

香 港 家 常 食 谱 精 选

中西合璧套餐

李曾鹏展 李锦联合著

广西教育出版社 · 香港万里机构联合出版

CHINESE AND WESTERN SET MENU

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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.

前言

众所周知，在电视节目“都市闲情”中担任烹饪节目主持的两位，分别是李曾鹏展女士及李锦联先生。很多朋友皆以为他俩是母子关系，事实当非如此，然而这并不影响他们各自在烹调饮食业中付出的努力。

李曾鹏展在电视台主持烹饪节目已十多年，目前许多烹饪能手也是其高足。除了在各烹饪中心授徒外，多年来出版著作更有数十本之多，实是其不倦实践的成果，从中得益的朋友也是不少。虽然目前她已退休移居加国，但仍不忘写作，应算是宝刀未老！

李锦联是首届香港理工学院酒店膳食管理系的毕业生，除了曾在酒店工作外，也曾任教于多间院校，有著不少学生。在电视上他以主力西菜的形象出现，其烹饪心得则是洋为中用，吸收了西菜的烹调精髓，渗进了此间人们的口味，给人一种新鲜的感觉。作品方面也有十多本流传于世。

两位作者皆以为烹调要诀离不开“细心观看，大胆尝试”的原则，只有在实践中领略理论才能手到拿来，得心应手。此间物料丰富，接触各地区烹调技艺的机会又高，若不自制美食，品尝一番，确是一大损失。本书所收集的菜谱皆是食味上佳、适合家庭应用的小菜。诸位也来一尝两位厨艺名家的好菜吧！

PREFACE

Mrs. Lee Tsang Pang Chin and Mr. Li Kam Luen, as all of you should know, are the presenters of the TVB cooking programmes. Many people wonder that they are mother and son. Though it is not the case, it doesn't affect their separate effort put forth in promoting culinary skills in town.

Mrs. Lee had worked in TVB for over ten years and many of the "master chef" housewives are students. Apart from hosting lectures in various cooking centers, she also has written lots of cook books. And her great effort paid is highly recognized by people around.

Though she is retired and now staying in Canada, she is still writing recipes for Hong Kong newspaper.

As for Mr. Li, he was one of the first graduates of the catering management course at the Hong Kong Polytechnic. Apart from working in hotels, he also had extensive teaching experience in various technical institutes. He should be proud of his many graduates these years. Over ten cook books are written and a modern European cooking style is found in his TV programme. His cooking is a good mix of East and West. Since the taste is appealed to the people. His cooking programme is very popular in town.

Both of the authors insist that, one must: "Watch carefully and only practice make perfect". Nearly all kinds of ingredients can be found in Hong Kong, one should not miss the chance of cooking nice foods at home. All the recipes in this book are delicious and can be made in domestic kitchens. You are most welcome to try the recipes by the two authors.

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附注：

本书重量换算用司马斤两计算，即1斤=16两=600克；如要折算为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

大地鱼蒸鸡

STEAMED CHICKEN WITH DRIED FLATFISH

材料：鸡 $\frac{1}{2}$ 只重约1斤2两(约720克)，大地鱼1条重约1 $\frac{1}{2}$ 两(约60克)，姜6小片，芹菜1小棵。

腌料：生抽 $\frac{1}{2}$ 汤匙，糖 $\frac{1}{2}$ 茶匙，盐 $\frac{1}{3}$ 茶匙，麻油、胡椒粉少许，生粉 $\frac{1}{2}$ 汤匙，油1汤匙。

做法：

- (1) 芹菜去叶，洗净切粒。
- (2) 大地鱼去皮及骨，把肉剪成小件，放入暖油中，用慢火炸香取出。
- (3) 鸡洗净，抹干水斩件，加腌料拌匀，再加入姜拌匀，盛碟上蒸12分钟至熟，下芹菜再蒸1分钟，放下大地鱼拌匀即成。

Ingredients:

$\frac{1}{2}$ chicken (720 g)
1 dried flatfish (60 g)
6 small slices ginger
1 small stalk Chinese celery

Marinade:

$\frac{1}{2}$ tablespoon light soy sauce
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{3}$ teaspoon salt
a dash each of sesame oil and pepper
 $\frac{1}{2}$ tablespoon tapioca starch
1 tablespoon oil

Method:

1. Remove leaves from celery, wash and cut into pellets.
2. Skin and bone the fish, shear the fillet into small pieces, deep-fry slowly in warm oil and take out.
3. Wash chicken clean, wipe dry, cut into pieces, mix well with marinade and ginger, steam on a plate for 12 minutes until cooked, add celery to steam for 1 minute more and serve mixed with fish.



牛肉烧豆腐

ROAST BEANCURD WITH BEEF

材料：牛肉4两(约160克)，嫩板豆腐4件，葱3条(切短段)，姜1片，油3汤匙。

腌料：生抽 $\frac{1}{2}$ 汤匙，糖 $\frac{1}{3}$ 茶匙，生粉1茶匙，油2汤匙。

调味料：水1杯，鸡粉1茶匙，糖、盐各 $\frac{1}{3}$ 茶匙，生抽1汤匙，麻油、胡椒粉少许。

芡料：生粉 $\frac{2}{3}$ 茶匙，水2汤匙，老抽 $\frac{1}{2}$ 茶匙。

做法：

(1) 牛肉洗净抹干水，切薄片，加腌料腌20分钟，放入滚水中焯至半熟取出，沥干水。

(2) 板豆腐每件切成4件，放在箊篱内，洒下盐1茶匙，腌30分钟放入滚水中煮3分钟，取起沥干水。

(3) 下油爆香姜，下调味料及豆腐，煮至汁将干，下牛肉煮熟，下葱兜匀，埋芡上碟。

Ingredients:

160 g beef
4 pieces tender beancurd
3 spring onions, cut into short lengths
1 slice ginger
3 tablespoons oil

Marinade:

$\frac{1}{2}$ tablespoon light soy sauce
 $\frac{1}{3}$ teaspoon sugar
1 teaspoon tapioca starch
2 tablespoons oil

Seasonings:

1 cup water
1 teaspoon chicken powder
 $\frac{1}{3}$ teaspoon each of sugar and salt
1 tablespoon light soy sauce
a dash each of sesame oil and pepper

Starching:

$\frac{2}{3}$ teaspoon tapioca starch
2 tablespoons water
 $\frac{1}{2}$ teaspoon dark soy sauce

Method:

1. Wash beef clean, wipe dry, cut into thin slices, marinate for 20 minutes, scald in boiling water until half cooked, remove and drain.

2. Cut each piece of beancurd in four, salt in frying strainer with 1 teaspoon for 30 minutes, boil for 3 minutes, remove and drain.

3. Saute ginger in oil, boil seasonings and beancurd until nearly dry, add beef to boil until cooked, stir onions in, starch and serve.



莲藕红豆煲排骨

PORK RIB SOUP WITH LOTUS ROOT AND RED BEANS

材料：莲藕1斤(约600克)，红豆2两(约80克)，排骨12两(约480克)斩件，干墨鱼3两(约120克)，蜜枣6粒，陈皮¼个。

做法：

- (1) 莲藕去皮，洗净。
- (2) 红豆用清水浸1小时，沥去水。
- (3) 陈皮用清水浸软，刮去瓢，洗净。
- (4) 墨鱼去骨，用清水浸30分钟，洗净。
- (5) 墨鱼、排骨水，过冷水。
- (6) 蜜枣洗净。
- (7) 水11杯(或适量)煲滚，放下莲藕、排骨、红豆、墨鱼、陈皮、蜜枣煲滚，慢火煲3小时，下盐调味。

Ingredients:

600 g lotus root
80 g red beans
480 g pork ribs
20 g dried cuttlefish
6 candied dates
¼ dried tangerine peel

Method:

1. Skin lotus root and wash clean.
2. Soak red beans for 1 hour and drain.
3. Soak tangerine peel until soft, scrape pith off and wash clean.
4. Bone cuttlefish, soak for 30 minutes and wash clean.
5. Scald cuttlefish and pork ribs and cool.
6. Wash dates clean.
7. Bring 11 cups (or adequate amount) of water to boil, simmer lotus root, pork ribs, red beans, cuttlefish, tangerine peel and dates for 3 hours and salt.



辣子鸡丁

HOT CHICKEN DICES

材料：鸡肉 8 两 (约320克)，熟马蹄肉10个 (切粒)，蒜茸、姜切细粒各1茶匙，葱3条 (切碎)，豆瓣酱1汤匙，油2汤匙，酒1茶匙。

腌料：盐 $\frac{1}{4}$ 茶匙，生粉1茶匙，蛋白1汤匙。

芡料：麻油、胡椒粉少许，糖 $\frac{2}{3}$ 茶匙，生油、老抽各1茶匙，生粉 $\frac{2}{3}$ 茶匙，水3汤匙。

做法：

(1) 鸡肉洗净，抹干水切粒，加腌料腌20分钟，泡油。

(2) 下油，爆姜、豆瓣酱、蒜茸、马蹄，下鸡肉，洒入酒炒数下，埋芡，下葱兜匀上碟。

Ingredients:

320 g chicken
10 cooked skinned water chestnuts, cut into pieces
1 teaspoon each of chopped garlic and chopped ginger
3 spring onions, chopped
1 tablespoon broad bean paste
2 tablespoons oil
1 teaspoon wine

Marinade:

$\frac{1}{4}$ salt
1 teaspoon tapioca starch
1 tablespoon egg white

Starching:

a dash each of sesame oil and pepper
 $\frac{2}{3}$ teaspoon each of tapioca starch and sugar

1 teaspoon each of light soy sauce and dark soy sauce
3 tablespoon water

Method:

1. Wash chicken clean, wipe dry, cut into pellets marinate for 20 minutes and scald in oil.

2. Saute ginger, broad bean paste, garlic and water chestnuts in oil, add chicken, sprinkle wine in, stir-fry a few times, starch, stir onions in and serve.



芝士鱼球

FISH BALLS WITH CHEESE

材料：无细骨之鱼肉12两(约480克)，芝士3片(切碎)，忌廉鸡汤1罐，蒜茸1茶匙，油2汤匙。

腌料：麻油、胡椒粉少许，盐 $\frac{1}{3}$ 茶匙，鸡蛋白1汤匙，生粉2茶匙。

调味料：糖、盐各 $\frac{1}{3}$ 茶匙，胡椒粉少许。

做法：

(1) 鱼肉洗净，抹干水，切件，加腌料腌10分钟，泡油。

(2) 烧热油，爆蒜茸，下忌廉鸡汤煮融，逐少加入约 $\frac{2}{3}$ 杯水煮成糊状，下芝士及调味料煮至芝士融，放下鱼肉煮片刻上碟。

Ingredients:

480 g boneless fish fillets
3 slices cheese, chopped
1 tin cream chicken soup
1 teaspoon chopped garlic
2 tablespoons oil

Marinade:

$\frac{1}{4}$ salt
a dash each of sesame oil and pepper
 $\frac{1}{3}$ teaspoon salt
1 tablespoon egg white
2 teaspoons tapioca starch

Starching:

$\frac{1}{3}$ teaspoon sugar
 $\frac{1}{3}$ teaspoon salt
a dash of pepper

Method:

1. Wash fish fillet clean, wipe dry, cut into pieces, marinate for 10 minutes and scald in oil.

2. Heating oil, saute garlic, boil cream chicken soup until melted, add $\frac{2}{3}$ cups of water gradually into paste, cook cheese and seasonings until melted, boil fish for a while and serve.