

环球美食

江南餐饮最新前沿创意菜品

The Latest Jiangnan Dishes

李亚 著

创意

Creative Jiangnan · Asia Li's Cuisines

江南

李亚的

菜

珍藏版



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Creative Jiangnan · Asia Li's Cuisines

创意江南

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珍藏版

凤凰出版传媒集团
江苏科学技术出版社

Creative Jiangnan·

Asia Li's Cuisines

英文名：Asia Li，国家技师、中国药膳大师、浙江烹饪大师，高等烹饪管理专业毕业，现任博雅酒店集团中餐总厨。

个人荣誉：

2009年获中国烹饪协会“中华金厨奖”；

2009年获东方美食“青年烹饪艺术家”称号；

2009年编著出版《环球美食——创意江南菜》；

2008年第六届中国烹饪世界大赛个人特金奖，团体赛金奖；

2008年第六届全国烹饪技能大赛(浙江赛区)名宴展《射雕英雄宴》被评为最高奖特金奖；

2008年被中国烹饪协会名厨专委会新星俱乐部聘为金牌会员；

2007年担任苏州民惠食品有限公司品牌形象代言；

2006年被江苏烹饪协会名厨专业委员会聘为委员；

2005年获得美国中餐协会颁发的特别金奖；

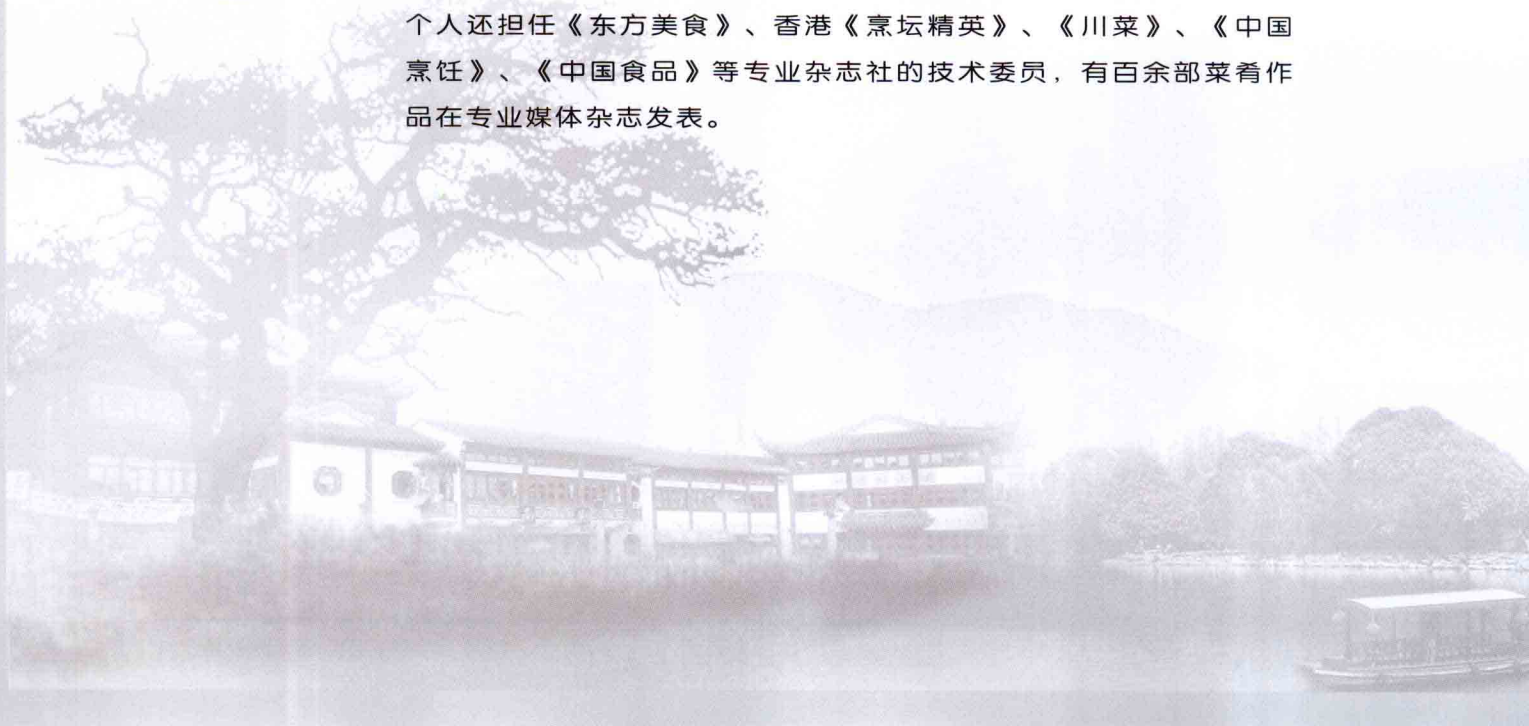
2004年获得“2004年度中国最受瞩目青年厨师”；

2004年担任江苏吉祥贺盛食品有限公司首席厨艺顾问；

2003年获第二届东方美食国际烹饪大赛特金奖；

2001年被中国野生动物保护协会聘为“中国金牌绿色厨艺大使”。

个人还担任《东方美食》、香港《烹坛精英》、《川菜》、《中国烹饪》、《中国食品》等专业杂志社的技术委员，有百余部菜肴作品在专业媒体杂志发表。



青年烹饪艺术家李亚

English Name: Asia Li, national technician, master of medicated diet of China, cooking master of Zhejiang Province. He graduated and majored in advanced cooking management, and now is the Head Executive Chef of Chinese Food in PARKYARD HOTEL GROUP.

Personal Honors:

Won the China Golden Chef Award by China Cuisine Association in 2009;

Awarded the title of Young Cooking Artist by Eastern Food Magazine in 2009;

Edited and published *Global Food—Creative Southern Cuisines* in 2009;

Won the Special Personal Golden Award and the Golden Award of Group Matches on the 6th Chinese Cooking World Series in 2008;

Won the top award, the Special Gold Prize of the Celebrated Banquet Design, on the 6th National Cooking Skills Contest (Zhejiang session) with The Eagle Shooting Heroes Banquet in 2008;

Elected VIP member of Xinxing Club by Famous Chef Committee of China Cuisine Association;

Endorsed the brand image of Suzhou Minhui Food Co.Ltd. in 2007;

Invited as a committee member by the Famous Chef Committee of Jiangsu Cuisine Association in 2006;

Won the Special Gold Prize awarded by American Chinese Restaurant Association in 2005;

Awarded the title of "2004 Annual Most Notable Young Chef of China" in 2004;

Acted as the Chief Cuisine Adviser of Jiangsu Jixiang Hesheng Food Co.Ltd. in 2004;

Won the Special Gold Prize in the 2nd Oriental Gourmet International Cooking Competition in 2003;

Employed as China Golden Green Cuisine Ambassador by China Wildlife Conservation Association in 2001;

Also acted as the part-time technical committee member of the specialized magazines as Eastern Food, Hong Kong magazines Elites of the Cooking Field and Sichuan Cuisine, Chinese Cuisine and Chinese Food, etc.; he also published more than one hundred articles about cate theme in professional media and magazines.



開拓創新
再創輝煌

贈李亞同志

張世堯



二〇〇八年九月廿六日
于嘉興博雅酒店

世界中国烹饪联合会会长张世尧为本书题辞

继承传统美食
彰显无限创意

蘇秋成



乙丑年
九月

中国烹饪协会会长苏秋成为本书题辞



烹 饪，不仅是一门技术，更是一门艺术。

任何艺术都是个性的、手工的，是依靠人的五官感知的，烹饪具备这样的属性。一般的艺术品，只能通过某一个感觉器官引发人们的愉悦。比如绘画、雕塑，是视觉审美的艺术；音乐是听觉审美的艺术。唯有烹饪，是视觉、嗅觉、味觉、触觉、听觉五种感官感知的，是五觉审美的艺术。从这个意义上可以说，一般的艺术都属于单科审美艺术，唯有烹饪是全科审美艺术，烹饪是“全感艺术”，是一门大艺术。

国运昌，烹饪盛。改革开放的政策，给我们的国家带来了翻天覆地的变化。百姓的饮食跨越了三个阶段，由吃不饱到吃饱，由吃饱到吃好，由吃好到吃健康。正是百姓这种对饮食的不断需求，带来烹饪事业前所未有的大发展。在这样的历史环境下，一大批优秀的青年厨师迅速成长起来，他们将传统的烹饪经验加以“反刍”后，开始了大胆的改良和创新，推出了许多新方法、新口味、新菜式，深受食客喜爱，给烹饪界吹来一股新风。青年烹饪艺术家李亚，就是其中的一位佼佼者。

我记得初见李亚是2003年8月的炎热夏天。那一年，东方美食学院、《东方美食》杂志发起的“珍爱自然，拒烹珍稀野生动植物百万厨师签名”，正在全国轰轰烈烈开展，我应邀参加南京市的签名活动，南京市餐饮商会秘书长宋佳玲女士告诉我，这次活动的成功举办，离不开一位青年厨师，他骑着一辆自行车，顶着烈日奔波于各个酒店，拜访名师，宣传环保的理念，介绍“拒烹”的意义，他叫李亚，这么年轻就如此热衷于公益事业，给我留下了深刻的印象。作厨先做人，这个小伙子是个好苗子，我把他介绍给了我的好友，新加坡厨王黄清标收为门下。李亚果然不负所望，6年来取得了许多骄人的业绩。

摆在我面前的这部《创意江南·李亚的菜》的书稿，是李亚向厨界交的一份答卷，他主张“以味为核心，以色为吸引，以意为盘饰，以养为目的”的创意理念，其作品的艺术风格，脱胎于传统的菜式，

序

在本土苏菜和浙菜相交融的过程中，进行了大刀阔斧的革新，致力于对色、香、味、形、意的再创造，其特点主要表现为：

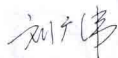
一是挖掘本地原生态食材，如野菜、葛仙米、松露菌等，经过精心烹饪，登上了大雅之堂，成为意想不到的美味佳肴。

二是大胆引用国际流行食材，如法国鹅肥肝、美国牛仔骨、日本雪场蟹、挪威三文鱼、越南春卷皮，给菜肴注入新的元素。

三是在传统的烹饪技法的基础上，打破中、西烹饪技法泾渭分明的固定格局，进行改良组合，如酥皮金瓜葛仙米、烧烤猪颈肉等，运用借鉴、逆创等新的烹饪技法制作菜品，体现了烹饪技法融合的魅力。

四是巧用各种调味酱汁，在调味的使用上，李亚充分展示出敢为人先的气魄，泰国鸡酱、香茅叶、咖喱……都是创新厨艺的最好武器，许多菜品都是靠酱汁的变化而创造出来的。

五是让菜品“站起来”，借助一些特殊器具，让传统中餐走向立体，突出意象、意趣、意境简洁的美感。利用青石板、红木架、竹筒、松枝等器具，营造出原汁原味的意境美，给客人耳目一新的视觉盛宴。在这本《创意江南·李亚的菜》的书里，展示了李亚近期的116幅作品，从中我们不难看出，一个崭新的烹饪艺术风格已经形成，厨艺是在创新的过程中传承与发展的，我们期待着李亚在未来的事厨过程中，不断丰富、完善自己的烹饪艺术风格，成为中华烹饪艺术百花园中的一枝艳葩。



东方美食学院院长
《东方美食》杂志社社长
2009年11月于北京

Foreword

Cuisine is not only a technique but also an art. Any art is unique and handcrafted, and perceived through people's organs. Cuisine has such feature. Common artwork can only raise people's pleasure by a certain sensory organ, such as painting and sculpture, which are arts of visual aesthetics; and music is the art of hearing aesthetics. However, only cuisine is perceived by such five senses as sight, smell, taste, touch and hearing, thus it is the art of five-sense aesthetics. In this sense, we may say that the common art belongs to single-subject aesthetic art and only the cuisine is the all-subject one, the "all-sense art" and thus is a great art.

National prosperity brings forward a fruitful cuisine. The reform and opening up policy has provided our country with earth-shaking changes, so that people's diet situation has experienced such three stages as from not eating enough to eat enough, from eat enough to eat well, and from eat well to eat healthily. It is the constant demand for catering of the people that has brought an unprecedented large-scale development of the cooking career. Under such historical circumstances, a large number of outstanding young chefs grew up quickly, they ruminated the traditional culinary experience before the commencement of a bold improvement and innovation, and thus introduced many new methods, new tastes, new dishes, which were well received by patrons, blowing a new wind in culinary circles. As a young cooking artist, Asia Li is one of the outstanding persons.

I remember that I saw Asia Li in a hot summer for the first time in August 2003. In that year, an activity named "signatures of millions of chefs for cherishing the nature, and refusing to cook rare wild animals and plants", launched by Oriental Cuisine Institute and *Oriental Food Magazine*, was being carried out nationwide, and I was invited to participate in refuse-to-cook signature campaign in Nanjing. The Secretary-General of Nanjing Catering Chamber of Commerce, Miss Song Jialing told me that the success of this event was inseparable from a young chef, who ran around under the scorching sun at various hotels by bike, visiting great masters, to promote the concept of environmental awareness and to introduce the significance of refusing cooking. His name is Asia Li, who is so enthusiastic about public welfare undertakings at such a young age, leaving me a deep impression. For a chef, the first thing to do is to be a right person. This guy is quite good, and I introduced him to my good friend Huang Qingbiao, the Chef King of Singapore, as an apprentice. Sure enough, Asia Li answered our expectations as he had achieved many remarkable achievements over the six years.

The book titled *Creative Jiangnan-Asia Li's Cuisines* in front of me is an answer Asia Li provided for the chef field, where

he advocated such a creative philosophy as the "flavor as the core, the color as attraction, the meaning as plate decoration, the health cultivation as the purpose", art style of his works is born out of the traditional dishes, and a bold innovation has been carried out in the blending process of native Jiangsu cuisine and Zhejiang cuisine, to contribute to the re-creation of color, smell, taste, shape, and meaning. The features are mainly as follows:

Firstly, it digs for the local original ecological ingredients such as vegetables, *Nostoc sphaeroides*, and truffles bacteria, etc., which has become something presentable and acceptable after being carefully cooked, and accepted as unexpected delicious dishes.

Secondly, it introduces international popular ingredients in a bold manner, such as French E Feigan, American beef short-ribs, Japanese ski crabs, Norwegian salmon and vietnam spring roll sheet, which infuse new elements into the dishes.

Thirdly, it breaks through the fixed pattern of Chinese and Western cooking techniques, which is entirely different from each other based on the traditional cooking techniques, for improvement and combination, for example, the elaboration of pastry Pumpkin *Nostoc sphaeroides*, barbecue pork neck meat by use of new cooking techniques such as reference and anti-creation etc. reflects the charm of the integration of cooking techniques.

Fourthly, it uses a variety of sauces skillfully. Asia Li demonstrates spirit of boldness to dare behave first in the use of seasoning. Thailand chicken sauce, lemongrass leaf, and curry etc. are the best weapons to innovation of cuisine techniques, many dishes are created by changes in sauces.

Fifthly, it lets dishes "stand up" by using some special instruments, so that the traditional Chinese food become three-dimensional, with highlighted beauty of artistic conception, charm, simple artistic conception. It uses instruments like blue stone, redwood frame, bamboo, pine and so on, to create the beauty of artistic conception in a genuine state, bringing the guests a refreshing visual feast.

In the book titled *Creative Jiangnan-Asia Li's Cuisines*, 116 pieces of works produced by Asia Li recently are presented and we can easily find that a brand new cooking artistic style has been formed. Since cooking techniques are undertaken and developed in the innovation process, we expect that Li Ya can constantly enrich and improve his own cooking artistic style during the future cooking course and become the wonderful chef among the hundred parterres of China Culinary Art.

烹饪境界的提升 博雅酒店的光彩

Upgrade of Cooking Realm, Glory of Parkyard Hotel



这是博雅酒店中餐总厨师长李亚继《环球美食——创意江南菜》后对咱们大江南岸菜肴的再次诠释。

江南的菜，李亚的菜在李亚的心中有不同的意境：精致、优雅如一件精雕细琢的艺术品，让您感受到它的韵味、喜悦而垂涎欲滴。它不仅是艺术，也呈现了现代中国的新饮食文化。

今天所谓菜做得好不好已摆脱了前人的范畴。而今天的菜肴还代表了创造者的内涵与修养。品尝菜肴与鉴赏艺术是同一件事。

我们很荣幸在博雅酒店经营团队中有这么一位杰出的李亚。李亚的菜能为中国烹饪境界的提升做贡献，绝对是我们博雅酒店的光彩。

This is another interpretation for dishes of the southern part of the Yangtze River after Global Food—Creative Southern dishes Cuisines by Asia Li, Head Chef of Chinese Cooking in Parkyard Hotel.

Southern Cuisine, Asia Li's Cuisine leaves so different artistic conception in the heart of Asia Li: the delicacy and elegance, which are just like a finely and precisely elaborated work of art, makes you feel such lingering charm and pleasure that you cannot help licking your lips. It is not just art but also presenting the new food culture of China in modern times.

Nowadays, whether a dish is good or not has shaken off from the range of predecessors. However, today's dishes embody the inner beauty and accomplishment of the cook. To taste a dish is much like to appreciate art.

We are honored to have such an outstanding member Asia Li in our operating team of Parkyard Hotel. The dishes made by Asia Li can contribute to the upgrading of cooking realm of China, which is totally an honor of our Parkyard Hotel.

黄书馨

博雅酒店集团 总经理
2009年12月于上海

推荐的序

——说几句李亚的创意江南菜

A Few Words on Asia Li's Creative Southern Cuisine



早在今年的上半年，江苏科学技术出版社就出版了李亚编著的《环球美食——创意江南菜》一书，书中每款菜品，形奇色雅，天生丽质，如诗如画，深蕴奇想，体现了李亚不落陈俗的创新思路。近日，又闻李亚的《创意江南·李亚的菜》一书相继问世，我不禁为之喜上眉头。

江南的菜，如江南水乡，在烟雨中渐显形色，在薄雾里舒展丽姿。美味伴随着典雅的造型，如一叶小舟在小镇间的河道里缓然而至，层次渐进，沁脾诱心。这已是很难逾越的艺术品了。然而，久居江南的李亚却不满足，年轻人的心总是载藏着远阔的天地，奇思妙想总是随着流动的热血奔涌。当人们还在沉醉于李亚的第一部《创意江南菜》中江南菜品的诱人姿色与味香时，李亚又开始了更深层次的求索。菜品好吃，这是本份；菜品好看，这是本色。在当今餐饮市场竞争激烈的情势下，既要看点，又要卖点的菜品在众家餐馆中炙手可热，渐渐地，一些菜品颜老色衰，新肴又变陈菜。消费者的嘴巴总是伸在市场的 front，创意是没有终结的，如同江南水乡一样，景到处处，山重水复；择路新行，柳暗花明。李亚正是在这样的静思中聆听着街巷的谈议，把握着市场的需求，冷眼看菜，慧心揣摩，将从前个人最喜欢的佳肴美味做了一次次的忍痛割爱，针对市场的变化和餐馆的需求，对江南菜品进行了一次再审视，再打造，把更深远、更丰富的创意内涵渗入其中。

创意，是一种打破陈规、鼎心革面的心力再造。创意之本不仅贵“新”，而且贵“和”。“新”是形式，“和”是根基。食客喜欢尝新，但这个“新”必须是以“和”为本。江南菜品的和颜悦色，不仅蕴涵着民族美食的大道，轻柔细腻的乡情，还要有与食客心领神会的默契与互动，这是真正的大新大和，这样的“新”与“和”是餐饮市场真正的宠儿，这样的创意才是大美。食客品菜的感觉就像飞在蓝天上的风筝，可以高远，但不能离弦，这使创意变得很难，没有慧觉和深功，是不能达至斯境的。

《创意江南·李亚的菜》就为我们开启了这样一道新奇、和雅的创意心门。

Early in the first half of this year, Jiangsu Science and Technology Publishing House published the book of *Global Food—Creative Southern Cuisine* with Asia Li as the author. Every dish in the book has a special appearance and delightful colors with natural beauty, which is as wonderful as described in the poems and paintings and containing many fantastic ideas. The profound meanings and special thoughts reflect the creativity of Asia Li's, which can never be a cliché. Having heard that another Asia Li's book — *Creative Jiangnan · Asia Li's Cuisine* — has also come out recently, I could not help but be happy for him.

Southern Cuisine, like small water towns in the south of the Yangtze River, gradually unveils itself in the misty rain and stretches its gorgeous body in the mist. The heavenly flavor together with elegant styles are just like a small boat slowly floating on the rivers across towns, revealing its beauty layer by layer with splendid sensations. It already is an insurmountable work of art; however Asia Li who has been living in the South for quite a while did not satisfy. Young hearts always belong to the wide world, and brilliant and unique ideas always rush as the moving of the blood. When people are still drowning in the temptation of the color and flavor of Southern Cuisine in Asia Li first book *Creative Jiangnan Cuisine*, Asia Li's has already begun to conduct a deeper exploration. Delicious and beautiful dishes are what ought to be done. In this fierce competition of the catering industry, dishes with a good look and a selling point are quite popular among many restaurants. Some dishes gradually become old and out of date. The appetite of customers is always advanced than the market; creativity will never end, just like the small water towns in the South: a brand new world presents itself when you think you have come to the end of the road, and turn to another road, you will see a different scenery. That is exactly what Asia Li did; he listened to discussions in the streets in quiet thoughts and seized the needs of the market; looked at the dishes in calmness and figured it out with talent. He gave up those favorite dishes again and again with reluctance and re-evaluated and re-created the Southern Cuisine according to the changes in the market and needs of restaurants, penetrating more profound and richer meanings in it.

Creativity is a rule-breaking and reformative recreation with heart and soul. The essence of creativity does not only lie in "new" but also "harmony". Being "new" is the form, and "harmony" is foundation. Customers like trying new things, but it should be on the basis of "harmony". The delightful colors and gentleness of the Southern Cuisine not only contains the general principles of our national food as well as gentle and delicate hometown affection, but also requires understanding and interaction between customers. That is the real "new" and "harmony". This kind of "new" and "harmony" is the real winner in the market of the catering industry, and this kind of creativity is what is truly beautiful. Customers' tasting dishes is just like kites flying in the sky: it can be high but cannot break away from the strings. Thus, it makes the creativity difficult; it cannot be achieved without brightness and deep thoughts.

Creative Jiangnan-Asia Li's Cuisine has opened a new and elegant gate of creativity to mind for us.

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江南糟三拼

Jiangnan Vegetarian Combination

创意:

菱角，一年生水草本。水上叶呈菱形、绿色，叶柄上有浮囊。夏季开花。花单生于叶腋；授粉后，没入水中，长成果实。大暑前后成熟。呈半圆形，一侧较平，一侧较凸。皮薄易剥，淡绿或黄白色。嫩菱质脆，汁多微甜，作水果鲜食。老菱除供食用外，还可制淀粉。这种菱皮薄肉白，鲜甜多汁，清香上口。每年处暑后大量上市，既可生吃，又可熟食。此菜是江南特有的食材，和江南一带非常喜欢的香糟卤做调味，三种原料，三种的糟卤味各不相同，装在一起，时尚而靓丽，且各不抢味，还各有衬托，味道出奇的好。

原料:

菱角、嘉兴小茄子、毛豆荚各150克。

调料:

A料（香糟卤30克，花雕酒15克，盐、葱、姜各5克，干辣椒6克，八角2个），B料（盐、白糖、香糟卤各3克，贺盛鸡粉5克，白酒2克，葱油6克），C料（盐3克，贺盛鲜味粉、葱、姜各5克，香糟卤30克），色拉油适量。

制作:

1. 把菱角一切二，锅里放入水，下菱、A料小火煮熟，浸泡30分钟至入味装盘。
2. 把小茄子冲洗干净；锅放入色拉油，烧至六成热，下入小茄子过油，沥干油，下入B料，烧制入味装盘。
3. 把毛豆荚剪去两头，放入锅中煮熟，然后冷却，放入C料浸泡2小时至入味装盘。

制作关键:

1. 小茄子过油后，要沥干油分。
2. 毛豆荚煮时，注意火候，色泽不要变黄。

Originality:

Caltrop is one-yeargrown water-grass plant. The leaves on water are green and prismatic with floatation bags on the leafstalks. It blossoms in summer. It was born in axils; it soaks in water and grows to be fruit after being fertilized. It will be mature around Great Heat. It shapes to be semicircle, with one flat side and another bulge side. Its skin is thin and easy to be removed. Its skin is light green or yellow white. The tender caltrop is crispy with rich and sweet juice. It is regarded as fresh fruit to eat. Old caltrop can also produce to be starch besides being food to eat. This kind of caltrop has thin skin, white flesh, and rich sweet juice. Lots of caltrops will be put on market after summer every year. It can be eaten when it is raw as well as after being cooked. This course is the special food materials in the south of Yangtze River, and it is regarded as the seasoning together with halogen. Three kinds of raw materials have three different halogen flavors. It is fashionable and beautiful to integrate three kinds of flavors without overlapping with each other. The flavor is super excellent.

Ingredients:

150 g of water caltrops, Jiaxing small eggplants and unpeeled soybean clips respectively.

Seasoning:

seasoning A (30 g of halogen, 15 g of Huadiao wine, 5 g of salt, shallot and ginger respectively, 6 g of dried chili, 2 aniseeds), seasoning B (3 g of salt, sugar and halogen respectively, 5 g of Hesheng chicken powder, 2 g of wine, 6 g of shallot oil), seasoning C (3 g of salt, 5 g of Hesheng flavor powder, shallot and ginger respectively, 30 g of halogen), a proper amount of salad oil.

Cooking:

1. Cut the water caltrops into halves and put water together with seasoning A and caltrops in a pan to boil on slow fire. Soak them in the soup for 30 minutes and then put them in the plate.
2. Rinse the small eggplants; put salad oil in a pan to heat until it is 60% heated; put the small eggplants in oil and then take out to drop oil, then put the seasoning B in to stir-fry, and then put them in a plate.
3. Chop the two ends of soybean clips and put them in a pan to boil, then make them cool. Finally, put seasoning C in a pan to soak it for two hours, then put them in a plate.

Key points:

1. Oil should be completely dropped when put small eggplant in oil.
2. When boiling soybean clips, should pay attention to heat temperature and make sure the color does not become yellow.



Jiangnan Vegetarian Combination

