



Xinhui Aged Sun-dried Tangerine Peel

新会陈皮

In Xinhui of Guangdong Province, the production of dried tangerine peel has more than 700 years of history. Xinhui aged sun-dried tangerine peel is made from Xinhui orange. It is believed that "hundred-year-old tangerine peel is more valuable than a piece of gold" and "it takes millennium to grow ginseng and 100 years to obtain tangerine peel". The steps to make Xinhui aged sun-dried tangerine peel are as follows: to cut the orange peel into three equal parts with the base connecting to each other and then turn it over and lay drying in the sunlight or bake it in the oven for storage. Those produced in the alluvial plain of Tanjiang River Basin, especially along the Yinzhou Lake, are considered of the best quality.

Xinhui aged sun-dried tangerine peel has a slightly sweet and pungent taste. When used in cooking, it enhances the aroma and gives a pleasant aftertaste. It is a versatile and popular dietary product that has health benefits for different groups of people and is suitable for different seasons. In spring, its warm attributes can foster the function of spleen and stomach. In summer, it can solve digestion problem by relieving intestinal gas and bloating and dampness. In autumn and winter, it can be used to regulate qi, increase blood flow and stimulate digestive system. Used as a traditional seasoning in Chinese cooking and traditional medicine, Xinhui aged sun-dried tangerine peel creates a unique food culture that integrates delicacy with health benefits.

(Courtesy of the IP Protection Department of CNIPA)

在广东新会，种柑取皮已有 700 多年历史。新会陈皮，以新会柑为原料晒制而成，有“百年陈皮胜黄金”和“千年人参，百年陈皮”的说法。新会柑的果皮，从果顶正三瓣开皮，留果蒂部相连，反皮自然晒干或焙干后陈年贮存，以境内潭江流域冲击带平原，特别是银州湖沿岸所产为品质最佳。

新会陈皮味醇香，略甜带辛微辣，用它做原料或调味品烹饪，甘香醇正，齿颊留香。陈皮食养千变万化，可谓老少皆宜，四季合适。春季，易发肠胃病、肝病，多吃陈皮来补脾养胃；夏季，湿重滞食，多食陈皮以消食燥湿；秋冬季节，陈皮汤具有温中补虚，益气补血，养阴润燥，养胃生津的功效。在新会，陈皮的药用保健功能与调味功用组合，形成了独特的陈皮食养文化。

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