f&eacute;ng r&egrave;n pīn yīn

f&eacute;ng r&egrave;n shì yī zhǒng chu&aacute;n tǒng de j&igrave; y&igrave; ，tōng gu&ograve; shǒu gōng hu&oacute; jī q&igrave; de fāng sh&igrave; ，bǎ liǎng ku&agrave;i hu&oacute; duō ku&agrave;i bù li&agrave;o f&ugrave; zài yī qǐ 。zh&egrave; xiē z&igrave; mǔ de pīn yīn bǎo h&aacute;n le zhōng gu&oacute; chu&aacute;n tǒng w&eacute;n hu&agrave; de jīng su&igrave; ，yě tǐ xi&agrave;n chū le j&igrave; y&igrave; de x&igrave; x&igrave; 。

jī běn gōng j&igrave;

f&eacute;ng r&egrave;n de jī běn gōng j&igrave; bāo ku&ograve; zhēn fǎ 、xi&agrave;n fǎ yǐ j&iacute; b&ugrave; li&agrave;o de xuǎn z&eacute; 。zhēn fǎ sh&igrave; zhǐ zěn me yòng zhēn zài bù sh&agrave;ng zuò y&egrave; ，l&agrave; f&eacute;ng r&egrave;n de zuì jī běn j&igrave; qiǎo 。xi&agrave;n fǎ z&eacute; guān x&igrave; d&agrave;o xi&agrave;n de s&egrave; cǎi yǔ zhǒng l&egrave;i ，yào yǔ b&ugrave; li&agrave;o xiāng p&egrave;i 。b&ugrave; li&agrave;o de xuǎn z&eacute; yě hěn zh&ograve; y&agrave;o ，b&ugrave; li&agrave;o de ru&ograve; y&igrave;ng ch&eacute;ng d&ugrave; hu&igrave; f&eacute;ng r&egrave;n zu&igrave; h&ograve; de guǒ 。

shǒu gōng f&eacute;ng r&egrave;n yǔ jī q&igrave; f&eacute;ng r&egrave;n

shǒu gōng f&eacute;ng r&egrave;n yī bān yòng yú x&igrave; ji&eacute; de xiū bǔ hu&oacute; zh&igrave; zu&ograve; ，tā de yōu diǎn sh&igrave; l&iacute; x&igrave;ng g&egrave;ng qiǎng ，kě yǐ zu&igrave; y&igrave; b&ugrave; tóng de xi&agrave;n tiáo hé xi&agrave;o ji&eacute; 。jī q&igrave; f&eacute;ng r&egrave;n z&eacute; g&egrave;ng sh&igrave; y&uacute; xi&agrave;o lǜ ，sh&igrave; d&agrave; li&agrave;ng zh&igrave; zu&ograve; de shǒu duǎn 。liǎng zhǒng fāng sh&igrave; g&egrave;ng yǒu g&egrave;ng de yōu diǎn ，yīng gāi gēn j&ugrave; shí j&igrave; q&iacute;ng kuàng xuǎn z&eacute; 。

y&igrave; sh&ugrave; y&igrave; y&igrave;

f&eacute;ng r&egrave;n b&ugrave; j&igrave;n jǐn sh&igrave; yī zhǒng shēng hu&oacute; j&igrave; suǒ xū de j&igrave; qiǎo ，g&egrave;ng sh&igrave; yī zhǒng y&igrave; sh&ugrave; de tǐ xi&agrave;n 。z&igrave; mǔ men kě yǐ tōng gu&ograve; f&eacute;ng r&egrave;n l&aacute;i chuàng z&igrave; měi gǎn ，bǎ pǔ tōng de b&ugrave; li&agrave;o biàn ch&eacute;ng yǒu g&egrave;ng j&igrave; y&igrave; de zu&ograve; pǐn 。zh&egrave; zhǒng chuàng z&igrave; x&igrave;ng yě shǐ f&eacute;ng r&egrave;n ch&eacute;ng w&eacute;i yī m&eacute;n d&uacute; t&igrave; de y&igrave; sh&ugrave; x&igrave; w&egrave;i 。

jīn d&agrave;i de f&eacute;ng r&egrave;n

s&ugrave; zhe sh&igrave; j&igrave; de fā zhǎn ，f&eacute;ng r&egrave;n yǐ jīng b&ugrave; j&igrave;n jǐn j&igrave; yī zhǒng jiā t&igrave;ng j&igrave; qiǎo ，g&egrave;ng ch&eacute;ng w&eacute;i yī zhǒng chuàng y&igrave; de biǎo d&agrave; dá fāng sh&igrave; 。x&igrave; ni&aacute;n rén yě kāi shǐ xu&eacute; xí f&eacute;ng r&egrave;n ，tā men yòng zhè zhǒng chu&aacute;n tǒng de fāng fǎ lái biǎo d&agrave; z&igrave; z&igrave; jǐ de g&egrave; x&igrave;ng yǔ chuàng y&igrave; 。

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