

麦芽糖

中国  
传统  
工  
艺



麦芽糖是碳水化合物的一种，由含淀粉酶的麦芽作用于淀粉而制得。用作营养剂，也供配制培养基用。也是一种中国传统怀旧小食。

Maltose is a type of carbohydrate produced by the action of amylase-containing malt on starch. It is used as a nutrient and also for the preparation of culture medium. It is also a traditional Chinese nostalgic snack.





麦芽糖的制作大概分为以下几个步骤：先将小麦浸泡后让其发芽到三四厘米长，取其芽切碎待用。然后将糯米洗净后倒进锅焖熟并与切碎的麦芽搅拌均匀，让它发酵 3~4 小时，直至转化出汁液。而后滤出汁液用大火煎熬成糊状，冷却后即成琥珀状糖块。食用时将其加热，再用两根木棒搅出，如拉面般将糖块拉至银白色即可。

The production of maltose is roughly divided into the following steps: first soak the wheat and then let it germinate to a length of three or four centimeters, and chop the buds for use. Then wash the glutinous rice, pour it into the pot, and stir it with the chopped malt. Let it ferment for 3 to 4 hours until the juice is transformed. Then filter out the juice and fry it into a paste with high fire, and after cooling, it becomes amber-shaped sugar cubes. Heat it when eating, stir it out with two wooden sticks, and pull the sugar cubes to silvery white like ramen noodles.





它由小麦和糯米制成，香甜可口，营养丰富，具有健胃消食等功效，是老少皆宜的食品。近年来风靡食品行业的益生元、益生菌，实际上就是麦芽糖的一种 -- 低聚异麦芽糖，许多食品中含此营养物质，如雅客 V9 维生素糖果、蒙牛益生菌牛奶、叶原坊麦芽加应子、优之元儿童益生菌营养片等等，并都借此概念在市场上获得不小成功。

Made from wheat and glutinous rice, it is sweet and delicious, rich in nutrients, and has the functions of strengthening the stomach and digesting food. It is a food suitable for all ages. The prebiotics and probiotics that have been popular in the food industry in recent years are actually a kind of maltose - isomaltooligosaccharides. Many foods contain this nutrient, such as Yake V9 vitamin candy, Mengniu probiotic milk, and Yeyuanfang malt. Jiayingzi, Youzhiyuan Children's Probiotic Nutritional Tablets, etc., have all achieved great success in the market with this concept.





麦芽糖是宁夏川区回族群众喜食的一种传统风味糖果食品。每逢秋收完后，回族群众便晒好大麦，整理好家具，开始碾米，做糖。这种习惯已有 200 年的历史。宁夏川区是宁夏大麦的主要产区，为回族群众做糖果提供了有利的条件。他们做的糖果除了自己食用外，还拿到街上出售。到了民国年间，宁夏已有几十家制作麦芽糖的作坊，其中尤以平罗县惠北乡回族群众毛义山、毛义川的最有名气，为“毛家

Maltose is a kind of traditional candy food favored by the Hui people in Chuan District, Ningxia. After the autumn harvest, the Hui people dry the barley, tidy up the furniture, mill rice, and make sugar. This habit is 200 years old. Ningxia Chuan District is the main barley producing area in Ningxia, which provides favorable conditions for Hui people to make candy. In addition to eating their own sweets, the candies they make are also sold on the street. During the period of the Republic of China, there were dozens of workshops making maltose in Ningxia, among which Mao Yishan and Mao Yichuan, the Hui people of Huibei Township, Pingluo County, were the most famous and were called "Maojia Sugar Workshop".





制作麦芽糖不仅可以宣传本地的文化，与此同时也可以可以继承中华民族的传统文化

Making maltose can not only promote local culture, but also inherit the traditional culture of the Chinese nation



麦芽糖有着食用价值之余，亦有其食疗功效，它性温味甘，与水溶解后会化作葡萄糖，作为医学上的营养料，可用作养颜、补脾益气、润肺止咳、缓急止痛、滋润内脏、开胃除烦、通便秘等，主治脾胃虚弱、气短乏力、纳食减少、虚寒腹痛、肺燥咳嗽、干

Maltose has not only edible value, but also its therapeutic effect. It is warm in nature and sweet in taste. It will turn into glucose after being dissolved in water. Pain relief, moisturizing internal organs, appetizing and removing vexation, clearing constipation, etc. It is mainly used for spleen and stomach weakness, shortness of breath and fatigue, decreased appetite, abdominal pain due to deficiency and cold, cough due to dryness of the lungs, dry cough with less phlegm, and sore throat. However, it should be used with caution due to weak mid-qi, insufficient digestion, damp-heat in the body, and obesity and sickness, because maltose will help dampness to generate heat and make people prone to bloating.





今天的介绍就到这里啦，感谢观看！

**That's all  
thank you!**