

婚俗服饰与饮食：从礼服华装到喜宴中的味道

在家乡的传统婚礼中，服饰与饮食是两大重要组成部分。它们不仅构成婚礼的视觉与味觉盛宴，也承载着丰富的文化象征与时代变迁。

首先讲讲服饰：过去，新娘穿的是深红色的凤冠霞帔，脚穿绣花鞋。袖口、裙摆常绣有“鸳鸯”“凤凰”“双喜”字样，象征夫妻和睦、吉祥美满；新郎则身穿长衫马褂，头戴长寿帽。整衣以红色为基调，意寓新婚吉庆。

现代婚礼中，许多年轻人选择了白纱礼服，甚至西装礼服为主。但家乡婚礼依然保留了部分传统元素：例如在敬茶环节，新娘仍可能换上绣凤裙；婚礼合影中，长辈也会要求新人穿上红色礼服拍摄。这样一来，旧与新、传统与时尚在婚礼中交汇。

饮食方面，喜宴象征的是“从满桌菜肴看好运”。桌上最先上来的通常是红烧大虾，虾红像火，象征红红火火；紧接着是富贵双拼——比如干烧明虾配栗子鸡；再有年糕、长寿面、汤圆等，寓意新婚如意、白头偕老、团圆甜蜜。

亲友们举杯祝酒，新人敬酒周转，掌声笑声连连。宴席中的小点心如花生、瓜子、开心果，寓意“花开富贵”“子孙满堂”。这些饮食细节虽普遍，却饱含乡土温情和文化意味。

随着时代发展，婚宴逐渐加入了更多现代元素：自助餐形式、主题灯光、互动游戏。但在家乡，宴席的开场仍常用传统礼节：主持人为新人宣读“稚子鞠躬辞礼”“同心同德天地合”等祝词，伴随着鞭炮和掌声。这一刻，饮食不再只是口腹之欲，而成为连接过去、现在与未来的仪式。

服饰、饮食，是婚礼的两个维度，前者是视觉的文化符号，后者是味觉的祝福。每当我看到那身红衣新娘、听到祝酒词、闻到浓香油爆菜的蒸腾，我便知道，那是我家乡的婚礼，是我们这片土地上流淌的仪式血脉。

这种婚俗的延续，让我们感受到文化的温度、亲情的厚度与传统的力量。即使未来婚礼形式更轻、流程更短，那件凤冠霞帔、那桌红烧大虾，仍会被记住、仍会带来触动。

Wedding Attire and Cuisine: From Ceremonial Dress to the Flavor of the Banquet

In the traditional weddings of my hometown, attire and cuisine are two major components. They not only provide a visual and gustatory feast for the ceremony, but also carry deep cultural symbolism and reflections of generational change.

Let's first talk about attire: in the old days, the bride would wear a deep-red phoenix crown and a richly embroidered robe (tiaobei), stepping into embroidered shoes. The cuffs and hems bore motifs of "mandarin ducks," "phoenixes," and the "double-happiness" character, all signifying marital harmony and auspiciousness. The groom would wear a long robe and a mandarin coat (magua), crowned with a longevity cap. Red was the dominant color, expressing good fortune at the new

marriage.

In modern weddings, many young couples choose white bridal gowns or Western-style suits. But in hometown ceremonies, some traditional elements are still kept: for example, during the tea ceremony, the bride may still change into an embroidered phoenix-skirt; for the photo session with elders, the couple may don red ceremonial attire. In this way, old and new converge, tradition and fashion entwine.

On the cuisine side, the banquet represents “seeing good fortune across the laden tables.” The first dish is often braised large prawns—bright red like fire—symbolizing a flourishing life. Then comes a “double prosperity” platter—say braised prawns with roasted chestnut chicken. Also served are rice cakes, longevity noodles, and sweet dumplings (tangyuan), signifying good wishes for married life, white-headed togetherness, and sweet reunion.

Guests raise their glasses in toasts, the couple circulates to thank them—applause and laughter fill the air. Small snacks like peanuts, sunflower seeds, pistachios carry meanings of “blossoming prosperity” and “descendants in abundance.” While these culinary details are commonplace, they brim with hometown warmth and cultural nuance.

As times move on, wedding banquets increasingly incorporate modern features: buffet style, themed lighting, interactive games. Yet in our hometown, the banquet still often begins with traditional rituals: the host recites formal blessing lines like “the little ones bow in greeting, the hearts in accord, heaven and earth united,” accompanied by firecrackers and applause. In that moment, the feast becomes a ritual linking past, present, and future.

Attire and cuisine are the two dimensions of a wedding: the former is a visual symbol of culture, the latter a gustatory blessing. Whenever I see the bride in her red robe, hear the toast, smell the rich aroma of the sizzling dishes, I know it is my hometown wedding, the ritual lifeblood flowing in this land.

The continuation of these wedding customs allows us to feel the warmth of culture, the weight of kinship, and the strength of tradition. Even if future weddings become lighter and shorter in process, that phoenix crown, that red-braised prawn still will be remembered, still will stir emotion.