

热辣炒

Spice Up Your World

程安琪 著

香辣、麻辣、火辣 **辣**
辣得过瘾，做得简单
轻松烹制属于你的辣中美味



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程安琪 著

 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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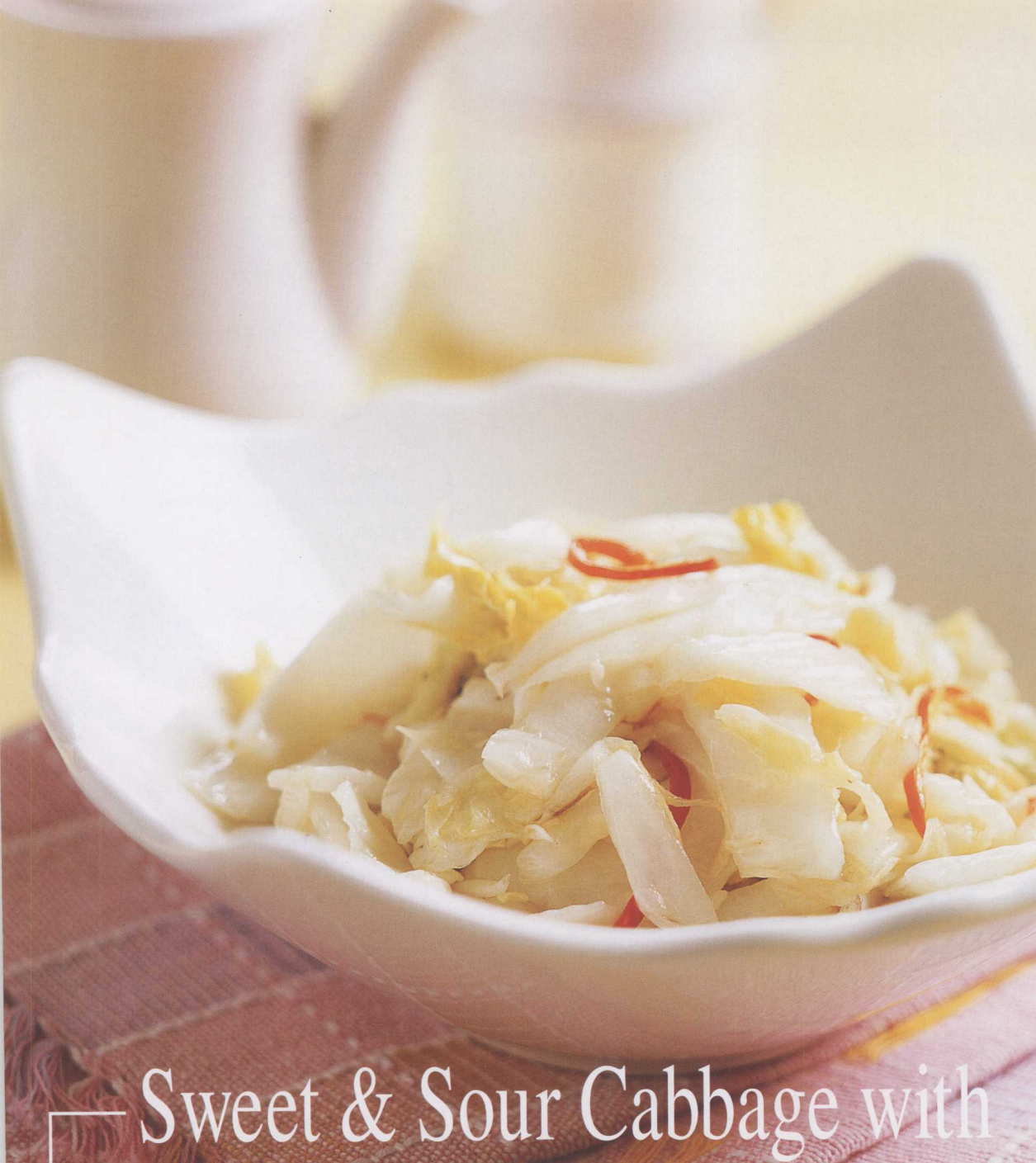
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Sweet & Sour Cabbage with

Spicy Sauce

Tips

- 腌白菜时在上面压一个盘子，使白菜能均匀地脱水。也可以用圆白菜代替大白菜。
- 这道菜是取花椒的香气，花椒粒要小火慢慢炸才香。喜欢花椒味重一点的，可以将花椒粒炒香后，和盐一起用来腌白菜。
- Place a plate on top of cabbage while marinating it to soften the cabbage faster.
- Remember to fry the brown peppercorn over low heat to avoid burning. For a stronger peppercorn taste, keep the peppercorn in while stir-frying and soaking the cabbage.

糖醋辣白菜

Sweet & Sour Cabbage with Spicy Sauce

材料

- 大白菜半棵 (约500克) 500g Chinese cabbage or cabbage
- 花椒粒7克 7g brown peppercorn
- 红辣椒1个 1 red chili pepper
- 嫩姜1小块 1 piece of ginger

调味料

- 盐1茶匙 1 tsp. salt
- 香油1/2大匙 1/2 tbsp. sesame oil
- 白糖3大匙 3 tbsp. sugar
- 醋3大匙 3 tbsp. rice vinegar

做法

1. 白菜的帮切细一点，叶子切宽条，撒上盐拌匀，腌30分钟。
 2. 红辣椒去子，切丝；嫩姜也切细丝。
 3. 见白菜已变软时，用水冲一下，挤干水分。
 4. 锅中放入香油和色拉油各1/2大匙，放入花椒粒小火爆香，捞弃花椒粒。
 5. 加入白菜，大火炒至白菜熟透，加入白糖和醋，一滚立即关火。
 6. 盛出，撒下姜丝和红辣椒丝拌匀，放凉后再食用。
1. Rinse and cut cabbage into strips. Put it in bowl, sprinkle salt in, mix and marinate for about 30 minutes.
 2. Remove seeds from red chili pepper, then shred it. Shred ginger finely.
 3. Rinse and squeeze out the salty water from cabbage.
 4. Heat sesame oil and 1/2 tablespoon of cooking oil in a pan, fry brown peppercorns over low heat until fragrant, remove peppercorns.
 5. Add Chinese cabbage in, stir-fry over high heat until heated. Add sugar and vinegar, bring to a boil. Turn off the heat right away.
 6. Remove cabbage to a bowl, mix red chili and ginger in. Serve after cooled.



辣炒莴笋

Spicy Lettuce Stem



材料

Ingredients

- | | |
|---------|----------------------|
| 莴笋1根 | 1 stalk lettuce stem |
| 瘦猪肉150克 | 150g lean pork |
| 青蒜1根 | 1 stalk green garlic |
| 红辣椒2个 | 2 red chili peppers |

调味料

Seasonings

- | | |
|---------------|------------------------------|
| (1) 酱油1/2大匙 | (1) 1/2 tbsp. soy sauce |
| 淀粉1茶匙 | 1 tsp. cornstarch |
| 水2大匙 | 2 tbsp. water |
| (2) 辣豆瓣酱1/2大匙 | (2) 1/2 tbsp. hot bean paste |
| 酱油1大匙 | 1 tbsp. soy sauce |
| 盐1/4茶匙 | 1/4 tsp. salt |
| 白糖1/2茶匙 | 1/2 tsp. sugar |
| 水4大匙 | 4 tbsp. water |
| 水淀粉少许 | a little of cornstarch paste |
| 香油3~4滴 | 3-4 drops of sesame oil |

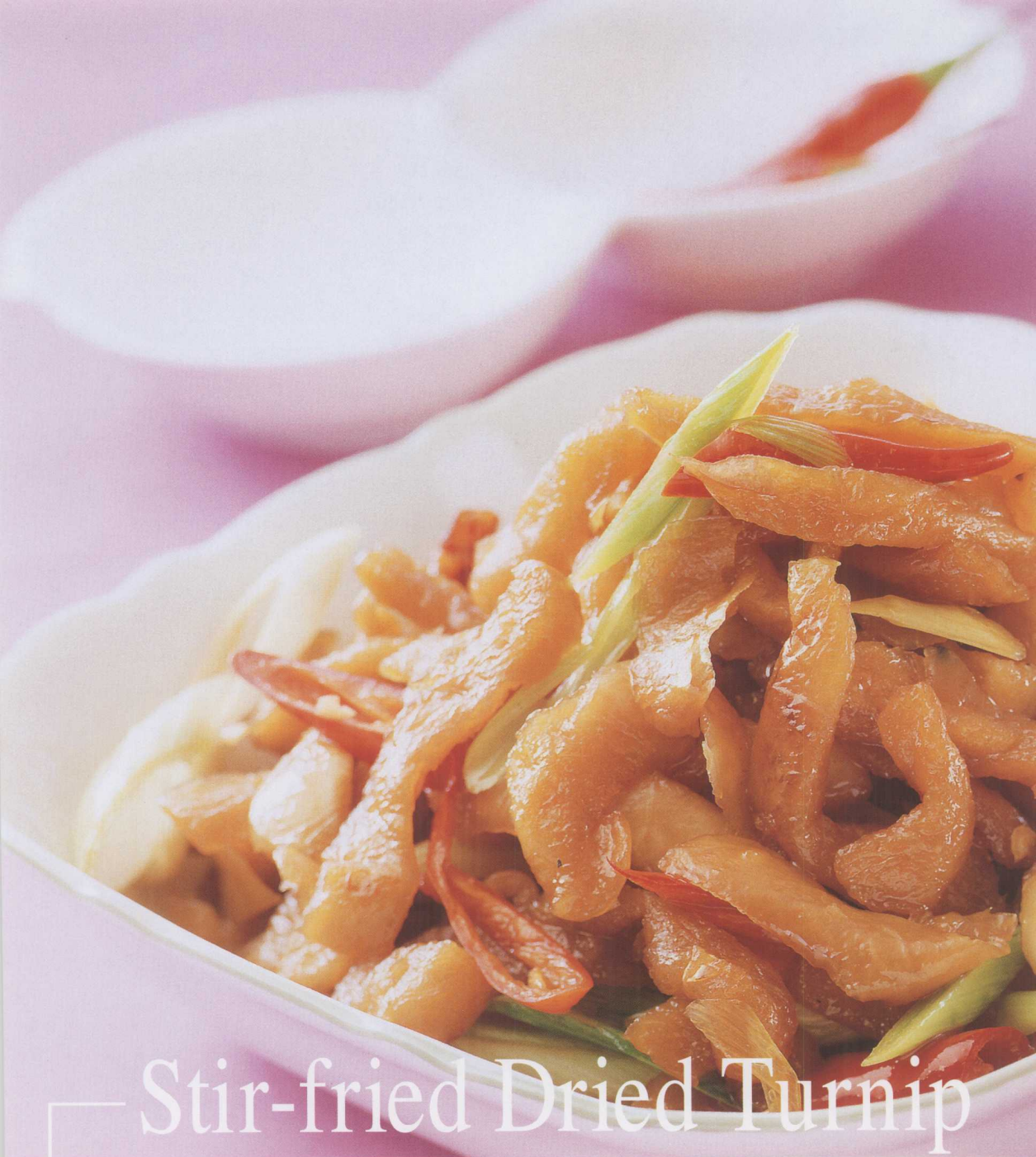
做法

Procedure

1. 猪肉切片，用调味料(1)拌匀，略抓拌后，放置10分钟。
1. Slice pork, mix well with seasonings(1), marinate for 10 minutes.
2. 莴笋削皮后切滚刀块，用滚水烫过后，捞出冲凉。
2. Trim lettuce stem, cut it into irregular pieces, boil in water for 1 minute, drain and rinse.
3. 青蒜切斜段，红辣椒切片。
3. Slice green garlic and red chilies diagonally.
4. 起油锅，用3大匙油炒肉片，待肉七八成熟时，放入一半量的青蒜段和1/2大匙辣豆瓣酱略炒，再放入莴笋块，淋下酱油和水，加盐、白糖调味，大火拌炒均匀，改小火略焖1分钟至熟。
4. Heat up 3 tablespoons of oil to stir-fry pork. When the pork is almost done, add half amount of green garlic and 1/2 tbsp. hot bean paste in, stir-fry for a while. Put in lettuce stem, add soy sauce, water, salt and sugar, stir evenly over high heat. Turn to low heat, cook for 1 minute till done.
5. 以水淀粉勾薄芡，滴3~4滴香油即可关火。
5. Thicken with a little of cornstarch paste, add sesame oil in, turn off the heat.

Tips

- 莴笋可以生吃，所以其脆度可自行决定，也可以不烫，直接炒。
- The lettuce stem can be eaten raw, so you don't have to cook it very long. You may also stir-fry without boiling it in advance.



Stir-fried Dried Turnip

with
Garlic



- 🔥 这道辣炒甜味较重，因此萝卜干不要太咸，同时用油先煎过萝卜干，可增加香气。
- 🔥 加入调味料和青蒜后会有汤汁，要大火收干，青蒜炒透后可以存放较长时间。
- 🔥 The taste of this recipe is on the sweet side, so soak the dried turnip in water to reduce its saltiness. Also, frying it with oil first will enhance its fragrance.
- 🔥 The addition of seasonings and green garlic may generate liquid. Reduce it with high heat. This dish may be kept for a few weeks if the green garlic is cooked thoroughly.

辣炒萝卜干

Stir-fried Dried Turnip with Garlic



萝卜干300克

大蒜8~10粒

红辣椒5个

青蒜2根

300g dried turnip

8-10 cloves garlic

5 red chili peppers

2 stalks green garlic



酱油3大匙

白糖5大匙

3 tbsp. soy sauce

5 tbsp. sugar



1. 萝卜干泡在水中抓洗一下，沥干水分。
2. 大蒜小的不切，大粒的切为二或三片；红辣椒切斜段；青蒜切斜段。
3. 锅中倒入3~4大匙油，先将大蒜以小火煎黄，盛出；放入萝卜干煎香，至外表略有焦黄，放入红辣椒段爆至辣味出来。
4. 加入调味料炒匀，再加青蒜段和大蒜粒一起拌炒，大火炒至汤汁将收干，放凉后食用。

1. Soak the dried turnip in water for a while, rinse and drain.
2. Cut the garlic into 2 or 3 pieces according to the size of garlic, or keep it in whole clove if it is small. Slice red chili and green garlic diagonally.
3. Heat 3-4 tablespoons of oil in wok, fry garlic over low heat until golden, remove. Fry dried turnip in oil until the outside turns brown. Add red chili, stir-fry again.
4. Season with seasonings, add green garlic and garlic in, stir-fry over high heat until the sauce is almost absorbed. Remove and let it cool.





黄酱剑笋

Sword Bamboo Shoots with Bean Paste



材料

肉丝150克	150g pork strings
剑笋250克	250g sword bamboo shoots
小葱2根	2 stalks green onion
大蒜3粒	3 cloves garlic
红辣椒2个	2 red chili peppers

调味料

(1) 酱油1/2大匙	(1) 1/2 tbsp. soy sauce
淀粉1茶匙	1 tsp. cornstarch
水2大匙	2 tbsp. water
(2) 黄酱1大匙	(2) 1 tbsp. yellow soy bean paste
料酒1茶匙	1 tsp. wine
白糖1/4茶匙	1/4 tsp. sugar
水1/3杯	1/3 cup water
(3) 水淀粉适量	(3) cornstarch paste as needed
香油数滴	a few drops of sesame oil

做法

1. 肉丝用调味料(1)腌20分钟;小葱切段;大蒜拍碎;红辣椒切斜段。
1. Marinate pork with seasonings(1) for 20 minutes. Crush garlic; cut both green onions and red chili into sections diagonally.
2. 剑笋切除太硬的尾部,用滚水氽烫20秒钟,捞出。
2. Trim off the hard parts of the bamboo shoots, blanch them for 20 seconds, drain.
3. 用油将肉丝过油炒熟盛出,仅留2大匙油爆香蒜末、葱段和红辣椒段,再加入调味料(2)炒香。
3. Stir-fry pork strings until done, remove. Keep 2 tablespoons of oil in wok to stir-fry garlic, green onion and red chili. Add seasonings(2), stir-fry until fragrant.
4. 加入剑笋炒匀,烧1~2分钟,加入肉丝拌炒均匀,熟后可淋少许水淀粉勾薄芡,滴下香油即可。
4. Add bamboo shoots in, cook for 1-2 minutes. Add pork strings, mix well. Thicken the liquid with cornstarch paste if needed. Drizzle sesame oil at last.



— Stir-fried Bamboo Shoots with

XO
Sauce



XO酱炒茭白

Stir-fried Bamboo Shoots with XO Sauce

材料

茭白3根
XO酱2大匙
小葱2根

3 pieces Jiao-bai bamboo shoots
2 tbsp. XO sauce
2 stalks green onion

XO 酱材料

干贝6粒
火腿末15克
虾米30克
扁鱼干1片
虾子7克
红葱头4个
小红辣椒10个

6 pieces dried scallop
15g Chinese ham
30g dried shrimp
1 slice dried brill
7g shrimp roe
4 cloves red shallot
10 small red chilies

调味料

料酒1大匙
生抽2大匙
白糖1/4茶匙
盐1/4茶匙

1 tbsp. wine
2 tbsp. light color soy sauce
1/4 tsp. sugar
1/4 tsp. salt

XO 酱做法

1. 干贝蒸约30分钟至软，撕散开，蒸干贝汁留用。
2. 虾米泡软后剥去硬壳，剁碎；红葱头切片；红辣椒切丁；扁鱼干用小火慢慢煎黄，待凉后切碎；虾子在干净无油的锅中炒香。
3. 烧热油半杯，放入红葱头炸酥捞出，再放入干贝及虾米碎、红辣椒丁炒至香，淋下调味料、蒸干贝汁（约360克），放入火腿末、扁鱼干末一起用小火煮约20分钟。
4. 撒下炒香的虾子，再煮一滚即可关火，放凉后装瓶保存，此即为XO酱。

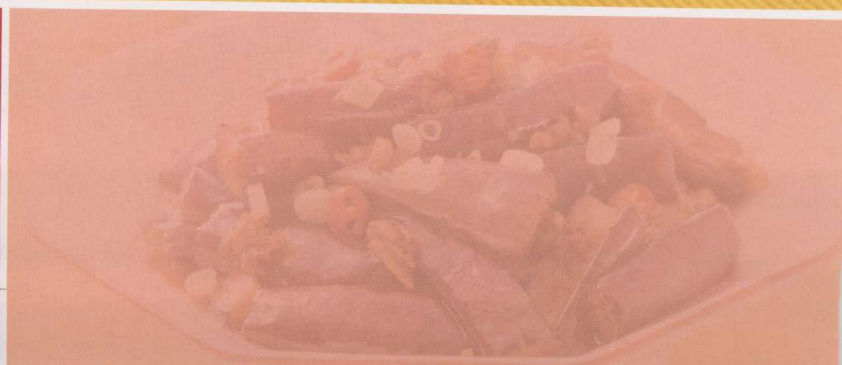
做法

1. 茭白削好，切滚刀小块。
2. 锅中烧热油2大匙，爆香葱段，放入茭白块，小火煸炒一下，放入XO酱和水2大匙，大火炒熟，喜欢软一点的口感，可稍微焖1~2分钟。

1. Trim Jiao-bai bamboo shoots, cut to pieces.
2. Heat 2 tablespoons of oil to stir-fry green onion sections and bamboo shoots, stir-fry over low heat for a while. Add XO sauce and 2 tablespoons of water, stir-fry evenly. You may simmer it for 1-2 minutes if you prefer the bamboo shoots to be more soft.



— Stir-fried Eggplants with Spicy Sauce



麻辣茄段

Stir-fried Eggplants with Spicy Sauce



茄子2条
猪肉馅30克
蒜末5克
葱花15克

2 eggplants
30g ground pork
5g chopped garlic
15g chopped green onion



辣豆瓣酱1大匙
料酒1/2大匙
酱油1大匙
盐1/4茶匙
白糖1/2茶匙
水1/4杯
醋1/2大匙
水淀粉1茶匙
香油1/4茶匙
花椒粉1/4茶匙

1 tbsp. hot bean paste
1/2 tbsp. wine
1 tbsp. soy sauce
1/4 tsp. salt
1/2 tsp. sugar
1/4 cup water
1/2 tbsp. vinegar
1 tsp. cornstarch paste
1/4 tsp. sesame oil
1/4 tsp. brown peppercorn powder



1. 茄子切滚刀块或长条均可，入热油中炸软，捞出，沥干油。
2. 用2大匙油炒香肉馅和蒜末，续加入辣豆瓣酱炒香，再依序加入料酒、酱油、盐、白糖和水，放入茄块，轻轻拌炒，烧1分钟至入味。
3. 沿锅边淋下醋烹香，以水淀粉略勾薄芡，滴入香油，撒入花椒粉和葱花，略拌和即可装盘。

1. Cut eggplants into pieces or stripes, deep-fry with heated oil until soft, drain.
2. Stir-fry ground pork and garlic with 2 tablespoons of oil until fragrant. Add hot bean paste, stir-fry a little, add wine, soy sauce, salt, sugar and water, mix well, put eggplants in, stir-fry gently, cook for 1 minute.
3. Sprinkle vinegar toward the edge of the wok to enhance the flavor, thicken the liquid slightly with cornstarch paste. Drizzle sesame oil, sprinkle green onion and brown peppercorn powder, mix gently. Serve.