

香 港 家 常 食 谱 精 选

# 缤纷精致小吃

庄志诚著

广西教育出版社 · 香港万里机构联合出版

DELIGHTFUL SNACKS

中 英 对 照

19

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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### 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

# 鲜明桂花肠

## HOMEMADE CHINESE SAUSAGE

**材料：**枚头肉8两(约320克)，鸡肝4两(约160克)，肥肉粒少许，新鲜肠衣1条，糖胶少许。

**腌料：**盐3茶匙，糖2½两(约100克)，老抽少许，五香粉、绍酒各少许。

**做法：**

(1) 将新鲜肠衣内外洗净，用暖水浸软，其他材料切碎，加腌料拌20分钟。

(2) 将材料塞入肠内，两端打结，用牙签把肠身刺几个疏气小孔，然后放入炉温是180℃的焗炉内烧焗约20分钟，取出涂匀糖胶，再烧焗片刻即可。

**心得：**

(1) 可用漏斗及筷子把各材料塞入肠内。

(2) 把此肠晒干成腊肠，也可带去郊野烧烤。

### Ingredients (sausage filling):

320g pork loin  
160g chicken liver  
pork fat (diced)  
1 fresh sausage casing  
syrup

### Marinade:

3 tsp salt  
100g sugar  
dark soya sauce  
five spice powder  
Shaoxing wine

### Method:

1. Wash the sausage casing thoroughly inside out, soak it with lukewarm water until softened. Chop up all the ingredients, add the marinade and let stand for 20 minutes.

2. Stuff the casing with the sausage filling, tie a knot at both ends. With a toothpick, prick a few holes on the sausage to let the steam out. Roast the sausage in the oven for about 20 minutes. Brush it with syrup and roast it for another 10 minutes.

### Practical Tips:

1. Stuff the sausage casing with the use of a funnel and chopsticks.

2. The sausage is ideal to be preserved sun-dried or served as barbecued food.







# ✓ 惹味金钱鸡

## SPICY BARBECUED KEBAB

**材料：**鸡肝、肉眼各8两(约320克)，肥肉头4两(约160克)，姜块适量，竹签数枝。

**腌料：**盐3茶匙，砂糖1½两(约60克)，生抽2汤匙，鸡蛋½只量，磨鼓酱、芝麻酱、绍酒、干葱蓉、蒜蓉各少许。

**做法：**

(1) 将肉及鸡肝切成圆形薄片，肥肉头用糖腌20分钟以上后余水。

(2) 把腌料搅匀，将肉和鸡肝肥肉一同腌30分钟，各择其一，用长竹签穿成1串，两端穿上姜块固定。

(3) 把竹签放入180℃的焗炉焗20分钟(中间需翻转1次)，取出涂上糖胶再烧焗10分钟即成。

**心得：**

(1) 可把金钱鸡夹于薄饼中进食，不会有油腻感。

(2) 这个菜谱中的腌料用途很广，用它把猪肉腌制成叉烧也成。

### **Ingredients:**

320g chicken liver  
320g rib eye pork  
160g pork chin  
ginger slices  
a few bamboo skewers

### **Marinade:**

3 tsp salt  
60g sugar  
2 Tbsp light soya sauce  
½ egg  
bean paste  
sesame paste  
Shaoxing wine  
shallots and garlic

### **Method:**

1. Cut the meat and the liver into thin, circular slices. Marinate the pork chin with sugar and let stand for at least 20 minutes, then blanch it.

2. Add the marinade to the rib eye pork and the chicken liver, let stand for 30 minutes. Take one slice each of rib eye pork, the pork chin and the chicken liver and secure the pieces with a skewer. Add a slice of ginger on both ends.

3. Bake the kebabs in the oven for 20 minutes, turning them occasionally. Brush them with syrup and roast for another 10 minutes.

### **Practical Tips:**

1. Serve the kebabs with plain pancake and you won't find them that greasy.

2. The marinade in this recipe can also be used to make barbecued pork.





# 泰式酸辣凤爪

## CHILLI & SOUR CHICKEN FEET

**材料：**急冻凤爪(鸡脚) 1斤(约600克)，白米醋2 ½ 杯，砂糖10两(约400克)，盐1两(约40克)，红椒1只(切碎)，洋葱1个(切丝)，柠檬1个(榨汁)，茺荳1棵。

### 做法：

(1) 凤爪用半杯白醋搓揉变白，出水沥干，放入滚水中，用慢火煲约30分钟至熟软为止，用清水浸冻，候用。

(2) 把白米醋、砂糖、盐煲滚，摊冻，与洋葱丝、红辣碎、柠檬汁拌匀成腌料。

(3) 将煲熟之凤爪放入腌料中浸约5小时，即可上碟。

### 心得：

- (1) 白米醋有漂白作用。
- (2) 喜食辣者，可用指天椒代替红椒。

### Ingredients:

600g frozen chicken feet  
400g sugar  
40g salt  
2 ½ cup white rice vinegar  
1 red chilli pepper (chopped)  
1 onion (shredded)  
juice of 1 lemon  
1 bunch of parsley

### Method:

1. Rub the chicken feet with ½ cup of rice vinegar until they are bleached, rinse well and drain. Put them in boiling water and simmer until softened, about 30 minutes. Cool them in cold water, set aside.

2. Bring the rice vinegar, sugar and salt to a boil, let cool. Add in the onion, red chilli pepper and the lemon juice. Mix well to use as marinade.

3. Put the chicken feet in the marinade and let stand for about 5 hours.

### Practical Tips:

- 1. White rice vinegar has bleaching effect.
- 2. For chilli-lovers, substitute red chilli pepper with red cluster pepper.





# 弗打虾

## SHRIMP FRITTERS

**材料：**中虾8~10只，白面粉2两(约80克)，蛋白3只量，泡打粉2茶匙，清水1杯，生油2两(约80克)，盐少许，生粉6两(约240克)。

**腌料：**盐2茶匙，胡椒粉少许。

**做法：**

(1) 虾剥壳留尾，挑去黑色虾肠，洗净后用划刀在肚上直划3刀，用干布吸干水分，用腌味料拌腌15分钟。

(2) 将面粉、泡打粉混合过筛，再加入清水和生粉、盐和生油，搅匀成脆浆。

(3) 热锅烧热油，把腌过的虾蘸上脆浆，用中火炸成金黄色即成。

**心得：**

(1) 虾洗净用干布吸干水分，腌时才会入味，如划几刀再炸，虾才不会卷缩。

(2) 面粉筛过才会疏松，同时不会结粉粒。

### Ingredients:

8-10 medium shrimps  
80g all purpose flour  
3 eggs white  
2 tsp baking powder  
1 cup water  
80g cooking oil  
salt

240g cornflour

### Marinade:

2 tsp salt  
pepper

### Method:

1. Shell and devein the shrimps, save the tails. Wash them and give each a few cuts at the stomach, pat dry. Add the marinade and let stand for 15 minutes.

2. To make the frying batter: beat the egg white, sift in the flour and the baking powder, mix well. Then add the water and cornflour, followed by salt and oil. Mix well.

3. heat up a wok of oil. Coat the shrimps with batter and deep-fry them over medium-high heat until golden brown. Serve at once.

### Practical Tips:

1. The shrimps must be dried thoroughly before adding in the marinade as the excess water will dilute the marinade. The shrimp won't curl when cooked if its stomach is given a few cuts.

2. Always sift the flour to avoid lumps.





# 潮州炸蟹枣

DEEP FRIED CRAB BALLS-CHIU CHOW STYLE

**材料：**虾、马蹄(荸荠)肉各8两(约320克)，蟹肉4两(约160克)，肥肉少许，鸡蛋1只，腐皮1张，胡椒粉、姜、葱、韭黄、绍酒各少许。

**调料：**绍酒、胡椒粉各少许

**做法：**

(1) 虾洗净，用竹签挑去肠脏，用干布吸干水分，切碎。

(2) 蟹肉加姜、葱、绍酒蒸片刻，拣去碎壳，挤干水分，肥肉切粒，马蹄肉切碎，挤干水分，韭黄、姜、葱切粒。

(3) 鸡蛋打散，与所有的材料搅匀，加入调味料成馅料，用腐皮把馅料包卷成条状。

(4) 把腐皮卷放入蒸笼中用猛火蒸约10分钟。

(5) 取出切细件，拍上干生粉，用中火炸至金黄色，蘸甜酱进食。

**心得：**

(1) 腐皮用湿布抹湿，卷时才不会脆裂。

(2) 热油锅中放入蟹枣即熄火，待浮起再改中火炸，蟹枣才易熟。

## Ingredients:

320g shrimp  
160g crab meat  
320g water chestnut  
1 egg  
1 packet bean sheet  
pork fat  
Chinese leek  
ginger and green onion

## Seasonings:

Shaoxing wine  
pepper

## Method:

1. Wash and devein the shrimps, pat dry and dice.

2. Steam the crab meat with ginger, green onion and a little Shaoxing wine. Pick out the impurities and squeeze out excess liquid. Dice the pork fat; chop the water chestnuts and squeeze out excess liquid. Chop the ginger, green onion and the leek.

3. Beat the egg, mix it with all the ingredients (except the beansheet) and the seasonings. Gently wipe the beansheet with a wet towel, spread the mixture on top and roll it up.

4. Put the rolls in a steamer and steam over high heat for about 10 minutes.

5. Cut the roll into slices, coat them with cornflour and then deep fry them over medium heat until golden brown. Serve hot with the Hoi Sin sauce.



**Practical Tips:**

1. Moisten the bean sheet before rolling can avoid it from cracking
2. Turn the heat off once the crab slices

are put into the heated oil. Turn the heat on again when the slices float on the oil, cook over medium heat.



# 汕头蚝仔饼

SHAN TAO OYSTER CAKE

**材料：**蚝仔8两(约320克)，薯粉2两(约80克)鸡蛋1只，大蒜1棵，茼蒿1棵。

**调料：**盐 $\frac{1}{2}$ 茶匙，胡椒粉少许，

**做法：**

(1) 蚝仔加生粉用水洗净，去壳，晾干水。

(2) 大蒜切粒，与蚝仔、薯粉、盐、清水、胡椒粉搅匀成稀浆。

(3) 热锅烧热油，将蚝仔粉浆倒入锅内，用中火煎成圆饼。

(4) 将鸡蛋打散，倒入蚝饼面上，待蚝饼二面均煎成金黄色，取出蘸鱼露伴茼蒿进食。

**心得：**

(1) 洗蚝仔不要用盐，以免“爆肚”。

(2) 锅要烧热才不会黏底，煎时油不必太多。

## Ingredients:

320g baby oyster  
80g tapioca starch  
1 egg  
1 chinese leek  
1 bunch of parsley  
fish sauce

## Seasonings:

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

## Method:

1. Clean the oysters with tapioca starch, remove the shell. Rinse with water and dry thoroughly.

2. Dice the leek. Mix it well with oyster, tapioca starch, salt, pepper and water to make a batter.

3. Heat the wok, add a little oil. Pour the batter in and fry over medium heat.

4. Beat the egg, pour it over the batter and fry until golden brown. Serve with fish sauce and garnish with parsley.

## Practical Tips:

1. Do not clean oyster with salt as it can crack the body of the oyster.

2. Hot wok won't stick. Do not add too much oil when frying.