

MODERN PEOPLE
现代人

快手炒高

Easy Stir-Fry

程安琪 著



家常、宴客轻松
炒香、炒辣、炒美味
最简单的烹调方法
做出最丰富的佳肴

 中国轻工业出版社

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✿ 本书常用计量单位换算：1茶匙=5克 1大匙=15克 1杯=240克



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Soybean Sprouts with Fried Tofu Puff



酸菜炒毛豆

Stir-fried Pickled Mustard with Soybeans



做法

1. 酸菜心洗净，切成小丁；面肠切成约2厘米见方的小块；毛豆仁洗去薄膜，放入加了盐的滚水中煮2分钟，捞出冲凉；红甜椒洗净切丁。
2. 起油锅，用2大匙油先将面肠煎一下，待外表有些焦黄时，淋下酱油烹香，加入酸菜心、白糖和水同炒，炒至均匀。
3. 放入毛豆仁再炒匀，待汤汁将收干时，撒下红甜椒丁，滴下香油再拌炒一下便可关火。

材料

- | | |
|---------|------------------------|
| 酸菜心150克 | 150g pickled mustard |
| 面肠1条 | 1 vegetarian intestine |
| 毛豆仁240克 | 240g fresh soybeans |
| 红甜椒1/4个 | 1/4 red bell pepper |

调味料

- | | |
|---------|---------------------------|
| 酱油2茶匙 | 2 tsp. soy sauce |
| 白糖1/2大匙 | 1/2 tbsp. sugar |
| 水3~4大匙 | 3-4 tbsp. water |
| 香油数滴 | a few drops of sesame oil |

Tips

- 👉 酸菜本身的咸味不同，要等炒匀后再调味，太咸的可以先泡水数分钟以减低咸度。
- 👉 面肠要先炒过才香。没有面肠可用豆腐干代替。
- 👉 Every pickled mustard tastes different, so you must taste the dish after stir-frying it evenly, and then adjust the seasonings accordingly.
- 👉 Fry the vegetarian intestine first to get a better fragrance. You may also use dried Tofu instead.



— Stir-fried Vegetable with Shrimp Paste



炒 虾 酱 空 心 菜

Stir-fried Vegetable with Shrimp Paste

材料

空心菜300克
虾米15克
蒜末7克
红葱酥7克
红辣椒1根

300g water convolvulus
15g dried shrimps
7g chopped garlic
7g fried red shallot
1 red chili pepper

调味料

泰国虾酱7克
泰国蚝油1大匙
水2大匙

7g Thai style shrimp paste
1 tbsp. Thai style oyster sauce
2 tbsp. water

做法

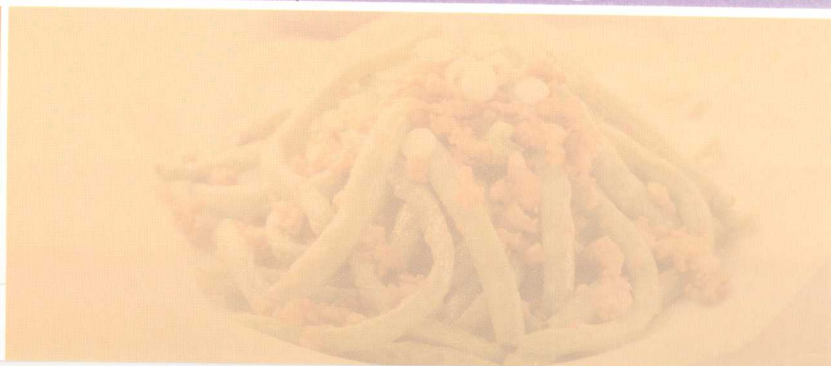
1. 空心菜洗净，切成4厘米长的段。
2. 虾米泡软，剁成细末；红辣椒去子，切细丝。
3. 起油锅，用3大匙油炒香蒜末和虾米，加入红葱酥同炒，放入调味料、空心菜段及红辣椒丝，一起以大火拌炒，炒至空心菜熟即可。

1. Rinse water convolvulus, trim off the ends, cut into 4 cm sections.
2. Soak dried shrimps, trim and chop it finely; halve red chili, remove seeds then shred it.
3. Heat 3 tablespoons of oil to stirfry garlic and dried shrimp until fragrant. Add fried red shallot and the seasonings, stir for a few seconds, add water convolvulus and red chili in, stir-fry over high heat until the vegetable is cooked, remove.





Stir-fried String Beans



干煸四季豆

Stir-fried String Beans

材料

四季豆600克
肉馅30克
虾米30克
榨菜末30克
姜末5克
葱花30克

600g string beans
30g ground pork
30g dried shrimps
30g preserved mustard head
5g chopped ginger
30g chopped green onion

调味料

酱油1大匙
白糖1/4茶匙
盐1/4茶匙
水4大匙
醋1茶匙
香油1/4茶匙

1 tbsp. soy sauce
1/4 tsp. sugar
1/4 tsp. salt
4 tbsp. water
1 tsp. vinegar
1/4 tsp. sesame oil

做法

1. 四季豆择好，短的不用折断，长的折成两半，洗净，沥干。
2. 虾米泡软，剁碎。
3. 锅中烧热油，放入四季豆，炸至脱水微起皱，捞出沥干，油倒出；四季豆放回锅中，用小火煸黄表面，盛出。
4. 烧热2大匙油，放入肉馅和姜末炒香，再放虾米碎和榨菜末同炒，加入酱油、白糖、盐和水，放入四季豆，同炒至汤汁收干。
5. 沿锅边淋下醋并滴下香油，撒下葱花，略微拌和即可盛出。

1. Trim string beans into long sections, rinse and drain.
2. Soak dried shrimps to soft, trim and chop then.
3. Heat oil to very hot, deep-fry string beans to soft, drain. Pour away the oil, place string beans back to wok, fry over low heat until a little golden brown.
4. Heat 2 tablespoons of oil to stirfry ground pork until cooked. Add ginger, dried shrimp and preserved mustard head, stir-fry for a few seconds. Add soy sauce, sugar, salt and water, put string beans back to wok, stir-fry until liquid is reduced.
5. Sprinkle vinegar toward the edge of the wok. Add sesame oil and green onion, mix and remove.





Cucumber with Dried Shrimp Sauce



海米黄瓜排

Cucumber with Dried Shrimp Sauce

材料 Ingredients

小黄瓜4根	4 cucumber
海米30克	30g dried shrimp
冬菜30克	30g salted cabbage
葱花15克	15g chopped green onion
清汤（或水）120克	120g soup stock (or water)

调味料 Seasonings

料酒1茶匙	1 tsp. wine
生抽1茶匙	1 tsp. light color soy sauce
盐1/3茶匙	1/3 tsp. salt
白糖1/4茶匙	1/4 tsp. sugar
水淀粉1/2大匙	1/2 tbsp. cornstarch paste
香油数滴	a few drops of sesame oil

做法 Instructions

1. 小黄瓜削皮后，由三面取肉，中间子去掉不用，在黄瓜片上斜切细密但相连之刀口，并每隔4厘米切成一段。
 2. 海米泡软，剁碎；冬菜泡5分钟后也剁碎。
 3. 在4杯滚水中加盐1茶匙，放入黄瓜段，汆烫20秒钟，捞出后立刻冲冷水至凉透，沥出。
 4. 起油锅，爆香葱花、冬菜碎及海米碎，炒拌后淋料酒及生抽，加入黄瓜段一起炒香，淋下清汤，大火烩煮一滚，加盐、白糖调味，以水淀粉勾芡，滴下香油便可装盘。
1. Peel cucumber, remove the flesh from three sides of cucumber, discard the seeds. Make cuts on cucumber diagonally, cut it off between every 4 cm.
 2. Soak dried shrimp to soften, chop it; soak salted cabbage for 5 minutes, also chop it.
 3. Add 1 tablespoon of salt in 4 cups of boiling water, blanch cucumber for 20 seconds, drain.
 4. Heat 1 tablespoon of oil to stir-fry green onion, salted cabbage and dried shrimp. When fragrant, splash wine and soy sauce. Add cucumber, stir-fry for a while. Add soup stock (or water) in, bring to a boil. Season with salt and sugar, and then thicken it. Add sesame oil and remove to a serving plate.



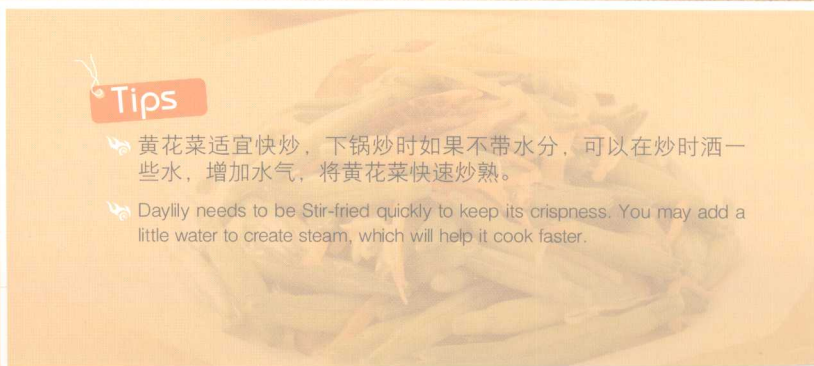
Stir-fried Daylily, Vegetarian

Way

Tips

黄花菜适宜快炒，下锅炒时如果不带水分，可以在炒时洒一些水，增加水气，将黄花菜快速炒熟。

Daylily needs to be Stir-fried quickly to keep its crispness. You may add a little water to create steam, which will help it cook faster.



素炒黄花菜

Stir-fried Daylily, Vegetarian Way

材料

新鲜黄花菜150 克
香菇2朵
胡萝卜1小段

150g fresh daylily flower
2 dried shitake mushrooms
1 small piece of carrot

调味料

姜丝7克
盐适量
香油数滴

7g shredded ginger
a little of salt
a few drops of sesame oil

做法

1. 黄花菜冲洗净，沥干；香菇泡软，切成丝；胡萝卜洗净切丝。
2. 起油锅，用2大匙油爆香姜丝，加入香菇丝再炒香。
3. 放入胡萝卜丝和黄花菜，大火快速翻炒，见黄花菜微软，加盐调味，滴下香油即可关火盛盘。

1. Rinse and drain the daylily flower; soak shitake mushrooms to soft, then shred it; shred carrot.
2. Heat 2 tablespoons of oil to stirfry the ginger shreds over medium heat. When fragrant, add shitake mushroom shreds, continue to stirfry.
3. Add carrot and daylily flower in, stir-fry quickly over high heat. Season with salt, add sesame oil, mix and serve.





Stir-fried Bracken with Soy

Bean Paste

Tips

- 蕨菜吃时会有涩口的感觉，所以要打一个鸡蛋，借鸡蛋液的滑爽来润口，消除涩感。
- 蕨菜亦可烫熟，过冰水，蘸沙拉酱吃，或炒梅干菜以增加甘甜之味。
- 黄酱的咸度不同，有的还带有甜味，要尝过再调味。
- Bracken has a mouth-puckering taste, so we use the egg to smooth the pallet.
- You may also boil bracken, soak it in iced water, and eat it with mayonnaise. You may also stir-fry it with fermented cabbage.
- Every soy bean paste tastes different, some of them even taste sweet. Be sure to try them before you season the dish.

黄酱炒蕨菜

Stir-fried Bracken with Soy Bean Paste

材料 Ingredients

蕨菜300克
大蒜2粒
鸡蛋1个

300g bracken
2 cloves garlic
1 egg

调味料 Seasonings

黄酱1大匙

1 tbsp. yellow soy bean paste

做法 Procedures

1. 蕨菜要择取嫩芽部分和前端的嫩叶，老叶丢弃不要；大蒜切片。
2. 锅中用2大匙油爆香大蒜片，放入蕨菜炒一下，加入黄酱调味，炒匀，至蕨菜已熟即盛出装盘。
3. 将蕨菜在盘中拨一个坑，打下一个鸡蛋即可上桌。吃时将鸡蛋液和蕨菜拌匀。

1. Trim the bracken vegetable, only pick the sprouts and tender leaves; slice garlic.
2. Heat 2 tablespoons of oil to fry garlic slices, when they get light brown, add bracken, stir-fry for a while. Add yellow soy bean paste to taste, stir-fry evenly. Remove to a serving plate when the vegetable is cooked.
3. Make a small hole to hold the egg, serve. Mix the egg with bracken while eating.

