

香 港 家 常 食 谱 精 选

清爽淡素凉菜

冯金陵 李银焕 许彩叶合著
广西教育出版社 · 香港万里机构联合出版

C O L D D I S H E S

中 英 对 照

12

C H I N E S E — E N G L I S H



香 港 家 常 食 谱 精 选

清爽淡素凉菜

C O L D D I S H E S

中英对照

CHINESE ↔ ENGLISH

冯金陵 李银焕 许彩叶合著

广西教育出版社 · 香港万里机构 联合出版

本书版权归香港万里机构出版有限公司所有。

Copyright © 1997 by Wan Li Book Co. Ltd 1997.

本书由著作权人授权广西教育出版社在中国大陆独家出版
发行中文简体字版。

著作权中介者：广西万达版权代理公司。

著作权合同登记号：广西图字：20-98-026 号

清爽淡素凉菜

著 者：冯金陵 李银焕 许彩叶

译 者：薛 鹰

摄 影：廖志添

主 编：利宛伟

编 辑：陈家耀

版面设计：万里机构制作部

出版者：广西教育出版社·香港万里机构

地址：南宁市鲤湾路8号·香港九龙土瓜湾马坑涌道5B-5F地下1号

电话：(南宁) 5850219·(香港) 25647511

网址：www.gep.com.cn·<http://www.wanlibk.com>

发行者：广西新华书店

印刷者：美雅印刷制本有限公司

开 本：880×1130 1/32

印 张：3.75

版 次：1998年8月第1版第1次印刷

定 价：18元

书 号：ISBN 7-5435-2689-1/Z·35

出版说明

FOREWORD

烹饪是一种生活艺术，它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调 and 美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代的家庭妇女提供选购容易、制作简单和营养丰富等中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences, namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that they can appreciate the interesting side of the cooking world.

目 录

| | | |
|---|-------|---|
| 3 | 出版说明 | Foreword |
| 6 | 凉拌须知 | Information of Tossing |
| 鱼鲜、蔬果、豆腐 Aquatic Food, Vegetables and Beancurd | | |
| 8 | 海蜇拌粉皮 | Starch Sheets with Jelly Fish |
| 10 | 鲜鱿西兰花 | Green Broccoli with Fresh squids |
| 12 | 锦绣啫喱 | Colourful Jelly |
| 14 | 海鲜拼盘 | Assorted Seafood Dish |
| 16 | 卤水墨鱼片 | Spiced Cuttlefish Slices |
| 18 | 卤水八爪鱼 | Spiced Japanese Octopuses |
| 20 | 芦笋拌蟹柳 | Asparagus with Crab Fillets |
| 22 | 凉拌多鳗鱼 | Tossed Japanese Sauries |
| 24 | 金钩四季豆 | Kidney Beans with Dried Shrimps |
| 26 | 蚕豆拌双冬 | Bamboo Shoot and Mushrooms with Broad Beans |
| 28 | 毛豆拌雪菜 | Potherb Mustard with Young Soya Beans |
| 30 | 西芹拌干丝 | Dried Beancurd Shreds with Celery |
| 32 | 凉拌椰菜 | Tossed White Cabbage |
| 34 | 拌三色 | Tossed Triple |
| 36 | 椰菜卷 | White Cabbage Rolls |
| 38 | 凉拌野苋菜 | Tossed Purslane |
| 40 | 榨菜拌茄子 | Eggplants with Pickled Mustard Root |
| 42 | 麻辣青瓜 | Hot and Spicy Cucumber |
| 44 | 芝麻翠衣 | Hot and Spicy Cucumber |
| 46 | 糖醋绍菜 | Sweet and Sour Tientsin Cabbage |
| 48 | 素拌三丝 | Vegetarian Tossed Tri-Shreds |
| 50 | 凉拌彩蔬 | Tossed Colourful Vegetables |
| 52 | 菜脯拌豆腐 | Beancurd with Pickled Turnip |
| 54 | 翠丝豆腐干 | Shredded Vegetables with Dried Beancurd |
| 56 | 蔬果杂锦 | Fruit and Vegetables Assortment |
| 58 | 锦绣香芒船 | Colourful Mango Boats |
| 禽畜、肉类、蛋品 Poultry, Meats and Eggs | | |

CONTENTS

| | | |
|-----|--------|--|
| 60 | 粉皮拌鸡丁 | Chicken Cubes with Starch Sheets |
| 62 | 沙爹鸡翼 | Satay Chicken Wings |
| 64 | 盐水冻凤翼 | Frozen Chicken Wings with Salt Water |
| 66 | 七彩冻鸭丝 | Multicoloured Frozen Duck Shreds |
| 68 | 香麻手撕鸡 | Hand-torn Chicken with Sesame |
| 70 | 柠檬冻鸡 | Frozen Chicken with Lemon |
| 72 | 蜜运芝麻鸡 | Honeydew Balls with Sesame and Chicken |
| 74 | 冬笋拌火鸭 | Roast Duck with Winter Bamboo Shoot |
| 76 | 龙凤呈祥 | Tossed Prawns with Chicken |
| 78 | 什锦凉拌 | Tossed Assortment |
| 80 | 八味鸡 | Multitasted Chicken |
| 82 | 平步青云 | Tossed Spiced Duck Webfeet |
| 84 | 桂花鸭利 | Duck Tongues with Osmanthus |
| 86 | 凉拌珍肝 | Tossed Chicken Livers and Gizzards |
| 88 | 粉皮拌珍肝 | Starch Sheets with Chicken Livers |
| 90 | 茶叶蛋 | Tossed Chicken Eggs with Tea |
| 92 | 红糟排骨 | Pork Ribs with Red Wine Lees |
| 94 | 酿鸡蛋 | Stuffed Chicken Eggs |
| 96 | 皮蛋拌豆腐 | Tossed Beancurd with Preserved Eggs |
| 98 | 猪利拼熏蹄 | Spiced Pigs' Trotter with Pig Tongue |
| 100 | 凉拌牛肉 | Tossed Beef |
| 102 | 西施牛肉 | Tossed Beef with Vegetables |
| 104 | 卤牛腱 | Spiced Ox Tendons |
| 106 | 凉拌牛百页丝 | Tossed Ox Tripe Shreds |
| 108 | 怪味拌肚尖 | Tossed Pig Stomach |
| 110 | 酱肉 | Sauced Pork |
| 112 | 蒜泥白肉片 | White Pork Sliced with Mashed Garlic |
| 114 | 时果拌鸡丝 | Chicken Shreds with Fruits |

附录

Appendix

| | | |
|-----|--------|--------------------------|
| 116 | 本书常用材料 | Ingredients in this book |
|-----|--------|--------------------------|

凉拌须知

凉拌菜的做法愈来愈普遍，尤其是炎热的季节，凉拌菜更能派上用场。

凉拌菜的材料，常用的有鱼类、蔬菜、果品、禽畜肉类及蛋品，以及近年颇流行的加工食物，可根据各人口味选材，或荤或素，也可荤素配搭。制作亦繁简由人，可即拌即吃，也可做多点分量，供多餐享用。

要做一款美味可口的凉拌菜并不困难，但必须注意以下几点：

(1) 选料要新鲜，容易处理。烹调时可采用白煮、卤、氽、烫等方法，务求使食物清爽、脆嫩、滑溜适口。

(2) 盛具器皿、洗切器物要干净，洗切材料以卫生安全为原则。

(3) 除选料要恰当外，也要讲究凉拌汁，少不了醋、蒜头等，既可使食味鲜美开胃，又具杀菌功效。

(4) 凉拌菜材料宜切成均匀的大小，以便充分均匀地吸收调味汁。

(5) 如果材料留有过多水分，会令味道变淡，所以要沥干或抹去水分，才可浇上调味汁。

(6) 预先混合调味料调成汁，待凉拌菜上桌时才淋上或蘸食。

INFORMATION OF TOSSING

The tossed dishes have become more and more popular, especially in the hot season.

The materials used for the tossed dishes generally include fishes, vegetables, fruits, poultry, meat and eggs and the processed foodstuffs which are rather prevalent in recent years and the meat and vegetarian materials can be selected according to the taste preference of everybody or they can be combined together. They can be made in a simple or complicated way as one likes. They can be tossed for immediate eating or in a larger quantity to be enjoyed at a few meals.

It is not difficult to make a delicious tossed dishes, but attention must be paid to the following:

1.The ingredients selected must be fresh and easy to process and the cooking ways used include boiling, spicing, scalding, etc. with a view to making the tossed food fresh, crisp, smooth and palatable.

2.The containers, cutting and washing appliances must be cleaned and the ingredients must be washed and cut with the principle of hygiene and safety.

3.In addition to the selection of proper ingredients, particularity must be made about the tossing sauce used, which indispensable include vinegar, garlic, etc. which can not only make the taste delicious and appetizing, but also give the sterilizing effect.

4.The ingredients must be cut into even sizes so as to enable them to absorb the seasoning sauce evenly and adequately.

5.Too much moisture in the ingredients will make their tastes insipid, so they must be dried by draining or wiping first then the seasoning sauce can be poured over.

6.The seasoning sauce is mixed beforehand and poured over the tossed dish when serving or used for dipping when eating.

海蜇拌粉皮

STARCH SHEETS WITH JELLY FISH

材 料：海蜇皮12两(约480克)，粉皮5张，西芹丝、甘笋丝各3汤匙。

调味料：生抽2汤匙，盐 $\frac{1}{4}$ 茶匙，糖 $\frac{1}{2}$ 茶匙，麻油1茶匙，辣椒油数滴。

做 法：

(1) 海蜇皮切丝，用清水浸半小时，取出用温水浸4小时，再改浸冰水。吃前取出，挤干水分，上碟。

(2) 调味料混合备用。

(3) 粉皮用温水洗净，切粗条，放在海蜇丝上，西芹丝、甘笋丝余水后，取出沥干，放在粉皮上，淋上调味料即成。

心 得：海蜇不能用大滚水浸或焯，否则会令海蜇急剧卷缩且变得很韧。

Ingredients:

480g. jelly fish

5 starch sheets

3 tablespoons each of celery shreds and carrot shreds

Seasonings:

2 tablespoons light soy sauce

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar

1 teaspoon sesame oil

a few drops tabasco sauce

Method:

1. Cut the jelly fish into shreds, soak in water for $\frac{1}{2}$ hour, take them out, soak in warm water for 4 hours and shift into ice water. Before eating, take them out, squeeze water away and place in a plate.

2. Mix seasonings well for use.

3. Wash the starch sheets clean with warm water, cut into thick strips and place on the jelly fish shreds; scald celery shreds and carrot shreds in boiling water, take them out, drain and put on the starch sheets; pour seasonings over for serving.

Gist:

The jelly fish cannot be soaked or scalded in vigorously boiling water, or it will curl up quickly and become very tough.



鲜鱿西兰花

GREEN BROCCOLI WITH FRESH SQUIDS

材 料：鲜鱿1斤(约600克)，西兰花8两(约320克)，姜2片，葱2条。

调味料：姜汁1汤匙，生抽2汤匙，糖 $\frac{1}{4}$ 茶匙，麻油 $\frac{1}{2}$ 茶匙。

做 法：

(1) 鲜鱿撕去外表薄膜，洗净，吸干水分，斜刀切花纹再切片。煮滚半锅水，下姜片、葱条滚5分钟，放下鲜鱿焯熟，即捞出置冻滚水浸一会，盛起，沥干水分。

(2) 调味料混合于小碟中。

(3) 西兰花逐小朵切开，用盐、油、水或上汤焯熟，取出围于碟边，鲜鱿放在中央。调味料同上桌，供食时蘸用。

心 得：焯鲜鱿的滚水中加入姜、葱，既可除去鲜鱿的腥味，食时又有姜、葱的香味。鲜鱿焯熟后即浸在冻滚水片刻，可使鲜鱿特别爽口。

Ingredients:

600g. fresh squids
320g. green broccoli
2 slices ginger
2 spring onions

Seasonings:

1 tablespoon ginger juice
2 tablespoons light soy sauce
 $\frac{1}{4}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon sesame oil

Method:

1. Tear membranes off the surfaces of the squids, wash them clean, absorb water away, carve patterns slantingly on them and slice them; bringing half a wok of water to boil, boil ginger slices and spring onions in for 5 minutes, put the squids in to scald until cooked, scoop them out, soak in cold boiled water for a while, scoop them out and drain.

2. Mix seasonings well in a saucer.

3. Cut the spears off the green broccoli and scald with salt, oil and water or fine stock until cooked; take them out, put on the rim of a plate and put the squids in the centre. Serve them together with seasonings for dipping when eating.

Gist: Adding ginger and spring onions into water for boiling the squids can not only remove their foul smell, but also give the fragrance of ginger and onions when eating. Soaking the scalded squids in cold boiled water for a while can make them especially crisp to the mouth.



锦绣啫喱

COLOURFUL JELLY

材 料：中虾1斤(约600克)，甜啫喱粉1包，柠檬 $\frac{1}{2}$ 个，沙律酱3汤匙，樱桃1粒。

焯虾料：柠檬2片，甘笋3片，洋葱 $\frac{1}{4}$ 个，水4杯。

做 法：

(1) 用滚水调溶啫喱粉，冷却后，放入冰箱，冷冻3小时左右，取出切粒上碟。

(2) 虾连壳洗净，去肠。

(3) 煮滚焯虾料，将虾放入焯熟，冷却后去壳，排放啫喱粒上，淋上沙律酱，以柠檬片、樱桃装饰即成。

心 得：用柠檬、甘笋、洋葱同煎水焯虾，可除去虾的腥味。

Ingredients:

600g. prawns
1 pack sweet jelly powder
1 slice lemon
3 tablespoons salad sauce
1 cherry

Prawn Scalding Ingredients:

2 slices lemon
3 slices carrot
 $\frac{1}{4}$ onion
4 cups water

Method:

1. Stir and melt the jelly powder with boiling water, cool and put in the refrigerator to freeze for 3 hours, take it out and cut into pellets and place them in a plate.

2. Wash the prawns with shells on and remove intestines.

3. Bringing prawn scalding ingredients to boil, scald the prawns in until cooked, cool them, shell them, lay them on the jelly pellets, pour salad sauce over and garnish them with lemon slices and cherry for serving.

Gist: Scalding the prawns with lemon, carrot and onion in the water can remove the foul smell from them.



海鲜拼盘

ASSORTED SEAFOOD DISH

材 料：带子、蟹柳、珍珠鱿各2两(约80克)，即食海蜇丝3两(约120克)，青瓜1个，姜2片。

调味料：老抽1汤匙，生抽½汤匙，糖2茶匙，辣椒粉和芫荽各少许，蒜茸1茶匙，醋1汤匙，柠檬汁¼茶匙，麻油1茶匙。

做 法：

(1) 将带子、蟹柳、珍珠鱿分别洗净，沥干水分，青瓜洗净，切片伴饰碟边配食用。

(2) 烧滚适量水，加姜片，将带子、蟹柳、珍珠鱿放入氽水，取出，海蜇丝用滚水氽过，备用。

(3) 调味料混合成汁，盛于小碗中。

(4) 将海鲜分别拼入碟中，调味汁同上桌。供蘸食海鲜用。

心 得：此拼盘的海鲜要保持清爽而不带有汁液，故在海鲜煮熟后要抹干才调味。

Ingredients:

80g. each of scallop, mocked crab fillets and small squids

120g. ready jellyfish shreds

1 cucumber

2 slices ginger

Seasonings:

1 tablespoon dark soy sauce

½ tablespoon light soy sauce

2 teaspoons sugar

a dash of chili powder and parsley (or coriander)

1 teaspoon chopped garlic

1 tablespoon western vinegar

¼ teaspoon lemon juice

1 teaspoon sesame oil

Method:

1. Wash Scallop, crab fillets and small squids clean separately and drain; Wash cucumber, cut it into slice for use.

2. Bringing adequate amount of water to boil, add ginger slices, put scallop mocked crab fillets and small squids in to scald and take them out; scald jellyfish shreds in boiling water for use.

3. Mix seasonings well into sauce and place in a small bowl.

4. Arrange the seafood and cucumber separately in the plate and serve them together with seasoning sauce for dipping the seafood.

Gist:

In this dish must be kept fresh and crisp and free of juice, so the seafood must be wiped dry and then seasoned after cooked.



卤水墨鱼片

SPICED CUTTLEFISH SLICES

材 料：墨鱼1斤(约600克)，姜2片、葱2条、西芹莼少许。

卤水料：花椒、八角各4粒，生抽、老抽各3汤匙，冰糖1汤匙，绍酒2汤匙，水1杯。

做 法：

(1) 墨鱼撕除表面薄膜，去骨，洗净余水，切厚片，沥干。

(2) 烧热镬下油两汤匙，爆香姜、葱，放下墨鱼，加入卤水料，大火煮滚后，改慢火炆1小时。候冷却，取出切片，扫上麻油供用，饰上西芹莼便成。

心 得：墨鱼做「卤水」菜，要买大只、肉厚的，做出来的味道较佳。

Ingredients:

600g. cuttlefish
2 slices ginger
2 spring onions
a dash of parsley

Spicing Ingredients:

4 Szechuen peppercorns
4 star aniseeds
3 tablespoons each of light soy sauce and dark soy sauce
1 tablespoon rock candy
2 tablespoons Shaoxing wine
1 cup water

Method:

1. Tear membranes off the surface of the cuttlefish, wash it clean, scald in boiling water, cut into thick slices and drain.

2. Heating the wok and pouring 2 tablespoons of oil in, saute ginger and onions, put the cuttlefish in, add spicing ingredient, bring them to boil over high heat and braise it over mild heat for 1 hour. Cooling it, take it out, cut it into slices, brush sesame oil on and garnish them with coriander for serving.

Gist: The cuttlefish used for the spiced dish must be large and thick-fleshed so as to give a better taste.

