

第二届武汉“十大名菜” Top Ten Wuhan Dishes (2nd Edition)

1. 粉蒸鲰鱼

Steamed Catfish with Ground Rice



鱼与米的天作之合，是“鱼米之乡”献给味蕾的温柔馈赠。

A perfect pairing of fish and rice, this dish brings the bounty of the land to your palate.

推荐理由

粉蒸技艺巧烹江鲜，米粉裹挟鱼脂香，鱼肉鲜嫩滑爽，口感层次丰富，风味独树一帜。

Highlights

The powder-steaming technique brings out the best of the fresh Yangtze catfish. As it steams, the seasoned rice absorbs the natural richness of the fish, creating a tender, delicate dish with a remarkable depth of flavor.

故事渊源

粉蒸本为湖北传统烹饪法，多用于肉类，武汉厨师大胆创新，将其用于更为娇嫩的鮰鱼。这道菜体现了武汉饮食文化中不拘一格、勇于尝试的精神。蒸制过程中，米粉吸收鱼之鲜汁，鱼肉沾染五谷之香，是长江馈赠与农家智慧的美妙结合。

About the Dish

Steaming with seasoned ground rice is a traditional Hubei cooking technique, typically reserved for meat dishes. Wuhan chefs boldly adapted it to the delicate flesh of catfish, creating a dish that reflects the city's spirit of culinary innovation and exploration. As the fish steams, the seasoned ground rice absorbs its savory juices, while the fish takes on the subtle aroma of rice—a delightful combination of the Yangtze River's bounty and the wisdom of local cooking traditions.

制作方法

鮰鱼切块，用盐、料酒、姜末、胡椒粉等腌制，裹上炒香磨碎的蒸肉米粉。垫以红薯或芋头块，上笼旺火蒸熟，出锅撒上葱花、胡椒粉，淋热油激香。

Preparation

Cut the catfish into bite-sized pieces and marinate with salt, cooking wine, minced ginger and white pepper. Coat the fish chunks evenly with toasted and seasoned ground rice before placing them over sweet potato or taro pieces. Steam over high heat until cooked through. Finish by sprinkling with chopped scallions and white pepper, then drizzle with hot oil to release their aroma.

2. 牛三鲜

Beef Trio (Braised Beef Tripe, Shank and Tendon)



一锅炖尽江湖豪气，是武汉冬日里的暖心“硬菜”。

A hearty clay pot of beef delicacies, this Wuhan classic brings warmth and bold flavors to the winter table.

推荐理由

牛肚、牛肉、牛筋，三味合一，久炖后糯软弹滑各异，汤鲜味厚，辣而不燥，酣畅淋漓。

Highlights

The beef tripe, shank and tendon are slow-simmered to perfection, each developing its own distinctive texture—tender, springy and silky. The rich broth is deeply savory with pleasant spiciness, delivering warmth without overwhelming the palate.

故事渊源

源于汉口码头工人的“力量美食”，旧时汉正街、集家嘴一带，体力劳动者需要实惠耐饥、驱寒暖身的食物。武汉厨师借鉴荆州公安

一带的烹饪方法，牛杂边角料经烹制，化平凡为神奇，成就这道市井豪杰之味，它带着码头的江湖气与烟火味。

About the Dish

Once favored by dockworkers around Hanzheng Street and Jijiazui Dock, the Beef Trio is an affordable, filling dish that could ward off the winter chill. Inspired by the recipes from Gong'an, Jingzhou City, Wuhan chefs turned the humble beef offal into a beloved local delicacy, capturing the rugged spirit of the docks and the sizzle of street-side woks.

制作方法

牛肚、牛肉、牛筋分别处理洗净，焯水后切块，用牛油加姜、蒜、花椒、豆瓣酱等爆香，下入“三鲜”翻炒，加入高汤或清水，以酱油、糖等调味，转入砂锅或铫子中慢炖至软糯入味。

Preparation

Clean the beef tripe, shank and tendon, blanch them and then cut into chunks. Stir-fry ginger, garlic, Sichuan peppercorns and fermented broad bean chili paste in beef tallow until fragrant. Add the beef trio and stir-fry. Pour in rich stock or water, season with soy sauce and a touch of sugar, then transfer to a clay pot. Slow-simmer until the meat is tender and deeply infused with flavor.

3. 武汉黑鸭煲

Wuhan Braised Duck Casserole



年轻化的汉派风味，是“武汉伢”舌尖上的酣畅淋漓。

This dish embodies a youthful expression of Wuhan flavors.

推荐理由

秘制黑鸭酱香浓郁，微辣回甜，鸭肉紧实入味，配菜吸饱精华，一煲热辣鲜香，是武汉风味融合创新的代表。

Highlights

Infused with a signature rich, dark sauce, this dish combines a gentle spiciness and a lingering sweetness. The duck is firm yet succulent, while the accompanying ingredients absorb every bit of its savory essence. Bold, tongue-tingling and deeply aromatic, it is a perfect blend of Wuhan's culinary heritage and contemporary innovation.

故事渊源

在“周黑鸭”卤味基础上创新发展而来，将卤鸭与煲仔菜形式结

合。先卤后煲，或直接以卤料风味为基础烹制，加入莲藕、千张等本地特色配菜。这道菜是武汉现代餐饮活力的体现，既承袭了传统卤味基因，又以热煲形式带来全新就餐体验。

About the Dish

Building on the iconic flavors of Wuhan's Zhou Hei Ya braised duck, this dish brings together classic marinated duck and the warmth of clay pot cooking. The duck is either braised before being transferred to the pot or cooked directly with the signature spices, then paired with local favorites such as lotus roots and tofu sheets. A creative evolution of Wuhan cuisine, it preserves the essence of classic braised flavors while offering a fresh and vibrant dining experience.

制作方法

鸭块焯水，用类似周黑鸭风味的卤料（含多种香料、辣椒、花椒等）卤制入味。砂锅中用油爆香姜、蒜、干辣椒，放入卤好的鸭块及卤汁，加入配菜，加盖焖烧至配菜熟透。

Preparation

Blanch the duck pieces and braise them in a Wuhan-style spiced marinade with a blend of aromatic spices, dried chilies and Sichuan peppercorns. Heat oil in a clay pot, and sauté ginger, garlic and dried chilies until fragrant. Add the braised duck, along with the marinade and side ingredients. Cover and simmer until the ingredients are tender.

4. 珊瑚鳊鱼

Coral-shaped Sweet and Sour Mandarin Fish



形如珊瑚色若琥珀，是武汉人宴席上的视觉与味觉盛宴。

With its delicate coral-like shape and amber-hued glaze, this dish is a feast for both the eyes and the palate.

推荐理由

刀工如雕琢珊瑚，形态绚丽，酸甜汁芡明艳亮泽，外酥里嫩，色香味形俱臻化境。

Highlights

Expert knife work transforms the dish into a delicate coral-like form, and the sweet and sour sauce adds vibrant color and flavor. Crisp on the outside and tender within, this dish is a masterpiece of appearance, aroma, texture and taste.

故事渊源

此菜源自江南，在武汉得以发扬光大，其精巧的菊花刀法，考验厨师极致功底，成型后宛如海底珊瑚。旧时多为官府菜或高档酒楼宴席“看家菜”，象征富贵吉祥。在武汉，它不仅是技艺的展现，更体现了江城人民对精致生活与艺术的追求。

About the Dish

Originating from Jiangnan, the region south of the Yangtze River, this dish was refined and further developed in Wuhan. The intricate chrysanthemum-style knife technique demands exceptional skill, creating a striking coral-like shape after frying. Once served for official banquets and prestigious restaurants as a signature showpiece, it symbolizes affluence and auspiciousness. In Wuhan, the dish represents more than culinary craftsmanship—it reflects the city's appreciation for refined cuisine and artistic expression.

制作方法

鳊鱼取肉，剖菊花花刀，用调料略腌，拍干淀粉后抖散，入热油炸至定型、外酥内熟，状如珊瑚，炒制酸甜适口的番茄汁或糖醋芡，均匀浇淋其上即成。

Preparation

Fillet the mandarin fish and cut it into a delicate chrysanthemum pattern. Add seasonings, dust with dry starch, and gently shake to loosen the cuts. Deep-fry in hot oil until crisp on the outside and tender within, shaped like coral. Prepare a sweet and sour sauce—either tomato-based or made with a classic sugar-and-vinegar glaze—and drizzle it evenly over the fish before serving.

5. 清蒸大闸蟹

Steamed Hairy Crabs



至简即至味，是“百湖之市”对金秋时节最大的尊重。

Simplicity brings out the best flavor. This dish is a celebration of the golden autumn in Wuhan, the city of a hundred lakes.

推荐理由

金秋时令至尊，膏黄肥满，肉质鲜甜，清蒸极致简烹，佐以姜醋，方能领略其原汁原味的至鲜之境。

Highlights

At the height of the golden autumn, hairy crabs are prized for the rich golden roe and sweet, tender flesh. Steaming best preserves their flavor, while a simple dip of ginger and vinegar brings out their utmost freshness.

故事渊源

武汉虽非大闸蟹主产区，但作为九省通衢，梁子湖、洪湖等产区的优质螃蟹汇聚于此。清蒸食蟹之风，随江南文化传入，深受市民喜

爱。中秋、国庆前后，品蟹、赏菊、饮酒，成为江城雅士与寻常百姓共乐的秋日仪式。

About the Dish

Although Wuhan is not a major producer of hairy crabs, its position as a transport hub brings premium crabs from nearby lakes such as Liangzi Lake and Honghu Lake to local tables. The tradition of enjoying steamed crabs, introduced from the lower reaches of the Yangtze River, has long been embraced by local residents. Around the Mid-Autumn Festival and National Day, eating crabs, admiring chrysanthemums, and sharing wine has long been an autumn ritual for people from all walks of life.

制作方法

鲜活大闸蟹刷洗干净，蒸锅水烧开后，将蟹肚朝上放入防止蟹黄流失，每只蟹上放姜片。大火蒸 15-20 分钟，蘸料为姜末、香醋调制。

Preparation

Scrub the live hairy crabs thoroughly. Once the steamer water comes to a boil, place the crabs belly-side up to preserve the roe, and top each with a slice of ginger. Steam over high heat for 15 to 20 minutes, and serve with a dipping sauce made from minced ginger and aged vinegar.

6. 老武汉糍粑鱼

Wuhan Pan-fried Crisp Fish



充满烟火气的家常风味，咸香微辣，越嚼越香。

A comforting home-style dish, it is savory and mildly spicy, with a flavor that deepens with every bite.

推荐理由

草鱼腌制后风干，形成独特咸鲜底味，煎烧后外焦里嫩，干香耐嚼，麻辣咸鲜回味悠长，佐酒极品。

Highlights

The grass carp is first marinated and air-dried to develop a distinctive savory flavor, then pan-fried and braised until crisp on the outside and tender within. Deeply aromatic and pleasantly chewy with a balance of savory, spicy and numbing notes, it is a perfect companion to a glass of liquor.

故事渊源

源于民间贮存鱼鲜的智慧，旧时年关，将腌制的鱼块自然风干，

便于保存，食用时煎烧，意外获得独特干香风味，“糍粑”形容其煎后外皮微焦如煎糍粑的口感。这道菜充满了老武汉的市井生活气息，是时光沉淀出的一道独特风味。

About the Dish

This dish originated from a traditional way of preserving fresh fish. Before the Chinese New Year, marinated fish was air-dried for storage and later pan-fried, unexpectedly developing a distinctive aroma and savory depth with a lightly crisped exterior, reminiscent of pan-fried glutinous rice cakes. It represents the authentic taste of everyday life in Wuhan.

制作方法

草鱼切块，用花椒、盐、辣椒、姜片等腌制，风干至半干。食用前，将鱼块洗净，煎至两面金黄，锅中爆香姜、蒜、干辣椒、花椒，放入煎好的鱼块，烹入料酒、酱油、醋、糖及少量水，烧至汁干入味。

Preparation

Cut the grass carp into chunks and marinate with Sichuan peppercorns, salt, chilies and ginger, then air-dry until partially dehydrated. Before cooking, rinse the fish and pan-fry until golden on both sides. In the same pan, sauté ginger, garlic, dried chilies and Sichuan peppercorns until fragrant. Return the fish to the pan and add cooking wine, soy sauce, vinegar, sugar and a little water. Simmer until the sauce is nearly absorbed and the fish is richly infused with flavors.

7. 腊肉炒藜蒿

Stir-fried Lihao with Cured Pork



一口吃掉春天的味道，一份独属于云梦泽的乡愁记忆。

This seasonal favorite captures the flavors of spring and evokes the quiet charm of waterside living.

推荐理由

藜蒿异香扑鼻，腊肉咸鲜醇厚，二者同炒，激发出独特野趣与年味，是武汉人开春的念想。

Highlights

The distinctive aroma of *lihao*, a seasonal vegetable known as *Artemisia selengensis*, meets the rich savoriness of cured pork. Stir-fried together, they release a wild, rustic fragrance and a hint of festive warmth, carrying the locals' quiet anticipation of spring.

故事渊源

藜蒿是长江沿岸滩涂的野生佳蔬，旧时开春，市民喜食其嫩茎，

谓“尝春”，与腊肉同炒，是冬藏与春鲜的完美邂逅。这道菜带着浓厚的时令感与地域色彩，那特殊的香气，是唤醒江城人春日味觉记忆的开关。

About the Dish

Lihao grows wild along the shoals of the Yangtze River. In early spring, locals enjoy its tender stems in a tradition known as “tasting spring.” Stir-fried with cured pork, the dish brings together the richness of winter curing and the freshness of spring. Its distinctive aroma is a sure sign of spring.

制作方法

藜蒿摘取嫩茎切段，腊肉煮熟后切片，热锅少油，下腊肉片煸炒出油，加入姜蒜末、干辣椒爆香。倒入藜蒿段，大火快速翻炒，加少许盐、糖调味，炒至藜蒿断生即可。

Preparation

Cut the tender stems of *lihao* into sections. Boil a chunk of cured pork until cooked through, then slice it. Heat a little oil in a wok and sauté the pork slices until golden and crisp. Add minced ginger, garlic and dried chilies, and stir-fry until fragrant. Add the *lihao* stems and toss quickly over high heat. Season with a pinch of salt and sugar, and stir-fry until the stems are tender and bright.

8. 汪集鸡汤

Wangji Chicken Soup



来自新洲的温润滋养，暖意直达心底。

Wangji Chicken Soup offers gentle nourishment that warms your heart.

推荐理由

被誉为“楚天第一汤”，汤清味醇，肉嫩鲜香，是温补养生的代表性汤品。其制作技艺为武汉市非物质文化遗产。

Highlights

Reputed as “the finest soup in Hubei”, this dish features clear broth, mellow flavor, and tender, savory chicken meat. A quintessential nourishing soup for wellness, it has been recognized as a *Wuhan Municipal Intangible Cultural Heritage*.

故事渊源

汪集鸡汤历史悠久，其煨汤工艺在明清时期便已在当地民间流传，至今已有 300 余年历史。其核心在于汪集当地独特的甘甜井水与

农家散养土鸡，经过长期传承与发展，形成了独特的“大火炒、小火煨”工艺，制作技艺已被列入武汉市非物质文化遗产名录。这道汤不仅是一道美味，更承载着地方饮食文化的记忆，成为新洲美食的一张响亮名片，深受本地居民与外来游客的喜爱。

About the Dish

Wangji Chicken Soup has a history of over 300 years, with its simmering method passed down since the Ming and Qing dynasties. The secret lies in the sweet well water from Wangji Town and local free-range chickens. Over time, a unique cooking method featuring “stir-frying over high heat before slow simmering” was developed. Today, it is recognized as an intangible cultural heritage item of Wuhan. More than a delicacy, the soup has become a culinary emblem of Xinzhou District favored by locals and visitors alike.

制作方法

选用汪集本地散养土鸡处理干净，热锅下油，放入鸡块与姜片大火翻炒至香气四溢、水分收干。转入砂锅，注入足量汪集井水，大火烧开后转小火，持续煨制 6 小时以上。待汤色金黄、鸡肉酥烂时，仅以盐调味，撒上葱花即可。

Preparation

Clean and chop a locally-raised free-range chicken. Stir-fry the chicken pieces with ginger over high heat until fragrant and the liquid evaporates. Transfer them to a clay pot, add enough Wangji well water, bring to a boil, then reduce to a low simmer for over six hours. Season with only a pinch of salt and sprinkle with chopped scallions before serving.

9. 红烧黄陵得胜圆子

Huangling Desheng Braised Meatballs



团圆美满、得胜归来。一份来自汉南的吉祥馈赠。

A symbol of reunion, happiness and triumph—this is a gift of good fortune from Hannan District in Wuhan.

推荐理由

得胜圆子为 1800 年三国传承，军山黄陵古镇特色美食，具有口感柔软，富有弹性，鲜香浓郁的特点，能够一口尝尽历史独特唯美的地方风味。

Highlights

Braised Desheng meatballs are a 1,800-year-old delicacy passed down from the period of the Three Kingdoms (220-280 AD). A specialty of the ancient town of Huangling in Junshan, Wuhan, they are soft, bouncy and richly savory. Each bite offers a unique taste of this region's rich culinary heritage.

故事渊源

据民间传说及地方志记载，诸葛亮曾屯兵军山抗曹，驻守黄陵期间，偶然品尝到当地居民制作的鱼圆子和肉圆子，对其外酥里嫩、鲜香筋道的口感赞不绝口，遂邀请厨师至军营，以此圆子犒赏三军。令人称奇的是，将士们食用后士气大振，屡战屡胜，故将此圆子命名为“得胜圆子”，寓意“食之得胜，凯旋而归”美誉。

About the Dish

According to folk tales and local chronicles, Zhuge Liang (181-234 AD), a famous strategist, once stationed his troops in Junshan to defend against his rival Cao Cao (155-220 AD), also a renowned statesman. During his stay, he happened to taste the local fishballs and meatballs and was immediately impressed by their crispy exterior, tender interior and savory, chewy texture. So he invited the cooks to prepare the meatballs for his soldiers. To everyone's surprise, the soldiers' morale soared after having the dish and they won battle after battle. The meatballs were thereafter named "Desheng meatballs," meaning "victory in battle and triumphant return."

制作方法

得胜圆子选用亚麻籽猪肉、非转基因菜籽油、洪湖大草鱼制作而成。将猪肉以七瘦肥三的比例配制，瘦肉必须用手工剁成末，肥肉切成丁，鱼肉剁成茸，分别加入 1.2% 的盐搅拌上劲，并逐次加入水再次搅拌上劲，加入 8% 的生粉，适量马蹄、生姜、胡椒粉搅拌均匀，挤成荔枝大小的圆子经油炸后，加入老抽红烧，用水淀粉收芡上色入味，完全复刻古法制作工艺。

Preparation

Combine minced grass carp with chopped lean pork and diced pork fat in a ratio of roughly 7:3 lean to fat. Mix them and season with 1.2%

salt. Gradually add water while stirring the mixture until sticky and springy. Add 8% cornstarch and a moderate amount of water chestnuts, ginger and ground pepper. Shape the mixture into lychee-sized balls, deep-fry until golden, then braise them in dark soy sauce. Thicken the sauce with a cornstarch slurry to coat the meatballs before serving. The entire process faithfully follows the traditional method.

10. 黄陂甜蒸肉

Huangpi Sweet Steamed Pork



甜蜜的东坡遗风，道尽木兰故里的柔情。

This dish blends rich, mellow sweetness with tender pork, preserving a cherished culinary tradition inspired by the renowned poet Su Dongpo.

推荐理由

黄陂甜蒸肉是当地经典的甜口蒸菜，也是鄂菜蒸菜派系里的特色佳肴，成品甜而不腻，软糯香甜，肉香与米香交织，是黄陂人逢年过节、待客宴宾的招牌菜。

Highlights

This is a signature sweet dish and a proud representative of Hubei's steamed cuisine. It tastes sweet yet not cloying, with a soft, tender and delightfully sticky texture that blends the rich aroma of pork and toasted rice. A festive favorite, this dish has long been served at family celebrations and banquet tables.

故事渊源

相传在北宋神宗元丰二年（1079 年），苏东坡被贬至黄州，期间曾到黄陂木兰山讲学。为感谢老师，学生们买了猪肉和红糖、白糖。不料，粗心的学生将糖与肉混在了一起，不知如何是好。苏东坡见状，指导学生将猪肉与红糖、糖桂花等调料拌匀后蒸制。成品色泽红润，口感香醇软糯，众人赞不绝口。从此，这种“糖蒸肉”的做法便在黄陂流传开来。

About the Dish

Legend has it that in 1079, Su Dongpo, a famed poet and scholar, was exiled to Huangzhou. He visited Mulan Mountain in Huangpi to impart knowledge to locals. To their express gratitude, his students bought pork, brown sugar and white sugar, but accidentally mixed the ingredients together. Seeing this, Su suggested steaming the pork with brown sugar and sweet osmanthus syrup, creating a dish with a glossy appearance and a tender, melt-in-the-mouth texture. It was so well-received that the recipe soon spread across Huangpi.

制作方法

选用带皮五花肉，切成薄厚均匀的肉片，用自制红糖浆、糯米粉抓拌腌制，让每片肉都裹满甜香粉料。再整齐码入碗中，上锅大火蒸至肉质酥烂、油脂融入粉料，倒扣装盘即可。

Preparation

Select skin-on pork belly and slice it evenly. Coat the pork with homemade brown sugar syrup and toasted ground glutinous rice to ensure each piece is fully covered. Place the meat neatly in a bowl, steam over high heat until the pork becomes fork-tender and the rendered fat has infused the coating. Turn the bowl over onto a plate to serve.