

# 食雕藝術

## The Art of Garnishing

中華吃喝百科全書之 2

The Encyclopedia of Chinese Cuisine Vol II

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A. 142, 052B

# 食雕藝術

中華吃喝百科全書之②

## The art of Garnishing

The Encyclopedia of Chinese Cuisine Vol II

編輯策劃 / 陽明百科全書編輯委員會

Edited and Conceived by:

Yang Ming Encyclopedia Editorial Committee



## 名菜下金鍋， 食雕好陪襯！

由觀光局舉辦的第一屆「金鑊獎」，在七十年二月十四日開鍋比賽，來自亞洲各地的中菜名廚，分別做出拿手好菜，互別苗頭，結果——本書食雕製作人，台北希爾頓大飯店的名廚李吉川先生，在掌聲雷動之中，擁搶了第一座金鑊獎，成為此一國際大賽中實至名歸的冠軍廚師。

當時盛況，正是

抱風烹龍各展妙手，  
雕金砌玉俱見功夫。



## ● 本書食雕製作人 李吉川先生簡介 ●

李吉川，民國三十二年生，台灣省桃園縣人，他的廚師生涯，可謂傳奇。三十歲以前，他還是一名小小的雜貨店商人，民國六十二年，徹底改行，隨著在希爾頓大飯店當主廚的姐夫王冬生學習烹飪，從擦鍋洗菜的學徒做起，兩年之內，已經出色當行，成為掌廚高手，不獨火工獨到，而且刀工卓絕，更是國內研究食雕的第一把好手。

民國七十年，贏得第一屆「金鑊獎」國際烹飪大賽最佳廚師的榮銜。

目前，他是台北希爾頓大飯店中菜副主廚，文化大學食雕講師，公餘之時，也在台北及附近各縣市的家政訓練班、食雕訓練班擔任指導老師。

## Introducing Our Garnish Master Mr. Li Chi-Chuan

On February 14th 1981, the Tourism Bureau of Taiwan sponsored the first "Golden Wok Award", and in this competition with the best Chinese chefs in Asia the first prize winner was Mr. Li Chi Chuan, the chef at the Taipei Hilton Hotel who demonstrated all the garnishes in this book.

Li Chi Chuan was born in 1943 in Tao Yuan country, Taiwan and his career as a chef is legendary. Until the age of thirty he ran a small grocery store, but in 1973 he decided to change his profession. He then began to study under his brother-in-law, who was the chief chef at the Taipei Hilton Hotel, as an apprentice, cleaning works and washing vegetables. Within two years he became an accomplished cook, equally at home stirring a wok as he was carving superb garnishes. In fact he is the best garnisher in Taiwan.

At present, Mr. Li Chi Chuan is the vice-chef of Chinese cuisine at the Taipei Hilton Hotel and lectures on garnishing at the University of Chinese Culture. In his spare time he is an instructor of garnishing at several private schools of home economics in and around Taipei.





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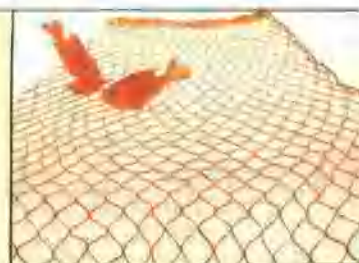
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ITS USE  
FRUIT  
NISHING



適合食雕的時蔬鮮果——

天生「果菜」必有用！

# 食雕藝術，化平凡為

## THE ART OF GARNISHING: TRANSFORMING THE ORDINARY INTO THE MIRACULOUS

幾個蛋切切拼拼，可以出現無數的卡通人物和動物，利用白蘿蔔，能雕出玲瓏剔透、光澤鮮潤、其白勝玉的十二生肖，把一小段紅蘿蔔稍加處理，剝那間，就變出一張比手鈎披肩還搶眼的大魚網……。

“食雕藝術”，可以教你利用廚房裡常見的果菜美化餐飲氣氛，只要你有“化平凡為神奇”的巧手慧心，果菜世界裡的風光，真能看得人眼花撩亂、目不暇給。

不論你想經營的是如何的餐飲氣氛，懂得食雕藝術的竅門刀法，人人能使大宴小酌面目一新，既有好菜佳餚，可供填飽飢腸，也有怡情悅目、好吃中看的餐盤擺飾、水果切雕助人吃興，提昇餐飲的情趣和格調。

A few simple cuts here and there and eggs are transformed into innumerable animals and cartoon characters; turnips become glistening white jade representations of the twelve symbols of the Chinese zodiac; and a little work changes a carrot into a shawl-like fishnet.....

The Art of Garnishing teaches you how to use common raw materials found in every kitchen, to enhance the atmosphere at mealtimes, and all you need is a little patience and effort to learn the simple tricks of “transforming the ordinary into the miraculous”. You will be amazed by the dazzling beauty of the vegetable world.

No matter what kind of atmosphere you want to create, an understanding of the methods of garnishing will enable you to give a new face to any size banquet. Attractive garnishes make good food even more enjoyable and relaxing.

### 食雕絕技在中國

#### THE ART OF GARNISHING IN CHINA

博大精深烹飪藝術，是演化而來的，精緻講究的食雕，也同樣不是一夜之間突然出現的學問。早從唐宋時代，食雕藝術就已經粗具雛型，不過當時並不普遍，只有在王侯富紳的宴會上，才能看到用瓜果切雕的各種飾品，或用麵粉捏成各式人物動物，陳列席間，以供吃食或玩賞。

如此代代相傳，食雕的刀法雕工雖時有創新，但也並未特別為人重視，直到現代生活水準提高，人類追求的不再只是溫飽而已，這一門藝術才終於發揚光大，真正普遍地被運用在一般餐飲當中。

許多餐廳裡的大廚師，行有餘力，也喜歡在食雕方面大下功夫，以炫耀自己做菜的本領和刀工。他們常常把各種果菜，以精巧的刀法雕成各式各樣的花飾，或吉祥的代表物，一方面增加大菜的色調和份量，另一方面也可以用雕出的東西，來表示各類不同喜慶、宴席的意義。

以各省的菜餚來做比較，則台灣菜可以算是特別注重食雕與色彩搭配的。有人認為，這與日本料理之強調餐盤裝飾有關，因為台灣受日本統治五十年，烹飪方式不免頗受影響。東洋食道瀟灑重纖秀淡雅的精神，食物未必豐厚，陪襯的擺飾絕對不能馬虎，因此這話或者可信。

另外有些人則認為，流行到本國來的西餐大菜，既好吃又好看，才是刺激目前一般餐

# 神奇

館注重食雕的原因，這話也不能一概否認。

不過，從歷史方面來考據，食雕絕技在中國，應是從唐宋以來，便已經紮根的。

The sublime art of cooking evolved gradually and likewise delicate garnishes weren't born in a day. As early as the Tang(618-906 AD.) and Sung(960-1279 AD.) dynasties garnishing was already an art form in China, though by no means a common one, as only at the banquets of Emperors, feudal lords and the wealthy did one see fruit garnishes or animal and human figures made of dough, arranged for the appreciation and consumption of those attending.

Although the techniques of this art form developed through the ages, it never really received serious attention. However, with the high standards of living in this modern age people look for more in food than merely filling empty bellies, which accounts for the current renaissance of the art of garnishing. More and more, garnishes are becoming a common feature of everyday meals.

Depending on availability of time, many chefs take delight in garnishing as one way to show off their culinary skills. They often employ skillful technique to make a variety of decorations or lucky symbols. This not only adds to the colourful appearance and quantity of the dishes, but certain garnishes may also be integrated with spirit of the occasion.

In comparison with other provinces of China, Taiwanese cuisine pays special attention to colour co-ordination and arrangement of garnishes. Some people believe that this is related to the emphasis given to garnishing in Japanese cuisine, as the fifty year Japanese occupation of Taiwan must have influenced Taiwanese cuisine. Japanese cuisine emphasises quality rather than quantity and this is perhaps the basis for the belief that Japanese and Taiwanese cuisine are related.

Others believe that the contemporary Western food now popular in Taiwan, both looks and tastes good and gave rise to the popularity of garnishing in many restaurants in Taiwan. Thus it is possible that the West may indeed have had an influence too.

However, from the historical point of view the art of garnishing in China has its roots in the Tang and Sung dynasties.

大宴氣派的烘托

小宴情調的陪襯

MORE STYLISH BANQUETS

MORE INTIMATE DINNER PARTIES

中國人好吃，中國人也好客，“座中客常滿，杯中酒不空”的樂趣，對中國人來說，實無其他事物可堪比擬。所以中國的主婦往往也是高明的廚子。當然，任何人為時勢所迫，在廚房裡待上幾年，都可能鍛練成一把好手，但是，却不一定能使“吃”升格成為藝術。

有位烹飪名家說得好：中國菜貴在色、香、味俱全，但必須恰如其份，如果故意把紅紅綠綠的椒絲、蔥花撒在不相稱的菜譜上，反會破壞了食物的美味。的確，倘若有心，真想使吃的藝術，更上層樓，那麼，本書敢誇是“名廚的良伴”，“主婦的恩物”。適當的食雕，可以烘托大宴的氣派，也能陪襯小宴的情調。

比如情人相對的夜間小宴，不妨用胡蘿蔔雕成的燭台、花瓶來營造氣氛，添增情調，不但能讓他沈浸在愛的小宇宙裡流連忘返，更能讓他對你的巧手慧心刮目相看。

娃娃派對裡，來點有趣的蛋類食雕更適合不過，不但小朋友們嘻嘻哈哈，樂成一團，成人的刻板生活裡，也會因之激起歡樂的漣漪。

尋常餐敘，家常便飯雖是簡單，若能加上幾個蕃茄雕花，再用一點茼蒿或西洋香菜裝點盤邊，那一份纖巧多姿，深紅黛綠的秀色，也比什麼名店大菜都令人開胃開懷。

The Chinese take delight in eating and love entertaining guests. For them nothing can compare with the pleasure derived from "no empty seats and no empty glasses". Chinese housewives are skillful cooks, and of course with practice and training, anyone can be a good cook, though the ability to raise it to the level of an art is not automatically acquired. A famous chef once put it well when he said that the reason for the success of Chinese cuisine is that it has integrated appearance, aroma and flavour. However, all three must be just right: if colourful chilli and spring onion are used in the wrong dish they can easily spoil the flavour. So if you are interested in raising the level of your culinary prowess, may I be so bold as to suggest that you will find this book to be "an essential companion to chefs and housewives alike!"

For an intimate dinner for two, why not try using the candles and vases sculptured from carrot to create the appropriate atmosphere. Not only will they help create a little world of your own but you will also let him see how skillful you really are.

For children's parties nothing could be better than cut egg garnishes to enchant and delight children as well as adding some joy to the dull routine of adults.

Although home cooking is not ornate, a few tomato garnishes and some parsley or lettuce to decorate plates may well be more pleasing than going to a large restaurant.

名廚必備的手藝

主婦應具的巧技

### A NECESSARY SKILL FOR CHEFS AND HOUSEWIVES

家庭餐飲氣氛的營運，不像節慶時，偶爾放放烟花，就可以擺平，長期的經心計劃，才能得到源源不絕的讚美；因而，修習一些簡單易做、別緻討好的食雕實有必要。

餐館飯店也是一樣，口味醇美獨特，菜式出奇制勝，固然可以招徠顧客，如果有精心雕切的水果蔬菜別緻一格，當能展現更新的風貌與魅力。

本書介紹的食雕手藝，製作刀法由簡入繁，共分十七大類，一百三十餘式，全部由一流食雕專家，希爾頓大飯店名廚——李吉川先生示範，初學者可藉以入門進階，就算是對食雕藝術頗具心得的廚師，也能用資參考，觸類旁通。

In order to get complimented for a dinner party, a great deal of preparation is necessary and for this reason it is essential to learn a few simple garnishes. Similarly, restaurants must pay attention to the flavour of their cooking, but the intelligent use of fruit and vegetable garnishes can become a customer drawing attraction.

The garnishes in this book are graded from simple to complex and are divided into seventeen categories, which include more than 130 different styles. They are demonstrated by Mr. Li Chi Chuan, the garnishing expert of the Taipei Hilton's kitchen. Beginners can use this book as an introduction and chefs who have acquired a degree of skill will find it a handy reference and a source of new ideas.

## ——切雕工具的保養和使用

工欲善其事，必先利其器

TO DO A JOB WELL YOU  
NEED THE RIGHT TOOLS——  
USE AND MAINTAINENCE OF  
GARNISHING TOOLS

在談到食雕的技巧之前，必須先認識必要的切雕工具。“工欲善其事，必先利其器”，任何事物皆如此，食雕也不例外。

薄而利的大菜刀和尖銳的雕刻刀是學習食雕藝術最基本的兩樣工具，有了這兩樣利器在手，本書示範的一百三十餘組實例，百分之八十就都可以照做。如果能再加上長竹籤、小牙籤、竹筷、果菜挖球器、食用染料等，你就有了齊全的配備，可以在食雕藝術的領域裡長途征行！

一般用來供食雕使用的刀具，最好是純鋼製成的，既輕又利，用起來最順手。使用以後，必須洗淨抹乾，以免生鏽；如已發現鏽斑，應以菜瓜布用力擦拭去鏽；刀鋒遲鈍時，則以磨刀石磨利。

適用於雕切的果菜，大都十分脆弱，製作時稍一不慎就會斷裂，而刀具又多銳利無比，所以切雕時應份外小心，將手指緊緊抵住材料，避免割傷手指又功虧一簣！

自古英雄愛寶劍，美人好脂粉，擅長果菜雕切的名廚在“磨刀霍霍”之際，也自有一番憐惜珍視的心情，所以任何人只要想研習食雕這門迷人的藝術，那麼，刀具的保養和使用常識，應是首先必須認識的。

Before talking about garnishing a word or two about the correct tools for the job. All skilled work requires special tools and garnishing is no exception. Thin, sharp cleavers and sharp, pointed knives are the two basic tools for learning the art of garnishing. With these two tools you can do 80% of the 130 styles demonstrated in this book. And with bamboo skewers, tooth picks, chopsticks, ice cream scoops, fruit dyes and so forth, you will be fully equipped for a journey into the realm of garnishes.

It is best for the basic garnishing tools to be made of stainless steel and be light, sharp and easy to use. After use wash and dry

thoroughly. If rust appears use a scour to remove it. Sharpen the blade regularly. A good cook treats his tools lovingly, so those who wish to make a start in the art of garnishing should be aware of these requisites of tool maintenance.

The most suitable vegetables and fruit for carving are frail and, as





## 切 CUTTING

## 雕 CARVING



the tools you use must be very sharp, extreme care must be taken to hold them firmly to avoid cutting fingers and spoiling the garnishes.

## 切、雕、染、砌，食雕四訣

CUTTING, CARVING, DYING  
AND ARRANGEMENT:  
THE SECRET FORMULA  
OF GARNISHING

普通的食雕只要具備稱心順手的切雕刀具，再加上耐心與細心即綽綽有餘，較為精細的食雕，則不但製作過程複雜，同時也是食雕師傅根據經驗與美感創造出來的精心傑作，這類食雕雖說相當費時費功，却不是無法做到的，而完成之後，其造型之別緻，做工之精巧，色調之奪目，的確能使學座食者胃口大開、食慾激增，而這，也就是食雕藝術的意義和目的。

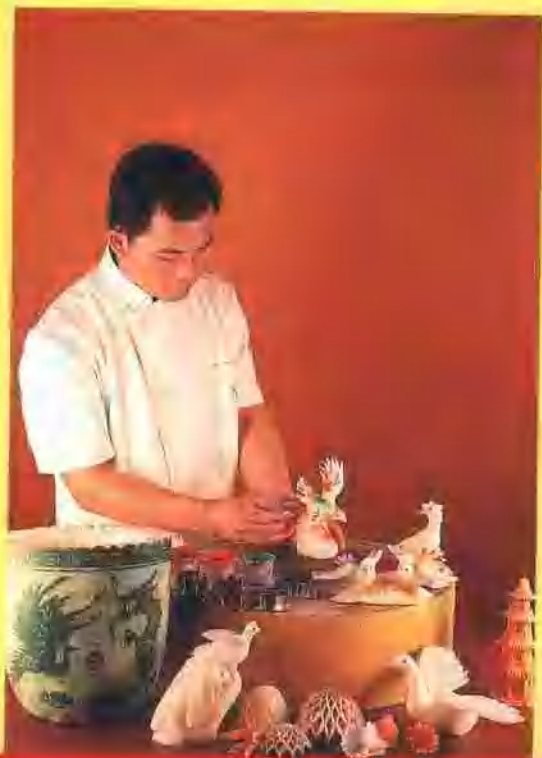
切、雕、染、砌，是食雕的四個基本技巧，也是研習此道者必須循序漸進的學習過程。能熟練地運用“切”字訣，本書所示範的蛋類食雕八式、蕃茄食雕八式、茄子食雕五式、洋葱食雕二式、蒜類食雕三式、辣椒食雕二式、魚板食雕四式、柳丁食雕四式、水果拼盤六式等，立刻可以擺上餐桌，發揮效用。

有了“切”字訣，再配合“雕”字訣，你的刀下功夫就可以媲美一流切雕名師了！可愛的燕菁食雕九式，精巧的胡蘿蔔食雕二十五式、白蘿蔔食雕二十式、餐桌器飾七式、果盅雕飾七式，都能為你贏得無數掌聲。並且，只要你能舉一反三，任何材料、任何造型、任何設計，無不可以入食！

大部份果菜的顏色形狀，在未經雕砌之前，已是姹紫嫣紅，引人食慾，而適合切雕的材料，又必須是新鮮富有水份光澤的果菜，所以經過“切”、“雕”之後的成品——如以白蘿蔔切雕成的十二生肖，色澤光潤如玉，稱得上是麗質天生，這種食雕，不需任何彩筆渲染，已經具有令人垂涎的秀色。

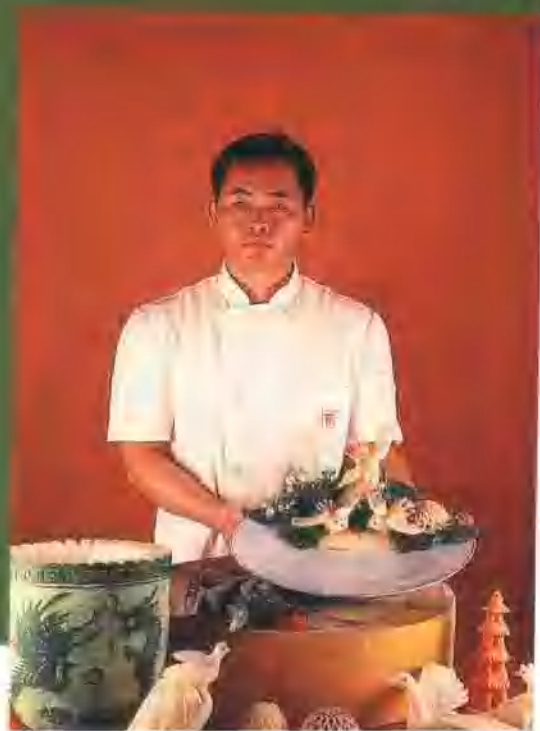
不過，適合食雕的果菜種類畢竟有限，為使食雕作品更具變化，還可以加上一道“染”的功夫。

染的方法有兩種，一是在容器中把少許粉狀食用色素調水，然後將食雕作品整個浸入水中，此種方法可使染出來的顏色輕、薄、均勻，頗具美感。其次是將色素調少許水，再用毛筆或切雕時剩下的果菜片屑蘸來染畫食雕作品，此種染法的優點是：可以表現不同的色調和層次。染好後，最好將成品放在水龍頭下沖洗，或整個浸入清水中浸泡，如此染出來的色澤才會自然柔美。



DYING 染

## ARRANGEMENT 砌





不過，一般食雕師傅很少大量使用染料，頂多只是畫龍點睛式的染上幾筆，添增艷色而已。家庭中用來裝飾盤邊的食雕或果盅果盤，就更不必使用染料了，否則，只“雕”不“食”，豈非失去了“食雕”的根本精神？

切、雕、染之外，還得加上“砌”的功夫，食雕藝術才稱得上完全。所謂“砌”就是組合，把幾種不同的食雕作品，拼排在一起，能創造不同的趣味。

舉例來說，把本書示範的胡蘿蔔食雕“游魚”、“活跳蝦”或大黃瓜雕成的“龍蝦”、“螃蟹”擺飾在海鮮大菜的盤邊，上面再搭上一張紅蘿蔔刻成的魚網，這式餐飲的風格氣派，甚至上得了國宴筵席。

本書中的蔬菜拼花四式，即是“砌”字訣的具體示範，讀者不妨自行參考，至於其他的搭配變化，就全看你個人的巧手和慧心了！

A little patience and the right tools are all you need to make the simple garnishes, but for the more complex and delicate garnishes, not only is the process more involved, the success of the garnish depends on the chef's experience and sense of beauty. Although such garnishes are time-consuming, they are not impossible! The finished products are special shapes, intricate in appearance and attractively coloured; they are stimulating to the eye and to the palate and that, after all, is the purpose and significance of the art of garnishing.

Cutting, carving, dyeing and arrangement are the four basic skills of garnishing and they should be learned in this order. Learn the secret of cutting and you will be able to make eight different egg garnishes, eight different tomato garnishes, five different eggplant garnishes, two different onion garnishes, three different garlic garnishes, two different chilli garnishes, four different fish-loaf garnishes, four different orange garnishes and six different fruit platters. You can cut these out and put them on the table right away.

After you have mastered the secret of cutting it can be combined with the secret of carving. Your skill will then compare well with that of a first class garnish master! The nine lovely cut and carved radish garnishes, the twenty-five turnip garnishes, the twenty carrot garnishes, the seven carved utensils and the seven carved fruit bowls will win you appellations. You can apply this skill to any material shape or design.

The colours and shapes of most fruit and vegetables are already attractive, even before treatment. However, materials must be fresh, crisp, juicy and shining, so that the finished product of cutting and carving will be like, for example, the twelve zodiac symbols, as lustrous as white jade. No dye is needed for these garnishes as they are already most attractive. However, suitable fruit and vegetables are limited. To add variety you need to learn the secret of dyeing.

There are two basic dyeing methods. The first is to put some fruit dye in a container and soak the finished garnish in the solution. This method produces light, even colouring which is very pretty. The second method is to paint on the dye resulting in much stronger colouring. The advantage of this method is that more than one colour may be used. After using this method, rinse and soak the garnishes in clean water to make the colours blend naturally.