



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**

編著 Author  
蔡潔儀 Kitty Choi

編輯 Editor  
郭麗眉 Cecilia Kwok

翻譯 Translator  
葉翠顏 Tracy Ip

攝影 Photographer  
幸浩生 Johnny Han

設計 Designer  
任霜兒 瓶子 Annie F Pancy

出版者 Publisher  
萬里機構・飲食天地出版社 Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd.  
香港鰂魚涌英皇道1065號東達中心1305室 Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong.  
電話 Tel: 2564 7511  
傳真 Fax: 2565 5539  
網址 Web Site: <http://www.wanlibk.com>

發行者 Distributor  
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.  
香港新界大埔汀麗路36號中華商務印刷大廈3字樓 3/F, C & C Building, 36 Ting Lai Road, Tai Po, N.T., Hong Kong.  
電話 Tel: 2150 2100  
傳真 Fax: 2407 3062  
電郵 E-mail: [info@suplogistics.com.hk](mailto:info@suplogistics.com.hk)

承印者 Printer  
美雅印刷製本有限公司 Elegance Printing & Book Binding Co Ltd.

出版日期 Publishing Date  
二〇〇九年一月第一次印刷 First Printing in January 2009

版權所有・不准翻印 All rights reserved. Copyright © 2009 Wan Li Book Co Ltd.

ISBN 978-962-14-3928-4



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



# 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，所以餅面裝飾會唧上大大朵的奶油（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



# 目錄 Contents

## 前言 Preface 2

不時不食的四和菜 6

蟹肉滑蛋魚肚羹 Crab Meat, Fish Maw and Egg Soup 8

韭黃鮮菇炒蜆子 Stir-fried Razor Clams with Yellow Chive and Fresh Mushrooms 10

合掌瓜燜排骨 Stewed Chayote with Spare Ribs 12

生炒鱸魚塊 Stir-fried Sea Bass Fillet 14

枸杞窩蛋魚片湯 Sliced Fish Soup with Matrimony Vine and Egg 16

油麵筋扒北菇 Braised Fried Gluten Puffs with Shiitake Mushrooms 18

鎮江紅糟骨 Stewed Spare Ribs with Zhenjiang Vinegar and Red Vinassee 20

炒生魚蝴蝶片 Stir-fried Snakehead Fillet in Butterfly Shape 22

肉蓉瑤柱紫菜羹 Minced Pork with Dried Scallop and Seaweed Soup 24

菜薹滑雞片 Stir-fried Chicken Fillets with Vegetable 26

酥炸桂林牛肉丸 Deep-fried Guilin Beef Balls 28

麒麟番薯蒸馬友 Steamed Mackerel with Sweet Potatoes 30

黃豆涼瓜排骨湯 Spare Ribs, Soya Bean and Bitter Melon Soup 32

川椒蝦仁豆腐 Braised Shrimps and Bean Curd with Sichuan Chili 34

豉汁涼瓜炆鴨 Stewed Duck with Black Bean Paste and Bitter Melon 36

生薑燒酒蒸魚雲 Steamed Fish Head with Ginger and Wine 38

南瓜番茄薯仔湯 Pumpkin, Tomato and Potato Soup 40

紅糟雞 Stir-fried Chicken with Red Vinassee 42

客家炒腰花 Hakka-styled Stir-fried Pig Kidneys 44

豉蒜梅子蒸鯪魚心 Steamed Grass Carp with Garlic Bean Paste and Preserved Plum 46

香芒蛋花羹 Mango and Egg Soup 48

茭白蝦醬炒魚塊 Stir-fried Fish with Wildrice Stem and Shrimp Paste 50

露酒燒雞肝 Roast Chicken Liver with Wine 52

油麵筋燜潮州肉蠔 Chiuchow-style Stewed Oysters with Fried Gluten Puff 54

雪梨乾杏仁陳腎湯 Dried Duck Kidney, Pear and Almond Soup 56

鳳眼果炒中蝦 Stir-fried Prawns with Phoenix Eye Nuts 58

金蒜茄瓜燜肉丸 Stewed Meat Balls with Eggplants and Crispy Garlic 60

五柳鯪魚 Cook Grass Carp with Assorted Pickles 62

昆布海藻綠豆豬蹄湯 Pork, Kelp, Algae and Green Bean Soup 64

油炸鬼冬筍炒雞片 Stir-fried Chicken Fillet with Twisted Doughnut and Bamboo Shoot 66

冬菇蒂花生燜豬尾 Stewed Pig Tail with Mushroom Stems and Peanuts 68

錦繡花枝球 Deep-fried Cuttle Fish Balls 70



- 豬蹄肉野葛菜湯 Pork and Wild Kudzu Vine Soup 72  
 鹹魚茸蒸田雞 Steamed Frog with Salted Fish Paste 74  
 油燜辣劍筍 Chili Bamboo Shoot Stew 76  
 翡翠珍珠燴魚塊 Stir-fried Fish Fillet with Broccoli and Baby Corn 78  
 青紅蘿蔔煲牛鯪 Flathead Fish, Green Radish and Carrot Soup 80  
 酸子薑燜排骨 Stewed Spare Ribs with Pickled Ginger Shoots 82  
 福果炒三丁 Stir-fried Pig Kidney, Chicken Gizzard and Shrimps with Gingko 84  
 炸麵雞蛋煎魚腸 Steamed Fish Intestines with Twisted Doughnut and Eggs 86  
 羅漢果菜乾豬脰湯 Pig Lungs, Luo-han-guo and Preserved Cabbage Soup 88  
 砵酒焗肉排 Stewed Spare Ribs in Port 90  
 冬菇扒津白 Braised Tianjin Cabbage with Mushrooms 92  
 香菇彩椒炒斑柳 Stir-fried Grouper Fillets with Mushrooms and Assorted Peppers 94  
 木瓜花生煲雞腳 Chicken Legs, Papaya and Peanut Soup 96  
 川椒雞 Stir-fried Chicken with Sichuan Chili 98  
 蠔汁燜三鮮 Stewed Cow Marrow in Oyster Sauce 100  
 香橙芝麻魚 Deep-fried Fish Fillets with Sesame Seed in Orange Sauce 102  
 蠶豆海參肉片湯 Sea Cucumber, Pork and Broad Bean Soup 104  
 八味香雞球 Stir-fried Spicy Chicken Fillet 106  
 西蘭花鳳肝吊片 Stir-fried Squid and Chicken Liver with Broccoli 108  
 荔茸鍋貼魚 Deep-fried Fish with Taro Purée 110  
 茶樹菇煲雞 Chicken Soup with Southern Poplar Mushroom 112  
 仁栖醬子薑燜豬頸肉 Pork Cheek with Renmen Sauce and Ginger Shoots Stew 114  
 鮮百合荷豆 Stir-fried Honey Pea with Fresh Lily Bulbs 116  
 油浸筍殼魚 Deep-fried Marbled Goby 118  
 陳皮鴨芥膽湯 Duck Soup with Dried Tangerine Peel and Mustard Cabbage 120  
 沙茶醬西芹鮮魷 Stir-fried Squid with Celery in Satay Sauce 122  
 蔥油蜆蚬雞 Chicken in Clam Sauce 124  
 古法煎蝦碌 Traditional Fry Prawns 126



# 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、枸杞豬腩湯、五柳鯪魚、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

時間：10分鐘

份量：4-6人

Cooking Time: 10 mins

Serve: 4-6

Stir-fried Razor Clams with Yellow Chive and Fresh Mushrooms



### 材 料

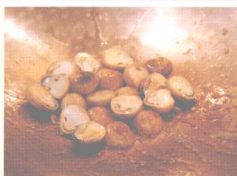
蠔子1斤(640克)  
鮮草菇3兩(120克)  
茼蒿2兩(80克)  
蒜茸1茶匙  
紅辣椒仔(切粒) 2隻

### 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

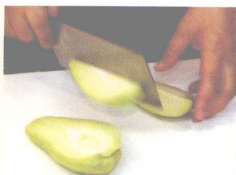
蠔油1湯匙, 醬油1茶匙  
雞粉1茶匙, 麻油少量  
胡椒粉少量, 清水½杯

## 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 灑薑汁酒, 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  
菜蘗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 菜蘗洗淨, 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, 將菜蘗回鑊及下調味。
- 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.