

香 港 家 常 食 谱 精 选

美味可口夜宵

蔡丽容著

广西教育出版社 · 香港万里机构联合出版

MID-NIGHT SNACKS

中 英 对 照 13 CHINESE — ENGLISH



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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.

宵夜烹调须知

消夜，亦作“宵夜”。就是指夜间或入睡之前一段时间进食一些略为随意的点心小食。在物质丰裕、经济蓬勃的社会，消夜不单成为时尚，而且也渐渐讲究起来。

早在宋代时期，消夜就开始出现。当时的夜市，通宵达旦，直至凌晨三、四点钟。至于消夜的款式，也多以时果、糖煎的小点为主，尽量以简便为原则。不过，时至今日，消夜作为饮食习俗的一部分，发展历史达千年，无论在材料配搭以至烹调形式方面，都迈进了一个崭新的阶段，色、香、味、形都力求精益求精，成为发展饮食文化另一重要环节。

喜欢研究厨艺的家庭妇女，正开始积极在消夜方面动脑筋，希望弄一两道精美小点慰劳家人，藉此减轻紧张的工作情绪，调剂枯燥的都市生活，补充脑力或劳力所需的营养。

为了照顾客观环境和消夜本身的特点，烹调消夜需注意下列要点：

一、材料要容易购买，方便贮藏 搭配的材料，无论蔬菜、肉类等最好是一般市场或超级市场都容易买得到，无须周章。

材料要方便贮藏，选用干货例如米粉、意粉、米、麦片和粉丝，可长时间贮存而不易变质。罐头汤料和配料也是做消夜的理想材料。

二、制作要简单省时 材料要容易处理，烹调程序要简单化，加工简便，无须花太多时间。在炎热季节，也可考虑冷食作为消夜，例如冷面、凉拌等食制，方便随时取食。做粥品的可预先腌好米和煲粥材料，置冰箱冷藏保鲜。

三、避免肥腻食物 脂肪含量过多的食物或油炸物，都是不易消化的，入睡前进食这类食物，不但增加胃部负荷，且不易安眠。

四、制作容易消化、滋补有助安眠的食物 稀粥、粉面、麦片容易消化，是消夜的理想食物。烹调时不妨做精致一点，例如蔬菜、肉类可细切，汤丸可改成精致“小型”的，既容易咀嚼，也有助消化。

滋补且有助安眠的食谱为消夜首选，故选用材料配搭时需略加分析。例如合桃露便是有助安眠的滋补甜品之一。

五、分量要适宜 消夜是“三餐制”以外的一餐，分量和热量有别于正餐，需酌量减少。一般而言，消夜是在不太饥饿的状态之下进食，故分量不宜过多。此外，造型过大的食品也不容易引起食欲。

Information on Cooking Midnight Snacks

The midnight snack is the "Dim Sum" or snack food taken casually at night or before going to bed. In the society with abundant material and prosperous economy, the midnight snack has not only become a fashion but gained more and more weight on its cooking techniques.

The midnight snack came into being as far back as to the times of the Sung Dynasty. At that time, the midnight market lasted all night through to 3 or 4 o'clock early in the morning. The major foodstuffs for midnight snacks include fresh fruits and shallow-fried snacks with sugar with the stress laid on convenience and simplicity.

As a part of the dietetic customs with the history of development up to 1,000 years, the midnight snack has not only entered a completely new stage in terms of the combinations of ingredients as well as cooking techniques, but also achieved constant improvement with regard to taste, shape, colour and fragrance. It has formed another important link in development of the dietetic culture.

The housewives who are fond of cookery have been using their brains to make one or two fine midnight snacks of their own so as to salute their family members after their daylong hard work, to reduce the tense working fettle, to enliven the uninteresting life and to replenish the nutrients needed for both physical and mental work.

In preparing the recipe, one should note the following of which features of midnight snacks are taken into consideration:

1. Their ingredients must be easily available and storable For the combinations of midnight snacks, the ingredients, including meats and vegetables, must be easily available from general markets or supermarkets without sparing any further efforts.

The ingredients must also be easily storable. For example, the dried materials can be stored for a long time without the proneness to deterioration in nature. These materials comprise rice vermicelli, spaghetti, rice, oatmeal and green bean vermicelli. Canned soup and ingredients are also ideal for midnight snacks.

2. Their preparation must be simple and time-saving The ingredients must be easily prepared and processed with simple cooking procedures so that not too much time is used in cooking. In hot summer, cold foodstuffs can also be used for midnight snacks. For instance, the cold noodles or cold dressed preparations are convenient for taking at any time. The ingredients for making congee, such as rice, can be marinated first and then put in the refrigerator to keep fresh.

3. Fatty food must be avoided The food or deep-fried snacks with a high fat content cannot be easily digested. If such foodstuffs are taken before going to bed, not only the burden on the stomach is increased, but also the failure to sleep soundly is caused.

4. The foodstuffs selected must be digestible, nutritious and helpful for sound sleeps Thin congee, rice vermicelli, noodles and oatmeals are easily digestible, so they are ideal for midnight snacks. Therefore, one must be more meticulous in cooking them. For example, the meats and vegetables can be cut more finely and the balls can be made smaller so as to facilitate chewing and help digestion.

The foodstuffs, which are nutritious and helpful for sound sleeps, are the best selections for midnight snacks, so some analysis must be made in the selection and combination of ingredients. For instance, the walnut syrup is one of the nutritious desserts, which are helpful for sound sleeps.

5. The quantity must be adequate The midnight snack is an additional meal to the three regular meals, so the quantity and value must be different from the regular ones, i.e. they are reduced accordingly. In general, the midnight snack is taken when one is not very hungry, so it is not recommended to have too much of it. In addition, the foodstuffs, which are too big in size, cannot whet the appetite easily.

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三宝素粥

TRI-TREASURE VEGETARIAN CONGEE

材料：米3两(约120克)，鲜草菇4两(约160克)，粟米粒2两(约80克)，甘笋粒2汤匙，姜2片，姜丝适量。

腌米料：油½茶匙，盐1茶匙。

调味料：盐适量，麻油、胡椒粉各少许。

做法：

(1) 米用清水浸片刻，去水，加入腌米料拌匀，待米发涨并呈乳白色时，用匙压碎。

(2) 鲜草菇用姜片氽水，冲洗后沥干，甘笋粒用煮水烫过，沥干，粟米粒用油炒熟。

(3) 清水约十杯注入锅内烧煮，先下米用大火煲15分钟，然后改中火煲半小时，最后慢火煲成粥，熄火，上盖焗片刻。

(4) 然后下草菇、粟米、甘笋、姜丝和调味料，再煮约10分钟便成。

心得：鲜草菇购买后如不即日烹调，必须用姜片氽水焯熟，然后置冰箱内冷藏保鲜。未经氽水的草菇如存放超过12小时，便会变黑和发潮。

Ingredients:

120g. rice
160g. fresh straw mushroom
80g. corns
2 tablespoons carrot pellets
2 slices ginger
adequate amount of ginger shreds

Rice Marinade:

½ teaspoon oil
1 teaspoon salt

Seasonings:

adequate amount of salt
a dash of pepper and sesame oil

Method:

1. Soak the rice in water for a while, remove water, add marinade to mix well until the rice is bloated and becomes cream white, crush it with a spoon.

2. Scald fresh straw mushrooms in boiling water with ginger slices, rinse them and drain; scald carrot pellets in boiling water and drain; fry corns with oil until cooked.

3. Pour 10 cups of water into the wok to bring to boil, put the rice in to boil over high heat for 15 minutes, turn to medium heat to boil for half an hour more and then boil them over slow heat until the congee is done; put out the fire and cover them for a while.

4. Put the mushrooms, corns, carrot, ginger shreds and seasonings in and boil them for 10 minutes for serving.

Gist:

After buying the fresh straw mushrooms, they must be scalded in boiling water with ginger slices and frozen in the refrigerator to keep them fresh if they are not cooked the same day. Unscalded straw mushrooms will become black and wet if they are left unused for more than 12 hours.



银杏香芋粥

GINGKO AND TARO CONGEE

材料：糯米、米各1½两(约60克)，银杏(白果)3两(约120克)，荔浦芋4两(约160克)，红枣8粒，冰糖10两(约400克)，干葱头2粒。

做法：

(1)糯米、米均洗净，用清水浸透，待米发涨并呈乳白色时，用匙压碎。

(2)干葱头去衣，切片，红枣洗净，去核。

(3)银杏去壳，用煮水浸片刻使脱薄衣，剖开去心，荔浦芋去皮，切丁粒。

(4)烧热镬，爆香干葱头，放入芋头粒略炒。

(5)清水约12杯注入锅内烧煮，先放入糯米、米大火煲15分钟，然后改中火煲半小时，下银杏和红枣，慢火继续煲片刻，最后下芋头粒和冰糖，煮至冰糖溶解、芋头粒黏滑便成。

心得：芋头粒用干葱头略炒可使其煮熟后仍保持形状，粉质不易松散，而且也能增加其香味。

Ingredients:

60g. each of rich and glutinous rice
120g. ginkgoes
160g. Lipu taro
8 red dates
400g. rock sugar
2 shallots

Method:

1. Wash the rice and glutinous rice clean, soak them thoroughly in water until they are bloated and become cream white and crush them with a spoon.

2. Skin shallots and slice them; wash red dates and core them.

3. Shell the ginkgoes, soak them in boiling water for a while to remove skins from them and cut them open to remove cores; skin the taro and cut it into dices.

4. Heating the wok, sauté shallots and put the taro dices in and fry for a while.

5. Pour 12 cups of water into the wok to bring to boil, put the rice and glutinous rice in to boil over high heat for 15 minutes, reduce the fire to medium heat to boil for half an hour more, put the ginkgoes and red dates in to boil over low heat for a while, then put the taro and rock sugar in to boil until the sugar is molten, the taro are thoroughly cooked for serving.

Gist:

Fry the taro dices with shallots can maintain their shape when cooked so that their starch will not easily become loose and their fragrance will increase.



柴鱼贵妃粥

STOCK FISH AND FANBONE CONGEE

材料：米3两(约120克)，柴鱼1两(约40克)，细粒花生仁2两(约80克)，贵妃骨(有肉猪扇骨)1斤(约600克)，腐竹½两(约20克)，葱粒2汤匙，冲菜2片，切片油条适量。

腌米料：油、盐各½茶匙。

调味料：胡椒粉、麻油、熟油各少许，盐适量。

做法：

(1)米用清水浸片刻，去水，加入腌米料拌匀，待米发涨并呈乳白色时，用匙压碎。

(2)柴鱼用清水浸透，沥干，起白镬烘至微香。

(3)贵妃骨斩件，汆水洗净，花生用煮水浸1小时以上，去水，再用煮水浸焗半小时，冲菜洗净，切细，腐竹抹净，剪碎。

(4)清水15杯注入锅内，先放入腐竹、花生，柴鱼和贵妃骨同煲1小时以上，添加适量煮水，才下米用大火煲20分钟，然后改慢火煲成粥。

(5)最后下冲菜和调味料搅匀，上碗时撒上葱粒和切片油条便成。

心得：花生先用煮水浸焗才下锅煮，既可除去花生衣的苦涩味，也较易煮软。

Ingredients:

120g. rice
40g. stock fish
80g. shelled small peanuts
600g. pig's fanbone (with pork)
20g. dried beanmilk skin
2 tablespoons onion pellets
2 slices pickled mustard cabbage
adequate sliced deep-fried dough sticks

Rice Marinade:

½ teaspoon each of oil and salt

Seasonings:

a dash each of pepper and sesame oil
a dash of boiled oil
adequate amount of salt

Method:

1. Soak the rice in water for a while, remove water, add marinade to mix well until the rice is bloated and turns cream white, crush it with a spoon.

2. Soak the stock fish thoroughly in water, drain, heat a clean wok and bake it until mild fragrance comes out.

3. Cut the fanbone into pieces, scald them in boiling water and wash them clean; soak peanuts in boiling water for more than 1 hour, remove water and soak them in boiling water for half an hour more; wash pickled mustard cabbage clean and chop it finely; wipe dried beanmilk skin clean and cut them finely with scissors.

4. Pour 15 cups of water into the wok, put dried beanmilk skin, peanuts, stock fish and fanbone in to boil together for more than 1 hour, add adequate amount of boiling water, put the rice in to boil over high heat for 20 minutes and then reduce the fire to low heat to boil until the congee is done.

5. Put pickled mustard cabbage and seasonings in to stir well; place them in a bowl and sow onion pellers and slice dough sticks over for serving.

Gist:

To soak the peanuts first in boiling water before boiling cannot only remove the bitter taste of the skins, but will easily make them cooked.



雪菜牛松粥

MINCED BEEF CONGEE WITH POTHERB MUSTARD

材料：米3两(约120克)，牛肉4两(约160克)，雪菜2两(约80克)，米粉1两(约40克)，腐竹½两(约20克)，瑶柱2粒，葱粒、炸花生仁各2汤匙，切细冲菜1汤匙。

腌米料：油、盐各½茶匙。

腌肉料：生粉、砂糖、盐各½茶匙，生抽1茶匙。

做法：

(1) 米用清水浸片刻，去水，加入腌米料拌匀，待米发涨并呈乳白色时，用匙压碎。

(2) 牛肉切细，加入腌肉料拌匀，瑶柱洗净，浸透瑶柱水留用。

(3) 米粉用煮油炸熟，雪菜用盐挤过，冲洗后切细，腐竹抹净，剪碎。

(4) 清水15杯注入锅内，先放入腐竹和瑶柱煲半小时，才下米大火煲20分钟，随后改慢火煲成粥。

(5) 熄火焗片刻，然后再煮滚，下雪菜、牛肉和冲菜搅匀，煮熟即离火，上碗时以炸花生和炸米粉伴食。

心得：炸米粉的油必须要烧滚，这样才可炸出松化且色泽雪白的米粉来。

Ingredients:

120g. rice
160g. beef
80g. hot-pickled potherb mustard
40g. rice vermicelli
20g. dried beanmilk skin
2 scallops
2 tablespoons each of onion pellets and deep-fried peanuts
1 tablespoon chopped picked mustard cabbage

Rice Marinade:

½ teaspoon each of oil and salt

Beef Marinade:

½ teaspoon each of corn starch, sugar and salt

1 teaspoon light soy sauce

Method:

1. Soak the rice in water for a while, remove water, add marinade to mix well until the rice is bloated and becomes cream white, crush it with a spoon.

2. Mince the beef and marinade to mix well, wash scallops clean and soak them thoroughly (with the soaking water left for use).

3. Deep-fry rice vermicelli in boiling oil until cooked; squeeze the potherb mustard with salt, rinse it and chop it finely; wipe dried beanmilk skin clean and cut them into pieces with scissors.

4. Pour 15 cups of water into the wok, put dried beanmilk skin and scallops in first to boil for half an hour, put the rice in to boil over high heat for 20 minutes, turn to low heat and boil them until the congee is done.

5. Put out the fire, leave them inside for a while, bring them to boil again put the potherb mustard, beef and dried pickled mustard cabbage in to stir well and boil until cooked, lift them away from the fire and garnish them in a bowl with deep-fried peanuts and deep-fried rice vermicelli for serving.

Gist:

The oil for deep-frying rice vermicelli must be brought to boil so as to make crisp and snow white rice vermicelli.



生煮泥鯪粥

BOILING SPINEFOOT CONGEE

材料：米3两(约120克)，泥鯪鱼1斤(约600克)，陈皮½个，红枣10粒，葱丝1汤匙，干葱头2粒，冲菜1½两(约60克)，腐竹½两(约20克)。

腌米料：油、盐各½茶匙。

调味料：盐适量，胡椒粉、麻油各少许。

做法：

(1)米用清水浸片刻，去水，加入腌米料拌匀，待米发涨并呈乳白色时，用匙压碎。

(2)泥鯪鱼去鱼鳍、鳃和内脏，见图1~4，洗净后吸干水分，选出较大条的作伴食，细条的煎香，放入鱼袋内。陈皮浸软，刮去瓢，切丝，冲菜浸透，切细，红枣去核，切条，腐竹抹净，剪碎，先放入煮水锅用大火煲半小时，下米和鱼袋煲成粥，熄火，取出鱼袋，焗片刻，随后放入红枣、陈皮和大条的泥鯪鱼同煮熟。

(3)捞出原条的泥鯪鱼同置碟上，上放陈皮丝和葱丝，注入用干葱头炮香的熟油，粥调味，撒上冲菜便成。

心得：泥鯪鱼与姜同煮，会烂，要去除鱼腥味，可用陈皮和胡椒粉代替。

Ingredients:

120g. rice
600g. pearl-spot spinefoot
½ dried tangerine peel
10 red dates
1 tablespoon onion shreds
2 shallots
60g. pickled mustard cabbage
20g. dried beanmilk skin

Rice Marinade:

½ teaspoon each of oil and salt

Seasonings:

adequate amount of salt
a dash each of pepper and sesame oil

Method:

1. Soak the rice in water for a while, remove water, add marinade to mix well until the rice is bloated and becomes cream white, crush it with a spoon.

2. Remove fins, gills and viscera from the spinefoot (see Fig. 1~Fig. 4), wash it clean and absorb water away from it; selecting the larger ones for garnishing, shallow-fry the smaller ones until fragrance comes out and put them into a fish bag. Soak dried tangerine peel until soft, scrape pith away and shred it, soak pickled mustard cabbage thoroughly and chop it, core red dates and cut them into strips, wipe dried beanmilk skin clean and cut them into pieces, put them all in the wok with boiling water to boil over high heat for half an hour and add the rice and fish bag to boil until the congee is done, put out the fire, take the fish bag out and leave the congee inside for a while; put red dates, tangerine peel and larger spinefeet in to boil until cooked.

3. Scoop the spinefeet out, place them in a plate, put tangerine peel shreds and onion shreds on top and pour in the boiled oil sauté with shallots; season the congee and sow pickled mustard cabbage for serving.

Gist:

If the spinefoot is boiled together with ginger, it will become mashed, so dried tangerine peel and pepper can be used instead so as to remove the foul smell of the fish.