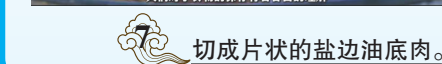




# 诸葛亮爱吃的油底肉是怎么制作的?

How to Make Yanbian Fried and Oil-pickled Pork, a Delicacy Enjoyed by Zhuge Liang?



Oil-pickled Pork personally 亲身体验油底肉制作技艺

攀枝花市盐边县

古往今来,人们对食物的保存有着各自的理解,尤其是为了让肉食不变质,人们探索了很多方法。四川省攀枝花市盐边县地处南亚热带干热河谷气候区,昼夜温差大,肉食容易变质。盐边人在和时间的博弈中,创造了油底肉这一美食。

For thousands of years, people have had different understanding of food preservation and have explored many methods to keep meat from spoiling. Sichuan's Yanbian County is located in the climate zone of south subtropical dry and hot river valley, with a big temperature difference between day and night. Based on the geographical location, the meat is easy to deteriorate. Therefore, Yanbian people created the delicious fried and oil-pickled pork.

相传诸葛亮南征来到盐边,随行的厨子跟当地老百姓学习了油底肉制作技艺。有了充足的肉食提供能量,部队战斗力大幅提升,一种前所未有的独特风味就此传播开来。

Legend has it that Zhuge Liang came to Yanbian on his southern expedition, and the accompanying cooks learned the method of making fried and oil-pickled pork from the local people. With sufficient meat providing energy, the combat effectiveness of the troops was greatly enhanced, and an unprecedented unique flavor spread from then on.

新鲜五花肉是制作油底肉的上乘之选。将五花肉切成一斤左右的方块,便于保证油炸后肉块表里水分、油脂含量一致。油底肉最经典的做法,就是用纯盐腌制。将食盐均匀地抹在肉块上静置一夜,让食盐充分渗入猪肉肌理,能很好地激发食材本来的香气。将腌制肉块表面的盐分清洗掉,沥干后放入猪油进行炸制。待水分慢慢炸干,肉块变得紧实而透亮时,便可起锅。将炸制好的肉块放入坛中,加入熬好的猪油至淹没肉块为止。随着用盖封坛,一道油底肉在接下来的六个月中,

会逐步发生风味的转变,金色油浪在时间中凝成纯白色固体。扒开猪油见猪肉,切片后或蒸煮或炒菜,醇厚浓郁的肉香溢满口腔。

Freshly prepared pork belly is the optimal choice for making Fried and Oil-pickled Pork. Cutting the pork belly into chunks of 500g each facilitates a balanced ratio of moisture and fat in the chunks after frying. The classic method to prepare Fried and Oil-pickled Pork is to preserve the pork in salt. Start by evenly applying salt to pork chunks, and allow the pork to sit overnight to let the salt penetrate the pork and trigger the material's original aroma. Wash off salt from the preserved pork chunks, and fry them in lard after draining. Once the moisture is evaporated and the pork chunks become compact and shiny, they are ready to be taken out of the wok. Place the fired pork chunks into a jar and pour in pre-stewed lard until it submerges the pork chunks. As the pork chunks are sealed, the flavor of the Fried and Oil-pickled Pork develops over time. The golden oil gradually solidifies into a pure white mass over time. Separate the lard to reveal the pork, slice it, then steam or stir-fry it. Rich and mellow meat aroma lingers in the mouth.

如今,作为非物质文化遗产的盐边油底肉,成为逢年过节百姓餐桌上一道必不可少的美味佳肴。

Nowadays, Yanbian Fried and Oil-pickled Pork, recognized as an intangible cultural heritage, has become an indispensable delicacy on the dining tables of local people during festivals and holidays.

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