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中国民俗文化丛书

Diet
饮食

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CONTENTS
目 录





Chapter One Staple Food
第一章◇主食 …… 001

Section One Rice Diet
第一节 米食 …… 003

Section Two Noodle Diet
第二节 面食 …… 014

Section Three Cookies
第三节 饼子 …… 029

Chapter Two Non-Staple Food
第二章◇副食 …… 035

Section One Cake
第一节 糕点 …… 037

Section Two Soup
第二节 羹汤 …… 046

Chapter Three Flavors in Various Regions
第三章◇各地风味 …… 051

Section One Northern Flavor
第一节 北方风味 …… 053

Section Two Southern Flavor
第二节 南方风味 …… 061

Chapter Four Traditional Diet Customs on Chinese New Year's Day
第四章◇传统年节食俗 …… 083

Section One Diet Customs on Spring Festival
第一节 春节食俗 …… 085

Section Two Diet Customs on Lantern Festival
第二节 元宵节食俗 …… 094

Section Three Diet Customs on Tomb-sweeping Festival
第三节 清明节食俗 …… 096

Section Four Diet Customs on Dragon Boat Festival
第四节 端午节食俗 …… 099

Section Five Diet Customs on Chinese Valentine's Day
第五节 七夕节食俗 …… 104

Section Six Diet Customs on Mid-Autumn Festival
第六节 中秋节食俗 …… 106

Section Seven Diet Customs on Double Ninth Festival
第七节 重阳节食俗 …… 109

Section Eight Diet Customs on the Winter Solstice Festival
第八节 冬至节食俗 …… 114

Section Nine Diet Customs on the *Laba* Festival
第九节 腊八节食俗 …… 116











Chapter Five Traditional Cooking Methods in China
第五章◇中国传统烹调方法 …… 121

Section One Cooking
第一节 炒法 …… 123

Section Two Steaming
第二节 蒸法 …… 127

Section Three Boiling
第三节 煮法 …… 131

Section Four Decocting
第四节 煎法 …… 133

Section Five Baking
第五节 烤法 …… 136

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第一章 主食

Chapter One
Staple Food

In our diet structure and dietary habits, the importance of staple food has always been stressed. In the Spring and Autumn Period, and the Warring State Period, there has already been an excellent statement on this, it said, "Five grains can support, five fruits are helpful, five animals are beneficial and five vegetables are supplementary. Making the flavors harmonious before eating, can supply you essence and energy." In this statement, we can know that they have highlighted the five grains support, which has been put at the principal place.

在中国的膳食结构和饮食习惯中,一直非常强调主食的重要性。远在春秋战国时,就有提出"五谷为养,五果为助,五畜为益,五菜为充,气味合而服之,以补精益气"的精辟论述。这其中就突出了"养"是主食,占主要位置。

Section One Rice Diet
第一节 米食

Ⅰ. Rice

Rice is one of the staple foods in our daily diet. Just rice itself, with the five flavors, can nearly provide the body with all needed nutrition. People can produce many kinds of rice foods, which makes the tasteless rice tasteful.

All Different Kinds of Rice

In fact, besides the kind of rice that we usually talk about, there are some other kinds of rice according to its different categories, such as sticky rice, millet and so on. Sticky rice is sticky, fragrant and smooth, with some nutritious constituents in it, such as protein, fat, sugar, calcium, phosphorus, iron, vitamin B_2, and a large amount of starch and so on. To people who are not used to having millet, millet tastes not very good, but it has abundant nutritions. It is rich in protein, fat, sugar, vitamin B_2, niacin, calcium, phosphorus, iron and many other nutritions which are very easy to

一、米饭

米饭，是人们日常饮食中的主角之一。一味米饭，与五味调配，几乎可以供给全身所需营养。人们对米饭进行不同的加工，让原本淡然无味的米饭变得多滋多味。

材质多元的各类米饭

我们通常所说的米饭主要是指大米饭。然而，除了大米饭之外，根据米的分类的不同，还有糯米饭、小米饭等。糯米饭香糯黏滑，含有蛋白质、脂肪、糖类、钙、磷、铁、维生素 B_2、大量淀粉等营养成分。小米饭对于不太习惯食用的人们来说，口感并不是特别好，但是其营养价值丰富，富含蛋白质、脂肪、糖类、维生素 B_2、烟酸和钙、

be absorbed by the body.

Fried Rice with Eggs

There are many kinds of fried rice with eggs. It has diverse ingredients and the cooking ways can be different too. Let's talk about the most famous *Yangzhou* fried rice.

Ingredients in *Yangzhou* fried rice are so plentiful that it can surprise you a lot, besides the first-class rice, there are egg, sea cucumber, chicken's leg, ham, dried scallop, shelled fresh shrimps, fresh bamboo shoots, green beans, chopped green onion, shrimp egg, refined salt, old wine, chicken soup, vegetable oil and so on. Before making *Yangzhou* fried rice, cook the eggs first, then make the other ingredients ripe, add some soup and salt to make it tasty, and remove them into dishes and set aside. After that, start to cook rice. The rice should be separated individually, no sticky and no burnt marks. Then mix fried egg and half of the ingredients with the rice, and remove two-thirds of the mixture into a dish, then mix the rest of the ingredients with the rice, which is finally covered on the former ones. Such kind of making is very strict.



磷、铁等营养成分，并且比较容易被人体吸收。

蛋炒饭

蛋炒饭的花样甚多，配料各式各样，炒法也各不相同，这里我们来看看负有盛名的扬州炒饭。

扬州炒饭材料之丰富，令人咋舌，除了上等白米做成的米饭之外，还有鸡蛋、海参、鸡腿肉、火腿、干贝、虾仁、花菇、鲜竹笋、青豆、葱花、虾子、精盐、绍酒、清鸡汤、菜油等。制作时先将鸡蛋炒好，再将其他配料炒熟，加清汤和盐调好味，盛起备用，然后开始炒米饭。米饭要炒得粒粒分明而没有糊斑，最后将炒好的鸡蛋和其他配料倒入一半炒匀。炒匀后盛出 2/3 放在盘中，再将剩下的配料与锅中的米饭炒匀，盖在盘中的炒饭上，做法十分讲究。

Topserved Rice

Topserved rice can be simply called served rice, which is a common processing of rice by covering some meat and vegetables on the top of rice. As there are vast territories and different customs in China, the preparations of delicious top-served rice are different from place to place and ingredients are also different. Therefore, they get their individual characteristics. In northwest part such as *Gansu*, they call it delicious top-served rice; in northeast part it is called stewed rice; in *Guangdong*, it is called rice served in dishes; in some other places, they are just called curry potato rice, curry chicken rice, spicy bean curd rice, tomato egg rice, tomato beef rice, and so on. In fact, it is just to eat food and rice in one dish.



Ⅱ. Porridge

Porridge is also known as corrupted food, which is a kind of sticky food, made of grain, millet or corn. Generally, we divide porridge into two classes: normal porridge and decorated porridge. Normal porridge is a kind of porridge that is made of rice only, rice can be only grain, millet, pearl barley, black rice and so on

八珍美味盖浇饭

盖浇饭，简称“盖饭”，是常见的米饭做法，就是在米饭上浇入菜卤。由于我国地域辽阔，风俗各别，现在的盖浇饭，各地做法不一，用料不同，所以也各有特色。盖浇饭是西北甘肃地区的叫法，东北叫烩饭，广东叫碟头饭，还有的地方叫咖喱土豆饭、咖喱鸡饭、麻婆豆腐饭、番茄蛋饭、番茄牛肉饭，依此类推，其实都是菜和饭放在一个盘子里吃。

二、粥类

粥又可叫做“糜”，是一种把稻米、小米或玉米等粮食煮成稠糊的食物。一般将粥分为普通粥和花色粥两大类。普通粥是指单用米（大米、小米、薏米、黑米等单独或混合

or their mixture. Decorated porridge is made at the basis of normal porridge, and adding many kinds of ingredients into it, which makes porridge in wide ranges. There are salty ones, sweet ones, and all of the flavors can be made diverse and colorful.

Elegant and Noble Flower Porridge



Flower porridge was welcomed by scholars at the beginning and it stood for their pursuit for beauty. Nowadays, we mainly use flower porridge to maintain beauty and keep young.For example, porridge with apricot blossoms can use grain to exert its function, by making intestines and stomach absorb its effective compositions which can restrain active tyramine oxidase of skin cells and prevent acne and black spot.

Best Healthy *Laba* Porridge

Laba porridge is a kind of porridge that we only have on December 8th, *Laba* Festival; it is also called rice porridge with seven treasures and five flavors. From the point of keeping healthy, the *Laba* porridge has its real meanings. Because the temperature in December 7th and 8th are the lowest in the year, people will be weak and *Laba* porridge which

的）煮成的粥。花色粥则是在普通粥用料的基础上，再加入各种不同的配料，制成品种繁多的粥，口味咸、甜均有，丰富多彩。

文雅高洁的花卉粥

花卉粥最早当属文人雅士喝的比较多，表现的是人对美的一种追求。到了现在，花卉粥多被用于美容养颜，像杏花粥，可以借米谷助其药力，让肠胃充分吸收其内所含的抑制皮肤细胞酪氨酸酶活性的有效成分，以预防粉刺和黑斑的产生。

养生佳品的腊八粥

腊八粥是一种在腊八节用多种食材熬制的粥，也叫做“七宝五味粥”。从养生角度来讲，腊八粥有其真正的意义。由于每年的腊月初七、初八是一年当中气温最低的日子，人的体质也较弱，而看似简

seems very simple, has many advantages to us, such as making stomach comfortable, supplementing spleen, nourishing heart, clearing lung, benefiting liver, improving eyesight, calming the nerves, relaxing bowels and so on. It nearly reaches every part of human body. What's more, its ample nutrition can strengthen our immunity and increase our cold-resistant abilities.

单的一款腊八粥却起着和胃、补脾、养心、清肺、益肾、利肝、明目、安神、通便等作用，称得上是面面俱到，同时丰富的营养能增强免疫力，提高耐寒指数。

Vegetable Porridge

Vegetable porridge is a kind of porridge made of vegetables. Most people in the north prefer salty food, while people in the south prefer sweet food. Therefore, there are two kinds of porridge. The most common porridges are egg porridge, sweet potato porridge, tofu porridge, and cabbage porridge.

独特的菜粥

菜粥就是用蔬菜煲的粥。在北方，大多数人喜欢吃咸食，而南方则喜欢吃甜食，故而南北分为两种粥。最常见的数鸡蛋粥、红薯粥、豆腐粥、白菜粥。

Milk Porridge with Milky Fragrance

Milk porridge is a kind of porridge made of animal's milk because animal's milk can supplement weakness and nourishing dryness. We mostly choose cow's milk and sheep's milk, supplementing weakness and strengthening spleen and stomach.

乳香四溢的乳粥

乳粥指用动物乳汁煮粥，因为动物乳汁均有补虚润燥作用。乳粥一般选用牛乳和羊乳比较多，有补虚损、健脾胃的功效。

Meat Porridge with Full Taste

Cut meat into slices first, then put them into cooked porridge that is boiling and finally, cook them together.We can eat it after adding some ingredients. There are beef por-

口感充实的肉粥

肉粥是以鲜肉切成薄片，放进滚烫的粥内煮熟，加调料后食用。有牛肉粥、猪肉猪肝粥、杂锦鱼球粥、

ridge, pork porridge, pork liver porridge, mixed fish ball porridge, preserved eggs and lean meat porridge and so on. All of them can supplement physical power effectively.

皮蛋瘦肉粥等，能有效地补充体力。

Fresh and Tasty Fish Porridge

Fish porridge is a kind of porridge that puts fish into porridge and boils them together. There is little content of lysine in rice, while rich amino acid and protein in fish can make up for this shortage.

白嫩顺口的鱼粥

鱼粥就是将鱼肉放入粥中一起煮。大米中的赖氨酸含量极少，而鱼肉中丰富的氨基酸和蛋白质正好能填补这个缺陷。

Beneficial Medicine Porridge

Medicine porridge is a kind of porridge that takes grain as its main part and then adds with fruits, vegetables, fish, eggs, milk, herbs and so on. From the Spring and Autumn and Warring State Period, theories and prescriptions on medicine porridge in every dynasty scattered in the medical books.



强身益体的药粥

药粥，就是以谷类为主，配合水果、蔬菜、鱼肉、蛋奶、药物等制成的稀饭。自春秋战国起，历代药粥理论及方剂散见于各类医书中。

III. Rice Noodles

In ancient *Cookbooks*, people called rice noodles as *Can*. It contains abundant carbohydrate, vitamin, mineral substance, ferment and so on, with several features such as going ripe easily, even, and enduring cooking and not going interrupted, tasty and refreshing. Its soup won't be very dirty after cooking, and easy to

三、米线

古代烹饪书《食次》之中，记米线为“粲”。它含有丰富的碳水化合物、维生素、矿物质及酵素等，具有熟透迅速、均匀，耐煮不烂，爽口滑嫩，煮后汤水不浊，易于消化等特点。一