

2026澳門國際美食之都 嘉年華

INTERNATIONAL CITIES OF
GASTRONOMY FEST
MACAO



潮州, 中國 Chaozhou, China

加入網絡年份
Year of Designation

2023



城市介紹 | INTRODUCTION OF THE CITY

潮州市位於廣東省最東端，地處粵港澳大灣區與海峽西岸經濟區的交匯處，瀕臨南海，與臺灣省隔海相望，是廣東“東大門”。潮州古城至今有2000多年歷史，是歷代州府之治所，是全球“潮文化”的發祥地，素有“嶺海名邦”“海濱鄒魯”的美譽。全市擁有登記不可移動文物1345處，其中國家重點文物保護單位9處22點；擁有潮劇、潮綉、潮州木雕等國家級非物質文化遺產代表性項目17項。2023年10月31日，聯合國教科文組織官網公布新一批加入聯合國教科文組織創意城市網絡的城市，潮州成功入選“世界美食之都”。

Located at the most eastern part of Guangdong Province, Chaozhou lies at the junction of the Guangdong-Hong Kong-Macao Greater Bay Area and the Western Taiwan Straits Economic Zone. Facing the South China Sea and Taiwan Province across the strait, it is known as the “Eastern Gateway” of Guangdong. With a history spanning over 2,000 years, Chaozhou Ancient City served as the administrative center of prefectures in successive dynasties. As the cradle of global Teochew culture, it has long been celebrated as a “Renowned Prefecture between Mountains and Sea” and “Coastal Zou and Lu”, reflecting its cultural prosperity. The city is home to 1,345 registered immovable cultural relics, including 9 National Key Cultural Relic Protection Units covering 22 sites. It also boasts 17 national-level intangible cultural heritage items, such as Chaozhou Opera, Chaozhou Embroidery, and Chaozhou Wood Carving. On October 31st, 2023, UNESCO posted on its official website the list of the latest cities joining the UNESCO Creative Cities Network, with Chaozhou successfully being selected as a “City of Gastronomy”.



主廚介紹 | CHEF INTRODUCTION

李漢紹 Li Hanshao

李漢紹，潮州菜榮譽大師，中式烹飪與麵點雙高級技師。從事潮菜推廣30年，現任饒平縣技工學校教師。代表作“龍果燕窩”“饒平蝦餅”獲澳門美食節等金獎，2024年獲評“十大潮州菜名廚”。致力潮菜傳承創新。

Li Hanshao, Honorary Master of Chaozhou Cuisine, dual Senior Technician in both chinese cooking and pastry making. With 30 years' experience, he teaches at Raoping Technical School. Signature dishes won gold at Macau Food Festival. Named "Top Ten Chaozhou Cuisine Chefs" in 2024. Dedicated to culinary innovation of chaozhou cuisine.



菜式介紹 | DISH INTRODUCTION

特色蝦餅 Specialty Shrimp Cake

饒平蝦餅，潮州經典小吃，色澤金黃、外酥內嫩。以鮮活蝦配特製麵糊炸制，2004年獲澳門美食節金獎，2024年獲評“潮州十大名品”。2016年推出預製菜，傳承市井風味，適配現代消費，展現潮州飲食文化。

Raoping Shrimp Cake, a classic Chaozhou snack, features golden crispy coating and tender shrimp filling. Made with fresh shrimp and special batter, it won Macau Food Festival Gold (2004) and "Top Ten Chaoshan Delicacies" (2024). Pre-made version launched in 2016 preserves traditional flavor while meeting modern needs.



主廚介紹 | CHEF INTRODUCTION

吳浩智 Wu Haozhi

吳浩智，中式烹調師高級技師，廣東省烹飪大師，潮州市廚師協會理事，饒平縣廚師協會副理事長。

Wu Haozhi, Senior Technician of Chinese Cuisine, Culinary Master of Guangdong Province, Director of Chaozhou Chefs Association, and Vice Chairman of Raoping Chefs Association.



菜式介紹 | DISH INTRODUCTION

金絲鮑魚 Golden Silk Abalone

金絲鮑魚主要用西式中做，口感層次豐富，醬汁鮮醇與黑松露香氣交融，造型精緻考究，是兼具風味與視覺美感的創意珍饈。

Golden Silk Abalone combines Western techniques with Chinese cuisine, offering rich textures where savory sauce meets black truffle aroma. With exquisite presentation, it's a creative delicacy pleasing both palate and eyes.



菜式介紹 | DISH INTRODUCTION

明爐燒響螺 Grilled Whelk

明爐燒響螺，食材高端，製作精巧，是潮州菜代表之一。燒響螺做法“刁鑽”，而“連殼炭燒”更是流傳至今的古老技法，極其考究刀工和火候。

明爐燒響螺以響螺為主料，將螺洗淨，瀝幹水份，螺口向上豎放，灌入薑末、蔥末、紹酒、川椒、味精、醬油及上湯等調製好的湯料，腌制約半小時後放在木炭爐上燒制。

期間需多次將原湯倒出，重新灌上湯料，用慢火燒至螺屨脫離即熟。切去頭部硬肉，剔去螺腸，片成薄片，擺在盤裏，放上螺尾即成。

Grilled Whelk is one of the signature dishes of Chaozhou cuisine, featuring premium ingredients and exquisite cooking techniques. The dish is highly demanding, and the traditional technique of shell-on grilling, passed down through generations, requires exceptional knife skills and precise heat control.

Using fresh whelks as the main ingredient, the dish starts with cleaning and drying the whelks. They are placed with the openings facing upward, then filled with a seasoned broth made from minced ginger, chopped scallions, Shaoxing wine, Sichuan peppercorns, MSG, soy sauce and superior stock. After marinating for about 30 minutes, the whelks are grilled over a charcoal stove.

During cooking, the original broth is poured out and refilled with fresh seasoning several times. The whelks are simmered gently until the opercula fall off naturally, indicating they are done. The tough meat at the head is trimmed, the intestines removed, and the flesh sliced thinly. The slices are neatly arranged on a plate, garnished with the whelk tail.



菜式介紹 | DISH INTRODUCTION

潮州鹵水鵝 Chaozhou Braised Goose

中國鹵菜可以分為三個大的流派：四川的五香鹵水、北方的醬鹵、南方的粵式鹵水，而南方的粵式鹵水以潮式鹵水最具代表性。潮州鹵鵝是一種家喻戶曉、老幼皆知的風味食品。潮州有一句方言俗語，“無鵝肉不滂沛(潮州話直譯)”。意思就是請客吃飯沒有鵝肉，宴席就不能算得上豐盛，每逢時年八節乃至重大慶典活動等場合，鹵鵝必不可少，在傳統潮州菜中占有非常重要的地位。

潮州鹵水鵝主要是選擇本土獅頭鵝，體格較大，肉質肥厚。將全鵝放進經配製的鹵水，先猛火後慢火，浸鹵熟透，講究火候及經驗，看似簡單，實際上沒有好“工夫”，鹵不出好味道。

Chinese braised dishes can be divided into three major schools: the five-spice braised style of Sichuan, the soy-sauce braised style of northern China, and the Cantonese braised style of southern China—among which the Chaozhou braised style is the most representative. Chaozhou braised goose is a well-known household delicacy loved by people of all ages. There is a popular saying in Chaozhou: “A feast is not complete without goose meat.” It means no banquet can be considered grand without goose. Braised goose is indispensable at festivals, celebrations and important occasions, and occupies a vital place in traditional Chaozhou cuisine.

Chaozhou Braised Goose is traditionally made with local Lion-head Geese, which are large with tender, fatty meat. The whole goose is simmered in a carefully prepared master stock. It is cooked over high heat at first, then reduced to low heat until fully cooked. Although the process looks simple, the authentic flavour relies heavily on precise heat control and extensive culinary experience.



菜式介紹 | DISH INTRODUCTION

豆醬焗青蟹 Braised Crab with Soybean Paste

豆醬焗青蟹是屬經典潮州菜之一，本菜品主要改變傳統做法，採用砂鍋焗的方式。豆醬是潮州地區一種用優質黃豆泡蒸（煮）熟後經天然發酵製成的調味佳品，歷史悠久，特別是以普寧豆醬最為盛名。通過採用本地活肉蟹，經過加工處理後，配上豆醬、蒜頭等進行調味，利用砂鍋進行焗制，醬香濃郁，鹹鮮可口。

Braised Crab with Soybean Paste is a classic Chaozhou dish. This recipe innovates on the traditional method by using a clay pot for braising. Soybean paste is a time-honored condiment in Chaozhou, made from high-quality soybeans that are soaked, steamed or boiled, then naturally fermented. Puning soybean paste is the most famous of its kind. Local live crabs are prepared and seasoned with soybean paste, garlic and other ingredients, then braised in a clay pot. The dish turns out rich and savory, with a thick, aromatic soybean paste flavor.



菜式介紹 | DISH INTRODUCTION

雲腿護國菜 Huguo Cai with Yunnan Ham

雲腿護國菜，是潮州筵席的主打菜之一。相傳宋朝最後一個皇帝趙昺逃到潮州，寄宿在一座深山古廟裏，廟中僧人聽說是宋朝的皇帝，便採摘了一些新鮮的“野菜”，去掉苦葉，製成湯羹給皇帝充饑，宋帝大喜，賜名“護國菜”，這就是“護國菜”的由來。後來，歷代廚師不斷創新和發展，“護國菜”常採用新鮮地瓜葉，同時又加入了雲南宣威火腿、草菇及各種調味品，製作越加考究，使這道潮州正宗傳統名菜更有特色，今人稱之為“雲腿護國菜”。雲腿護國菜，青翠碧綠，口感嫩滑，地瓜葉充分吸收了雞湯的香味，味道十分濃郁。

Huguo Cai with Yunnan Ham is one of the signature dishes at Chaozhou banquets. It's said that Zhao Bing, the last emperor of the Song Dynasty, fled to Chaozhou and took shelter in an ancient temple in the mountain, and the monks, upon learning his identity, picked fresh wild vegetables, removed the bitter leaves, and cooked them into a soup to feed the hungry emperor. The emperor was deeply pleased and named the dish Huguo Cai (Vegetable that protects the nation), and that is how the dish got its name. Later generations of chefs continued to refine the dish. Today, sweet potato leaves are commonly used as the main ingredient, braised with Xuanwei ham from Yunnan, straw mushrooms and various seasonings. With more delicate cooking techniques, this traditional Chaozhou dish has become even more distinctive, today known as Huguo Cai with Yunnan Ham. This dish features a bright emerald green color and a smooth, tender texture. The sweet potato leaves fully absorb the rich flavor of chicken broth, creating an intensely delicious taste.



菜式介紹 | DISH INTRODUCTION

生菜龍蝦 Lobster with Lettuce

生菜龍蝦，是潮州地區特色傳統名菜。以龍蝦為制作主料，將龍蝦蒸熟後取出龍蝦頭，把兩邊蝦腳切下，把上節去殼，連著下節各擺在兩邊。用生菜墊底，再將龍蝦和雞蛋切片擺入盤內，搭配秘制的八味醬，蘸醬食用，肉質鮮爽，香滑可口。此道菜肴最大程度保留了海鮮本味，鮮滑可口，老少鹹宜。

Lobster with lettuce is a distinctive traditional Chaozhou delicacy with lobster as the main ingredient. Steam the lobster, remove the head and cut off the legs on both sides, shell the upper part of each leg while leaving the lower part intact, then arrange the legs on both sides of the lobster meat. The dish is lined with lettuce, and the lobster meat and eggs are sliced and arranged on the plate, served with a secret eight-flavor sauce for dipping. The dish retains the original fresh sweetness of the seafood, with tender and smooth texture, popular with people of all ages.



菜式介紹 | DISH INTRODUCTION

潮州生炊魚 Chaozhou Steamed Fish

潮州生炊魚，是一道具具有地方特色的傳統菜肴，以其原汁原味、鮮嫩適口而聞名。潮州生炊魚常選用新鮮的鹹水魚或淡水魚，確保魚肉的品質。

薑切絲，蔥切去頭尾，芹菜去葉取莖切段，並用刀輕拍，豬五花肉去皮後，同紅辣椒、香菇、鹹菜均切成絲。抹去魚的內外水分，在魚背兩側劃十字花刀。將料酒、醬油、味精加入調料調勻，均勻放在魚身上，盛入瓷盤，放上薑絲、蔥段，入蒸籠用大火炊熟取出，撿去薑片、蔥段，淋上熱豬油。

采用生炊（加上調配料蒸）的方式烹飪，能夠最大程度地保留魚肉的營養成分和原汁原味，增加魚肉嫩滑緊致的口感。

Chaozhou Steamed Fish is a traditional local dish in Chaozhou famous for its authentic original flavor and tender meat. Fresh seawater or freshwater fish is always selected to ensure the best quality of the flesh.

Shred the ginger, trim off the roots and tips of the scallions, then cut the celery stalks into sections and lightly tap them with a knife. Peel the pork belly, then shred it together with the red chilies, mushrooms, and pickled vegetables. Pat the fish dry inside and out, then score cross cuts on both sides of the fish. Mix cooking wine, soy sauce, and MSG to make a sauce, then pour the sauce evenly over the fish. Place the fish on a porcelain plate, top with shredded ginger and scallion sections, and steam over high heat until cooked through. Remove the ginger and scallions, then drizzle with hot lard.

Steaming with seasonings can maximize the retention of the fish' s nutrients and original flavor, creating a smooth and firm texture.



菜式介紹 | DISH INTRODUCTION

富貴石榴雞 Steamed Pomegranate-Shaped Chicken

富貴石榴雞，是一道以雞肉、蝦仁等為主要原料製作的菜肴，這道菜造型美觀、色澤鮮艷，口感嫩滑，口味清香，深受人們喜愛。口感鮮嫩而又清淡，而最考工夫的則是外皮，由雞蛋清煎成，薄如蟬翼，吹彈可破，透過薄薄的外皮，幾乎可以看到飽滿的肉餡那嬌艷的色澤，蛋皮薄而韌，內裏鮮嫩多汁，分外鮮美。

Steamed Pomegranate-Shaped Chicken is made with chicken and shrimp as the main ingredients. The dish is beloved for its elegant appearance, bright color, smooth texture, and fresh flavor. The most skill-demanding part is the wrapper, pan-fried from egg whites, as thin and translucent as a cicada's wing. The wrapper is so thin that the rich color of the filling inside is almost visible. The thin yet chewy egg wrapper encases juicy and tender filling, offering an exceptionally fresh and delicious taste.



菜式介紹 | DISH INTRODUCTION

炒麥穗花魷 Sautéed Squid with Wheat-Ear Pattern

炒麥穗花魷，是一道傳統潮州菜。以呈菜造型形似麥穗花而成名，體現廚師的精湛刀工。菜品選用魷魚為主料，運用潮州菜特色技法中的炒制技法。將魷魚用溫水浸發後去膜洗淨，用花刀放橫直花紋，切成三角塊盛在碗裏，將魚露、味精、麻油、胡椒粉、粉水各少許對成碗芡待用。

將魷魚，笋花放進油鍋用溫油溜過撈起，將香菇、葱段、紅椒片下鍋炸香，投入魷魚和笋花，下碗芡翻炒幾下裝盤即成。

Sautéed Squid with Wheat-Ear Pattern is a traditional Chaozhou dish. The squid is scored into a wheat-ear pattern, which showcases the chef's superb knife skills. It features squid as the main ingredient and uses the classic Chaozhou stir-frying technique. Soak the squid in warm water to rehydrate, remove the outer membrane and clean it. Score crisscross patterns on the surface, cut into triangular pieces and place in a bowl. Mix a little fish sauce, MSG, sesame oil, white pepper and starch water into a thickening sauce for later use.

Blanch the squid pieces and bamboo shoot slices in warm oil, remove and set aside. Sauté mushrooms, scallion sections and red pepper slices in hot oil until fragrant. Add the blanched squid and bamboo shoots, pour in the thickening sauce, stir-fry briefly, then the dish can be served.



菜式介紹 | DISH INTRODUCTION

什錦冬瓜盅 Assorted Winter Melon Soup

什錦冬瓜盅，是一道以冬瓜為主料的湯菜，配以各式食材製作出來的潮州經典名菜，為民間所創。製作工藝十分講究，外形表面常有雕龍畫鳳，如“福祿壽喜”、“龍鳳呈祥”之類的吉祥字樣，周圍還精心刻畫有花草蟲鳥之類的圖案，極致凸顯了潮州菜清、淡、巧、雅的口感特點。

Assorted Winter Melon Soup is a classic Chaozhou dish created by the local people, with winter melon as the main ingredient and a variety of other ingredients. Its preparation is extremely exquisite: the surface of the winter melon is often carved with dragon and phoenix patterns, auspicious characters such as “Fu Lu Shou Xi” (Blessing, Prosperity, Longevity, Joy) and “Long Feng Cheng Xiang” (Dragon and Phoenix Bringing Prosperity), as well as elaborate flower, grass, insect and bird designs. It perfectly embodies the sensory characteristics of Chaozhou cuisine—fresh, light, delicate and elegant.



菜式介紹 | DISH INTRODUCTION

福果甜芋泥 Sweet Taro Paste with Ginkgo

潮州地區盛產芋頭，關於潮州甜芋泥，在潮州地區有一段廣為傳聞的笑話。據說在鴉片戰爭前夕，英美等國駐廣州的領事宴請林則徐，外國人以爲林則徐不曉得冰激凌爲何物，一定不懂得如何吃，想在席間讓林則徐出洋相，於是席間上了一道西餐的冰激凌，誰知林則徐卻應付自如，幾天後林則徐回請這幾位洋人，在幾道涼菜上後上了一道潮州甜芋泥。

“甜芋泥”，裏面熱得滾燙但外看不冒烟，外國人以爲也是涼菜，舀一湯匙就直往嘴裏送，結果把嘴巴燙得冒血泡。在以芋頭爲原料的潮州菜餚中，“福果甜芋泥”是頗爲聞名的潮州傳統精品甜點，主料爲白果和芋頭，佐料爲猪肉丁，經過精心熬制，口感爽甜極致，芋香四溢。

Taro is abundant in Chaozhou, and there is a well-known anecdote about sweet taro paste in Chaozhou. It is said that on the eve of the Opium War, consuls from the UK, US and other countries stationed in Guangzhou hosted a banquet for Lin Zexu. Thinking that Lin had never seen ice cream and would make a fool of himself eating it, they served it at the banquet, but Lin handled it with ease. A few days later, Lin hosted a return banquet for them: after several cold dishes, he served Chaozhou sweet taro paste.

The paste is boiling hot inside but shows no steam on the surface. Mistaking it for a cold dish, the foreigners scooped a spoonful and put it into their mouths immediately, burning their tongues and blistering their mouths. Among classic Chaozhou desserts made with taro, Sweet Taro Paste with Ginkgo is a renowned delicacy, with ginkgo nuts and taro as the main ingredients and diced pork as an auxiliary ingredient. Carefully simmered, it features an extremely sweet and smooth taste with a rich taro aroma.

