



CHAOZHOU CHINA

2023

加入網絡年份

YEAR OF DESIGNATION

中國·潮州

城市介紹 | INTRODUCTION OF THE CITY

Located in east Guangdong province, Chaozhou is a key city in the Guangdong-Hong Kong-Macao Greater Bay Area and the economic zone on the west side of the Straits. Covering an area of 3.693 km², the city consists of three parts: Raoping County, Chao'an District and Xiangqiao District. It has a population of 2.576 million, and another 2.7 million of its descendants overseas. Chaozhou, a city with a long history, outstanding historical figures, and cultural relics, is known as the oldest city in east Guangdong province and the "coastal Zou and Lu," in which Zou for the home country of Mencius and Lu stands for the home country of Confucius. Throughout history, the city was mentioned as Jun, Zhou, Lu, and Fu (all referring to commandery or prefecture) in the administrative system. As an important gateway to the Ancient Marine Silk Road, Chaozhou is the cradle of Chaozhou culture and the root for Chaozhounese across the world. On October 31, 2023, Chaozhou was officially designated as the "City of Gastronomy" of the UNESCO Creative Cities Network.



鄒奇 | Zou Qi

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我是來自潮州的鄒奇，現為：潮州技師學院烹飪教師，中式烹調師高級技師，中國烹飪大師，廣東省“五一勞動獎章”獲得者，廣東省人力資源和社會保障廳“粵菜師傅”五星名廚，粵港澳“大灣區潮菜標準”制定專家，潮州菜烹飪技藝非遺傳承人，文旅局“文旅推薦官”。

曾獲：2021年度中華金廚獎，全國海鮮烹飪技能大賽特金獎，廣東省潮州菜廚藝職工職業技能競賽特等金獎等。

從業30餘年來，我致力於分享、傳承和推廣潮州菜美食文化，同時擔任潮州市廚師協會副會長，積極推動行業發展。



潮州卤水粉鹅肝

Chaozhou-style marinated goose liver with rice flour coating

潮州卤水源于唐宋，随中原移民南下带入卤制技艺，融合本地香料形成独特卤方，味醇香浓，鹹甜兼具，已入选省级非遗传承专案。传统以老卤传承，代代秘制，既是家常菜，亦为祭祀、节庆必备，承载潮州饮食文化与宗族记忆。潮州卤水粉鹅肝源自传统滷味文化，结合法式鹅肝理念，约20世纪末兴起。选用肥美狮头鹅肝，以潮州卤水慢卤入味，成品兼具潮卤醇厚与鹅肝细腻，入口即化而不腥，咸香回甘，凸显潮州菜的風味特色。



南姜薄荷元寶蝦

Ginger and Mint Enveloped Shrimp Rolls



南姜自唐宋随海上贸易传入潮州，以独特辛香微甘著称，祛除腥气提亮本味，堪称潮味灵魂，地位不可替代。薄荷传统用于解腻增鲜，赋予菜肴清凉余韵。南姜薄荷元宝虾是一道融合潮汕风味与创意料理的佳餚，海虾开腹成元宝状，油炸至金黄酥脆外皮焦香。点睛之笔在于南薑与薄荷的碰撞——南薑爆香，辛香中透出淡淡甘甜，与清新薄荷叶一同翻炒，赋予虾肉独特香气层次。成菜色泽红亮，造型饱满如元宝，寓意吉祥，兼具酥脆、鲜嫩与复合香气。