



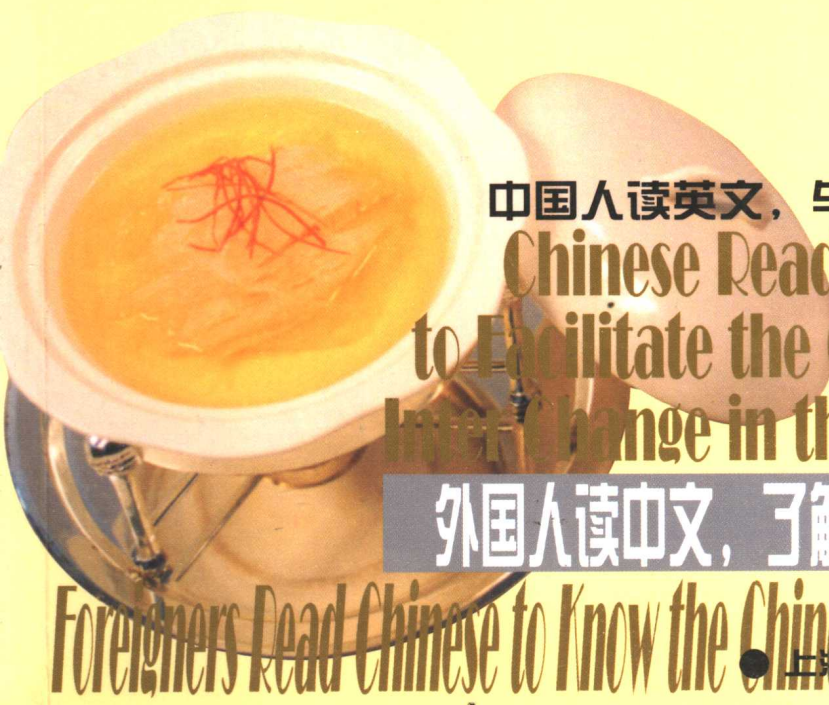
Guide to China

中国通手册

美食佳肴

Delicious Foods

崔知宇/著 徐蓓丽/译



中国人读英文，与世界交流
Chinese Read English
to Facilitate the Cultural
Interchange in the World

外国人读中文，了解中国文化

Foreigners Read Chinese to Know the Chinese Culture

● 上海古籍出版社

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xiě zài qiánmiàn de huà 写在前面的话

Foreword

shuō qǐ zhōngguó rénmen huì tán dào tā guǎngmào de jiāng yù fēng fù de wùchǎn
说起·中国，人们·会谈到·她·广袤的·疆域，丰富的·物产，
zhōngguó de rén kǒu yǒu jiǔ de lì shǐ cǎn lǎn de wén huà zhōngguó zhè gè shén qí de
众·多的·人口，悠久·的·历史，灿烂·的·文化……中国，这个·神奇的·
dōng fāng wén míng gù guó zhè gè zhèng zài zǒu xiàng xiàn dài huà de fā zhǎn zhōng guó jiā jiù
东·方·文·明·古·国，这个·正在·走向·现代化的·发展·中·国家，就
xiàng yí zuò yōu suǐ de bǎo kù yí bù hòu zhòng de jù shū xī yīn zhe rénmen qù tàn suǒ rán
像·一座·幽·邃·的·宝·库，一·部·厚·重·的·巨·书，吸·引·着·人们·去·探索。然
ér wú lùn shì duì yú shēng yú sī zhǎng yú sī de zhōngguó rén hái shì duì yú chū fǎng
而，无论·是·对于·生于·斯、长·于·斯的·中国人，还是·对于·初·访·
zhōngguó de wàiguó rén lái shuō zhè zuò bǎo kù zhè bù jù zhù dōu xiǎn de guò yú hào hàn guò
中·国的·外国·人·来·说，这·座·宝·库，这·部·巨·著，都·显·得·过·于·浩·瀚，过
yú jiǎn shēn bù jìn wú fá qióng jìn ér qiè wǎng wǎng mù mí wú sè bù dé yào lǐng wèi le
于·艰·深，不·仅·无·法·穷·尽，而·且·往·往·目·迷·五·色，不·得·要·领。为了·
ràng yǒu yì liǎo jiě zhōngguó de wàiguó rén yǐ jí shēng zhǎng yú cǐ de zhōngděng wén huà chéng
让·有·意·了·解·中·国的·外国·人，以·及·生·长·于·此·的·中·等·文·化·程
dù de zhōngguó rén zài zuǐ duǎn de shí jiān nèi huā zuì shǎo de gōng fū liǎo jiě zhōngguó shú
度·的·中·国·人，在·最·短·的·时·间·内，花·最·少·的·功·夫·了·解·中·国，熟
xī zhōngguó shàng hǎi gǔ jī chū bǎn shè jīng xīn cè huà biān jí chū bǎn le zhè tào zhōngguó
悉·中·国，上·海·古·籍·出·版·社·精·心·策·划、编·辑·出·版·了·这·套·《中·国
tōng shǒu cè cóng shū
通·手·册》丛·书。

zhè tào cóng shū xuǎn qǔ zuì néng fǎn yǐng zhōngguó jiāng yù tè diǎn biǎo xiàn zhōngguó wén
这·套·丛·书·选·取·最·能·反·映·中·国·疆·域·特·点、表·现·中·国·文
huà tè sè zhǎn xiàn zhōngguó rén shēng huó fāng shì de nèi róng yǐ tú wén bìng mào zhōng yīng
化·特·色·展·现·中·国·人·生·活·方·式·的·内·容，以·图·文·并·茂、中·英
wén duì zhào de xíng shì jiā yǐ biǎo xiàn bìng gěi hàn zì jiā zhù pīn yīn zài měi gè hàn yǔ yǔ cí
文·对·照·的·形·式·加·以·表·现，并·给·汉·字·加·注·拼·音，在·每·个·汉·语·语·词·

zhījiān jiā le dùndú fúhào zhè yī qiè dōushì wèi le wàiguó yǒurén biànyú yuèdú bìng lǐ jiě
之间·加了·顿读·符号，这·一切·都是·为了·外国·友人·便于·阅读·并·理解·
shū zhōng de nèiróng tóngshí yě fāngbiàn zhōngguó rén de duìwài jiāoliú
书·中的·内容，同时·也·方便·中国·人的·对外·交流。

yuàn zhètào cóngshū néng chéngwéi zhǎnshì zhōngguó wénhuà de yí gè míngliàng de chuāng
愿·这套·丛书·能·成为·展示·中国·文化·的一个·明亮的·窗
kǒu chéngwéi gōutōng zhōng wài rén shì de yí zuò jiānshí de qiáoliáng
口，成为·沟通·中·外·人士·的一座·坚实的·桥梁。

gāo kè qín

高克勤

nián yuè

2002年10月

The mere mention of China often reminds people of its vast expanse of territory, abundant resources, huge population, time-honored history and splendid culture. China, as a developing country, is now rapidly heading for modernization. This ancient mysterious oriental country like an inexhaustible goldmine and resourceful history book appeals to an ever-rising number of people both at home and abroad. However, the goldmine and history book is so huge and abstruse for people from other countries, even a native Chinese to grasp its marrow. With this in mind, Shanghai Classical Publishing House meticulously designs and compiles this present series of books, A Guide to China, so that it will be more sparing of time and efforts for all the people who are willing to learn more about China.

The choice materials in this series of books reveal the diverse cultures and life styles typical of their respective kind within Chinese territory. Moreover, the series of books is printed in a bilingual version (Chinese-English) with vivid pictures. Each Chinese character is accompanied by Chinese pinyin, and a demarcation between two different Chinese phrases is considerably drawn throughout each book. All these efforts aim to facilitate the reading and comprehending of foreign friends and communication between different cultures.

It is our sincere wish that this series of books might serve as a bright window for demonstrating Chinese culture, and a solid bridge for communication and mutual understanding between Chinese people and other nations as well.

Gao Keqin

October, 2002

mù lù
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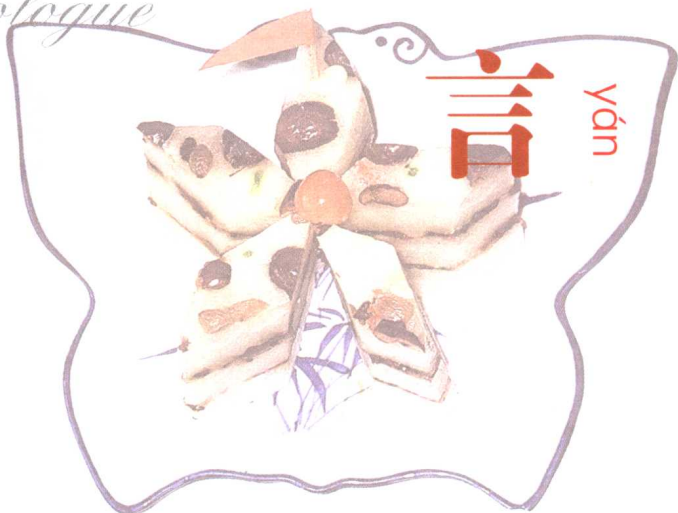
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 全羊席

引 yǐn

Prologue



zhōngguó pēngrèn lì shǐ yǒu jiǔ jì yì jīngzhàn xiāng yù hǎi nèi wài jù xī měiguó
中 国 · 烹 饪 · 历 史 · 悠 久 ， 技 艺 · 精 湛 ， 享 誉 · 海 内 外 。 据 悉 ， 美 国
de hàn xué jiā yǐ jīng xiě chū yī bù zhōngguó yǐn shí wén huà tōng shǐ bìng chū bǎn le duàn dài
的 · 汉 学 家 · 已 经 · 写 出 · 一 部 · 中 国 · 饮 食 · 文 化 · 通 史 ， 并 · 出 版 了 · 断 代 ·
shǐ shì jiè shàng hái jiāng zhōngguó yù wéi pēngrèn wángguó zhèxiē zú yǐ shuō míng zhōng
史 。 世 界 · 上 · 还 · 将 · 中 国 · 誉 为 “ 烹 饪 · 王 国 ” ， 这 些 · 足 以 · 说 明 · 中
guó de yǐn shí yǐ dé dào le shì jiè de gōng rèn qí mèi lì yě zhèng zài bèi yuè lái yuè duō de
国 的 · 饮 食 · 已 得 到 了 · 世 界 的 · 公 认 ， 其 · 魅 力 · 也 · 正 在 · 被 · 越 来 越 多 的 ·
rén suǒ liǎo jiě
人 · 所 · 了 解 。

gǔ yǔ dào mín yǐ shí wéi tiān yào liǎo jiě zhōngguó shēnhòu de wén huà dǐ yùn bù
古 语 道 ： “ 民 · 以 · 食 · 为 · 天 。” 要 · 了 解 · 中 国 · 深 厚 的 · 文 化 · 底 蕴 ， 不
fáng cóng gǔ lǎo de yǐn shí wén huà kāi shǐ jù wén xiàn zài zǎo zài wǔ qiān duō nián qián zhōng
妨 · 从 · 古 老 的 · 饮 食 · 文 化 · 开 始 。 据 · 文 献 · 载 ， 早 · 在 · 五 千 多 年 · 前 ， 中
guó yǐ yǒu kǎo ròu kǎo yú děng shí pǐn xī zhōu shí chū xiàn de bā zhēn jiù shì zhuān wèi
国 · 已 有 · 烤 肉 · 烤 鱼 · 等 · 食 品 。 西 周 · 时 · 出 现 的 “ 八 珍 ” ， 就 是 · 专 · 为 ·
zhōu tiān zǐ zhǔnbèi de yàn yǐn měi shí chūn qiū zhànguó shí yǐ shí fēn jiǎng jiū pēngrèn de dāo
周 · 天 子 · 准 备 的 · 宴 饮 · 美 食 。 春 秋 · 战 国 · 时 ， 已 · 十 分 · 讲 究 · 烹 饪 的 · 刀

gōng huǒhòu tiáowèipǐn shí zhì hàn dài dòu fǔ de fā míng yòu shǐ jiā yáo zēngtiān le xīn
功、火候、调味品。时至·汉·代·豆腐的·发明，又·使·佳肴·增添了·新
de pǐnzhǒng cǐ hòu fó jiào chuán rù zhōngguó bìng liú xíng jiā zhī nán běicháo shí liáng wú
的·品种。此后·佛教·传入·中国·并·流行，加之·南·北·朝·时·梁·武
dì tí chàng fó jiào zhāishí sù cài dé dào le hěn dà de fā zhǎn suí táng wǔ dài kāi huā sè
帝·提倡·佛教·斋食，素菜·得到了·很大的·发展。隋、唐、五代，开·花色
cài shíliáo cài zhī xiān hé rú wǎngchuān xiǎoyàng fēngjǐng lěngpán zhìliáo fēnghán gǔ tòng
菜、食疗菜之·先河，如·辋川·小样·风景·冷盘，治疗·风寒骨痛
de wū jī gēng děng sòng dài shí shì chǎng shàng yǐ yǒu biāomíng nán běi chuān wèi de cài
的·乌鸡羹·等。宋·代·时·市场·上·已有·标明·南、北·川味的·菜
diǎn zhè biǎomíng dāngshí cài yáo de zhǔyào fēngwèi liú pài yǐ jù chū xíng míng qīng liǎng dài
点，这·表明·当时·菜肴的·主要·风味·流派·已具·雏形。明·清·两代，
yǐn shí wén huà jìn yí bù fán róng cài yáo pǐnzhǒng shù yǐ qiān jì qīng zhēn cài zuò wéi yī
饮食·文化·进一步·繁荣，菜肴·品种·数以·千计，清真菜·作为·一
zhǒng dú tè de fēngwèi cài bèishòu rénmen huānyíng bìng zài cài yáo zhōng zhān jū le yí dìng
种·独特的·风味菜，备受·人们·欢迎，并在·菜肴·中·占居·了一定·
wèi zhì tóngshí gè dì yě kāi shǐ yǒu le zì jǐ de tè sè fēngwèi cài chéng rú qīngbái lèi
位置。同时·各地·也·开始·有了·自己的·特色·风味菜，诚·如《清稗类
chāo gè shěng tè sè zhī yáo zhuàn suǒ zǎi yáo zhuàn zhī yǒu tè sè zhě wéi jīng shī shān
钞·各省·特色之·肴饌》所·载：“肴饌·之·有·特色者，为·京师、山
dōng sì chuān guǎng dōng fú jiàn jiāng níng sū zhōu zhèn jiāng yáng zhōu huái
东、四川、广东、福建、江宁、苏州、镇江、扬州、淮
ān
安。”

yóu shàng kě jiàn zhōngguó yǐn shí yǐ yǒu shùqiānnián de wén huà jī cún yuányuǎn liú
由·上·可见，中国·饮食·已有·数千年的·文化·积存，源·远流
cháng dài dài xiāngchéng yòu bù duàn tuò xīn jù yǒu xiǎnmíng de mín zú tè sè hé nóng yù
长，代代·相承，又·不断·拓新，具有·鲜明的·民族·特色和·浓郁
de wén huà qì xī gù ér lìng shì rén zhǔmù duō liǎo jié hé shù xī yǐ xiē zhōngguó de yǐn
的·文化·气息，故而·令·世人·瞩目。多·了解·和·熟悉·一些·中国的·饮
shí wén huà shì dà yǒu bì yì de
食·文化，是·大有·裨益的。

The cooking in China has a long history and perfect technique, and it is well known all over the world. It is said that American scientists of China have already written a book about Chinese catering culture, and published a history book about different periods; China is moreover called "cooking kingdom"; which is much enough to prove that

China's catering.

It is said that people rely on nature. So we can know how deep the culture of China is from ancient time.

According to document, before 5,000 years, China has had roasted and baked fish, etc. Bazhen happening in Zhou Dynasty is a kind of party cooking food prepared for King Zhou. In the period of Spring and Autumn and Warrior Time, people have been familiar to cooking slicing technique and the blending of seasonings. Bean curd was again added in dishes in Han Dynasty. And then, Buddhism spread into China and is popular in China; meanwhile, in South and North Dynasty, King Liangwu advocated Buddhism vegetarian food, so vegetarian food developed. In Sui and Tang Dynasties and the later period, people invented a lot of dishes, which either were consisted of at least 2 parts or were medical, such as wangchuan small cold dish and black chicken soup, which can cure some diseases, etc. In Song Dynasty's market, there have been dishes that were labeled where they are from, which means that the food's streams of China have formed a little. In Ming and Qing Dynasties, there are thousands of dishes. Muslim dish, as a special one is popular to people and it plays an important role in China's dishes. There are different places having their own special dishes, as it is said in Qing Bai Lei Chao (a book of jottings), "Particularly in Beijing, Shandong, Sichuan, Guangdong, Fujian, Jiangning, Suzhou, Zhenjiang, Yangzhou and Huai'an have the most particular dishes."

As it is said above, China's catering has had thousands years' culture. It will be passed on from generation to generation, and it will spread ever more board. For it has specialized national characteristic and deep culture, people all over the world emphasize it. It is very helpful to know more about some China catering culture.



Well-known Food

The so-called traditional well-known food is featured by a combination of color, aroma, taste and shape. In addition, its creation has absolutely interesting stories so that lots of anecdotes, which show the customs at that time, are handed down.

That is to say, the traditional well-known food can be called an exotic flower among the catering culture.

传统名菜

chuán tǒng míng cài

suǒwèi chuántǒng míngcài chú jù yǒu gè zì de sè xiāng wèi xíng tè sè wài
所谓·传·统·名·菜，除·具·有·各·自·的·色、香、味、型·特·色·外，

tā men de chuàngzhì hái yǒuzhe ráoyǒu qù wèi de shēnshì yī zhì liú xià le bù shǎo yí wén
它们·的·创·制·还·有·着·饶·有·趣·味·的“身·世”，以·致·留·下·了·不·少·遗·闻

yì shì zhéshè chū dāngshí de fēngsù rénqíng kě yǐ shuō chuántǒng míngcài kānchēng yǐn
轶·事，折·射·出·当·时·的·风·俗·人·情。可·以·说，传·统·名·菜·堪·称·饮

shí wénhuà zhōng de yì duǒ qí pā
食·文·化·中·的·一·朵·奇·葩。

běi jīng kǎo yā

北京烤鸭

Beijing Roast Duck

kǎo yā yǒu duōzhǒng chī fǎ tōngcháng
烤鸭有多种吃法，通常：

shì jiāng gāng kǎoshú de yā zǐ chèn rè pī
是将刚烤熟的鸭子，趁热批。

piàn zhān tiánmiànjiàng jiā cōngbái huángguā
片，蘸甜面酱，加葱白、黄瓜

tiáo yòng tè zhì de hé yè bǐng juǎnzhe chī
条，用特制的荷叶饼卷着吃；

huò yòng kōngxīn zhī máshāobǐng jiā kǎo yā ròu
或用空心芝麻烧饼夹烤鸭肉。

chī
吃。



běijīngkǎo yā shǔ shǒu qū yì zhǐ de zhōngguó míngcái jiā huàn yǐ yǒu sānbǎi duōnián de
北京烤鸭属首屈一指的·中国·名菜·佳馐，已有·三百多年的·

lì shǐ rú guǒ dāndān zhuī sù kǎo yā de qǐ yuán nà jiù gèngzǎo le sòng yuán liǎngcháo
历史。如果·单单·追溯·烤鸭的·起源，那就·更早了。宋、元·两朝·

yǐ yǒu guān yú zhì yā shāo yā jūnwéi kǎo yā de wén zì jì zài gōngyuán yī sān liù bā
已有·关于·炙鸭、烧鸭(均为·烤鸭)的·文字·记载。公 元一三六八

nián míng tài zǔ zhūyuánzhāng jiàn dū nánjīng gōngtíng yùchú cǎiyòng tàn huǒ hōngkǎo pēng
年，明·太祖·朱元 璋·建·都·南京，官 廷·御厨·采用·炭火·烘烤，烹

zhì nánjīng hú yā shǐ yā zǐ sū xiāng féi měi féi ér bù nì bèi huáng fǔ qǔ míng wéi kǎo
制·南京·湖鸭，使·鸭子·酥 香·肥美，肥·而·不·腻，被·皇 府·取名·为“烤

Beijing roast duck is second to none among Chinese traditional delicious food with a 300-year-long history. Dating back to the original of Beijing roast duck, its history would be earlier. In Song Dynasty and Yuan Dynasty, the written records about some kinds of roast duck had appeared. In 1368, Zhu Yuanzhang, the first emperor of Ming Dynasty, set up his capital in Nanjing, where the royal chef used coal to roast Nanjing lake ducks soft, fragrant, fleshy, delicious, but now greasy, so that they were called “roast ducks” by the royal palace. After the death of Zhu Yuanzhang, his forth son, Prince Yan, Zhu Di became the king and then moved the capital to Beijing. So the technology of roasting ducks was brought to Beijing and

developed further. In Qing Dynasty, roast ducks became the royal dish favored by King Qian Long, Queen Mother Ci Xi and other royal families and officials. So finally this dish was officially named as “Beijing Roast Duck”.

There are many ways to eat roast ducks. Generally, slice the duck into pieces immediately after it is roasted. Dip sweet paste and then eat it rotted with special lotus leaf pancake mixed with scallion bulb and cucumber slices or hollow sesame seed cake.



yā zhūyuánzhāng sǐ hòu yān wáng zhū dì chēng dì bìng qiān dū běijīng kǎo yā jì shù
鸭。朱元·璋·死·后，燕·王·朱·棣·称·帝，并·迁·都·北·京，烤·鸭·技·术·
yě suí zhī dài dào běijīng bìng dé dào jìn yí bù fā zhǎn
也·随·之·带·到·北·京，并·得·到·进·一·步·发·展。

dào le qīngcháo kǎo yā chéngwéi qiánlóng huáng dì cí xǐ tài hòu yǐ jí wánggōng dà
到·了·清·朝，烤·鸭·成·为·乾·隆·皇·帝、慈·禧·太·后·以·及·王·公·大·
chénmen suǒ xǐ ài de gōngtīng cài zhèngshì mìngmíng wéi běijīngkǎo yā
臣·们·所·喜·爱·的·宫·廷·菜，正·式·命·名·为·“北·京·烤·鸭”。

shuàn yáng ròu

涮羊肉

*Instantly Boiled Mutton
in a Mongolian Fire Pot*

chī shuàn yáng ròu zuì hǎo

吃涮羊肉最好

de jì jié shì qiū dōng liǎng

的季节是秋冬两

jì cǐ shí de yáng biāo féi ròu

季，此时的羊膘肥肉

nèn zuì wéi xiān měi

嫩，最为鲜美。



shuànyáng ròu yòu chēng yáng ròu huǒguō shì běijīng chuántǒng míngcài tā pō jù shí

涮羊肉，又称羊肉火锅，是北京传统名菜，它颇具食

qù shí zhě zì jǐ dòngshǒu biān shuàn biān zhān tiáoliào shíyòng rè tàng xiānměi

趣，食者自己动手，边涮、边蘸调料食用，热烫鲜美。

shuànyáng ròu qǐ yuán yú yuán dài dāngnián yuán shì zǔ hū bì liè shuài jūn nánxià yí

涮羊肉起源于元代。当年元世祖忽必烈率军南下，一

rì dí jūn bī jìn huǒ fū lái bù jí shāofàn zhǐ néng jiāng yǐ qiē chéng báopiàn de yáng

日，敌军逼近，伙夫来不及烧饭，只能将已切成薄片的羊

ròu zài fèi shuǐ lǐ yí tàng zài bàn xiē tiáoliào jiāngshìmen chī de jīn jīn yǒuwèi hū bì liè

肉在沸水里一烫，再拌些调料。将士们吃得津津有味，忽必烈