江阴菜

Jiangyin Cuisine

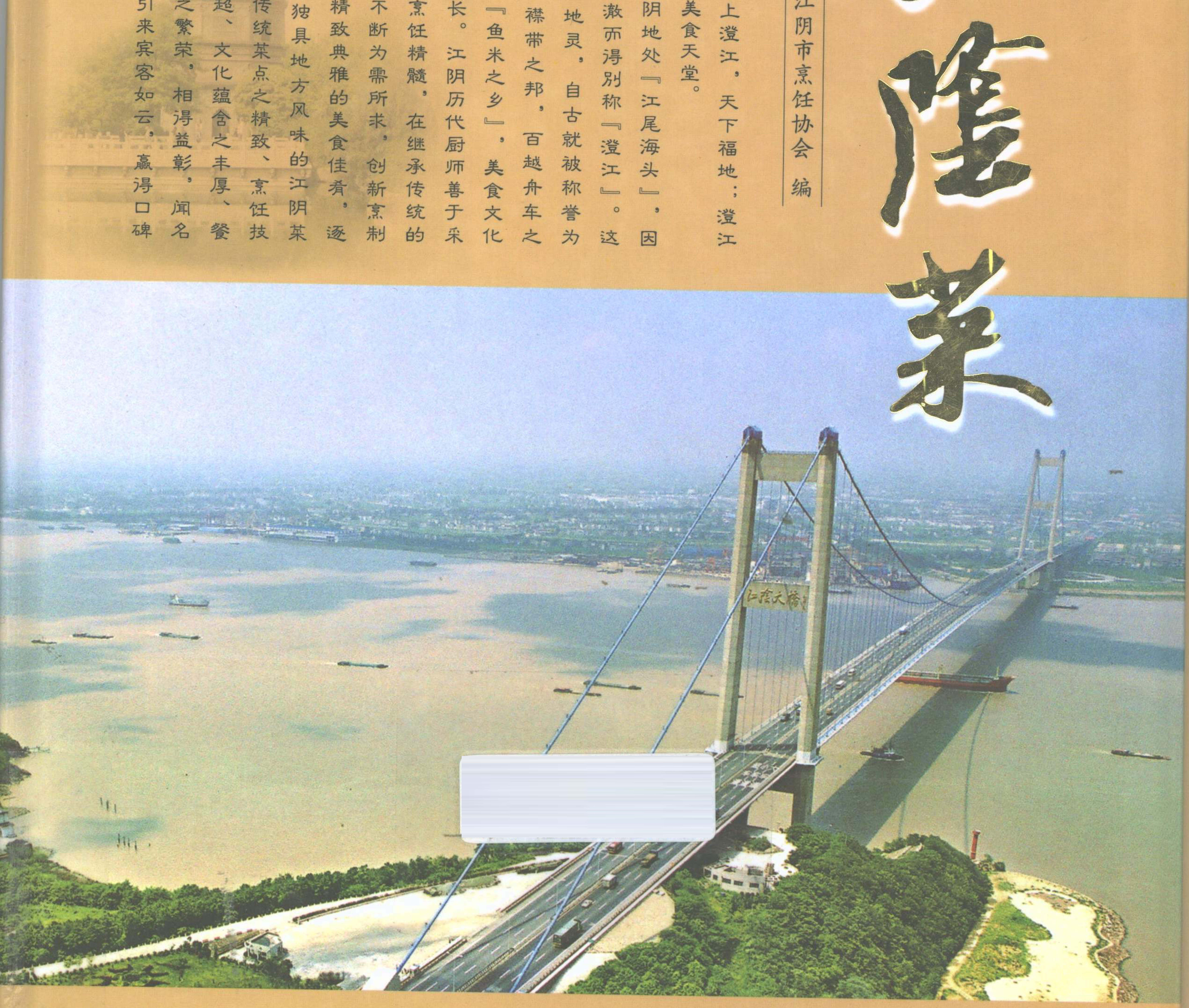
by

Jiangyin Cuisine Association

江阴市烹饪协会 编

世上澄江，天下福地；澄江福地，美食天堂。

江阴地处『江尾海头』，因江水清澈而得别称『澄江』。这里人杰地灵，自古就被称誉为『三吴襟带之邦，百越舟车之会』和『鱼米之乡』，美食文化源远流长。江阴历代厨师善于采集民间烹饪精髓，在继承传统的同时，不断为需所求，创新烹制出一批精致典雅的美食佳肴，逐渐形成独具地方风味的江阴菜肴。其传统菜点之精致、烹饪技艺之高超、文化蕴含之丰厚、餐饮市场之繁荣，相得益彰，闻名遐迩，引来宾客如云，赢得口碑流芳。



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江阴菜

主编　吴协平

江阴市烹饪协会　编



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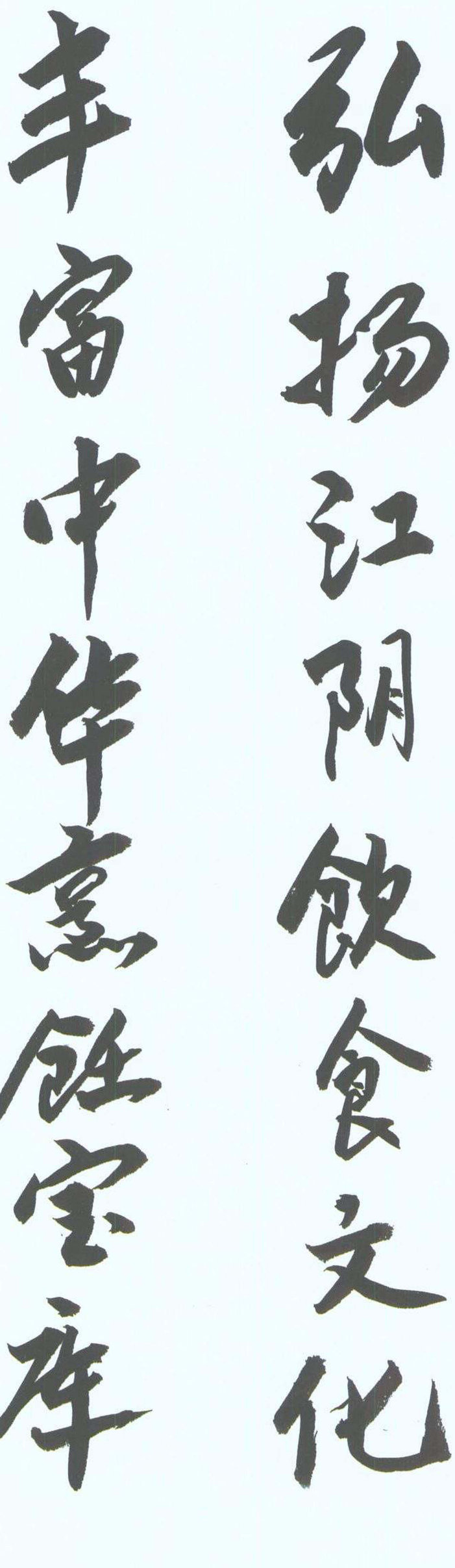
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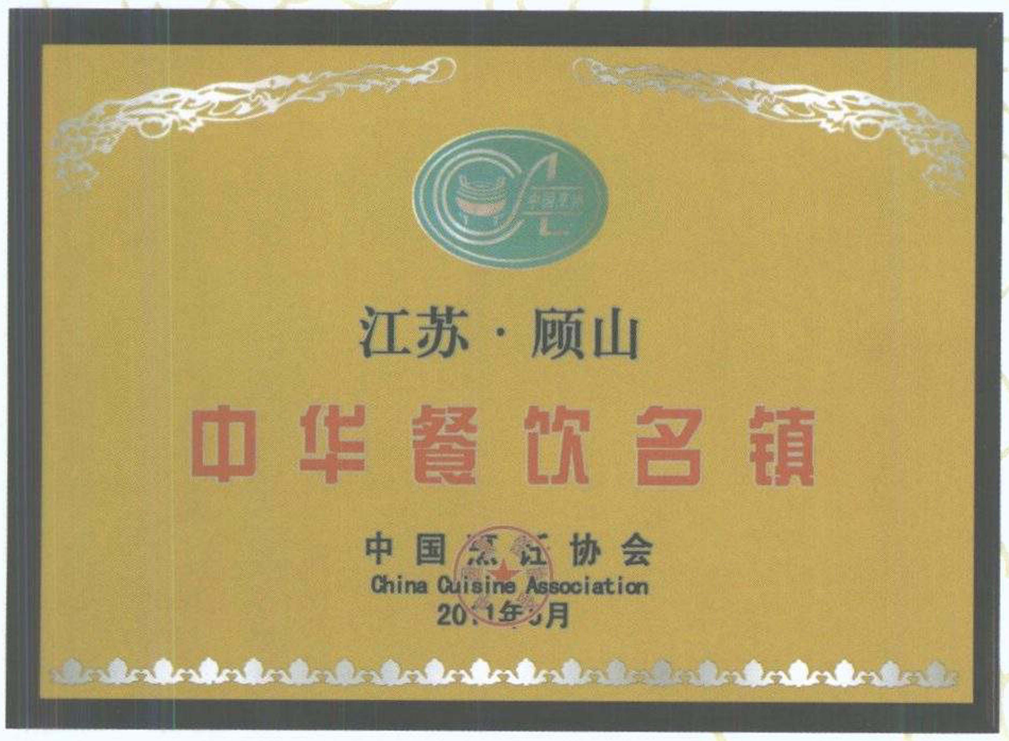
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原江苏省政协副主席，江苏省烹饪协会名誉会长陆军题词


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序

沈建

世上澄江，天下福地；澄江福地，美食天堂。

江阴地处“江尾海头”，因江水清澈而得别称“澄江”。这里人杰地灵，自古就被称誉为“三吴襟带之邦，百越舟车之会”和“鱼米之乡”，美食文化源远流长。几千年来，生活在这片沃土、岁无涝旱的江阴人民，顺天时，应地气，选嘉材，竞巧工，创造出许多常吃常新、百吃不厌的农家菜肴和祀礼庄重、风雅讲究的宗祠宴典，练就出传世绝技。明代李时珍在《本草纲目》鳞目第44卷有如下记载“河豚，水族之奇味。”“彼人春月甚珍贵之，尤重其腹腴，呼为西施乳。”“吴人言其血有毒，而江阴人盐其子，糟其白，埋过治食，此俚言所谓‘舍命吃河豚’者耶？”同时，也留下了许多如“迎春日荐春盘、啖春饼”食俗和“食方丈于前，所甘不过一肉”的轶闻。据《江阴文史资料》记载：用和鳞法烹制的“红蒸鲥鱼”“红蒸刀鱼”曾为敬奉皇室的“御膳”珍肴。江阴历代厨师善于采集民间烹饪精髓，在继承传统的同时，不断为需所求，创新烹制出一批精致典雅的美食佳肴，逐渐形成独具地方风味的江阴菜肴。其传统菜点之精致、烹饪技艺之高超、文化蕴含之丰厚、餐饮市场之繁荣，相得益彰，闻名遐迩，引来宾客如云，赢得口碑流芳。

江阴菜肴，蕴含着悠久的江阴历史，散发着朴实的人文民情，衬托着富庶的鱼米之乡，展现着当代的社会进步。上个世纪九十年代，江阴烹饪界顺改革开放潮流，成立烹饪协会，河豚鱼安全烹食等研究成果举世瞩目。近年来，江阴市政府大力实施“江阴菜”培育工程，举办美食节，建设青果路美食街，许多特色菜点在全国历届烹饪比赛上屡获大奖，有些列入中国经典菜谱。仰振华、吴协平等一批承前启后的烹饪大师、名师脱颖而出。江阴市先后获得“中国长江鲜美食之乡”和“中国河豚美食之乡”称号，顾山镇和月城镇分别被认定为“中华餐饮名镇”和“中国螺蛳美食名镇”。

培育江阴特色美食，是全市烹饪界投身“滨江花园城市”建设、促进江阴经济社会又好又快发展的具体行动。在新一轮县域经济发展的竞赛中，江阴烹饪界自然应该具有海纳百川的胸怀、虚心好学的姿态和开拓创新的意识，加强对外交流学习，博采众长，为江阴餐饮经济持续快速增长注入强大后劲。江阴烹饪协会鉴于对此的觉悟和使命，组织业界内外有识之士，编纂本市历史上首部《江阴菜》专集，荟萃江阴名菜名点风味，展示江阴名店名师风采，为弘扬和推介江阴菜和江阴美食文化办了一件实事。值此《江阴菜》专集出版之际，谨表衷心祝贺。愿江阴菜肴与时俱进，精益求精，以更有营养、更具品质的美味佳肴，更好地服务于民众，回报给社会。

是为序。



2012年5月1日

（作者为中共江阴市委副书记、江阴市人民政府市长）

Preface

Shen Jian

Chengjiang, a bestowed place in Jiangsu province, China, is a place where numerous delicacies are cooked.

Chengjiang is another name of Jiangyin. It locates ideally at the place where the Yangtze River reaches the East China Sea. The place got its name from the clear water of the River. From the ancient times, Jiangyin, noted as a meeting place of South Jiangsu and North Zhejiang provinces, has been a place abundant in produces and persons with merits. It is a well-known district full of "milk and honey" and has a long history of cooking numerous delicious dishes. For thousands of years, in accordance with the seasons and other cooking facilities, the local Jiangyin people, making the best use of the fertile land and its rich produces, together with their delicate and skillful cooking methods, have cooked many new everyday delicacies as well as those presented at the solemn ancestral sacrifice rituals.

In Compendium of Materia and Medica, the 44th Volume and under the Order of fish with scales, a masterpiece by Li Shizhen, a famous medical expert in Chinese history, had noted that "globefish produced in Jiangyin is the most delicious fish among the aquatic products"; "the globefish in spring is precious, especially the fat meat of its stomach, which is often compared as the breast of Xishi, a most-known beauty in Chinese history"; and "people in Wu say that the blood of globefish is poisonous, but people in Jiangyin salt its spawn, marinate its meat in wine, and then seal it in cellar before cooking. Is this the so-called slang 'risk one's life for eating globefish?" Other local sayings on eating include when Spring comes, people should feast more and have more pancakes; no matter how many dishes are arranged in front of a person, what he enjoys the most is just one of them. According to the historical records, such local dishes as reeves shad and sauries steamed with their scales on in the brown soy sauce were once delicacies specially dedicated to the royal family.

By absorbing the essence of everyday cuisine and inheriting the traditional cooking methods, the local chefs in Jiangyin have innovated in the cooking of many dedicate dishes to cater for the needs of the eaters. As a result, a unique, skillful and delicious Jiangyin cuisine full of cultural background has finally formed, attracting food-lovers from afar.

Jiangyin cuisine, reflecting the local history and the likes and dislikes of the people there, represents the abundance and social progress of the district. In 1990s, the local Chefs Association was formed and such a research program as to eat globefish in a safer way has won Jiangyin applauses. In the past decade, by holding food events and building Qingguo Road into a street of restaurants, the local government has made efforts in rejuvenating Jiangyin cuisine. The innovation of new dishes has won many titles and prizes. Famous chefs of Jiangyin cuisine, including Yang Zhenhua and Wu Xieping, have popped up. Jiangyin has been crowned as "City of Yangtze River Freshwater Dishes" and "City of Globefish Dishes". Two of the townships in Jiangyin, Gushan and Yuecheng, have been credited as "Catering Township of China" and "Township of Snail Dishes of China".

To rejuvenate Jiangyin cuisine indicates the effort of local people in building Jiangyin into a riverside garden city and making better livings. In the fierce economic development, Jiangyin needs to open itself, to learn more from the other cities and to spearhead in innovation, so does the rejuvenation of the local cuisine. The local Chefs Association bears the responsibilities to call on the personnel related in the compile of this book, the first of its kind in Jiangyin's history. The purpose is to showcase the local delicacies, the delicate skills of local chefs as to make Jiangyin cuisine better known in China as well as around the world. My congratulations go to the compliers of the book and I wish the local chefs shall work harder to present many more nutritious and quality delicacies.

Thanks.

前言

吴炯平

江阴美食古今传承、博大精深。早在7000年前，江阴先民就在这片土地上耕耘劳作、生息繁衍，创造出灿烂的史前文明，成为马家滨文化、崧山文化和良渚文化的发祥地之一。季札分封延陵、黄歇开浚申港和黄田港后，江阴口岸在长江三角洲的商品集散中心地位凸显，时为“三吴襟带之邦，百越舟车之会”。长期以来，天赐予了江阴物产丰饶的自然优势，人创造了江阴商业繁荣的人文优势，天人合一，和谐发展。勤劳聪慧的江阴人民在追求美好生活中，孕育出了苏帮菜系中重要支脉——江阴菜。

一、江阴菜食材丰富，品质上乘

江阴建治长江之滨、君山之麓。境内山水相依，河渠纵横，土地肥沃，气候温和，岁无涝旱，宜于农耕养殖，历来物产丰饶，是著名的江南鱼米之乡。农渔产品，四季迭出，为江阴菜的孕育和发展，提供了丰富的食材资源。以江鲜为例，江阴境域长江段有鱼类15目27科123种，不仅有受保护的江豚、中华鲟等长江特有珍稀鱼类，有内河常见的青、草、鲢、鳙、鲤、鲇、鲈、鳜等淡水鱼类和虾、蟹、鳖、龟等水生动物，还出产长江中品质最佳的鲥鱼、刀鱼、河豚、鮰鱼、江鳗、凤尾鱼等江海洄游种类，允许捕捞的鱼类曾多达91种。明朝《嘉靖江阴县志》有“边江之人善渔曰网户，以网行江中，春取河豚、刀鲚，夏取鲥鱼、子鲚，秋取鳗鱼，冬取鲟鱼”的记载。

长江上的江阴渔场，江面宽阔，江底平坦，河床比降小，沙土底质，水中溶氧高，呈微碱性，水体活性大，且江边滩涂芦塘密布，饵料丰富，十分宜于鱼类繁衍生长。每当春江水暖之时，鲥鱼、刀鱼、河豚、鮰鱼等江海洄游鱼类溯流而上，一路寻觅小虾、小鱼，其食物链发生变化，逐渐育肥，鱼洄游到这里交配产卵时，其肉质纤维由粗变为细嫩，故江阴出产的鲥鱼、河豚、刀鱼等长江鲜是无与伦比的上品，曾列为敬奉皇室的“御膳”珍肴，并在东南亚消费市场上享有盛誉。

此外，江阴还出产春笋、松菇、百合、茅针、黄花菜等山鲜，桑葚、玫瑰、枸杞、木耳、香椿等树鲜，蚕豆、秧草、马兰、荠菜、地耳、莴苣、黄瓜、萝卜、花生、辣椒等地鲜。由茭白、水芹、荸荠、莲藕、慈姑、菱角、芡实、芦笋合称的素“水八鲜”和由鳝、蚌、蚬、蛙、河虾、河鱼、螺蛳、甲鱼合称的荤“水八鲜”，都可应时而供。由此足见江阴菜食材之新鲜、丰富和上乘。

近年来，江阴市政府大力推进生态环境建设，发展绿色种养殖业。江阴不仅有万头生态猪饲养场、万亩有机果园、万亩有机菜园和千亩河豚、鲥鱼、刀鱼等特种水产养殖池塘，而且在海南、山西、陕西、内蒙古和苏北建有万亩农产品生产基地，保障江阴市场上绿色农产品四季丰富、品质上乘。

二、江阴菜历史悠久，源远流长

据江阴考古挖掘高城墩遗址、祁头山遗址和佘城遗址（祁头山遗址至少距今七千年），就有陶灶、陶甑、陶釜、陶罐、陶钵、陶杯、陶瓿等食物烹煮器具和形如鱼、鸟、猪、兔等彩陶器出土，说明在远古时期江阴先民们就开始烹制熟食了。春秋战国时期，春申君黄歇受封，建邑立澄，“左祀右社，前朝后市”，礼贤下士，聚门客三千，诞生了专职的官厨。

在南北朝时期，南朝梁武帝之子萧统在江阴顾山编著《昭明文选》时，当地已有制高汤烹饪“老八样头”（八大碗）蒸菜技艺。隋时“炀帝幸江都”，江阴县令，常以和鲙法烹

制的“红蒸鲥鱼”“红蒸刀鱼”为贡品进献宫廷。这种以酱汁烹饪的江鲜，其入味鲜美且保质时间长。唐代，江阴为全国 68 个“望县”之一，固定集市上已有专门的酒家饭店，文豪政客常来“开琼筵以坐花，飞羽觞而醉月”。到北宋时期，江阴黄田港万商云集，带入外来食材和烹饪方法，极大丰富了江阴菜的内容和风味。王安石曾赞叹：“黄田港口水如天，万里风樯看贾船。海外珠犀常入市，人间鱼虾不论钱。”

明代，江阴的河豚烹饪技艺已名扬天下。李时珍在《本草纲目》鳞目第 44 卷记载：“河豚，水族之奇味。”“彼人春月甚珍贵之，尤重其腹腴，呼为西施乳。”“吴人言其血有毒，而江阴人盐其子，糟其白，埋过治食，此俚言所谓‘舍命吃河豚’者耶？”清代，江阴餐饮业形成酒菜馆帮、饭店帮和小吃帮，祝家祠堂的隆源酒馆以“宽汤面”远近闻名。民国初期，江阴餐饮市场空前活跃，三星园、新景园、新协园、新鑫园、新民轩、怡园馆和朱鸿兴面馆、陆星兴点心店相继开张，“中山饼”“拖炉饼”“刀鱼面”“春来百吉”和“三鲜宴”等菜点成为江阴名点名菜，县城高档宴席盛行“六大六”和“八大八”。“六大六”头序为二道干点、四道水果，顺接六道冷盘、六道炒菜和六道大菜；“八大八”上菜程序基本相同，较前者系每一程序多二道菜点。东乡的宴席排场也从“老八样头”发展到“十六会签”。

新中国成立后，特别是改革开放以来，江阴传统菜在得到传承与弘扬的同时，引进了川菜、粤菜、沪菜、清真菜和西式餐饮，天水雅居、爱晚亭等餐饮企业实现了“走出去”。

三、江阴菜富含文化，底蕴丰厚

江阴，人文荟萃。单从有文字记载的历史看，从春秋时期的吴季札，到明代的徐霞客，清代的缪荃孙，再到现代的刘半农，两千五百多年来人才辈出，或为官、或从军、或经商、或文教，豪门望族的乡饮酒礼和祭祀宴席给江阴菜注入深刻的文化俗尚。“过桥鳝”相传为清代乾隆年间江阴知县蔡澍的家厨在祭孔宴席上助主宾雅兴所创。以鳝片为主料，经剞、腌、炸、加汁焖酥，其色泽深红，酥烂醇香，咸甜相融，形似拱桥。寓意到孔庙礼拜，必先“过桥”。众来宾盛赞之，列为祭孔宴头道名菜。“方糕” 是葛氏望族的家点（该族一门出进士 33 人），用枣泥、糯米粉制成枣馅松糕，入口软绵糯香，具有补血壮力、减少皮肤皱纹之功效。糕又与高同音，吃方糕寓意步步高、年年高、节节高、一路高升，由葛郯的《信斋词》而流传，春节吃“方糕”便成为江阴人的风俗。其他节日之食俗还有迎春日荐春盘，啖春饼；上元日作灯市，笙歌彻旦，家作粉丸食之，意团圆；端午裹粽子赛龙舟，屑菖蒲雄黄以酒饮；中秋夜设瓜果赏月；重九登高，饮菊茶，插茱萸，吃重阳糕；腊月初八煮粥，杂果蔬辛物；腊月廿四祭灶以糖饼；除夕家家围炉守岁。

江苏学政衙署在江阴的设立，也为江阴菜增添了不少的典故。“鳝丝烩面”源为明朝万历四十二年“龙园面馆”为长江两岸 18 府 8 州（清朝时，8 府 3 州）来澄科举赶考的一些穷书生所提供的饮食，由于黄鳝含铁量高，有补血养气之功效，食后既饱肚又提神醒脑，许多人金榜题名。从此，“岁试”“科试”考前吃“鳝丝烩面”蔚然成风，享誉大江两岸。

江阴人崇尚忠孝节义，民间流传明初虞门桥人焦丙为孝敬老母所作“糖醋籽鲚”的故事。相传焦丙与朱元璋为少年朋友，朱元璋当皇帝后传旨要焦丙进京。焦丙离家前，为让老母能多几天吃上自己做的菜，将打柴所得买籽鲚回家，洗净晾干，入油锅养炸至酥脆时捞出，入糖醋汁浸泡入味。邻里乡亲纷纷效仿焦丙做“糖醋籽鲚”， 籽鲚腌制量大增。明朝《嘉靖江阴县志》有“每岁腌籽鲚鱼一万斛”记载。后此菜成为江阴的一道名菜。

江阴人注重平衡膳食，善于按照我国中医“药食同用”之“食补、食疗、食养”理论，在食材烹饪中辅之适当中药材，制成药膳，滋养身体，辅以治病。民间有“萝卜是个宝，逢年过节不可少”“萝卜笃肉汤，不劳医生开药方”等谚语。如今，红烧河豚、螃蜞鲞、过桥鳝、面拖蟹、糖醋籽鲚、笋燉鲴鱼、红烧江鳗、芙蓉鱼片、蟹黄包、刀鱼馄饨、鳝丝烩面、刀鱼面等烹饪技艺作为“非物质文化遗产”得以保护，并正循着“手艺—技能—艺术—文化”的发展规律，持续、有序、健康地向前推进。

四、江阴菜烹制精致，厨艺高超

凡选入本专集的江阴菜点，首先是选料精细。食材原料无论出自何处，必须“身份”正宗，而且

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绿色、新鲜。这些烹饪单位都与绿色农产品种养基地或经纪人形成了“农餐对接”，较好地执行了食材采购的索证索票制度。其次是制作精致。讲究色、香、味、形、器、声要素的优化组合，刀工细腻，丝、块、片、条，匀落分明；拼盘造型，形神兼备，荤素搭配，惟妙惟肖；果雕技法，出神入化，刻、雕、镂、琢，匠心独具。观赏江阴菜赏心悦目，尚未入口，先生食欲。最后是烹饪精妙。历代江阴厨师善于根据不同时节、不同品种的食材特点，分别采用炒、烧、熘、汆、炖、焖等技法，辅以葱、姜、酱油、料酒等调料进行烹饪，尤以火功见长。

以烹饪河豚鱼为例，上世纪九十年代初江阴烹协组成以老会长仰振华为首的“长江暗纹东方豚安全烹食工艺及方法研究”小组，在总结和整理先师流传下来的“和鱼肝、精巢法”河豚烧焖技艺的基础上，开创了安全烹食河豚新纪元。日本京都饮食文化代表团两度来澄访问学习，仰振华应邀赴日在日本国第三十届中华料理业全国代表大会上作“扬子江鱼烹制之我见”学术报告。1996 年 12 月 31 日，政府职能部门对“长江暗纹东方豚安全烹食工艺及方法研究成果”进行鉴定，认为该项研究在国内领先，填补了江苏空白。《餐饮世界》称仰振华为“中国河豚王”。 2006 年，江阴市安全烹食河豚鱼研究 10 年成果通过央视四套“走遍中国”蜚声海内外。“十一五”期间，江阴受江苏省烹饪协会委托，开办两期“养殖（控毒）河豚烹调培训班”，向来自北京、天津、上海、甘肃、河北、新疆、浙江、山东等 9 个省市的 23 个市、县展示了江阴河豚烹饪之功力。

同时，随着新式炊具、新品调料的使用和外来菜系的引入，灼、烤、熏、焗、扒、铁板、纸包、石烹等技法也成为江阴当代厨师的“拿手戏”。在马来西亚举办的第四届中式烹饪世界大赛上，华西烹饪代表队夺得 5 块特金奖和展台优秀奖；在国内各类各级烹饪技艺大赛上，江阴选手屡夺最高奖。华西金塔宾馆、永丰源大酒店、天水雅居和法尔胜大酒店成为中烹协中式菜肴研发基地。

近年来，江阴市政府大力实施“江阴菜”培育工程，举办美食节和河豚鱼安全烹饪研讨会，建设青果路美食街，开办“中国厨艺高档宴席菜肴高级研修班”“中国厨艺四大菜系高级研修班”，江阴市先后获得“中国长江鲜美食之乡”和“中国河豚美食之乡”称号，顾山镇、月城镇分别通过“中国餐饮美食名镇”和“中国螺蛳美食名镇”认定。目前，江阴烹饪界拥有国家级烹饪评委 3 名、中国烹饪大师 6 名、中国烹饪名师 4 名、江苏省烹饪大师名师 33 名。

一叶落，知劲秋。江阴菜，合天时、地气、材嘉、工巧之要素，既反映了江阴人生活中的饮食品质、审美观念、情感活动，也体现江阴地方的自然环境、生产水平、社会文明。这本《江阴菜》专集，虽然只是江阴美食的一部分，但挖掘传统特色菜点，借鉴其他菜系技艺，融合现代时尚元素，加强创新菜点研究，铸造江阴餐饮辉煌，始终是江阴烹饪界有识之士孜孜追求的目标。在新的历史时期，江阴菜定会以崭新的风貌和可口的美味，迎接四方宾朋，为江阴经济建设和社会事业发展作出更大的贡献。

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Foreword

Wu Xieping

Jiangyin Food has a long and profound history. As early as 7,000 years ago, the forefathers of Jiangyin, laboring on this land, generation after generation, created the brilliant prehistoric civilization, and made Jiangyin one of the birthplaces of Majiabin, Songshan and Liangzhu civilization. After Duke Jizha had been subenfeudated to Yanling and Duke Huangxie dredged Shen Harbor and Huangtian Harbor, Jiangyin Port had become an important transportation hub where commodities were collected and distributed in the Yangtze River Delta. The nature has long granted Jiangyin rich resources and products, and people of Jiangyin have created thriving commercial activities. Human beings and nature are united in a harmonious way. In the process of pursuing happy life, diligent and intelligent Jiangyin people have produced Jiangyin dishes—the main branch of Jiangsu cuisine.

I. Jiangyin dishes: rich food resources with high quality

Jiangyin is located off the Yangtze River, at the foot of Jun Mountain. It has mountains, rivers and canals, fertile land, mild climate, rare floods and droughts, which is good for farming and breeding. With abundant resources, it is famous as "land of fish and rice" in regions south of the Yangtze River. Various agricultural and fish products are available in almost every season, providing rich food resources for Jiangyin dishes. Taking river food as an example, fishes of 123 categories, 27 families under 15 orders can be found in Jiangyin section of the Yangtze River, including not only the protected finless porpoise, Chinese sturgeon and other rare fishes in the Yangtze River; and common inland river fishes, such as black carps, grass carps, chubs, bighead carps, carps, catfishes and other freshwater fishes, shrimps, crabs, trionyx sinensis, turtles and other hydrocoles; but also the best-quality river food in the Yangtze River, like reeves shads, sauries, balloonfishes, channel catfishes, eels, anchovies and other migratory species. As many as 91 categories used to be fished. Just as a famous sentence from Jiangyin County Annals, compiled under the reign of Emperor Jiajing in Ming Dynasty, goes, "the people who live off the river are good at fishing and called netmen and they fish balloonfishes and sauries in spring; reeves shads and sub anchovy in summer; eels in autumn and sturgeons in winter."

Jiangyin fishery of Yangtze River has the features of wide river, flat bottom, small riverbed gradient, sandy substrate, high dissolved oxygen and slightly alkaline, high water activity. Meanwhile, the river beach is densely covered with reed ponds, and the abundant bait feed is very suitable for reproduction and growth of fish. When the river becomes warm in spring, reeves shads, sauries, balloonfishes and other migratory fishes go upstream, feeding on small shrimps, fishes all the way. Their food chain gradually changes, which nourishes the fishes. When they mate and lay eggs here, their meat becomes fleshy and delicate. Therefore, reeves shads, balloonfishes and sauries of Jiangyin are unrivaled, once being listed as the "imperial food" in China and having high reputation in the Southeast Asian market.

In addition, Jiangyin has also produced bamboo shoots, mushrooms, lilies, couch grass sprouts, daylilies and other mountain products; mulberries, roses, matrimony vines, agarics, Chinese mahogang and other tree products; broad beans, clovers, shepherd's purse, nostoc, lettuces, cucumbers, radishes, peanuts, peppers and other ground products. Vegetable "Eight Aquatic Products" (wild rice, cress, water chestnuts, lotus root, arrowhead, caltrop, Gorgon fruit and asparagus), and meat "Eight Aquatic Products" (eel, mussels, clams, shrimp, fish, snails, frogs and turtles) are available at any time, which is the proof of the fresh, abundant and superior food materials of Jiangyin dishes.

In recent years, Jiangyin municipal government has vigorously promoted the construction of ecological environment and developed the green

farming and breeding industry. Jiangyin not only has ecological ten-thousand-pig farms, ten-thousand-mu organic orchards and organic vegetable gardens, and thousand-mu special aquaculture ponds for ballonfishes, reeves shads and sauries, but also has ten-thousand-mu production bases of agricultural products built in Hainan, Shanxi, Shaanxi, Inner Mongolia and Northern Jiangsu, which guarantees the abundant and superior green agricultural food in Jiangyin market.

II. The long history of Jiangyin cuisine

The ceramic cooking utensils unearthed from ancient ruins near Jiangyin, such as stoves, steamers, kettles, jars, bowls, cups and vases and the painted potteries in the shapes of fish, birds, hogs and rabbits in Gaochengdun, Shecheng and Qitoushan, which dated back to more than 7,ooo years, prove that the ancestors in Jiangyin have started cooking since ancient times. As early as the Spring and Autumn period and the Warring States period in Chinese history (770 BC – 221 BC), Duke Chunshen was subinfeudated and built Chengjiang city (now Jiangyin), and the city had "an ancestral temple on the left, a sacrificial temple to the local patron god on the right, the imperial court in the front, a market place in the back". Duke Chunshen treated the learned men with courtesy, and gathered more than 3,000 followers. Just at that time, the chef started to be a profession.

During the time of the Wei, Jin and Northern and Southern Dynasties (AD 220-589) in Chinese history, when Xiaotong, son of Emperor Wudi of the Liang State in the Southern Dynasties, compiled his Zhao Ming Selected Readings in Gushan Township of Jiangyin, the cooking skill of steamed dishes with soup-stock, the "Eight Big Bowls", had already been invented in this region. In Sui Dynasty, when Emperor Yangdi visited Jiangdu city, the county magistrate of Jiangyin often presented the dishes "steamed reeves shad with brown soy sauce" and "steamed sauries with brown soy sauce" as tributes. This cooking method can make these freshwater fish tasty and extend shelf-life. In Tang Dynasty, as one of the 68 "prosperous counties", there had been specialized restaurants in Jiangyin's markets. Scholars and politicians often came to "drink in front of the flowering shrubs" and "got dizzy beneath the moon". Into South Song Dynasty, merchants from all parts of the country flocked to Huangtian Port of Jiangyin and also brought in nonlocal ingredients and cooking techniques, which had enriched the content and the flavor of Jiangyin cuisine. The politician and poet in Song Dynasty, Wang Anshi once composed a poem to describe the hassle and hustle of Huangtian Port, "water in the port of Huangtian is as blue as the sky; business ships have miles of wind masters. The overseas peals are always imported into the local market; the fish and crabs in the world are worthless."

The cooking skill of globefish in Jiangyin had been famous in Ming Dynasty. In Compendium of Materia and Medica, the 44th Volume and under the Order of fish with scales, a masterpiece by Li Shizhen, a famous medical expert in Chinese history, had noted that "globefish produced in Jiangyin is the most delicious fish among the aquatic products"; "the globefish in spring is precious, especially the fat meat of its stomach, which is often compared as the breast of Xishi, a most-known beauty in Chinese history"; and "people in Wu say that the blood of globefish is poisonous, but people in Jiangyin salt its spawn, marinate its meat in wine, and then seal it in cellar before cooking. Is this the so-called slang 'risk one's life for eating globefish?'" In Qing Dynasty, the catering industry in Jiangyin was divided into three parts: taverns, restaurants and snack bars. The "wide noodle soup" of Longyuan Restaurants in Zhujia Ancestral Hall was known far and wide. In early Republic of China, the catering market in Jiangyin was unprecedentedly activated. Restaurants such as Shanxingyuan, Xinjingyuan, Xinxieyuan, Xinxinyuan, Xinmingxuan, Yiyuanguan, Zhuhongxing Noodle House, and Luxingxing Pastry Shop opened one after another. And desserts and dishes like "Zhongshan Pastry", "Tuolu Pastry", "Ribbonfish Noodle", "Spring Brings Luck" and "Three Delicacies Feast" became the traditional specialties in Jiangyin. "Big Six" and "Big Eight" prevailed in the upscale restaurants in the county town. "Big Six" referred to two desserts and four fruits, six cold dishes, six stir-fried dishes and six main courses, while "Big Eight" added two more dishes in each part. The feasts in Dongxiang County

also developed from "Eight Big Bowls" to "Sixteen Dishes".

Since the founding of People's Republic China, especially since the implementation of the policy of reform and opening-up, the traditional Jiangyin cuisine has been transmitted and carried forward, and at the same time Sichuan cuisine, Canton cuisine, Shanghai cuisine, Chinese Muslim cuisine and Western-style food has been introduced. Some catering enterprises such as Tianshuiyaju and Aiwanting have successfully implemented the strategy of "going global".

III. Jiangyin cuisine: abundant in cultural heritage

Jiangyin is a city gathering talents. Since written records began in history, there have been talents coming forth in large numbers in over 2500 years, including Wu Jizha in the Spring and Autumn period, Xu Xiake in the Ming Dynasty, Miu Quansun in Qing Dynasty, and Liu Bannong in modern times, to name only a few. They belong to a wide variety of fields, say, politics, military forces, business world, literature and education. Aristocrats' drinking ceremonies and feasts offering sacrifices to gods or ancestors instilled profound cultural customs in Jiangyin cuisine. It is said that bridge eel was invented by a cook of Cai Shu, the magistrate of Jiangyin county, in the reign of Emperor Qianlong (1736-1795) in the Qing Dynasty to entertain the main guests in a banquet to commemorate Confucius. This dish is eel based, which appears deep red, tastes crisp, pure, and aromatic with a mixture of salty and sweet, and looks like an arch bridge in shape, after being carved, pickled, fried and braised with sauce. The implied meaning of this dish is that people have to cross the bridge before worshipping Confucius in the Confucian Temple. The guests sang such high praise for this dish that it was listed as the first course in the feast to worship Confucius. Glutinous rice cakes originated from an honorable family with the surname Ge, which had 33 Jinshi (successful candidates in the highest imperial examinations). Made of jujube paste and glutinous rice powder, glutinous rice cakes are sponge cakes with jujube fillings which taste soft together with a flavor of glutinous rice. And at the same time, the cakes can enrich the blood, build up the strength and decrease wrinkles. In Chinese, the character of cake is pronounced gao, the same as that of high, so eating glutinous rice cakes implies moving up to higher positions in the future or year by year, which was widely spread by Ge Tan's Ci Poetry of Xinzhai (a collection of Ci poems). Hence, eating glutinous rice cakes in the Spring Festival has become a tradition of Jiangyin natives. There are still other traditional diets on various festivals. On the day celebrating Beginning of Spring, people have spring pancakes which are put on pans with lettuces. On the Lantern Festival, fluting and singing are heard all night and people make and eat sweet dumplings made of glutinous rice flour, which symbolize family reunion. On the Dragon Boat Festival, people make Zongzi, have a boat race and drink calamus and realgar wine (Chinese liquor seasoned with realgar and calamus) which can help to ward off bad luck. On the night of the Mid Autumn Day, people indulge in melons and fruits, admiring the glorious full moon. On the Double Ninth Festival, people drink chrysanthemum tea, stick cornel leaves and fruits in their hair and eat Chongyang cakes (steamed cakes mainly made of glutinous rice powder, round-grained rice powder, adzuki beans and white sugar). On the Laba Festival, a traditional holiday celebrated on 8th (ba) day of December (la) in the lunar calendar, people make porridge with fruits, vegetables and hot flavorings inside. On 23rd day of 12th month of the lunar calendar, people offer the god of kitchen sugar cakes as sacrifices. On New Year's Eve, every family stays up late to usher the New Year in.

The establishment of the School Administration Office of Jiangsu Province in Jiangyin in 1614 also added allusions to Jiangyin cuisine. In 42nd year in the reign of Emperor Wanli(1573-1620)in the Ming Dynasty, Longyuan Noodle Restaurant provided kind of special food, that was stewed noodles with eel shreds, to some poor intellectuals who came to Jiangyin to attend the imperial examination from 18 cities and 8 counties along the Yangtze River. Eel is rich in iron, replenishing blood and nourishing qi (vitality). Thanks to it, the poor intellectuals felt refreshed and many of them passed the examination. Ever since then, having stewed noodles with eel shreds before examinations prevailed in areas along the Yangtze River.

Jiangyin people advocate loyalty, filial piety, integrity and credit. There is a popular folk tale about a native named Jiao Bing living near Yumen Bridge who cooked sweet and sour anchovy with roes for his aged mother in early Ming Dynasty. It is said that Zhu Yuanzhang (the first emperor of Ming Dynasty), his childhood friend, once invited him to visit the capital after he came into power. Before leaving, selling some firewood, he got money needed, bought some anchovy with roes and cooked sweet and sour anchovy with roes, merely to ensure that his mother could enjoy dishes cooked by himself in the following days. He washed anchovy, let it dry in the wind, fried it in oil till it became crisp and then soaked it in sweet and sour sauce to make it tasty. Villagers in the neighborhood all followed suit, which made the amount of pickled anchovy with roes greatly increased. Jiangyin County Annals in the Reign of Emperor Jiajing in the Ming Dynasty said that the amount of pickled anchovy with roes added up to 10,000 hu (a dry measure used in former times, originally equal to 10 dou, later 5 dou) every year. Later on, it becomes a famous Jiangyin specialty.

Jiangyin people attach great importance to a balanced diet. Traditional Chinese medical science promotes having medicine together with food. In the light of relevant theories on dietetic invigoration, dietetic therapy and health preserving with food, they are adept in integrating traditional Chinese medicinal materials with cooking materials, making dietotherapy medicinal foods to nourish their bodies with cure of disease as a supplement. There are some prevailing idioms among people, for example, a stew of meat and turnip each day keeps the doctor away. So far, such Jiangyin cuisines have been preserved as the Intangible Cultural Heritage, like globefish stewed in brown sauce, amphibious crab claws, bridge eel, fried floured crabs, sweet and sour anchovy with roes, stir fried bullhead catfish with bamboo shoots, eel stewed in brown sauce, sliced fish in egg white sauce, crab roe dumplings, saury ravioli, stewed noodles with eel shreds and saury noodles. They are developing in a regular pattern as to from handicrafts to techniques, then from techniques to art, and finally from art to culture, which is a orderly, healthy and sustainable process.

IV. Great delicacy and high culinary skill

Firstly, our biggest concern for all the Jiangyin cuisines collected in this book is fine selection of ingredients. Wherever the materials come from, they must process an authentic "identification" and meanwhile green and fresh. An "agricultural food docking" network is formed among the cooking parts and Green agricultural product cultivation bases or their agents for a better execution of food purchasing regulations on demanding certificates and bills .

Secondly, precise processing. The harmonious integration of color, flavor, taste, shape, the fineness of the instruments and background music that counts. The cutting techniques are delicate and uniform, including shredding, dicing, slicing, chipping, etc. And the presentation of dishes is vivid with proper proportion of meat and vegetable in both form and essence. The fruit carving techniques are superior for its unique methods as carving, chasing, hollowing etc. The Jiangyin Cuisine is a feast for the eyes and a strong attraction for good appetite.

Thirdly, exquisite cooking skills. Considering different seasoning and features of various ingredients, the Jiangyin chefs are adept at adopting various cooking skills such as stir frying, braising, quick frying, quick boiling, stewing etc. with flavoring as scallion, ginger, soybean sauce, cooking wine etc. And they are especially well-known for the heat control.

Let's take the cooking of globefish as an example. The team for researching on "Cooking Technology and Methods for the Yangtze Takifugu Obscurus" was formed in the early 1990s led by Mr. Yang Zhenhua, the previous chairman of Jiangyin cuisine Association. Based on summarizing the braising cooking skills of "Dealing with fish liver and testis" handed down from old generation, they opened a new era in safe cooking methods of globefish. The catering culture delegation from Kyoto, Japan has come for study tour twice and Mr. Yang Zhenhua was invited to Japan and deliver an academic report on "My views on the cooking of the Yangtze Fish" on the 13th National Chinese Cuisine

Conference of Japan. The government functional department certified the achievements of "Cooking Technology and Methods for Yangtze Takifugu Obscurus" and proved its leading role in filling the gap in the field in Jiangsu Province on Dec.31, 1996. World Cuisine titled Mr. Yang Zhenhua as "The Chinese Globefish King". In 2006, the ten-year achievements of safe cooking methods of globefish of Jiangyin won high reputation all over the world through the program "Traveling Around China" of CCTV-4. During the Eleventh Five-Year Plan Period, authorized by the Cuisine Association of Jiangsu province, the city Jiang Yin opened "Training class for cooking of cultured globefish" for two phases and imparting globefish cooking techniques to 23 cities from 9 provinces including Beijing, Tianjing, Shanghai, Gansu, Hebei, Xinjiang, Zhejiang, Shandang etc.

Meanwhile, the techniques as scalding, roasting, smoking, baking, grilling, sizzling, cellophane, stone plate grilling have formed the new "speciality" of modern Jiangyin chefs along with the introduction of newly-developed cooker, new flavoring and exotic cuisines. On the 4th World Chinese Cuisine Contest in Malaysia, the Huaxi cuisine representatives won 5 special awards and recognition award. The contestants from Jiangyin won the top awards frequently in various cooking contests of different levels all over China. The Huaxi Golden Tower Hotel, the Yongfengyuan Hotel, the Tianshuiyaju and the Fasten Hotel became the bases of Chinese Cuisine Association for developing Chinese cuisines.

In the recent years, the government of Jiangyin has been energetically promoting cultivating project on Jiangyin Cuisine. They held Gourmet Festival and seminars on safe cooking methods of globefish, developed Delicacy street, opened "Advanced seminars on Chinese high-grade cuisines", "Advanced seminars on four major Chinese cuisines " and won the titles of "The Hometown of Delicacies from the Yangtze River, China" and "the Globlefish Paradise". The Gushan Town and Yuecheng Town has certified as "The Chinese Famous Town for Delicious Cuisine" and "The Chinese Famous Town for spiral shell " respectively. At present, JiangYin has 3 state-level cuisine assessment experts, 6 Chinese cuisine masters, 4 Chinese well-known cuisine teachers and 33 famous cooking talents of Jiangsu Province.

One fallen leave promises coming Autumn. Jiangyin Cuisine benefits from favorable climate, geographical convenience, prime ingredients and skillful cooking skills and it mirrors not only the cuisine quality, aesthetic standards and emotional activities of the Jiangyin people but the natural environment, production level and social culture of the city. The collection "Jiangyin Cuisine" covers only a part of Jiangyin delicacies, but its efforts on exploring the specialties of traditional cuisines, drawing on the achievements of other cuisines, absorbing modern elements, developing cuisine innovations and promoting the prosperities of Jiangyin Cuisine coincides the everlasting target of farseeing talents in cuisine of Jiangyin. In the new era, Jiangyin cuisine would certainly entertain all the friends with a brand new look and delicious taste and do more contributions to the economic construction of Jiangyin and the development of social undertaking.

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(The author is the vice chairman of the Jiangsu Cuisine Association, chairman of Jiangyin Cuisine Association and Jiangyin Chamber of Commerce of Catering industry.)

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