



咕咾肉、左宗棠鸡…… 秘诀是这份酸甜酱汁!(下)

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



炸制五花肉丸和虾球。



将炸好的丸子捞出备用。



as side dish
(作为) 配菜

炸制配菜。



加入丸子。



加入酱汁。

咕咾肉随着最早一批去美国和南洋打拼的广东人在西方逐渐得到推广。原本咕咾肉使用猪肉作为原材料,由于西方人更喜爱吃鸡肉,咕咾肉又逐渐演变成了酸甜咕咾鸡。

Over the past years, Sweet and Sour Pork has travelled abroad with overseas Chinese, and appeared on tables around the world in a new form. It was gradually introduced to the West by the first batch of Guangdong migrants who went to the United States and Southeast Asia for career opportunities. This dish was originally made with pork, and evolved into Sweet and Sour Chicken as Westerners had a preference for chicken.

也许是湖南厨师彭长贵发现了这个能打开西方市场的“酸甜密码”,他在20世纪70年代发明的酸甜口味菜系“左宗棠鸡”在美国走红,从旧金山到奥马哈、从内布拉斯加到英国伦敦的各地中餐馆里都有这道酥脆炸鸡块勾上糖芡汁做成的“中国传统美食”。

Perhaps it was the Hunan chef Peng Changgui who discovered the “sweet and sour formula” that could open up the Western market. In the 1970s, the sweet and sour dish General Tso's Chicken developed by Chef Peng quickly became famous in the United States. Today, this dish—crispy fried chicken chunks coated in a sweet sauce—can be found in Chinese restaurants in cities such as San Francisco, Omaha, Nebraska, and London, where it is known as a “traditional Chinese delicacy”.

老少皆宜、没有“门槛”的酸甜口味菜系经过不断演化,最能代表“融合”的魅力。“咕咾肉可以说是‘融合的魅力’最有说服力的体现。”桂叔说。

Sweet and sour dishes, which are suitable for all ages and have no “barriers”, have continuously evolved and become the best representation

of “fusion”. Specifically, Sweet and Sour Pork can be considered the most convincing embodiment of “fusion's charm”.

“无论菜品怎么演变,酸甜酱汁的味道是没有太大变化的。”在桂叔心中,酸甜味是世界各地华人心中共同的慰藉,也是海外粉丝打开中国饮食文化的窗口。“可以说做好这份酸甜汁,基本上就可以‘拿捏’全部酸甜口味菜系美味的秘籍。”

“No matter how dishes evolve, the flavor of the sweet and sour sauce remains largely unchanged,” Uncle Gui shared. In his mind, the sweet and sour taste is a shared comfort for overseas Chinese worldwide and serves as a gateway for overseas Chinese food enthusiasts to explore Chinese culinary culture. “We could say that mastering the sweet and sour sauce is essentially the key to unlocking the secret to all sweet and sour dishes.” Therefore, whether it's Sweet and Sour Pork, General Tso's Chicken, or Sweet and Sour Chicken, the core to making a savory sweet and sour dish lies in perfecting the sweet and sour sauce.

桂叔将“融合”的观念贯彻到底,以双拼咕咾肉教会大家“万能酸甜酱汁”的做法,又创新地以虾肉、马蹄(荸荠)让传统咕咾肉的口感更上一层楼,让食客实实在在感受到“融合的魅力”。

Uncle Gui fully implements the concept of “fusion” by teaching everyone how to make the “universal sweet and sour sauce” using a combo of sweet and sour meat. He also creatively elevates the texture and flavor of traditional Sweet and Sour Pork by adding shrimps and water chestnuts, allowing you to truly experience the “charm of fusion”.

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