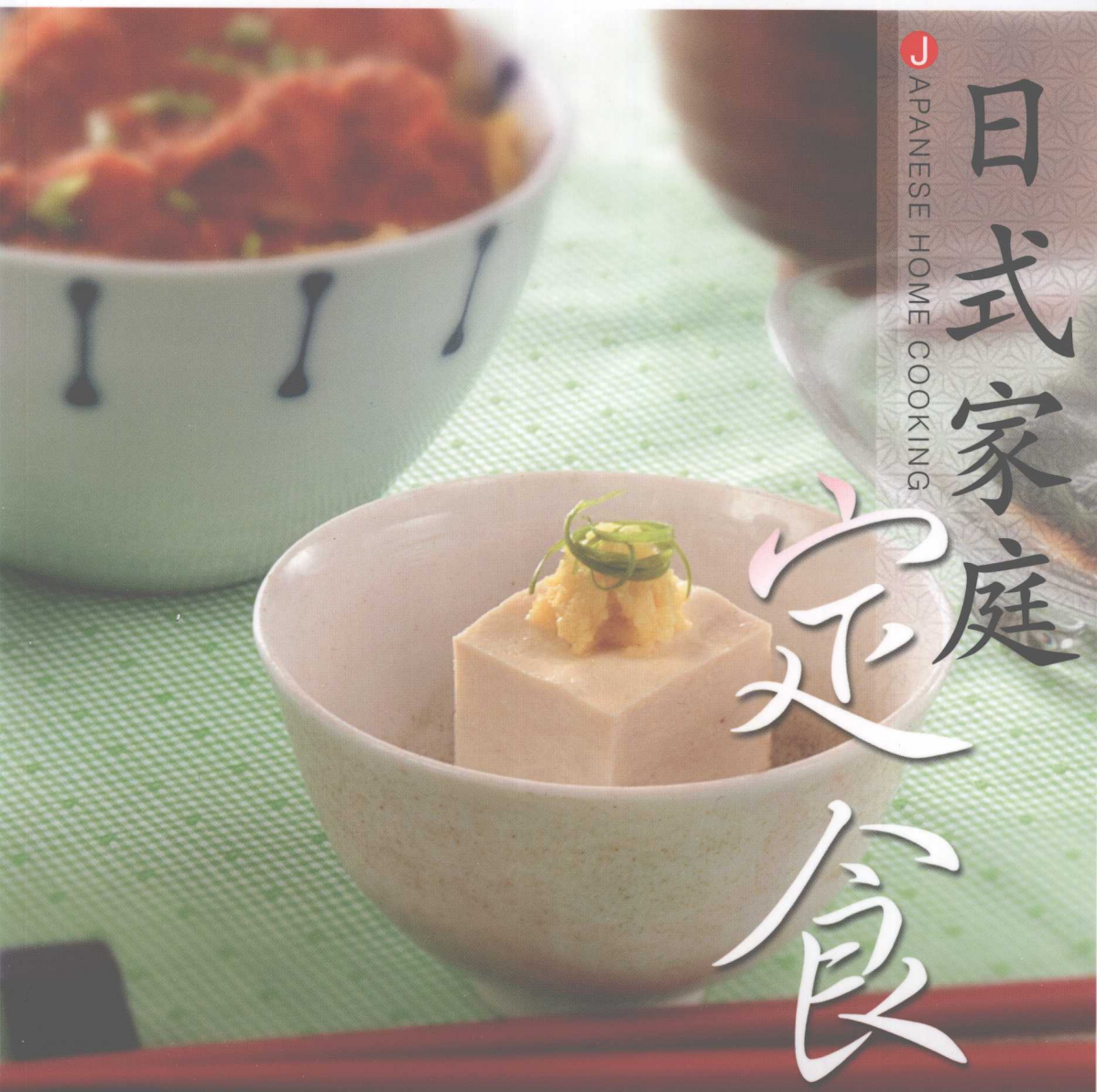


J JAPANESE HOME COOKING

日式家庭

定食



幸せ

の味

美味しい食卓

〈幸福的滋味 來自餐桌上的美味關係〉

櫻井景子 著

萬里機構・飲食天地出版社出版

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日式家庭定食 Japanese Home Cooking

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序言 | Preface



近年，日本的飲食文化瀰漫香港，越趨普及。談到日本料理，你會在腦海中浮現出甚麼樣的食物？壽司？天婦羅？鰻魚？還是拉麵呢？與昔日相比，在香港可以品嚐到的日本料理種類越來越多。可是，你有沒有真正嚐過日本人做的家庭料理？日本庶民家庭在平常日子裏又會吃些甚麼？壽司嗎！雖然是受歡迎的日本料理，但是一般日本人不會在家裏自己做。這正如香港人一樣，不會在家裏煮鮑魚、魚翅、龍蝦和燒乳豬，因為普遍的香港家庭主婦都無法掌握煮鮑魚的技巧。同樣地，又有多少日本主婦能夠輕易地做出有水準的壽司呢！要捏製出有專業水準的壽司，絕非一朝一夕就能練成，需要經過長年累月的鍛練才能達到水準。你可曾見過有人在市場裏買一條活生生的鰻魚回家剖了後拿來燒？也沒有香港家庭主婦會在家裏燒乳豬吃吧？我們知道餐廳裏的湯底，需要加入很多不同種類的材料，經幾十小時熬製才能弄得出來，一般家庭又怎能做得到呢？希望品嚐到以上提及過的美味食品，還是去光顧有專業廚師主理的餐廳比較好。這麼說，在餐廳裏吃到的食物就是最好的嗎？那又未必。本書的主題正是介紹一些較適合自家製的日式家庭料理，它們在餐館裏幾乎都不能吃到，但是又經常出現在一般日本家庭食桌上。看過本書後，大家也不妨試煮一下吧！

In recent years, Japanese culinary culture penetrates into Hong Kong and is getting more and more popular in the local community. When you think about Japanese cuisine, what kinds of food pop up on your mind? Sushi, tempura, grilled eel or ramen? Compared with the olden days, nowadays, there are more and more varieties of Japanese cuisines in Hong Kong. However, have you ever tried an authentic Japanese family meal? What do the Japanese hoi-polloi have at home? Guess it must be sushi? Well, although sushi is a very popular Japanese cuisine, ordinary Japanese people seldom make it at home. This is just the same as Hong Kong people not making certain dishes at home. You can hardly see local families making braised abalones, shark fin soup, lobsters and barbecued piglets. This is due to the fact that ordinary housewives cannot manipulate the techniques for braising an abalone and some other complicated dishes. Similarly, there are not many Japanese housewives who can make quality sushi at ease. To knead a professional sushi takes years of training and practice. Have you ever seen people making a grilled eel with a fresh one right from the market? Have you ever thought of a Hong Kong housewife roasting a suckling piglet at home? Knowing that the stock used in the restaurants usually contains a variety of ingredients and takes hours to make, how can ordinary people possibly make it at home? For those who want to enjoy all the delicacies mentioned above, I think it'd better for them to go to the restaurants managed by professional chefs. In the light of this, does it mean best foods can only be found in restaurants? Well, not necessarily. In this book, I am to introduce some home-made Japanese dishes which are often contained in ordinary Japanese meals but are rarely available in restaurants. Let's have a try after reading this book!

櫻井景子
Sakurai Keiko

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美味食譜的關鍵，來自不平凡的調味料

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暢談簡約的日式家常料理

■ 日本家庭料理的兩大基本原則：簡單、美味

和香港人一樣，日本人每餐基本上也有白飯、湯（味噌湯）和幾款菜餚。由於日本的大米相當美味，所以他們都很喜愛吃飯。甚至有些人是無飯不歡，只要有一碗美味的白飯放在眼前，就算沒有其他菜餚也能吃得津津有味。大家都知道甚麼是日本飯糰吧？只要用手把剛煮好的白飯揉成三角形，灑上少許鹽，再用紫菜捲起便成。製法雖然簡單，但幾乎所有日本人都喜歡吃。這全都是因為日本米飯甘香美味，單吃白飯也能令人滿足。日本農夫辛辛苦苦地耕作出來的日本米，價錢雖高，但是大和民族的國民都覺得這些圓滾滾而雪白的大米，物有所值，並且都為此而引以為傲。

在煮法方面，日式家庭料理大都只採用少量食油來烹調，合乎健康原則。日本人普遍每餐以飯為主食，再加上蔬菜、肉類、魚類、海藻等作菜餚，營養十分均衡。日本主婦除了會烹煮日本菜外，還會烹飪其他國家菜餚，嘗試挑戰自己的廚藝，例如昨天是意大利菜，今天是中國菜，明天是日本菜……如此類推。她們會煮的菜餚，又豈是唯獨一種的日本菜呢？為了豐富對菜餚的認識，她們會不時嘗試烹調不同國家的美食，每天的主要工作就是以家人的健康為大前提，炮製出一款又一款精心設計、色香味全的菜餚。

日本人不像香港人般經常出外用膳，許多時只會在家中煮幾款小菜。日本女性結婚前就算是十指不沾陽春水，不擅烹飪；結婚後也會搖身變成家中的大廚子。對於日本人來說，家庭料理不但是健康泉源，也是維繫一家人感情的重要“工具”。

食材方面，由於日本四季分明，時令有序，每當進入春、夏、秋、冬的不同季節，都不難找到該季的當造食材。賢慧的家庭主婦就是利用時令又具特色的食材烹調出她們們的精心家常料理，滿足家人的脾胃。

為了讓大家能了解日式家常料理的精髓，本書一方面介紹日本的常用調味料的常識和用處，另一方面則利用那些調味料烹調美味的家常菜餚，以作實踐，深入領略日本庶民式的飲食文化。

■ Two Fundamental Principles for Japanese Family Dishes: Simplicity and Great Taste

Just like the Hong Kong people, the Japanese generally also have rice, soup (miso soup) and a few dishes for each meal. As Japanese rice is very good in taste, the Japanese like it very much. Some like it so much that they can eat the rice without any complementing dishes to go with. I guess many of you know what a Japanese rice cake is. It is made by kneading a lump of rice into triangular shape, sprinkling a pinch of salt on top and then wrapping it with a piece of dried seaweed. Despite its simplicity, it is a favourite of the Japanese. This is because Japanese rice is so tantalizing that it can satisfy the taste buds of its diners. Knowing that it is a produce of their farmers' toil, the Japanese are proud of this round snow-white rice. Although it is expensive, the Japanese think it is worth every penny.

Japanese cuisines normally use little oil in cooking and are good for health. The Japanese generally have a well-balanced diet with rice as their staple food and a combination of vegetables, meat, fish and seaweed. Other than Japanese cuisines, Japanese housewives often enrich their culinary knowledge and try cooking cuisines of different countries to challenge their cooking skills. For example, they may have Italian, Chinese and Japanese cuisines on different days of the week. They believe that maintaining the health of the whole family is the utmost objective of their life. Therefore, they always put lots of thoughts on making hearty family meals which are both delicious and aesthetic.

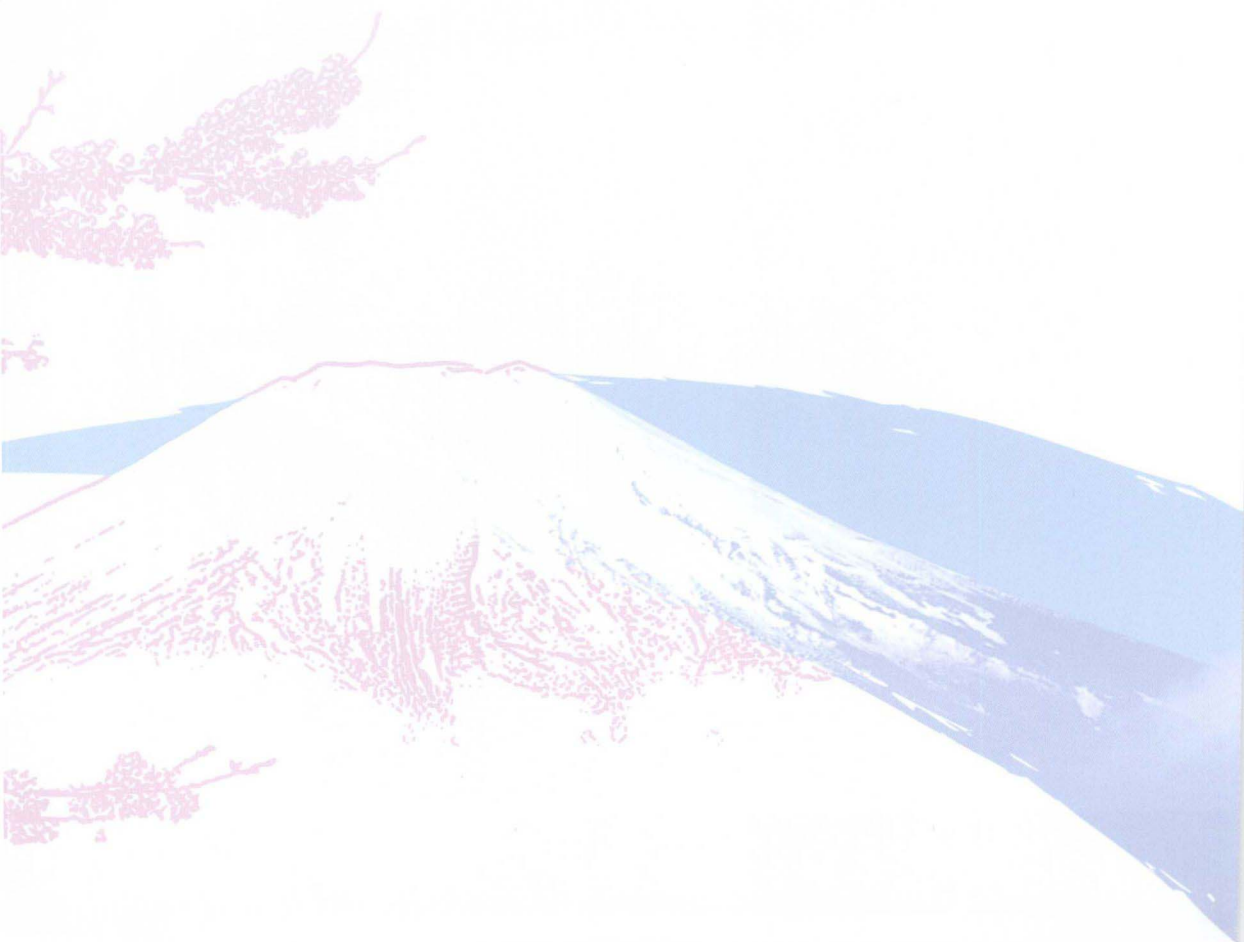
Unlike the Hong Kong people, the Japanese seldom dine outside and they often make a few dishes at home. Even those Japanese ladies, who know nothing about cooking before marriage, will become top chefs of the house once they are married. To them, family meals are not only their source of health, but also a crucial "tool" to keep up a harmonious family tie.

As the four seasons play distinctive roles in Japan, there are different seasonal ingredients in different periods of the year. Caring and clever housewives can manipulate the available ingredients to create distinguished home-made dishes for their families.

To give you a better understanding on the essence of Japanese home-made cuisines, this book consists of two major parts: introduction to the facts and usage of common Japanese seasonings and how to make use of them for cooking tasty home-made dishes. With this pragmatic approach in mind, I hope you can learn more about the culinary culture of ordinary Japanese households.

Japanese Home-made Dishes

日本家庭私房定食



STEWED SCORPION FISH SET MEAL

燗石狗公定食

份量 Serve : 2人

時間 Time : 30分鐘 / mins



燗石狗公
魚の煮付け



醬燒大根扒
大根ステーキ

豚汁
とん汁



肉碎釀蓮藕
れんこんの肉挟み焼き





1



2



3



4

STEWED SCORPION FISH

燜石狗公

材料

| | |
|-----|----|
| 石狗公 | 2條 |
| 葱 | 少許 |
| 薑 | 2片 |

醬油調味汁

| | |
|----|------------|
| 醬油 | 4湯匙 (60毫升) |
| 味醂 | 4湯匙 (60毫升) |
| 清酒 | 50毫升 |
| 砂糖 | 2湯匙 |
| 清水 | 300毫升 |

INGREDIENTS

| |
|--------------------|
| 2 scorpion fish |
| Some spring onions |
| 2 slices ginger |

SEASONING SAUCE

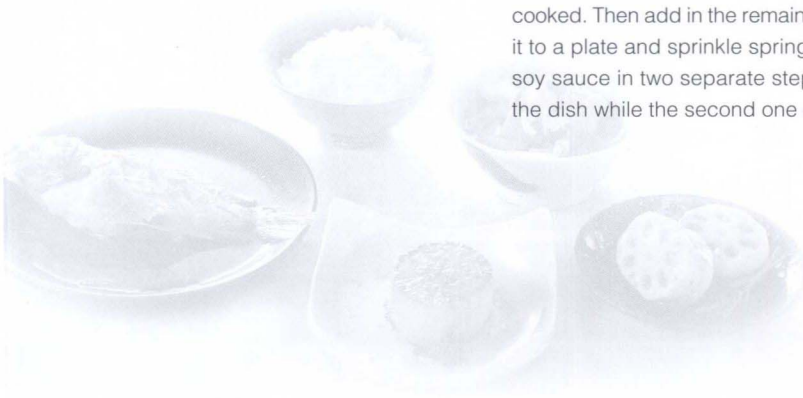
| |
|-------------------------|
| 4 tbsp (60ml) soy sauce |
| 4 tbsp (60ml) mirin |
| 50ml sake |
| 2 tbsp caster sugar |
| 300ml water |

製法

1. 石狗公洗乾淨，去鱗和內臟，並在魚身剗2~3刀斜紋。(魚身的肉比較厚，所以用刀剗紋，有助熱力滲入，容易入味和易熟。)
2. 清水煮滾，加入砂糖、薑片、清酒、味醂和2湯匙醬油煮片刻(日式醬油含香味，分2次加入，第一次的醬油是幫助菜餚入味；第二次下醬油的目的是增加菜式的香味)，放入石狗公煮至魚熟，再把剩下的醬油煮滾，上碟後撒上葱粒。

METHOD

1. Wash fish thoroughly, remove scales and internal organs, and then cut 2~3 slashes diagonally on its body. (As the meat is thicker on its body, a few slashes on the meat can let heat and seasoning permeate easily, hence speeding up cooking.)
2. Bring water to a boil, add in sugar, ginger, sake, mirin and 2 tbsp soy sauce, and simmer for a moment. Put in fish and simmer until cooked. Then add in the remaining soy sauce until boiled. Transfer it to a plate and sprinkle spring onions on top. (Add in Japanese soy sauce in two separate steps: the first addition gives taste to the dish while the second one enhances the aroma.)





櫻井小姐的建議
Recommendations
of Sakurai

1. 魚檔主人雖然會代客剖魚，但是未必弄得很清潔，因此買回來後仍要把魚鱗仔細清理。

Although fish vendors can help remove scales and internal organs of fish, it is not done very thoroughly. Therefore you should clean the remaining scales carefully at home.

2. 如果沒有石狗公，可用木棉魚(大眼雞)或鯛魚(鮫魚)取代。

If scorpion fish is not available, use bigeye fish or seabream instead.



櫻井小姐的建議
Recommendations
of Sakurai

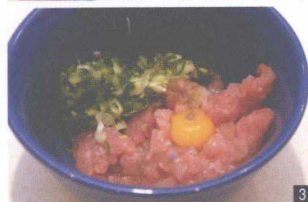
1. 木魚上湯，可用木魚花與清水煮至出味。
Simmer bonito flakes with water until the flavour permeates into liquid to make a bonito stock.
2. 煮酒屬廚酒一種，它含有鹽份，所以烹調前先試味，按鹹度而調節鹽的份量。
As cooking wine contains sodium, you should taste it before adding in proper amount of salt.



1



2



3



4



5



6



7



8

STUFFED LOTUS ROOT WITH MINCED PORK

肉碎釀蓮藕

材料

| | |
|------|---------------|
| 免治豬肉 | 80克 |
| 蓮藕 | 8片(厚切, 1.5厘米) |
| 粟粉 | 適量(撲粉用) |

豬肉醃料

| | |
|-----|-----|
| 鹽 | ¼茶匙 |
| 胡椒粉 | 少許 |
| 薑米 | 少許 |
| 雞蛋 | ¼隻 |
| 生粉 | 少許 |
| 蔥花 | 少許 |

煮汁

| | |
|------|----------------|
| 出汁 | 200毫升(即木魚花清湯底) |
| 清酒 | 1湯匙 |
| 日本醬油 | 2湯匙 |
| 味醂 | 1湯匙 |
| 砂糖 | 1湯匙 |

芡汁

| | |
|----|-----|
| 生粉 | 1茶匙 |
| 清水 | 2湯匙 |

INGREDIENTS

| |
|-----------------------------------|
| 80g minced pork |
| 8 slices (1.5cm thick) lotus root |
| Some cornstarch (for coating) |

PORK MARINADE

| |
|-----------------------------------|
| ¼ tsp salt |
| Some pepper |
| Some ginger (finely diced) |
| ¼ egg |
| Some cornstarch |
| Some spring onions (finely diced) |

STEWING SAUCE

| |
|---------------------------|
| 200 ml fish stock |
| 1 tbsp sake |
| 2 tbsp Japanese soy sauce |
| 1 tbsp mirin |
| 1 tbsp caster sugar |

THICKENING SAUCE

| |
|------------------|
| 1 tsp cornstarch |
| 2 tbsp water |

製法

1. 蓮藕洗淨，切片，撲上粟粉。
2. 醃料按序加在免治豬肉上，拌勻，攪撻至黏性。
3. 把豬肉餡釀在蓮藕片上，再放上另一片蓮藕片，做成蓮藕夾。
4. 熱鑊下油，放入蓮藕夾煎熟，加入煮汁煮至收汁，再加入芡汁煮至濃稠。

METHOD

1. Wash lotus root, cut into slices and then coat with cornstarch.
2. Mix minced pork with marinade ingredients sequentially, stir thoroughly, and then beat it until sticky.
3. Stuff minced pork into lotus root, and then cover it with another slice to make a sandwich.
4. Heat a pan, add in oil, put in lotus root sandwiches to pan-fry until cooked. Add in stewing sauce to simmer until liquid reduced. Then add in thickening sauce until thickened.



STEW IN MISO SAUCE

豚汁



材料

| | |
|---------|-------|
| 甘筍 | 20克 |
| 馬鈴薯(薯仔) | ½個 |
| 大根(白蘿蔔) | 25克 |
| 蒟蒻 | ½塊 |
| 腩肉 | 50克 |
| 味噌 | 30克 |
| 清水 | 450毫升 |

INGREDIENTS

| |
|-------------------|
| 20g carrot |
| ½ potato |
| 25g radish |
| ½ pc konjac jelly |
| 50g pork belly |
| 30g miso |
| 450ml water |

製法

1. 甘筍、馬鈴薯和大根分別削皮、洗淨；甘筍、馬鈴薯和大根分別切片，然後把所有材料一同飛水，備用。
2. 蒟蒻撕成小粒，飛水，沖洗乾淨。(蒟蒻含鹼味頗重，飛水可去除異味。)
3. 腩肉切片，飛水，過冷。
4. 冷水煮雜菜，(意即用冷水煮地下莖的蔬菜，可讓味道更突出和保持鮮甜。)直至出味後，加入腩肉煮滾，熄火，磨入味噌拌勻，趁熱享用。

METHOD

1. Peel carrot, potato and radish, wash thoroughly, cut them into slices, blanch them together in hot water, and then set aside.
2. Cut konjac jelly into small dices, blanch in hot water, and then wash thoroughly. (Blanching konjac jelly in hot water can remove its alkaline taste)
3. Cut pork belly into slices, blanch in hot water and then rinse.
4. Cook vegetables in cold water (can bring out and preserve the sweetness of root type of vegetables) until flavour comes out; add in pork belly and cook until boiled. Turn off the heat, stir in miso, and then serve hot.

櫻井小姐的建議 Recommendations of Sakurai

日本人認為在地下生長的莖菜，經清洗和飛水(應該在冷水放入材料)後，以冷水烹煮，味道會更鮮美突出；葉類蔬菜則適宜用沸水烹調，才能保持色澤和原有味道。

The Japanese think that root vegetables should be washed and then cooked in cold water to bring out their flavour, while leafy vegetables should be cooked in boiling water to preserve their colour and original flavour.