

本帮菜
SHANGHAI
CUISINE

招待所
空间

Zhaodaisuo Space



前言

关于“四菜一汤”

1949年10月1日傍晚，中央人民政府在北京饭店设宴招待刚参加新中国开国大典的中外贵宾。在头道菜燕菜汤后，又上了八道热菜：红烧鱼翅、烧四宝、干焖大虾、烧鸡块、鲜蘑菜心、红扒鸭、红烧鲤鱼、红烧狮子头，这场宴会后来被称为“开国第一宴”。后来，国宴规格逐步精简；到20世纪60年代，“四菜一汤”成为常见标准。

1972年2月21日，美国总统尼克松访问中国。作为中美外交关系的破冰之旅，尼克松总统在机场受到了周恩来总理的热烈欢迎。当晚周恩来总理在人民大会堂举行盛大国宴，欢迎尼克松总统及夫人一行。这次宴会，依然是“四菜一汤”：三丝鱼翅、两吃大虾、草菇盖菜、椰子蒸鸡和芙蓉竹荪汤。

1998年6月，美国总统克林顿访华，国家主席江泽民宴请克林顿总统，标准依然是“四菜一汤”：叶香鸡豆花、红烧大排翅、煎牛扒、蘑菇盖菜和桃仁鲜豌豆羹。另有冷盘、点心和水果。

2008年8月8日中午，国家主席胡锦涛为出席北京奥运会开幕式的各国政要举行国宴，国宴标准为“三菜一汤”：荷香牛排、鸟巢鲜蔬、酱汁鳕鱼和瓜盅松茸汤。

2012年12月29日，中共中央总书记、中央军委主席习近平到河北省阜平县看望慰问困难群众，晚餐为“四菜一汤”：红烧土鸡块、阜平烩菜、五花肉炒蒜薹、拍蒜茼蒿和冬瓜丸子汤。

关于这个小册子

我和五位上海封城期间的厨艺达人聊了聊后，以四菜一汤的形式整理出他们的代表性菜单分享给大家。另外我在册子最后留有几页空白，如果您也有一段与特殊时期相关、难忘的饮食记忆，可以把它记录下来。也许以后会派上用场。

FOREWORD

ABOUT FOUR DISHES AND A SOUP

On October 1, 1949, after the founding ceremony of the People's Republic of China, the Central People's Government hosted a National Day reception at the Beijing Hotel for more than 600 guests. The Huaiyang-style menu included cold dishes, bird's nest soup, eight hot dishes, pastries, and fruit. The event later became known as the “First State Banquet of the People's Republic.” State banquets were gradually simplified in the following decades, and by the 1960s the “four dishes and one soup” format had become a common standard.

On February 21, 1972, U.S. President Richard Nixon visited China. The visit marked an important step toward normalizing China–U.S. relations. That evening, Premier Zhou Enlai hosted a state banquet at the Great Hall of the People for President and Mrs. Nixon and their delegation. The menu again followed the four dishes and a soup format: shark fin with three shredded ingredients, prawns prepared two ways, Mustard greens with straw mushrooms, coconut-steamed chicken, and bamboo fungus soup with egg white.

In June 1998, U.S. President Bill Clinton visited China and attended a state banquet hosted by President Jiang Zemin. The menu again followed the four dishes and a soup format: chicken mousse with fragrant leaves, braised whole shark fin, pan-fried beef steak, Chinese cabbage with mushrooms, and sweet fresh-pea purée with walnut kernels. Cold appetizers, pastries, and fruit were also served.

At noon on August 8, 2008, President Hu Jintao hosted a state banquet for foreign leaders attending the opening ceremony of the Beijing Olympic Games. The menu consisted of three dishes and one soup: lotus-leaf-scented beef steak, Seasonal vegetables, cod in sauce, and matsutake soup served in a melon bowl.

On December 29, 2012, Xi Jinping, General Secretary of the Communist Party of China and Chairman of the Central Military Commission, visited families in need in Fuping County, Hebei Province. His dinner consisted of four dishes and a soup: braised chicken, Fuping-style stew, stir-fried pork belly with garlic shoots, chrysanthemum greens with crushed garlic, and winter melon soup with pork meatballs.

ABOUT THIS ZINE

I spoke with five home cooks during the Shanghai lockdown and compiled their signature menus in the form of four dishes and a soup. I have also left a few blank pages at the end. If food helped mark an unforgettable period in your own life, feel free to record it here. It may be worth returning to someday.

长程 宁家 区桥

香	酥	花	生
※	※	※	
清	炖	鸡	汤
油	香	小	菜
腊	味	菜	饭
酱	香	烧	骨
金	丝	薯	饼
※	※	※	
时	令	鲜	果
※	※	※	

麒麟啤酒

***Changning District
Chengjiaqiao***

Crispy Fried Peanuts

* * *

Slow-Simmered Chicken Soup

Wok-Fried Baby Bok Choy

Rice with Chinese Cured Sausage and Greens

Braised Pork Ribs in Savory Soy Sauce

Golden Shredded Potato Cake

* * *

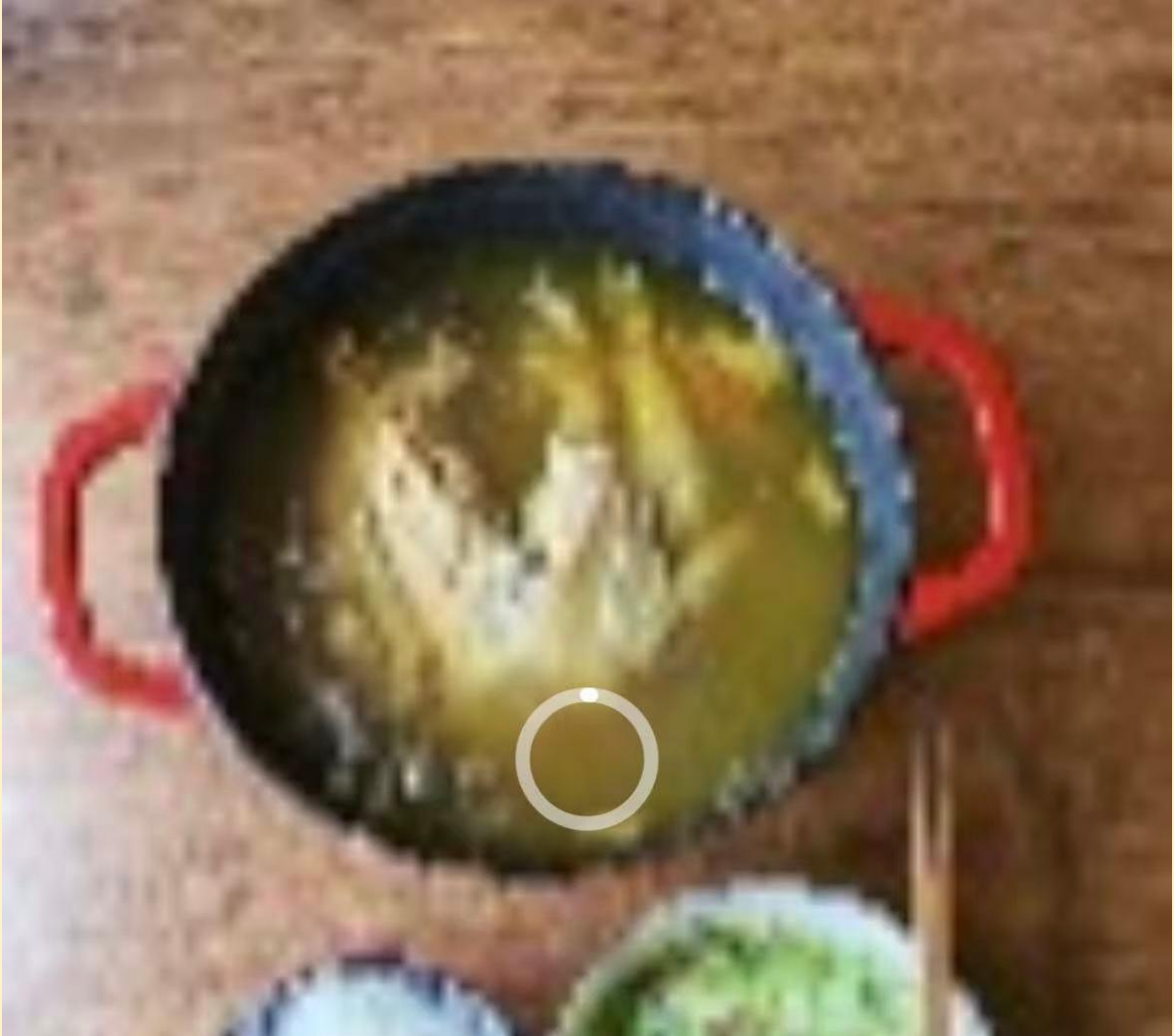
Seasonal Fruit

* * *

Kirin Lager



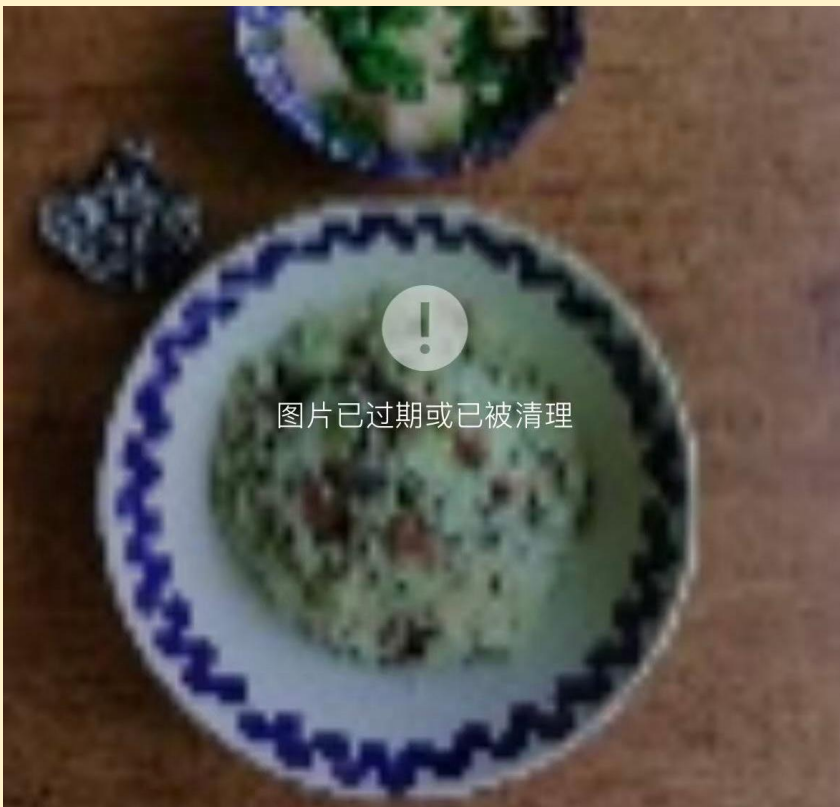
香酥花生
Crispy Fried Peanuts



清炖鸡汤
Slow-Simmered Chicken Soup



油香小白菜
Wok-Fried Baby Bok Choy



腊味菜饭

***Rice with Chinese Cured Sausage
and Greens***



酱香烧排骨

***Braised Pork Ribs in Savory
Soy Sauce***



金丝薯饼
Golden Shredded Potato Cake



时令鲜果
Seasonal Fruit



麒麟啤酒
Kirin Lager

虹 口 区
同 丰 路

D Q 冰 淇 淋
※ ※ ※
滋 补 鸡 汤
宫 保 香 辣 鸡 丁
番 茄 土 豆 炖 牛 腩
金 针 菇 烩 肥 牛
浓 香 咖 喱 鸡
※ ※ ※
巴 斯 克 芝 士 蛋 糕
※ ※ ※
冷 冷 云 雾 霞 多 丽

***Hongkou District
Tongfeng Road***

DQ Ice Cream

* * *

Nourishing Chicken Soup

Kung Pao Spicy Chicken

Beef Brisket Braised with Tomato and Potato

Sliced Beef and Enoki Mushrooms in Sauce

Aromatic Chicken Curry

* * *

Basque Cheesecake

* * *

Leng Leng Cloudy Chardonnay



DQ冰淇淋
Dairy Queen Ice Cream



心靈雞湯

滋补鸡汤
Nourishing Chicken Soup



金针菇烩肥牛

Sliced Beef and Enoki Mushrooms in Sauce

番茄土豆炖牛腩

Beef Brisket Braised with Tomato and Potato



宫保香辣鸡丁

Kung Pao Spicy Chicken



浓香咖喱鸡
Aromatic Chicken Curry



巴斯克芝士蛋糕
Basque Cheesecake



冷冷云雾霞多丽
Leng Leng Cloudy Chardonnay

徐 汇 区
天 平 路

糟 卤 拼 盘

※ ※ ※

丝 瓜 蛋 花 清 汤

青 酱 香 烤 三 文 鱼

油 面 筋 酿 肉

毛 芋 茭 烧 毛 豆

菠 萝 咕 老 肉

※ ※ ※

珍珠奶茶冰沙佐蓝莓煎饼

※ ※ ※

杨梅果酒

*Xuhui District
Tianping Road*

Assorted Dishes in Fermented Rice-Wine Brine

* * *

Luffa and Egg-Drop Soup

Pesto-Roasted Salmon

Meat-Stuffed Fried Gluten Puffs

Stir-Fried Baby Taro with Edamame

Sweet and Sour Pork with Pineapple

* * *

Bubble Milk Tea Slush with Blueberry Pancakes

* * *

Chinese Bayberry Liqueur

疫情封城期间，这是第一个政府背书的团购平台，它不是普通供应商平台。它有点像是那种政府开发的一个小程序，它可能本来是做政府食堂生意的，现在就变成百姓团购，会给你配好，里面有什么油啊，各种东西，但你没有办法选择，你要买的话就是一个大礼包全部都买回去。

During lockdown, this was the first government-endorsed group-buying platform. It was not an ordinary supplier marketplace, but more like a government-developed mini program, perhaps originally intended for institutional canteens, that had been repurposed for neighborhood orders. Each package came preassembled with oil and other staples, and there was no choice of individual items: if you ordered, you bought the whole bundle.



糟卤拼盘

Assorted Dishes in Fermented Rice-Wine Brine

上海这边吃的比较多的是这种小的，我们叫毛芋艿。广东他们那边就吃那种大的荔浦芋头，但这个小的它上面有很多壳和毛，清洗起来很麻烦。平时我从来不会买这个菜，就是只有疫情期间，没有太多选择的话，你既然买了，就要把它消灭掉，最方便的做法就是这样。

In Shanghai, we more often eat these small taros, which we call maoyunai. In Guangdong, the larger Lipu taro is more common. The small ones have rough, hairy skins and are troublesome to clean, so I would never normally buy them. During lockdown, though, choices were limited. Once they arrived, you had to use them up, and this was the easiest way.

丝瓜蛋花清汤
Luffa and Egg-Drop Soup



毛芋茼烧毛豆
Stir-Fried Baby Taro with Edamame

我跟你讲过，我们家楼下有一个外国邻居，他自己烘咖啡豆，我们拿可乐跟他换的咖啡豆；这是4月份的事情，那个时候还是处于一个物物交换的阶段，大家都缺吃少喝，手头的东西都不多。

Our downstairs neighbor roasted coffee beans. In April, when supplies were scarce and barter was common, we traded cola for some of his beans.



青酱香烤三文鱼
Pesto-Roasted Salmon

邻居是六十多岁的一个阿姨和她九十多的老妈妈，老太太不太理解封城，天天嚷着要保姆推她出门打麻将，嘴还特别馋，阿姨问我最近有没有团蚕豆，她妈妈想吃，所以那次开团带了个蚕豆，但是凑不满团购数量，于是我也买了一袋。

An old neighbor lived with her mother, who was over ninety. The older woman did not understand the lockdown and kept asking to go out to play mahjong. When she craved broad beans, I added them to a group order and bought a bag myself so we could meet the minimum quantity.



菠萝咕老肉

Sweet and Sour Pork with Pineapple

5月中下旬的时候就开始有一些奇怪的东西开始团，团的奶茶，还团的什么汉堡。也是那种一团团很多嘛，我们就一下团了好几杯，就是过了这村没这店了，然后团的多的冻在冰箱里面，之后拿出来搓成冰沙。

By mid-to-late May, people had begun organizing group orders for all kinds of unexpected things: milk tea, burgers, and whatever else they could find. Orders had to be placed in bulk, so we bought several cups at once. If you missed that chance, there might not be another. We froze the extras and later blended them into slushes.



珍珠奶茶冰沙佐蓝莓煎饼
Bubble Milk Tea Slush with Blueberry Pancakes



杨梅果酒
Chinese Bayberry Liqueur

静 安 区
江 宁 路

苹 果 布 拉 塔
※ ※ ※
虫 草 花 鸡 汤 面
水 煮 嫩 鸡 片
香煎汉堡排佐芦笋与甜橙
清 炒 包 菜 胡 萝 卜
番 茄 炒 蛋
※ ※ ※
巴 斯 克 芝 士 蛋 糕
※ ※ ※

干白 2022

*Jingan District
Jiangning Road*

Apple with Burrata

* * *

*Noodles in Chicken Soup with Cordyceps Flowers
Sichuan-style Poached Chicken Slices
Pan-Seared Hamburg Steak with Asparagus and Orange
Stir-Fried Cabbage and Carrot
Stir-Fried Eggs with Tomatoes*

* * *

Basque Cheesecake

* * *

2022 Dry White Wine



苹果布拉塔
Apple with Burrata



水煮嫩鸡片
Sichuan-style Poached Chicken Slices

虫草花鸡汤面

***Noodles in Chicken Soup with
Cordyceps Flowers***



番茄炒蛋

Stir-Fried Eggs with Tomatoes



香煎汉堡排佐芦笋与甜橙

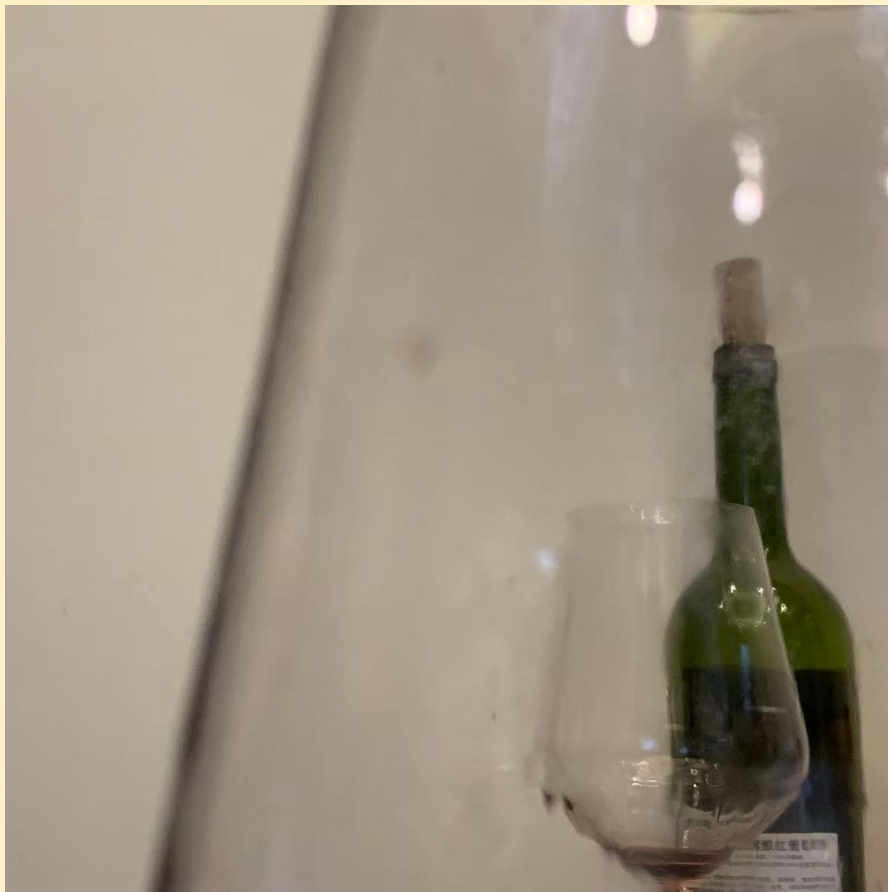
Pan-Seared Hamburg Steak with Asparagus and Orange



巴斯克芝士蛋糕
Basque Cheesecake



清炒包菜胡萝卜
Stir-Fried Cabbage and Carrot



干白 2022
2022 Dry White Wine

黃 浦 區 五 里 橋

Flavours of Isolation '22 封味22菜單

Pickled daikon radish

糖醋脆蘿蔔

一根蘿蔔 腌一次盒 鹽一週半

不作主菜 一直都在

4.9 4.11 4.17 5.19 5.23

Hamachi crudo

生拌鰹魚片

非封控菜 鱈梳推蕪場

お任せ外賣 總覺得魔幻

Shredded potato salad

涼拌土豆絲

土豆黃瓜胡蘿蔔 有金都不用搶

每天見面的蔬菜 如何有序消耗 吃出風采

4.21 5.23 5.25

Ground peppers with preserved duck eggs and eggplant

擂椒皮蛋茄子

青椒和茄子 發物資必配 皮蛋要靠搶 芫荽陽台摘

耐儲蔬菜的高光時刻

5.8 5.24 5.30

Oden

關東煮

清美集團發物資 必是豆製品過剩

高湯耐心需慢燉 正是難得心定時

5.2

Stewed cabbage rolls with tomato sauce

茄汁燉高麗菜肉卷

普通的食材 繁瑣的工序 消磨時光的好菜

給雙手找點隔離任務 省得它們總想去刷新聞月之聲

3.28 4.24

Build-your-own tortilla wrap

自助墨西哥卷餅

有什麼 卷什麼

土洋結合

春日裡的自由 大概就是這樣

4.27 5.7 5.18

保羅食肆  2026 秋分前



2026年复刻



2022年封控期间

凉拌土豆丝、自助墨西哥卷饼、茄汁嫩高丽菜肉卷、糖醋腌萝卜
Shredded Potato Salad, Build-Your-Own Tortilla Wrap, Cabbage Rolls in Tomato Sauce, Sweet-and-Sour Pickled Daikon

今天是封味回响，封控的封。主要是在2022年3月底到6月初这一段时间，不凑巧被封在了家里。做饭对我来说是一个比较therapeutic的事情，所以那段时间一直在厨房间忙活，做了很多很多不同的料理，尝试了很多没做过的东西。

今天呢，给大家做了一些当时的比较得力的菜肴，同时也算是种回响，回忆一下当时那些“急中生智”的创意。

这里有卷饼，还好在封之前囤过很多饼，后来没东西吃的时候，随便卷什么都能吃。配合抢菜抢来的牛油果，和发的一些即食卤肉，也算是做了个墨西哥风味的东西。

当时还发了很多土豆、胡萝卜、茄子，这些都是很耐放的食材，但是要怎么翻着花地把它们做好吃，也动了一些心思，这里复刻的就是当时做的凉拌土豆丝。

关东煮也是用了很多自己囤积的干货去做的，有昆布和鲣鱼熬的高汤。

这个是莎莎酱，这次莎莎酱用的水果番茄超级好吃，混合洋葱、香菜以及青柠汁之类的做的，非常清爽，哎，我就不一一介绍了……还有这个皮蛋茄子，皮蛋也是要抢菜抢的，大家可以都卷在这个饼里。

还有这个萝卜。几乎每一顿都有，因为一直都在发白萝卜，我做了酸甜腌萝卜，基本上一个能做一饭盒，一盒能吃一个礼拜。

就是这样。

The menu is called Flavours of Isolation, a nod to the lockdown. From late March to early June 2022, cooking became a form of therapy and a way to keep daily life going. I turned tortillas, braised meat, potatoes, carrots, and daikon into a Mexican-inspired spread and sweet-and-sour pickles. The oden used pantry ingredients in a broth made with kombu and bonito flakes. These dishes reflect the improvisation of that period.



生拌鲷鱼片
Hamachi Crudo

注：这道是非封控期间的菜，但可以算是回应四月初的时候，我在朋友圈刷到过别人晒图，点的高级日料刺身的外卖。当时觉得外卖omakase也挺魔幻的……

Just a quick note: I didn't make this dish during the lockdown, but it was partly inspired by something I saw back in early April. Someone posted photos on WeChat Moments of a fancy sashimi delivery they'd ordered. At the time, the whole idea of getting omakase delivered felt pretty surreal...



2026



2022

擂椒皮蛋茄子
Ground Peppers with Preserved Duck Eggs and Eggplant



2026



2022

关东煮
Oden

每日在家被未知包围，让我们逐渐日夜颠倒，两个多月里几乎每日都是等到凌晨6点抢完菜之后再入睡，下午四点再起床，傍晚日落才吃上第一顿，半夜再吃第二顿，如此往复。

Being stuck at home with so much uncertainty gradually turned our days and nights upside down. For more than two months, we'd stay up almost every night until 6 a.m. trying to place a grocery order, then go to sleep and wake up around 4 in the afternoon. We'd have our first meal at sunset, our second in the middle of the night, and then do it all over again.



《本帮菜》
SHANGHAI CUISINE

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图片由各位厨艺达人提供
Images provided by the cooks

致谢
ACKNOWLEDGEMENTS

感谢每一位“大厨”慷慨分享自己的菜单与记忆。最初，我希望以一个局外人的视角，记录并反思2022年上海封控带来的痛苦。真正开始访谈后，我听到的不只是匮乏与受限，也有邻里协作、以物易物，以及人们借做饭维持日常秩序的故事。饮食不能概括那段经历，却保存了当时的选择、关系与感受。这些对话让我更加确信：记忆不会被一键删除，历史也不应被轻易抹去，我们有权选择和处理好自己的历史。再次感谢所有参与者。

Thank you to every home cook who generously shared their menus and memories. I began this project as an outsider, hoping to document and reflect on the hardships of Shanghai's 2022 lockdown. The interviews revealed not only scarcity and confinement, but also neighborhood cooperation, barter, and the ways cooking helped people preserve a sense of daily life. Food cannot capture the whole experience, but it preserves the choices, relationships, and emotions of that time. These conversations left me more certain that memory cannot be erased with a single click, and that history should not be so easily set aside. My thanks again to everyone who took part.

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