

<<小吃中的中国文化>>

图书基本信息

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内容概要

在我国古代，“饼”是各种面食的总称。关于“饼”的记载，出现在2200年前的汉初。魏晋以后，饼的花样开始多起来了，大致有这么几种。一是煎饼，就是用笼屉蒸熟的。开始只有死面的（加水调和后未经发酵的面），后来才有发面的。形状也由扁平的逐渐变成圆柱形或球形，这就是今天的馒头了。还有一种放在火上烤或烙的，叫炉饼，也就是今天的烧饼。后加改进，出现了馅饼。自然，放到水里煮的就叫汤饼了。汤饼的原始做法很简单，把揉好的面揪下来放到水里煮熟就是了，它有点像今天山西的“猫耳朵”。此外，用油炸的油饼、薄脆，还有春饼、月饼都是由来已久的。

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书籍目录

Chinese Pastries Steamed Bun Noodle Jiaozi Round Dumpling Zongzi Sugar Chinese Drinks Fried Delicacies Rice and Other Foods Rich Snacks with Local Characteristics

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章节摘录

插图：Chinese people invented many interesting snacks with sugar. Heat cane sugar and malt sugar and then make them into a 3.3-centimeter-long (1 cun) golden stick by filling, rolling and cutting, which is called "One-cun-gold-shaped candy". Or, boil the malt sugar into syrup and add some essence and dry rose petals. While cooled for some time, the syrup can be rolled into a slim stick. Cut it with scissors and you'll find the candy cut down like a Zongzi, thus it's named as "Zongzi-shaped candy". Also, add a spoonful of white granulated sugar into a kind of special machine and meanwhile stir it with a bamboo stick, you'll get a puffy twirl of cotton candy. Moreover, another candy made of maltose is held by two bamboo sticks. Winding one of the two sticks in a figure-of-eight, the color of candy will change from translucent brown to opaque white. The more you wind candy around the stick, the more delicious the candy is. If you can not wait to put the candy into your mouth, you'll find it a little acid. Only by labor can you eat sweet candy.

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