



广东美食

Guangdong cuisine



Group 2

Menu

WONTON NOODLE

云吞面



STEAM EGG CUSTARD

蒸水蛋



云吞面

WONTON NOODLE



History & Origin

历史与起源



云吞面起源于中国南方的广东省广州市，广州被誉为粤菜的发源地。这道面食的历史可追溯到唐朝（618-907年），当时人们开始将细小麦面条与云吞（以猪肉或虾肉为馅的饺子）结合制作。随着时间的推移，云吞面成为了粤菜文化的重要象征，以其清淡鲜美、口感细腻而深受喜爱。后来，随着华人移民的传播，这道美食传入了香港、马来西亚、新加坡和泰国等地，并形成各地特色。

Wonton noodles originated in Guangdong Province, especially in Guangzhou, the capital city known as the heart of Cantonese cuisine. The dish dates back to the Tang Dynasty (618-907 AD), when people started combining thin wheat noodles with wontons filled with pork or shrimp. Over time, wonton noodles became a symbol of Cantonese food culture, loved for their light and delicate taste. As Chinese migrants traveled abroad, this dish spread to Hong Kong, Malaysia, Singapore, and Thailand, developing unique local variations.



Evolution of Shape & Ingredients

云吞面的形状和材料的演变

云吞面的形状和材料随着时间的推移不断演变。传统的云吞面使用细鸡蛋面和猪肉馅的云吞，配上清汤食用。随着这道菜在不同地区的传播，出现了各种变化。在香港和广东，面条细而有弹性；而在马来西亚和新加坡，常常以干拌形式出现，并加入酱油调味。如今，云吞的馅料不再局限于猪肉，也包括虾肉、鸡肉和蔬菜，以满足现代人的口味与健康需求。这种演变体现了传统与创新的完美结合。

Wonton noodles have evolved over time in both their shape and ingredients. Traditionally, wonton noodles were served with thin egg noodles and small pork-filled dumplings in a clear broth. However, as the dish spread to different regions, variations began to appear. In Hong Kong and Guangdong, the noodles are thin and springy, while in Malaysia and Singapore, they are often served dry with a dark soy sauce base. Nowadays, the filling can include shrimp, chicken, or vegetables, adapting to modern tastes and dietary preferences. The dish's evolution reflects a balance between preserving tradition and embracing creativity.

Spread Beyond China - 云吞面的海外传播

云吞面通过中国南方移民和贸易传播到了亚洲各地。在香港，它成为深受喜爱的街头美食；在马来西亚、新加坡和泰国，当地人根据自己的口味加入不同的酱料和香料，形成独特的风格。如今，云吞面已经遍布世界各地的唐人街，如美国、加拿大和澳大利亚。它的全球流行展现了中餐文化与世界各地饮食文化的融合。

Wonton noodles spread from southern China to many parts of Asia through Chinese migration and trade. In Hong Kong, the dish became a street food favorite, while in Malaysia, Singapore, and Thailand, local versions developed by combining Chinese noodles with regional sauces and spices. Today, wonton noodles can be found in Chinatowns all over the world, including the United States, Canada, and Australia. Its global popularity reflects how Chinese culinary traditions have blended beautifully with local cultures.





Characteristics - 特点



- 使用鸡蛋和面粉制成的细而有弹性的面条。
- 配有猪肉、鸡肉或虾馅的云吞。
- 可做成汤面或干拌面。
- 味道鲜香微甜，带有芝麻油的香气。
- 常见配料有青菜、叉烧和葱花。

- Thin, springy egg noodles made from wheat flour and eggs.
- Served with wontons filled with pork, chicken, or shrimp.
- Can be served in soup or dry with soy-based sauce.
- Has a savory and slightly sweet flavor with sesame oil aroma.
- Common toppings include green vegetables, char siu, and scallions.





Tools and Ingredients

工具和材料



工具:

煮面的锅
炒锅和铲子
夹子或筷子
碗和勺子
炉子

材料:

鸡蛋面 (云吞面)
蒜油
蒜末和洋葱
鸡肉块
生虾仁
鱼丸或炸虾卷
蔬菜 (如青菜或油菜)
蚝油、香菇酱、香菇酱油
芝麻油和少许料酒 (黄酒)
木薯粉
鸡汤
胡椒粉和糖

Ingredients:

Egg noodles (wonton noodles)
Garlic oil
Garlic and onion
Chicken (cut into small pieces)
Raw shrimp
Fish cakes or kekyan
Vegetables (like bok choy or mustard greens)
Oyster sauce, mushroom sauce, mushroom soy sauce
Sesame oil and a bit of rice wine (angciu)
Tapioca starch
Chicken broth
Pepper and sugar

Tools:

Pot (for boiling noodles)
Wok and spatula
Tongs or chopsticks
Bowl and spoon
Stove





How to Cook Wonton Noodles

云吞面的制作方法



1. 将面条放入沸水中煮4-5分钟，捞出沥干。
2. 加入2-3勺蒜油，拌匀。
3. 用中火煎面条至稍微干香。
4. 用蒜油炒香拍碎的蒜和洋葱丝。
5. 加入腌好的鸡肉（用香菇酱油、芝麻油和少量木薯粉调味），炒至变色，再放入虾仁。
6. 加入鱼丸、炸虾卷等配料，翻炒均匀。
7. 加入蔬菜、蚝油、香菇酱、芝麻油和少许料酒，拌炒。
8. 加入胡椒粉和少许糖调味。
9. 倒入鸡汤，煮沸后加入少许木薯粉水勾芡。
10. 将炒好的配料浇在煎面上，拌匀后盛出，配上叉烧鸡即可。

1. Boil the noodles for 4-5 minutes, then drain.
2. Mix with 2-3 spoons of garlic oil.
3. Pan-fry the noodles over medium heat until slightly dry.
4. Sauté crushed garlic and sliced onion with garlic oil.
5. Add seasoned chicken (with mushroom soy sauce, sesame oil, and tapioca starch) and stir-fry until it changes color. Add shrimp.
6. Add fish cakes or kekyan, stir-fry well.
7. Add vegetables, oyster sauce, mushroom sauce, sesame oil, and a little rice wine (angciu).
8. Add pepper and a pinch of sugar for balance.
9. Pour in chicken broth, let it boil, and thicken with a little tapioca starch.
10. Pour the sauce over the fried noodles, mix briefly, and serve with sliced char siu chicken.





蒸水蛋

STEAM EGG CUSTARD

History & Origin

历史与起源



蒸水蛋起源于中国广东省，是粤菜中一道传统而经典的菜肴。它以鸡蛋和清水为主要原料，经过轻火慢蒸，成品滑嫩香软，营养丰富。由于制作方法简单、口感细腻，这道菜很快在全国各地流行起来。如今，蒸水蛋被认为是中国家庭餐桌上最具代表性的温馨家常菜之一，象征着家的味道与朴实的幸福。

Steamed Egg Custard is a classic Chinese dish that originated in Guangdong Province, known for its light and delicate Cantonese cuisine. It was first created as a simple, nutritious home meal made with eggs and water, steamed gently to produce a smooth and soft texture. Over time, the dish became popular across China for its comforting taste and easy preparation. Today, Steamed Egg Custard is considered a symbol of warmth, simplicity, and the heart of Chinese home cooking.

Evolution of Shape & Ingredients

蒸蛋的形状和材料的演变

蒸蛋从最初的家常菜逐渐发展出多种形态和丰富的材料。早期的蒸蛋只由鸡蛋、水和盐制成，口感轻盈细腻。随着它在亚洲其他国家的传播，出现了新的变化。在日本，它演变成“茶碗蒸”，加入了虾、鸡肉、香菇等食材。在现代中式料理中，人们开始加入酱油、香油或海鲜来提升风味。如今，也有用牛奶和糖制作的甜味版本，作为甜点食用。蒸蛋的演变体现了传统简约与现代创意、地域风味的完美融合。

Steam egg custard has developed from a simple home-cooked dish into a variety of forms with diverse ingredients. In the past, it was made only from eggs, water, and salt, resulting in a light and smooth texture. As it spread to other Asian countries, new variations appeared. In Japan, it became chawanmushi with fillings such as shrimp, chicken, and mushrooms. In modern Chinese cuisine, people started adding soy sauce, sesame oil, or seafood to enhance the flavor. Today, steam egg custard can also be found in sweet versions using milk and sugar, served as a dessert. This evolution reflects how traditional simplicity has adapted to modern creativity and different regional tastes.

Spread Beyond China - 蒸蛋的海外传播

蒸蛋最初是中国家庭中的一道简单菜肴，随着华人移民传播到亚洲其他地区。在日本，它演变成“茶碗蒸”；在韩国，出现了类似的料理“鸡蛋羹”。在东南亚，华人家庭根据当地食材和口味进行了改良。如今，蒸蛋无论是咸味还是甜味版本，都能在世界各地的中餐馆和亚洲餐厅中找到。

Steam egg custard, originally a humble home dish in China, spread to other Asian countries along with Chinese communities. In Japan, it evolved into chawanmushi, while in Korea, a similar dish called gyeran jjim became popular. Across Southeast Asia, Chinese families adapted the recipe to local ingredients and tastes. Today, steam egg custard can be found in both savory and sweet forms around the world, served in Chinese restaurants and Asian fusion eateries alike.





Characteristics - 特点



- 口感柔滑细腻，像布丁一样。
- 由鸡蛋和水（或高汤）混合制成。
- 采用蒸的方式，使表面光滑无气泡。
- 味道清淡鲜美，也可做成甜品版。
- 呈浅黄色，带有淡淡的鸡蛋香气。

- Soft, silky, and pudding-like texture.
- Made from a simple mixture of eggs and water (or broth).
- Steamed gently to achieve a smooth, bubble-free surface.
- Has a mild, savory taste; can also be made sweet for dessert.
- Light yellow color with a delicate egg aroma.





Tools and Ingredients

工具和材料



工具:

大碗（用于搅拌）
打蛋器或叉子
细滤网
耐热碗（用于蒸蛋）
蒸锅及锅盖
炉子

材料:

鸡蛋6个
清水800毫升
食盐适量
胡椒粉（可选）
香菇高汤（适量，用于提升鲜味）
酱油或芝麻油（可选，蒸好后淋上）

Ingredients:

6 eggs
800 ml water
A pinch of salt
Pepper (optional)
Mushroom broth (for extra umami flavor)
Soy sauce or sesame oil (optional, for topping after cooking)

Tools:

Large mixing bowl
Whisk or fork for beating the eggs
Fine strainer
Heatproof bowl for steaming
Steamer pot with lid
Stove





How to Cook Steam Egg Custard

蒸水蛋的制作方法



1. 准备材料：鸡蛋6个，清水800毫升，适量食盐，少许胡椒粉（可选），以及少量香菇高汤增加风味。
2. 将鸡蛋打入大碗中，加入清水、盐、胡椒粉和香菇高汤。
3. 用打蛋器轻轻搅拌均匀，不要打太快，以免产生气泡，影响蛋羹的顺滑口感。
4. 过滤蛋液，使其更加细腻，然后倒入耐热碗中。
5. 用小火蒸30-40分钟，直到蛋羹凝固、表面光滑细嫩。
6. 蒸好后取出，可淋上少许酱油或芝麻油，趁热享用。

1. Prepare the ingredients: 6 eggs, 800 ml of water, a pinch of salt, a bit of pepper (optional), and mushroom broth for flavor.
2. Crack the eggs into a large bowl, then add the water, salt, pepper, and mushroom broth.
3. Gently whisk the mixture until well combined. Avoid overbeating to prevent bubbles, which helps the custard stay smooth.
4. Strain the mixture for a finer texture, then pour it into a heatproof bowl.
5. Steam for 30-40 minutes over low heat until the custard is set and silky smooth.
6. Once cooked, remove and serve warm. You can drizzle a little soy sauce or sesame oil on top for extra flavor.





谢谢!
Thank You!