

# 湘菜介绍

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# CO 背景 NTENTS

湘菜，又叫湖南菜，是中国历史悠久的八大菜系之一，早在汉朝就已经形成菜系。以湘江流域、洞庭湖区和湘西山区三种地方风味为主。

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湘菜制作精细，用料上比较广泛，口味多变，品种繁多；色泽上油重色浓，讲求实惠；品味上注重香辣、香鲜、软嫩；制法上以煨、炖、腊、蒸、炒诸法见称。湘菜的主题是下饭，其实很多湖南人也是怕辣的，而又要吃那种很辣的，由辣而产生多吃米饭的结果，所以湘菜主要产生的作用是下饭。

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## 子龙脱袍

子龙脱袍是一道以鳝鱼为主料的传统湘菜。因其鳝鱼在制作过程中需经破鱼、剔骨、去头、脱皮等工序，特别是鳝鱼脱皮，形似古代武将脱袍，故将此菜取名为子龙脱袍。子龙脱袍不仅制法独特，且菜名别致新奇，耐人寻味，一直吸引着不少名士。

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## Zi Long's robe

Zilong's robe is a traditional Hunan dish with squid as the main ingredient. Because its squid needs to undergo processes such as fish breaking, boning, head removal, and peeling during the production process, especially the peeling of squid, it resembles an ancient military commander's robe, so the dish was named Zilong's robe. Zilong's robe is not only unique in making the method, but also unique and novel in the name of the dish. It is intriguing and has always attracted many celebrities.



Mushrooms without yellow eggs

## 花菇无黄蛋



The traditional dish of the mushroom without yellow eggs in Changsha was famous as early as the 1930s. The key to the production of mushrooms without yellow eggs is to master the fire, both steamed and can not let the egg white flow out, destroying the shape. The yellow eggs made by Caihaiyun are smooth and unbroken, and the texture is extremely fresh. Customers often marvel at this egg without egg yolks.

花菇无黄蛋长沙的传统名菜，早在 20 世纪 30 年代即闻名遐迩。花菇无黄蛋制作的关键在于掌握火候，既要蒸熟，又不能让蛋清流出，破坏造型。蔡海云制作的无黄蛋，蛋面光滑不破，质地异常鲜嫩。顾客吃到这种没有蛋黄的鸡蛋，往往惊叹不已。

## 霸王别姬



Farewell to the traditional Hunan cuisine, came out in the late Qing Dynasty. In this century, Changsha's Yulou East, Quyuan, Xiaoxiang, and Laoyi Garden Restaurant often have supplies. Farewell Fighter uses turtle and chicken as the main raw materials, supplemented by mushrooms, ham, cooking wine, onions, ginger, garlic and other seasonings, and adopts a cooking method that is boiled first and then steamed. The method is exquisite, unique, Delicious, and nutritious. Once tasted, the teeth are still fragrant, which is the best product on the banquet.

# 感谢收看

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