

# 新手入廚

Chinese  
for Cooking  
Beginners



鄭慧芳 編著

萬里機構・飲食天地出版社出版

# 學中菜



新手入廚學中菜 Beginner for Chinese Cooking

編著 Author  
鄭慧芳 Lilian Cheng

編輯 Editor  
郭麗眉 Cecilia Kwok

翻譯 Translator  
葉翠顏 Tracy Ip

攝影 Photographer  
幸浩生 Johnny Han

設計 Designer  
任霜兒 馮麗珍 Annie F. Adrianne Feng

出版者 Publisher  
萬里機構·飲食天地出版社 Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd.  
香港鯉魚涌英皇道1065號東達中心1305室 Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong  
電話 Tel: 2564 7511  
傳真 Fax: 2565 5539  
網址 Web Site: <http://www.wanlibk.com>

發行者 Distributor  
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.  
香港新界大埔汀麗路36號中華商務印刷大廈3字樓 3/F., C & C Building, 36 Ting Lai Road, Tai Po, N. T., Hong Kong  
電話 Tel: 2150 2100  
傳真 Fax: 2407 3062  
電郵 E-mail: [info@suplogistics.com.hk](mailto:info@suplogistics.com.hk)

承印者 Printer  
美雅印刷製本有限公司 Elegance Printing & Book Binding Co Ltd.

出版日期 Publishing Date  
二〇〇八年十月第一次印刷 First Print in October 2008

版權所有·不准翻印 All rights reserved. Copyright © 2008 Wan Li Book Co. Ltd.  
ISBN 978-962-14-3858-4



# 前言

現代都市女性生活繁忙，工作之餘又要照顧家庭，但憑着一份愛心，為了使家人食得健康又開心，不少人會到烹飪學校學習烹飪。近幾年，一股DIY自製糕餅熱潮襲港，引起一些年青人對烹飪的興趣。從前，他們以為煮中菜是媽媽的專利，近年我在煤氣烹飪中心教過不少年青白領人士，不但有女性，還有很多是男兒呢！雖然他們很多是廚藝新手，經過指導後，身手也不錯。

我常說：“只要學會了基本功，手執一本烹飪書也可給你技術支援，做出大受歡迎的菜式。”今次我這本《新手入廚學中菜》是針對一些入廚新丁，輯錄了五十多款菜式，雖然是製作簡易的家常小菜，我也會詳細描述製作過程，還會提出可能犯的錯誤。若倍加注意及跟隨步驟，便能得心應手，一定做得稱心滿意（無論如何，自己煮的菜式是最新鮮、最美味的）。這本書包括有：蛋菜豆腐、鮮魚海產、禽畜肉類等幾個類別，務求做到菜式多元化。

《幸福的甜品》是我的第一本作品，深得學生及讀者歡迎，從而激發我出版另一本中菜食譜，在各方的熱烈支持下，加上家人及朋友的鼓勵，尤其是得好朋友Mindy胡玉玲小姐的幫忙，製作得以順利完成。謹此致謝。

鄭慧芳

# 新手入廚

Chinese  
Cooking  
for  
Beginners



# 學中菜

鄭慧芳 編著

萬里機構・飲食天地出版社出版





## 資料來源



### 貝聿銘 I. M. Pei

I. M. Pei's Light 貝聿銘的光  
(《生活》, 2006年11月, 第12期)  
撰文: 令狐磊  
攝影: 何政東



### 朱德群 Chu Teh Chun

朱德群: 抒發心性, 讚美自然  
Une Peinture D'effusion et de Célébration  
(《生活》, 2008年1月, 第26期)  
文: 皮耶·卡班(Pierre Caranne)



### 保羅·安德魯 Paul Andreu

中國巨蛋·華麗揭幕:  
保羅·安德魯為中國展示現代主義  
(《新視線》, 2007年11月, 第67期)  
採訪: Andrea Minglai Chu、張泉  
撰文: 令狐磊  
攝影: 馬嶺(作品除外)



### 趙無極 Zao Wou Ki

趙無極: 黑白夢中  
(《生活》, 2006年12月, 第13期)  
撰文: 張泉  
攝影: 何政東(人物)  
Dennis Bonchard, Paris. ©Zao Wou-Ki  
Archives, Paris-France(作品圖)



### 雷姆·庫哈斯 Rem Koolhaas

Encounter Rem Koolhaas Dutchness  
與庫哈斯對談  
(《新視線》, 2006年6月, 第50期)  
撰文: Yoko Choy / 攝影: 周耀恩  
世界建築的羅塞達碑  
(《新視線》, 2006年6月, 第50期)  
撰文: Yoko Choy、Lo



### 徐冰 Xú Bīng

徐冰: 社會在強迫藝術發展  
(《生活》, 2008年3月, 第28期)  
採訪: 劉晉鋒  
攝影: 高爾曼(人物)、Alex(作品)



### 薩哈·哈迪 Zaha Hadid

Zaha Hadid不乘波斯飛毯登巔峰  
(《新視線》, 2007年10月, 第66期)  
撰文: Lo  
攝影: Leo Chan



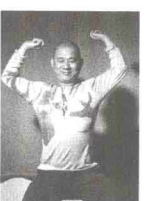
### 蔡國強 Cài Guó Qiáng

蔡國強: 一剎那燦爛暴力  
(《生活》, 2006年12月, 第13期)  
採訪: Lo、KC  
撰文: Lo  
攝影: Lo(人物)、Gai Studio(作品)



### 嚴迅奇 Rocco Yim

嚴迅奇: 香港建築師的中國寶盒  
(《新視線》, 2006年9月, 第53期)  
撰文: 曹民偉、Lo  
攝影: Quist



### 方力鈞 Fāng Lì Jūn

方力鈞: 做一個兩面派  
(《生活》, 2008年4月, 第29期別冊)  
撰文: 劉晉鋒  
攝影: 高遠



### 谷文達 Gǔ Wén Dá

極感性谷文達極理性  
(《生活》, 2006年1月, 第2期)  
撰文: 曾輝  
攝影: 何政東(人物)  
圖片提供: 谷文達上海工作室、美國達  
特茅斯大學(作品)

# FOREWORD

Metropolitan ladies lead a busy life. Other than working, they have to take care of their families, ensuring good health and happiness of their loved ones. In this light, some of them learn cooking skills at cookery schools so as to please their families with heart-warming food. In recent years, with the popularity of DIY cakes, some young people have become interested in cooking. Instead of relying on their mothers to cook for them, a number of young executives, both females and males, come to learn from me at the cookery centre. Although many of them are novices, they have all mastered the basic skills after some training.

I always say, "It only takes some elementary skills and a cookbook for technical support to make a number of popular dishes." Therefore, this book is specially dedicated to the beginners of cooking with recipes of more than 50 simple homemade dishes. Although the dishes are easy to make, I have listed out the procedures in details and have pointed out the common mistakes made by many people. If you follow the steps stated carefully, I am sure you can successfully make the dishes you like. This book contains a variety of dishes including recipes for dishes of vegetables and tofu, fresh seafood, and poultry and livestock.

The success of my debut cookbook **Chinese Desserts**, which is well-received by both my students and readers alike, prompted me to write another cookbook on Chinese dishes. With the enthusiastic support from all as well as the encouragement from my family and friends, in particular my good friend Miss Mindy Wu, who gave me a helping hand, I have managed to complete this book successfully. Thank you.

*Lilian Cheng*



## 蛋、豆腐和湯羹 EGG, TOFU AND SOUP

三文魚金華豆腐 Steamed Tofu with Salmon and Ham	08
叉燒涼瓜炒蛋 Scrambled Egg with BBQ Pork and Bitter Melon	10
日式海鮮蒸碗蛋 Japanese Style Steamed Egg with Seafood	12
家常豆腐 Braised Tofu with Pork and Mushrooms	14
雞粒扒玉子蛋豆腐 Braised Chicken with Egg Tofu	16
八寶雜菜牛肉湯 Beef Soup with Assorted Vegetables	18
雪花海鮮羹 Seafood and Beancurd Soup	20

## 瓜菜 VEGETABLES

上湯浸釀素翅瓜甫 Braised Vegetarian Shark Fins and Stuffed Melons	24
松仁素肉生菜包 Vegetarian Ham with Pine Nuts in Lettuce	26
洋葱牛肉薯絲餅 Onion and Beef Hash Browns	28
馬拉盞雞絲炒通菜 Stir-fried Water Spinach with Chicken in Spicy Sauce	30
蛋白蟹柳扒鮮菇 Braised Mushrooms with Egg White and Japanese Crab Meat	32
瑤柱扒釀竹筍筒 Braised Dried Scallops with Dried Bamboo Fungi Rings	34
瑤柱金菇扒菠菜 Braised Dried Scallops and Enoki Mushrooms with Spinach	36

腐乳冬瓜煮魚鬆 Braised Fish balls with Fermented Beancurd and Winter Melon	38
鐵板煎釀茄子 Stuffed Eggplant Teppanyaki	40
欖菜肉碎炒翠玉瓜 Stir-fried Angle Luffa with Preserved Cabbage in Olive	42

## 水產 SEAFOOD

百花紫菜蛋卷 Shrimp and Seaweed Egg Rolls	46
芒果酸辣蝦球 Sour and Spicy Shrimps with Mango	48
奶油大蟹伊麵 Braised E-fu Noodles with Crab in Creamy Sauce	50
金銀蒜蒸海中蝦 Steamed Shrimps with Garlics	52
黃金蝦 Golden Shrimps	54
鮑汁蜜豆炒鮮魷 Stir-fried Fresh Squid with Honey Peas in Abalone Sauce	56
冬菜九肚魚粉絲湯 Preserved Cabbage and Bombay Duck Fish in Vermicelli Soup	58
北菇三文魚頭煲 Stewed Salmon Head with Mushrooms	60
紅燒划水 Braised Grass Carp	62
甜酸松子黃魚 Sweet and Sour Yellow Croaker with Pine Nuts	64
豉汁豆泡蒸魚雲 Steamed Fish Head with Beancurd Puff in Black Bean Sauce	66



46



76



104



112



## 家禽 POULTRY

冬菇魚肚蒸滑雞 70

Steamed Chicken with Mushrooms and Fish Maw

西汁雞扒 72

Pan-fried Chicken Fillets with Sweet and Sour Sauce

沙薑鹽水雞 74

Salted Chicken with Galangal

玫瑰豉油雞 76

Chicken with Soy Sauce and Rose Essence Wine

青芥末雞柳炒露筍 78

Stir-fried Chicken and Asparagus with Wasabi

原個南瓜咖喱雞盅 80

Curry Chicken in Pumpkin

檸蜜雞翼 82

Chicken Wings with Honey and Lemon

脆芒駝鳥肉 84

Stir-fried Ostrich Meat with Mango

辣汁乳鴿 86

Baby Pigeons in Chili Sauce

酸薑梅子鴨 88

Braised Duck with Preserved Ginger and Plums

## 家畜 LIVESTOCK

香煎馬蹄牛肉餅 92

Pan-fried Beef Cakes with Water Chestnuts

香蒜玉豆牛仔骨 94

Veal Steak Ribs with Garlic and Snap Beans

清燉牛腩蘿蔔湯 96

Double-boiled Beef Briskets Soup with Turnips

豉椒涼瓜炒牛肋條粒 98

Stir-fried Beef Rib with Bitter Melon and Chili Black Beans

煨滷牛脰 100

Stewed Beef Shank

番茄滑蛋煮牛肉 102

Beef with Tomatoes and Egg

沙嗲肉眼筋炒芥蘭 104

Stir-fried Kale and Pork Loin Tendons with Satay Sauce

南瓜欖角蒸排骨 106

Steamed Pork Ribs with Pumpkin and Black Olive

洋葱煎豬扒 108

Pan-fried Pork Chops with Onions

梅菜蒸肉餅 110

Steamed Minced Pork with Preserved Cabbage

菠蘿咕嚕肉 112

Sweet and Sour Pork Belly with Pineapple

照燒豬軟骨撈米線 114

Teriyaki Pork Cartilage with Rice Noodles

蜜桃沙拉骨 116

Pork Ribs with Honey Peach

繡球肉丸 118

Pork and Shrimp Meatballs

雜菌燴豬柳 120

Braised Pork Tenderloin with Assorted Mushrooms

廚務錦囊 122

More Cooking Tips



精製豆腐  
和菜

EGG, TOFU AND SOUP





# 三文魚金華豆腐

Steamed Tofu with  
Salmon and Ham



預備時間：10分鐘 ■ 烹調時間：5分鐘 ■ 份量：4人

■ Preparation time : 10 mins

■ Cooking time : 5 mins

■ Serves : 4



**材料：**

鮮三文魚柳4兩 (150克)

金華火腿 $\frac{1}{4}$ 兩 (10克)

蒸焗滑豆腐1件

蔥1條

**調味：**鹽 $\frac{1}{8}$ 茶匙

油1茶匙

**豉油汁：**

水1湯匙

生抽2湯匙

糖1茶匙

老抽 $\frac{1}{4}$ 茶匙麻油 $\frac{1}{2}$ 茶匙**Ingredients:**

150g fresh salmon fillet

10g Jinhua ham (Chinese cured ham)

1 pc soft tofu for steaming

1 sprig spring onion

**Seasonings:** $\frac{1}{8}$  tsp salt

1 tsp oil

**Sauce Ingredients:**

1 tbsp water

2 tbsp soy sauce

1 tsp sugar

 $\frac{1}{4}$  tsp dark soy sauce $\frac{1}{2}$  tsp sesame oil**TIPS 貼士：**

盒裝豆腐可即食，所以此菜只需要計算蒸魚時間便可（三文魚過熟又不美味，只需略蒸便可）。如果想價錢經濟實惠，可在壽司店買三文魚的魚肉邊，再將魚肉切粒，鋪在豆腐面上，再灑上金華火腿蒸，營養豐富，小朋友適宜常吃。

As tofu in packet is ready to eat, it just takes time to steam the fish (steam the salmon briefly otherwise it will become less tasty). If you want to have quality salmon at a bargain, you may buy the fillet trimmings from sushi shops, cut it into dices, spread over the tofu, and then sprinkle some Jinhua ham on top before steaming. It is such a nutritive dish that is ideal for children.

**做法：**

1. 蔥切粒；金華火腿切幼長條。
2. 三文魚斜切大片，塗上調味料，加適量金華火腿條，捲上，備用。
3. 豆腐修切成八件方件，吸乾水，排碟上，豆腐面塗上少許鹽及生粉，把三文魚卷放豆腐面，隔水以中火蒸3分鐘至熱透。
4. 燒1湯匙油，下蔥粒及豉油汁煮滾，淋豆腐邊，趁熱品嚐。

**Method:**

1. Cut spring onion into dices; cut Jinhua ham into strips.
2. Cut salmon fillet diagonally into large pieces, smear with seasonings, put on a few ham strips, roll it up and then set aside.
3. Cut tofu into 8 cubes, pat dry, line on a dish, smear a little salt and cornstarch on the surface, put a salmon roll on top of each tofu cube, and then steam above hot water on medium heat for 3 mins until cooked.
4. Heat 1 tbsp of oil, add in spring onion dices and sauce ingredients until boils. Pour it along the sides of the tofu. Serve hot.



# 叉燒涼瓜炒蛋

Scrambled Egg  
with BBQ Pork and  
Bitter Melon



預備時間：15分鐘 ■ 烹調時間：10分鐘 ■ 份量：4人

■ Preparation time : 15 mins

■ Cooking time : 10 mins

■ Serves : 4



## TIPS 貼士:

將苦瓜切成薄片後下鹽醃過，拖水片刻，苦味便會減低。與雞蛋配合同煮的話，也可中和苦瓜的苦味，連小朋友也會接受。若喜愛吃苦苦的甘苦味的話，可先將苦瓜切片即落油鑊炒透，再放回蛋內同煎即可。

To remove the bitterness of bitter melon, simply cut it into thin slices, marinate with salt and then blanch in boiling water briefly. You can also cook with eggs to neutralize the bitter taste so that it will become acceptable to children as well. If you like the strong bitter taste, you may cut the melon into thin slices and then stir-fry with oil thoroughly before steaming it with eggs.

### 材料：

涼瓜6兩 (240克)

叉燒2兩 (80克)

雞蛋5隻

蔥1條

### 調味：

鹽 $\frac{1}{2}$ 茶匙

糖1茶匙

雞粉 $\frac{1}{4}$ 茶匙

胡椒粉及麻油少許

油 $\frac{1}{2}$ 湯匙

### Ingredients:

240g bitter melon

80g BBQ pork

5 eggs

1 sprig spring onion

### Seasonings:

$\frac{1}{2}$  tsp salt

1 tsp sugar

$\frac{1}{4}$  tsp chicken powder

A little pepper and sesame oil

$\frac{1}{2}$  tbsp oil

### 做法：

1. 蔥切粒；叉燒切條。
2. 涼瓜開半，挖去瓜瓢，切薄片，加1茶匙鹽拌勻，同醃10分鐘，放半鑊滾水內拖水（即飛水）1分鐘，取出，沖凍水，搾乾水，加1湯匙生粉拌勻。
3. 雞蛋打散，加調味料、蔥粒、叉燒及涼瓜片拌勻。
4. 燒熱鑊加3湯匙油，慢慢倒入蛋漿料，用筷子拌炒至凝固及熟透，上碟。

### Method:

1. Cut spring onion into dices; cut BBQ pork into strips.
2. Cut bitter melon in half, scrape the core and seeds, cut into thin slices, add in 1 tsp of salt, mix well and marinate for 10 mins. Blanch it into a pot of half-filled with boiling water for 1 min, take it out, rinse with cold water, squeeze out excess water, add in 1 tbsp of cornstarch and mix well.
3. Beat the eggs thoroughly, add in seasonings, spring onion dices, BBQ pork and bitter melon, and mix well.
4. Heat up a wok, add in 3 tbsp of oil, pour in egg batter gradually, stir with chopsticks until solidified and cooked. Transfer the fried eggs to a dish.



# 日式海鮮蒸碗蛋

Japanese Style Steamed  
Egg with **Seafood**



預備時間：10分鐘 ■ 烹調時間：10分鐘 ■ 份量：4人

■ Preparation time : 10 mins

■ Cooking time : 10 mins

■ Serves : 4



## TIPS 貼士:

蒸茶碗蛋的好處是每人一份，內裏餡料可隨意搭配。鯉魚粉是日式風味的關鍵，一般在日式超市買得到，因每套碗具不同，蒸的時間可在慢火期間加長，甚至可熄火後焗至熟透，切忌用大火蒸過時。

The beauty of steaming eggs in bowls is that it can be served individually to each guest. Besides, you can also mix and match the fillings to your own taste. Bonito powder, the key to its Japanese flavour, is widely available in Japanese supermarkets. Since bowl sets are different from one another, you may have to adjust the steaming time required. You may even leave the bowls covered with lids after turning off the heat to cook but don't over cook it on high heat.

### 材料：

蟹味菇 $\frac{1}{2}$ 盒  
日本蟹柳3條  
鳴門卷8片  
鮮蝦肉8隻  
雞蛋3隻  
滾水約270毫升

### 調味：

鯉魚粉 $1\frac{1}{2}$ 茶匙  
鹽 $\frac{1}{4}$ 茶匙  
糖 $\frac{1}{8}$ 茶匙  
胡椒粉少許

### Ingredients:

$\frac{1}{2}$  packet crab mushroom  
3 Japanese crab meat sticks  
8 slices Naruto fish rolls  
8 fresh shrimps  
3 eggs  
270ml boiling water

### Seasonings:

$1\frac{1}{2}$  tsp Bonito powder  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{8}$  tsp sugar  
A pinch of pepper



## 做法：

1. 滾水加調味料拌勻，待涼。
2. 雞蛋拂勻，與以上調味料拌勻，用篩濾過，備用。
3. 蟹柳開半拆絲；鳴門卷切薄片；蟹味菇剪去菇腳，沖水；蝦肉挑去黑腸，沖洗乾淨。
4. 燒半煲滾水，分別把蟹柳、鳴門卷、蝦肉及蟹味菇略拖水，瀝乾水，放四個小碗內，注入蛋液，隔水以中慢火先蒸4分鐘，再轉用慢火蒸3分鐘及至熟，便成。

## Method:

1. Mix seasonings with boiling water, set aside to cool.
2. Beat the eggs thoroughly, mix with the seasonings, filter with a sieve and then set aside.
3. Shred crab meat sticks; cut Naruto fish roll into thin slices; cut the stems of the mushrooms and then rinse with water; remove the intestines of the shrimps and rinse with water thoroughly.
4. Bring half pot of water to a boil, blanch crab meat, Naruto fish roll, shrimp meat and crab meat mushrooms in it separately, strain, put them into four different small bowls, and then pour in egg mixture. Steam above water on medium to low heat for 4 mins, and then steam on low heat for another 3 mins until cooked. Ready to serve.



# 家常豆腐

Braised Tofu with Pork  
and Mushrooms



預備時間：15分鐘 ■ 烹調時間：15分鐘 ■ 份量：4人

■ Preparation time : 15 mins

■ Cooking time : 15 mins

■ Serves : 4

