

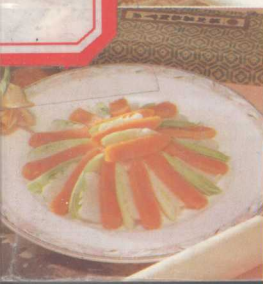
全家吃出健康吃出美

3

# 海鲜名菜大全

## Famous Sea Foods

(台) 陈进万 / 著 CHEN JIN WAN



简明易学·看了就会

知识出版社



● 巧手上菜 ●

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# 陈进万



## 《作者简介》

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多年经验加上不藏私的热忱个性，使其在同行中备受尊崇，而融合传统与创意的烹调手法，亦是有口皆碑，声誉颇著。





# 序

## ~做菜也可以成为赏心乐事~

“吃”是人生一大享受，尤其美食当前，更是教人食指大动，垂涎欲滴，如何吃，才能吃得健康、吃得美味，这对营养过剩而百病丛生的现代人而言，可说是一大学问。

海鲜种类琳琅满目，营养价值颇高，在烹调方式上，更是常常中西融贯、推陈出新，因此向来都是美食家们的最爱。而根据一项研究显示，每天进食大量海鲜的爱斯基摩人，因心脏病死亡的人口仅占总死率的极少数，这项发现更使得海鲜成为健康、美味兼具的桌上佳肴。

有鉴于此，本社特别推出《海鲜名菜大全》一书，书中不但公开了多道海鲜私房菜食谱，更搜罗了不少家常、宴客菜，举凡大宴小酌之佳肴一应俱全，而且图文并茂的步骤解说，也使得烹调方式一目了然，对想亲自下厨的您来说，完成一道道海鲜料理，将不再是什么难事。

看到这里，您是不是有些心动了呢？既然如此，何不立刻系上围裙，拿起锅铲，走进厨房一展身手？相信当您做的菜一上桌，定会博得满堂喝彩的！



# INTRODUCTION

“Eating” is a great enjoyment of life, people rarely refuse delicious foods when it's in front of us. How to eat with health also delicious, it's an important issue nowadays for people who have too much nutrition that caused illness.

There are many kinds of seafood with high nutrition, also there are many ways to cook with new style everyday.

According to a medical report, people who enjoy seafoods would get less heart disease. It makes seafoods more popular and welcome on the table.

For this reason, we publish the book “Famous Sea Foods” to introduce many delicious seafoods by famous cook, also we have many easy home-made seafoods with others which are for banquet.

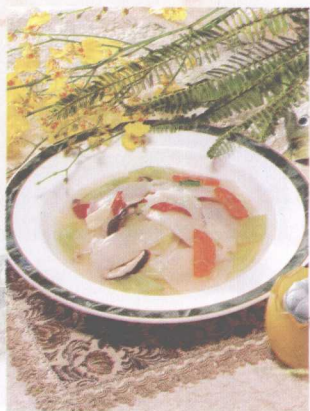
You can get the picture step by step from this edition, it will be a lot easier for you to cook with enjoyment.

In the mean while, are you ready to cook the great seafoods for your family and friends? We believe that you will become a great cook on seafood from now on with lots of acclaim.



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## 吉利虾

### 【材料】

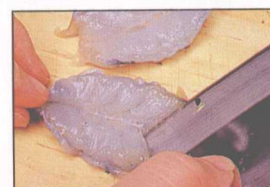
①草虾或小明虾 600 克。②面包粉 200 克。③面粉 100 克。④蛋 2 个。⑤葱末 20 克。⑥姜汁  $\frac{1}{4}$  匙。

### 【调味料】

①盐  $\frac{1}{4}$  匙②料酒  $\frac{1}{4}$  匙③胡椒粉少许

### 【做法】

- ①虾去头，去壳，留尾部，切开背部抽肠泥摊平，腹部白筋切断，用材料⑤和调味料①~③腌 10 分钟。
  - ②蛋打散成蛋液，面粉及面包粉各置一盘，腌好的虾排先沾面粉再沾蛋汁，最后裹上面包粉滚匀，用手稍压紧。
  - ③油锅烧至 5 分热，投入虾排，一一炸至表面金黄即可捞出，趁热食用。
- 特色：**此菜色泽金黄，外酥里嫩，吃时蘸点甜辣酱更可口。



## Fry Brittle Prawn

### Ingredients

①600g. prawns. ②200g. bread crumbs. ③100g. starch. ④2 eggs. ⑤20g. minced scallion. ⑥ $\frac{1}{4}$  tbsp. ginger sauce.

### Seasoning

① $\frac{1}{4}$  tbsp. salt. ② $\frac{1}{4}$  tbsp. cooking wine. ③A dash of pepper powder.

### Methods

- ①Devein and clean the prawn, cut from the back and open it. Pickle by ingredient ⑤ and seasoning ①~③ for 10 minutes.
  - ②Beat the egg into liquid, coat the pickled prawn by starch first, coat by egg, then coat by bread crumbs.
  - ③Preheat the pan till medium, fry the prawn till golden, dish up.
- Character** Brittle, crisp with rich fragrance.



# 糖醋瓦块鱼

## 【材料】

①草鱼中段 700 克。②葱 12 克。③姜末 10 克。④蒜末 5 克。⑤面粉 120 克。

## 【调味料】

(A) ①盐 1 匙 ②胡椒粉 1 匙 ③料酒 1 匙

(B) ①盐 1 匙 ②番茄酱 2 匙 ③糖 1 匙 ④醋 1 匙 ⑤水淀粉 1 匙

## 【做法】

- ①草鱼去鳞、内脏，斩成块状，放入马碗盅加调味料(A) ①~③及葱段 6 克、姜末 5 克腌拌匀。
  - ②葱 6 克洗净切成葱花。
  - ③锅置火上添入花生油烧至 6 分热，将鱼块沾粉放入油中炸至金黄色，酥脆捞起沥油装入盘内。
  - ④锅留一匙油先把姜末及蒜末入锅爆香，加调味料(B) ①~④，再加一炒瓢水烧开，用水淀粉勾芡，均匀淋在鱼上即可。
- 特色：**此菜色泽金黄、皮酥脆肉细嫩，有浓郁的糖醋味。

# Sweet and Sour Minnow

## Ingredients

①700g. the middle part of minnow. ②12g. scallion. ③10g. minced ginger. ④5g. minced garlic. ⑤120g. starch.

## Seasoning

(A) ①1 tbsp. salt. ②1 tbsp. pepper powder. ③1 tbsp. cooking wine.

(B) ①1 tbsp. salt. ②2 tbsp. catchup. ③1 tbsp. sugar. ④1 tbsp. vinegar. ⑤1 tbsp. starch water.

## Methods

- ①Scale and clean the minnow, cube it then mix with seasoning(A) ①~③ and 6g. scallion, 5g. minced ginger well.
  - ②Clean and dice 6g. scallion.
  - ③Preheat the pan with peanut oil till 60% done, coat the minnow by starch and fry till golden, drain and dish up.
  - ④Fry ginger and garlic briefly, add seasoning (B) ①~④ and a scoop of water, thicken the sauce by starch water, pour the thick sauce on the minnow, done.
- Character** Brittle, tender with rich flavored.





# 萝卜丝鲫鱼

## 【材料】

①白萝卜 250 克。②鲫鱼 2 尾 (约 250 克)。③姜片 4 克。④葱段 5 克。

## 【调味料】

①料酒 1 匙②盐 1 匙③胡椒粉 1 匙④味精  $\frac{1}{2}$  匙

## 【做法】

- ①鲫鱼去鳞、鳃、内脏后洗净，两面各改两刀。
- ②萝卜洗净去皮，切 10 厘米长 0.3 厘米见方丝。
- ③锅烧热加入 1 大匙油先把鲫鱼煎成浅黄色捞起，下姜片及葱段萝卜丝炒一下添入鲜汤，鲫鱼加调味料①～④
- ④烧至鱼熟汤醇时，盛入大碗内即可。

●特色：此菜汤色乳白汁醇、味清淡可口、鲜香质嫩。

## Silver Carp with Grated Radish

### Ingredients

①250g. radish. ②250g. silver carp. ③4g. chipped ginger. ④5g. scallion.

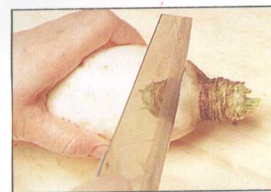
### Seasoning

①1 tbsp. cooking wine. ②1 tbsp. salt. ③1 tbsp. pepper powder. ④ $\frac{1}{2}$  tb-sp. monosodium glutamate.

### Methods

- ①Scale and clean the carp. Cut 2 light line on each side.
- ②Clean and pare the radish, shred it into 10 cm by 0.3cm.
- ③Preheat the pan with 1 tbsp. oil, fry the carp till light yellow, drain up. Fry the ginger, scallion and shred radish briefly, put broth and carp in, add seasoning ①～④, fry till well done, dish up.

●Character Redolent with fragraney.







# 凉拌生鱿鱼

## 【材料】

- ①生鱿鱼（透抽）1斤。②姜末 $\frac{1}{4}$ 匙。③辣椒末1匙。  
④蒜末 $\frac{1}{2}$ 匙。

## 【调味料】

- ①酱油2大匙②醋1大匙③糖1匙④麻油1匙

## 【做法】

- ①生鱿鱼洗净，去外膜，切麦穗花纹刀，再切成长约2寸宽1寸半长方状。  
②将材料②~④和调味料①~④调匀，待用。  
③烧开1锅水，水滚后，投入生鱿鱼块略烫，待生鱿鱼卷起时捞出沥水置于盘上，再将已调匀之做法②淋于其上即可。  
●特色：此菜清脆，微辣，佐餐、下酒皆宜。

## Squid in Cold Sauce

### Ingredients

- ①480g. squid. ② $\frac{1}{4}$  tbsp. bruised ginger. ③1 tbsp. bruised chilli. ④ $\frac{1}{2}$  tbsp. bruised garlic.

### Seasoning

- ①2 tbsp. soy sauce. ②1 tbsp. vinegar. ③1 tbsp. sugar. ④1 tbsp. sesame oil.

### Methods

- ①Pare and clean the squid, cut light cross on and cube it.  
②Mix ingredients ②~④ with seasoning ①~④ well to be the cooking sauce.  
③Boil a pot of water, scald the squid till roll up, drain and dish up. Pour the cooking sauce on, done.  
●Character Brittle, crisp with a bit spicy.

