



INSPIRATION  
灵感中国

# 川菜还有不辣的？这道川菜差点失传

Is There a Non-Spicy Sichuan Dish? This One Almost Vanished

## 雪花鸡淖制作流程



将鸡肉剁碎。



Add scallions and ginger small amount multiple times  
少量多次加入葱姜水

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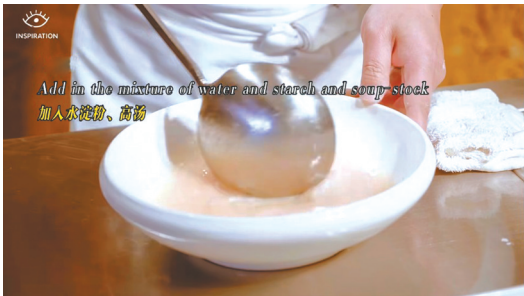
Take 3-4 eggs, using only albumen  
取3-4个鸡蛋，只用蛋白部分

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Add salt and mixing  
加盐，搅拌均匀

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Add in the mixture of water and starch and soup stock  
加入水淀粉、高汤

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混合猪油及色拉油，加入鸡淖，炒一分半钟左右。



制作完成的“雪花鸡淖”

吃鸡的最高境界是什么？是“吃鸡不见鸡”。因制作过程极其复杂，这道川菜几乎失传，在为数不多能找到它的川菜店里，这道菜的售价不菲。

What is the ultimate experience of eating chicken? Eating chicken without seeing it! Due to its intricate cooking process, this Sichuan cuisine has almost been lost. It is now only available in a few Sichuan cuisine restaurants, and it comes with a hefty price tag.

它就是“雪花鸡淖”，一道不辣的川菜。它的原材料简单到你可能不相信，只需要一块肉质鲜嫩、富有弹性的鸡脯肉和新鲜鸡蛋足矣。“雪花鸡淖”色白如雪，入口咸香绵密，以“云朵般”的造型和口感保留了传统川菜的精髓，又在形式上呈现出别样风采。“雪花”来源于其独特的外观——锅中浮动的薄片鸡肉宛若雪花飘落，别具一格。而“鸡淖”一词在四川方言中正是指的鸡肉片。这道菜肴在四川饮食文化中犹如一朵盛开的雪莲，纯洁又高雅。

This is “Snowflakes Minced Chicken”, a non-spicy cuisine. Its ingredients are surprisingly simple – just tender, meaty chicken breast and fresh eggs. The dish, white as snow, offers a salty and dense taste with a

“cloud-like” shape and texture to retain the essence of traditional Sichuan cuisine, demonstrating a distinct style in forms. The “snowflakes” gets its name from its unique appearance – the thin chicken slices floating in the pot are like snowflakes, delivering a unique flavor. In addition, “minced chicken” refers to the chicken slices in the Sichuan dialect. This dish seems to be a blooming snow lotus in Sichuan cuisine culture, radiating purity and elegance.

“雪花鸡淖”的制作需要极高的刀工和火候控制，才能达到似豆花绵润的口感，入口即化，却又留有浓郁的鸡肉鲜香。

During the preparation of Snowflakes Minced Chicken, there are strict requirements of knife work and temperature control for chefs to achieve a smooth and moist taste akin to Douhua, melting immediately in the mouth, but leaving a strong and fresh chicken aroma.

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