

貴陽
GUIYANG





酸辣美饌

Fiery Flavors

貴陽多位主廚跟大家分享在地美食的精妙之處

Chefs in Guiyang delve into the essence of the region's cuisine

WORDS
LOWELL BENNETT

不知道大家有沒有聽過中國這句諺語：「四川人不怕辣，貴州人怕不辣。」當全球各地的中式快餐店幾乎都標榜自己賣的是又香又辣的川菜，使這種中國地方菜廣為人知，與其同源的貴陽菜就成為只有在地人才知道的美味祕密。貴州菜的味道和口感都很有層次，而且健康程度與北方菜式不相上下。若您想品嚐最好的貴州菜，當然要來到貴州省的省會——貴陽。

貴陽喜來登貴航酒店行政主廚蔡來發表示，貴州菜的獨特風格主要與當地的歷史脫不了關係。「貴州菜的烹調方式受到很多民族文化的影響，部分更來自今天的泰國北部。」他說，這些少數民族移居貴陽後，仍保留了原來的語言、文化和食物。「經過一段時間後，來自不同民族的

“The people of Sichuan do not fear spicy food, while the people of Guizhou fear food that is not spicy.” This old provincial saying is no myth.

Compared to Sichuan cuisine – the savory, spicy fare made famous by Chinese takeouts around the world – the food from Guizhou province is practically a hometown secret. Guizhou's distinctive dishes pack levels of flavor, texture and healthy goodness that equal those of northerly cuisines, and nowhere can you better experience Guizhou food than in its capital, Guiyang.

The region's unique style of dining is tied to its historical roots, says Luka Chua, executive chef at Sheraton Guiyang. “The style of cooking was influenced by various ethnic cultures, some originating from around what is today Northern Thailand,” he explains, adding that the ethnic groups that migrated to Guiyang still retain much

來自不同民族的 菜式融合成 風格獨特的貴 州風味菜

of the same language, culture and food. “The cuisine eventually evolved into a style unique to Guizhou.”

Prominent and dominating almost every meal in Guiyang are the saucy blends of robust local spices. According to Chef Chua, “One of the main reasons Guiyang cuisine is so unique is the great variety of local herbs and fungi, and the specialties made from those raw products. For example, a typical Guiyang style of sauce is very savory and involves the blending of various local herbs such as *houத்துyniae* with chili.”

As point man for high-end food and beverage presentation in increasingly cosmopolitan Guiyang, the chef pushes the epicurean envelope beyond traditional Guiyang mainstays, combining local and Western elements, as exemplified by his German sausage accompanied by a mixture of local herbs, French desserts and local fruits. His personal favorite, however, is a traditional local staple. “I love the hot and spicy taste and fragrance of Guiyang Spicy Chicken.”

Ren Ya, Number 1 Wok Chef at New World Guiyang Hotel, is another culinary pro who declares his personal favorite to be *Yanglang*, a wok-fried spicy chicken dish. “The chicken dish is full of regional features prepared using common ingredients and traditional Guiyang methods.” His other preferred dish is Braised Fish in Sour Soup. “The traditional soup is derived from a



菜式融合成風格獨特的貴州風味菜。」

貴州菜其中一項特色是大量使用當地香料。蔡來發說：「貴陽菜之所以如此特別，正是因為用了大量的本地香料和葷菇，還有許多生鮮食材。比如經典的貴陽辣醬，就是由多種在地香料和辣椒混合而成的。」

在越來越都會化的貴陽，這位於高級精緻飲食業界佔一席位的主廚不僅保存了傳統貴陽菜色，更將許多菜餚的本土元素與西方料理結合，像他以自己獨創的德式香腸搭配當地香草做的混合沙拉，還有法式甜點佐當地水

果等。然而他最喜愛的一道菜，仍是傳統菜式。「我最喜歡辣子雞，又香又辣。」

任亞是貴陽新世界酒店的中餐首席炒鍋廚師，他個人最愛的菜餚是陽朗辣子雞和酸湯魚。

「陽朗辣子雞很有當地特色，以這裡常見的食材和傳統的貴陽風格快炒而成；酸湯魚則是源自於貴州苗族，特色是採用當地的酸番茄，以苗族的傳統烹調方法燉煮，這道菜完美地展示了貴州多元文化的一面。」

在貴州習水縣土生土長的任亞認為，貴陽菜的好處是「從大地取來的生鮮食材」，很多植物



上 貴陽凱賓斯基大酒店御龍軒的主廚賴進。

下 貴陽喜來登貴航酒店行政主廚蔡來發。

對 居住在貴州的苗族，對貴州菜產生了深遠的影響。

開 版 磚 瓦

左 貴陽凱賓斯基大酒店的招牌貴陽菜「酸湯牛肉刀削麵」。

右 貴陽人喜歡吃酥炸辣椒，就像我們吃洋芋片一樣。

Top Chinese Kitchen Chef Lai Jin from Kempinski Hotel's Dragon Palace.

Left Chef Luka Chua from Sheraton Guiyang.

Facing page Guizhou's Miao ethnic group has greatly influenced the region's cuisine.

Opening spread

Left Kempinski Hotel's signature Guiyang dish 'Sour Tomato Beef Soup'.

Right Fried red chili peppers, often eaten 'potato chip-style' in Guiyang.



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recipe originating with the Miao minority in Guizhou. It is characterized by the sour tomatoes found in the region and cooked using traditional Miao cooking methods. It is a wonderful representation of Guizhou's cultural diversity."

According to Ren, a Guizhou native of Xishui County, the underlying advantage to Guiyang cuisine is the "raw food ingredients selected from the earth", including some species of plants rarely seen elsewhere in China. These special harvests, among them *tianma* and *zhe'ergen* (chameleon plant), play a significant role in the traditional provincial fare. Not only do the plants lend to the exceptional flavor and texture, they also deliver substantial levels of nutrition. "Guiyang's geography and climate have bestowed its soil with unique natural

resources. Most of the edible plants grown in Guizhou can be used as Chinese medicine as well as ingredients in food. And because these natural resources are sourced locally, they are often free from any sort of contamination."

The high quality produce is a direct by-product of Guiyang's favorable geographical location and clean environment, says Lai Jin, Chinese Kitchen Chef at Kempinski Hotel's Dragon Palace. "Guiyang is a unique city surrounded by forest and mountains. The fresh air and superior water quality allow the plants to preserve their original flavour and taste."

The best way to enjoy a Chinese dish is the native way, according to Chef Lai. "Food can be prepared mild according to different tastes, but the best way is to eat the way the locals do. The cuisine in Guizhou is similar





左 貴陽的特色火鍋。
下 貴州生產很多香料，
例如天麻。
對頁
左 一位婦女在曬辣椒。
右 煎魚上全是胡椒。

Left Guiyang hotpots.
Below A huge variety of herbs
are available in Guizhou,
including tianma.
Facing page
Far left A woman drying red
chili peppers in Guizhou.
Left Fried fish with
pepper sauce.



在中國其他地區相當罕見，例如天麻和折耳根（即魚腥草），這些食材都在當地飲食中扮演不可或缺的角色。它們不僅為菜餚增添獨特的味道和口感，對人體健康也有不錯的效用。「貴陽的地理環境和氣候正好提供土壤很多天然物質，貴州一帶的植物並非只當成食材，還能入藥。因為這些自然材料只有本地才有，所以幾乎沒受到外部環境污染。」

貴陽凱賓斯基大酒店的中餐炒鍋副廚師長賴進認為，貴陽之所以能夠產出優質食材，是因為絕佳的地理位置和清潔的環境。「貴陽周邊都是森林和高山，新鮮空氣和超乾淨的水質讓植物能保有最原初的味道和香氣。」

賴進認為要品嚐中國菜，最好還是吃原來的味道。「儘管每道菜可根據個人口味不同而做調整，但要想嚐到最棒的味道便是跟著在地人吃。雖然貴州菜容易跟四川菜和湖南菜混淆，但貴州菜比較強調酸味和辣味，是鹹、酸、辛和辣的結合，四川菜的重點則是麻和辣。」他分享了一些貴州菜的歷史：「貴州菜一般被稱為黔菜，採用的一種已有超過600年歷史的傳統烹調方式。」





品嚐貴陽傳統小吃

Sample Guiyang cuisine in Qingyan Ancient Town

若想品嚐貴州傳統的街頭小吃，就要前來青岩古鎮。這裡不僅可以找到燈光美、氣氛佳的高級餐廳，還有霓虹裝飾的家庭式咖啡館，以及石板路上一整排的攤販供應各式各樣的小吃。在這裡一定要吃糕粑稀飯，是結合了10種原料做成的甜糯米粥，包括花生、芝麻、紅豆、黃豆、玫瑰水和豆腐米線等。如果您喜歡炸物，一定要試試豆腐圓子，豆腐捏碎揉成團子後入鍋油炸，沾上辣醬，溫潤辣味、彈口的豆腐與現炸馬鈴薯成絕佳搭配。若您喜歡來點不一樣的菜，可以試試蜜汁豬腳或酥炸辣椒。要解膩的話，可以來杯清涼的玫瑰露或楊梅汁，當地釀造的玫瑰酒也是不錯的選擇。

In Qingyan Ancient Town you will find everything from atmospheric fine dining houses and neon-lit family-run cafés to vendors preparing their specialities along age-old stone paths. Must-eats here are *gaoba xifan*, a savory glutinous rice cake porridge comprising more than 10 ingredients and savory rice tofu noodles. Fried food fans should not miss out on the deep-fried tofu balls dipped in spicy sauce and chewy deep-fried tofu squares. If you have an adventurous palate, feast on marinated pigs' trotters or munch on deep-fried red peppers. Wash it all down with a glass of iced jelly with rose water, iced Chinese bayberry juice or locally fermented rose wine.

在苗族和侗族自治區流傳這麼一句話：「三天不吃酸，走路打撈車」（指走路不穩，東歪西倒的意思）。貴陽菜的最佳入門菜色，賴進推薦苗族的酸湯魚。「這是一道火鍋，湯底是又辣又酸的高湯，裡頭擺上大量魚塊。像其他火鍋餐廳一樣，客人還可以加點蔬菜、肉類或其他食材加入鍋中。調味料裡面已經加入了辣醬，但您可以多加一塊沒有臭味的臭豆腐，跟魚塊搭配的滋味更棒。」至於肉類的菜餚，他建議貴陽牛肉粉。「這道菜有兩種吃法——紅燒或清燉，也可以加上整顆新鮮的大蒜、磨碎的乾辣椒、鹽巴和花椒，調配適合自己的口味。」❶

上 貴陽新世界酒店的首席中餐廚師任亞在細心挑選食材。
下 貴州人喜歡用辣椒炒雞或牛肉，甚至只有炒辣椒已經是一道菜。
對賣 在青岩古鎮，攤販售賣各種特色食品。

Above Chef Ren Ya from New World Guiyang Hotel selecting fresh produce at a local market.
Right Fried peppers with chicken, beef or on their own are a local snack favorite.
Facing page Pots of food line the streets in Guiyang's Qingyan Ancient Town.

to Sichuan and Hunan, but it is unique in the sense that the dishes emphasize a mixture of sour and spicy tastes. It's more about salty, sour, pungent and spicy, whereas pepper is the most important ingredient for cooking most Sichuan dishes." He shares a bit of the cuisine's history, "Guizhou foods are widely recognized as Qian cuisine, a traditional style of cooking for more than 600 years."

In the Miao and Dong Autonomous Prefectures, there is a saying, "Three days without sour food will make you stumble when you walk". Thus Chef Lai recommends indulging in a steaming pot of Miao minority's 'Sour Tomato Fish Soup'. "This is a hotpot centered on a hot and spicy broth with a large whole fish chopped up inside. Like all hotpot restaurants, veggies, meats and other optional added delicacies are purchased à la carte. The dipping bowls contain the ubiquitous chili paste, but you should also add a cube of non-smelly fermented tofu for a wonderful complement to the fish." For a meatier dish, he suggests 'Guiyang Style Beef Noodles'. "It can be prepared in a hot red broth or a mild beef broth. Fresh whole garlic cloves, crushed dried red pepper, salt and Sichuan pepper can be added to taste." ❶



炎の滋味

四川料理に比べて、貴州地方の料理はやや謎に包まれている。黔菜の名でも知られる貴陽料理には600年以上の歴史があり、州内に住む複数の少数民族の食文化から影響を受けて発達した。風味や舌触りが豊かで、地元産の健康食材がふんだんに使われている。この地方は漢方薬の原料にもなる高級食材の宝庫で、天麻（オニノヤガラ）や折耳根（ドクダミ）の根など、種類豊富なハーブ、野菜、きのこなどが味の主役だ。見た感じは隣接する四川料理や湖南料理にも似ているが、酸味と辛味の融合に特徴がある。地元料理人のお勧めは、苗族的酸湯魚（酸味トマトと魚の鍋）、牛肉粉（ラーメン）、辣子鶏（鶏の辛味唐揚げ）、陽明辣子雞（鶏の辛味炒め）など。地元の人に倣って、美味しく召し上がれ。



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