

2人世界套餐

Set Menus for Two

黎惠娥



中英對照 Chinese-English

博益生活通系列



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序

男女由相識到結合都是基於一個緣字，能做到天長地久，並不是一件易事，除雙方要有共通的愛好外，最重要的還是如何去關懷對方。要增進彼此感情，達至心靈相通，不妨做一些特別的事情去取悅對方，好讓他覺得你是何等的愛護及鍾情他。

烹飪就是其中一種表達的方法，無論初相識或已婚，每個階段都可以做一些特別的菜式去表達你的心意，好使對方和你共餐時感到無限溫馨。

《二人世界套餐》的分量足兩位用，十四款套餐分別由兩餸一湯組成，有濃郁及清淡的，另有四款美味的甜品。書內提供的材料可在各大市場購買，分量可按照人數的比例增加，在家常或宴客的場合享用。

在此祝福天下有情人終成眷屬，永結同心！



二人世界套餐足夠兩位用，如增加材料的份量，便成為四至六位的精美宴客、家常套餐。現列出數款供大家參考。

1. 冬茸雪蛤羹

西汁牛仔骨

吉列魚塊

銀絲什菜煲

2. 青紅蘿蔔煲日月魚

龍穿鳳翼

香辣咖喱蟹

腐皮素菜卷

3. 川湯青魚

椒鹽香酥蝦

鹹魚蒸滑雞

荷豆鮮冬菇扒骨髓

4. 眉豆響螺煲雞腳

檸檬焗乳鴿

百花釀芥膽

雪菜魷魚粉絲湯

5. 節瓜章魚排骨湯

辣子雞丁

紅炆笋殼魚

蝦粒火腿扒豆腐

6. 蟹肉翅

芝士焗龍蝦

南乳燒鵝鶉

翡翠蝴蝶瓜

Set menus for two can be converted into menus for four to six by proportionally increasing the ingredients. These menus include exquisite dishes for banquets as well as family dishes. The following menus are recommended:

1. Winter Melon Soup with Hasma

Beef Ribs in Tangy Sauce

Fried Fish Fillets

Vermicelli and Mixed Vegetables Pot

2. Dried Mollusc Soup with Carrot and Turnip

Stuffed Chicken Wings

Crab Curry

Bean Curd Skin Rolls

3. Garoupa and Tientsin Cabbage Soup

Fried Prawns with Spicy Salt

Steamed Chicken with Salted Fish

Stewed Marrow with Black Mushrooms and Snow Peas

4. Black-eyed Beans and Sea Snail Soup with Chicken Claws

Baked Pigeons in Lemon Sauce

Stuffed Mustard Green

Squid and Vermicelli Pot with Red-in-snow

5. Hairy Gourd and Spare Ribs Soup with Dried Octopus

Hot Diced Chicken

Braised Siam Fish

Stewed Shrimps and Ham with Bean Curd

6. Shark's Fin Soup with Crabmeat

Baked Lobster with Cheese

Deep-fried Quail in Red Bean Cheese Sauce

Steamed Winter Melon and Ham



萬紫千紅

冬茸雪蛤羹

WINTER MELON SOUP WITH HASMA

紫菜魚卷

FISH NORI ROLLS

辣子雞丁

HOT DICED CHICKEN





冬茸雪蛤羹

MINCED WINTER MELON SOUP WITH HASMA

材料：

冬瓜½斤，雪蛤膏約1湯匙，金華火腿茸1湯匙，清湯2½杯

調味：

鹽½茶匙，胡椒粉、麻油各少許

Ingredients:

2/3 lb winter melon; 1tbsp hasma;
1 tbsp chopped Chinese ham;
2½ cups broth

Seasoning:

1/2 tsp salt; dash of pepper;
dash of sesame oil

處理：

1. 雪蛤膏用清水浸透，需時約4小時；洗去薄膜，用滾水煮3分鐘，撈出，瀝乾水分。
2. 冬瓜去皮洗淨，隔水蒸熟至腍(約需½小時)，待凍，用刀壓成茸。

烹調：

1. 用少許油將清湯煮滾，放入調味、冬瓜茸、雪蛤膏，轉中火同煮約10分鐘，盛入大碗中。
2. 將火腿茸灑上面便可供食。

* 冬瓜是夏令的消暑妙品，能做出多款不同的菜式；配合滋補的雪蛤膏同煮成湯羹，味道清甜，常食有益。

Preparation:

1. Soak hasma in water for about 4

hours. Remove membrane and blanch in boiling water for about 3 minutes. Drain well.

2. Peel off skin of winter melon. Steam for about 1/2 hour until tender. Mince winter melon with blade of cleaver after cooled.

Cooking:

1. Bring broth to boil with some oil. Add seasoning, winter melon, hasma. Reduce to medium heat and cook for about 10 minutes. Pour into a soup tureen.
2. Sprinkle with chopped Chinese ham. Serve.

* **Winter melon** is an ideal ingredient for summer cooking as it is heat-relieving. It can be cooked in different styles, for instance, a soup made with hasma is both delicious and nutritious.



紫菜魚卷

FISH NORI ROLLS

材料：

鯪魚肉4兩剁幼，紅蘿蔔、西芹、洋腿各1兩，大片紫菜1塊

醃料：

鹽 $\frac{1}{4}$ 茶匙，胡椒粉少許，生粉 $\frac{1}{2}$ 茶匙

Ingredients:

$\frac{1}{3}$ lb dace fillet, finely chopped;
 $1\frac{1}{3}$ oz each of carrot, celery and ham, shredded; 1 nori sheet

Marinade:

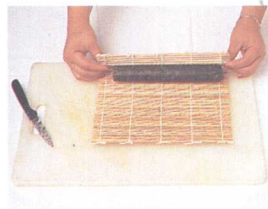
$\frac{1}{4}$ tsp salt; dash of pepper;
 $\frac{1}{2}$ tsp mung bean flour



1. 將魚肉放入紫菜中鋪平。
Spread fish paste evenly on nori sheet.



2. 將紅蘿蔔、西芹、洋腿放入。
Line up carrot, celery and ham on fish paste.



3. 將紫菜捲成長條。
Roll it up.

處理：

1. 紅蘿蔔、西芹、洋腿洗淨，分別切成長條，抹乾水分。
2. 鯪魚肉、醃料同拌勻成魚膠。
3. 將魚膠放在紫菜中，塗勻至滿，加入紅蘿蔔、西芹、洋腿，排疊成長形，捲成筒形，放入碟中。

烹調：

將魚卷隔水蒸8分鐘至熟，盛出，斜切成薄塊，排入碟中便可供食。

* 紫菜含豐富食療價值，是生長於淺海岩石上的海藻生物，有青色和紅色等顏色，經曬乾後，

便轉為深紫色，因此稱為紫菜。在國內、日本均有出產。

Preparation:

1. Wash carrot, celery and ham. Cut into long stripes. Wipe dry.
2. Mix fish fillet with marinade to form fish paste.
3. Spread fish paste evenly on nori sheet. Line up carrot, celery and ham on fish paste. Roll it up. Dish on a plate.

Cooking:

Steam fish roll for 8 minutes until



cooked. Cut diagonally into thin slices. Arrange on a plate and serve.

***Nori** (purple-seaweed), bred on shallow sea

rocks, is of high medical value. Its colour ranges from green to red, and turns to dark purple after it has been dried. It is available in China and Japan.

辣子雞丁

HOT DICED CHICKEN

材料：

雞脾肉4兩，豆腐乾2件，青椒1隻，紅椒1隻，蒜茸1粒，豆瓣醬½湯匙

醃料：

生抽、酒各½茶匙，生粉1茶匙

調味：

生抽1茶匙，糖¼茶匙，清湯¼杯，生粉1茶匙，麻油1茶匙(後下)

Ingredients:

1/3 lb chicken thigh meat;
2 pressed bean curd cakes;
1 green pepper; 1 red chilli;
1 clove minced garlic;
1/2 tbsp hot bean paste

Marinade:

1/2 tsp light soy sauce; 1/2 tsp wine;
1 tsp mung bean flour

Seasoning:

1 tsp light soy sauce; 3/4 tsp sugar;
1/4 cup broth; 1 tsp mung bean flour;
1 tsp sesame oil (add separately)

處理：

1. 雞脾肉洗淨，抹乾水分，切粒，加入醃料拌勻。
2. 豆腐乾洗淨切粒。
3. 青椒、紅椒洗淨切粒。

烹調：

1. 燒熱鑊，下油少許，將雞肉炒熟，盛出。
2. 用1湯匙油爆香蒜茸、豆瓣醬，放入豆腐乾、青椒、紅椒，將雞肉回鑊，加入調味炒至水分收乾，淋入麻油炒勻，盛出供食。

Preparation:

1. Wash chicken and wipe dry. Cut into dices. Mix with marinade.
2. Wash bean curd cakes and dice.
3. Wash green pepper, red chilli and dice.

Cooking:

1. Heat up wok. Add some oil. Stir-fry chicken until cooked. Dish up.
2. Saute garlic, hot bean paste with 1 tbsp of oil. Add bean curd cakes, red chilli and green pepper. Return chicken to wok. Add seasoning and stir-fry until sauce is absorbed. Pour in sesame oil to stir-fry. Serve.

* 辣子雞丁是一款惹味的小菜，配合豆瓣醬同煮，味香、辣而濃，是一款宜飯宜粥的好菜式。

* Hot Diced Chicken has an appetizing taste and is best served with rice or congee. Cooked with hot bean paste, it gives a strong spicy flavour.





喜築鳳巢

川湯清魚

GAROUPA AND TIENTSIN
CABBAGE SOUP

銀巢桂花蚌

FRIED CLAMS IN NEST

南乳燒鵪鶉

DEEP-FRIED QUAIL IN RED BEAN
CHEESE SAUCE



