

CHANGSHU CUISINE

主编 金权宝

常熟一菜

金权宝



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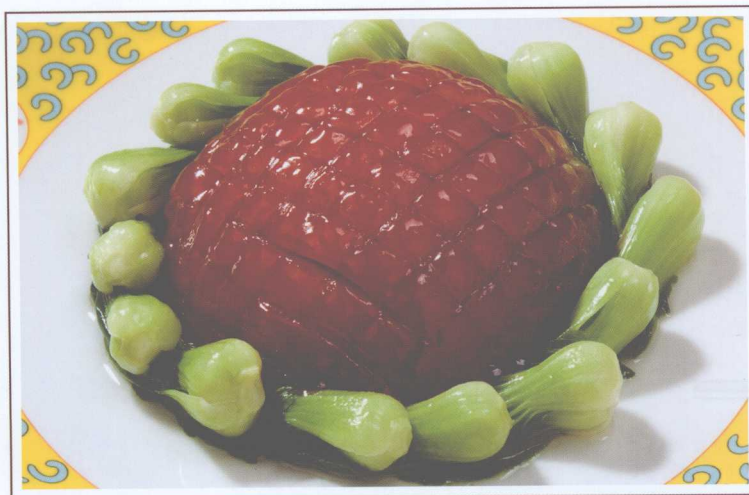


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序

徐永连

江南隽味世应无，常熟美食甲江南。

国家历史文化名城常熟，享有美食之都称誉，其传统菜点之精致、烹饪技艺之高超，老店名店之美誉，食客品味之功夫，相得益彰，闻名遐迩，早已成为常熟地方历史文化的重要组成部分。并且历久传承，不断推陈出新，逐渐形成独具地方风味的本帮菜点。“摆开八仙桌，招待十六方”，引来宾客如云，赢得口碑流芳。

常熟是典型的江南鱼米之乡，物阜民富；饮食文化更是源远流长。生活在“土壤膏沃，岁无水旱”、“岁得常稔”的常熟人民，对饮食文化的发展，有着长期的美好追求。常熟临江近海，山水相依，可餐可食之天然物产，四季迭出；加之百姓聪慧，或烹或饪之绝技高招，时有创新出炉；又因文化底蕴浓厚，食趣迭闻，更能助兴开怀。充沛的物质基础，丰富的文化内涵，使常熟菜常吃常新，百吃不厌。在常熟，讲究吃，善于吃，研究吃，从来被视为风雅之事。历代名人，当代市民，皆不但心向往之，且口品尝之，甚至亲手操作之，人们在大快朵颐之际，深为常熟的烹饪技艺所折服。经过千百年的实践，常熟菜在继承传统的同时，也因时而变、为需所求地创新开发出了一批符合现代人口味的美食佳肴。传统菜点中，有些早已列入中国经典菜谱，许多创新菜点也在全国历届烹饪比赛中屡获大奖。更可喜的是，一批承前启后的烹饪大师、名师脱颖而出，为常熟餐饮业的持续发展注入了强劲的活力。

在改革开放的时代潮流中，餐饮业自然应该具有海纳百川的胸怀，敢于引进新品种，并且取长补短，为我所用。但自身固有的特色，却是任何时候都不可轻易放弃或任其自生自灭的。常熟市餐饮业商会有鉴于对此的深刻认识，组织业界内外有识之士，编撰本市历史上首部《常熟菜》专著，荟萃常熟名菜名点风味，展示常熟大师名师风采，为弘扬和推介常熟菜办了一件实事。值此《常熟菜》出版之际，谨表衷心祝贺。愿常熟菜与时俱进，精益求精，以人间美味，更好地服务于民众，服务于社会。

是为序

2009年6月6日

（作者为中共常熟市委常委、常熟市人民政府常务副市长）



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Foreword

By Xu Yongda

None is the contrast to the eminence in the South of River, while food in Changshu is the best one in South of River.

Changshu, a famous city with a long history and rich culture, is honored as a gourmet metropolis. The exquisite traditional dishes and pastries, superb cooking skills, old restaurants with good reputations, together with gastronomists' tasting skills bring out the best in each other, which is so well-known as to be the important parts of history and culture in Changshu. Changshu regional dishes and pastries with local flavors are gradually formed after inheriting and innovation. Chinese ancient proverb: "Laying a traditional square table to entertain guests from all over the world" means Changshu Cuisine has attracted many guests and won lots of public praise.

Changshu is a typical land of fish and rice, with goods being plentiful and the people living a happy life, so the catering culture exists for a long time. The people in Changshu, blessed with good harvest of grains every year and free of floods and droughts, yearn for the forever development of the catering culture. Near the Yangtze River and the East Sea, surrounded by Yushan Hill and Shanghu Lake, Changshu is abundant in eatable natural products every season. People with great intelligence and superb cooking skills constantly innovate new dishes. Deep cultural deposits result in lots of interesting stories to people's heart's content, adding fun to cooking. Plentiful products and rich culture make Changshu dishes constantly innovative and worth eating. It has been considered elegant in Changshu to care for eating, excel at eating and study eating. Celebrities of every dynasty and contemporary citizens all yearn for Changshu cuisine, taste Changshu cuisine,

even cook the dishes by themselves. While enjoying the delicacies, they were full of admiration for the cooking skills. After hundreds of years' practice and inheriting, plenty of delicacies based on traditional skills have been created to modern people's taste with the development of the society. Some traditional dishes and pastries have been listed on the Chinese classical recipes. Some won prizes in national cooking competitions. More delightfully, many cooking masters stand out and inject vigor into the sustainable development of Changshu catering industry.

In the trend of reform and opening-up, catering industry should be brave enough to bring in new dishes and learn from other's strong points to offset its own weaknesses. However, its own features can't be abandoned or ignored. In view of the deep understanding of this fact, Changshu catering industry organized experts in and outside the catering circle to write the first recipe in Changshu history — Changshu Cuisine which assembles local styles of Changshu famous dishes and restaurants, showing Changshu masters' elegant demeanor. It is practical to carry forward and recommend Changshu cuisine. While this recipe is published, I want to express heart-felt congratulations. I hope Changshu cuisine will advance with the times, seek for great perfection, to serve the public and the society in a better way with delicacies in the world.

on June 6th, 2009

The author of the preface is the member of Standing Committee of Changshu Municipal Party Committee, deputy mayor of Changshu People's Government.

前言

金叔宝

世上湖山，天下常熟。

国家历史文化名城常熟得天独厚，地处富饶的长江三角洲黄金地带，岁岁“常熟”，又有着3000多年的人文历史，代代传承，可谓地杰人灵，人文荟萃。天赋予了常熟地理位置的优势，人创造了人文资源的优势。天人合一，和谐共生，也孕育出了苏帮菜系中的重要支脉——常熟菜。

常熟是典型的江南鱼米之乡，气候温和，土地肥沃。境内山水相依，河渠纵横，宜于农耕养殖，历来物产丰富，资源充足。“春有刀鲚夏有鲥，秋有螃蟹冬有蔬”。大自然的恩赐，为常熟菜的发展，提供了坚实的物质基础，也造就了常熟菜的应时性与多样性。即以立夏节令为例，常熟民间就有届时要吃“九荤十三素”之说。“九荤”是指鲥鱼、鲚鱼、螺蛳、鳊鸡、腌鲜、卤虾、咸鸭蛋、樱桃肉、鲳鳊鱼；“十三素”为樱桃、青梅、麦蚕、象笋、蚕豆、茅针、豌豆、黄瓜、莴笋、草头、萝卜、玫瑰、松花。“九荤十三素”皆就地取材，天然原生态。常熟土特产阳澄湖大闸蟹、虞山松树茸、兴福桂花栗子、曾为贡米的鸭血糯等，更为别处少有罕见或品质优于他处而闻名中外。此外以茭白、水芹、芡实、荸荠、莲藕、菱角、茨菰、芋艿为代表的素“水八鲜”，包括

上世纪70年代特地从常熟调拨上海，供首次访华的美国总统尼克松品尝的清水河虾及鱼、蚌、蚬、蛙、蛇等组成的荤“水八鲜”，都可应时而供，随处可购，足见常熟菜原料的鲜活与多样。

常熟菜历史悠久，源远流长。境内钱底巷良渚文化遗址的发掘，证明在至迟距今5000多年前的远古时期，先民们已开始熟食。此后出土的各个历史时期的陶器，更证实了先民的饮食已具有烹饪雏形。《逸周书·王鲜》篇载，3000多年前的周成王时代，即有“海阳献蟹”之说；而南北朝时，常熟地域内曾有过“海阳”县的建置。目前虽尚无法确证“海阳”县的命名，仅源于《逸周书·王鲜》记载的典故。但“海阳献蟹”绝非空穴来风，而常熟盛产螃蟹却是自古至今为人公认的。又据宋人陶谷《清异录》载，隋时“炀帝幸江都”，吴中即包括常熟等地在内的官府，常以“糟蟹”、“糖蟹”为贡品进献宫廷。这种以“糟收、酒浸、酱汁”等工艺烹制的螃蟹，其保质保鲜期，远胜于现蒸现煮的螃蟹，至今常熟地区民间仍有沿用此法食用螃蟹的。由此可见，当时常熟的烹饪技艺已呈极高水准。西晋永嘉之乱后，东晋王朝偏安江左，大批北方汉人为避战乱，移民常熟，外来人口一度超过本

地原住民；北宋宣和年间，在我国历史上第二次中原人口大迁移中，又有大量士大夫、贵族和富裕人家定居常熟。南北方民众的融合，极大丰富了常熟菜的内容和风味，使常熟菜的烹饪技艺在吸纳中原饮食文化的同时，又有了很大的提升。据地方志书记述，北宋绍熙年间，常熟城内已开设有兼买菜肴、点心的酒楼多家，如城东的庆丰燕喜楼、春风楼，城西的赏心亭、旨清楼等，均为酒菜俱佳，顾客盈门而载入地方文献。明清时期，随着手工业作坊、工场的出现，资本主义萌芽在常熟破土而出。其时，常熟市场迅速形成，店铺林立。水乡集镇，可见“春树万家，喧起渔盐之市，夜灯几点，摇来虾菜之船”的热闹景象；城内更是“茶酒有肆”，遍布街巷，鸡鸭鱼肉等熟食制品及时鲜食品，随处叫卖。宴席之上，则“百物骈罗，恒订满席”，“大菜用至十余，热炒间复又上”，精工暴殄、色味诱人。清代晚期，经济畸形繁荣，常熟餐饮业空前活跃，一批批或以承办高档筵席为主的菜馆，或以供应一般饭菜为主的饭店竞相开张。常熟虽远离北京皇城，但其时所开的菜馆却都能以“承办满汉全席”招徕顾客。民国早期，常熟又从上海引进西餐厨艺，开始供应西菜，显示了常熟饮食文化兼收并蓄，并不排外的一贯风格。

新中国成立后，特别是改革开放以来，常熟饮食文化在得到传承和弘扬的同时（叫花鸡制作技艺已列为江苏省非物质文化遗产名录），被赋予了鲜明的时代特色和地方人文精神，更富内涵，更耐品味。常熟餐饮业也随着地方经济的繁荣和人民生活水平的提高，焕发了勃勃生机，获得前所未有的大发展。目前全市共有各





类餐饮店1150家，其中五星级饭店4家，四星级饭店6家，三星级饭店11家，中华餐饮名店7家，开设于清光绪年间的王四酒家、山景园和开设于清宣统年间，以卤菜系列著称的马咏斋三家百年老店，至今照常营业，只是规模扩大，食客倍增，早已今非昔比。

常熟历来崇文重教，人才辈出。自唐至清，常熟有9人出任宰相，有485人高中进士，其中状元8人，榜眼4人，探花5人。仲雍、言偃、黄公望、严天池、毛晋、钱谦益、翁同龢等古代先贤，和曾朴、宗白华、庞薰琹、吴景略、王淦昌、张青莲等现代名人的思想、理论、智慧和学术成就，不但对中华民族的发展产生了深远的影响，也对常熟饮食文化的传播和发展起到了潜移默化的推进作用。翁同龢在京为官时，常以常熟家乡菜佐餐，并向皇上推荐过常熟菜，其日记中留有大量对常熟菜的评点；铁琴铜剑楼主人瞿启甲也对马咏斋的创业作过相助与指点。民国初年常熟时希圣刊刻的《四时食谱》，成为其时江苏烹饪界的重要经典菜谱。此外众多慕名而来的外地文化名人与美食家，如于右任、邵力子、宋氏姐妹、易君左、丰子恺、刘海粟、赵丹、巴金、周扬、费孝通、陆文夫、贾平凹等的频频光顾，也为常熟菜增添了文化的色彩。在浓重历史文化的长期熏陶下，常熟菜逐步形成了自成一格的独特地方风味。

常熟菜最大的特点是精致。首先是选料精细，料必正宗。原料无论出自何处，采购首选原产地，质量第一，杜绝假冒，同时力求时鲜。“食不厌精，脍不厌细”，更“料不厌鲜”。因季节而变的菜点，符合中华养生术的饮食之道。其次是

制作精湛，讲究色、香、味、形、器、声完美结合。刀功细腻，丝、块、片、条，匀落分明；拼盘造型，形神兼备，惟妙惟肖；果雕技法，出神入化，刻、雕、镂、琢，匠心独具，观赏常熟菜赏心悦目，尚未入口，先生食欲。第三是烹饪精妙。源于民间烹调的常熟菜，以火功见长，擅长炖、焖、煨、焐、蒸、烧等。著名的常熟叫化鸡，至今仍保持原生态泥烤操作法，是中国烹饪中煨法的代表。随着新式炊具、新品原料的使用和外地菜系的引入，炒、炸、爆、焗、煸、熘、烩、烤、扒、煎、熏等技法层出不穷，各显其妙。此外，常熟菜特别崇尚口味的本真。除了菜点造型力求保持本来面目、天生模样外，务求汁自菜中出，味从菜中来。浓汤宽卤，原汁原味。

饮食是一种文化，烹饪是一门技术。历史文化名城常熟的菜自然蕴含着丰富的文化内涵。人们在品尝常熟菜的同时，还可以从中感受到古城的风土人情和历史沧桑，诸如来源于叫化子偷鸡后，因无炊具，只得用泥团封裹后，放在火中煨烤而得叫化鸡的俗趣，以及名姬柳如是自松江来常熟，尝过钱谦益招待的叫化鸡后，即席吟诵“宁食终生虞山鸡，不知一日松江鱼”的联句，以此向钱谦益表达以身相许的雅闻。大俗大雅，让人在大快朵颐之余，更多了几分对常熟饮食文化的回味。

经过长期的实践、创新和融百家之长，常熟菜已以特有的地方风味和高超的烹饪技艺，不但获得了业界人士的肯定，更赢得了众多美食家和顾客的欢迎。目前，常熟叫化鸡、熏锅油鸡、虞山松树茸、清汤脱肺、出骨刀鱼球、芙蓉蟹斗、出骨生脱鸭、白汁稀卤笋、棋子腿筒、

脱壳鳊鱼、冰葫芦、松子炒血糯、桂花栗羹、石梅盘香饼、山药糕等传统常熟菜点，已先后被列入中国与江苏省名菜谱。而飞燕迎春、兰花蟹黄稀卤笋、牡丹明虾、百花太极南腿、蟹黄鱼翅、松鹤图、群龙戏珠、翠竹飞燕、牡丹虾片、蝶恋花、秋食、金汁丰收玉米、富贵中国结、鸟语花香、玫瑰刺猬包、苏式船点等一大批创新的常熟菜点，也在全国或江苏省烹饪比赛中屡获大奖。更为可喜的是随着美味常熟菜点的推出，也造就了一批常熟厨师的美味人生。常熟餐饮界，现在拥有餐饮业国家级评委2名，国家高级技师4名，中国烹饪大师6名，中国烹饪名师4名，江苏省烹饪大师16名，江苏省烹饪名师15名。常熟并在上世纪80年代初受中商部委托举办了“全国烹饪技术（江苏菜）培训班”，向来自19个省市的学员展示了江苏菜的魅力和常熟烹饪的功力。

“江南隽味世应无”。清代两朝帝师翁同龢当年对常熟菜的赞美，或许带有热爱故土的家乡情结，但通过挖掘传统特色菜点，借鉴其他菜系长处，加强创新菜点研究，融合现代饮食时尚，铸造常熟菜辉煌，却始终是常熟餐饮界有识之士，现在和将来孜孜追求的目标。在新的历史时期，常熟菜定会以崭新的面貌和可口的美味，迎接四方宾朋，为常熟旅游事业的发展作出更大的贡献。

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（作者为常熟市工商联副会长、常熟市餐饮商会会长、常熟市饭店协会会长）



Changshu is one of the most beautiful cities in the world.

Changshu, a national historical and cultural city with a long history of more than 3,000 years, is situated in the prosperous Yangtze River golden delta, with a good harvest every year. Changshu city is an excellent place for gathering talented people. Therefore, Changshu People create superior human resources. Harmony between man and nature has given birth to an important branch — Changshu Cuisine of Suzhou Cuisine.

Changshu is a typical land of fish and rice with a moderate climate and a fertile land. Surrounded by Yushan Hill and Shanghu Lake, the city, around which are wide and long grafts, is suitable for farming and cultivation, rich in products and resources. As the saying goes here, there are coilia nasus in spring, shad in summer, crabs in autumn and vegetables in winter. The bestow of nature not only lays a strong foundation for the development of Changshu cuisine, but also brings up properness and diversity for expanding Changshu Cuisine. Take summer for example: When summer begins, folk in Changshu will eat nine meat dishes and thirteen vegetables. "Nine meat dishes" means shad, tapertail anchovy, spiral shell, sauced chicken, specialty casserole, salted shrimp gravy, salted duck egg, cherry pulp, vimba, while "thirteen vegetables" means cherry, greengage, aleuronat, bamboo shoots, horsebean, thatch sprout, pea, cucumber, asparagus lettuce, toothed burclover, radish, rose, *song hua*. All these are local materials from the natural ecosystem. There are many special and local products, such as live fresh water crab, pine mushrooms in Yushan hill, sweet olive chestnut in Xingfu, Yaxue glutinous rice as tribute once, all these are rare or their qualities are superior to products in other places. Moreover, water bamboo, cress, amarantus mangostanus, chufa, lotus root, water caltrop, arrowhead, taro are representatives of vegetable "water eight delicacies". When Nixon visited China for the first time, river prawn, fish, oysters, *cyclina orientalis*, frog, snake called meat "water eight delicacies" are transported from Changshu to Shanghai for the American president to taste. Nowadays, all these delicacies can be obtained whenever and wherever, which serves to show that raw materials of Changshu cuisine are fresh and alive with great diversity.

Changshu cuisine can go back to the ancient

times. The discovery of Liangzhu cultural ruins in the region proved that ancestors had begun to cook food 5000 years before. The unearthed potteries from different historical periods further confirmed that the prototype of cooking has formed in the diet of ancestors. According to Yizhou Book — Wangxian, at the time of King Zhou Cheng, there existed the story of "Haiyang presenting crabs as tribute". In Southern and Northern Dynasties, Changshu was officially named "Haiyang county". Although it cannot be confirmed whether the name of "Haiyang" came from the story in Yizhou Book — Wangxian, there is no doubt that the story of "Haiyang presenting crabs as tribute" was not groundless. Because it has been well recognized that Changshu abounds with crabs. Besides, according to Qingyilu by Taogu in Song Dynasty, when Emperor Suiyang went to Jiangdu, the local authorities of Wuzhong, including Changshu county, often presented "crabs with wine sauce", "sweet crabs" to the royal palace as tribute. The crabs with wine sauce have longer shelf-life than the steamed crabs. Common people in Changshu still maintain the techniques of cooking crabs. It could be seen that the cooking techniques in Changshu has reached a higher level. After the roit of West Jin, a large number of people in the north immigrated into Changshu. The indigenous people were once outnumbered by the immigrants. During the period of Xuanhe in the North Song, plenty of literati, nobles, and rich people in the second migration of Central Plains settled down. Integration of the immigrants into the indigenous people enrich the Changshu cuisine. The cooking techniques of Changshu cuisine improved greatly by taking in the culture of Central Plains. According to the local written records, during the period of Shaoxi in North Song, a number of restaurants in the Changshu were opened such as Qing Feng Yan Xi Lou in the east of the city, Shang Xin Ting and ZhiQing Lou in the west of the city and so on. During the Dynasties of Ming and Qing, with the appearance of handicraft workshops and factories, buds of capitalism emerged. Shops stood in great numbers, and then Changshu market took shape soon. Noises of the town market could be heard in the early morning. Food like chicken, duck, fish, meat and seasonal food were sold everywhere on the city streets and roads. Well-prepared and attractive dishes were provided for dinner parties. In the late Qing Dynasty, the prosperous economy contributed to the great development of Changshu catering industry. Many of restaurants that provided

high-end banquets or ordinary meals were opened. Far away from the capital city of Beijing, the restaurants attracted customers with "Man-Han Banquet". In the early days of the Republic China, western cooking techniques were introduced from Shanghai into Changshu. The fact that western food was introduced and provided in the restaurants showed its style of acceptability.

After reforms and opening-up, Changshu catering culture was entrusted distinctive features of the times and the local humanity spirits, inherited and carried forward. The cooking skills of *beggars' chicken* have been listed as an intangible cultural heritage of Jiangsu Province. With the development of local economy and the improvement of the people's living conditions, Changshu catering industry has called forth great vigor and developed a lot. There are 1,150 restaurants, including 4 five-star hotels, 6 four-star hotels, 11 three-star hotels and 7 Chinese famous restaurants. Wangsi Restaurant and Shanjingyuan Restaurant both were opened during the period of Guangxu in Qing Dynasty. Mayongzhai noted for its pot-stewed meat and fowl was opened during the period of Xuantong in Qing Dynasty. They have been in business till now. Besides, they have a larger scale and more customers.

Talents have come forth in large numbers in Changshu owing to the great attention paid to culture and education. There were 485 *Jinshi* in the highest imperial examination, including 8 Zhuangyuan (title conferred on the one who came first in the highest examination), 4 Bangyan (title conferred on the one who came second in the highest examination), 5 Tanhua (title conferred on the one who came third in the highest imperial examination). The thoughts, theories, intelligence and academic achievements of sages of the past like Zhong Yong, Yan Yan, Huang Gongwang and contemporary celebrities like Zeng Pu, Zong Baihua, Wu Jinglue, Wang Ganchang, Zhang Qinglian have deep effect on China's development and the spread and development of Changshu catering culture. Weng Tonghe often had Changshu dishes and made comments in his diary when he worked as an official in the capital city. He once recommended Changshu dishes to the emperor. Qu Qijia, the owner of Tie Qin Tong Jian Tower offered some advice and helped to lay the foundation of Mayongzhai. Recipe for Four Seasons inscribed by Shi Xisheng in the early People's Republic

Introduction

By Jin Quanbao

of China in Changshu was an important recipe at that time in cooking circles in Jiangsu Province. Frequent patronage of celebrities out of admiration for Changshu local delicacies and gourmets like Yu Youren, Shao Lizi, Sisters Song, Yi Junzuo, Feng Zikei, Liu Haisu, Zhao Dan, Ba Jin, Zhou Yang, Fei Xiaotong, Lu Wenfu and Jia Pingwa added cultural flavor to Changshu Cuisine. Nurtured in rich culture and history, Changshu Cuisine has gradually formed its distinctive local flavor.

The catering is a culture, and cooking a skill. The dishes of this historical and cultural city have rich culture connotation. While enjoying Changshu dishes, people can experience local conditions, customs, historical changes and enjoy secular and elegant stories. For example, beggars' chicken came from a story: Once a beggar stole a chicken. Without a cooking pot, he covered the chicken with clay soil, then roasted it over a fire. Another love story is told like this: a famous prostitute called Liu Rushi from Songjiang chanted impromptu "I would rather have chickens in Yushan Hill all my life than taste the fish in Songjiang River." after she tasted the beggars' chicken treated by Qian Qianyi. Then she pledged to marry him. These stories will make people ponder over Changshu catering culture after they enjoy the delicacies.

Delicacy is the most prominent characteristics of Changshu Cuisine. Firstly, materials are carefully selected. Raw materials selected from origin source area are the first choice, and the quality is the most important thing. Impersonation is forbidden and materials are fresh and alive. Never loathe being proficient when cooking, never loathe the fineness when chopping dishes, never loathe freshness when choosing materials. Dishes and pastries changing with the changeable seasons are in accordance with the diet way for the Chinese regimen. Secondly, exquisite manufacture is the second characteristics of Changshu cuisine, is paid particular attention to perfect adaptation of color, incense, taste, shape, utensils and sound. Cutting and slicing skill is subtle, clearly demarcated for thread, piece, sheet and strip; the molding of cold platter is unity of form and spirit to perfection. Technique for engraving fruits is superb, carving, engraving, stranding and cutting consummate in craftsmanship. It is pleasing to see Changshu cuisine and appetite grows before tasting. Thirdly, the process of cuisine is subtle, originated from Changshu cuisine

cooked among the folk, good at endeavor, and excels at stewing, braising, roasting, warming, steaming and cooking. The famous Beggars' chicken in Changshu maintains the ecosystem way of baking with clay and the way of cooking is the representative of Chinese Cuisine. With the new cookery used and new materials brought in, the skills of sautéing, frying, cracking, stir-frying, quick-frying, brewing, roast, raking, pan-frying and toasting emerge in an endless stream. Moreover, Changshu cuisine advocates real taste. Besides, Changshu cuisine makes efforts to maintain facial features of dishes and pastries, obtain juice from dishes, get delicious flavor from dishes, pursues bisque and thick gravy with original taste and flavor.

In the long term of practicing, innovating and harmonizing various schools of thinkers, Changshu cuisine with special local flavor and superb cuisine skills, has obtained confirmation from people in the industry, even has been popular with gastronomists. At present, the dishes of Beggars' Chicken in Changshu, Changshu Sauced Chicken, Stewed Yushan Hill Pine Mushrooms, Fish Liver in Pure Soup, Saury Ball with Bones Out, Lotus Crab, Duck with Bone Out, Braised Bamboo Shoots with White Juice, Chessman Shaped Pork Tube, Shelled Siniperca Chuatsi, Sticks of Sugar-Coated Haws, Sticky Rice with Pine Nuts, Soup made of Chest Nut with Sweet Olive Flavor, Stone Plum Tray Shaped Seed Cake, Cake Made of Yam, have been put on a list of national and Jiangsu provincial famous recipes in succession. The dishes of Flying Swallow Greeting Spring, Slim Bamboo Shoots with Crab Spawn in Shape of Orchid, Peony Prawns, Baihua Tai Chi Ham, Shark's Fins with Crab Spawns, Picture of Crane and Pine, Dragons Playing with Pearls, Green Bamboo and Sweeping Swallow, Peony Shrimp Chips, Butterfly Loves Flower, Autumn Fruits, Good Harvest of Corn, Rich Chinese Knot, a

Fine Spring Day, Steamed Stuffed Rose Bun in Shape of Hedgepig, Threo Form Cake Made of Fruit and Vegetable Juice, as well as a lot of new dishes and pastries, have also won many awards in national and provincial cuisine contests. To make things better, with Changshu cuisine pushed out, Changshu cuisine brings up a set of relish life of Changshu cooks. In Changshu catering industry, there are two national-level judging panels, four senior technicians, six Chinese Cuisine masters, four famous teachers of Chinese cuisine, sixteen provincial cuisine masters, fifteen famous teachers of provincial cuisine. In the 80's of the last century, Changshu received the commission from Chinese Commerce Department to conduct the training course for national cuisine skills, opening up the glamour of Jiangsu Province and the effect of Chinese cuisine for students from nineteen provinces and cities.

"Nothing is better than eminence in South of River" may be the praises of Changshu Cuisine by Weng Tonghe, the teacher of two emperors in Qing Dynasty, mingled with love for his hometown. By exploring traditional specialities, learning from the strong points of other cuisines, strengthening the studies of innovative dishes, combing it with modern fashionable dishes to create glory of Changshu Cuisine is the goal of knowledgeable persons in Changshu catering circles. In this new era, Changshu Cuisine will welcome guests from all over the world and serve the public and the society with its new appearance and delicacies.

on June 6th, 2009

*Vice Chairman of Changshu Business Association
President of Changshu Restaurants Chamber of Commerce
President of Changshu Restaurant Association.*



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获奖篇 —— 历届全国、江苏省获奖菜点

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常熟菜



大师篇

——中国烹饪大师、名师经典菜

常熟烹饪人才辈出，技术力量雄厚，在淮扬菜集聚区中发挥着重要作用。目前常熟有“中国烹饪大师”6位、“中国烹饪名师”3位，成为常熟烹坛的佼佼者。他们大都活跃在各大宾馆饭店、院校，展示着各自高超的技术和聪明才智，为常熟烹饪培养了大批优秀的烹饪后起之秀，为常熟地方饮食文化做出了贡献，同时也引领着常熟菜的创新和发展。

Dishes Produced by Masters

Traditional Dishes Produced by Chinese Cuisine Masters and Famous Chefs.

The cuisine talented people with strong technical force are produced by each generation in Changshu, which plays an important part in HuaiYang Cuisine. At present, there are 6 Cuisine Masters of China and 3 famous chefs in Changshu, all of whom are outstanding figures in Changshu cuisine circle and are active in every hotel and school in Changshu, showing their superb skills and intelligence. They have cultivated a lot of promising youngsters and made great contribution to the local food and drink culture. They are keeping Changshu Cuisine inherited, innovated and developed.

