

柏立輔

## 中國的八大菜系

我們美國人在這兒吃一點兒美國式的中國菜。可是很多美國人沒吃過真的中國菜，關於中國菜也不知道很多。我還沒去過中國，所以我也還沒吃過真的中國飯呢！我等不及今年暑假的時候去台灣留學，在那兒我能第一次吃真的中國菜。我聽說台灣有最好的中國菜。中國菜是中國文化很重要的一部分。真的中國菜和美國式的中國菜不一樣。美國的中國飯館只有基本的飯。有餃子，湯，面，等。可是都比真的中國菜差多了。

中國菜有八個地緣的傳統，叫中國的八大菜系。有徽菜，粵菜，閩菜，湘菜，江蘇菜，魯菜，川菜，和浙江菜。其中粵菜，魯菜，江蘇菜，和川菜是最有名的。叫四大菜系。

四川菜可能是最有名的中國菜。四川式的食物常有大蒜，尖椒，和花椒。川菜真是一種很辛辣的菜。魯菜是一個中國東北部的傳統，是一個從山東省來的很老的菜系。魯菜常有大蔥，大蒜跟海鮮，湯，或者肉。江蘇省在中國的東部。離安徽，浙江，和山東很近。江蘇菜常常很甜。

粵菜是從廣東來的。一個很有意思的廣東式的盤是菊花魚。廚師把魚切像花，炸魚以後魚真像菊花。第十九世紀的時候很多住在廣東省的人移民到外國，所以粵菜在中國以外的地方很有名。美國人說到中國菜的時候常常指的是粵菜。點心是粵菜的一種，在外國很有名。當然在中國也很有名。我已經吃過了比較多美國式的廣東點心。我覺得在這兒的點心沒有中國的那麼好，可是點心還是很好吃。

等不及: deng3bu4ji2: can't wait

基本: ji1ben3: basic

地緣: di4yuan2: regional

傳統: chuan2tong3: tradition

菜系: cai4xi4: cuisine

式:shi4: style

閩菜: min3cai4: Fujian cuisine

湘菜: xiang1cai4: Hunan cuisine

魯菜: lu3cai4: Cantonese cuisine

大蒜: da4suan4: garlic

尖椒: jian1jiao1: chili pepper

花椒: hua1jiao1: Sichuan peppercorn

關於: guan1yu4: about

食物: shi2wu4: food

軟: ruan3: soft

炸: zha2: to deep fry

大蔥: da4cong1: Chinese Onion

菊花: ju2hua1: chrysanthemum

世紀: shi4ji4: century

廚師: chu2shi1: chef

## The Eight Culinary Traditions of China

Here in the United States we eat some American style Chinese food. But many Americans have not eaten real Chinese food, nor do they know much about it. I have not yet been to China, so I also have not had real Chinese food. I cannot wait to go to Taiwan over the summer break this year to study abroad, where I can have real Chinese food for the first time. I hear Taiwan has the best Chinese cuisine. Cuisine is a very important part of Chinese culture. Real Chinese food and American style are not the same. American Chinese restaurants only have basic dishes. They have pot stickers, soup, noodles, etc. But it all pales in comparison to real Chinese food.

Chinese cuisine has eight regional traditions; they are called the Eight Culinary Traditions of China. There are Hui, Yue, Min, Xiang, Jiangsu, Lu, Chuan, and Xinjiang cuisines. Among these Yue, Lu, Jiangsu, and Chuan are the most famous. They are called the four great traditions.

Sichuan style might be the most famous Chinese cuisine. Sichuan style food often has garlic, chili pepper, and Sichuan peppercorn. Sichuan is a very spicy cuisine. Lu cuisine is a culinary tradition from the Northeast part of China, it is an old style from the Shandong Province. Lu style often has Chinese onion and garlic, with seafood, soup, or meat. Jiangsu province is in the Eastern part of China. It is very close to Anhui, Xinjiang, and Shandong. Jiangsu food is often very sweet.

Yue cuisine is from Guangdong. One very interesting Yue dish is the Chrysanthemum Fish. The chef cuts the fish to look like a flower, and after deep frying the fish really looks like a chrysanthemum. In the 19<sup>th</sup> century many people from Guangdong Province immigrated to foreign countries, so Cantonese food is very famous outside of China. When American people talk about Chinese food they are often really talking about Cantonese. Dim Sum is one type of Yue cuisine, it is very popular outside of China. I have already had a fair amount of American style Dim Sum. I don't think the Dim Sum here is as good as in China, but it is still very good.