

# 舌尖上的冬奥：这些中国美食火出圈，网友馋哭了

## Chinese cuisine scales new highs as Olympic athletes savor dishes

饺子、豆包、麻辣烫、宫保鸡丁……除了顶流吉祥物冰墩墩，北京冬奥会上让运动员和工作人员上头的，还有中国美食！

A dozen Chinese dishes have gained fame during the Games, after athletes shared an inside look at food being served in the athletes village on TikTok and in media interviews. Some were even captured live taking a bite of the delicacies during competitions.

北京冬奥会期间，运动员们在 TikTok 和媒体采访中分享了冬奥村的美食，让数道中国美食走红。有些人甚至被拍到在比赛现场“品尝”美食。

### 红豆包

#### red bean bun

在 9 日举行的北京冬奥会单板滑雪女子 U 型场地技巧资格赛中，马耳他运动员珍妮丝·斯皮泰里在滑行中出现失误后，竟淡定地从口袋里掏出一个吃了一半的豆沙包咬了一口。这一幕令众多网友直呼“太可爱”！



Snowboarder Jenise Spiteri, the only Olympian representing the European country of Malta is another big fan of Chinese food.

珍妮丝·斯皮泰里是唯一一位代表马耳他参加本届冬奥会的运动员，她也是中国美食的铁粉。

She has become the "red bean bun girl" in China after the scene was livestreamed globally that she was taking a crushed, flattened bun out of her competition suit pocket and had a big bite with a huge smile on her face during the breaks of her halfpipe qualifying run.

斯皮泰里被中国网友称为“豆包小姐姐”，因为她在单板滑雪女子 U 型场地技巧资格赛的休息时间从比赛服口袋里拿出一个压扁的豆包，咬了一大口，随后脸上露出了灿烂的笑容，这一幕被全球直播。

赛后，她表示，这种豆沙包是她在冬奥村中最喜欢的食物，每天都会吃 6 个，今早胃口不好就揣兜里了，结果等成绩时发现了豆包，所以决定治愈一下自己。离开北京冬奥村前，斯皮泰里还和餐厅的工作人员合影，感谢他们提供的美味佳肴。



## 韭菜盒子

### Fried dumpling filled with chives

相似画面还出现在 14 日的自由式滑雪女子坡面障碍技巧资格赛中，中国队选手谷爱凌在等待分数的时候，吃起了“韭菜盒子”，并大赞“味道非常好”！



[Photo/Agencies]

## 元宵

### Glutinous rice ball

2月15日是中国传统节日元宵节，谷爱凌在北京冬奥赛场上再传捷报，获得女子坡面障碍技巧银牌。赛后发布会上，谷爱凌表示希望能吃到芝麻味元宵。



图源：北京时间

Yuanxiao, or glutinous rice balls, made headlines after China's Gu Ailing told the press that it was the food or snack she craved for after winning silver in women's freeski slopestyle final.

中国队选手谷爱凌在摘得自由式滑雪女子坡面障碍技巧银牌后在采访中表示,她最想吃元宵,随后元宵登上新闻头条。

"The ones with black sesame filling are my favorites," said Gu.

谷爱凌表示：“我最喜欢黑芝麻馅的元宵。”

## 宫保鸡丁

### Kung Pao Chicken

北京冬奥会期间，美国单板滑雪运动员特莎·莫德当起了兼职“吃播”博主，在 TikTok 上分享冬奥村的中国美食，她也因此在中国走红。

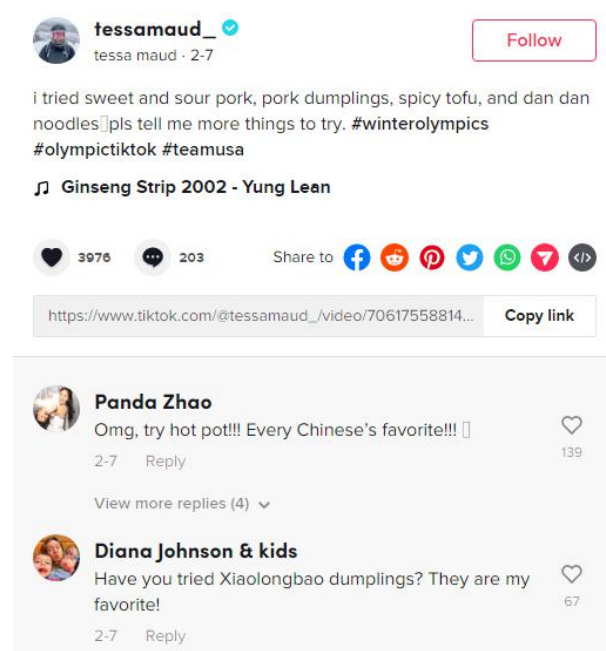


图源：TikTok

Beijing 2022 proved to be a totally new and enjoyable culinary experience for Maud. What to eat was a daily hard choice for her because "everything is so good."

事实证明，北京冬奥会给莫德带来了一次全新而愉快的美食体验。对她来说，吃什么是每天的难题，因为“都太好吃了”。

She documented details about her life in Beijing with her cafeteria diaries hailed by many viewers. 莫德用美食 vlog 记录了自己在北京生活的点滴，受到许多观众喜爱。



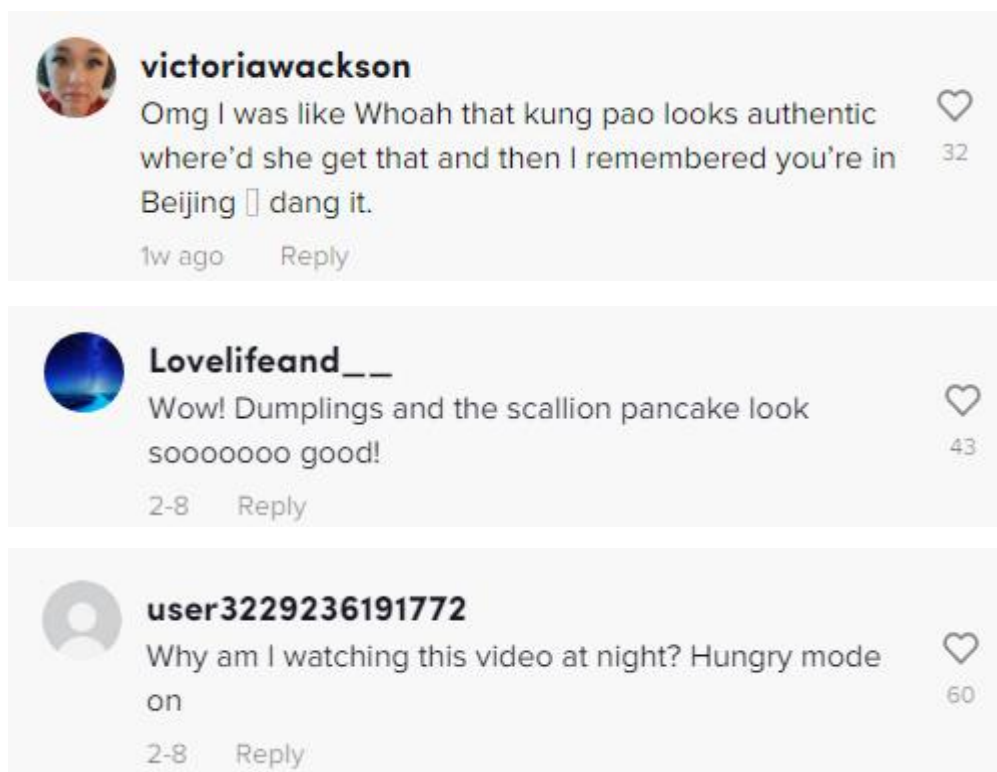
"I tried sweet and sour pork, pork dumplings, spicy tofu, and Dandan noodles. Please tell me more

things to try," she asked on Tiktok, which was immediately echoed by followers making a list of popular Chinese dishes under her account.

“我吃过糖醋里脊、猪肉饺子、麻婆豆腐和担担面。请告诉我更多可以尝试的美食，”她在 Tiktok 上问道。粉丝们立刻在评论区列出了一系列人气中国菜。



宫保鸡丁、饺子、糖醋里脊、炒饭……镜头里莫德频频微笑点头表达着喜爱，馋哭了不少外国网友。



饺子



### Chinese dumpling

而莫德的同胞，美国运动员朱莉娅·马里诺在接受美国全国广播公司(NBC)采访时谈到，自己在冬奥村最爱的食物就是饺子，来到北京后她大概吃了 200 个饺子。



### 麻辣烫

#### Spicy hotchpotch

Jutta Leerdam, a 23-year-old speed skating athlete from the Netherlands, posted her favorite spicy hotchpotch on social media. "This is the famous Chinese snack spicy hotchpotch, which is healthier than burger and fries," lauded Leerdam, with many followers wowing "it looks so delicious!"

23 岁的荷兰速度滑冰运动员朱塔·利尔丹在社交媒体上发布了她最喜欢的麻辣烫。利尔丹称赞：“这是著名的中国小吃麻辣烫，比汉堡和薯条更健康。”许多粉丝惊叹道：“看起来太好吃了！”



事实上，中餐仅占奥运村美食的三分之一。北京、延庆、张家口三个赛区的冬奥村运动员菜单共有 678 道特色菜品，以满足不同的口味和需求。

北京冬奥会运动员菜单（部分）

中餐餐台：

汤类：黄瓜蛋花汤，西湖牛肉羹，冬瓜海米汤，玉米排骨汤，菌汤，酸辣汤，番茄蛋花汤，鸡茸粟米羹

热主菜：滑蛋虾仁，荔枝鸡片，XO酱炒牛肉，青椒炒牛肉，木须肉，糖醋巴沙鱼块，西芹炒牛肉，酱爆鸡丁，照烧牛肉，炒孢子甘蓝，清炒小白菜，扒芦笋，上汤娃娃菜，清炒莴笋，清炒广东菜心，清炒芥菜，白灼芥兰

蛋类：煮鸡蛋（带壳）

主食：玉米发糕，鲜奶馒头，蒸豆沙包，叉烧包，奶黄包，素三鲜煎饺，素包子，小笼包，小米粥，白米粥，榨菜，肉松，咸菜丝，八宝咸菜，黄瓜酱菜，腐乳

亚洲餐台：

汤类：日式大酱汤（紫菜，小葱，木鱼花）

蛋类：西式炒蛋

主食：蔬菜炒乌冬面，白米饭（日式寿司米），日式姜片（白），日式姜片（粉），青芥末

热主菜：日式照烧鸡排，日式炸猪排，韩式泡菜炒五花肉，日式肥牛，日式咖喱海鲜，韩式烤肉，日式咖喱鸡，韩式辣酱炒墨鱼仔

蔬菜：清炒芥兰

酱菜：黄瓜酱菜，韩式泡菜

明档：

松饼：松饼

蛋类：菠菜蛋白蛋卷，原味煎蛋卷，火腿蛋卷，芝士煎蛋卷，番茄煎蛋卷，蘑菇煎蛋卷

披萨：玛格丽特披萨，烟熏鸡肉披萨，意大利辣香肠披萨，玉米火腿披萨，培根洋葱披萨，蘑菇披萨，牛肉披萨，大虾披萨，萨拉米披萨

意大利面：意式螺丝面，意式斜管面，意式蝴蝶面，意式直管面，意大利面（无麸质）

酱汁：牛肉酱，番茄酱汁，干酪粉，青酱



The menu, developed over nearly four years, is designed to meet the athletes' different dietary needs and requirements while also taking religious diversity into consideration, said Song Xueying, operations director of the Yanqing Winter Olympic Village.

延庆冬奥村运行主任宋雪莹表示，这份菜单经过近四年的开发，旨在满足运动员不同的饮食需求，同时考虑到宗教多样性。

Apart from traditional Asian cuisines such as sushi, udon, and stir-fried Kimchi, western pizza and pasta are also available to satisfy diversified tastes, according to the organizing committee.

据北京冬奥组委会介绍，除了寿司、乌冬面和炒泡菜等传统亚洲美食外，还提供西式披萨和意大利面，以满足不同口味。

In addition, a range of vegetarian and halal dishes is served in the canteen, with kosher service available to meet the specific dietary needs of athletes from different cultures.

此外，食堂还提供素食和清真菜肴，并提供犹太洁食服务，以满足不同文化运动员的特定饮食需求。

The catering services at Beijing Games have won wide appreciation from Olympic family members including International Olympic Committee president Thomas Bach.

北京冬奥会的餐饮服务赢得了包括国际奥委会主席托马斯·巴赫在内的奥林匹克大家庭成员的广泛赞赏。

"If I had stayed in the village for three days, I would have gained another 10 pounds," he said when visiting the Olympic Village at Yanqing on Feb. 11.

2月11日，巴赫在参观延庆奥运村时称：“如果我在村里呆三天，我可能会胖10磅。”