



咕咾肉、左宗棠鸡…… 秘诀是这份酸甜酱汁!(上)

Sweet and Sour Sauce, the Recipe for Sweet and Sour Pork and General Tso's Chicken!

如果你常看国外的影视作品,一定会通过演员们在中餐馆用餐或是点中餐外卖的镜头,感受到老外们对中餐的喜爱。

If you frequently watch foreign films and television series, you must have felt the strong affection foreigners have for Chinese cuisine from scenes where characters dine at Chinese restaurants or order Chinese takeout.

四川国际传播中心美食频道里也常常收到各种各样对中国菜、川菜的赞美与好奇,但其中特别能引发海外网友热议的,是咸鲜酸甜味型的菜品。

A variety of compliments and inquiries about Chinese cuisine, particularly Sichuan cuisine, can usually be found in the food channel of the SICC. Among these, dishes with a salty, fresh, sour, and sweet flavor tend to spark the heated discussion among global internet users.

在最受欢迎的酸甜口味菜品中,一定少不了咕咾肉、左宗棠鸡、酸甜鸡、宫保鸡丁等名菜的身影。它们可以说是海外朋友们心中的代表性中餐,尽管其中一些并非传统意义上“纯正”的中国菜。

Representative dishes with the popular sweet and sour flavor include Sweet and Sour Pork, General Tso's Chicken, Sweet and Sour Chicken, and Kung Pao Chicken. These dishes stand out as iconic representations of Chinese cuisine for many overseas friends, even though some of them may not be “authentically” traditional Chinese dishes.

“现在很多菜之间都在相互融合,以咕咾肉、左宗棠鸡为代表的一系列酸甜口味菜就是比较早的融合菜。”拥有超过15年餐饮行业经验的桂叔认为,一道菜好不好,不能单用“纯正”与否来评定。“一道菜的好坏,应该由食客的反馈决定。食客爱吃,它就是好菜,不论它是否绝对‘正宗’。”



桂叔准备制作双拼咕咾肉。



准备五花肉丸和虾球。



给五花肉丸和虾球裹上淀粉。



制作酸甜酱汁。

“Nowadays, many dishes have integrated with each another. Dishes with a sweet and sour flavor, such as Sweet and Sour Pork and General Tso's

Chicken, are the earliest examples of fusion food,” said Uncle Gui. He believes that whether a dish is delicious or not should not be determined simply by its “authenticity”. “The taste of a dish should be judged based on the feedback from diners. Regardless of whether it is absolutely ‘authentic’ or not, if diners enjoy the dish, it must be delicious.”

“一定程度上的演化,也能说明一道菜或一种口味是受到喜爱的。食客喜欢的菜,才更有可能到达其他地区、被其他群体接受,这个过程中当然也会伴随着本土化的改良。”桂叔认为,“酸甜口味菜系的‘祖宗’,就是咕咾肉。”

“The evolution of a dish to some extent can indicate that it is favored by diners. Those that diners enjoy are more likely to spread to other regions and be accepted by other groups. This process certainly involves local adaptations,” said Uncle Gui. “Sweet and Sour Pork can be considered the ‘ancestor’ of sweet and sour dishes.”

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