



INSPIRATION
灵感中国

外国美食博主极限体验兔子料理

Extreme Rabbit Dish Challenge in One Day

说到吃兔肉，四川可是当仁不让。四川人有句俗语：“没有兔子不上席。”兔子料理在四川菜中的地位堪比鱼香肉丝和麻婆豆腐，是四川美食文化中不可分割的一部分。兔头、兔腰、兔腿，兔子的每个部位都是宝。煎、炸、炖、煮……在这里，兔子的每一种吃法都独具特色。四川国际传播中心主播 Lorraine 邀请了两位外国美食博主，带他们深入成都街头，挑战一天只吃兔子料理的极限体验。

Bunnies are so cute, but when it comes to eating rabbit, Sichuan takes the lead! There's a saying among the people of Sichuan: "No rabbit, no feast." Rabbit dishes hold a position in Sichuan cuisine comparable to that of fish-flavored shredded pork and mapo tofu, becoming an integral part of the local food culture. Rabbit head, rabbit kidneys, rabbit legs—every part of the rabbit is considered a treasure. Pan-frying, deep-frying, stewing, boiling—each way of preparing rabbit has its own unique charm. Lorraine, an anchor from the Sichuan International Communication Center, invited two foreign food bloggers to delve into the streets of Chengdu, challenging them to a day of eating only rabbit dishes in an extreme culinary experience.

咬一口裹满花生碎的麻辣兔头，品尝这种经过 50 种香料长时间炖煮的兔头，吃起来满口留香；如果再来一个红油兔腰，轻轻一咬，会感受到红油的香辣浓郁完美中和了兔腰的腥味，入口带着一丝兔肉微微的甜；焦香酥脆的烤兔腿，外皮微微焦脆，兔肉细腻，没有一点肥肉，烤制过程中肉汁完美保留在肉中，让人每尝一口都充满了满足感；锅里涮上口感滑嫩的鲜兔肉，伴随着火锅汤底的香味和调料的浓郁味道，让人欲罢不能。

Take a bite of the spicy rabbit head coated with crushed peanuts; the head has been stewed for a long time with 50



主播 Lorraine(中)和两位外国美食博主品尝兔头。



两种不同口味的兔头。



正在卤制的兔头。



正在烤制的兔腿。

different spices, leaving a lingering aroma in your mouth. Then, savor a red oil spicy rabbit kidney; with a gentle bite, the rich spiciness of the red oil perfectly neutralizes the gamey flavor

of the kidney, accompanied by a subtle sweetness of the rabbit meat. Chew on the crispy rabbit leg; the outer skin is slightly charred, while the rabbit meat is tender and free of any fat. The meat juices are perfectly retained during the grilling process, making every bite incredibly satisfying. Finally, dip the freshly ordered fresh rabbit meat into the hot pot; the texture is smooth and tender, complemented by the fragrance of the hot pot broth and the richness of the dipping sauce, making it irresistible.

在四川，美食从来不只是味道的简单叠加，而是独特的文化传承与创新的结晶。经过这一整天的兔子料理挑战，这两位外国资深美食博主对川菜有了全新认识。

In Sichuan, food is never just a simple superimposition of flavors, but the culmination of a unique cultural heritage and innovation. After a full day of rabbit challenges, these two veteran food vloggers gained a whole new appreciation for Sichuan cuisine.

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