

香 港 家 常 食 谱 精 选

窈窕素菜食谱

戴丽嫦著

广西教育出版社 · 香港万里机构联合出版

VEGETARIAN RECIPES FOR IMPROVING HEALTH

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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、烹调和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.

前言

素菜烹调须知

素食，有称蔬食，在中国古已有之，是佛门中人及其善信日常的饮食法。据在祭祀或举行隆重典礼前进行斋戒，可借以清心洁身，并示庄敬。

素食也随着社会发展，尤其近年在营养学家和素食主义者大力提倡推崇下，已引起城市家庭的广泛注意和重视。这种低脂肪、低胆固醇的饮食是保持身体健康的重要条件之一，常吃素菜有助清理肠胃、净化血液，具抗衰老的功效。近年医学界还发现，在许多绿黄色蔬菜和菇类中含有抗癌成分，常吃有益。所以经常吃素蔚成风气，家庭烹调素菜也成为时尚。

烹调素菜时，以下几点是必须留意的：

素材的选择 除了鲜蔬水果之外，菇类是不可缺少的，包括香菇、草菇、蘑菇和金菇；木耳、银耳；豆类和豆制品如豆腐、腐皮、百页、枝竹、面筋、油面筋也派用场。硬壳果仁也是素饌之材料。摩登的素食人士把牛奶、牛油、芝士及鸡蛋（未受精的）也纳入素材。至于葱、韭、蒜、薤和兴渠等，则为佛门中人及其善信所禁食，而鸡蛋、淡菜亦不在食用之列。

调味料的选择 由于素菜材料味道清淡，烹调时较重调味的配伍。常用的调味料除有南乳、腐乳、酱油（生抽和老抽）、糖、醋、盐外，还有豆豉、面豉酱、豆酱、花生酱、番茄酱、番茄汁、葡汁、果汁、忌廉汁，素味粉和素上汤等。

营养的配搭 许多人会错觉地以为素食不能为人们提供足够的营养和能量，长期食素会影响健康。事实上，每人一天必需的养分如糖类，蛋白质，矿物质钙、铁、磷、碘等元素，各种维他命和脂肪均可在素材中获得。只要配搭均衡，不偏食，便不难摄取到足够的营养。在烹制食品时，应尽量以不同色泽的材料配伍，如绿、黄、红、棕、白、黑等色，这也是预防偏食之诀。

PREFACE

FORMATIONS OF COOKING VEGETARIAN FOODS

Vegetarian diet, also known as vegetable dish, has existed in China since ancient time. This is daily diet for the followers and believers of Buddhism. It is said that people can purify themselves and show their respect by fasting before the sacrifices or grand ceremonies.

Vegetarian meal has developed with the pace of society. Under the advocacy and encouragement of the nutritionists and vegetarians in recent years, it has aroused great attention towards vegetarians foods from the cities. Having this low-fat and low-cholesterol diet is one of the essentials for maintaining good health. If you take this kind of foods constantly, you can have your stomach, bowels and blood purified and prevent senile decay. Lately, the medical world discovered that many green and yellow vegetables and mushrooms contain anti-carcinogenic substances. So they are beneficial to health if eaten regularly. Under such circumstances, it is popular and vogue to go vegetarian and cook vegetarian meal.

To cook vegetarian diet, you should note the following points:

Choice of vegetarian ingredients: Fresh vegetables and fruits, mushrooms, such as dried black mushroom, straw mushroom, white mushroom and golden mushroom, dried fungus, dried white fungus, pulses and their products, like beancurd, dried beancurd skim, beancurd leaf and dried beancurd stick, gluten, fired gluten puff and nuts are all vital vegetarian ingredients. Modern vegetarians add milk, butter, cheese and chicken egg (unfertilized) to a vegetarian diet. But the followers and believers of Buddhism are forbidden to eat shallot, leek, garlic, Chinese bulbous onion, ferula, chicken egg and dried mussel.

Choice of seasonings: As vegetarian foods have light flavour, seasonings play an important role in the cooking. The common seasonings are preserved taro curd, preserved beancurd, soy sauce (including light soy sauce and dark soy sauce), sugar, vinegar, salt, salted black bean, bean sauce, peanut butter, tomato paste, tomato sauce, Portuguese sauce, fruit juice, cream sauce, vegetarian monosodium Glutamate and vegetarian broth.

Nutritious match: Many people do not believe that vegetarian diet can provide them with adequate nutrients and energy. They think that taking this kind of meal regularly will have side effects on their health. However, the nutrients, like carbohydrates, proteins, minerals (including calcium, iron, phosphorus and iodine), vitamins and fats, needed for the body in a day, in fact, can be obtained from the vegetarian foods, provided that you have a balanced diet and do not have a partiality for particular kinds of foods. To meet these requirements, you should have a good match of vegetarian ingredients of different colours, such as green, yellow, red, brown, white and black, when cooking.

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雪里蕻豆腐

BEANCURD WITH POTHERB MUSTARD

材料：盒装豆腐1盒，雪里蕻4两(约160克)，红辣椒茸1茶匙。

调味料：素上汤1杯，盐 $\frac{1}{2}$ 茶匙，糖 $\frac{1}{4}$ 茶匙，胡椒粉、麻油各少许。

做法：

(1) 雪里蕻用水浸片刻，洗净后挤干水分，切细粒，煮熟，去汁。

(2) 豆腐切粒，用调味料浸着放冰箱内约2小时，取出，沥干水分放碟上，再以雪里蕻围边，撒下红辣椒茸，即成。

心得：雪里蕻切细粒后，用糖1茶匙煮片刻，味道更可口。

素上汤：用大豆芽1斤，干草菇、冬菇蒂各1两，姜2片，水2斤，中火煲1小时即成。

Ingredients:

1 box beancurd
160 g. potherb mustard
1 teaspoon chopped red chilis

Seasonings:

1 cup fine vegetarian stock
 $\frac{1}{2}$ teaspoon salt
a dash each of pepper and sesame oil
 $\frac{1}{4}$ teaspoon sugar

Method:

1. Soak the mustard in water for a while, wash it clean, squeeze water away, chop it, boil it and drain.

2. Chop the beancurd, put it in the refrigerator by soaking in seasonings for 2 hours, take it out, drain, dish it up, garnish it around with mustard and sow chilis over for serving.

Gist:

Chop the potherb mustard and boil it with 1 teaspoon sugar for a while so as to make it more palatable

The fine vegetarian stock is made by boiling 640 g. bean sprouts, 40 g. each of dried straw mushrooms and black mushroom stalks, 2 slices ginger and 1.28 kg. water over medium heat for 1 hour.



夏日田园

GARDENS IN SUMMER DAY

材料：鲜芦笋 6两 (约240克)，鲜冬菇4两 (约160克)。

调味料：素上汤1杯，盐、糖各 $\frac{1}{2}$ 茶匙，姜汁、油各1茶匙，胡椒粉、麻油各少许。

做法：

(1) 鲜冬菇去蒂，洗净，用煮滚的调味料焗熟 (约需1分钟)。

(2) 鲜芦笋削去根端老梗，放入油、盐滚水中焯1分钟，捞出置冷水浸片刻，再放入煮滚的调味料中焗两分钟，使入味。

(3) 鲜芦笋尖端朝外呈放射状上碟，鲜冬菇放中间即成。

心得：鲜芦笋放油、盐滚水中焯后再浸冷水，可保持颜色翠绿。

Ingredients:

240 g. fresh asparagus

160 g. fresh black mushrooms

Seasonings:

1 cup fine vegetarian stock

$\frac{1}{2}$ teaspoon each of salt and sugar

1 teaspoon each of ginger juice and oil
a dash each of pepper and sesame oil

Method:

1. Remove stalks from mushrooms, wash them clean and scald them in boiling seasonings (for 1 minutes).

2. Pare old stem ends off asparagus, scald it in boiling water with oil and salt for 1 minutes, scoop it out, soak it in cold water for a while and scald it in boiling seasonings for 2 minutes until seasoned.

3. Dish asparagus up radially with the tips outward and place mushrooms in the centre.

Gist: Scald the asparagus in boiling water with oil and salt and soak it in cold water so as to keep it jade green.



大菜拌粉皮

GREENBEAN STARCH SHEET WITH AGAR-AGAR

材料：即席大菜丝2两(约80克)，鲜粉皮4两(约160克)，温室芽菜1盒(约200克)。

香辣酱料：豆瓣酱、芝麻酱、花生酱各1茶匙，辣椒油 $\frac{1}{2}$ 茶匙，素上汤2汤匙。

做法：

(1) 香辣酱料调匀备用。

(2) 鲜粉皮以滚水拖过，再过冷河，沥干水分，切条，加入香辣酱、麻油捞匀放碟上。

(3) 即席大菜丝放在粉皮上。

(4) 温室芽菜用冰水冲洗后沥干，围放碟边即成。

心得：

(1) 如用干粉皮需先浸水，待回软始可应用。

(2) 即席大菜丝已调味，各大超级市场有售。

(3) 温室芽菜可用银芽代替。

Ingredients:

80 g. instant agar-agar

160 g. fresh greenbean starch sheet

1 box greenhouse green bean sprouts
(200 g.)

Hot Sesame Sauce:

1 teaspoon each of broad bean paste,
sesame paste and peanut paste

$\frac{1}{2}$ teaspoon tabasco sauce

2 tablespoons fine vegetarian stock

Method:

1. Mix sauce ingredients well for use.

2. Scald the sheet in boiling water, cool it in cold water, drain, cut it into strips, mix well with sauce and sesame oil and dish up.

3. Place the agar-agar on the sheet.

4. Rinse sprouts with ice water, drain and garnish them around on the rim for serving.

Gist:

1. If a dry starch sheet is used, it must be soaked in water until soft before use.

2. The seasoned instant agar-agar is on sale in every big supermarket.

3. The greenhouse green bean sprouts can be replaced by ordinary sprouts.



三色粉卷

TRICOLoured STARCH ROLLS

材料：泰式粉皮、青瓜、甘笋、生菜各2两(约80克)，榨菜2片，熟冬菇1两(约40克)，油条 $\frac{1}{2}$ 条或炸面筋1件，炸脆花生2汤匙。

酸辣汁料：柠檬汁、水各2汤匙，糖2茶匙，柠檬皮茸、红椒粒各1茶匙。

做法：

(1) 柠檬汁、水、糖煮滚，冷却后加入红椒粒、柠檬皮茸即成酸辣汁。

(2) 青瓜、甘笋洗净，切丝，生菜洗净沥干，部分切丝，熟冬菇、油条均切丝。

(3) 榨菜切茸，炸脆花生压碎。

(4) 粉皮上放生菜叶1片，加上各丝料，撒下榨菜茸和花生，卷好即成。酸辣汁同上桌供蘸食。

心得：泰式粉皮用少许清水扫面，再用湿布盖着，片刻便会回软，可供烹制食物。见图1~3。

Ingredients:

80 g. each of Thai-style starch sheets, cucumber, carrot and lettuce

2 slices hot-pickled mustard root

40 g. cooked black mushrooms

$\frac{1}{2}$ deep-fried dough stick or 1 deep-fried gluten

2 teaspoons deep-fried peanuts

Sweet and Sour Sauce:

2 tablespoon each of lemon juice and water

2 teaspoons sugar

2 teaspoons chopped lemon peel

1 teaspoon chopped red pepper

Method:

1. Bring lemon juice, water and sugar to boil, cool, add pepper and lemon peel and mix into sweet and sour sauce

2. Wash cucumber and carrot clean and shred them; shred mushrooms and dough stick; wash lettuce clean, drain and shred part of it.

3. Chop mustard root; pound peanuts.

4. Put 1 lettuce leaf on a sheet, sow the shreds, mustard root and peanuts on and roll the sheet up to serve with sweet and sour sauce for dipping.

Gist: The Thai-style starch sheet will become soft when a little water is brushed over it and it is covered with wet cloth for a while. See Figs 1~3.

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酿蜜糖豆

STUFFED HONEYED BEANS

材料：蜜糖豆4两(约160克)，豆腐1件，面筋 $\frac{1}{2}$ 两(约20克)，马蹄肉茸、甘笋茸各1汤匙，辣菜脯茸1茶匙。

调味料：盐 $\frac{1}{2}$ 茶匙，糖、素味粉各 $\frac{1}{4}$ 茶匙，生粉2茶匙，胡椒粉少许。

做法：

(1) 蜜糖豆洗净，抹干，逐一用刀划开一边，并洒上少许生粉在内。见图1~2。

(2) 豆腐片去硬皮，捣烂；面筋切碎。

(3) 把豆腐、碎面筋和各茸料拌匀，加入调味料拌成馅料，酿入蜜糖豆内，隔水蒸约3分钟即熟，淋上麻油即成。见图3。

心得：豆腐必须挤干水分始能作酿馅。

Ingredients:

160 g. edible podded peas
1 piece beancurd
20 g. gluten
1 tablespoon each of chopped shinned water chestnuts and carrot
1 teaspoon chopped hot-pickled turnip

Seasonings:

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon each of sugar and vegetarian seasonings powder
2 teaspoons tapioca starch
a dash of pepper

Method:

1. Wash the peas clean, wipe them dry, cut them open one by one and sow a dash of tapioca starch in. See Figs. 1~2.

2. Pare bard skin off beancurd and pound it; chop gluten.

3. Mix beancurd, gluten and other choppings, add seasonings to mix into stuffing, stuff into the peas, steam them above water for 3 minutes add sprinkle sesame oil over for serving. See Fig. 3.

Gist: The beancurd must be squeezed dry before the use for stuffing.

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