

中国裸燕麦传统食品文化的发展研究与应用

The Development of Chinese Traditional Naked Oat Foods Culture and Application of Uncooked Frozen Technology

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- 中国是裸燕麦的故乡，已有**7000**余年的种植史，在长期的社会生活实践中，中国燕麦产区的劳动人民发挥其聪明才智，创造发明了**40**余种裸燕麦传统食品，其制作工艺精湛，食用香甜可口，堪称世界燕麦文化食品宝库中的一颗璀璨明珠。本报告分**5**部分介绍了中国裸燕麦传统食品文化的发展研究与应用。

- 1、中国是裸燕麦的起源地，种植历史悠久。
- 2、中国裸燕麦传统食品文化源远流长，丰富多彩。
- 3、中国裸燕麦传统食品花样繁多、制作精湛。
- 4、裸燕麦传统食品生冷冻技术的研究与工厂化生产。
- 5、结论

China, the hometown of naked oat, has the cultivation history of more than 7000 years. In the long social practice, with their wisdom, the laboring people of planting region have created over 40 kinds of delicious traditional naked oat food, which are bright pearls in the world oat food. This report divides 5 parts to introduce the development of traditional naked oat food culture and application of uncooked frozen technology.

1. China is the birthplace of naked oat, which has a long planting history.

2. Chinese traditional naked oat foods culture is of a long history and colorful.

3. Chinese traditional naked oat foods have various kinds, and delicate making

4. Research of uncooked frozen technology of traditional naked oat foods and its industrialization

5. Conclusion

- 一、中国是裸燕麦的起源地，种植历史悠久。
- 裸燕麦 (*A.nuda*) 在中国称之为莜麦。世界上多数专家和学者认为裸燕麦起源于中国，如瓦维洛夫 (Н.И.Вавилов), 斯坦顿 (A.R.Stanton)、茹考斯基 (П.М.Жуковский) 等。按照文字记载在中国已有3000年的种植史，早在甲骨文中就有文字记载，在中国的字典中莜麦的“莜”字只有一种解释，只为莜麦这种作物而造，而此字来源于中国的甲骨文中；若按照民间传说神农氏（炎帝）封侯的故事，有7000年的种植史；而最有说服力的是，在中国西藏于上世纪八十年代考察发现半皮半裸的野生种 (*A.fatua*)。这一事实说明，裸燕麦是由普通野燕麦，经人工驯化演变而来，起源于中国。



- 1. China is the birthplace of naked oat, which has a long planting history.
- Naked oat (*A.nuda*) is called Youmai (莜麦) in China. Most experts believe that the birthplace of naked oat is China. For example, Н.И.Вавилов, A.R.Stanton and П.М.Жуковский. According to the records of Chinese characters Oracle. Naked oat has had a planting history of more than 3000 years and there is only one meaning of “莜” in China, it is only for naked oat, and the character “莜” is from Oracle. According to the folk, the naked oat has already planted for more than 7000 years. But the most persuasive evidence is the wild species (*A.fatua*) discovered in Tibet in 1980s, which is half covered, half naked. This proved that naked oat is come form wild oat by human's domestication.

- 二、中国裸燕麦传统食品文化源远流长，丰富多彩。

- 中国莜面传统食品风味独特、制作精湛、花样繁多，堪称是世界燕麦食品文化中的一颗璀璨明珠。莜面传统食品始于何年无从考证，但民间传承的故事颇多。传说汉朝丞相曹操行军打仗，为了快捷方便，部队多吃“莜面搅拿糕”；唐朝的开国皇帝李渊犒劳三军的最好食品是“莜面栲栳”；元朝的成吉思汗行军打仗以“莜面锅饼”为干粮，靠人吃莜面食品，马喂莜麦饲草饲料横跨欧亚大陆。



- 2. Chinese traditional naked oat foods culture is of a long history and colorful.

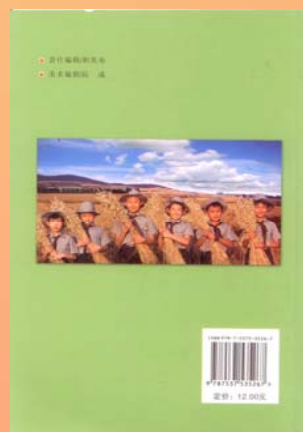
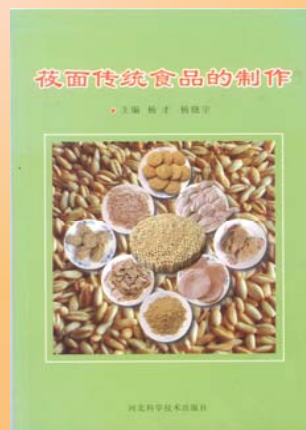
Chinese traditional naked oat foods have a special flavor. It's delicate making and there are various kinds. It is a bright pearl in the world's traditional naked oats foods culture. When was the traditional naked oat foods is originated is not recorded, but there are lots of stories about it. Some of the stories are like this: The prime minister Caocao in Han dynasty always gave his army "Youmianjiaonagao" to eat for war convenience; The founding emperor of the Tang dynasty Li yuan always use "Youmiankaolaolao" rewarded his army; Genghis Khan in Yuan Dynasty take "Youmianguobing" as their food, and naked oat stem as their horses' feed, depending on this, his army swept the Europe and Asia.

皇家如此，而民间有关莜麦的文化更是丰富多彩。在“冀晋蒙”燕麦主产区，人们将其列为“莜面、山药、大皮袄”三宝之首，用民谣、歌剧、诗词、快板等多种文化来表达传承中国的燕麦文化，如二人台“割莜麦”、“扬莜麦”等。直到现在在“冀晋蒙”三省区仍然每年都在过传统的“莜面节”，甚至用莜面食品来预测当年每月的降雨情况。在河北省张北县每年在旅游季节期间，进行莜面传统食品的制作表演。用莜面传统食品招待远方来的贵客已成为一种时尚。



Not only the stories are all about the imperial family, but also many in folk. In the main naked oat production area Hebei, Shanxi and Inner Mongolia, people take naked oat, potato and big fur-lined jacket as their three treasured object, and the naked oat is the first. People use folk songs, operas, poetries and Allegro to express and inherit the Chinese naked oat culture. For example, the Er-Ren-Tai (A kind of song-and-dance duet) programs “Geyoumai” and “Yangyoumai” etc. Until now, people in Heibei, shanxi and Inner Mongolia still celebrate the traditional “Youmian” festival, they even use naked oat food to predict the rainfall. In the tourist season of Zhangbei county, Hebei province, there is traditional naked oat food making show every year. It's popular to use traditional naked oat food to entertain the gusts there.

- **三、中国裸燕麦传统食品花样繁多、制作精湛。**
- 中国的裸燕麦食品种类颇多，作者从**2003**年以来共收集到**40**余种，已将其编撰为《莜面传统食品的制作》一书，供大家学习、制作、传播、应用。主要有莜面窝窝、莜面搓鱼子、莜面饺子等。**40**余种食品可以将其分做四大类：**1**、净莜面类，如莜面窝窝，莜面搓鱼子等；**2**、莜面与熟马铃薯混合类，如莜面山药饼、莜面山药鱼儿等；**3**、莜面与生马铃薯混合类，如莜面磨擦擦、莜面山药饨饨等；**4**、莜面与各种蔬菜混合类，如莜面灰菜馅蒸饺、莜面韭菜馅蒸饺等。



3. Chinese traditional naked oat foods have various kinds, and delicate making

- Chinese traditional naked oat foods have various kinds. From 2003, the author has collected more than 40 kinds of traditional naked oat foods, and compiled them to be a book <The Making of Traditional Naked oat Food> to readers to learn, make, spread and apply. In the book, there are Youmianwowo, Youmiancuoyuzi and Youmianjiaozi etc. More than 40 kinds can be classified into 4 types: 1. Pure naked oat flour. For example, Youmianwowo, Youmiancuoyuzi etc.; 2. Naked oat flour mixed with cooked potato. For example, Youmianshanyaobing, Youmianshanyaoyuer etc.; 3. Naked oat flour mixed with uncooked potato. For example, Youmianmocaca, Youmianshanyaodundun etc.; 4. naked oat flour mixed with all kinds of vegetables. For example, Youmianhuicaixianzhengjiao, Youmianjiucaixianzhengjiao etc.







药煮糊糊















莜面饅頭











莪面生下鱼儿



窝窝面









莜面山药炸糕

















水煮如意坨







莜麦钱钱儿



貓耳朵

- 这些食品全部都是手工制作，其工艺精湛，操作难度大，各有不同，但有一点是共同的关键技术，那就是做莜面的“三生三熟”加工工艺，即生莜麦要炒熟、生莜面要泼熟、制作好的食品需蒸熟。



- All of these foods are made by hands, delicate making. They are hard making and all different. But the common key technology is “three uncooked and three cooked” making process, that’s the uncooked naked oat must be stir fried to be cooked, uncooked naked oat flour must be cooked by hot water and the uncooked foods must be steam to be cooked.

- **四、莜面传统食品生冷冻技术的研究与工厂化生产。**

- 莜面传统食品虽然好吃，但制作工序复杂、关键技术要求严格、精准度较高、制作技术难以掌握，而且相对费时费事、食用不方便、赶不上时代的快节奏，难以走进千家万户。多数人想吃不会做，想吃怕浪费时间，难以成为世人的大众化食品。因此，近年来我们开展了莜面传统食品生冷都技术研究，为其工厂化生产提供技术基础。

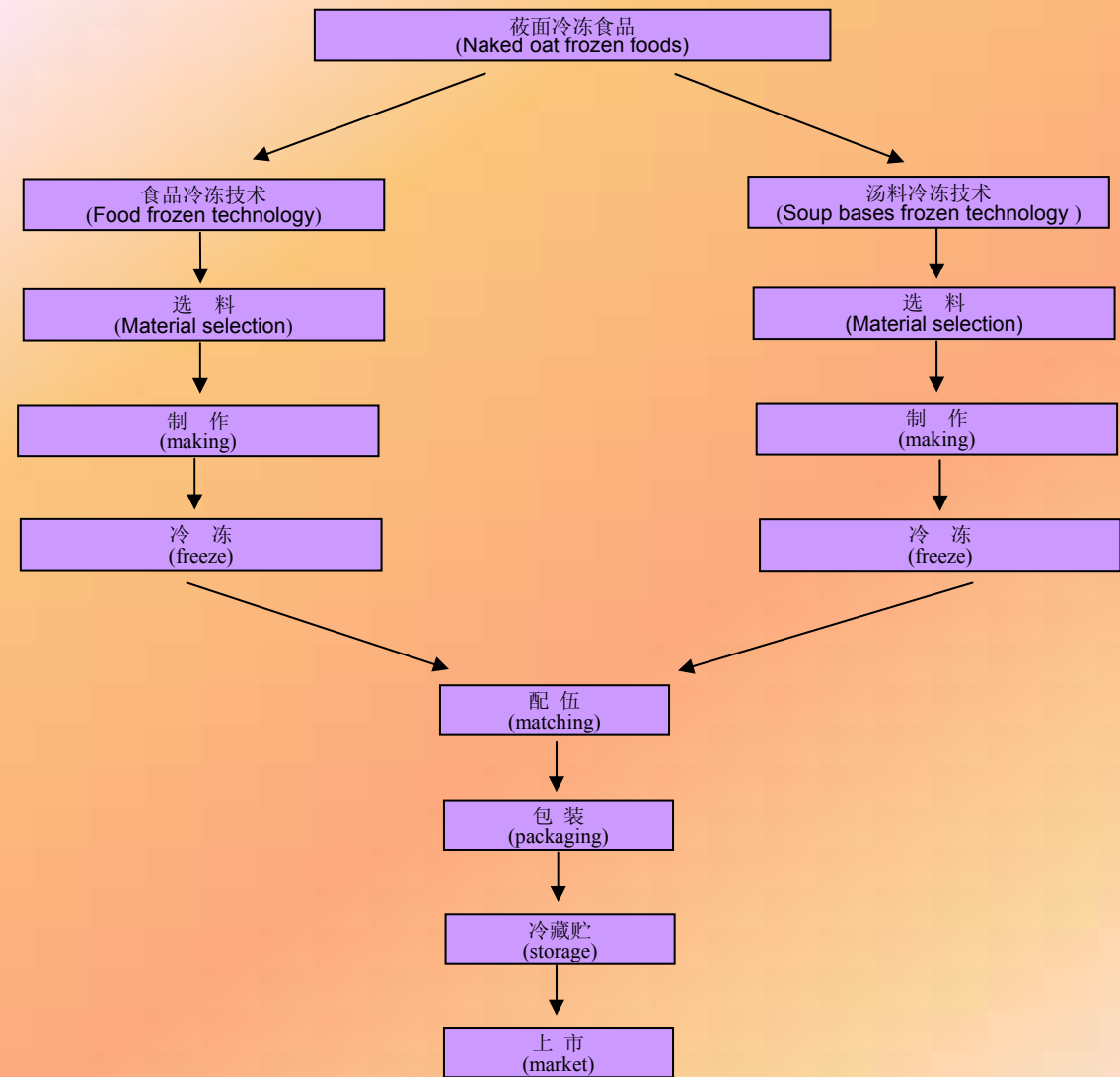
- **4. Research of uncooked frozen technology of traditional naked oat foods and its industrialization**

- Though the traditional naked oat foods are delicious, its making method is complicate and hard to master, and it needs a comparatively long time, so it's hard to famous everywhere. Most of the people like to eat them but can not make them, and afraid of wasting time, so the traditional naked oat foods can not be the popular food. In recent years, we carried out the uncooked frozen technology of traditional naked oat foods for its industrialization.

经多年反复试验研究，我们已掌握明确了**4**大类**33**种莜面传统食品的生冷冻技术，提出了不同类型莜面生冷冻技术的冷冻方式、起点温度、最佳冷冻温度、冻结时间、冷藏技术与条件。同时研究明确了与莜面传统食品相配伍的**4**类（净肉类、净菜类、肉菜配伍类、肉菇配伍类），**13**种（猪肉口蘑汤、猪肉酸菜汤、猪肉雪里红汤、猪肉土豆汤，羊肉口蘑汤、羊肉酸菜汤、羊肉雪里红汤、羊肉土豆汤，猪肉汤、羊肉汤，土豆条汤、酸菜汤、雪里红汤）汤料进行了制做与冷冻技术的研究。形成了传统食品与汤料生冷冻技术的配套。

After researching several years again and again, we have mastered the uncooked frozen technology of 33 kinds of the 4 types traditional foods, obtained the frozen methods of different type foods, starting temperature, best frozen temperature, frozen time, and refrigerate technology and condition. At the same time, the 13 soup bases (Zhuroukoumo soup, Zhurousuancai soup, Zhurouxuelihong soup, Zhutoutudou soup, Yangroukoumo soup, Yangrousuancai soup, Yangrouxuelihong soup, Yangroutudou soup, Zhurou soup, Yangrou soup, Tudoutiao soup, Suancai soup, Xuelihong soup) of the 4 types (Pure vegetables, Pure meat, Meat matched with vegetables, Meat matched with mushroom) matched with the traditional naked oat foods are confirmed. We have complete the matching of the traditional naked oat uncooked frozen technology and the soup bases uncooked frozen technology.

- 该产品快捷方便、味道鲜美，与现做的无两样，其制作的工艺技术路线是：
- The products are convenience to eat, delicious, the flavor is as good as the fresh foods, the making routines are:



33种生冷冻食品是:

- 1、莜面窝窝
- 2、莜面鱼儿
- 3、猫耳朵
- 4、莜面饽饽
- 5、莜面山药馅饺子
- 6、莜面韭菜鸡蛋馅饺子
- 7、莜面灰菜馅饺子
- 8、莜面火烧
- 9、莜面蒸馍
- 10、莜面饴饴
- 11、莜面生下鱼儿
- 12、莜面焖鱼子
- 13、莜面熟下鱼儿
- 14、莜面山药鱼儿
- 15、莜面山药烙饼
- 16、莜面熟山药丸子
- 17、莜面山药馍
- 18、莜面生山药丸子
- 19、摩擦擦
- 20、莜面山药饨饨
- 21、莜面圆白菜饨饨
- 22、莜面韭菜鸡蛋饨饨
- 23、莜面灰菜馅饺子
- 24、莜面饴々儿
- 25、莜面海饽
- 26、莜面大板鱼儿
- 27、莜面羊耳朵
- 28、莜面刀切片
- 29、炒莜面山药鱼儿
- 30、莜面锅饼子
- 31、莜面柳叶面
- 32、水煮如意圪蛋儿
- 33、莜面山药炸糕

The 33 uncooked frozen foods are:

- 1、Youmianwowo
- 2、Youmianyuer
- 3、Maoerduo
- 4、Youmianbiebie
- 5、Youmianshanyaoxianjiaozi
- 6、Youmianjiucaijidanxianjiaozi
- 7、Youmianhuicaixianjiaozi
- 8、Youmianhuoshao
- 9、Youmianzhengkuilei
- 10、Youmianhelao
- 11、Youmianshengxiayuer
- 12、Youmianmenyuzi
- 13、Youmianshuxiayuer
- 14、Youmianshanyaoyuer
- 15、Youmianshanyaolaobing
- 16、Youmianshushanyaowanzi
- 17、youmianshanyaokuilei
- 18、Youmianshenghsanyaowanzi
- 19、Mocaca
- 20、Youmianshanyaodunsun
- 21、Youmianyuanbaicaidundun
- 22、Youmianjidanjiucaidundun
- 23、Youmianhuicaixianerjiaozi
- 24、Youmiangetuner
- 25、Youmianhaibei
- 26、Youmiandabanyuer
- 27、Youmianyangangerduo
- 28、Youmiandaoqiepianner
- 29、Chaoyoumianshanyaoyuer
- 30、Youmianguobingzi
- 31、Youmianliuyemian
- 32、shuizhuruyigedaner
- 33、Youmianshanyaozhagao



- **五、结论**

- 裸燕麦起源于中国，有3000年的文字记载史，7000年民间传说史；中国裸燕麦传统食品文化丰富多彩，源远流长；其产品多样，制作精湛、味道鲜美；想吃么？我给你做，生冷冻食品既省时又快捷。



- **5. Conclusion**

- Naked oat is originated from China, it has character records of more than 3000 years and folk stories of over 7000 years. Chinese traditional naked oat food culture is rich and has a long history. The foods are various kinds, delicate making and delicious. Do you want to enjoy them? I make them for you. The uncooked foods are both time-saving and convenience

谢谢大家!

Thanks!