

食蟹

文·图 / 董克平

秋风起，蟹脚肥。吃蟹是秋天里最为隆重的一件事。自古以来，螃蟹就被视为餐桌上的珍品。古人感慨：“右手持酒杯，左手持蟹螯，拍浮酒船中，便足了一生矣。”蟹有千种，只要有心，就能找到最合你意的那一款。



豆豉焗蟹



和乐蟹

螃蟹好吃，但识味之人觉得螃蟹的味道是海蟹不如河蟹，河蟹不如湖蟹，湖蟹中目前最有名的就是大闸蟹了。

李渔是最喜爱大“闸蟹的”，他吃的时候，还不叫大闸蟹。那时候，苏州、太湖一带河湖众多，水草丰美，螃蟹的出产量多味美。李渔是文字高手，更是一个美食家。问李渔为什么螃蟹好吃？竟只一句“于蟹一物，终其身而不能忘之。”章太炎夫人汤国梨也对大闸蟹情有独钟：“不是阳澄湖蟹好，此生何必在苏州。”算是为大闸蟹的美味做了美妙的注脚。

大闸蟹之闸源于捕蟹使用的“簖”，捕蟹时以竹簖为闸，上置灯光，蟹喜光，顺竹簖往上爬，最后掉进竹簖的就是闸蟹。因此所谓大闸蟹也就是一般的湖蟹，能爬上竹簖的可能个头大一些，与蟹的品质没有太大的关系。阳澄湖大闸蟹出名，大概和上海人的推崇有关。在长三角地区，上海是当仁不让的龙头老大，其经济、文化、政治的发展水平也决定了上海文化、上海风尚对周边地区的强势辐射。上海人喜食螃蟹，尤其是产自阳澄湖的大闸蟹，于是大闸蟹得以扬名，影响直到今天。

改革开放以来，太湖流域引导了江苏乡镇工业的发展，苏州、无锡、常州，在江苏、在全国都是工业发达的地区，污染在所难免。湖水遭到了污染，水产品的品质很难有以前的水准，阳澄湖大闸蟹也就很难说是最好吃的湖蟹了。其实蟹之美味在于湖水的质量和河床的质量。我在沈阳吃过沈阳郊区西湖中的螃蟹，在武汉吃过蔡甸湖里的螃蟹，味道都很不错，鲜甜腴美不叫大闸蟹，而且是在没有或是很少污染的湖水中生长，安全性要比来自污染重灾区的大闸蟹高很多。我在武汉的朋友，每年这个时候空运螃蟹到广州、深圳。朋友说，在那里湖北武汉的螃蟹是冒名大闸蟹卖给食客的，虽假冒产地，但味道还是得到食客们认可。2009年，上海海洋大学曾邀请沪上多位美食家盲品大闸蟹，第一名的得主是来自江西省军山湖的大闸蟹，即使是银奖、铜奖，也没阳澄湖什么事。看来吃蟹这件事，实在用不着迷信阳澄湖。

食湖蟹，在于蟹鲜活的时候蒸食。死蟹不能吃，蟹肉干涩柴柴，蟹黄稀泄，可能还有毒素。用其他方法烹食，很难保持蟹的原味，没有了那份鲜甜，食蟹的意境也就随

之失去了。鲜活蒸食，蟹受热而乱动，精华随之游遍周身，味道自然好，这有如铁板炙活鹅掌一样的道理。蒸蟹要一滚翻面，再滚食之，过了就有些老了。取出滚烫红红的熟蟹，点一点泡着姜丝的镇江红醋，沾上些许紫苏，就可大快朵颐了。由蟹斗、蟹扁依次到蟹脚、蟹钳，由内至外层层递进，令人口齿留香，回味无穷。

对其他地区的饕客来说，湖蟹虽美却难以独尊。位居海南四大名产之列的和乐蟹，珠江口咸淡水交汇处的黄油蟹，浙江温州、台州江里的野生青蟹，生活在珠江入海口不曾交配的奄仔蟹，高纬度冷水中的阿拉斯加雪蟹，大西洋中的面包蟹，印度洋里的斯里兰卡蟹，以及沿海地区的饕客们难以忘怀的梭子蟹、膏蟹、肉蟹等等，江河海中好吃的螃蟹还有很多。

Jack是新加坡人，在Park Hyat集团旗下的酒店服务多年，现在是北京柏悦酒店行政总厨。“新加坡人很少吃到大闸蟹的，那是有钱人的食物。借用一句中国的俗语‘靠山吃山靠海吃海’，东南亚国家对螃蟹的选择多是海蟹，我们新加坡人吃螃蟹当然也是海蟹为主了。”意思相近的话，在粤菜餐厅、闽菜餐厅也听到过许多次，沿海地区的人们，对螃蟹的选择一定是海蟹多过大闸蟹的。“海蟹时时有、季季鲜，个头大，肉多，吃着过瘾解馋，味道也很好，为什么要一年翘首等大闸蟹呢？”Jack用这段话结束了自己的讲述。

问海南人海南有什么好吃的，大部分人会告诉你海南的四大名吃：文昌鸡、加吉鸭、东山羊、和乐蟹。和乐蟹位列海南四大名吃之列，足见海南人对它的喜爱。按照权威的说法，肉肥膏满是和乐蟹的特点，因为生活在近海咸淡水混合的水域中，所以有着淡水的嫩和海水的鲜，肉质鲜甜。海南地处热带，海水温暖，淡水生物和海水生物都很多，这就让和乐蟹的饵料丰富起来，想不肉满膏肥都不行。和乐蟹最肥美的季节是每年的清明前后，成熟的和乐蟹脂膏金黄油亮，蟹肉丰厚量多，一只大概有六七两重，大口吃黄，大口吃肉，一只蟹就能吃饱肚子了。

农历六月，暑热当头，广东珠江口一带，黄油蟹隆重登场了。黄油蟹的前身是膏蟹。黄油蟹与膏蟹的不同之处在于蒸熟的蟹身颜色介乎红色与黄色之间，蟹盖、蟹爪关节处均可透视黄色油脂。这是因为炎夏产卵季节，成熟的膏蟹会在产卵时栖身于浅滩河畔。退潮时，猛烈的阳光使浅滩上的水温升高，膏蟹受到刺激，蟹体内的蟹膏分解成金黄色的油质，然后渗透至体内各个部分，整只蟹便充满黄油，蟹身呈现橙黄色，故被称为黄油蟹。

黄油蟹以油膏甘香、肉质鲜嫩见称。蒸好的黄油蟹揭



干焗野生青蟹

开蟹盖，一股特殊的蟹油香味扑面而来，蟹盖上一层黄澄澄的蟹膏，细细品味，油质甘香嫩滑，美味独特。要想吃到美味的黄油蟹，加工处理时一定要小心谨慎，出现断螯折爪，伤口处会“泻油”，这就与普通膏蟹没有什么区别了。正确的方法是采用“冰水凉死法”，用近乎0°C的淡水，将蟹浸没，当蟹进入麻木至微僵状态时，便可将蟹“翻转”放在盘中清蒸。

浙江台州金清镇所产的青蟹，成熟期在每年的七八月间。青蟹是梭子蟹的一种，属海洋蟹类，肉质鲜美，营养丰富，滋味之美足可比肩秋风劲吹之后的闸蟹一族，历来就是海鲜珍品。广东台山的奄仔蟹是当地人的叫法，其实就是未曾交配的雌雄青蟹。奄仔蟹生长在咸淡水交汇处，完美地结合了河蟹的肉美膏肥，还透着淡淡的海洋气息，蟹肉鲜甜，蟹膏甘香，壳脆软可连壳吃。

蟹之美味，非华人独享，西人虽无吃大闸蟹之灵巧，

却也懂得阿拉斯加蟹之美味。海鲜这东西，冷水区域的一般比热水区域的好吃，阿拉斯加蟹产自寒冷的北极冰海，蟹肉甘鲜美，是蟹中极品，堪称蟹中之王。一只阿拉斯加蟹要变成可食用的成蟹，需要很长时间，而且无法人工养殖。巨大的蟹腿肉为卖点，并含有丰富的牛磺酸及甲壳素，这就是它昂贵的地方。

潮州菜因对海鲜的烹制独有心得在粤菜中独树一帜，在螃蟹的选择上，潮州人对海蟹情有独钟，做法上也有别

于其他地区。一般地区螃蟹多做成热菜，在热气腾腾中体会蟹肉的甘美。但潮州硬是把螃蟹做成冷菜，冻红蟹便是其中之一。选新鲜、肉质饱满结实的肉蟹，不加任何调料蒸熟，然后迅速冷冻，吃的时候配上一碟红醋，调出蟹肉的鲜甜，直接体会海蟹的原汁原味。鲜甜凉爽的蟹肉，别有一番清鲜滋味，这是许多热菜蟹饌难以比拟的。而且海蟹一年四季不断，除了禁海期，大多数的时间都能吃到，很好地满足了人们喜欢吃蟹的愿望。



清蒸黄油蟹



奄仔蟹

CRAB CUISINE

Autumn winds cool, meaning it's time for crab. Crabs are delicious. Crab cognoscenti say lake crabs taste better than river crabs, river crabs better than sea crabs.



Steamed egg and Alaska Snow Crab

The most famous lake crabs are Chinese mitten crabs or hairy crabs: dazha xie in Chinese. The word zha means bamboo gate or fence, sluice gates fitted with bamboo screens to prevent the escape of crabs. Lights are put on bamboo screens. Crabs climb up the fence, attracted by the light. They are caught by the bamboo trap. People from Shanghai like crabs, especially hairy crabs from Yangcheng Lake. Hence hairy crabs became famous.

In fact, the tastiness of crab depends on the quality of lake or river bed. I've eaten crabs from Shenyang West Lake and

crabs from Caidian Lake in Wuhan. Both tasted good, no less delicious than hairy crabs. In addition, they reside in lakes, much safer and less polluted than the habitat of hairy crabs.

The key to tasty crabs is to steam them while they are still alive. Dead crabs are not safe for eating. Their meat is dry and the crab roe possibly poisonous. It's hard to retain the original flavor and freshness of crabs by other cooking methods. Steamed alive, the essence of crab spreads all over the body as they shake and struggle in the heat. They surely taste better when their roasted flesh is goose-pimpled.

Hairy crabs need to be turned over in a rolling boil. They are finished by a second rolling boil. Otherwise, they may be overcooked.

Enjoy red cooked crabs with ginger-flavored Zhenjiang red vinegar and basil seasoning. Eat crabs from the inside out: innards, legs and claws in turn.

Delicious lake crabs are not the sole choice. There are many other delicious crabs that from the rivers and the sea including Hele crab, one of the official best four dishes of Hainan province, Huangyou crab from the Pearl River, wild green crab of Wenzhou, Taizhou of Zhejiang province; "virgin crab" from the Pearl River estuary, Alaska snow crab from high-latitude cold water, "bread crab" from the Atlantic Ocean, Sri Lankan crab from the Indian Ocean, as well as Suozi and Gao crab.

Much liked by Henanese, Hele crab has a rich meat, according to authorities. Living in mixed fresh and salt coastal water, its meat is fresh and sweet. The best time to harvest Hele crabs is around the Tomb-Sweeping Day Festival. With a golden shiny luster, mature Hele crabs have a rich meat. Each weighs about 300-350 grams. One crab is sufficient.

Huangyou crab boasts succulent grease and fresh meat. A special savory smell greets you when the steamed shell is produced. The shell, covered with a layer of glistening cream, is tender and delicious, uniquely savory. The correct recipe for Huangyou is to freeze it to death in about 0°C cold fresh water. When the crab is numb, it can be placed on a

plate to be steamed.

The green crab of Jinqing from the town of Taizhou in Zhejiang Province matures in July and August every year. Green crab is a kind of Suozi crab, belonging to the marine crab class. Being fresh, delicious and nutritious, its meat almost equals the delicacy of hairy crabs. A "virgin crab" is one that has never mated. It grows in the intersection of salt and fresh water. Perfectly combining the river crabs' delicacy and marine flavor, its meat and grease are delicious and the soft shell can be eaten too.

It's not the exclusive privilege of Chinese people to enjoy delicious crab. Westerners also know how to enjoy Alaska crab, though they may not be so skillful at eating hairy crab. Seafood from cold water is generally more delicious than that from hot water. Alaska crabs grow in the icy Arctic Ocean with a sweet and marvelous meat. They can be called the King of crabs. It takes a long time for Alaska crabs to mature and become edible and they cannot be farmed. Giant crab legs, rich in taurine and chitin, is a selling point. That's why they are expensive.

Chaozhou cuisine is particularly well known for its seafood. Chaozhou people favor sea crabs and their recipes are different from other regions where crabs are hot dishes. Chaozhou people make cold crab dishes. Chaozhou style steamed crab, served cold, is an example. Crabs with a fresh and rich meat are selected, steamed without any seasoning and rapidly chilled. Dipped in red vinegar, one can directly taste the original flavor of sea crab.



Chinese mitten crab



Fried Alaska Crab and lettuce