



# 细可穿针! 揭秘广汉金丝面制作全过程

Thin Enough to Pass Through a Needle! Unveiling the Entire Process of Making Guanghan Golden Silk Noodle

揉面时不加一滴水,仅用鸡蛋和面粉,制作出的成品面条色泽金黄,细可穿针——这就是广汉全蛋坐杠大刀金丝面,也是第六批四川省级非物质文化遗产代表性项目。

When kneading the dough, no water is added. With only egg liquid and flour as the ingredients, the noodles are golden and could thread a needle. This is the "Guanghan Whole-Egg Bamboo-Pressed Golden Silk Noodles", a representative item of the sixth batch of Sichuan Provincial Intangible Cultural Heritage.

为何叫“全蛋坐杠大刀金丝面”这样独特的名字?这与制作技艺有关。全蛋,指的是原料只采用面粉与鸡蛋,揉出的面条口感筋道。

Why is it called "Whole-Egg Bamboo-Pressed Golden Silk Noodles"? It's related to the production technique. With only flour and eggs as ingredients, the noodles have a chewy texture.

在揉面过程中,先以竹杠压面,使面团呈现出均匀、规则、“一分厚”的方块状;然后以力道均匀的“三推四压”擀制,使擀出的面皮表面光滑,薄如蝉翼,这则是坐杠的含义。接着用厚重的大刀切面,制作出的面条色泽金黄,细可穿针。

A bamboo pole is used to press the dough, forming it into a uniform, regular, and "one-centimeter-thick" square shape. Then, through the methodical "three pushes and four presses", the dough is rolled out until the surface becomes smooth and as thin as a cicada's wing. Subsequently, use a heavy, large knife to cut the dough, resulting in noodles that are golden in color and fine enough to thread a needle through.

全蛋坐杠大刀金丝面历史悠久。1912年,在广汉城西,有一高姓人家,开设一面店,单用鸡蛋和面,坐杠压面,独创了金丝面的制作技法,因面条色泽金黄、细如发丝,故称之为“金丝面”。

The Golden Silk Noodles has a long history. In 1912, in Guanghan, a family surnamed Gao opened a noodle shop where they used only eggs and flour, pressing the dough with a bamboo pole, and invented the technique for making golden silk noodles. Due to their golden



鲜美的原味金丝面。

color and hair-thin texture, these noodles came to be known as "Golden Silk Noodles".

在广汉,已传承上百年的全蛋坐杠大刀金丝面,已经是当地家喻户晓的传统小吃。全蛋坐杠大刀金丝面不仅仅是一道美食,更是一种文化的传承。它承载着四川人民的智慧和勤劳,也代表着他们对美食的热爱和追求。

In Guanghan, the Golden Silk Noodles have been passed down for over a hundred years and are now a well-known traditional snack in the area. These noodles are more than just a dish; they represent a cultural heritage. They embody the wisdom and hard work of the people of Sichuan and reflect their love and pursuit of fine cuisine.

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揉面



竹杠压面



擀制面皮



大刀切面



制好的金丝面下锅煮煮。