



外国のテーブルでは

FROM A DINING TABLE ACROSS THE SEAS

豚肉白菜塩漬け鍋

楊 ハナ (中国)

私は中国の東北のハルビン出身で、今度紹介する料理は中国東北料理一豚肉白菜塩漬け鍋です。

20世紀前半、ハルビンは国際都市と呼ばれ、当時、市内には20か国以上の領事館が設立されていました。各国の文化及び多国料理は中国の各民族文化及び中華料理とうまく混ざり合っており、特々なハルビン料理が生まれました。ハルビン料理の特徴は質素な飾りと豪快な量の中でその美味しさ、美しさを潜んでいます。大きなお鍋で料理を作る、大きなお皿で料理を出す、大きなお椀に白酒を入れて、皆は丸いテーブルを囲んで、豪快にお酒を飲みながら、料理を味わっています。それは東北の人々のさっぱりした性格を表しています。

ハルビンは亜寒帯大陸性気候で、農作物は一年中で一回しか収穫しません。冬は豊富な食卓を作るため、昔の人々の知恵で、秋収穫するものを乾燥させて保存したり、白菜などの野菜及び根類物で漬物を作ったり、自家製ワイン、焼酒を作ったりします。寒い冬に入ると、このお酒、このドライ野菜、この漬物は各家の食卓の中で不可欠のものであります。家族で楽しい食事の時間を過ごすことは一番幸せな風景画と思います。

●材料 (1人分)

- 白菜塩漬け 300g
- 豚バラ肉 200g
- 高野豆腐 50g
- 昆布 40g
- 春雨 50g
- 長ネギ 20g
- 八角 1粒
- 塩 4g
- 中華スープの素 5g
- 水 3000cc



●作り方

- (1) 白菜塩漬け、昆布を千切りして置いて。
- (2) 鍋に水、長ネギ、八角、豚バラ肉を入れ、中火で30分煮る。肉を煮る間、肉汁のあくを取る。
- (3) 八角、長ネギ、豚バラ肉は肉汁から取る。八角と長ネギを捨て、豚バラ肉を冷まして、薄く切っておく。
- (4) 肉汁に塩、中かスープの素、高野豆腐、千切り白菜塩漬け、昆布、(3)の薄く切った豚バラ肉を加えて、また中火で10~15分煮る。
- (5) それに春雨は(4)に入れて、3~4分煮る。

PORK AND PICKLED CHINESE CABBAGE STEW

Hana Yang (China)

I am originally from Harbin, a city situated in the northeastern region of China. I will introduce here one of the favorite local cuisines of our region; pork and pickled Chinese cabbage stew.

During the first half of the twentieth century, Harbin was called an international metropolis that had over twenty consulate offices established there. Thus, the cultures and cuisines of various foreign countries had influenced the local foods greatly. Many different flavors of various countries had harmonized with numerous local ethnic foods and other Chinese cuisines as well, giving rise to the unique Harbin cuisine. The distinctive characteristic of Harbin cuisine is that one can find deliciousness and culinary beauty hidden in the simple arrangement and the plentiful quantity of a dish. Food is cooked in large pots and served on large platters. Sweet white sake (*shirozake*) is served in a large bowl. Everybody gathers around a circular table and enjoy the food while drinking liquor heartily. This symbolizes the openhearted character of the people in this northeastern region of China.

Harbin can harvest crops only once a year, due to its subarctic continental climate. In order to have food in abundance during winter, the crops harvested in autumn are preserved in various ways, using traditional wisdom. These include drying, making pickles from vegetables such as Chinese cabbage and root crops, and distilling homemade wine and *shāojiǔ*. When the cold winter begins, all these preserved food become indispensable for each family meal.

A relaxing time with the family while enjoying a meal can be considered as the best portrayal of a happy family.

●Ingredients (for three servings)

- 300 g Pickled (salted) Chinese cabbage
- 200 g Pork rib (bone-in pork)
- 50 g *Koyadofu* (freeze-dried soy bean curd)
- 40 g *Kombu* (kelp)
- 50 g *Harusame* (vermicelli)
- 20 g Leeks
- 1 pod Star anise
- 4 g Salt
- 5 g Chinese soup base
- 3000 cc water

●Preparations:

- (1) Cut pickled Chinese cabbage and *kombu* (kelp) into thin strips.
- (2) Pour water in a pot; add leeks, star anise and pork rib. Simmer for 30 minutes on medium heat. Skim off scum from time to time.
- (3) Remove the pork rib out of the pot and set aside. Keep the broth. Remove and discard star anise and leeks. Let the pork cool and slice thinly.
- (4) Season the broth with salt and Chinese soup base; add *koyadofu*, pickled Chinese cabbage and *kombu*. Then, add the thinly sliced pork to the broth and simmer on medium heat for an additional 10-15 mins.
- (5) Add vermicelli to (4) above. Bring to a boil for 3-4mins. Then, serve hot, arranged as shown in the picture.