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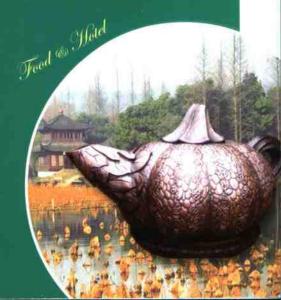
HANGZHOU

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吃在杭州 WHAT TO EATH

在 杭州吃东西,吃的不是食物,而是典故。这才是真正的杭州,连肉和菜都是有故事的。

Eating in Hangzhou, food is not only the food but also the allusion.

This is real Hangzhou, even meat and vegetables have stories.

● 东坡肉 (dong=po=rou)

DONGPO PORK



苏东坡(1037-1101) 出任杭州的地方官时,为 杭州做了三件大好事。一 是发动数万民工疏浚西湖, 修建了苏堤,遗福人民。二 是写下一首《饮湖上初晴

后雨》:"水光潋滟晴方好,山色空蒙雨亦奇。欲把西湖比西子,淡妆浓抹息相宜。"被誉为西湖的第一名诗,是西湖最经典的广告词。这第三样就是到杭州必吃的"东坡肉"。

杭州城的老百姓都很尊敬苏东坡。他们知道苏东坡喜欢吃肉,过年时, 大家送来了猪肉和黄酒。苏东坡推辞不过,只好收下。他的家人将酒倒进锅 里,加酱油、香葱、姜、糖,在密封的砂锅中用文火焖制,做了几大锅红烧 肉。然后,按照苏东坡的吩咐,给民工每家送去一块。见苏东坡差人送肉来, 大家可高兴啦,亲热地把它叫做"东坡肉"。

从此以后,"东坡肉"就成了杭州的传统名菜。

When taking the post as an official in Hangzhou, Su Dongpo* (A. D. 1037–1101) did three excellent things for this city. The first one was building Su Causeway on West Lake. The second was writing a poem about the beauty of the West Lake. It became the No.1 poem of West Lake, and it is still the most classical advertising word of West Lake. The third was dong-po-rou (Dongpo Pork), which must be eaten when you

travel in Hangzhou.

The people in Hangzhou all respected Su Dongpo very much. Su Dongpo liked eating the pork, so everybody presented him pork on New Year's Day. Su Dongpo couldn't decline. His family cooked all the pork with wine, soy sauce, ginger and sugar. Then, according to Su Dongpo's instruction, the pork was sent to every civilian. The people were very glad and called it "dong-po-rou (Dongpo Pork)" Hereafter, "dong-po-rou" became one of the traditional famous dishes of Hangzhou.

*Su Dongpo: a celebrated literator, calligrapher and painter of the Northern Song Dynasty (A.D.960-1126).

● 西湖離鱼 (xi-hu-cu-yu) WEST LAKE VINEGAR FISH

800多年前,西湖的孤山上,有一家姓宋的人,男主人宋五哥去世了, 留下宋五嫂和十二三岁的小弟弟。"长嫂为母",宋嫂理所当然地担当起照顾 小叔的责任,他们在西湖边捕鱼为生。一天,小叔得了重感冒,身体虚弱, 胃口不开。宋嫂刚打了一网好鱼回来,她准备给小叔补补身子。她一边把鱼 放进油锅里炸,一边就想,怎样能变个法儿,把鱼做得鲜美好吃,又没有鱼 腥味呢?想着想着,就走神儿了。她把手边的醋当作酱油,糖当成盐,藕粉 当成豆粉, 调了一碗汁, 就往锅里倒, 等她闻到甜甜酸酸的味儿, 已经来不 及了。谁知,小叔刚尝了一口,竟胃口大开,狼吞虎咽把鱼吃个精光。之后 几天,宋嫂天天都给小叔做糖醋鱼吃,小叔很快就恢复了健康。左邻右舍都 来跟宋嫂学做这道菜,大家叫它"宋嫂鱼"。

那年春天,皇帝在西湖荡舟游玩,暖风吹过,一股甜酸味飘来,皇帝问 左右: "什么味儿,这么香?"左右告诉他是"宋嫂鱼"。皇帝马上脱下龙袍, 换上便服,走到茅屋。宋嫂正在烧鱼,皇帝一看,这宋嫂颇有姿色,比宫里 的娘娘多了几分自然美,情不自禁地说:"鱼好,人更美。"宋嫂不搭理。皇

帝一急,就说漏了嘴。"美人儿,跟我去宫 里享福吧。"这下,宋嫂知道站在自己 面前的就是那位昏君,就说:"龙 船难载我卖鱼妇,请自重。"皇帝 碰了一鼻子的灰,气呼呼地走 了。宋嫂知道凶多吉少,连夜带 着小叔逃离了杭州城。住在孤山 上的人们还常常做糖醋鱼吃,但怕 冲犯皇帝,就改称"西湖醋鱼"。

Eight hundred years ago, on Gushan Isletin West Lake, there lived a family. The host Song Wuge died, leaving his wife Songsao and a younger brother who was only twelve years old. Songsao fostered the little boy as a mother. They made a living by fishing. Once the boy caught a serious cold and didn't want to eat anything. Songsao caught some fish in the West Lake. She wanted to cook some delicious dish for the boy. She put the fish to be fried and thought about how to cook it more delicious. She mixed the vinegar, sugar and the lotus root starch together instead of soy sauce, salt and bean powder when she was absent-minded, and put the bowl of juice to the pan. When she realized, it was too late. But when the little boy tasted it, he had a very good appetite unexpectedly. He gobbled up all the fish in two minutes. In the next days, Songsao cooked the fish for the boy with vinegar, sugar and lotus root starch every day. The boy got well soon. Their neighbors learned to cook the fish in that way and they called it "song-sao-yu (Song-sao Fish)".

In that spring, the emperor took a tour around West Lake. He smelt the fragrance of the fish and asked, "The smell is so nice. What's it?" The official told him it was Songsao Fish. The emperor took off his robe at once and went to the thatched cottage. Songsao was cooking the fish. The emperor saw Songsao was quite pretty with more natural beauty than the ladies in the palace. He said, "The fish are good, you are beautiful. My beauty, come with me to the palace, you will live in ease and comfort." Songsao knew it was the fatuous and self-indulgent ruler when hearing the word "palace". She said, "I am only a common villager. I have no interests in living in the palace." The emperor left in disappointment, Songsao knew it would be fraught with grim possibilities and left Hangzhou with her younger brother at that night. Songsao's neighbors renamed the dish as "xi-hu-cu-yu" (West Lake Vinegar Fish) in order not to offend the emperor.





● 龙井虾仁(long-jing-xia-ren) LONGJING TEA SHRIMP

话说那次乾隆皇帝在龙井山园喝了那老夫妻泡的龙井新茶,很想带一点回去,又不好意思开口,更不愿暴露身份,便趁主人不注意,抓了一把茶叶,藏于便服内的龙袍里。告别了老夫妻,乾隆继续游山玩水,直到傍晚,来到西湖边一家小酒肆,点了几个菜,其中一个是炒虾仁。点好菜后他忽然想起先前藏起来的龙井茶叶,想泡来解渴。于是他一边叫店小二,一边撩起便服取茶。店小二跑过来接茶叶时看见了乾隆的龙袍,进了厨房结结巴巴地对掌勺的师傅说:"外面那人是,是,是皇上。"厨师正在炒虾仁,一听,也乱了方寸,一把抓过店小二拿进来的龙井茶叶当葱段撒在炒好的虾仁中。这盘菜端出来,只见茶叶青翠欲滴,虾仁乳白晶莹,闻一闻,清香扑鼻;尝一口,鲜嫩可口。乾隆禁不住连声称赞,"好茶!好菜!"

When Emperor Qianlong drank Longling Tea made by the old couple, he liked it too much and wanted to bring some tea back. But he didn't want to expose his identity, so he snatched a handful of tea and hid it in his imperial robe when the old couple didn't perceive. At dusk, Qianlong went to a restaurant for the dinner. He ordered several dishes, and one was the shrimp. He suddenly remembered Longling tea and called the waiter. The waiter came and was shocked to see the imperial robe when Qianlong put his hand inside to get the tea in the pocket. Entering the kitchen with the tea in his hand, the waiter stammered, "The guest outside is, is, is the emperor." The cook was just frying the shrimp. Hearing that, he was shocked too. He took the Longling tea from the waiter's hand as spring onion and put it into the pan. The shrimp was so nice unexpectedly. The tea was green, the shrimp was milky and the smell was fragrant. After having a taste, Qianlong said, "Good tea! Good dish!"

● 叫化鸡 (jiao=hia=ji) BEGGAR CHICKEN

据传清代,在杭州,有一叫化子弄到一只鸡,可他缺锅少灶的,怎么办 呢?那叫化子就仿效烤红薯的方法,用烂泥将鸡涂包起来,又捡了些败枝残 叶堆成火垛,扔在里面烘烤,叫化子就在旁边睡了。一觉醒来拨开火灰,见 泥团表面有裂缝,往地上一掼,鸡就脱开了泥壳,香气四溢,叫化子顾不得 烫手就美美地饱餐一顿。

那年乾隆皇帝微服出访江南,不知怎么和随从走散了,流落街头,又累 又饿, 有个叫化子正好在烤鸡, 看他可怜, 便撕下一块给乾隆吃, 乾隆觉得 这鸡异常好吃, 回到宫里有时还叫御厨仿做给他解馋。

后来,这种泥烤技法传入杭州的菜馆,厨师们竞相模仿,又不断改讲, 在煨烤的泥巴中加入绍酒,用西湖荷叶包鸡,成了杭州的一道名菜。



It is said in Qing Dynasty in Hangzhou, a beggar got a chicken but he had no pans and stoves to cook. So he imitated the method of roasting the sweet potato. He wrapped the chicken in mud and burned some dry twigs and leaves to roast the chicken. When the mud surface cracked, it was cooked.

Once Emperor Qianlong made a tour in Hangzhou and he was lost. He wandered destitute far in the suburb and felt very hungry. Abeggar gave Qianlong a piece of the roasted chicken, and Qianlong thought it was so delicious. When Qianlong got back to the palace, sometimes he let the imperial cook make the roasted chicken for him.

This kind of mud-baked skill was introduced to the restaurants in Hangzhou. The cooks copied and updated it byadding wine to the mud and wrapping up the chickens with the lotus leaf of West Lake. So this dish became a famous dish of Hangzhou and got a name "ijao-hua-ji" (beggar chicken).

● 西湖莼菜汤 (xi-hu-chun-cui-tang)

WEST LAKE CHUNCAI VEGETABLE SOUP

传说西湖水永远不会干涸是因为湖底 住着一只金牛。

有个贪心的财主想把金牛占为己有, 叫家丁在西湖边架起十部水车,车了七七四十九天,把湖水抽干了,真的看见了一头金 牛。家丁们试图把金牛搬走,可用尽全身力 气,金牛巍然不动。财主急了就亲自跑到湖 底帮忙,突然,金牛打了个喷嘴,攀时,大



雨倾盆,湖水猛涨,财主和他的家人全部被淹死了。那以后,金牛再没出现过,但湖中长出了一种水草,叶子椭圆像鸡蛋,浑身滑溜溜的,一到秋天,开出金黄色的小花,铺满湖面,美极了。有人说,这水草是金牛的奶汁变的。

那一年,杭州给皇帝进贡了满满的两桶水草,皇帝吃了很喜欢。可人哪 有吃草的说法,皇帝就给水草起了个名儿,叫"莼菜",就是纯美营养的菜。

中文里面有个很美的词叫"莼鲈之思",它来自于莼菜。

晋代的张翰,"才高八斗,善属文",在洛阳做官的时候,因见"秋风起,不由思恋起家乡的莼羹鲈鱼脍",说:"人生贵在得志,何能羁宦数千里,以要名爵乎?"于是,便辞官还乡,后人就把这种思乡之情称为"莼鲈之思"。在外的游子,最为牵挂的三件事——倚门的老母、临窗的娇妻,还有,家乡的莼菜羹。明代有一首《煮莼歌》"一朝能作千里莼,顿使吾徒摇食指;琉璃碗盛碧玉光,五味纷错生馨香;出盘四座惊已叹,举箸不敢争先尝;浅斟细嚼意未足,指点杯盘恋余香。"

It is said the water in West Lake would never dry up because there lived a golden cow in the lake.

A greedy rich man wanted to rob the cow for himself. He asked his servants to drain the water with ten waterwheels. They went to the bottom of the lake and tried to move the golden cow. Suddenly, the cow sneezed, the cloudburst came, the rich man and his family were all drowned. After that, the cow disappeared, and a kind of water grass grew up in the lake. The leaves were oval, like the egg. Someone said that the grass was made from the milk of the golden cow.

The officials of Hangzhou gave the grass as tribute to the emperor. The emperor liked it very much. But he didn't like the name "water grass" as it stood for the food for the animals, so he bestowed a name to it "Chuncai", which means pure and nourishing vegetable.

There is a beautiful Chinese word "missing Chuncai vegetable and weever" which means "homesickness", and it has an interesting story.

Zhanghan was an intelligent scholar who was excelled in prose in Western Jin Dynastyl A.D.265–316.) When he was an official in the capital Luoyang in the north of China, one day in autumn he felt a puff of cold wind, suddenly he missed the Chuncai vegetable and weever of his hometown. Then he wrote, "A man who gains reputation in the government is respected, but is it worthy to obtain fame and interest thousands of miles away from home?" So he resigned and went home. From then on, when a man is out, we always say he has three things to miss dear mother, dear wife and Chuncai vegetable.

● 吴山酥油饼 (wu-shinn-su-you-bing) WUSHAN CAKE

有一天,苏东坡视察吴山。走到山上,他见许多游人美滋滋地在吃一种饼子,顿觉腹中饥饿,就挤到一个小店买了几只。这饼色泽金黄,层酥叠起,看上去油丝丝,闻起来香喷喷,咬一口,松脆脆。苏东坡一连吃了三只,还一边吟诗,一边喝酒。他问店家:"这美味的饼叫什么名字啊?"店家说:"山野小吃,哪有什么名字。"苏东坡略想了一下,说,"这一层层,一丝丝的,像蓑衣,就叫'蓑衣饼'吧。"苏东坡的随从忙对店家说:"恭喜,恭喜,太守为这饼取名'蓑衣饼'了。"店家这才知道,吃饼的是大名鼎鼎的杭州太守苏东坡。

后来,因为这饼又油又酥,而"酥油"两字正好和"蓑衣"谐音,大家 就习惯叫成了"酥油饼"。

One day, Su Dongpo inspected Wushan District. He saw a lot of visitors eating a kind of pancake, and he felt hungry too. He went to a small shop to buy several cakes. The cake was golden yellow, crisp and oily. The smell was sweet. Su Dongpo ate up three in two minutes. He asked the shopkeeper, "What is the name of this delicious cake?" The man answered, "No name." Su Dongpo thought for a while and said, "It looks like the straw rain cape, you can call it 'suo-yi-bing'" (straw rain cape cake).

Because the cake is oily and crisp, it has another name "su-you-bing", which is similar in pronunciation to "suo-yi-bing", but the meaning

changes to "crisp and oily cake".

在哪儿吃 WHERE TO EAT?

要吃正宗的杭州名菜西湖醋鱼、东坡肉、叫化鸡、西湖莼菜汤,推荐去 下面几家有名的老字号酒楼。

If you want to taste the famous traditional Hangzhou dishessuch as "xi-hu-cu-yu" (West Lake vinegar fish)", "dong-po-rou" (Dongpo pork)", "jiao-hua-ji(beggar chicken)" and "xi-hu-chun-cai-tangl West Lake Chuncai vegetable soup)", it is good to go to the following famous old restaurants.

15 71 To lou-war-lou

到MF 1848 年, 油流用

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喝在杭州 WHAT TO DRINK?

喝茶,能品出杭州的味道。在杭州的旅 游,除了看风景,听故事,尝美食,喝茶是不能 漏掉的。

杭州话把"喝茶"叫"吃茶",在杭州喝茶,不仅仅是喝,还要吃,吃茶点,这才算真正的"喝茶"。茶点五花八门,可以是蜜饯、果干、水果,甚至炒饭、冰淇淋、藕粉等等。在杭州喝茶还有许多讲究,喝绿茶要用透明玻璃盖碗。春天要在柳浪闻莺喝,夏天要在曲院风荷喝,秋天要在满陇柱雨喝,冬天要在灵隐喝。

Sampling tea can taste real Hangzhou. Tea is the soul of Hangzhou. Besides the charming scenery, the beautiful legends and the delicious food, another thing can't be missed in Hangzhou—the excellent tea.

Hangzhou people are used to calling "drinking tea" as "eating tea". When the local people drink tea, they always eat something. Many kinds of snacks are served in the tea houses, such as sweet meat, dry fruits, fresh fruit, cake, candy, even the rice, ice cream and the lotus root starch, etc. There are many traditions when the people drink tea in Hangzhou. For example, drinking the green tea should be with the transparent glass bowl. The fashion is drinking tea at Orioles Singing in the Willows in spring, at Lotus at the Yeast Courtyard in summer, at Sweet Osmanthus Rains in Manjuelong in autumn and at Lingyin Temple in winter.



在哪儿喝 WHERE TO DRIVE!

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Add. No.176, Shuguang Road

Tel: 0571-87986975

位于柳浪闻莺景区。 地址 柳浪闻莺 3号

电话 0571-87069727



It is at the Orioles Singing in the Willows area.

Add No.3, liu-lang-wen-ying

Tel: 0571-87069727

IX III; II tarra na cha quar

曲院风荷附近。

地址 曙光路 184号 电话 0571-87979039

It is at the Lotus at the Yeast Courtyard area.

Add: No.184, Shuguang Road Tel: 0571-87979039

WINE OF THE PARTY OF

临靠西湖,一湖碧波尽收眼底。

地址 圣塘景区 1号 电话 0571-87021618

It has a good view of West Lake.

Add No.1, Shengtang Sightseeing Area Tel 0571-87021618

青藤条章 sing-limg-cha-gimn

中式家具, 每晚有古筝演奏。

地址 南山路 278号 电话: 0571-87022777

It is traditional Chinese styled with Guzheng (Chinese zither) show every evening.

Add No.278, Nanshan Road

Tel: 0571-87022777





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.

特点 能看湖景的国际 青年连锁旅舍。 35 元/床。 地址:南山路101-11 号 电话 0571-87918948 It is a branch of the in-

ternational youth hostel with a good view of West Lake. RMB35/bed.

Add No.101-11, Nanshan Road

Tel: 0571-87918948

特点。有价廉物美的山餐房。

35 元/床。

地址 满觉陇路 32号

电话 0571-87153273

The mountain view rooms are special RMB35/bed.

Add No.32, Manjuelong Road

Tel: 0571-87153273

特点、三面环水、与曲院风荷百步之遥。

40 元/床。

地址:杨公堤赵公堤4号

电话: 0571-87975883

It is surrounded by the water with three sides and close to the Lotus at the Yeast Courtyard area, RMB40/bed.

Add No.4, Yanggongdi, Zhaogongdi Tel- 0571-87975883

特点。古运河从旁边静静流过。

40元/床。

地址, 信义坊商街202号

申请 0571-88236392



It is by the ancient Beijing-Hangzhou Canal, RMB40/bed. Add No.202, Business Street, Xinyifang Tel. 0571-88236392

行用行集 8 首任 Hangzhou Herner Speed - 8 Hotel

特点。经济型酒店连锁店。

178元。

地址 光复路 96号

电话: 0571-56196888

It is a branch of an economical hotel group.RMB178.

Add: No.96, Guangfu Road

Tel 0571-56196888

特点。位于杭州西湖风景区、江南庭院式建筑。 3星级。298元。

申话: 0571-87082688 地址 玉皇山路 74号

It is in West Lake area with the courtyard style.

Three stars, RMB298.

Add No.74, Yuhuangshan Road

Tel: 0571-87082688

川西村 国度假 斯法 Marlongguyu Holiday Resort

特点。位于满陇桂雨景区,是金秋赏桂的好地方。 4星级。305元。

地址 满觉陇路2号

申请 0571-87988999

It is at Sweet Osmanthus Rains in Manjuelong area. It is a good place to enjoy the sweet osmanthus in autumn Four stars, RMB305.

Add No.2, Manjuelong Road

Tel: 0571-87988999

