



蔡潔儀

四

和菜

Combo Meals

蔡潔儀 編著

萬里機構 · 飲食天地出版社出版



蔡潔儀：四和菜 Combo Meals

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前言 Preface

戰後40-60年代，港人流行飲早茶、下午茶和午夜時段的夜茶。那時的茶樓林立，碰面時的慣常用語是「飲咗茶未呀？」，約定俗成，漸漸成為打招呼的慣常用語。那年代，有一句十分好用的俗語：「三茶兩飯」，就是指早茶、下午茶、夜茶、午飯和晚飯，十分有趣。

當時的小市民，生日也愛上茶樓，慶祝一番，不過並非大排筵席，而是來個代替生日蛋糕的雞球大包。還記得那時莊士頓道的安華麵包公司，一磅重的生日蛋糕售價港幣2元，當時的鮮忌廉還未流行，所以餅面裝飾會啣上大大朵的奶油（牛油忌廉）玫瑰花，看來不生動，吃來太膩口，如果要我選，還是雞球大包較合眼緣。

茶樓的茶市，也是生意人洽商的好地方，很多生意都在一盅兩件的情況下談妥。然而，茶市雖然興旺，晚飯卻蕭條，追究原因，可能是因為一般人家子女眾多，出外用餐不符合經濟原則，因而鮮有到茶樓酒室去用膳，大多只愛在家裡做飯。飲食業為了招徠生意，便齊動腦筋，推出「四和菜」和「大雞三味」，以吸引小家庭。

1960年代，一桌酒席約為港幣80~150元，餐單已包括大紅乳豬全體、龍穿鳳翼、蒜子瑤柱甫、紅燒大鮑翅、網油窩麻鮑和清蒸大紅斑等，現在就算花三千元也吃不到了。當年四和菜的價格大約10元左右，一般小市民每月收入約百多塊，職位高一點的約為三百元，還有少數更高薪的人士，因此，四和菜的定價是否相宜便見仁見智。不過，四和菜大碟份量多，就算是小孩多的家庭，點一個四和菜套餐也就足够了。

去年路過灣仔的龍門茶樓，適逢晚膳烹調時間，便不作他選，與友人推門進去，找個位置坐下，但見餐單上仍保留著四和菜，便隨意點了一款，感覺大不如前，也許掌廚的老師傅已經退休了吧！

可能是我比較保守，懷舊的菜式總教人難捨難離，在腦海裡團團轉。很多常在四和菜中出現的家常小炒，都經得起烹調時間考驗，至今仍是食客的必然之選，也是我心中至愛，例如：咕嚕肉、生炒骨等便是，不過這些菜餚，在過往的作品中曾多次介紹，因而不納於此冊《四和菜》中，望見諒。

蔡潔儀

In the post WWII period, between 1940s and 1960s, having Chinese tea with dim sum in the morning, afternoon and at late night was a favourite pastime in Hong Kong. At that time, teahouses bloomed everywhere and a common greeting was: "Have you had tea?" There was a very popular slang, "three teas and two meals", meaning breakfast tea, afternoon tea and late night tea as well as lunch and dinner.

In addition, teahouses also served as a common place for birthday celebration. Instead of throwing a lavish birthday banquet, people simply had a large chicken bun in place of a birthday cake. I still remember there was An Wah Bakery Company on Johnston Road, Wanchai, where birthday cake cost HK\$2 per pound. Since whipped fresh cream was not popular then, most cakes were garnished with large roses of thick butter cream, looking stoic and giving a greasy aftertaste. Personally, I prefer a large chicken bun to a butter cream cake.

Moreover, tea session of restaurants also provided a place for business negotiations. A number of deals were closed over a cup of tea and some dim sum. Therefore, daytime tea business was burgeoning whereas that at dinnertime was disappointing. It might be due to the fact that families normally had many children and it was not economical to dine outside, not to mention having dinner at teahouses or restaurants. Therefore, most people rather had their dinner at home. To attract more customers especially small family units, restaurants introduced "combo meals" and "a set meal with three dishes of chicken".

In the 1960s, a banquet meal for 10 to 12 persons cost around HK\$80 to HK\$150. The menu included a whole roast piglet, chicken, braised dried scallops in hairy gourd, shark fin soup, braised abalone and steamed grouper, costing more than HK\$3,000 nowadays. On the other hand, a combo meal cost around HK\$10. However, one should bear in mind that average people earned around HK\$100 per month while people at more senior positions earned around HK\$300 and only an exclusive few earned more than that. Therefore, it is hard to say whether the price of combo meal is reasonable or not. Meanwhile, it should be noted that a combo meal was pretty large in portion and was enough to feed a family of many children.

Last year, when my friend and I walked pass the historical Lung Moon Restaurant in Wanchai around dinner time, we walked in spontaneously and ordered a combo meal from their menu casually. Unfortunately, the restaurant failed to upkeep the good old taste of their dishes.

Being a person of the old school, I have a special affection for traditional dishes. I think many ordinary household dishes of combo meals, such as, stir-fried sweet and sour pork and stir-fried spare ribs, are timeless and still popular amongst diners, including myself. However, as these dishes have been introduced in my previous cookbooks, I do not include them in this one.

Kitty Choi

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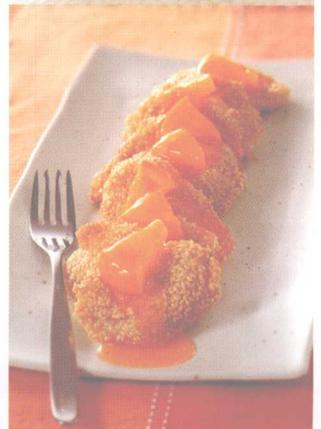
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不時不食的四和菜

Eat the Seasons

四和菜會按季節推出時令菜。正所謂不時不食，在最佳時節吃最佳食材，自然是既新鮮又便宜。以前氣候四季分明，吃東西要看時候，時候不到想吃也急不來。現在不一樣了，因為種種人為因素，一年365天要吃什麼都輕而易舉，只是品質參差而已。前人愛吃雞雜，美其名稱之為「芙翅」，如碧綠炒芙翅（即菜心炒雞雜）、蠔油牛肉、枸杞豬膶湯、五柳鯨魚、酸菜炒牛肉、薑芽魚雲、沙葛炒丁粒等等，都是夏季的時令菜式。天氣寒冷時，臘味飯、煲仔菜、羊肉鍋等，便是暖烘烘的驅寒佳品。現今食肆出現的4~6位用或6~8位用等套餐，可以說是由四和菜演變而來的。

The menus of combo meals were seasonal. Chefs usually made the best use of the seasonal food ingredients to cook delectable dishes at reasonable prices. In the old days, climates of four seasons were distinctive and each season had special food produces. Nowadays, with technological advancement, we can easily get whatever food we want throughout the year, however, quality may vary over different periods of time. People used to eat the assorted organs of chicken and liked stir-frying them with Chinese flowering cabbage to make a delightful summer dish. In addition, summertime dishes also included stir-fried beef in oyster sauce, pig liver and matrimony vine soup, stir-fried grass carp with assorted pickles; stir-fried beef with preserved cabbage, steamed fish head with baby ginger, and stir-fried pork with yam bean. In cold winter, there were steamed rice with Chinese sausages, small clay-pot dishes and mutton in pot to drive the chill away. These days such combo meals have been evolved into set meals for 4-6 persons or 6-8 persons available in Chinese restaurants.



蟹肉滑蛋魚肚羹

Crab Meat, Fish Maw and Egg Soup

時間：15分鐘

份量：4-6人

Cooking Time: 15 mins

Serve: 4-6



材料
 魚肚1兩(40克)
 蟹肉3兩(120克)
 雞蛋(打散)1隻
 上湯4杯
 薑2片
 紹酒1茶匙

調味
 雞粉1茶匙
 鹽適量
 胡椒粉少量
 麻油少量

芡汁
 馬蹄粉3½湯匙
 水4湯匙

做法

- 1 魚肚浸透瀝乾水，再以沸滾水，加入薑片和紹酒，滾片刻盛起，過冷，擠乾水，剁碎備用。
- 2 鍋中注入上湯4杯，加入剁碎之魚肚及調味。
- 3 待滾起，加入蟹肉及芡汁推勻。
- 4 熄火，下蛋液拌勻即成。



INGREDIENTS

40g fish maw
 120g crab meat
 1 egg (beaten)
 4 cups stock
 2 slices ginger
 1 tsp Shaoxing wine

SEASONINGS

1 tsp chicken powder
 Some salt
 A pinch of pepper
 A little sesame oil

THICKENING

3½ tbsp water chestnut powder
 4 tbsp water

METHOD

- 1 Soak fish maw until softened; strain; cook in boiling water; add in ginger slices and Shaoxing wine to cook for a while and then take it out. Rinse; squeeze out excess water; chop it finely and then set aside.
- 2 Pour 4 cups of stock into a pot; add in chopped fish maw and seasonings to cook.
- 3 When the liquid is boiling, add in crab meat and then stir in thickening.
- 4 Turn off the heat; stir in egg liquid and serve.

韭黃鮮菇炒蠔子

Stir-fried Razor Clams with Yellow Chive and Fresh Mushrooms

時間：10分鐘

份量：4-6人

Cooking Time: 10 mins

Serve: 4-6



材料

蠔子1斤(640克)
鮮草菇3兩(120克)
茼蒿2兩(80克)
蒜茸1茶匙
紅辣椒仔(切粒) 2隻

調味

蠔油1湯匙
醬油1茶匙
雞粉½茶匙
生粉1茶匙
水3湯匙

做法

- 1 蠔子洗擦乾淨，飛水至殼張開，盛起瀝乾。
- 2 草菇開邊飛水，過冷瀝乾。
- 3 茼蒿切段。
- 4 燒油2湯匙，爆香蒜茸、紅椒粒，傾下草菇炒透。
- 5 加入蠔子、茼蒿及調味，以大火炒勻上碟。



INGREDIENTS

640g razor clams
120g fresh straw mushrooms
80g yellow chive
1 tsp minced garlic
2 red chillies (diced)

SEASONINGS

1 tbsp oyster sauce
1 tsp soy sauce
½ tsp chicken powder
1 tsp cornstarch
3 tbsp water

METHOD

- 1 Brush and wash razor clams thoroughly; blanch them in boiling water until their shells open up; take them out and strain.
- 2 Cut straw mushrooms in halves; blanch in boiling water; rinse in cold water and then strain.
- 3 Cut yellow chive into short sections.
- 4 Heat 2 tbsp of oil; add in minced garlic, red chillies and straw mushrooms, and stir-fry thoroughly.
- 5 Add in razor clams, yellow chive and seasonings; stir-fry on high heat; transfer to a plate and serve.

合掌瓜燜排骨

Stewed Chayote with Spare Ribs

時間：10分鐘

份量：4-6人

Cooking Time: 10 mins

Serve: 4-6



材料

合掌瓜2個
排骨½斤(320克)
生薑2片, 蒜頭(切片) 1粒
八角1粒, 薑汁酒1湯匙

醃料A

梳打食粉½茶匙
糖1湯匙, 清水2湯匙

醃料B

醬油1茶匙, 蠔油1茶匙
糖½茶匙, 熟油1茶匙
生粉1茶匙

調味

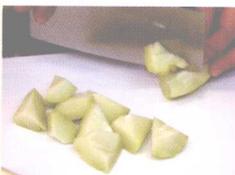
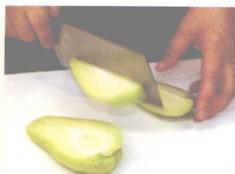
蠔油1湯匙, 醬油1茶匙
雞粉1茶匙, 麻油少量
胡椒粉少量, 清水½杯

芡汁

生粉1茶匙, 水2湯匙

做法

- 1 合掌瓜去皮核, 切角。
- 2 排骨用醃料A拌勻, 醃30分鐘, 清洗乾淨, 瀝乾水份。
- 3 再以醃料B拌勻, 醃15分鐘, 泡滾油備用。
- 4 燒油2湯匙, 爆香薑、蒜片及八角, 傾下合掌瓜及排骨回鑊爆透。
- 5 澆薑汁酒, 加入調味, 以中慢火燜10分鐘。
- 6 打芡拌勻上碟。



INGREDIENTS

2 chayotes, 320g spare ribs
2 slices ginger, 1 garlic (sliced)
1 aniseed star
1 tbsp ginger juice in wine

MARINADE A

½ tsp edible soda powder
1 tbsp sugar, 2 tbsp water

MARINADE B

1 tsp soy sauce
1 tsp oyster sauce
½ tsp sugar
1 tsp cooked oil
1 tsp cornstarch

SEASONINGS

1 tbsp oyster sauce
1 tsp soy sauce
1 tsp chicken powder
A little sesame oil
A pinch of pepper
½ cup water

THICKENING

1 tsp cornstarch, 2 tbsp water

METHOD

- 1 Peel and core chayotes; cut into wedges.
- 2 Mix spare ribs with marinade A thoroughly; leave to marinate for 30 mins; wash thoroughly; and strain.
- 3 Mix with marinade B; leave to marinate for 15 mins; blanch in boiling oil and then set aside.
- 4 Heat 2 tbsp of oil; put in ginger, garlic slices and aniseed star, and stir thoroughly; return chayotes and spare ribs to stir-fry thoroughly.
- 5 Splash in ginger juice in wine; add in seasonings; stew on medium low heat for 10 mins.
- 6 Stir in thickening and then transfer to a plate.

生炒鱸魚塊

Stir-fried Sea Bass Fillet

時間：10分鐘

份量：4-6人

Cooking Time: 10 mins

Serve: 4-6



材料

鱸魚肉½斤(320克)
竹筍2兩(80克)
冬菇(浸透)4隻
菜蕓6條
薑花4片, 蒜頭(切片)1粒
陳皮(浸透切絲)1角
紹酒(起鑊用)1茶匙

醃魚料

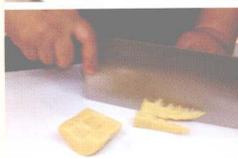
鹽¼茶匙
胡椒粉少量
生粉1茶匙
蛋白1湯匙
熟油1湯匙

調味

雞粉1茶匙
生粉1茶匙
水5湯匙
麻油少量

做法

- 1 鱸魚肉洗淨, 以布抹乾, 切厚片, 用醃料拌勻。
- 2 竹筍切片飛水, 過冷, 瀝乾, 冬菇浸透, 切開一半。
- 3 菜蕓洗淨, 用滾水拖1分鐘, 立即過冷, 瀝乾備用。
- 4 燒熱多量油, 至八成滾, 放入魚片, 泡熟盛起。
- 5 紅鑊下油2湯匙, 爆香薑花, 蒜片及陳皮絲, 灑酒, 將菜蕓回鑊及下調味。
- 6 加入魚片拌勻上碟。



INGREDIENTS

320g sea bass fillet
80g bamboo shoot
4 shiitake mushrooms (soaked)
6 stalks baby choy sum
4 slices ginger, 1 sliced garlic
1 pc dried tangerine peel (soaked and shredded)
1 tsp Shaoxing wine (starter for stir-frying)

FISH MARINADE

¼ tsp salt
A pinch of pepper
1 tsp cornstarch
1 tbsp egg white
1 tbsp cooked oil

SEASONINGS

1 tsp chicken powder
1 tsp cornstarch
5 tbsp water
A little sesame oil

METHOD

- 1 Wash sea bass fillet thoroughly; pat dry with a cloth; cut into thick slices; and then mix with marinade thoroughly.
- 2 Cut bamboo shoots into slices; blanch in boiling water; rinse and strain. Soak shiitake mushrooms thoroughly, and then cut in halves.
- 3 Wash vegetable thoroughly; blanch in boiling water for 1 min; rinse in cold water; strain and set aside.
- 4 Heat large amount of oil until hot; put in sliced fish; deep-fry until cooked and take it out.
- 5 Put 2 tbsp of oil into a hot wok; add in ginger, garlic slices and shredded dried tangerine peel, and stir-fry briefly; splash in wine; return vegetable to stir-fry; and then stir in seasonings.
- 6 Add in sliced fish; stir and then transfer to a plate.