

北大版对外汉语教材·公共选修课系列

汉 英 对 照

学做中国菜

Chinese Food

于鹏 焦毓梅 编著



大菜系（四）湘菜和徽菜	Eight famous cuisines of Hunan and Anhui	Pine N
“餐饮”有关的汉字	Chinese Characters	粤菜和闽菜
饮食文化：素斋	Vegetarian Dishes	Cuisine of Guangzhou and Fujian
8. 西芹腰果百合	Sautéed Potato, Green Pepper and Marinated Lotus Roots with Vinegar	Marinated Lotus Roots with Vinegar
饮食文化：地方小吃	Local Snacks	
8. 西芹腰果百合	Sautéed Lily Bulbs and Celery	
饮食文化：八大菜系（三）苏菜和浙菜	Eight famous cuisines (3) Cuisine of Suzhou and Zhejiang	
9. 麻婆豆腐	Ma-Boh Tofu	
饮食文化：“麻婆豆腐”的由来	The Origin of Ma-Boh Tofu	
10. 鱼香肉丝	Yu-Shiang Shredded Pork (Sautéed)	
菜系（四）湘菜和徽菜	Eight famous cuisines of Hunan and Anhui	



北京大学出版社
PEKING UNIVERSITY PRESS

北大版对外汉语教材·公共选修课系列

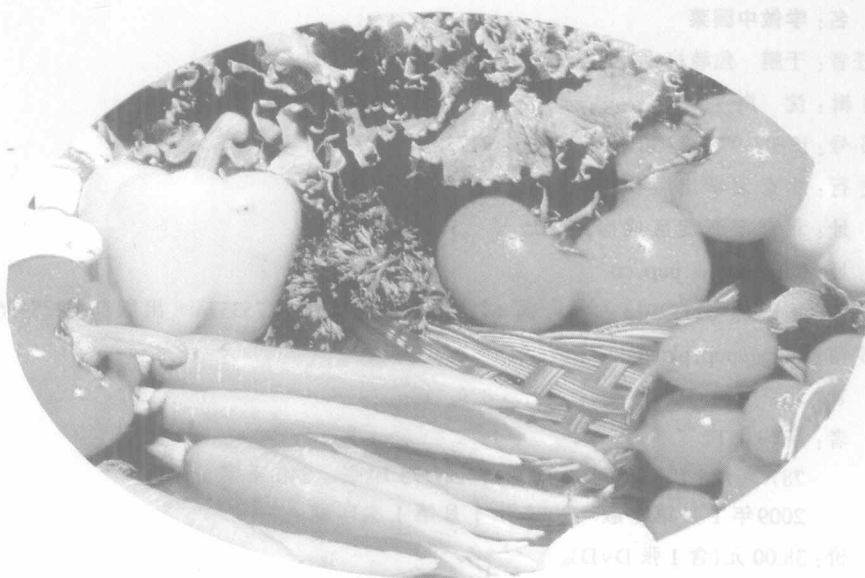
学做中国菜

Chinese Food

于鹏 焦毓梅 编著

史宁 韩晓喆 翻译

Angela Lee (李文睿) 校译



北京大学出版社
PEKING UNIVERSITY PRESS

图书在版编目(CIP)数据

学做中国菜 / 于鹏, 焦毓梅编著; 史宁等翻译. — 北京: 北京大学出版社, 2009.1
(北大版对外汉语教材·公共选修课系列)

ISBN 978-7-301-14729-0

I. 学… II. ①于… ②焦… ③史… III. ①汉语—对外汉语教学—教材 ②饮食—文化—中国 IV. H195.4

中国版本图书馆 CIP 数据核字(2008)第 191115 号

书 名: 学做中国菜

著作责任者: 于鹏 焦毓梅 编著 史宁 等翻译

责任编辑: 沈 岚

标准书号: ISBN 978-7-301-14729-0/H·2173

出版发行: 北京大学出版社

地 址: 北京市海淀区成府路 205 号 100871

网 址: <http://www.pup.cn>

电 话: 邮购部 62752015 发行部 62750672 编辑部 62753374 出版部 62754962

电子邮箱: zpup@pup.pku.edu.cn

印 刷 者: 北京大学印刷厂

经 销 者: 新华书店

787 毫米×1092 毫米 16 开本 9.75 印张 240 千字

2009 年 1 月第 1 版 2009 年 1 月第 1 次印刷

定 价: 38.00 元(含 1 张 DVD)

未经许可, 不得以任何方式复制或抄袭本书之部分或全部内容。

版权所有, 侵权必究 举报电话: 010-62752024

电子邮箱: fd@pup.pku.edu.cn



学做中国菜

前言

“民以食为天”，中华民族是一个历史悠久的民族，自然有着历史悠久、举世瞩目的饮食文化。考古发现，在距今六七千年以前，中国就已经出现了碗、盘、盆、缸等餐饮用具，出现了酱、醋、酒等主要调料。炸、烤、烧、熬、炖、扒、烩等烹饪方法，在距今三千多年前的殷周时代就已基本定型了。

几千年的历史文化，孕育出中国各地一万多种美味佳肴和上千种风味小吃。如今，中国餐厅已经遍布世界各地，对西方人来说，用筷子吃中国菜已经不是一件难以实现的事情了，但要吃出“中国味儿”却是很难做到的，因为很多人对中国菜肴和中国饮食文化的认识还存在着这样那样的误区。

每课设有“推荐絮语”、“制作过程”、“饮食文化”、“解释词语”、“说一说”、“做一做”和“词语链接”等版块，旨在丰富读者的饮食文化知识，调动“手”、“眼”、“口”等各感觉通道，提高实际操作和交际能力。

本书既是讲授中国菜烹调技巧的小册子，同时也是外国人了解中国饮食文化(如中国菜的色香味、八大菜系、特色菜、各地小吃、茶、酒及药膳等)，学习相关词语(如煎、炒、烹、炸等与烹饪的动词；油、盐、酱、醋等调料名；丁、片、丝、块、段等菜形用词；茄子、辣椒、西红柿等蔬菜名；米饭、包子、饺子、馒头等主食名；汤圆、炸糕、糖葫芦等小吃名；菜单、雅间、自助餐、结账等餐厅就餐常用语；京酱肉丝、鱼香肉丝、麻婆豆腐、糖醋里脊等菜名；吃醋、吃亏、吃力、吃香等与“吃”有关系的词语等)，以及了解中国文化(如利用谐音趋吉避凶)等知识汇编。

这本书得以问世，应该感谢北京大学出版社的沈岚老师的大力支持，她在本书的编写过程中提出了很多宝贵的修改意见，在此深表谢意。

编写这本书的过程中，查找翻阅了很多介绍中国菜的书籍和资料，意外地翻出了我母亲以前记录菜谱的笔记本，一时不由得热泪盈眶，妈妈做的炒豆角、炸茄夹等家常菜瞬间又回到眼前。时光飞逝，她离开我们已经三年多了，谨把这本书献给我的妈妈——边春霞，愿她在天堂里继续烧制可口的菜肴。

于鹏 焦毓梅

2008.5



学做中国菜

Preface

“People regard food as their primary desire”. As a nation with a rather long history, China naturally enjoys a culinary culture with an ancient history and the recipient of much universal attention. According to archeological findings, six or seven thousand years ago, Chinese people began using kitchenwares like bowls, plates as well as major seasonings like soy sauce, vinegar and rice wine. Culinary methods like deep-frying, roasting, braising with sauce, simmering, stewing, grilling, and stewing following precooking have roots in the Shang and Zhou Dynasties three thousand years ago.

Several thousand years of history and culture have given birth to the over 10,000 kinds of delicious dishes and more than 1,000 smaller snacks. Currently, Chinese restaurants have spread all over the world. For westerners, eating Chinese food and managing with chopsticks is no longer difficult, but, it is no less easy for them to truly appreciate “the Chinese Flavor”, as many people, still have misunderstandings about Chinese diet and Chinese cuisine.

This book explains cooking techniques of twenty types of common dishes in detail, aimed at feeding foreigners’ desire to cook Chinese food. Through learning and practice, they will learn and know the vocabulary of Chinese food, understand Chinese cuisine and gain a broader grasp on Chinese culture.

Therefore, this book serves not only as a booklet to introduce Chinese culinary techniques, but also as a resource for foreigners to understand Chinese culinary culture (e.g., the three key factors of color, aroma and taste, the eight principal regional cuisines, specialties, local delicacies, tea, wine and medicated food, etc.), learn food-related vocabulary (different cooking verbs like pan-frying, stir-frying, quick-frying and deep-frying; various seasonings like oil, salt, soy sauce, and vinegar; various terms denoting ingredient size like dice, slice, shred, chunk and strap; vegetables like eggplant, hot pepper, and tomato; staple foods like steamed rice,



学做中国菜

steamed dumplings, dumplings and steamed bread; local delicacies like glutinous rice dumplings, fried cakes and sugarcoated haw on a stick; restaurant expressions like menu, private room, cafeteria, paying the bill; different dish names like Sautéed shredded pork with sweet-bean sauce, Fish-flavored shredded pork in hot sauce, Spicy and hot bean curd, Sweet and sour fillet; eating-related expressions like “showing jealousy”, “suffering losses”, “feeling tired”, “being popular”) and furthermore understand Chinese culture (e.g. using euphony to avoid possible disasters).

My debt is to Shen Lan Laoshi at Peking University Press for her strong support in publishing this book. She also provided a lot of precious advice that helped me in writing and revising this book, so I express my gratitude to her once more.

In writing this book, I surveyed a lot of books and materials introducing Chinese cuisine. During this process, I accidentally found my mother's old recipe book. Tears filled my eyes when I recalled my mother cooking fried beans or fried eggplant with meat stuffing. Three years have elapsed since she passed away, so I would like to dedicate this book to my mother—Bian Chunxia, with the wish that she can continue to cook delicious dishes in paradise.

YU Peng, JIAO Yumei



学做中国菜

目录 Contents

- 1 西红柿炒鸡蛋 Scrambled Eggs with Tomato 1
饮食文化:中国菜的“五味” “Five Flavor” of Chinese Dish / 3
- 2 素烧茄子 Braised Eggplant with Soy Bean Paste 7
饮食文化:筷子 Chopsticks / 9
- 3 清炒荷兰豆 Sautéed Snow Peas 14
饮食文化:八大菜系(一) Eight Famous Cuisines (1) 鲁菜和川菜
Cuisine of Shandong and Sichuan / 16
- 4 香菇油菜 Sautéed Cabbage Cole with Champignon 20
饮食文化:中国菜的烹调方法 Cooking Methods of Chinese Cuisine / 22
- 5 松仁玉米 Sautéed Sweet Corn with Pine Nuts 27
饮食文化:八大菜系(二) Eight Famous Cuisines (2) 粤菜和闽菜
Cuisine of Guangzhou and Fujian / 29
- 6 醋溜藕片 Marinated Lotus Roots with Vinegar Sauce 34
饮食文化:素斋 Vegetarian Dishes / 36
- 7 地三鲜 Sautéed Potato, Green Pepper and Eggplant 41
饮食文化:地方小吃 Local Snacks / 43
- 8 西芹腰果百合 Sautéed Lily Bulbs and Celery 49
饮食文化:八大菜系(三) Eight Famous Cuisines (3) 苏菜和浙菜
Cuisine of Suzhou and Zhejiang / 51
- 9 麻婆豆腐 Mar-Boh Tofu 56
饮食文化:“麻婆豆腐”的由来 The Origin of Mar-Boh Tofu / 58



学做中国菜

10	鱼香肉丝 Yu-Shiang Shredded Pork	62
	饮食文化:八大菜系(四) Eight Famous Cuisines (4)湘菜和徽菜 Cuisine of Hunan and Anhui / 64	
11	京酱肉丝 Sautéed Shredded Pork in Sweet Bean Sauce	69
	饮食文化:与餐饮有关的汉字 Chinese Characters Related to Food / 71	
12	木须肉 Sautéed Sliced Pork, Eggs and Black Fungus	76
	饮食文化:中国茶 Chinese Tea / 78	
13	糖醋排骨 Sweet and Sour Pork Ribs	83
	饮食文化:中国酒 Chinese Wine / 85	
14	宫保鸡丁 Kung Pao Chicken	90
	饮食文化:中国饮食中的谐音文化 Homonym Culture in Chinese Cuisine / 92	
15	黄焖鸡块 Braised Chicken in Brown Sauce	98
	饮食文化:餐桌上的礼仪 Etiquette at the Dining Table / 100	
16	锅塌里脊 Lean Meat Omelet	106
	饮食文化:中医药膳 Chinese Medicinal Diet / 108	
17	牛肉炖土豆 Braised Beef with Potatoes	114
	饮食文化:火锅 Hot Pot / 116	
18	红烧带鱼 Braised Ribbonfish in Brown Sauce	121
	饮食文化:中国菜的命名 Naming Chinese Cuisine / 123	
19	油焖大虾 Braised Prawns	128
	饮食文化:有关“吃”的词语 Words Related to Eating / 129	
20	清蒸桂鱼 Steamed Mandarin Fish	135
	饮食文化:粥 Porridge / 137	
	Vocabulary	142



学做中国菜

1 西红柿炒鸡蛋

Scrambled Eggs with Tomato



一 推荐絮语 Brief Introduction



“炒”是中国菜最基本的烹调方法,炒时要用旺火,等油热后放入主料,根据主料、配料、火候等的不同,可分为生炒、软炒及干炒等。

在你的国家,西红柿(也称番茄)是水果还是蔬菜呢?在中国,西红柿主要是作为蔬菜食用的,它是一种最常见也最受人欢迎的蔬菜。通常的做法主要有糖拌西红柿、西红柿炒鸡蛋和西红柿鸡蛋汤等。

西红柿炒鸡蛋是人们最喜爱的家常菜之一,从南方到北方,几乎人人会做。它不仅材料便宜、做法简单,而且味道好、营养丰富。今天我们就来学做这道菜。

Stir-fry is a basic Chinese cooking method that requires high temperatures. When the oil reaches a suitable temperature, put the main ingredients into the pot. Differing by way of main ingredients, seasoning and temperature, there are many ways of frying, e.g. Shengchao (slightly fried with rich sauce), Ruanchao (keep raising the oil temperature while frying with little sauce), and Ganchao (very well fried, absorbing all the sauce).

Is tomato a kind of fruit in your country, or a sort of vegetable? In China, tomato is a common and popular vegetable in cuisine. Tomato slices with sugar, Scrambled eggs with tomato and Tomato and egg soup are typical dishes in China.

Scrambled eggs with tomato is one of the Chinese favorites. From



学做中国菜

South to North, almost everyone can cook it. It is easy to cook; its ingredients are cheap; and what's more, it is both delicious and nutritious.

二 制作过程 Recipe



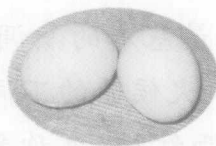
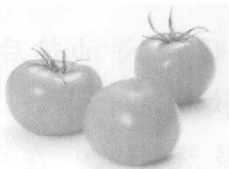
主料 Ingredients:

西红柿 2—3 个(400 克)

鸡蛋 2 个

2—3 tomatoes (400g)

2 eggs



配料 Seasoning:

植物油 30 克, 盐 5 克, 糖 5 克, 水淀粉 30 克。

30g vegetable oil, 5g salt, 5g sugar, 30g cornstarch-water mixture.

做法 Directions:

1. 洗净西红柿, 用开水烫一下, 去皮、去蒂, 切成片或块儿。将鸡蛋打入碗中, 用筷子搅拌均匀。

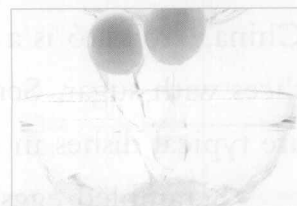
Wash the tomatoes, put them into hot water for a few seconds, then peel and cut them into slices or dices.

2. 炒锅中放 30 克油, 烧热后, 将鸡蛋倒入锅中翻炒。

Put 30g oil into the pot, and fry the eggs when the oil is hot.

3. 鸡蛋八成熟时, 放入西红柿片或西红柿块儿。

When the eggs are done, add tomato slices or dices.





学做中国菜

4. 翻炒几下,放入盐、糖、水淀粉,翻炒均匀后出锅。

Stir-fry for a few seconds, sift the salt, sugar and cornstarch-water mixture, fry to uniformly, then serve.

三 饮食文化 Culinary Culture



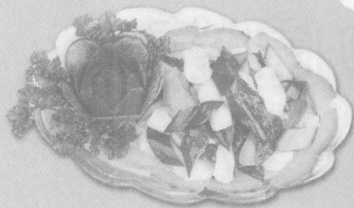
中国菜的“五味” “Five Flavor” of Chinese Dish

评判一道中国菜好坏的标准是看它是否色、香、味俱全,也就是说只有看起来美、闻起来香、吃起来好,才能算是一道好菜。其中最重要的当然是“味”,因此好吃的饭菜被称为“美味”,厨师的工作就是调和五味。所谓“五味”,是指酸、甜、苦、辣、咸五种基本的味道。除了单独配味外,“五味”搭配后还可以调出多种复合的味道,如椒盐、酸辣、糖醋、香辣、麻辣、鱼香味和怪味等。

中国地域辽阔,人口众多,各地有各地的风味,但也有一定规律可循。如人们常说的“南甜北咸、东辣西酸”,就在一定程度上反映了中国饮食文化的地区差异。当然这并不是绝对的,因为每个人的口味也不一样,正可谓“众口难调”。有的人喜欢原料的本味,如吃鸡时要吃鸡的原味,主张味要纯,以清炖、清蒸为主;而有的人却喜欢复合味,如喜欢吃“怪味鸡”,主张多加调料,以红烧、黄焖为主。

外国朋友来到中国,千万不要为吃不到自己家乡风味的饭菜而担心,中国菜的味道各种各样,不管你喜欢哪种口味,只要多尝试,肯定能找到合你口味的那一种。

Chinese cuisine is evaluated from three aspects: color, smell and taste, that is, the dish should look good, smell good and taste good, among which taste is the most important criterion. Thus delicious cuisine is called “Mei Wei” (“Mei” means delicious, “Wei” is Chinese character for “taste”), and it’s the chef’s job to temper the “Five Tastes”, which are sour, sweet, bitter, spicy and salty. Mixing these five



学做中国菜

tastes in various proportions can produce more complex tastes, such as spiced salt, sour-and-spicy, sweet-and sour, tingling spicy, spicy with prickly ash, Yu Xiang (spicy with fish taste) and special taste, etc.

With a vast territory and large population, China has abundant local flavors. However, there are some rules too, such as “Sweet in the south, salty in the north, spicy in the east and sour in the west”. This saying reflects the local differences in Chinese culinary culture to a certain degree. Of course, it is not absolute, for every one has his own preference, which poses a challenge to the cook when it comes to balancing every one's tastes. of everyone. Some people love the original flavor of the ingredients. In their opinion, cooking chicken should preserve the original taste, so steamed chicken or stewed chicken will be their first choice. Yet some prefer complex flavors, like special flavored chicken, which is mainly cooked through braising in soy sauce and sweet or brown sauce, and requires more seasoning.

Once you are here in China, don't worry about finding the tastes of your homeland, for there are plenty of flavors in Chinese cuisine; whatever it is, you will be sure to find it, as long as you keep trying.

四 解释词语 Explain the Words



1. “炒”是中国菜最基本的烹调方法,炒时要用旺火。
2. 西红柿炒鸡蛋是人们最喜爱的家常菜之一。
3. 鸡蛋八成熟时,放入西红柿片。
4. 评判一道中国菜好坏的标准是看它是否色、香、味俱全。
5. 虽然各地有各地的风味,但也有一定规律可循。
6. 因为每个人的口味也不一样,正可谓“众口难调”。



学做中国菜

7. 因为每个人的口味也不一样,正可谓“众口难调”。

8. 只要多尝试,肯定能找到合你口味的那一种。

五 说一说 Ask and Answer



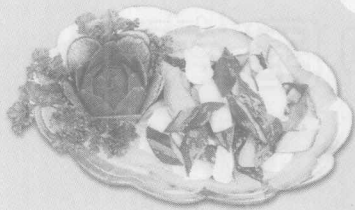
1. 中国菜的“五味”分别是指什么?
2. 评判一道中国菜好坏的标准是什么?
3. “南甜北咸、东辣西酸”指什么?
4. 在你的国家,最受欢迎的家常菜是什么?
5. 在你的国家,人们是否对某种味道有偏好? 你呢?
6. 在你的国家,不同地方的饮食是否存在着明显的地区差异?

六 做一做 Let's Cook



怎么样? 你做的西红柿炒鸡蛋好吃吗? 学会了这道菜,大家可以举一反三。根据蔬菜的形状,切成片、段、块、丝、末等,与鸡蛋炒在一起。写出下面几种家常菜的主料和配料,并自己动手做一做。

菜名	主料	配料
1. 韭菜炒鸡蛋		
2. 大葱炒鸡蛋		
3. 洋葱炒鸡蛋		
4. 青椒炒鸡蛋		
5. 黄瓜炒鸡蛋		
6. 菠菜炒鸡蛋		
7. 菜花炒鸡蛋		
8. 竹笋炒鸡蛋		



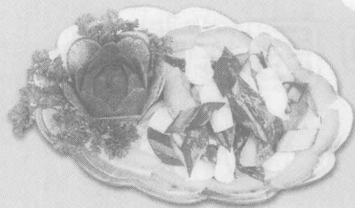
学做中国菜

七 词语链接 Vocabulary



刀工和菜形 Styles of Cutting and Shapes of Dishes

1. 刀工	(名)	dāogōng	styles of cutting
2. 切	(动)	qiē	cut
3. 剁	(动)	duò	chop
4. 劈	(动)	pī	cleave
5. 拍	(动)	pāi	smack
6. 丁	(名)	dīng	nub
7. 片	(名、动)	piàn	pare with a knife
8. 块	(名)	kuài	dice
9. 丝	(名)	sī	slice
10. 条	(名)	tiáo	strip
11. 段	(名)	duàn	segment
12. 粒	(名)	lì	grain
13. 末	(名)	mò	powder
14. 球	(名)	qiú	sphere



学做中国菜

2 素烧茄子



Braised Eggplant with Soy Bean Paste

一 推荐絮语 Brief Introduction



“烧”是先将主料煎炒,再加入汤(或水)和调料,用大火烧开后,再改用小火慢烧至酥烂(肉类、海味)软嫩(鱼类、豆腐、蔬菜等)的一种烹调方法。由于烧菜时添加调料和汤汁的不同,可分为红烧、白烧、干烧、酱烧、葱烧和辣烧等。

茄子是一种常见的蔬菜,营养价值很高。烧茄子是茄子最常见的做法之一,分为素烧和肉烧两种,适宜做饭菜。你知道吗?中国人照合影的时候,常常一起大喊“茄子”。这可不是他们想要吃茄子,而是拉长声音说“茄子”的时候,看起来像是在大笑。

好了,在我们学做这道菜之前,让我们一起拉长声音说:茄——子——。

The first step of “Shao”(Braise) is to fry the main ingredients, then add sauce or water and seasoning, bring to a boil, then reduce the heat until the main ingredients (meat, seafood, fish, tofu, vegetable, etc.) are tender. Braising can be diversified in terms of the variety of ingredients and sauce: Hongshao (add soy sauce or sugar to color the dish), Baishao (use milk instead of soy sauce), Ganshao (do not use any sauce), Jiangshao (use hoisin sauce), Congshao (add shallot, 1/3 of seasoning), Lashao (use red spice).

Braised eggplant is an everyday dish, which can be divided into two



学做中国菜

categories: cooked with vegetables and cooked with meat. Did you know? When Chinese people are taking pictures together, they will usually shout out, “Qie Zi (The eggplant)”. But don’t be mistaken! They are doing this not because they really want to eat eggplant, but so they will make big smiling faces when they speak these two Chinese words “Qie Zi”.

OK, before we start the cooking course, let’s say, “Qie Zi!”

二 制作过程 Recipe



主料 Ingredients:

茄子 2 个 (400—500 克)

2 eggplants (400—500g)



配料 Seasoning:

植物油 100 克, 盐 5 克, 糖 5 克, 酱油或面酱 10 克, 葱末 5 克, 蒜末 5 克, 水淀粉 30 克。

100g vegetable oil, 5g salt, 5g sugar, 10g soy sauce or sweet fermented flour paste, 5g crushed shallot, 5g crushed garlic, 30g cornstarch-water mixture.

做法 Directions:

1. 茄子去皮、去蒂, 切成厚片或斜块儿。

Peel the eggplants, remove the stems, cut them into thick pieces or cubes.





学做中国菜

2. 炒锅中放 80 克油,烧热后放入茄子,炸软后盛出。

Pour 80g vegetable oil into the pot, place the eggplant pieces in the pot when the oil is hot, fry until tender, then set aside.

3. 炒锅中放 20 克油,烧热后放入葱末,炒出香味后,放入炸软的茄片或茄块儿。

Pour 20g oil into the pot; put the shallot crushed in when the oil is hot; add the eggplant as soon as you smell the aroma from the shallot.

4. 翻炒后放入盐、糖、酱油、水淀粉,中火煨 1—2 分钟。放入蒜末,翻炒几下后出锅。

Stir-fry for a while, add salt, sugar, soy sauce, and the cornstarch-water mixture, stew 1—2 minutes, season with crushed shallot, then stir-fry a few times.

三 饮食文化 Culinary culture



筷子 Chopsticks

筷子和刀又是世界上两种主要的进餐工具。中国是筷子的发源地,使用筷子的历史可以追溯到商代。《史记·宋微子世家》中有“纣始有象箸”的记载,“箸”也就是筷子。以此推算,中国人使用筷子至少已有三千多年了。在当今世界上,不仅中国,在东亚、南亚和东南亚地区的大部分国家,如日本、朝鲜、韩国和越南等均以筷子为主要餐具。

在使用筷子之前,中国人也经历了一个用手抓饭吃的过程,但热水或热汤中的食物又怎么能用手抓着吃呢?于是人们用一些树枝、木棍来夹,这就是最早的筷子。随着经验的积累和制造技术的提高,慢慢出现了经过刮、削的木筷和竹筷,后来又出现了铜筷、玉筷、漆筷和象牙筷等。随着近代工业的发展,用塑料等化学材料制成的筷子越来越多。铁筷和铜筷不实用,玉筷和象牙筷又很贵,它们逐渐被淘汰了。