

香 港 家 常 食 谱 精 选

豆腐豆制品食谱

冯金陵 李银焕 著

广西教育出版社 · 香港万里机构联合出版

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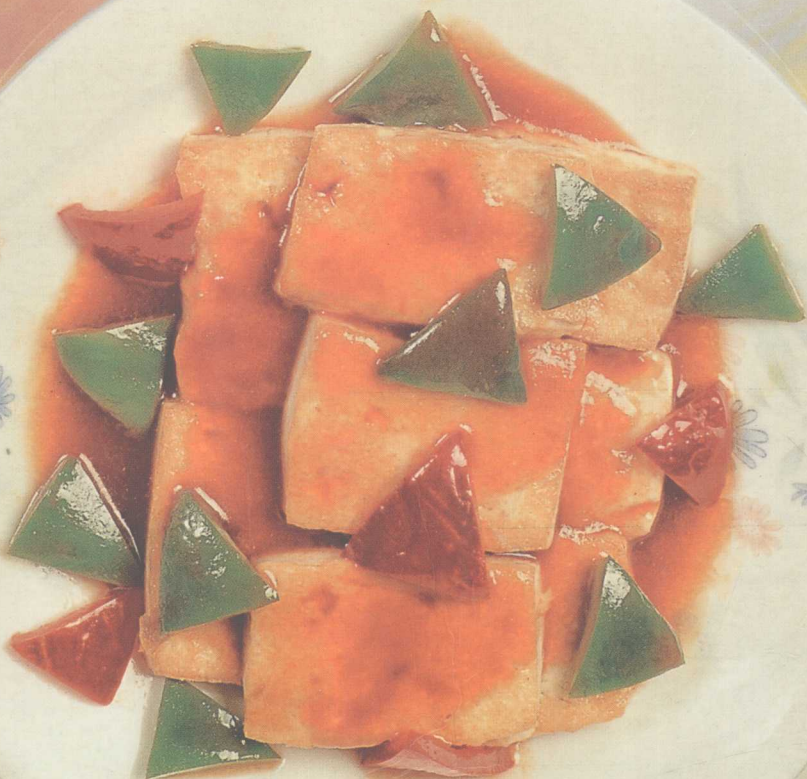
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豆腐豆制品食谱

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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、烹调和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.

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豆品烹调须知

豆品是指豆类及其制品。豆类之中，营养最丰富的首推黄豆，它富含蛋白质、钙质和B群等营养素，对人的健康美容具显著的食疗功效，老少咸宜。近年来，豆类及其制品，尤以豆腐为营养学家和素食主义者推崇为“天然健康食品”。豆制品的种类繁多，豆腐食法亦千变万化，要成功地烹调出一道色、香、味、型俱佳的豆品菜式，从购材料到烹调技巧都值得注意。须知的几点如下：

一、豆腐的选择 烹调的方法不同，选用的豆腐也有分别，惯常的搭配是：

- (1) 实豆腐——用于煎、炸、酿、焗。
- (2) 嫩豆腐——用于做麻婆豆腐或汤羹。
- (3) 冰豆腐——用于炆、炒、煮或做汤羹。
- (4) 布包豆腐——用于蒸、酿。
- (5) 油炸豆腐——用于炆、酿。
- (6) 五香豆腐——用于炒、凉拌。
- (7) 潮州豆腐——用于炒、煮或做汤羹。

二、豆腐的去水法 豆腐含有大量水分，故烹调前要先作去水处理，否则水分太多会令菜式味道变淡或形状碎烂。现将方法介绍如下：

(1) 在斜放砧板上放一块洁净的干布，上面放豆腐，再盖上一块干布，约20分钟，

(2) 把豆腐放入滚水中烫2分钟，盛起，滴干水分，即可做各种菜肴。

三、油豆腐的处理 市售的油豆腐或豆腐泡，含油分较多，烹调前先用滚水冲洗，可除去灰尘、油腻或油“益”味。

四、冰豆腐的制法 冰豆腐在市面是买不到的，必须自制，方法如下：

(1) 板豆腐用水冲净，放入耐冷的器皿中，再用保鲜纸盖着，放置雪柜冰格内二十四小时或以上，嫩滑的豆腐便结成冰，

(2) 烹调前把结成冰的豆腐取出，放雪柜下层约10小时，就可以解冻，若时间仓促，可用摄氏五十度热水浸软约30分钟，即可，

(3) 将已解冻的冰豆腐用水冲净，然后用布将水分挤出，便可切成丝或切片，烹调各种菜式。

五、黄豆的处理 购买黄豆，要选粒大而饱满的，在烹调前先将黄豆浸透(约20分钟以上)，以缩短烹制的时间。

六、枝竹、甜竹的处理 枝竹、甜竹用慢火滚油略炸再煮，可保持其形状完整和美观，而枝竹在炸至微黄时，捞出放入冷水中浸软，冲去油腻，煮后更嫩滑可口。甜竹、枝竹宜用湿布抹净，以免水分入镬时溅起滚油，引致危险。

NOTES ON COOKING BEAN PRODUCTS

Bean products refer to all kinds of beans and their products. Amongst all, soybeans is viewed as the most nutritious species, which contains rich protein, calcium as well as vitamin B complex and contributes a lot to one's health and skin, and is recommended to be taken by both the young and aged. Recently, beans and their products, especially the beancurd, have been highly recommended by nutriologists and vegetarians as "natural health food". Bean products are varied, and so are recipes of beancurd. In order to prepare a bean product dish which is good in taste, fragrance, colour and appearance, special attention should be paid from the picking of ingredients to the handling of cooking techniques. The most worth-noting points are as follows.

1.Picking the appropriate beancurd

The species of beancurd taken should be in accordance with the cooking methods. The most common formulae are:

- (1)Firm beancurds - for frying, deep-frying, stuffed and baking dishes
- (2)Soft beancurds - for Sweet & Sour Beancurd or soup dishes
- (3)Chilled beancurds - for stewed, frying, braising or soup dishes
- (4)Wrapped beancurds - for steamed and stuffed dishes
- (5)Deep-fried beancurds - for stewed and stuffed dishes
- (6)Five-spiced beancurds - for frying and cold dressing dishes
- (7)Chaozhou beancurds - for frying, braising or soup dishes

2.Removing the water

Since beancurds contain large amount of water, it is necessary to remove the water beforehand, otherwise the finished dishes might lose their flavours or become mashed. The procedures are listed down below.

(1)Lay a dry and clean towel on a tilted chopping board, place the beancurds on top, cover with another dry towel and let stand still for about 20 minutes.

(2)Scald the beancurds in boiling water for 2 minutes, scoop out, strain water off. They are then ready for cooking.

3.Preparing the deep-fried beancurds

Since deep-fiable beancurds or beancurd puffs available in the market contains much oil, it is necessary to rinse them with boiling water beforehand so that the dust, grease and foul smell would be removed.

4.Making up the chilled beancurds

Chilled beancurds are not available in the market. You should make them up yourself following the successive methods.

(1)Rinse a cake of board beancurd with tap water, place it in a cold-proof tureen, cover it with kitchen wrapping, chill it in a freezer for 24 hours or more till frozen.

(2)Before cooking, take the beancurd out from the freezer and place it in the lower compartment for about 10 hours to defrost. If you are in a great hurry, you may macerate it in 50 °C hot water for about 30 minutes instead.

(3)Rinse the defrosted beancurd with tap water, wrap it up with a towel and squeeze out excess water, cut up into shreds or slices as ingredients for all kinds of dishes.

5.Preparing the soy beans

Pick those big and swollen soy beans. Upon cooking, macerate them thoroughly (more than 20 minutes) beforehand so that the cooking time can be shortened.

6.Preparing the beancurd sticks and beancurd sheets

Deep-fry the beancurd sticks and beancurd sheets briefly in boiling oil beforehand so that their wholeness and nice appearance can be maintained. In the process of deep-frying, scoop out the sticks when they have become light brown. Macerate them in cold water and rinse off the grease so that they will turn out to be much smoother and delicious. Besides, it is necessary to pat the sticks and sheets with a wet towel before dumping into the wok so that the danger of spilling oil can be avoided.

虾米芝麻拌豆腐

BEANCURD WITH DRIED SHRIMPS & SESAME

材料：布包豆腐2块，虾米1两(约40克)，茺荳、葱花各1汤匙，白芝麻2汤匙，蒜蓉1茶匙。

调味料：滚油2汤匙，生抽2汤匙，麻油 $\frac{1}{2}$ 茶匙，胡椒粉少许。

做法：

(1) 豆腐去水蒸10分钟，取出滗去多余的水分，待用。

(2) 虾米洗净，沥干，白芝麻用白镬炒至微黄色，盛起。

(3) 烧热油1汤匙，爆香蒜蓉、虾米，放在豆腐上，洒上茺荳、葱花，先淋上调味料内的滚油，再将其余的调味料拌匀淋上。

心得：茺荳、葱花用滚油“淋”过，才能发挥其香味。虾米要色泽鲜明，虾身完整，干爽，无异味的才鲜美。

Ingredients:

2 cakes beancurd
40g dried shrimps
1 tablespoon each of coriander and diced welsh onion
2 tablespoons white sesame
1 teaspoon mashed garlic

Seasonings:

2 tablespoons boiling oil
2 tablespoons light soy sauce
 $\frac{1}{2}$ teaspoon sesame oil
a dash of pepper powder

Method:

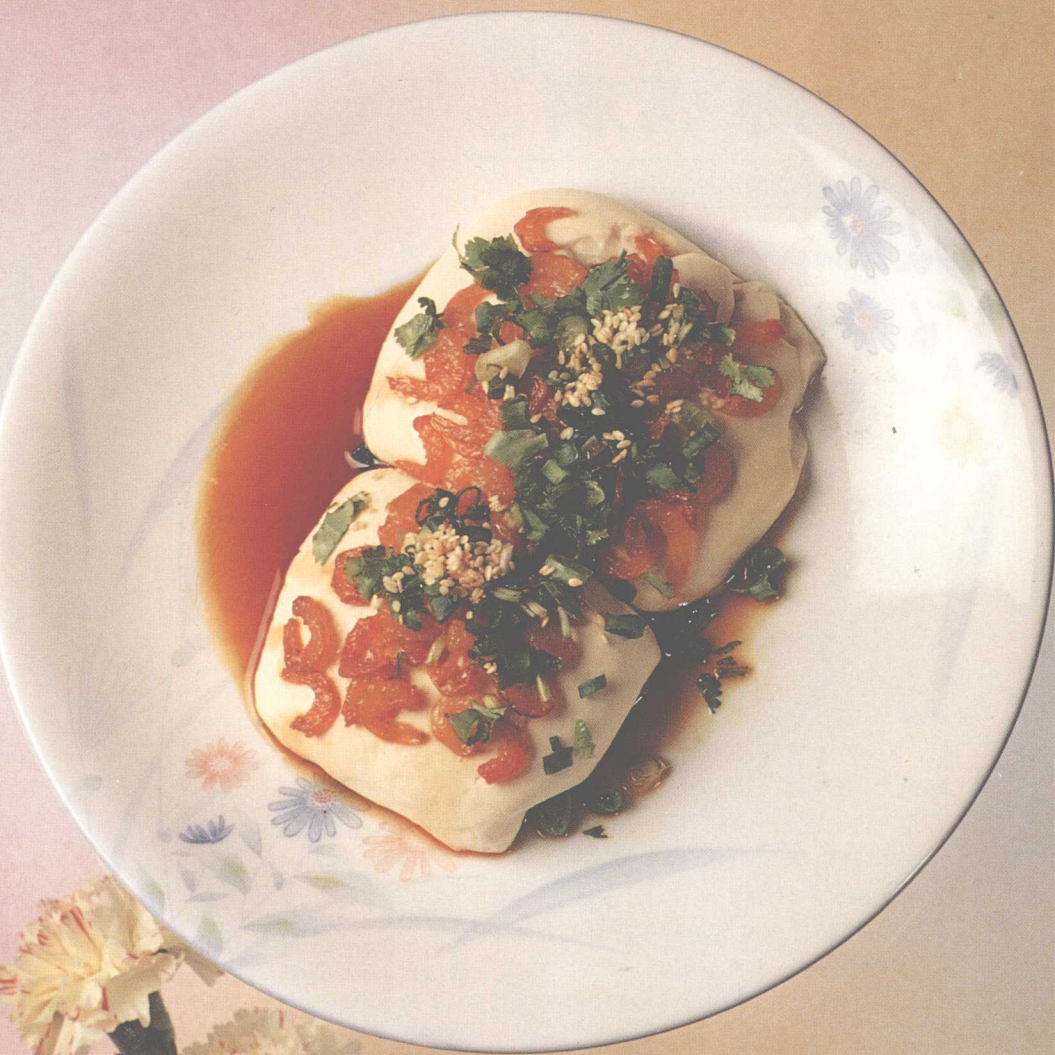
1. Strain water off the beancurd, steam for 10 minutes, take out and remove the excess water, set aside.

2. Clean and drain the dried shrimps; stir-fry the white sesame in a dry wok till light brown, scoop out.

3. Heating 1 tablespoon of oil, sauté the mashed garlic with dried shrimps, spoon onto the beancurd, top with coriander and diced welsh onion, first sprinkle with the boiling oil from the seasonings, then sprinkle with the well mixed ingredients.

Gist:

Coriander and diced welsh onion will give out fragrance only after being sprinkled with boiling oil. Only those dry, bright and unbroken dried shrimps without foul smell will taste good.



五柳豆腐

ASSORTED BEANCURD

材料：布包豆腐2块，青、红、黄椒各 $\frac{1}{2}$ 只，酸子姜1两（约40克），洋葱 $\frac{1}{2}$ 个，蒜蓉1茶匙。

糖醋汁：白醋2汤匙，糖1汤匙，茄汁 $\frac{1}{2}$ 汤匙，水4汤匙。

芡汁料：生粉1茶匙，水2汤匙。

做法：

- (1) 豆腐去水，上碟蒸熟。
- (2) 青、红、黄椒去籽，与酸子姜、洋葱同切丝。
- (3) 烧熟油两汤匙，爆香蒜蓉，放上上项材料炒熟盛起。
- (4) 糖醋汁煮滚，埋芡，将上项材料回镬兜匀，淋在豆腐上。

心得：做法(3) 不要将材料炒得太熟，否则再回镬兜匀时会过火，软而不好食。

Ingredients:

2 cakes wrapped beancurd
 $\frac{1}{2}$ piece each of green, red and yellow pepper
40g pickled stem ginger
 $\frac{1}{2}$ onion

1 teaspoon mashed garlic

Sweet & Sour Sauce:

2 tablespoons white vinegar
1 tablespoon sugar
 $\frac{1}{2}$ tablespoon ketchup
4 tablespoon water

Cornstarch Solution:

1 teaspoon cornstarch
2 tablespoons water

Method:

1. Strain water off the beancurd, steam on a plate till done.
2. Seed the green, red and yellow pepper, shred them all with pickled stem ginger and onion.
3. Heating 2 tablespoons of oil, sauté the mashed garlic, add the above ingredients and stir-fry well, scoop out.
4. Bring the sweet and sour sauce to the boil, stir in the cornstarch solution, return the above ingredients to the wok, stir-fry well, spoon onto the beancurd.

Gist:

In the procedure (3), don't stir-fry the ingredients thoroughly, or else they will be too soft after being returned to the wok and stir-fried again.



豆腐紫菜卷

STEAMED LAVER ROLLS

材料：五香豆腐干2块，中虾20只，蜜糖豆2两（约80克），方形紫菜1张。

腌料：盐 $\frac{1}{4}$ 茶匙，糖 $\frac{1}{8}$ 茶匙，麻油、胡椒粉各少许。

芡汁料：盐、糖各 $\frac{1}{4}$ 茶匙，生抽、生粉各 $\frac{1}{2}$ 茶匙，水3汤匙。

做法：

（1）豆腐干用温水洗净，抹干水分，切条。

（2）虾去壳除肠，以盐擦洗，用水冲净，吸干水分，在虾肚轻划三下，加入腌料拌匀。见图1。

（3）蜜糖豆撕去筋蒂，紫菜剪成2 $\frac{1}{2}$ 厘米阔、10厘米长的方块。见图2。

（4）用紫菜卷入豆腐干、虾仁、蜜糖豆各一，排在涂油碟上，隔水蒸5分钟。见图3~4。

（5）烧热油半汤匙，调入芡汁料煮滚，淋在蒸好紫菜卷上便成。

心得：在虾肚轻划三下，可避免虾蒸熟后会弯曲。

Ingredients:

2 cakes dried beancurd (five-spiced)
20 prawns
80g honey peas
1 square sheet of laver

Marinade:

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon sugar
a dash each of sesame oil and pepper powder

Cornstarch Solution:

$\frac{1}{4}$ teaspoon each of salt and sugar
 $\frac{1}{2}$ teaspoon each of light soy sauce and cornstarch
3 tablespoons water

Method:

1. Clean the dried beancurd in warm water, pat dry, cut up into strips.

2. Shell and de-vein the prawns, rub with salt and then rinse, pat dry, cut 3 light gashes on the belly, mix well with the marinade. See Fig. 1.

3. Trim the honey peas; cut up the laver into 2 $\frac{1}{2}$ x 10cm squares. See Fig. 2.

4. Lay 1 dried beancurd, 1 prawn and 1 honey pea on a sheet of laver and then roll up, arrange the prepared laver rolls onto an oiled plate, steam above water for 5 minutes. See Figs. 3-4.

5. Heating $\frac{1}{2}$ tablespoon of oil, bring the cornstarch solution to the boil, pour the mixture onto the steamed laver rolls to serve.

Gist:

Cut light gashes on the bellies of the prawns to avoid their shrinkage after steaming.



鸡丝百页

STEAMED CHICKEN ROLLS

材料：鸡肉4两(约160克)，甘笋丝、榨菜丝各1汤匙，百页10张，菜心8两(约320克)，姜2片。

腌料：生抽1茶匙，生粉 $\frac{1}{2}$ 茶匙，胡椒粉、麻油各少许，水1汤匙。

芡汁料：蚝油1汤匙，生抽1茶匙，糖 $\frac{1}{8}$ 茶匙，生粉 $\frac{1}{2}$ 茶匙，水 $\frac{1}{2}$ 杯。

做法：

- (1) 鸡肉切丝，加腌料拌匀。
- (2) 百页用滚水洗净，抹干。
- (3) 将百页铺平，上放适量鸡丝、甘笋丝及榨菜丝卷成卷状，排放碟中，隔水大火蒸15分钟取出。

(4) 菜心用加了盐、油的滚水焯熟，围碟。

(5) 烧热油1汤匙，爆香姜片，倒下芡汁料煮滚，淋在百页卷上。

心得：包百页卷时要注意馅料不能太满，否则较难熟，蒸后卷身胀大亦不美观。

Ingredients:

160g chicken meat
1 tablespoon each of shredded carrot and pickled mustard greens
10 sheet gluten wrappings
320g trimmed vegetable
2 slices ginger

Marinade:

1 teaspoon light soy sauce
 $\frac{1}{2}$ teaspoon cornstarch
a dash each of pepper powder and sesame oil

1 tablespoon water

Cornstarch Solution:

1 tablespoon oyster sauce
1 teaspoon light soy sauce
 $\frac{1}{8}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon cornstarch
 $\frac{1}{2}$ cup water

Method:

1. Cut up the chicken meat into strips, mix well with the marinade.

2. Clean the gluten wrappings with boiling water, pat dry.

3. Spread the gluten wrappings, lay some chicken meat, carrot shreds and pickled mustard green shreds on top and then roll up, arrange the prepared chicken rolls onto a plate, steam above water over strong heat for 15 minutes.

4. Scald the vegetable with some salt and oil in boiling water till done as garnish.

5. Heating 1 tablespoon of oil, sauté the ginger slices, pour in the cornstarch solution and bring to the boil, pour it onto the chicken rolls.

Gist:

Never stuff the rolls with too many stuffings, otherwise they might not be thoroughly cooked and the steamed rolls would become swollen.



绍菜豆腐卷

PEKING CABBAGE ROLLS

材料：布包豆腐1块(去水)，鸡胸肉3两(约120克)，绍菜4片，冬菇3只，甘笋粒1汤匙。

腌料：盐、生粉各 $\frac{1}{2}$ 茶匙，糖、酒各 $\frac{1}{4}$ 茶匙，蛋白1只，麻油、胡椒粉各少许。

芡汁料：盐、糖各 $\frac{1}{8}$ 茶匙，生粉 $\frac{1}{2}$ 茶匙，水3汤匙，生抽1茶匙。

做法：

(1) 豆腐捣烂，鸡肉剁成蓉，冬菇浸软，去蒂，切粒，将各料放大碗中，加甘笋粒、腌料，拌匀成馅料。

(2) 绍菜取叶部分，修剪成10厘米宽、15厘米长的长方块，放入有油、盐的滚水中烫一烫，抹干，每片上涂少许生粉，放入适量馅料，卷成卷状，隔水蒸20分钟，切件上碟。

(3) 烧热油半汤匙，煮滚芡汁料，淋在绍菜卷上便成。

心得：可将绍菜卷盖保鲜纸，放入微波炉中，以高火煮6分钟便熟。

Ingredients:

1 cake wrapped beancurd (water removed)

120g chicken breast meat

4 leaves Peking cabbage

3 dried black mushrooms

1 tablespoon diced carrot

Marinade:

$\frac{1}{2}$ teaspoon each of salt and cornstarch

$\frac{1}{4}$ teaspoon each of sugar and wine

1 egg white

a dash each of sesame oil and pepper powder

Cornstarch Solution:

$\frac{1}{8}$ teaspoon each of salt and sugar

$\frac{1}{2}$ teaspoon cornstarch

3 tablespoon water

1 teaspoon light soy sauce

Method:

1. Mash the beancurd; puree the chicken meat; macerate the black mushrooms, remove the stalks and then cut up into pellets; place them all into a big bowl, add the carrot dices and marinade, mix well to form a stuffing.

2. Take only the leaves of the Peking cabbage, scissor up into 10cm x 15cm squares, blanch in boiling water with oil and salt added, pat dry; apply some cornstarch on each of the leaves, lay adequate amount of stuffing on top, roll up, steam above water for 20 minutes, cut into serving pieces.

3. Heating $\frac{1}{2}$ tablespoon of oil, bring the cornstarch solution to the boil, pour it onto the cabbage rolls to serve.

Gist:

An alternate way is to seal the cabbage rolls with kitchen wrap and then bake in an microwave oven at strong heat for 6 minutes.