

广东风味菜

精美小炒

李曾鹏展 著·广东科技出版社



2.1 FLAVOROUS DISHES

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GUANGDONG FLAVOROUS DISHES

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STIR-FRY

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说 明

书中使用了一些广东方言，为方便读者阅读，现将书中常出现的广东方言与普通话对照，列举如下：

滚水——开水	些小——少量
脰——熟透，变软	糍——粘
捞匀——搅至均匀	埋芡——勾芡
鏢一刀——划一刀	镬——炒锅
罩篱——漏勺	雪柜——电冰箱
生抽——浅色酱油	老抽——深色酱油
古月粉——胡椒粉	泡打粉——发粉
矮瓜——茄子	薯仔——马铃薯
马蹄——荸荠	鸡肫——鸡腿
青豆角——菜豆	菜苙——青菜去掉花及老梗
焗——烤	芽菜——豆芽
梳打粉——苏打粉	

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自序



陆羽写“茶经”，随园编食谱，意在启发后人学习烹饪。蔬菜虽微，巧为炮制，亦能引起食欲，有助家庭欢乐，促进社交友谊。现代学校，列烹饪为女生家政之一者，非无因也。

家慈精炊事，鹏展耳闻目睹，幼受熏陶，长从名厨学习，因而稍识门径，得友好鼓励，先在丽的电视示范，又在香港电台主持“食在香港”节目，复蒙先进不弃，邀列讲席，近年在无线电视之“妇女新姿”节目示范。随教随写，果成讲义，非云独具心得，聊供爱好者切磋，但愿前辈有以教之。

李曾鹏展

写在“家常小炒”之前

能够烹调几款可口的小菜，不仅自己可以享受，家人也有口福；就是三两知己相聚，自己亲手烹饪，“炒番两味”，把盏浅尝小酌，自是一番情趣。

烹任菜式，看来很简单，其实并不容易，除了色、香、味、形、相要顾及之外，还要注意火候和材料的特性，例如炒肉类，火候过分便太熟而韧，吃起来不是味道。

“炒”是最普及的一种烹饪技术，也是要求最高的。炒菜最主要的特点，是芡汁紧包，炒透而又入味；时间控制得宜，手法灵活，动作敏捷。所谓一兜、二炒、三上碟，就是“炒”的三个步骤。

“炒”的种类可分为两种，一是“生炒”，另一是“熟炒”。“生炒”就是用少量油，把生的主要材料落锅炒至半熟，再放下其他生的配料，不易熟的先放，易熟的后下，接着加入调味料同炒，待汁液全被材料吸收便可离锅上碟。

“熟炒”就是把原料经过初步处理煮熟后（如泡油、拖水），然后放入少量的油在锅中略炒，

加入配料和调味料炒数下，勾薄芡，上碟。

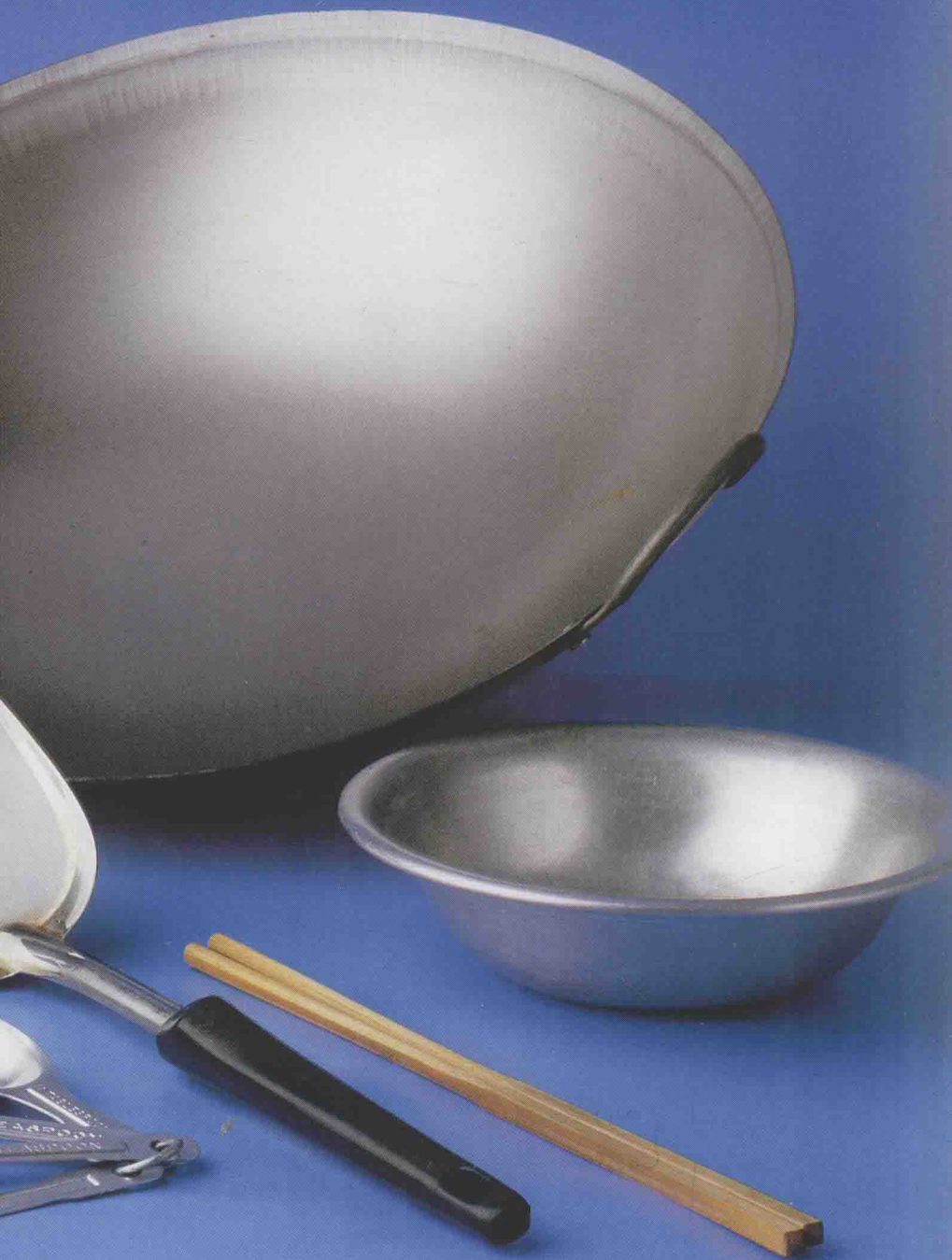
烹调菜式必须多做多吃，把经验累积起来，才可达到美满的效果。

希望《广东风味菜——精美小炒》出版后，能够给大家一点帮助，并请各位给我支持和意见。

李曾鹏展

本菜谱常用之厨具





猪

生炒排骨

用料:

腩排 225 克斩件，青辣椒、红辣椒各 1 只切件，干葱 2 粒，菠萝 2 件切件，葱 2 条切小段，生粉适量。

腌料:

生抽 1 茶匙，盐 $\frac{1}{3}$ 茶匙，鸡蛋半只，生粉 1 茶匙，鸡粉半茶匙。

芡:

水 5 汤匙，外国醋 2 汤匙，糖 2 汤匙，茄汁 1 汤匙半，生粉 1 茶匙，山楂饼大件切碎（山楂饼是小孩子作零食吃的，中药店有售）。

做法:

- (1) 腩排用梳打粉 $\frac{1}{3}$ 茶匙、水 2 汤匙腌 2 小时，洗去梳打粉味，抹干水，加腌料腌半小时。把每件排骨沾满生粉放落滚油中炸至微黄捞起，约 1 分钟后重炸至金黄色捞起。
- (2) 菠萝、青红椒放落油锅中一炸立即捞起。
- (3) 下油 2 汤匙，爆干葱、蒜茸，埋芡。芡滚，加入青红椒、菠萝、葱、排骨快手兜匀上碟。



注:

咕嚕肉就是由生炒排骨改良而成。据说外国人很喜欢吃生炒排骨，但排骨有骨，外国人不大习惯，厨师有见于此，用枚头肉（夹心肉）代替排骨，更受外国人欢迎，成为中外闻名的咕嚕肉。

STIR FRY SPARE RIBS

Ingredients:

8 oz spare ribs (chopped)
1 red chilli and 1 green pepper (shredded)



2 dried shallot
2 slices pineapple (diced)
2 stalks spring onion (sectioned)
Pinch of cornflour

Seasoning:

1 tsp light soy
 $\frac{1}{3}$ tsp salt
 $\frac{1}{2}$ egg
1 tsp cornflour
 $\frac{1}{2}$ tsp chicken powder

Sauce:

5 tbsp water
2 tbsp vinegar
2 tbsp sugar
1 tbsp tomato sauce
1 tsp cornflour
1 big piece of ground hawthorn cake

Method:

1. Marinate spare ribs with $\frac{1}{3}$ tsp soda and 2 tbsp water for 2 hours. Wash away the smell of soda, wipe dry and marinate with seasoning for $\frac{1}{2}$ hour. Roll spare ribs in cornflour and deep fry until slightly brown. Leave for approximately 1 minute. Fry again until golden brown.
2. Saute dried shallot and garlic with 2 tbsp oil. Add sauce and bring to boil. Put in green and red pepper, pineapple, spring onion and spare ribs. Mix well and serve.

荷兰豆炒猪肝

用料:

猪肝 150 克, 荷兰豆 110 克, 中国芹菜 1 棵, 姜、甘笋各数片, 蒜茸半茶匙。

腌料:

姜汁 1 茶匙, 酒 1 茶匙, 生粉半茶匙。

芡:

蠔油半汤匙, 麻油、古月粉少许, 鸡粉半茶匙, 盐、糖 $\frac{1}{3}$ 茶匙, 生粉半茶匙, 水 3 汤匙。

做法:

- (1) 猪肝切薄片, 加梳打粉 $\frac{1}{3}$ 茶匙、水 2 汤匙腌 2 小时, 洗去梳打粉味。抹干水, 加腌料腌 10 分钟, 放落滚水中煮至将熟, 捞起用清水洗一洗, 滴干水。
- (2) 荷兰豆撕去老根, 洗净滴干水 (也可以用 3 两青豆角代替荷兰豆)。
- (3) 芹菜去叶切小段。

(4) 下油 1 汤匙, 倒下荷兰豆炒至转翠绿色时, 加水 2 汤匙煮至水将干, 铲起, 汁不要。

(5) 下油 2 汤匙, 爆姜, 下猪肝、甘笋、蒜茸、芹菜炒至猪肝熟, 下荷兰豆炒匀, 埋芡上碟。

注:

猪肝以鲜红色为好, 紫蓝色猪肝是老猪的肝。

STIR FRY PIG'S LIVER WITH SWEET PEAS

Ingredients:

5 oz pig's liver
4 oz sweet peas
1 stalk Chinese celery
few slices ginger
few slices carrot
 $\frac{1}{2}$ tsp mashed garlic

Seasoning:

1 tsp ginger sauce
1 tsp wine
 $\frac{1}{2}$ tsp cornflour

Sauce:

$\frac{1}{2}$ tbsp oyster sauce
Pinch of sesame oil
Pinch of pepper
 $\frac{1}{2}$ tsp chicken powder
 $\frac{1}{3}$ tsp salt
 $\frac{1}{3}$ tsp sugar
 $\frac{1}{2}$ tsp cornflour
3 tbsp water

Method:

1. Thinly slice liver, marinate with $\frac{1}{3}$ tsp soda and 2 tbsp water. Wash away the smell of soda and



- wipe dry. Marinate with seasoning for 10 minutes. Put in boiling water to boil until it's nearly cooked. Take out and wash. Drain.
2. Tear roots off sweet peas. Wash and drain. (4 oz green string bean can be used instead of sweet peas).
 3. Remove leaves of celery. Cut into short sections.
 4. Stir fry sweet peas with 1 tbsp oil until it turns green. Add 2 tbsp water and cook until water is nearly dried up. Dispose sauce and dish up.
 5. Saute ginger with 2 tbsp oil. Add liver, carrot, garlic and celery. Stir fry until liver is fully cooked. Add sweet peas and mix well. Add in sauce and bring to boil. Dish up.