

来到长崎的人都会被海鲜的美味所震惊。长崎的捕鱼量和鱼类的品种在日本国内名列前茅，让您能够享用到大海的美味。

Nagasaki's fish tastes great, and it's a fact nobody will deny after a visit to Nagasaki. It is one of Japan's largest seafood suppliers.

因为长崎面朝东海和对马海峡，四季都有回游鱼游来，并且有着复杂的海岸线，孕育了其适合养殖业的海湾，所以长崎被公认为“鱼的天堂”。真鲷、黑金枪鱼、红鳍东方鲀、日本竹荚鱼等的生产量都是值得骄傲的全国第一。在这样的环境里长大的长崎人，在吃生鱼片的时候会说一句“脆脆的真好吃”。喜欢软和的生鱼片的关东人有可能会觉得吃惊，但是这是长崎人对新鲜的生鱼片才会有口感的特殊表现方式。

Nagasaki is surrounded by the East China Sea and Tsushima Channel. Many migratory fish pass through this region throughout all the seasons of the year. Nagasaki is a leading producer of Sea Bream, Bluefin Tuna, Japanese Puffer fish, and Horse Mackerel in Japan. The Nagasaki citizens love to eat sashimi because of its outstanding quality.

长崎自豪的大海的美味 Fresh seafood from Nagasaki



健康幼鲷鱼

它具有独特的香味和弹性的口感，味道十分鲜美。由于使用了新开发研制的“发酵饲料”来养殖，所以免疫力很强，不逊色于野生的幼鲷鱼。

Fine Amber Jack

Newly innovated fermented fish feed causes the stronger and extremely enjoyable taste.



野母竹荚鱼

它脆脆的口感和绝妙的脂肪比例深受美食家们的赞赏。

Nomon Horse Mackerel

The balance between the denseness of flesh and fat of this fish make it the best gourmet fish/dish around.



红鳍东方鲀

长崎的河鲀养殖产量日本第一。

Japanese Puffer Fish

Nagasaki domestic production of Japanese Puffer fish is No.1 in Japan.



牙鲆

牙鲆属于高级鱼类，长崎以全国名列前茅的捕鱼量为骄傲。长崎市高岛町的牙鲆养殖业很繁荣，特产是“高岛牙鲆”。

Flounder

Top grade Flounder are raised at Nagasaki Takashimamachi, hence the name Takashima Flounder.



天然伊势龙虾

肉质紧绷，具有浓厚甜味是天然伊势龙虾的特点。

Lobster

Lobster has firm white flesh and a delicate sweet flavor. Please enjoy the dishes of fresh lobster.



鲸鱼料理

长崎和鲸鱼有着很深的渊源，直到现在鲸鱼料理的专卖店、居酒屋都可以品尝到鲸鱼的生鱼片和火锅。

Whale

Since the Edo period, Nagasaki people have had the custom of eating whale. There are many ways to eat it: raw, deep fried, or boiled in a soup.

长崎海鲜

海港城市长崎是海鲜的宝库

Fish of Nagasaki

Nagasaki is a harbor town which has lots of fresh seafood.



由于捕鱼量特别多，所以长崎的鱼糕店的数量也是日本第一的。鱼糕的品种有很多，板状的、竹轮形、油炸的，十分适合作为礼品。

Nagasaki has the most fish-paste makers and shops in Japan. The deep fried, steamed or grilled, lots of types of fish-pastes are popular souvenirs for tourists.



长崎以鲷鱼的捕鱼量全国第一为豪。

Nagasaki is the biggest provider of Sea Bream in Japan. There are a variety of ways to cook and enjoy Sea Bream.



长崎的历史孕育了最高级别的牛

Nagasaki Beef

The history of how Nagasaki raised the best cows in Japan.

被选为日本第一真实实的美味。用风土和历史孕育的长崎和牛是长崎和海外沟通后的历史遗产。

Nagasaki beef won first prize in the Wagyu Olympics in 2012.

在川原庆贺的绘画作品《唐兰馆绘卷》中描绘了荷兰人在榻榻米上直接摆放桌子椅子，品尝红酒和牛肉的景象。在出岛生活的商社员工会在春节的时候招待当时的政府官员和翻译，来品尝从印度尼西亚运来的牛肉。从这个时候开始日本从长崎发祥了“食肉”文化。并且，在长崎岛的“原”遗址中发现了2200年前弥生时代的牛骨。在悠长的历史中孕育的长崎和牛有着绝妙鲜味的精肉和醇厚牛脂的完美比例，这就是日本第一牛肉的味道。在这个港口城市中享用长崎和牛，让您度过浪漫奢华的时光。

There is a drawing describing a Dutchman sitting at a table eating beef with wine on a tatami floor in Dejima Nagasaki. Traditionally, it was not common to eat beef in Japan.

It is believed that Nagasaki was the first place where foreigners introduced the custom of eating beef. Nagasaki beef is extraordinarily delicious; it has a good balance of red flesh and fat. Unquestionably, it is a prize of inestimable worth to serious food-lovers.



2012年的秋天，全国的优秀和牛汇聚一堂，参加“第10届全国和牛能力共进会长崎县大会”。长崎和牛在肉牛部门荣冠第一。

In the autumn 2012, Nagasaki beef won the first medal of The National Competitive Exhibition of Wagyu.



如果是厚实的牛排的话，只要稍稍一煎，简单的配上盐、胡椒或者是芥末、柚子胡椒就非常美味。如果是牛肉片的话，就适合吃涮火锅或是日式牛肉火锅了。It is recommended to grill thick cuts of beef steak, and season it with salt, pepper, wasabi, or citrus paste.

长崎市里的咖啡馆、西餐馆里一定会有名菜

炸猪排、炒饭、意大利面，土耳其花色饭是将最受欢迎的西餐都盛在一个盘子里的美食。土耳其花色饭的起源有很多种说法。炒饭是从中国传来的，意大利面是意大利的代表，放在这两道菜上的炸猪排起到连接东西桥梁的作用叫做土耳其。具体明确的由来谁也说不清楚。土耳其花色饭50多年来深受长崎人的喜爱，长崎的西餐厅、食堂几乎是所有的餐厅里都可以吃到土耳其花色饭，它作为长崎人的美味受到不同时代人的喜爱。

炸猪排 Pork cutlets

君临于面条和炒饭之上，是整个菜肴的灵魂所在。有时也用炸虾和可乐饼来代替，有些餐厅还有用牛排代替的。

Pork cutlets are the main part of Turkish Rice. Some restaurants use deep fried shrimp, croquettes, or beef steak instead of pork cutlets.



西式炒饭 Pilaf

有咖喱味的、椒盐味的等等，每家店都有各自的特色。

Different restaurants offer different types of pilaf such as curry, or salt and pepper.

意大利面 Spaghetti

在土耳其花色饭里意大利面的品种有很多可以选择。有最传统的番茄酱风味，意大利面色拉风味，散发着每个餐厅的个性。

Different restaurants offer different types of spaghetti. It represents the character of the restaurant.

最喜欢的西餐菜肴都盛在了一个盘子里

土耳其花色饭

All favorite western foods on the same plate

Turkish Rice (toruko raisu)

说到长崎的中国菜就一定会提到“长崎什锦汤面”和“长崎什锦炒面”。与其说它们是中国菜，更应该说是大众美食。长崎大众的味道，深受欢迎。

Speaking of Chinese noodle dishes in Nagasaki, Champon and Saraudon are “musts” to try. Most Nagasaki people love Champon and Saraudon dishes.

长崎什锦汤面的历史

The history of Champon

在锁国时代长崎作为唯一的开放港口，融入了来自海外的文化，由此孕育了其特有的文化，也孕育了洋溢着异国风味的菜肴。明治时代中期，长崎市的中国菜餐厅“四海楼”的创立人陈平顺先生，想让千里迢迢来到日本的中国留学生（当时的清朝人）吃到既便宜又营养丰富的菜肴而开发出来的美食。

During the Edo period the Japanese government banned relations with foreign countries except at Dejima in Nagasaki. Dejima is a fan-shaped artificial island, the single place of direct trade and exchange between Japan and the outside world.

It is said that the first owner of Shikairo, Mr. Chen Ping Shun, invented Champon in the middle of the Meiji period (1868 - 1912). The purpose was to provide a delicious, nutritious, and reasonable meal to Chinese students in Japan.

长崎什锦炒面

What is Saraudon?

长崎什锦炒面的发祥地也是长崎。源于“盘子里没有汤汁的乌冬面”的说法。甜甜的汤汁用淀粉勾芡，淋在面条上。面条也分为细面和粗面两种。长崎本地的吃法不是用醋而是用辣酱油拌着吃。

Saraudon is a regional dish of Nagasaki. The broth has a sweet flavor thickened with potato starch. There are two types of noodles, crispy deep fried noodles or fried thicker noodles. The Nagasaki style is generally to eat Saraudon with Worcestershire sauce instead of vinegar.

一个碗里汇聚了这么多品种的食材，
口味浓厚的长崎什锦汤面·炒面

Lots of ingredients in the bowl deepen the flavor.
Regional food from Nagasaki:
Champon and Saraudon

长崎“出生”、长崎“长大”的心灵美食

长崎什锦汤面 炒面 Champon and Saraudon

长崎什锦炒面面条

Saraudon Noodles

面条分为，油炸的细面和汤面的面条经过煸炒后很有咬劲的粗面两种。

There are two types of noodles for Saraudon, crispy deep fried noodles and fried thicker noodles.

长崎什锦汤面面条

Champon Noodles

长崎什锦汤面的面条是用碱水和的面，这是长崎特有的受到了中国福建饮食文化的影响。既具有独特的风味，又起到了防腐的作用。

A kind of lye water, Touaku Water, is used to stir the noodles with flour to increase the flavor and also prevent the noodles from going bad.

这是长崎才有的吗？
Only in Nagasaki?

长崎的夜晚 一定会有路线

The dish to eat after drinking

喝完酒最后去吃碗长崎什锦汤面是长崎流派。因为长崎什锦汤面比起一般的拉面来，含有更多丰富的蔬菜，对身体更有益处，所以选择吃它的人很多。

Japanese always eat ramen as a sign after drinking, but Nagasaki people eat Champon instead of ramen. Champon is considered healthier than ramen because it contains more vegetables.

什锦汤面的面条可以有很多种用法

The ways to cook Champon noodles

在长崎，什锦汤面的面条不仅仅只用在什锦汤面上。还可以做炒面，或者放在火锅里。

There are many ways to cook thicker noodles, such as Champon, fried noodles, and hot pot soups.

你是细面派？还是粗面派？

Which types of noodles are good for Saraudon?

在长崎，大家聚集在一起的时候都会叫什锦炒面的外卖来招待客人。这个时候，店方就会问你“细面？还是粗面？”来决定面条的粗细。是脆脆的细面还是汤面的粗面，是长崎人永远都不能攻克的“课题”。

Nagasaki residents have a habit to have Saraudon delivered to their house when relatives and friends gather together for the Obon Festival, or other types of events. There are two types of Saraudon noodles, crispy deep fried noodles and fried thicker noodles. Both types of noodles have supporters, so it is hard to decide which one is more popular.

长崎鱼肉半片

Nagasaki Hanpen

说到长崎的“鱼肉半片”就是粉红色和绿色的鱼糕。

Nagasaki Hanpen is a fish-paste made by the flesh of many different kinds of fish, colored pink and green.

猪肉 pork

鱿鱼·虾·蛤蜊
cuttlefish, shrimp, clams

黑木耳

cloud ear mushrooms

绿豆芽·洋葱

bean sprouts, onion

卷心菜·胡萝卜·大葱

cabbage, carrots, spring onion

※每家店铺的食材会有不同 / *Different restaurants offer different ingredients.

异国饮食文化交融在一起，
一个圆桌上摆放着日·洋·中的菜肴，
有着百分百长崎风情的乡土料理

Multi-cultural foods combined at this round table, became a regional traditional cuisine of Nagasaki, a harmony of Japanese, Chinese, and Western dishes; and thus Shippoku Cuisine was born.

卓袱料理 Shippoku Cuisine

尽享流传至今的传统风味

“卓袱”这个说法大约是 360 年前从中国广东和东京地区（现在的越南方向）流传到了长崎。卓袱料理也是宴会料理的一种。和吃中国菜的时候一样，大家围坐在一个大圆桌边，菜肴盛放在大碟子里，大家自由取食。卓袱料理的起源，可以追溯到江户时代初期，当地人和中国人交流的过程中孕育而生的，日积月累圆桌上的菜肴不仅有日本菜和中国菜，还添加上了南蛮菜（荷兰菜），形成了长崎特有的“和荷兰”菜肴。

Legendary taste

The meaning of Shippoku is a table and tablecloth. Several people gather together around a round table and share dishes in a Chinese culinary style.

It is said that the origin of the cuisine derived from Japan and China interaction during the Edo period. At the beginning there were only Japanese and Chinese dishes on the round table, and then gradually Western dishes were added to complete the exotic Nagasaki Shippoku cuisine; the locals call it 'Wakaran - Japan, China, and Western' cuisine.

[卓袱料理的菜单 Examples of Shippoku Cuisine]

- | | | |
|--|--|--|
| 1 鱼鳍汤
Ohire (fish fin soup) | 6 豆类
Mame (sweet beans) | 11 米饭
Gohan (rice) ※无图片
No image |
| 2 生鱼片
Otsukuri (raw fish) | 7 烤菜
Yakimono (stewed chicken or vegetable pie) | 12 煮菜
Nimono (clear soup) |
| 3 捞鱼片
Yubiki (parboiled fish) | 8 味噌汤
Misowan (miso soup) | 13 腌菜
Kounomono (pickles) |
| 4 三品拼盘
Sanpinmori (three types of appetizers) | 9 大盘
Oobachi (stewed vegetables) | 14 水果
Mizugashi (fruits) |
| 5 下酒菜
Torizakana (seasonal appetizers) | 10 中盘
Nakabachi (braised pork) | 15 梅碗
Umewan (sweet red bean soup) |

※照片中的菜肴只是一个例子。根据店铺会有不同的菜单。
*The picture is only for reference. Different restaurants offer different menus.

烧物 Yakimono

蔬菜和鸡肉炖熟之后上面铺上网状的派皮之后放入烤箱烘烤。
Stewed chicken or vegetables pie.

中盘 Nakabachi

中盘是卓袱料理的主菜，入口即化的东坡肉。
Braised pork is a main dish of Shippoku cuisine.

煮菜 Nimono

鸡肉鲤鱼汤。用汤泡饭的话，也有另一番风味。
A clear soup broth made from chicken and thin bonito shavings. You can also pour it on rice.

三品拼盘·下酒菜 Three types of appetizers / seasonal appetizers

肉或者煮过的菜等三种菜组成的前菜，不同季节的时鲜食材和长崎天妇罗。
Meat, simmered food, seasonal ingredients, or Nagasaki Tempura are ordinary appetizers for Shippoku cuisine.

这是卓袱料理的礼节

That's style!
The manner of Shippoku Cuisine.

宴会是从“请喝鱼鳍汤”开始的

The opening of Shippoku Cuisine

最上的是盛有鲷鱼鳍的汤。干杯前，主人会说“请喝鱼鳍汤”，宴会就从这时正式开始。这是从“一位客人一条鱼”的主人的用心而来的。

Before the toast, the cuisine starts with Ohire, and the master says 'Ohire wo Douzo' (Please eat this Ohire first) as a sign to start the feast. It shows the hospitality of cooking a whole fish for each person.

吃菜的时候用自己的筷子 直接大碟子里挟菜吃

Use your own chopsticks

从一个大碟子里，直接用自己的筷子挟菜来吃是卓袱料理的礼节。营造了一种“礼让进餐”的氛围。

'Jikabashi' in Japanese means "the method of using your own chopsticks" to take foods directly from other plates. It is different from the usual Japanese method of serving each person. The food is served on large plates, and everyone takes the food by themselves. This creates an atmosphere of sharing and contributes to a harmonious environment.

小碟子一个人两个

Two serving plates

生鱼片、东坡肉、酸菜、油炸菜、等等都是根据人数份盛在一个大碟子或者大碗里，可以挟好菜放在小碟子里吃。

It is usual to have two serving plates for each person. The dishes are served on big shared plates. Take food with your chopsticks from the shared plates onto your own serving plates when eating.



鱼鳍汤 Ohire

卓袱料理中最早的菜，由山珍海味做成的汤。在干杯之前，先喝这碗汤是整个宴会的开始。

The first dish of Shippoku cuisine is Ohire (fish fin soup), vegetables, and other ingredients cooked into fish fin soup. Shippoku cuisine starts with Ohire before the toast.

捞鱼片 Yubiki (parboiled fish)

地产的鱼切成鱼片，在热水里捞一遍。
Parboiled thinly sliced Nagasaki local fish.

梅碗

Umewan (sweet red bean soup)

放入红白汤圆的红豆汤，是整个卓袱料理里的最后的菜肴。

Umewan is sweet red bean soup with white and red rice cakes, the last dish of Shippoku cuisine.