

Foreign Friend Encounters Traditional Ningbo Food②

# The Elusive Bouncy Texture of Xiangshan Fish Ball



On April 29, we invited Mr. Mike Banarus Lo, the SBSX skateboard instructor of Georgia School Ningbo, as our featured guest to savor a local delicacy in Xiangshan County, Ningbo.

4月29日,和宁波乔治亚外籍人员子女学校SBSX滑板基地教练麦克·巴拿勒斯·劳一起行动。

We set out before May 1st to avoid this year's summer sea fishing ban. Bao Minglong, secretary general of Xiangshan Restaurant Association, excels at making Xiangshan fish balls. He would work as our guest guide to jointly decipher the secret recipe of the fish ball.

赶在5月1日海洋伏季休渔开始之前,这次,我们要跟着鱼丸制作大师——象山县餐饮协会秘书长鲍明龙一起领略象山鱼丸的魅力。

Bao took us to the Chengdong market in Xiangshan for a key ingredient, the Mackerel. And he picked one weighing around 2 kg.

鲍明龙带着我们去象山城东市场采购,看中了一条三四斤重的马鲛鱼。

Mike seized the Mackerel with both hands, deeply impressed by its bluish back and freshness.

麦克双手抓鱼,鱼背泛着蓝光,哇哦,鲜度非常好。

We brought this raw material to the Cultural Creativity Center for Researching Xiangshan Flavor. There, we learned how to make fish balls.

提着这条大鱼,我们来到象山味道研究文创中心,手工鱼丸制作开始了——

"The mackerel is less bony but with tasty meat. It's thus the ideal ingredient to make fish balls." Bao informed us, "Once upon a time, a royal chef was assigned to make a bone-free fish dish. But he couldn't work it out. At the last minute, he pounded the fish heavily with his knife out of anxiety and annoyance. Surprise! The bone and the meat separated! And the chef, with great pleasure, made yummy fish balls out of mackerel meat." The tale of how this traditional Ningbo cuisine was created has passed down through generations.

"马鲛鱼刺少肉鲜,非常适合做鱼丸。"鲍明龙介绍,"相传古时有个御厨,奉命要烧一道没有鱼刺的菜肴,情急之下,御厨拿起菜刀猛敲,没想鱼肉和鱼刺自动分离,喜出望外,鱼肉做成了美味的鱼丸。"代代相传,成为宁波一道名菜。

First, clean the fish. Cut out its body part, scrape the meat off carefully, then slap it continuously with the back of the knife.

清洗干净后,去头尾,剖开,轻轻地刮下鱼肉,再用刀背不断敲打。

"Wow, it's fascinating!" Mike put on gloves and began pounding and slapping.

原来如此!太有意思了!麦克戴上手套,尝试敲敲打打。

Next, add water, salt, egg whites or egg yolk, and mix the blend clockwise. When the fish paste is ready, roll it into balls, scoop off with a spoon, and drop them in a bowl of water for a soak.

添加适量的水、盐,蛋清或者蛋黄,顺时针拌匀,挤成汤圆大小,用勺子舀入清水中浸漂。

If you prefer the yellow ball, fry the yolk-flavored ones with edible oil.

拌入蛋黄的,热油中氽煮,即为黄鱼丸。

If you prefer the white ball, boil the egg white flavored ones with water.

拌入蛋清的,在热水中焯熟,就成了白鱼丸。

The newly steamed hot fish balls tasted smooth and bouncy. Mike took a big bite and was amazed at its flavor: "This is far beyond my expectation. It tastes so good!"

刚出锅的鱼丸滑嫩鲜美,麦克当场试吃,"这个鱼丸超出了我的期待值!太好吃了!"

## Ningbo in the eyes of foreigners

老外眼里的宁波

I come from California, USA. My first arrival at Ningbo was in July 2019 and that's because of my assigned job.

我来自美国加利福尼亚,因为工作,2019年7月来到宁波。

Ningbo is a comfortable place to live, very clean and not crowded; this makes it very suitable for skateboarding. "I love skateboarding since various local streets can be surfed and new friends can be made to share happiness and experience."

宁波很“舒服”!空间不拥挤,很干净,适合滑板运动。“我爱滑板,因为可以一边刷街一边认识新朋友,分享快乐和经验。”

During our interview, Mike was attracted by the wave-shaped skateboarding track at Xiangshan People's Square, and then performed an impromptu skateboarding display.

采访途中,麦克被象山人民广场波浪状的滑板道所吸引,旋转、腾空,即兴晒一段滑板秀。



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