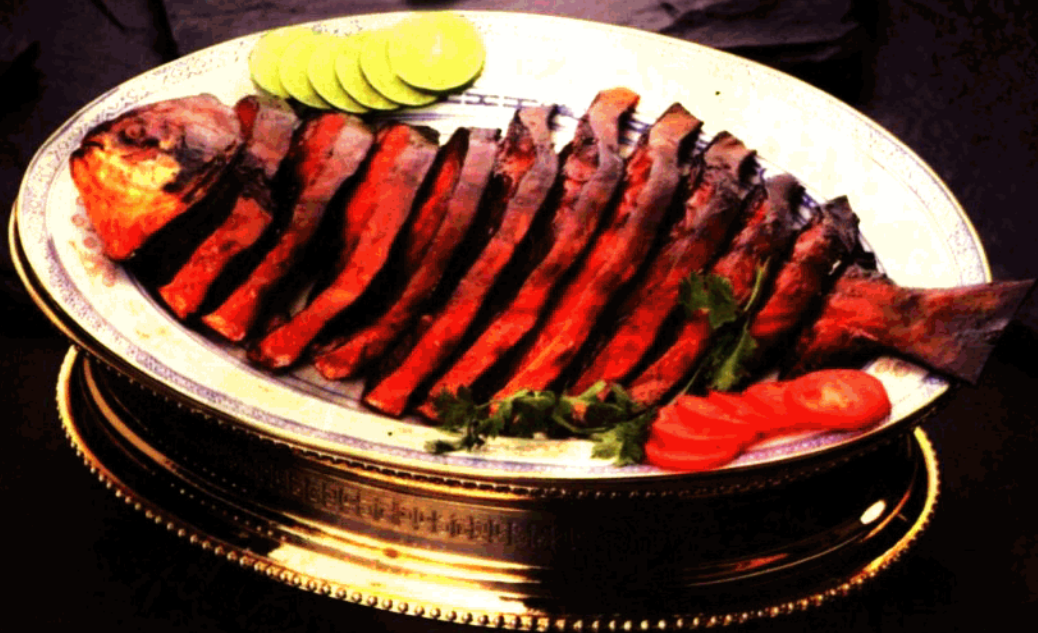


CHINESE CUISINE SERIES
SHANDONG CUISINE

中国大菜系

鱼白菜



山东科学技术出版社

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序

中国是世界文明的四大发祥地之一,其独具特色的饮食文化是中华民族对人类文化的突出贡献之一。中国烹饪在世界上享有盛誉,颇受其他国家和民族的喜爱。中国烹饪技术历史悠久、博大精深,历经火爨、石烹、陶烹、铜烹、铁烹等各个历史阶段,在内外交流中逐渐发展成熟。中国常用的烹饪原料有3000种左右,调味品近500种,烹调方法100余种,刀工技法不下40种。不同原料、不同调料、不同刀法、不同烹法的搭配组合,产生出了千姿百态、丰富多彩、不可胜数的美馐佳肴。

中国烹饪有完善的技术体系,其特点可以概括为:天人合一、广采博取的选料原则;刀工细腻、组合平衡的切配加工;讲究火候、注重滋感的烹制技法;善于调和、追求风格的调味工艺。这些都具有鲜明的民族特色,构成了有别于其他国家烹饪的基本特征。

中国烹饪有独特的审美标准,即色、形、香、味、滋、养。色是菜肴的色泽;形是菜肴的形态;香是菜肴的香气;味是菜肴的味道;滋是菜肴的质地感觉;养是平衡膳食肴馐养生。此六者结合构成视觉、嗅觉、味觉、触觉的综合艺术享受,其中又以味为核心,以养为目的。

中国烹饪有著名的四大菜系,即黄河流域的鲁菜、长江上游的川菜、长江下游的苏菜、珠江流域的粤菜。由于地理、物产、民族、风俗等因素的影响,形成了不同的风味特色。鲁菜选料广泛,烹法全面,口味讲究纯正醇浓,工于制汤;川菜好麻辣辛香,擅调复合味,菜式朴实;苏菜刀工精细,注重火候,调味清淡醇和,善烹江鲜家禽;粤菜精于烹制海鲜,口味注重鲜爽,烹调讲究出新。鲁菜、川菜、苏菜、粤菜是中国烹饪区域性的主要代表。如若从其他角度认识,中国烹饪尚有许多著名流派。

《东方美食》杂志社社长兼总编辑刘广伟先生,是位特一级厨师,有丰富的烹饪学识,并一直热心致力于中国烹饪事业,对弘扬中国烹饪文化作出了贡献。这次他与山东科学技术出版社共同组织策划出版的大型中英文对照画册《中国大菜系》(鲁菜、川菜、苏菜、粤菜……),由全国各地的烹饪专家学者参与编写,以“继承、发扬、开拓、创新”为宗旨,挖掘传统,整理创新,以精美的形式、非凡的气派展示中国烹饪风貌于世人。我深信它能更好地服务于世界各地的中餐从业者,能为世界人民的身体健康作出更大的贡献,故乐为之序。

世界中国烹饪联合会会长

姜 习

1996年5月

PREFACE

China is one of birthplaces of world civilizations, and the Chinese food culture has contributed greatly to the culture of mankind. Chinese culinary art is rated as the best of its kind the world over and has been praised and admired by people of other countries. With a long history and a comprehensive and profound theory, it has undergone different historical stages of development with regard to the way of cooking, starting with roasting by fire and then with stone utensils, pottery utensils, copper utensils and nowadays with iron and stainless steel utensils. The raw materials that are used for the Chinese cooking are of about 3000 different kinds with 500 condiments available. As far as cooking methods are concerned, as many as one hundred ways of cooking have been put in practice apart from almost 40 ways of cutting. Therefore, a great variety of delicious and delicate dishes of different patterns can be produced by using various ingredients, condiments and different ways of cooking.

Chinese cuisine is characterized by its complete and perfect technical system which includes the careful selection and extensive use of a wide range of raw materials, the meticulous care of cutting style and skillful mixture of ingredients, the enormous attention to the heat used that plays an important part in the texture of dishes, and finally, the way of ingeniously blending condiments. These constitute the basic and distinctive characteristics of the Chinese cooking. The special aesthetic criteria by which Chinese dishes are assessed include colour, shape, flavour, taste, texture and nutrition that the dishes possess. The combination of the six elements provides the whole artistic enjoyment of the senses of vision, smell, taste and touch, with the satisfaction of the sense of taste as the key point and good health and longevity as the main purpose.

Chinese cuisine can be geographically divided into four categories. The dishes that are produced in the area around the Yellow River are called the Shandong cuisine. Those dishes produced on the upper reaches of the Yangtze River are the Sichuan cuisine; the dishes enjoyed by the people along the lower reaches of the Yangtze River are the Jiangsu cuisine, and finally dishes that are popular along the Pearl River are the Guangdong cuisine. The Shandong cuisine, with soup as the best of its kind, has the features of extensive selection of raw materials, the use of all cooking methods and its pure and rich flavour. The Sichuan cuisine, with its simple style and hot taste, is good at creating a complex taste. The Jiangsu cuisine attaches much importance to the cutting skills and handling of the heat, taking river fishes and poultry as the main cooking materials and committing itself to the production of simple taste and rich flavour. What distinguishes the Guangdong cuisine from the rest is the freshness of taste and the innovation of cooking technique. Besides, it takes sea fishes as the main raw materials. The four categories of Chinese dishes demonstrate their regional differences created by such factors as geography, natural products, nationality and customs.

Mr. Liu Guangwei, director and editor-in-chief of the journal *Eastern Cuisine*, is himself a first class cook and has devoted himself for many years to the Chinese culinary cause, and has contributed a lot to the spread and development of the Chinese food culture. In his cooperation with Shandong Science and Technology Press for the publication of the magnificent Chinese-English pictorial book *Chinese Cuisine Series*, he has organized the culinary experts throughout the country to explore the tradition and systematize what is left from history and make further additions, so that the book can present to the public in elegant form and with boldness the whole image of the Chinese cooking and provide better service to the people engaged in this profession and promote better health and long life for the people of the world. Therefore, I feel it a great honour to write the preface for this book.

Jiang Xi

Chairman of the Chinese Culinary Association

May, 1996

前 言

鲁菜是中国四大菜系之一,素以“用料广泛,制作精细,善于调味,工于火候”而著称,更以“香、鲜、脆、嫩、醇、软”而为世人推崇。特别是改革开放以来,鲁菜在继承传统烹饪技艺的基础上,博采众长,改进创新,以前所未有的繁荣局面为世人所瞩目。

《中国大菜系——鲁菜》由东方美食培训学院和山东科学技术出版社组织 100 多名特级厨师编写而成,是有史以来第一本全面、系统、直观、形象地展现鲁菜文化的大型豪华彩色画册;是一本反映当今鲁菜发展的权威性画册。

该书集鲁菜之精华,精选鲁菜 400 种,以精美的彩色菜品照片为主,配以中、英文对照的菜谱,一菜一谱,图文并茂。在选择菜品时,既收入有经久不衰的传统名馐,又收入有立意新颖的创新菜点,有继承有发展,力求真实客观地再现鲁菜的全貌。该书按冷拼雕刻、珍品、水产、畜肉、禽蛋、素菜、汤菜、甜菜、面点分类,并配有宴席菜单实例和烹饪术语解释。该书融系统性、直观性、实用性、科学性为一体,可供广大烹饪工作者、爱好者使用,也可作为烹饪院校的教学用书。

该书在编写过程中得到了东方美食杂志社、青岛市高级厨师协会、烟台市中西餐合璧研究会、山东省煤炭系统烹饪学会等单位的大力支持,在此表示衷心的感谢。由于水平所限,书中存在不足之处敬请读者批评指正。

编 者

1996 年 5 月

FOREWORD

As one of the four major components of Chinese cuisine, Shandong cuisine is famous because the dishes are exquisitely prepared and deliciously seasoned, the duration and degree of cooking are controlled to a turn, and a large variety of ingredients are used. The dishes are renowned for their tasty, crisp, tender and soft features. Since China launched its reform and open-door policy, Shandong cuisine has flourished after inheriting traditional culinary skills, learning widely from its counterparts both at home and abroad and making improvements and inventions. Its unprecedented achievements are catching the attention of the world.

The *Chinese Cuisine Series — Shandong Cuisine* was compiled by the Training School of Eastern Cuisine and Shandong Science and Technology Press. Over a hundred special-grade cooks contributed to it. This project is the first full-length, sumptuous and authoritative book with color photographs that gives a comprehensive, systematic, objective and vivid view of Shandong culinary culture and its present development.

The book includes 400 choice dishes, each of which is introduced with a color photo and a recipe both in Chinese and English. It includes both famous traditional dishes and new inventions in an attempt to give a full and objective view of Shandong dishes. In the book, the dishes are classified into hors d'oeuvres and food carvings, delicacies, dishes of aquatic products, dishes of livestock meat, poultry and egg dishes, vegetable dishes, soups, desserts and cereals with banquet menus and culinary terms attached to them. A systematic, objective, practical and scientific book, it suits the broad masses of cooks and amateurs in cuisine and can also be used as a teaching book in culinary schools.

Our heartfelt thanks go to Eastern Cuisine magazine, the Qingdao Association of Senior Cooks, the Yantai Association for the Combination of Chinese and Western Cuisine, the Culinary Association of Shandong Coal Industry and some other institutions and units for their full support to the compilation of the book. We sincerely invite readers' criticisms and correction of all possible mistakes and advice.

The compilers
May, 1996

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概 述

鲁菜是我国影响最大、流传最广的菜系，是黄河流域烹饪文化的代表。鲁菜历史悠久，源远流长，其深厚的文化基础和精湛的烹饪技艺闻名于世，深受国人乃至世界人民的推崇。

山东是我国古代文化的发祥地之一。远在数千年前，我们的祖先就生活在这块土地上。大汶口文化、龙山文化出土的红砂陶、黑陶等烹饪器皿、酒具，真实地反映了新石器时代山东的饮食文明，是我国饮食文化和烹饪艺术的重要渊源。

鲁菜作为菜系的雏形，当追溯于春秋战国时期。这一时期著名的思想家、教育家孔子提出了“食不厌精，脍不厌细”、“割不正不食”、“失饪不食”、“不得其酱不食”等饮食观点，反映了当时人们的饮食要求和审美水平，这对后来齐鲁地域的饮食习俗和烹饪技艺的发展，都具有重大的影响。《诗经·陈风》有诗之云：“岂其食鱼，必河之魴。……岂其食鱼，必河之鲤”说明黄河魴鱼和鲤鱼为当时著名的美味佳肴。其后，《礼记》中记载了我国最早的名菜——“八珍”，即：淳熬、淳母、炮豚、炮牂、捣珍、渍、熬、肝胾，这些都是周代的宫廷美味。据史料记载，齐桓公的宠臣易牙“善和五味，淄澠之水，尝而知之”，是一名高明的厨师。经近人考证，《诗经》中所记载的植物约 130 种，动物 200 多种，这些都无可辩驳地证明，当时的烹饪技艺，从其选料到制作工艺以及调味的类别等都已发展到一个很高的水平。

秦汉至隋唐时期，是鲁菜发展成熟的阶段。在这一时期，农业和手工业有了较大的进步和发展，都市的扩大，商业的繁荣，

酒楼、饭店已是“熟食遍列，肴旅成市，作业堕息，食必趣时，枸豚韭卵，煎鱼切肝，羊淹鸡寒，桐马酷酒，蹇脯庸脯，羔豆汤，白鲍甘瓠，热梁和炙”的热闹景象了。山东诸城凉台出土的《庖厨图》以多层次的连续画面，展示了从原料选择、宰杀、洗涤、切割、烤炙、蒸煮到饮宴的场面。南北朝时期，山东高阳太守贾思勰所著《齐民要术》，记载了黄河下游特别是山东地区的菜肴食品近百种，阐述了煎、煮、烤、酿、炒、蒸、烹、炸、腊、炖等烹调方法，对这一地域的烹调技艺作了全面的总结和概括。历经隋、唐、宋、金各代，鲁菜得以不断地提高和锤炼，成为具有一定规模的菜系，逐渐成为中国北方菜的代表。

元、明、清时期，鲁菜进入了昌盛阶段，三朝 700 余年大统一的局面，为中国烹饪集大成提供了基础。北方饮食文化由市肆饮食转向市井饮食，从而促进了鲁菜的变革和发展。在本时期蒙古族、满族先后入主中原，最后也都把自己的饮食文化融进了中华饮食文化中去了。作为中原饮食文化代表的鲁菜，也就随之扩大了其外延，加深了其丰富的内涵。特别是元朝定都汗八里（也叫大都，即今之北京）后，明清两朝皆沿袭建都于此，使鲁菜大量进入宫廷，成为御膳珍馐。各民族长期交往、融合的结果，使北方中原地区的饮食开始了对少数民族饮食的融合、消化和吸收，进一步丰富了鲁菜。哲学家张起均先生对鲁菜曾有这样的评价：“大方高贵而不小家子气，堂堂正正而不走偏峰，它是普遍的水准高，而不是以一两样或偏颇之味来号召，这可以说是中国菜的典型了。”新中国

诞生后,社会制度发生了根本变化,烹饪技术作为一门科学、一门艺术,逐步得到了社会的肯定。兴办烹饪教育,整理出版烹饪书籍,创办烹饪刊物,组织烹饪技术交流,开展烹饪学术研究,对于鲁菜的发展都起到了积极的推动作用。近年来,随着社会生产力的进步、物质生活水平的提高,烹饪原料日益丰富,新工艺新技术不断开拓,创新菜点层出不穷,营养卫生日臻完善科学。鲁菜正以前所未有的繁荣局面为世人所瞩目。

鲁菜在其形成和发展的过程中,由于受到政治、经济、文化、物产和习俗的影响,在饮食风格上逐渐形成了济南、胶东、孔府三大风味流派。

济南风味,亦称为历下风味。济南以湖光山色、涌泉之丽著称,济南地处水陆要冲,南依泰山,北临黄河,资源十分丰富。历代烹饪大师在因袭旧制,继承传统技艺的基础上反复研究,不断创新,把济南风味菜品推向精湛完美的境界。济南菜取料广泛,品种繁多。上至 24 珍,下至瓜、果、菜、菽,样样可成菜,件件可入席。燕窝、鱼翅、白菜、豆腐、畜禽等经精心制作,皆可成为脍炙人口的美味佳肴。济南菜清香脆嫩、鲜醇浓厚、一菜一味、百菜不重。鲁菜精于制汤,并以济南菜为代表,这早在《齐民要术》中已有记载,尤其是讲究清汤和奶汤的调制,清浊分明,清醇浓厚。济南菜烹调方法全面,味型丰富,其中尤以“爆”与“焗”更有独到之处。仅“爆”就可分为油爆、酱爆、蒜爆、葱爆、辣爆等数种。试以油爆为例,足以观其精妙绝伦之处。油爆菜肴选用新鲜脆嫩之原料,加热前对好调味芡汁,主料经热油处理,再与配料、汁芡一并上火瞬间速成。其烹制出神入化,其菜肴清鲜脆嫩。“锅塌”是鲁菜中所独有的烹调技法。锅塌菜肴主料加热前调味或加入馅心,再经拍粉拖蛋糊,两面煎至金黄色,烹汤调味慢火收浓汤汁,使之味入内里,质嫩味鲜。例如“锅塌

豆腐”、“锅塌鱼扇”、“锅塌大虾”等。

胶东风味,包括烟台菜和青岛菜,主要以烹制各种海鲜见长。胶东菜最早起源于福山,距今已有 800 多年的历史。早年福山地区有擅事厨之乡俗,曾涌现了大量的名厨名菜,经过长期的发展,现已成为鲁菜菜系中主要流派之一。胶东地处山东半岛,三面临海,风景秀美,气候宜人,海天山色,果秀鱼跃。胶东自然条件优越,物产资源丰富。著名的有对虾、海参、鲍鱼、扇贝、天鹅蛋、加级鱼、螃蟹、苹果、梨、大樱桃、龙口粉丝等。众多的物产,为胶东菜的形成与发展创造了得天独厚的条件。胶东菜精于海味,善做海鲜。风味独特的宴席,如全鱼席、鱼翅席、海参席、海蟹席、小海鲜席等,都以海鲜为主构成。著名菜品更是枚不胜举,如葱烧海参、清蒸加级鱼、锅烧蛎黄、红烧大排翅、扒原壳鲍鱼、油爆海螺、清氽天鹅蛋、芫爆乌鱼花、清炒凤尾虾、扒鱼脯、雪花蟹斗等等。小海鲜菜肴更具特色,如苜蓿蛏子、芙蓉大蛤、辣炒纹蛤等。胶东菜讲究清淡鲜嫩,崇尚原汁原味,故在调味中刻意保持其海鲜味不被破坏,很少用味浓烈的调味品。在烹调方法上多采用炒、爆、溜、白扒、蒸、煮、氽等。胶东菜制作工艺细腻,选料讲究,注重花色造型。随着对外开放和旅游事业的发展,胶东涌现了大批优秀厨师,他们在继承传统技艺的基础上,博采众长、匠心巧运、改进创新,使胶东菜更加清鲜洁雅、精致完美,并在全国乃至世界烹饪大赛中屡获殊荣。

孔府风味,是我国历史上著名的思想家、政治家、教育家孔子的嫡系后裔在接待皇帝、皇太后,欢宴钦差大臣、达官贵戚和举行家宴、喜宴、寿宴及日常生活中,遵循孔子“食不厌精、脍不厌细”的遗训,由孔府历代名厨师承相传形成的、独具特色的典型官府菜。孔府菜对菜肴制作极其考究,要求不仅精料细做,火候严格,注重口

味,而且巧于变换调剂,应时新鲜。孔府有着广泛的社会活动,内外厨更替频繁,促进了孔府和宫廷、官府、民间烹饪技艺的不断交流,加之千百年来孔府厨师们的不懈努力,从而逐渐形成了自成一格,名饌珍馐齐备,品类丰富完善,色、香、味、形、器俱佳的孔府菜。孔府菜礼仪庄重,等级分明,在菜式上、席面款式上要求十分严格,既有书香门弟、圣人之家风度,又有王公官府的气派。各类宴席的席面搭配讲究,主菜、大件、配伍菜都有一定的程式。孔府宴饮分三六九等,等级差别甚大,因此孔府设宴必须根据宴饮者的身份、地位及远近亲疏来分别对待。孔府菜做工精细,烹调技法全面,尤以烧、炒、爆、炸、扒见长,而且制作过程复杂。“美食不如美器”,孔府菜历来十分讲究盛器,金、银、铜、锡、漆、瓷、琉璃、玛瑙等各质餐具一应俱全,因事因饌而用,取其形神兼备。孔府菜席面注重食、器相得益彰,按席配套,席面陈设端庄典雅、多彩多姿、富丽堂皇。孔府菜命名讲究,寓意深刻。有的取名古朴典雅,富有诗意,如“诗礼银杏”、“阳关三叠”、“白玉无暇”、“黄鹂迎春”等;

有的则是管家、厨师投其所好,用以引人入胜,如“带子上朝”、“玉带虾环”、“雪丽琥珀”等;还有一类以赞颂其家世之荣耀或吉祥如意的,如“一品锅”、“一品寿桃”以及“福、禄、寿、喜”、“万寿无疆”等。

此外,还有独具特色的鲁西北的禽蛋菜,鲁西南的淡水产品菜,以豆腐为主要原料的泰安菜和鲁中具有齐国遗风的各式菜肴,与济南、胶东、孔府菜交映成辉,共同构成了久负盛名的鲁菜菜系。

鲁菜作为黄河流域烹饪文化的代表,发展到今天经历了漫长的历史进程,回顾鲁菜的历史,塞北游牧地区的烧烤,江南的俊秀食风,京都文化的熏陶,西方饮食浪潮的冲击,无不对鲁菜的发展产生积极的推动作用。鲁菜的历史是兼收并蓄、博采众长的历史。展望鲁菜的未来,同样也离不开继承、交流、吸收、发展、创新。山东省作为中国改革开放的东大门,经济的高速发展,实力的不断壮大,旅游业、餐饮业的迅速繁荣,鲁菜将会有更新的发展。我们在此预言:鲁菜将在 21 世纪走向第二个黄金时期。