

香 港 家 常 食 谱 精 选

# 水果入馔食谱

江李沁霞编著

广西教育出版社·香港万里机构联合出版

RECIPES FOR KEEPING FIT

中 英 对 照

16

CHINESE—ENGLISH



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## 水果入馔食谱

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# 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.



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# 芒果炒豆腐

FRIED BEANCURD WITH MANGO

**材料：**大芒果1个，西兰花1斤(约600克)，豆腐8块，白草菇3两(120克)，红萝卜、青豆、冬菇、榄仁各1两(40克)。

**调味料：**盐、糖、素上汤适量。

**做法：**

(1) 把芒果剥皮去核，放盐水中浸泡，不使变色，每块豆腐一切四件，榄仁用沸水浸后退皮，两者均用花生油炸过。

(2) 红萝卜、冬菇、白草菇洗净切粒，与青豆同加调味料略炒，加水焖熟。

(3) 西兰花洗净剖成小件，放盐油沸水中烫熟，沥干摆碟边待食，芒果切小块。

(4) 把豆腐和红萝卜、冬菇等料炒匀，加入榄仁和芒果再炒两下即可上碟。

**心得：**芒果放盐水中浸泡，可不变色。

烹制本菜，西兰花可与芒果等一同炒食。

素上汤，即用大豆芽菜(黄豆芽)、冬菇蒂、干草菇、姜熬制而成。

## Ingredients:

1 large mango  
600g. green broccoli  
8 pieces beancurd  
120g. white straw mushrooms  
40g. each of carrot, green peas, black mushrooms and olives

## Seasonings:

adequate amount of salt, sugar and vegetarian fine stock

## Method:

1. Peel and core mango and soak in salt water to prevent it from changing colour; cut each piece of beancurd in four; scald olives in boiling water and peel; deep-fry both in peanut oil.

2. Wash carrot, black mushrooms and straw mushrooms clean, cut into pellets, add seasonings, fry with peas for a while and add water to boil until cooked.

3. Wash broccoli clean, cut into small pieces, scald in boiling water with salt and oil until cooked, drain and garnish around the rim of a plate; cut mango into small pieces.

4. Stir-fry beancurd with such ingredients as carrot, mushrooms, etc., add olives and mango to stir-fry a couple of times and serve.

**Gist:** Soak mango in salt water to prevent it from changing colour.

Green broccoli can be fried together with mango and so on in cooking this dish. The vegetarian fine stock is made by simmering soya bean sprouts, black mushroom stalks, dried straw mushrooms and ginger.





紅包



# 开心果炒青瓜番茄

FRIED CUCUMBERS AND TOMATO WITH PISTACHIO

材料：开心果 $\frac{1}{2}$ 杯，青瓜(黄瓜)2条，番茄1个。

调味料：蒜蓉6茶匙，红辣椒粉 $\frac{1}{2}$ 茶匙，沙律酱 $\frac{1}{4}$ 杯。

做法：

(1) 开心果去壳，果仁研粗粒，青瓜洗净，切去两头对开切片，番茄洗净去皮切粒。

(2) 烧热油锅，先炒熟青瓜片，再放入番茄、开心果仁炒匀，加入盐和调味料即可。

## Ingredients:

$\frac{1}{2}$  cup pistachio

2 cucumbers

1 tomato

## Seasonings:

6 teaspoons chopped garlic

$\frac{1}{2}$  teaspoons red chili powder

$\frac{1}{4}$  cup salad dressing

## Method:

1. Shell pistachio and grind kernels roughly; wash cucumber clean, cut both ends off, halve and slice; wash tomato clean, skin and cut into pellets.

2. Heating oil in wok, fry cucumber slices, stir-fry tomato and pistachio kernels well and add salt and seasonings.







# 菠萝炒鸡

## FRIED CHICKEN WITH PINEAPPLE

**材料：**新鲜菠萝 $\frac{1}{2}$ 个，鸡肉、红萝卜、白菜、青菜各4两(160克)，白芝麻1两(40克)，红椒丝、嫩姜丝、葱白、酸甜咸菜适量。

**调味料：**姜汁、盐、糖适量，花生酱、鱼露(虾油)各1汤匙。

**做法：**

(1) 菠萝一分两半，用小刀挖出肉切丝，果壳备用。

(2) 鸡肉等均切丝，鸡肉用姜汁等腌10分钟，白芝麻炒香。

(3) 炒菠萝丝、鸡丝、酸甜菜丝、嫩姜丝，加入盐和花生酱等调味，放入果壳内，撒下白芝麻，饰以红椒丝等即可。

### Ingredients:

$\frac{1}{2}$  fresh pineapple

160g. each of chicken, carrot, Tienjin cabbage and green vegetable

40g. white sesame

adequate amount of red chili shreds, tender ginger shreds, white scallion and sweet and sour pickles

### Seasonings:

adequate amounts of ginger juice, salt and sugar

1 tablespoon each of peanut paste and fish sauce (shrimp sauce)

### Method:

1. Halve pineapple, scrape pulp out with a small knife to shred and leave shell for use.

2. Shred chicken and so on and marinate chicken in ginger juice and so on for 10 minutes; fry sesame.

3. Stir-fry pineapple, chicken, pickles and tender ginger shreds, add salt, peanut paste and fish sauce to season, place in the shell, sow sesame in and garnish with chili shreds and dish.





# 牛油果炒鸡柳

FRIED CHICKEN WITH AVOCADOS

**材料：**牛油果(鳄梨，油梨)2个，鸡肉 $\frac{1}{2}$ 斤(320克)，红萝卜 $\frac{1}{2}$ 个，青椒1只。

**调味料：**姜汁、酱油(生抽)、蚝油、芡粉(豆粉或粟米粉)少许。

**做法：**

(1) 牛油果一分两半，去核，用刀挖出果肉切条，果壳用沸水浸热。

(2) 鸡肉切条，用调味料腌约1小时，加芡粉拌匀，红萝卜去皮洗净切丝，青椒去籽切丝。

(3) 起油锅炒熟鸡肉，下红萝卜丝、青椒丝调味，加牛油果炒匀，取出放进牛油果壳内即可。

## Ingredients:

2 avocados  
320g chicken  
 $\frac{1}{2}$  carrot  
1 green pepper

## Seasonings:

a dash of ginger juice, light soy sauce, oyster sauce and bean flour (or cornstarch)

## Method:

1. Halve avocados, core, scrape pulp out with a small knife to cut into sticks and scald shells in boiling water.

2. Cut chicken into sticks, marinate with seasonings for 1 hour and mix well with starch; skin carrot, wash and shred; seed green pepper and shred.

3. Heating oil wok, fry chicken until cooked, put carrot and pepper shreds in, season, add avocados to stir-fry well, take out and place in avocado shells.





# 开心果炒鸡柳

FRIED CHICKEN WITH PISTACHIO

**材料：**开心果仁 $\frac{3}{4}$ 杯，鸡肉1斤(600克)，红灯笼椒1只。

**调味料：**酒 $1\frac{1}{2}$ 杯，酱油(生抽)2汤匙，黄砂糖、姜蓉、蒜蓉各1汤匙。

**做法：**

- (1) 鸡肉、红椒洗净，切条。
- (2) 将鸡肉条加入调味料搅匀，略腌片刻。
- (3) 烧热锅爆香鸡肉，加水煮8分钟，加入红椒、开心果仁炒匀即成。

## Ingredients:

$\frac{3}{4}$  cups pistachio  
600g chicken  
1 red lantern pepper

## Seasonings:

$1\frac{1}{2}$  cups wine  
2 tablespoons light soy sauce  
chopped ginger and chopper garlic

## Method:

1. Wash chicken and pepper clean and cut into sticks.
2. Mix chicken well with seasonings to marinate for a while.
3. Heating wok, sauté chicken, add water to boil for 8 minutes and add pepper and pistachio to stir-fry well.





# 啤梨炒牛肉粒

FRIED BEEF PELLETS WITH AUSTRALIAN PEAR

**材料：**啤梨(澳洲梨) 1个，牛仔肉(或嫩牛肉) 3两(120克)，青蒜(蒜苗) 1/2条，红萝卜1/2个，番茄1个，芡粉适量。

**调味料：**酱油、胡椒粉适量。

**做法：**

(1) 牛肉切粒，用调味料腌好，青蒜洗净切段，红萝卜洗净切片，番茄切圆片摆碟边侍食。

(2) 啤梨洗净去皮去核，将肉挖成球状。

(3) 起油锅，爆香蒜段，加红萝卜片炒匀，待旺火时下牛肉粒，炒至变色加入梨球炒匀，加芡上碟即可。

## Ingredients:

1 Australian pear  
120g calf beef (or tender beef)  
1/2 green garlic  
1/2 carrot

1 tomato  
adequate amount of starch

## Seasonings:

adequate amount of light soy sauce and pepper

## Method:

1. Cut beef into pellets and marinate with seasonings; wash garlic clean and cut into lengths; wash carrot clean and slice; cut tomato into round slices and garnish on the rim of a plate.

2. Wash pear clean, skin and core and scrape pulp into the shape of balls.

3. Heating oil in wok, sauté garlic, add carrot slices to stir-fry, put beef pellets in over high heat, stir-fry until colour is changed, add pear balls to stir-fry well, starch and serve.