

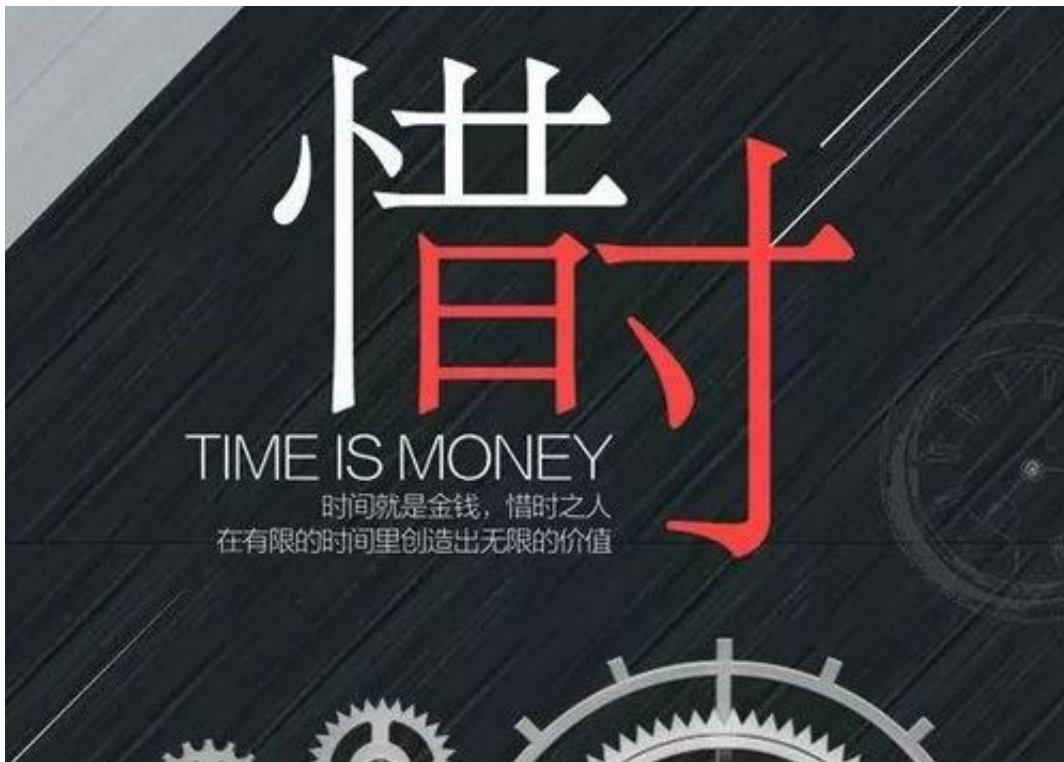
重庆火锅-中英文介绍

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A Delicious Dish

In this issue,

two of our Chongqing colleagues introduce to us the Chongqing

hotpot—known as one of Chongqing 's Three Treasures(the other two being the pretty girls and

night-scene!).Their favourite way of savouring this Sichuan speciality is to visit local hotpot

restaurant that is popular with the locals and follows authentic recipes. The renowned spicy

hotpot was originated in Chongqing and the most authentic one is to be cooked with tripe, the

end-result having a taste which is typically rich and oily. This traditional soup base is further

enhanced with spicy bean paste, fermented soya beans, yak butter from Ganze, Sichuan, and

Sichuan pepper(hua jiao), etc. There are many kinds of ingredients, as the photos show, including

sliced raw meat, seafood, vegetables, mushrooms or fungi, etc. Green tea is the perfect

accompaniment to the hotpot, softening the impact of the more extreme spiciness. So, if you

have a chance to visit Chongqing for business or travel, don't miss out on tasting an authentic

Chongqing hot and spicy hotpot while you're there!

今期两位重庆同事为大家介绍人称“重庆三宝”（美女、火锅、夜景）之一的火锅。他们最爱到当地一家甚具人气而且味道纯正的火锅店。名扬四海的麻辣火锅发源于重庆，而最正宗的就是麻辣毛肚火锅，以厚味重油著称，传统汤汁的配制是选用辣豆瓣、豆豉、四川甘孜牛油、花椒为原料。食材繁多，如图中所见，包括鲜肉片、海鲜、蔬菜、菌菇等。吃火锅时，最好配上一杯开胃解油的绿茶，便可减轻麻辣的感觉了。下次若大家有机会到重庆工作或旅游，不妨找机会到这儿品尝最地道的麻辣风味！

刘冬林-野炊



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