

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

1. 生煎包

Pan-fried Pork Buns



酥底、软皮、鲜汤，三重滋味在口中迸发。

Every bite delivers three textures: a crisp bottom, a soft wrapper, and a burst of savory broth.

推荐理由

面皮松软，底壳焦脆，肉馅饱满多汁，一口咬下，三重口感交融，是武汉清晨最具活力的声响与滋味。

Highlights

Soft wrappers, crisp golden bottoms and juicy pork filling create a delightful contrast of textures, making pan-fried pork buns one of Wuhan's most beloved breakfast treats.

故事渊源

生煎包虽源自江南，却在武汉市井街头生根发芽，武汉生煎更重馅料的鲜香与汤汁的丰盈，面皮发酵程度恰到好处。清晨巷口，铁板滋滋作响，伴随师傅有节奏的转动煎锅，一锅锅金黄喷香的生煎出炉，承载着几代武汉人“过早”的记忆。

About the Dish

Though originating in Jiangnan, the region along the southern bank of the lower reaches of the Yangtze River, pan-fried pork buns have become a popular street food in Wuhan, known for fresh filling, rich broth and perfectly fermented dough. Early each morning, sizzling pans and the aroma of freshly cooked buns fill the city's streets, reminiscent of Wuhan's traditional breakfast culture.

制作方法

发酵面团擀皮，包入猪肉皮冻拌制的馅心，收口朝下码入平底锅。淋油加水，盖盖煎烙，期间转动锅体使受热均匀，水干后撒芝麻、葱花，再煎片刻，形成脆底。

Preparation

Roll the fermented dough into wrappers and fill them with minced pork and aspic. Seal the buns and place them upside down in a frying pan. Add oil and water, cover and fry until the water evaporates. During this process, rotate the pan to ensure even heating. Sprinkle sesame seeds and chopped scallions on top of the buns, then continue frying until crisp.

2. 锅贴

Guotie (Potstickers)



形如弯弯月牙，底面煎得金黄，是“过早”的经典之选。

With their golden, crisp bottoms and crescent shape, potstickers have long been a Wuhan breakfast favorite.

推荐理由

狭长月牙形，皮薄底脆，馅料多样，肉汁丰盈，需刚出锅时享用，方能领略其焦香与鲜嫩并存的魅力。

Highlights

Thin-skinned and generously filled, potstickers are best served straight from the pan, when their crisp bottoms and juicy filling are at their peak.

故事渊源

锅贴在武汉饮食场景中，介于点心和小食之间。专门的锅贴店往往现包现煎，其狭长的形状便于手持，焦脆的底壳是精华所在。在夜市或小吃街，循着滋滋的油声和扑鼻的香气，总能找到一摊让人排队

的锅贴，是充满烟火气的市井美味。

About the Dish

In Wuhan, potstickers are enjoyed somewhere between a snack and a light meal. They are typically made to order, with their signature crisp bottoms and easy-to-hold shape making them a popular choice at breakfast stalls and night markets. Follow the sizzle and you'll find a line, a testament to this flavorful, down-to-earth street food delight.

制作方法

冷水面团擀成饺子皮，包入肉馅，对折捏成月牙形，两头不封口（或微微开口）。平底锅烧热刷油，将锅贴整齐码放，煎至底部微黄。倒入少量清水，盖盖焖煎至水干，开盖淋油，再煎片刻至底部焦黄酥脆。

Preparation

Roll the cold-water dough into wrappers and fill with minced pork. Fold into a crescent shape, leaving both ends slightly open. Heat a frying pan, grease with oil, and put in the dumplings in a neat row. Pan-fry until lightly browned, add a little water, and cover until the liquid is absorbed. Finish with a drizzle of oil and fry until crisp and golden.

3. 红糖糍粑

Brown Sugar Glutinous Rice Cakes



外酥里糯，熬得浓稠的红糖浆如琥珀般流淌。

Crisp outside and sticky inside, these glutinous rice cakes are finished with an amber-brown sugar syrup.

推荐理由

糯米糍粑经油炸，外酥脆内软糯，淋上浓郁红糖浆，撒上黄豆粉，香甜暖糯，是跨越年龄的传统甜蜜。

Highlights

Deep-fried to a crisp outside and a delightfully chewy inside, then drizzled with brown sugar syrup and dusted with roasted soybean flour, this soft, sweet treat is a favorite across generations.

故事渊源

红糖糍粑在武汉不仅是小吃，更是节庆与家宴常客。糯米制品象征团圆与粘稠的情谊，红糖寓意甜蜜红火。过去多在年节时自制，如今遍布街头巷尾。炸得鼓胀的糍粑浇上热腾腾的糖浆，无论宴席开场

还是饭后甜点都能带来圆满感的味道。

About the Dish

In Wuhan, brown sugar glutinous rice cakes are more than a snack, but a favorite at festivals and family gatherings. Glutinous rice symbolizes togetherness, while brown sugar represents sweetness and good fortune. Once made primarily for festive occasions, they are now a common sight at snack stalls throughout the city. Deep-fried and puffy rice cakes, drizzled with warm sugar syrup, make a delightful banquet starter or a dessert after meal.

制作方法

糯米蒸熟捣成糍粑，冷却后切块，入油锅炸至外表金黄酥脆、内部柔软膨胀，熬制浓稠红糖浆。将炸好的糍粑摆盘，淋上红糖浆，撒上熟黄豆粉或花生碎。

Preparation

Pound the steamed glutinous rice into a dough. Cool it off, cut into pieces, and deep-fry until the outside turns golden brown and crisp while the inside soft and puffy. Arrange the fried rice cakes on a plate, drizzle them with sugar syrup, and finish with roasted soybean flour or crushed peanuts.

4. 武汉凉面

Wuhan Cold Noodles



夏日里的救赎，酸辣开胃，凉爽解腻。

Sour and spicy, the Wuhan cold noodles are a perfect refresher on a hot summer day.

推荐理由

碱水面劲道爽滑，配以醇厚芝麻酱、香辣红油、蒜水、醋等调和，酸辣开胃，是征服炎夏的消暑利器。

Highlights

The chewy and smooth alkaline noodles, mixed with sesame paste, spicy chili oil, garlic juice and vinegar, whet your appetite with a distinct sour and spicy flavor. They are a must-have to beat the sizzling summer heat.

故事渊源

武汉夏季酷热难耐，凉面应运而生，成为夏季“过早”或午餐的主角。其灵魂在于各家秘制的芝麻酱，香浓醇厚，需以温水徐徐解开。

搭配的黄瓜丝、海带丝、豆芽等清爽配料，与浓香的酱汁形成绝妙平衡，一碗凉面是武汉人应对炎夏的饮食智慧。

About the Dish

The cold noodles have been dominating the residents' breakfast or lunch tables during sweltering summer in Wuhan. The essence lies in the homemade sesame paste, diluted with tepid water until smooth and silky. Refreshing ingredients such as shredded cucumbers, shredded kelp and blanched bean sprouts help balance the richness of the sauce. Such is locals' simple yet ingenious way of coping with the summer heat.

制作方法

碱水面煮熟，捞出扇凉，拌入熟油，芝麻酱用温水、盐、香醋、生抽慢慢解开成顺滑酱汁。面条垫底，放上黄瓜丝、焯熟的豆芽等，浇上芝麻酱、蒜水、辣椒油、香醋，撒上萝卜丁或花生碎，食前拌匀。

Preparation

Boil the alkaline noodles, drain and cool them down, then mix with a little heated oil. Dilute the sesame paste with warm water, salt, vinegar and light soy sauce until smooth. Place the noodles in a bowl, top with shredded cucumbers and blanched bean sprouts. Pour over the sesame paste, garlic juice, chili oil and vinegar, then sprinkle with diced radishes or crushed peanuts. Toss the mixture thoroughly before serving.

5. 武汉油香

Wuhan Youxiang (Syrup-filled Fried Pastries)



老武汉的童年记忆，外酥里软，是简单质朴的满足。

The crispy, syrup-filled pastries evoke cherished childhood memories for generations of Wuhan locals.

推荐理由

圆球状油炸点心，外壳酥脆，内里是糖浆，咬开需小心，热乎乎的糖馅流淌，甜蜜瞬间爆棚。

Highlights

These sweet treats are round, golden and deep-fried to a crisp with a molten syrup filling. Take your first bite carefully—the warm filling may ooze out with an instant burst of sweetness.

故事渊源

油香是武汉及周边地区的特色甜点，过去常在节日、庆典时制作，象征吉祥甜蜜。它与欢喜坨外形相似，但馅料多为流动的糖浆或豆沙。那口猝不及防的甜润，是老武汉人记忆中节庆时才有的奢侈幸福感。

About the Dish

The syrup-filled fried pastries are a traditional snack native to Wuhan and its surrounding areas. Once reserved for holidays and celebrations, they carry the wishes of sweetness and good fortune. Though similar to *huanxituo* (fried sesame balls), these pastries are typically filled with a runny syrup or sweet red bean paste. For many Wuhan locals, that unexpected burst of sweetness on first bite brings back treasured memories of festive celebrations.

制作方法

面粉加老酵面和成面团，发酵后包入由白糖、桂花、面粉混合的糖馅或豆沙馅，收口搓圆。入温油锅慢炸，需反复翻动和淋油，使其均匀受热膨胀，炸至皮壳金黄酥脆、内馅融化。

Preparation

Make a dough with flour and fermented dough starter. Once fermented, fill each piece with a mixture of sugar, sweet osmanthus and flour, or sweet red bean paste, then seal and roll into balls. Deep-fry over medium-low heat, turning frequently and ladling hot oil over the pastries to ensure even heating and full expansion. Fry until the crust is crisp and golden and the filling has melted.

6. 鸡冠饺

Deep-fried Cockscomb Dumplings



形似鸡冠，咸香适口，是老街巷里的“过早”担当。

Named for their cockscomb shape, these savory dumplings have long been a favorite breakfast choice in Wuhan.

推荐理由

形如鸡冠，色泽金黄，外皮酥香，内里蓬松软糯，包入鲜肉或粉条，是传统油炸点心的代表。

Highlights

Cockscomb-shaped, golden brown in color, the fried cockscomb dumplings taste crispy on the outside and soft on the inside, with a filling of fresh pork or vermicelli—a quintessential Wuhan fried snack.

故事渊源

鸡冠饺是武汉“过早”中极具辨识度的一员，因其对形似公鸡冠而得名。旧时物资相对匮乏，用发酵面皮包裹少许菜馅油炸，既顶饱又美味，是劳动人民智慧的创造，独特的形状和酥软的口感，是许多老武汉人早晨最温暖的期待。

About the Dish

The fried cockscomb dumplings are one of the most distinctive on Wuhan's breakfast menu. In the past, when ingredients were scarce, locals would wrap a small amount of vegetables in fermented dough and deep-fry it into a filling and delicious snack. With a unique shape and a soft, crispy texture, the dish is a creation of everyday ingenuity and a morning comfort for locals.

制作方法

发酵面团擀成椭圆面皮，包入调味的鲜肉或粉条，对折后捏出花边。放入热油中炸制，不断翻动并淋油，使其迅速膨胀，炸至两面金黄、形如冠帽即可。

Preparation

Roll the fermented dough into oval wrappers and fill them with seasoned fresh pork or vermicelli. Fold each one in half and crimp the edges. Deep-fry in hot oil, turning frequently and ladling oil over the pastries to make them puff up quickly. Fry until both sides are crispy and golden brown.

7. 油饼包烧麦

Deep-fried Flatbread Stuffed with Shaomai



金黄的油饼包裹着软糯的烧麦，一口酥软，一口鲜烫。

Golden brown and crispy outside, soft and savory inside, this dish offers two textures and a mouthful of flavors in just one bite.

推荐理由

碳水叠加的豪迈盛宴，油饼酥脆空灵，烧麦油润软糯、胡椒辛香，二者结合碰撞出惊人满足感。

Highlights

A puffy, crispy fried flatbread wrapped around rich, sticky shaomai with a peppery kick, this snack creates a pure feast of carbs that delivers astonishing satisfaction.

故事渊源

堪称武汉“过早”界的神奇发明，完美体现了武汉人“讲味”又不拘一格的饮食性格。脆薄的油饼仿佛为重油烧麦量身定做的“黄金甲”，是码头文化中“快节奏”与“重能量”需求的产物。这种看似

随意的组合，却成就了无法复制的早餐符号。

About the Dish

As an iconic breakfast creation, this snack embodies the bold, unconventional spirit that defines Wuhan's food culture. The thin, crispy fried flatbread perfectly encases the rich, peppery shaomai—a pairing born of the city's fast-paced dock culture and its demand for hearty, high-energy meals. Though it may seem like a casual combination, this duo has become an irreplaceable breakfast icon.

制作方法

油饼为发酵面团擀薄，入宽油快炸至蓬松金黄，烧麦以烫面皮包裹糯米、肉丁、香菇、胡椒等蒸熟的馅料。将刚出炉的烧麦夹入现炸的油饼中，稍微压合即成。

Preparation

Roll the fermented dough into a thin, round sheet and deep-fry in ample oil until it puffs up and turns golden brown. Prepare shaomai with hot-water dough wrappers and a filling mixed with sticky rice, diced meat, mushrooms and black pepper. Steam the shaomai, tuck it into the deep-fried dough cakes, and press gently to serve.

8. 汉南甜玉米饼

Hannan Sweet Corn Pancakes



金黄色的阳光味道，保留了玉米最纯粹的清甜与颗粒感，健康又美味。

Made with fresh sweet corn, these golden pancakes celebrate the natural sweetness and a wholesome lifestyle.

推荐理由

汉南邓南沙地甜玉米饼，由饲料玉米改良而来，嫩玉米拌面糊煎至金黄焦脆，咬开满是阳光甜香，藏着丰收的家常暖意。

Highlights

Made with sweet corn grown in Dengnan sandy land of Hannan District, these pancakes are fried until golden brown and crisp. A bite brings you a sun-kissed sweetness that evokes the cozy, homey warmth of a bountiful harvest.

故事渊源

汉南邓南街的沙土地，藏着鲜食玉米的缘分 —— 三十年前的饲料玉米，经试种成了这里独有的甜品种。汉南人取刚摘的嫩玉米粒，

拌少许面糊调散，入热锅煎至金黄焦脆。咬开是阳光晒透的甜香，每一口都是丰收的喜悦，如今成了汉南餐桌里，藏着丰收暖意的家常巧味。

About the Dish

Dengnan Street in Hannan District has a tradition of growing fresh corn. Thirty years ago, local farmers began the trial planting of a feed corn, which was then developed into a unique sweet variety. Locals blend the fresh kernels of this corn with a light batter and pan-fry them until golden and crisp. Each bite releases a natural sweetness—a taste of harvest joy. It has become a humble delight to every Hannan household.

制作方法

- 1.主要原料：汉南甜玉米，胡萝卜丝，淀粉，食盐。
- 2.制作过程：所有的原料加入适当的水分，混合成糊状。平底锅烧热后，将糊摊成饼成两面酥黄即可。
- 3.特点：咸甜可口，粗粮细作，富有营养。

Preparation

1. Ingredients: Hannan sweet corn, shredded carrots, starch and salt.
2. Instructions: Add water to the ingredients and mix into a batter. Heat a pan, spread the batter into a pancake, and fry until both sides turn crisp and golden brown.
3. Features: Sweet and savory, wholesome and nutritious.

9. 欢喜坨

Huanxituo (Crispy Sesame Balls)



空心的糯米团裹满芝麻，咬一口，满嘴芝麻香。

These puffy sesame-coated treats release a burst of toasted sesame flavor with every chewy bite.

推荐理由

圆润金黄，外皮酥脆，内里空心，裹满芝麻，咬开软糯，常带豆沙甜心，是名副其实的“欢喜”滋味。

Highlights

Round, golden, and coated with sesame, these treats are crispy on the outside and hollow inside. Bite into them to discover a soft, chewy texture and a sweet bean paste filling—a flavor that truly brings joy.

故事渊源

欢喜坨又名麻团、芝麻球，在武汉因寓意吉祥喜庆而得名。旧时是节庆、婚宴的必备点心，象征和和美美、欢欢喜喜。油炸时不断膨胀的过程，也被视为好兆头。如今从宴席走入日常早点摊，是一道能

瞬间带来愉悦感的“快乐碳水”。

About the Dish

Also known as *matuan* or *zhima qiu* (sesame balls), this snack got its name *huanxituo* or “joyful sesame balls” from its auspicious and joyous connotations. In the past, it was a must-have for festivals and wedding banquets, symbolizing harmony and joy. The way it puffs up during frying is also seen as a lucky sign. Nowadays, it has made its way from banquet tables to breakfast stalls, bringing instant joy with every bite. Truly a “joyful carb”.

制作方法

糯米粉加适量澄粉、糖、水揉成团，包入豆沙馅，搓成圆球，表面沾湿后滚上白芝麻。放入温油中慢炸，并用漏勺轻轻按压、滚动，使其受热均匀、充分膨胀，炸至金黄酥脆捞出。

Preparation

Knead glutinous rice flour with wheat starch, sugar and water into a dough. Fill the dough with sweetened bean paste, roll it into a ball, wet the surface, and coat it with white sesame seeds. Fry the balls in oil over medium-low heat, gently pressing and rolling them with a slotted spoon to ensure even heating and full puffing. Take them out when they turn golden brown to a crispy finish.

10. 香煎米粿

Glutinous Rice Pancakes



米香浓郁，底面焦脆，是江城清晨最质朴的米味情怀。

Rich in rice aroma with a crisp golden bottom, these pancakes are the most authentic rice-flavored Wuhan breakfast.

推荐理由

发酵米浆煎成两面金黄，边缘酥脆，中心厚软，带着酒酿的微酸与焦香，是外焦里嫩的街头经典。

Highlights

Golden brown outside with crisp edges and a thick, pillowy center, these rice pancakes have a slight tang of fermented glutinous rice, making them a classic Wuhan breakfast staple.

故事渊源

米粿，又称“对粿”，因常将两面煎好的米粿对折出售而得名。这是武汉街头最常见的小吃之一，用特制的圆型铁模具煎制，刚出锅时外皮焦香酥脆，内里像蛋糕般柔软。一个对折的米粿，边走边吃，是许多武汉人童年放学路上最甜蜜的期待。

About the Dish

Known locally as *duiba* (folded cakes), this snack got its name from the way it is folded in half when sold. As a popular Wuhan street food, it is made in a special round iron mold. It tastes best right out of the pan—crisp, golden on the outside and pillow-soft within. For many locals, having a folded rice cake on the way home after school was the sweetest childhood memory.

制作方法

粘米和糯米混合浸泡，磨成米浆，加入酒酿发酵至微酸冒泡。专用小圆铁锅烧热，刷油，舀入一勺米浆，自然流成圆形。煎至一面定型、出现气孔、边缘微翘，翻面煎另一面至金黄。

Preparation

Soak a mixture of common rice and glutinous rice, then grind it into a rice batter. Add fermented glutinous rice and let it ferment until the batter turns slightly tangy and begins to bubble. Heat the specially-made small iron pan, brush it with oil, pour in a spoonful of the batter and let it spread into a round shape. Fry until one side is set, with small holes appearing on the surface and the edges slightly curling up. Then flip it over and fry the other side until golden brown.