



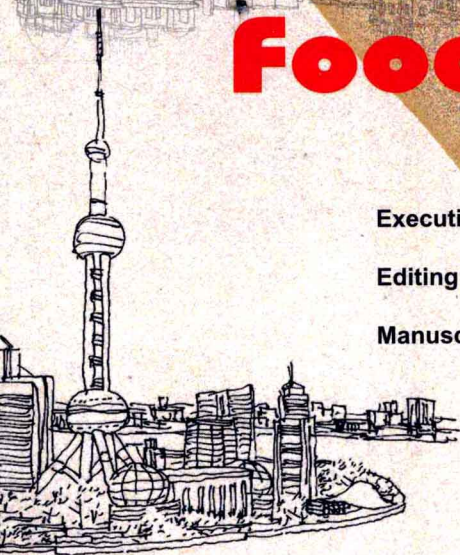
You Are Welcome to Shanghai



Food

in Shanghai

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Welcome to Shanghai



Wang Naili

In the spring of 2010, Shanghai, the ^{大都市}metropolis on the coast of East China Sea, will be revealing her charming beauty to guests from every corner of the world coming to visit Expo 2010 Shanghai China. Shanghai Municipal People's Government and the hospitable people of Shanghai have already been fully prepared for them: The wine cups will be filled brimful with nectar-like wines, the flowers will be in full blossom, the white pigeons will be soaring and fluttering in the blue skies, and the clock on the top of our Customs House at the Bund



will be tolling to announce the opening of Expo 2010. The tolling of the clock, which echoes through time and space and in our hearts, reminds us that Shanghai, over the past 160 years, has undergone great changes. What remains unchanged, however, are our good wishes and unwavering efforts for the world peace and human progress.

Expo 2010 Shanghai China, sponsored by the Chinese Government and undertaken in Shanghai, is a grand global exposition that will raise its curtain at a special historical moment. We solemnly abide by our promise to hold a successful, magnificent and memorable world Expo. Moreover, we sincerely expect to uphold the theme of this Expo: Better City, Better Life, together with the efforts from people all over China as well as all over the world.

Shanghai is a city full of ^{生命力} vitality, imagination, and competitiveness. As the largest comprehensive industrial city in China, it is not only an important center of science and technology, shipping, finance and information, but also one of the fastest developing and economically prosperous cities in China. Situated in the mouth of the Changjiang River and in the middle of coastline from north to south, it enjoys a favorable geographical location, with convenient transport and broad hinterland. Shanghai Port is one of the largest ports in the world.

Besides, as a prestigious city of history and culture, many important events in modern and contemporary Chinese history took place in Shanghai. Jiangnan Machinery Manufacture Arsenal laid the developmental foundation of the mod-

ern industry in China. The gallery of world architectures at the Bund displays the brilliant charms of the Asian financial center. The site of the First Conference of the Communist Party of China in Xingye Road kindled the spark of the torch for the tortuous revolutionary long trek. Furthermore, Expo 2010 Shanghai located by the side of the Huangpu River will embody the modern civilization of human society in terms of “Better City, Better Life.”

Shanghai is a city that strongly cherishes respect for traditional culture and actively implements the open policy, various cultures manifest their respective charm and uniqueness, and merge with one another. Up to now, Shanghai still preserves dozens of architectural styles of different historical periods in the world. It maintains the traditional civil residences in the region south of the Changjiang River and clusters of the stone-gate residential houses. The original living of Shanghai civilians is complete, orderly and natural. In Shanghai area, there are still many well kept several-hundred-year-old towns such as Fengjing, Qibao, Gaoqiao, Zhujiajiao, etc.; folk and religious locations such as City God Temple, Longhua Temple, Jing'an Temple, Jade Buddha Temple, Community Church, Xujiahui Cathedral, etc.; and humanistic memorial sites such as the Memorial Hall of the First Conference of the Communist Party of China, the Memorial Hall and Former Residence of Dr. Sun Yatsen, the Former Residence of Lu Xun, the Ruins of Ancient People at Guangfulin Relics, and the Former Site of the Provisional Government of the Republic of Korea, etc.

Shanghai was the first city in China that accepted the ad-





vanced western culture, digested and absorbed it, and took advantage of it. The earliest movie, modern opera, modern fine arts, modern music, journalism, recreational business, etc. all began in Shanghai and then rapidly spread to the rest of China.

Today, Shanghai has become, in the true sense of the term, an important city of culture that people all over the world yearn to visit to. Shanghai International Tourism Festival, Shanghai



International Film Festival, Shanghai International Art Festival, Shanghai TV Festival, Shanghai Nanhui Peach Blossom Festival, and other festivals have been attracting more and more participants from home and abroad. Shanghai TV Festival was the first international TV festival that China initiated and

ran. And Shanghai International Film Festival has already been certified by the International Federation of Film Producers Associations and categorized as A-list film festival.

Shanghai is one of the major tourist cities in China. The tourist industry accounts for approximately 8% of the total GDP of Shanghai. With the infrastructure for tourism getting better and better, the tourist receptive capacity is improving. There are now over 400 star-rated hotels in Shanghai. Every autumn, Shanghai International Tourism Festival is held for

nearly one month.

Shanghai has a subtropical climate of the northern hemisphere and experiences four distinct seasons with sufficient sunshine and ample rainfall. Therefore, it is quite suitable for the convening of international conventions and exhibitions as well as important sports matches. It boasts first-class stadiums, sports halls, and facilities.

To be a good host and to run Expo 2010 well, Shanghai Jiao Tong University Press planned and published this set of books under the title of Welcome to Shanghai. The contents of the books include all the basic elements of contemporary tourism, with the intention to offer guiding services for the domestic and overseas guests in terms of board and lodging, touring and sightseeing. The publication of the books is actually a concrete demonstration of good service. Of course, what is listed and stated in this set of books is far from enough to cover the whole service industry in Shanghai; it is merely a drop of water in the ocean. There are many more places in Shanghai that can cater for the needs of the domestic and overseas tourists. The open Shanghai will surely give our guests pleasant surprises from time to time.



With the spirit of “broad-mindedness, high value, wisdom,



and modesty,” we are determined to run an excellent Expo 2010 Shanghai, enabling our foreign guests to genuinely witness the courage and speed with which China is marching toward modernizations and to heartily witness the joys of the Chinese people that share the fruits of reform and opening-up as well as their pride.



Enjoy Delicacies in Shanghai

Enjoying food is always something significant and charming in Shanghai. Therefore, of natives of Shanghai or people living and working in Shanghai, visitors from other parts of China, compatriots from Hong Kong, Macao, and Taiwan, and overseas friends and guests, no one is ever willing to miss the opportunity to enjoy the delicacies in Shanghai.

Just as Shanghai itself, the food in Shanghai also represents the characteristic of broad-mindedness and readiness to accept. No matter what kind of cuisine and no matter where it comes, it will be accepted in Shanghai. What's more, it will get rooted in Shanghai and serve the natives of Shanghai and the people that make a short or long stay in Shanghai the dishes they love to eat and the dishes they want to eat.

Actually, when Shanghai was but a small fishing village, the villagers began to work at sunrise and stopped to rest at sunset. At the time of barely making two ends meet, it was almost a kind of sleep-talk to chat about food culture or food and beverage. As for snacks, there were only a few kinds such as tiny rice dumplings, small wonton, steamed rice-powder cakes, etc.

However, after Shanghai became a trading port, merchants flocked here from various places. Those from Anhui brought





with them the Anhui cuisine, those from Guangdong the Guangdong cuisine, etc. Before long, Shanghai grew prosperous in economy and its population expanded. With the large numbers of people from other parts of China thronging into Shanghai, the food cultures from various places merged and complemented one another, thus considerably enriching the Shanghai cuisine. Because of the increasing number of diners, the number of restaurants in Shanghai grew accordingly. On the eve of Liberation, Shanghai had had 18 cuisines: Beijing, Guangdong, Sichuan, Anhui, Fujian, Hunan, Huaiyang, Hangzhou, Ningbo, Suzhou, Wuxi, Tianjin, Chaozhou, Vegetarian, Islamic, Western, and Local, etc. And the number of restaurants had reached approximately 100. The restaurants of diversified cuisines made their debut and competed with each other in Shanghai; as a result, people living in Shanghai had the opportunity to enjoy delicacies.

Ever since the adoption of reform and opening-up, the exchanges and communications at home and abroad have become more and more frequent. Every day, countless business people and friends, domestic and overseas, come to and go away from Shanghai. Consequently, the food-and-beverage market has been booming with a large variety of dishes: Shanghai chicken, Guangdong live seafood, Chongqing hot food, Japanese teppanyaki, Hangzhou duck soup, etc. A few years ago, the Hangzhou cuisine became the dominant food fashion in Shanghai. Then, the Ningbo cuisine, which is characteristic of saltiness and tastiness, seemed to be in full swing. And even the Hunan cuisine, which was Mao Zedong's favorite, also won high appreciation by Shanghai people. At the same time, the home dishes by the minority

peoples of Northwest China would like to try a chance for the purpose of providing a strong stimulus to the benumbed palate of Shanghai people. 促进消费

Some people have wondered whether it is possible to enjoy different delicacies all over the world in one city. In Shanghai, which has undergone the reform and opening-up for 30 years, it is no long a dream to savor all the nice foods of the world even without bothering to walk out of Shanghai. According to the statistics by authorities, the number of restaurants in Shanghai has exceeded 40,000, and they are scattered in all parts of the city. And the number of cuisines has also gone beyond 18; actually there are cuisines as follows: Local, Huaiyang, Hangzhou, Ningbo, Guangdong (including tea restaurants; restaurants serving bird's nest, abalone and shark's fin), Sichuan, Hunan, Hubei, Yunnan and Guizhou, Beijing, Xinjiang, Islamic, Northeast China, Fujian (including vegetarian food, Taiwan cuisine, novel dishes, etc.), hot-pot, BBQ, red swamp crawfish, Japanese foods and teppanyaki, Korean foods, Thai, Singaporean, Vietnamese, Indian, French, Italian, Spanish, steak, pizza, Latin-American BBQ, Western luncheon, buffet, other Western foods, in addition to bread and dessert. Besides restaurants, there are cafes, bars, and teahouses. In Shanghai, people could enjoy a large variety and a rich diversity of foods. Therefore, some people have said in jest that Shanghai has "put the world on the plate."

As one of the serial bi lingual (Chinese and English) books You Are Welcome to Shanghai, Food in Shanghai mainly introduces where people can enjoy food and beverage in Shanghai; in other words, this book can serve as a guide book for

delicacies in Shanghai.

New restaurants are emerging like mushrooms, and the food-and-beverage market is assuming a new appearance day by day. This fully reflects the rapid speed at which Shanghai is developing into an international metropolis, and enables people to deeply feel that Shanghai is playing the march of our times. Hereby we feel very proud!

Friends and guests from home and abroad, you are welcome to Expo 2010 Shanghai China. However, when you are in Shanghai, never forget to have a try of the delicacies in Shanghai. It is really a great enjoyment in life to eat and savor different delicious foods!

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No. One Cantonese Cuisine: Xinya(Sunya) Cantonese Restaurant

粤菜翘楚·新雅粤菜馆



One of China's top class restaurants, Sunya(Xin Ya) is also a prominent specialty restaurant in Shanghai's food and beverage industry, serving Cantonese cuisine.

The restaurant's former self was known as the "Sunya Teahouse". In August 1926, its founder Cai Jianqing, a native of Hainan Region, Guangdong Province, opened a teahouse in the Cantonese neighborhood on North Sichuan Road in Hongkou District. At the time, the establishment only occupied a small unit of a two-storey building. The ground level was a retail space to sell canned foods, dim sums and beverages, and upstairs was served as a small private seating area with only a few tables. However, in contrast to the traditional teahouses in Shanghai, Sunya Teahouse brought a tranquil ambience and the elegant western style dinning setting to the tea drinkers. With their top quality dim sums, friendly service and strict sanitary regulations, the teahouse not only won praises from their patrons, but also