

武汉十大名菜

Top Ten Wuhan Dishes

1. 排骨藕汤

Pork Rib and Lotus Root Soup



推荐理由

排骨藕汤是一道武汉传统菜,尤其是用被誉为“水中之宝”的莲藕做出来的莲藕排骨汤,极具地域特色,浓缩了荆楚美食文化的精华。

Recommended Reason

Pork Rib and Lotus Root Soup is a traditional dish from Wuhan. It features lotus root, an aquatic plant praised as the “treasure of the water”, grown abundantly in the waters of Hubei. The dish captures the distinctive flavors of the region and reflects the soul of Jingchu (Hubei) cuisine.

所需食材

莲藕、猪排骨、生姜等

Ingredients

Lotus roots, pork ribs, ginger, etc.

2. 辣得跳

La De Tiao (Spicy Jump / Marinated Spicy Bullfrog)



推荐理由

“辣得跳”选牛蛙为食材，将四川的麻辣与湖南的香辣、湖北的鲜辣三者结合，是深受民众喜爱的江城名菜。

Recommended Reason

“Spicy Jump” is a Wuhan dish made with bullfrog, blending three distinctive regional styles of spiciness: the numbing and tingling flavor of Sichuan Province (málà), the fragrant and fiery heat of Hunan Province (xiānglà), and the fresh and savory spiciness of Hubei Province (xiānlà). Bold and flavorful, it has become one of Wuhan’s most iconic local delicacies.

所需食材

牛蛙、生姜、尖椒、花椒等

Ingredients

Bullfrogs, ginger, chili peppers, Sichuan peppercorns, etc.

3. 鱼头泡饭

Fish Head Stew Served with Rice



推荐理由

鱼头泡饭，鱼和米的完美结合，咸鲜微辣，汤汁浓稠，味美鲜香，让食客能充分体验“千湖之省，鱼米之乡”的独特风味。

Recommended Reason

Fish Head Stew Served with Rice harmoniously blends tender fish and fragrant rice in a savory, umami-packed broth, with a hint of spice. The thick, velvety soup accompanied by its inviting fragrance immerses diners in the essence of Hubei's culinary tradition—a celebration of the “land of a thousand lakes and home of abundant fish and rice.”

所需食材

鱼头、大米、小葱、生姜、大蒜等

Ingredients

Fish head, rice, scallion, ginger, garlic, etc.

4. 黄陂三鲜

Huangpi Three Treasures



推荐理由

黄陂三鲜也叫“黄陂三合”，由鱼圆子、肉圆子和肉糕组成，分别寓意年年有余、阖家团圆、步步高升。

Recommended Reason

Huangpi Three Treasures, also known as the “Huangpi Trio”, consist of three main ingredients: fish balls, pork balls, and steamed meat cakes. Each symbolizes a traditional Chinese wish—the fish balls represent abundance year after year, the pork balls signify family reunion, and the meat cakes embody continued success.

所需食材

猪肉、鱼肉、鸡蛋、生姜、小葱等

Ingredients

Pork, fish, eggs, ginger, scallion, etc.

5. 油焖小龙虾

Braised Crawfish in Spicy Sauce



推荐理由

小龙虾是武汉人最爱的“淡水鱼鲜”之一，油焖小龙虾也是武汉人夏天必备的宵夜美食。小龙虾色泽红艳、香辣鲜醇，是江城年轻和充满活力的见证。

Recommended Reason

Crawfish is one of Wuhan's most beloved freshwater delicacies, and Braised Crawfish in Spicy Sauce is a must-have summer night snack for locals. With its bright red color, bold spicy aroma, and rich umami flavor, this dish captures the youthful spirit and vibrancy of the river city.

所需食材

小龙虾、小葱、生姜、大蒜、花椒等

Ingredients

Crawfish, scallion, ginger, garlic, Sichuan peppercorns, etc.

6. 清蒸武昌鱼

Steamed Wuchang Fish



推荐理由

清蒸武昌鱼鱼肉洁白如玉，肉质细嫩滑口，清鲜味美，老少皆宜。最著名的是毛泽东主席的“才饮长沙水，又食武昌鱼”，让这一美食享誉全国，成为武汉的一道招牌菜。武昌鱼制作技艺入选省级非物质文化遗产代表性项目名录。

Recommended Reason

Steamed Wuchang Fish features jade-white flesh with a tender, silky texture and a delicate, fresh flavor that appeals to diners of all ages. The dish rose to national fame after Chairman Mao Zedong celebrated it in his poem, “Just tasted the waters of Changsha, and now I dine on the fish of

Wuchang.” Today, it stands as a signature dish of Wuhan. The traditional cooking technique of Wuchang Fish has been listed as a representative item of provincial-level intangible cultural heritage, honoring its cultural and culinary significance.

所需食材

武昌鱼、火腿、香菇、冬笋、生姜、小葱等

Ingredients

Wuchang fish, ham, shiitake mushrooms, winter bamboo shoots, ginger, scallion, etc.

7. 珍珠圆子

Steamed Pork Balls Coated with Glutinous Rice



推荐理由

湖北民间历来有“无圆不成席”、“无蒸不成席”之说，珍珠圆子则是楚菜典型的代表。因似粒粒珍珠镶嵌，故有“蒸蒸日上”、“团团圆圆”、“幸福吉祥”的寓意。

Recommended Reason

In Hubei Province's culinary tradition, there is a saying: "No banquet is complete without round-shaped dishes." Another goes: "No feast is complete without steamed dishes." Zhenzhu Yuanzi, or Steamed Pork Balls Coated with Glutinous Rice, is a classic dish of Chu (Hubei Province) cuisine that embodies both traditions. Made with glutinous rice shaped like

glistening pearls, they symbolize rising prosperity, family unity, and good fortune.

所需食材

猪肉、荸荠、糯米、生姜、小葱等

Ingredients

Pork, water chestnuts, glutinous rice, ginger, scallion, etc.

8. 红烧甲鱼

Braised Soft-Shell Turtle in Brown Sauce



推荐理由

红烧甲鱼，选用新鲜甲鱼搭配多种调料，经过精心烹制，口感咸鲜，荤香醇厚，富含营养，一道色香味俱佳的经典湖北菜。

Recommended Reason

Made with fresh soft-shell turtles and a blend of aromatic seasonings, braised Soft-Shell Turtle in Brown Sauce is a classic dish from Hubei Province. Delicately prepared, it offers a savory, umami-rich flavor with a deep, meaty aroma. Nutritious and flavorful, it exemplifies the harmony of color, aroma, and flavor that defines Hubei cuisine.

所需食材

甲鱼、生姜、蒜瓣等

Ingredients

Soft-shell turtles, ginger, garlic cloves, etc.

9. 腊肉炒洪山菜薹

Stir-Fried Hongshan Purple-stem Mustard with Cured Pork



推荐理由

洪山菜薹因其原产于武汉市洪山区一带而得名，有一千多年的历史，曾被皇家封为“金殿玉菜”，作为楚地特产被列为贡品。洪山菜薹，色泽紫红，口感脆嫩，营养丰富。腊肉的咸香跟菜薹的清爽天然绝配，吃完口齿留香。

Recommended Reason

Named after Hongshan District in Wuhan, Hongshan Purple-Stem Mustard boasts a history of over one thousand years. It was offered as a royal tribute from the Chu region (Hubei Province) to the imperial court as the “Golden Palace’s Finest Vegetable”. With its deep purple color,

crisp-tender texture, and high nutritional value, it pairs beautifully with the savory and aromatic cured pork—creating a perfectly balanced dish that leaves a lingering aftertaste.

所需食材

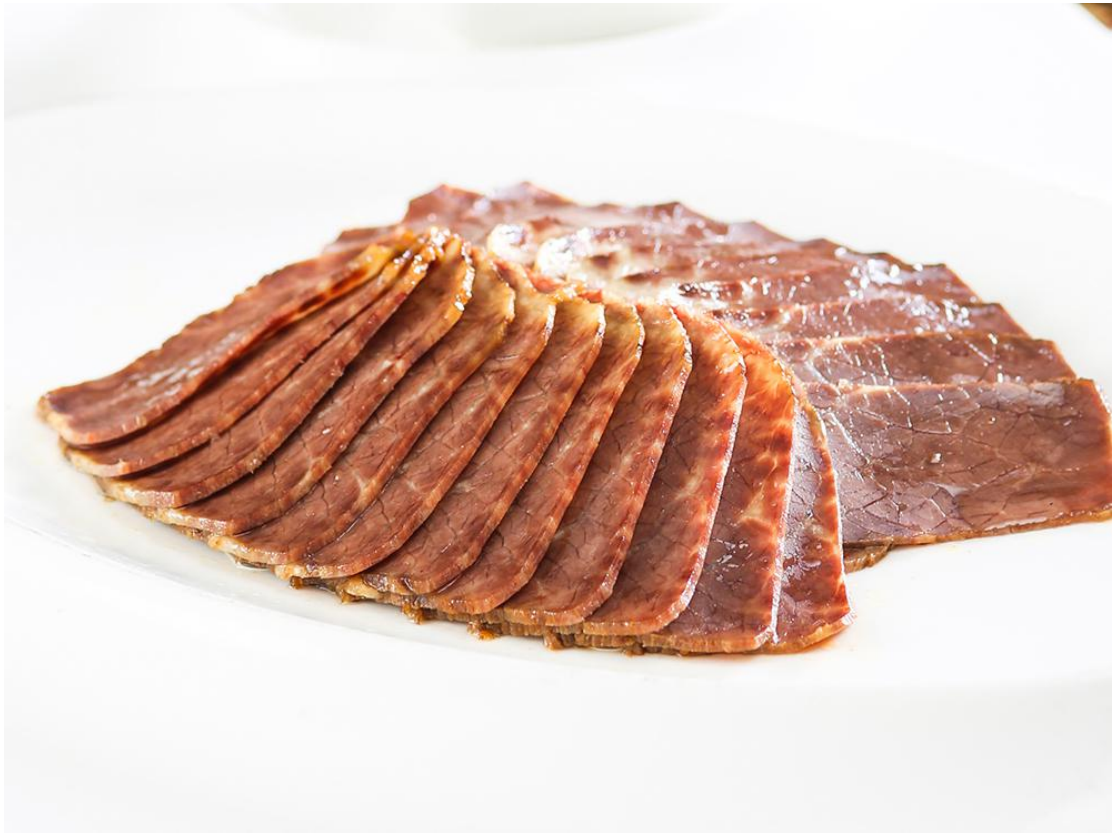
洪山菜薹、腊肉等

Ingredients

Hongshan Purple-stem Mustard, cured pork, etc.

10. 新农牛肉

Xinnong Marinated Beef



推荐理由

新农牛肉，起源于原汉阳县新农镇（现为蔡甸区蔡甸街道），早在明清时期，新农镇就有利用当地水牛和黄牛制作卤牛肉的传统。颜色红润、鲜嫩，食之绵软、清香。肉质结实，回味绵长。2022 年入选为武汉市非物质文化遗产。

Recommended Reason

Xinnong Marinated Beef originates from Xinnong Town—formerly part of Hanyang County, now part of Wuhan’s Caidian District. The tradition of marinating beef from local water buffalo and domestic cattle dates back to the Ming and Qing dynasties. The beef has a rich rosy color,

fragrant aroma, and tender yet firm texture, offering a satisfying balance of tenderness and chewiness as well as a lingering, savory aftertaste. In 2022, it was officially recognized as a *Wuhan Intangible Cultural Heritage*.

所需食材

优质黄牛肉、料酒等

Ingredients

Premium cattle beef, cooking wine, etc.