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Where in the World 放眼世界

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Pulling strings

麵麵觀

They're fun, they're tasty, they're versatile. And they're an essential part of many of the world's food cultures. Find out how noodles are made and prepared in different corners of the globe.

有趣、美味、變化多端都是它的形容詞。麵食在世界各地的飲食文化當中都是不可或缺的部分，但製作和食用方法卻各有特色

1 Italy 意大利

No discussion of noodles is complete without mention of the staple of Italian cuisine: pasta. The primarily wheat-based noodles have a long and intriguing history, with some believing that they were imported from China by Marco Polo. But no matter its origins, Italian pasta has evolved into a major food group with hundreds of varieties and styles of preparation. It's believed the average Italian consumes some 25kg of pasta each year while the country produces around 3.3 million tonnes each year, about 90% of it in the form of traditional dried semolina pasta.

談到麵食，就不能不提意大利菜的主食：意粉。這種主要以小麥粉製作的麵，歷史悠久而有趣，有人相信它是由馬可孛羅從中國引進的美食，但不管起源如何，意粉已衍變出各種花樣，烹調方法也五花八門。據說意大利人平均每人每年吃掉25公斤意粉，意大利的意粉年產量高達330萬噸，其中90%是由傳統的粗麥粉製造的乾意粉。

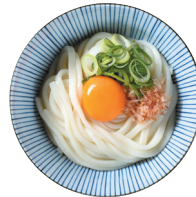




2 China
中國

According to food historians, noodles originated in China during the Han dynasty (202 BC - 220 AD). Written records from the time show a variety of shapes and ingredients, including the more common wheat dough and a more long-lasting buckwheat, millet and pea dough made for military consumption. But the discovery of a 4,000-year-old bowl of millet-based noodles at the Lajia archaeological site in northwestern China in 2005 suggests they have been a staple of the Chinese diet for far longer. Nowadays noodles are made with a variety of starches based on region and climate.

據鑽研美食文化的歷史學者所說，麵起源於中國，可追溯至漢朝（公元前202年至公元220年）時期。根據當時的文字記載，其時已有不同形狀和由不同食材製作的麵，有普通的小麥麵糰，也有保存時間較長、適合當軍糧的蕎麥、黍子和豌豆麵糰。2005年，中國西北的喇家遺址發現了一碗有4,000年歷史的含有黍子成分的麵條，證明了麵在更早之前已是中國飲食文化裡的主食。時至今日，麵條的原材料仍是澱粉類食物，但會因應地區和氣候而異。



3 Japan
日本

Think Japan and noodles, and you might get a craving for ramen. But while the wildly popular noodle soup has taken over the world, its country of origin boasts a wide array of other noodle varieties. The most common are udon (made from wheat) and soba (buckwheat). The latter, with its long, thin shape and firm bite, is traditionally eaten on New Year's Eve to symbolise breaking off the old year. Other noodle varieties found throughout the island nation include shirataki (made from konjac), harusame (potato starch) and somen (long, thin wheat noodles eaten in the summer to stay cool).

想到日本的麵食，就不禁讓人想馬上來碗拉麵。不過在日本國內，除了風靡世界的拉麵，還有許多各種各樣的麵食，其中最普遍的當數由小麥粉做的烏冬和蕎麥麵。蕎麥麵幼長而質地較硬，是除夕夜的傳統食物，喻意去舊迎新。日本的麵食種類花樣百出，除了前面提到的，還有蒟蒻麵、薯粉做的春雨粉絲，以及由小麥粉製作、適合夏天冷食消暑的素麵等。



4 Korea
韓國

Despite its proximity to China and Japan, Korea has developed a very distinct cuisine and food culture. Guksu, or noodles, are used in a variety of traditional dishes and typically made from wheat, buckwheat or sweet potato. Among the most popular, japchae features transparent dangmyeon noodles made from sweet potato starch stir-fried with vegetables, meat, eggs or seafood. Originally a mixed vegetable dish enjoyed by the Korean royal court, japchae began incorporating noodles in the 20th century following their arrival from China.

韓國在地理位置上雖然鄰近中國和日本，但飲食文化卻獨樹一幟。在韓國，麵的原材料主要有小麥粉、蕎麥粉和番薯粉。許多韓國傳統菜式都會用到麵條，當中最受歡迎的韓式炒粉絲，材料就包括有蔬菜、肉片、蛋、海鮮和由番薯粉做的粉絲。這道菜起源於韓國皇室，最初只是炒雜菜，隨著粉絲於20世紀由中國傳入韓國後才加入粉絲一起炒。



5 Vietnam
越南

Breakfast, lunch, dinner and anytime in between – noodles are always on the menu in Vietnam. Some of the best known among the dozens of varieties are phở (steamed flat rice noodles), miến (dried glass noodles) and bún (steamed round rice noodles), which are often prepared as soups, stir-fries or as a base for salads. Mi is the name for thin wheat- or egg-based noodles, which were brought to the country by Chinese immigrants, while bánh canh refers to thick noodles made from tapioca flour or a mix of tapioca and rice flours for a chewy texture.

在越南，不論是早午晚三餐還是三餐之間的小食都必定有麵食這個選項，而在數以十計不同款式的麵食當中，最有名的當數河粉、粉絲和檬粉，這些粉麵可做成湯麵和炒麵或是當沙律的主要材料。除此之外，越南還有由中國移民引入的幼身蛋麵（由小麥粉或雞蛋製成），以及由木薯粉或木薯粉加米粉做成、嚼勁十足的越南米線。



6 Germany
德國

The English word “noodle” is in fact believed to originate from the German word nudeln. One of the traditional preparations popular throughout the country is the finger-shaped Schupfnudeln, which is typically made from rye or wheat flour and egg, and often with potato since the crop's introduction in the 17th century. Another, perhaps more commonly found, noodle dish in Germany is Spätzle. Its simple egg and flour dough can be sliced into long strips, put through a food mill or shaped into bite-size dumplings before being cooked in boiling water.

麵的英文字noodle相信是來自德文裡的nudeln。手指麵條Schupfnudeln是德國非常普遍的傳統麵食，一般是由雞蛋跟黑麥粉或小麥粉製造，而自從薯仔於17世紀傳入德國後，由薯粉做的手指麵條開始興起。德國麵Spätzle是另一種當地盛行的麵食，做法是將由雞蛋和麵粉搓成的麵糰切成長條，或用研磨器攪成條狀，又或是捏成一口大小的麵塊，然後再放進滾水裡煮熟。



7 Iran
伊朗

Made from flour, water, salt and egg, kesme is the traditional noodle of Iran, Afghanistan and various Turkic countries. It's typically rolled into a large circle, left to dry and then sliced into strips before being boiled in a rich broth along with meat, potatoes, tomatoes, carrots and pepper. Reshteh, meanwhile, are Persian whole wheat noodles that are commonly made in Iranian homes. Reshteh polow (a rice and noodle pilaf) originated in Azerbaijan and is often served during the Persian New Year or during times of major life change to represent taking the reins – or destiny – of one's life in hand.

由麵粉、水、鹽和雞蛋製成的kesme麵盛行於伊朗、阿富汗和多個突厥語國家，做法是將麵糰擀成大大的圓形，然後風乾，最後切成粗條放進高湯裡跟肉、薯仔、番茄、紅蘿蔔和甜椒一起煮熟。Reshteh則伊朗家庭常見的波斯全麥麵，用這種麵跟飯做成的Reshteh polow起源於阿塞拜疆，是慶祝波斯新年或遇到人生的重大轉變時常見的美食，喻意自主——掌握自己的命運。