Jing-xiang-dou-fu(bean curd), etc.

Add: No.89, Zhongshan Road

Tel: 0510-82751777

状元楼大酒店 zhuang-yuan-lou

无锡特色酒家。

招牌菜：酱排骨、银鱼羹、茶树菇牛柳等

地址：青石路 200 号

电话：0510-82627878

It is a restaurant with the local Wuxi style.

Special: Jiang-pai-gu (sauced sparerib), Yin-yu-geng(whitebait), Cha-shu-gu-niu-liu(beef), etc.

Add: No.200, Qingshi Road

Tel: 0510-82627878

越王楼 yue-wang-lou

离太湖风景区很近。门口的招牌是古老的峭楼，很有特色。

招牌菜：太湖三白、香菜粉皮等。

地址：环湖路宝界桥堍

电话：0510-85112777

It is close to the scenery spots of Taihu Lake. There are two old posts in front of the restaurant, very special.

Special: Tai-hu-san-bai(three white), Xiang-cai-fen-pi(bean jelly), etc.

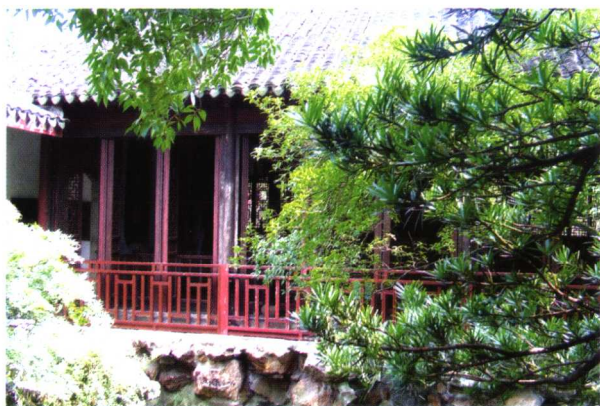
Add: Baojie Bridge, Huanhu Road
Tel: 0510-85112777



住在无锡 WHERE TO STAY?

所有推荐酒店的价格均为参考价，请以酒店实际价格为准。

All the prices of the recommended hotels are only for your reference, please subject to the actual price of the hotel.



无锡国际青年旅舍 Wuxi Youth Hostel

特点：国际青年旅舍连锁店。

35 元 / 床。

地址：人民中路 49 号

电话：0510-82755990

It is the international youth hostel branch. RMB35/bed.

Add: No.49, Middle People's Road

Tel: 0510-82755990

如家快捷酒店 Home Inn

特点：干净方便。所有房间免费宽带上网。

158 元。

胜利门店 地址：北大街 1 号

电话：0510-82626258

五爱路店 地址：五爱路 81 号

电话：0510-82760111

It is clean and convenient. All the rooms are with free accesses to the internet. RMB158.

Shenglimen Branch

Add: No.1, North Street

Tel: 0510-82626258

Wuailu Branch

Add: No.81, Wu' ai Road

Tel: 0510-82760111