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A Kaleidoscope of Chinese Culture

文化

3

百题

中国文明与艺术之

Chinese Civilization and Art (4)



北京语言大学出版社
BEIJING LANGUAGE AND CULTURE
UNIVERSITY PRESS

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【序】

让中国走向世界， 让世界感知中国

随着中国经济的高速发展，中国的影响在全球不断扩大，全世界都把关注的目光投向这个古老而伟大的国家，同时也希望了解中国的过去和现在，从中探求它高速发展的原动力。

中国是人类文明的一个重要发源地，是一个有着5000年悠久历史的文明古国。中国人发明的纸、印刷术、指南针和火药，同瓷器、丝绸等一起传向世界各地，促进了中国与世界各国文化的交流；中国人所创造的诗歌、绘画、音乐、舞蹈、戏剧，表达了对道德伦理的重视与对自然的热爱，构成了中国文艺精神的内核；中国传统节日形式多样、内容丰富，是中华民族精神和情感的重要载体；中国传统建筑如都城、宫殿、寺庙、民居、园林等，反映了历史时代风貌，融入了中国人的思想观念与文化精神；中国人对外来文化兼容并包的精神，使中国文化不断发扬光大……

【 Preface 】

Helping the world to learn more about China

With the rapid development of its economy, China is getting more and more influential in the world. People all over the world are casting their eyes on this great old nation and their interest to learn more about China's past and present is growing. They want to find out what has been driving this nation to develop at such a great speed.

Being an old country with 5,000 years of history, China is an important birthplace of human civilization. The great inventions of Chinese, such as paper, gunpowder, the compass, the technology of printing, along with china and silk, have spread to the world and enhanced the cultural exchange between China and other nations; the poems, painting, music, dance and drama created by Chinese people all express their love for nature and their emphasis on ethics and moral obligations, which constitute the essence of Chinese culture and art; the rich and colorful traditional Chinese festivals of various kinds show the passions and emotions of Chinese nation; the traditional architecture of China, such as ancient cities, palaces, temples, common residences and classical gardens, has reflected the Chinese culture and spirit of different eras in history; and the all-embracing attitude Chinese people take towards foreign cultures has further developed and promoted the Chinese culture.

世界需要了解中国，中国更需要把文明的精粹和光彩展示给世界。正是基于这种强烈的愿望，北京语言大学出版社与视点文化传播有限公司合作，历时三年精心打造了《中国文化百题》这个全面介绍中国文化的影视巨作。该片荟萃了中国文化的精华，涵盖了中国文明与艺术、中国风俗、中国儒释道、中国各地与中国民族、中国名胜古迹等内容。它以简练生动的语言，清晰优美的画面，使观众在快捷、直观了解中国文化的同时，从中领略到中国文化的精神实质，可以称得上是一部立体的中国文化百科全书。

希望《中国文化百题》带给您充满惊喜的文化之旅，让您真正走进中国，感知中国！

北京语言大学出版社社长

戚继祥

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The world needs to know China, while China also needs to show the world the splendor of its culture. Based on these needs, Beijing Language and Culture University Press, along with Viewpoint Culture Communication Co., Ltd, has put great efforts of 3 years into this large-scale DVD product, *A Kaleidoscope of Chinese Culture*, which gives a comprehensive introduction to Chinese culture. This DVD series covers the quintessence of Chinese culture, including Chinese civilization and art, Chinese customs, Confucianism, Buddhism and Taoism, different ethnic groups, and famous places of historic interest and scenic beauty. With brief and vivid commentary, and clear and beautiful pictures, it brings readers to the core of Chinese culture in a convenient and direct way. *A Kaleidoscope of Chinese Culture* can truly be called a solid multimedia encyclopedia of Chinese culture.

It is our sincere hope that this product will set you on an exciting journey of Chinese culture filled with pleasant surprises and will help you to learn more about China.

戚法祥

President

Beijing Language
and Culture University Press

中国菜(上)

zhōngguó cài (shàng)



Zhōngguócài shì Zhōngguó yǐnshí wénhuà de zhòngyào
中国菜 是 中国 饮食 文化 的 重要
zǔchéng bùfen, jiǎngjiū sè, xiāng, wèi, xíng, yì jùquán,
组成 部分, 讲究 色、香、味、形、意 俱全,
zhòngshì xuǎnliào, dāogōng, huǒhòu hé tiáowèi sì ge fāngmiàn.
重视 选料、刀工、火候 和 调味 四个 方面。

Zhōngguócài de xuǎnliào fēicháng fēngfù, yě yǒu hěn duō
中国菜 的 选料 非常 丰富, 也 有 很 多
yāoqiú, xūyào qūfēn shíjìng, chǎndì, pǐnzhǒng hé bùwèi
要求, 需要 区分 时令、产地、品种 和 部位
děngděng. Běijīng kǎoyā, bìxū yòng Běijīng dìqū de tián
等等。比如 北京 烤鸭, 必须 用 北京 地区 的 填
yā cái xíng; chī pángxiè, Yángchéng Hú de dàzháxiè zuì xiān;
鸭 才行; 吃 螃蟹, 阳澄 湖 的 大闸蟹 最 鲜;
zuò hóngshāoròu yào yòng wǔhuāròu; zuò jīngjiàng ròusī jiù bìxū
做 红烧肉, 要 用 五花肉; 做 京酱 肉丝 就 必须
yòng lǐròu le.
用 里脊肉 了。





Chinese Cuisine (Part One)

Chinese cuisine, as part of China's food culture, values the color, fragrance, taste, appearance and connotation of dishes. The selection of the ingredients is considered important, along with the cutting method, the cooking temperature and the choice of condiments.



Chinese cuisine uses a wide range of ingredients, often dictated by the season, the location and the varieties available; even the specific part of the ingredient used is important. Peking Roast Duck, for instance, uses only ducks from Beijing; freshwater crabs must come from Yangcheng Lake in Jiangsu; pork braised in brown sauce has to use streaky pork; and the shredded pork braised in Beijing style, relies on the best tenderloin.



Zhōngguó cài zài pēng rèn qián, dà duō

中国菜 在 烹 饪 前， 大多

xū yào bǎ yuán liào jiā gōng chéng fāng biàn
需要 把 原料 加 工 成 方 便

shí yòng de chǐ cùn, yīn cǐ dāo gōng jiù xiǎn de
食 用 的 尺 寸， 因 此 刀 工 就 显 得

fēi cháng zhòng yào, dāo gōng xū yào de zhǔ yào
非 常 重 要。 刀 工 需 要 的 主 要

gōng jù shì cài dāo hé zhēn bǎn, chú shī tōng cháng huì bǎ yuán liào qiē chéng piàn, sī,
工 具 是 菜 刀 和 砧 板， 厨 师 通 常 会 把 原 料 切 成 片、 丝、
tiáo, kuài, dīng, lì děng xíng zhuàng. Yǒu xiē yuán liào jīng guò chú shī de qiǎo shǒu, jiù
条、 块、 丁、 粒 等 形 状。 有 些 原 料 经 过 厨 师 的 巧 手， 就
néng biàn chéng yí jiàn jīng zhì de gōng yì pǐn.
能 变 成 一 件 精 致 的 工 艺 品。

Zhōngguó cài de pēng tiáo fāng fǎ fēi cháng duō, lì rú chǎo, zhēng, zhǔ, jiān, zhá,

中国菜 的 烹 调 方 法 非 常 多， 例 如 炒、 蒸、 煮、 煎、 炸、

dùn, shāo děng. Wú lùn nǎ zhǒng pēng rèn fāng fǎ, huǒ hòu de zhǎng wò dōu shì fēi cháng
炖、 烧 等。 无 论 哪 种 烹 饪 方 法， 火 候 的 掌 握 都 是 非 常

zhòng yào de. Shí jiān de cháng duǎn, huǒ de dà xiǎo wǎng wǎng jiù néng jué dìng
重 要 的。 时 间 的 长 短， 火 的 大 小 往 往 就 能 决 定

cài yáo de pǐn zhì.

菜 肴 的 品 质。

Zhōngguó cài de tiáo liào hěn duō, bù tóng de dì qū suī rán huì yǒu xiē chā yì, dàn

中国菜 的 调 料 很 多， 不 同 的 地 区 虽 然 会 有 些 差 异， 但

yě yǒu yì xiē shì gè dì tōng yòng de, bǐ rú: yán, bái táng, jiàng yóu, cù, liào jiǔ,
也 有 一 些 是 各 地 通 用 的， 比 如： 盐、 白 糖、 酱 油、 醋、 料 酒、

shēng jiāng, suàn, cōng, xiāng yóu, là jiāo, hú jiāo, huā jiāo děng.

生 姜、 蒜、 葱、 香 油、 辣 椒、 胡 椒、 花 椒 等。

Before a dish is cooked, the ingredients are cut to the appropriate size. The way they are cut is important. When cutting, a knife and a cutting board are needed; the ingredients are cut to different shapes, slices, shreds, strips, chunks, dices, or grains. Even before the cooking begins, the ingredients, as processed by an expert, become works of art.

There are many ways of cooking Chinese food: steaming, boiling, stir-frying, frying, deep frying, stewing and braising. Each method requires a certain time and temperature. The slightest deviation can make a huge difference in quality.

The various regional styles of Chinese cuisine use numerous condiments. Some of them are universal, such as salt, sugar, soybean sauce, vinegar, wine, ginger, garlic, Chinese onions, sesame oil, hot pepper, pepper and Chinese prickly ash; some, on the other hand, are only available in the particular location.



中国菜(下)

Zhōngguó cài (Xià)



Zài yí ge dìqū, jīngguò màncháng de lìshǐ yǎnbiàn
 在一个地区, 经过漫长的历史演变
 zhújiàn xíngchéng yì zhǒng dú tè de pēngrèn fāngfǎ hé fēngwèi,
 逐渐形成一种独特的烹饪方法和风味,
 zhè zhǒng dú tè de fēngwèi jiù xíngchéng le cài xì. Zhōngguó yǒu
 这种独特的风味就形成了菜系。中国有
 bā dà cài xì hé sì dà cài xì de shuōfǎ. Yìbān lái shuō, sì
 八大菜系和四大菜系的说法。一般来说, 四
 dà cài xì zhǐ de shì chuāncài, lǔcài, yuècài hé huáiyángcài.
 大菜系指的是川菜、鲁菜、粤菜和淮扬菜。

Chuāncài qǐyuán yú Sìchuān, shì sì dà cài xì zhī shǒu, yě
 川菜起源于四川, 是四大菜系之首, 也
 shì Zhōngguó mǐnjiān zuì dà de cài xì. Chuāncài yǐ “má là” wéi
 是中国民间最大的菜系。川菜以“麻辣”为
 zhǔ wèi, Zhōngguó gè dì chángjiàn de “má pò dòu fǔ” “gōng bǎo
 主味, 中国各地常见的“麻婆豆腐”“宫保
 jī dīng” děng dōu shì chuāncài de dài biǎo cài pǐn. Yóu yú chuāncài
 鸡丁”等都是川菜的代表菜品。由于川菜
 shàn yú xī shōu qí tā gè jiā cài xì de cháng chù, bù duàn
 善于吸收其他各家菜系的长处, 不断
 chuàng xīn, yīn cǐ zuì shòu
 创新, 因此最受
 huān yíng, rén men cháng
 欢迎, 人们常
 shuō “shí zài Zhōngguó,
 说“食在中国,
 wèi zài Sìchuān”.
 味在四川”。





Chinese Cuisine (Part Two)

There are many schools of Chinese cuisine; each has developed over a long period of history to create a special style of cooking and unique flavor. Chinese cuisine, according to some people, has eight major schools; others say it has four, namely Sichuan, Shandong, Guangdong and Huaiyang.



The Sichuan school is the most popular of the four. “*Ma po dou fu*” and “*gong bao ji ding*” are two of the most famous Sichuan-style dishes. The Sichuan school, during its evolution, borrowed from other styles in order to keep its popularity.

No wonder people say, “The best food in the world is in China and the best food in China is in Sichuan.”

Lǔcài shì běifāng cài yáo de dàibiǎo, lìshǐ fēicháng yōujiǔ, pēngrèn shǒuduàn
 鲁菜是北方菜肴的代表, 历史非常悠久, 烹饪手段
 jiào duō. Zài chángqī de lìshǐ yǎnbiàn zhōng, zhǔyào fēnchéngle Jīnán hé Jiāodōng
 较多。在长期的历史演变中, 主要分成了济南和胶东
 liǎng zhǒng kǒuwèi. Jīnāncài zuì shàncháng zhì tāng, yǒu qīngtāng hé nǎitāng de
 两种口味。济南菜最擅长制汤, 有清汤和奶汤的
 qūbié; jiāodōngcài zé yǐ hǎixiān wéi zhǔ.
 区别; 胶东菜则以海鲜为主。

Yuècài zhǐ de shì Guǎngdōng yí dài de fēngwèi cài. Yóuyóu nánfāng qìhòu bǐjiào
 粤菜指的是广东一带的风味菜。由于南方气候比较
 wēnnuǎn, shíwù bù néng cúnfàng tài jiǔ, yīncǐ, yuècài duì yuánliào de xīnxiān
 温暖, 食物不能存放太久, 因此, 粤菜对原料的新鲜
 chéngdù yāoqiú bǐjiào gāo. Yuècài zài hǎiwài yǐngxiǎng yě shì zuì dà de, shìjiè gè
 程度要求比较高。粤菜在海外影响也是最大的, 世界各
 dì de Zhōngguó cānguǎn zhōng, yuècàiguǎn zuì duō,
 地的中国餐馆中, 粤菜馆最多。

Huáiyángcài zhǔyào zhǐ de shì Jiāngsū yí dài de fēngwèicài, kǒuwèi xiāngduì
 淮扬菜主要指的是江苏一带的风味菜, 口味相对
 qīngdàn, bǐjiào jiǎngjiu dāogōng, zhòngshì cài de shíling tèdiǎn, zài zhìzuò shàng yě
 清淡, 比较讲究刀工, 重视菜的时令特点, 在制作上也
 gèngjiā jīngxì yìxiē.
 更加精细一些。



Qíshí, chúle chuántǒng cài xì, rénmen yě
 其实, 除了传统菜系, 人们也
 zài búduàn fēngfù hé fāzhǎn zhe gèng duō bù tóng
 在不断丰富和发展着更多不同
 de dìfāng cài yáo, xǔduō xīn de dìfāng cài xì
 的地方菜肴, 许多新的地方菜系
 zhèngzài zhújiàn xíngchéng.
 正在逐渐形成。

The Shandong school, with its long history and many different cooking methods, is representative of the cuisine of northern China. In the course of its development, it has evolved into two styles: Jinan and east Shandong. Jinan style is famous for its soups, of which the “clear soup” and “milky soup” are the best known. The east Shandong style relies heavily on seafood.



The Guangdong school has been developed in an area where the climate is warm, so food can quickly go bad. For this reason, Guangdong-style cuisine emphasizes the freshness of the ingredients. Guangdong cooking is the best known style of Chinese food outside the country; many Chinese restaurants abroad offer Guangdong-style, or Cantonese food.

The Huaiyang school refers to the style of cooking popular in Jiangsu, where people prefer a mild taste. Its main feature is the way the ingredients are cut, and using the ingredients in season is emphasized. Besides, the preparation is extremely elaborate.



Apart from these four major cooking styles, new ones have emerged to grace the Chinese dinner table.

筷子

Kuàizi



kuàizi shì Zhōngguó rén fā míng de jìn cān yòng jù, dà duō yóu
筷子是中国人发明的进餐用具，大多由
zhú zǐ zuò chéng, yě yǒu yòng jīn shǔ, xiàng yá, cǎi qī děng
竹子做成，也有用金属、象牙、彩漆等
yuán cái liào zhì zuò de. Cóng gǔ dài kāi shǐ, kuàizi jiù zhú jiàn
原材料制作的。从古代开始，筷子就逐渐
liú chuán dào Zhōng guó zhōu biān guó jiā, yě chéng wéi xǔ duō
流传到中国周边国家，也成为许多
Dōng yà guó jiā de jìn cān gōng jù.
东亚国家的进餐工具。

Kuàizi zài gǔ dài jiào “zhù”, zhù de fā yīn hé “bāng zhù”
筷子在古代叫“箸”，箸的发音和“帮助”
de “zhù” yí yàng, yì sī jiù shì bāng zhù chī fàn de gōng jù.
的“助”一样，意思就是帮助吃饭的工具。
Dàn shì “zhù” yòu hé “zhù” tóng yīn, yǒu huǎn màn, tíng xià děng
但是“箸”又和“住”同音，有缓慢、停下等
bù jí lì de yì sī, suǒ yǐ rén men jiù yòng “zhù” de fǎn yì cí
不吉利的意思，所以人们就用“住”的反义词
“kuài” jiā shàng zhú zì tóu lái xíng róng zhè ge gōng jù, yú shì,
“快”加上竹字头来形容这个工具，于是，
“kuài” zì jiù yì zhí chēng hu dào jīn tiān.
“筷”字就一直称呼到今天。

