

飯

**FANTASTIC
R I C E**

郭美寶 編著

萬里機構・飲食天地出版社出版

食譜：中／英／印尼文

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隔離屋飯不及自家香？

俗語有云：“隔離屋飯香”，本人並不贊同，只要懂得運用烹調技巧、材料搭配、火候控制，我敢大膽說：“自家的飯菜要比隔壁的強，要比酒家的飯菜好！”因為真正的“住家飯”會充滿了媽媽、老婆或女兒的溫柔和愛心。一頓貌似平凡的飯就是因這份鍾愛和幸福變美味無窮。做飯這玩意，不是只有女孩子喜歡，不少男士也愛逛傳統街市或超級市場，細心挑選材料，鑽研食譜，不惜為自己的伴侶洗手作羹湯，目的是利用煮飯傳情達意，希望對方享受到美味食物，也吃得健康。所以“煮飯仔”是X世代的溫馨，也是Y世代，以至N世代人的潮流活動。

傳統式煮飯很單調，要引起大家進入廚房的意欲，一些輕便、簡單和創意的構思，經典與人氣搭配的食譜，是必然之選，諸如日式照式雞飯、簡易海南雞飯、紅咖喱炒飯、香茅豬扒飯和日式咖喱飯等，說起也垂涎三尺。現在的米種類選擇很多，講求健康的有糙米、紅米、黑糯米或海紅珍珠米，食物纖維和營養豐富，味道香而質感煙韌；講求口感幼滑、飯味香甜糯軟的，珍珠米、香米和絲苗也不錯；講求炒出來的飯粒原整細緻，印度米最能符合需要。現代都市人，由於受到西方影響，食物多是高脂、多糖和多油，於是最新興的飯是混米而煮——糙米、紅米混合白米來煮，無論質感、纖維素和色澤都能合乎吃者的要求，讓吃飯變得樂趣多多，創意無限。有時變一下口味，煮碗粥來食，又別有一番滋味。

沒有飯香的家庭，總覺缺了一點人氣、少了一點溫暖，有些兒空洞的感覺，連吃也要每天往外跑，生活總覺缺乏重心，勾不起戀家的情懷。不如從今天開始，試做自己的第一頓美味飯，看看是否自家出品的招牌飯勝於人？讓家再次因為飯香而變得熱鬧起來！

郭美寶

寫於為自家廚房起哄的晚上

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印尼文食譜

看圖識材料

無論你是做菜高手或是入廚新手，懂得選取有質素的材料是必要的。不如先認識材料樣子，然後一齊到市場尋寶吧！

主料類 / Main Ingredients / Bahan Utama



白米
white rice
Beras Putih



珍珠米/上海米
round rice
*Beras Bulat/
Beras Shanghai*



糙米
brown rice
Beras coklat



印度米
basmati rice
*Beras Basmati/
Beras India*



紅米
red long rice
*Beras merah
panjang*



有機綠米
organic green
rice
*Beras hijau
organik*



海紅珍珠米
red round rice
*Beras merah
bulat*



黑糯米
black glutinous
rice
*Beras ketan
bitam*



糯米
glutinous rice
Beras ketan



小米
millet
Millet



雞
whole chicken
Ayam



雞中翼
chicken wing,
middle part
*Sayap ayam,
bagian tengah*



雞上腩
chicken thighs
Paha ayam



腩排 (一字排)
pork ribs
Tulang iga ayam



黑豚豬扒
kurobuta pork chop
*Daging babi
kurobuta cincang*



豬腩肉
pork belly
Perut babi



豬手仔
pork knuckle
*Tangan kaki
babi*



肥牛肉
snowy beef
*Daging sapi yg
berlemak*



軟殼蟹
soft shell crab
Kepiting soka



帶子
scallop
Scallop



鮑魚
abalone
Abalone

副料 / Sub Ingredients / Bahan — Bahan Sampingan



青葱
scallion/spring
onion
Daun Bawang



芫荽
coriander
Ketumbar



薑
ginger
Jabe



蒜頭
garlic
*Bawang
putih*



蔥頭
shallot
*Bawang
merah*



辣椒
chili
Cabe



番茄
tomato
Tomat



洋葱
onion
*Bawang
Bombay*



西蘭花
broccoli
Brokoli



粟米
corn
Jagung



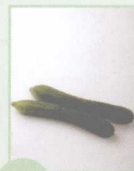
西椒/青甜椒
green belly
pepper
Paprika hijau



甘筍
carrot
Wortel



生菜
lettuce
Sayur hijau



青瓜
cucumber
Ketimun



鮮百合
fresh lily
*Bunga lili
segar*

醬汁料 / Sauces / Bahan — Bahan Saus



豆瓣醬
broad bean
sauce
*Saus kacang-
kacangan*



油咖喱醬
curry sauce in
oil
*Saus kari
berminyak*



紅咖喱醬
red curry
sauce
*Saus kari
merah*



沙茶醬
Chiuchow
satay sauce
*Saus Sate
Teochew*



燒汁
teriyaki sauce
Saus Teriyaki



喼汁
Worcestershire
sauce
*Saus
Worcestershire*



滴水汁
Chinese
marinade
sauce
Saus pedas



瑞士汁
Swiss sauce
Saus Swiss

乾雜貨品 / Seasonings / Bahan Tambahan Lainnya



鮮露
liquid
Kecap penyedap



味椒鹽
spicy salt
Garam merica



魚露
fish sauce
Kecap ikan



清湯
stock
Kaldu



雞粉
chicken powder
Bubuk ayam



粟粉
corn starch
Tepung jagung

煮飯樂





淘淘米，切切肉，炒炒菜，好不忙碌。爐上的鑊不斷傳出香氣；飯煲裏噴出縷縷輕煙。剎那間，整個廚房變得熱鬧得很——充滿香氣，鑊鏟與鑊奏起敲擊樂，加上掌廚人一聲大喝“開飯喇！”，這就是每天最少在你家中響起一次的協奏曲。煮飯的樂趣，就是把溫馨和諧的感覺利用煮飯的行動牽引出來，增添家人和親友之間的無形感情。朋友，為自己煮一頓飯吧！

醒你小貼士 Tip

海南雞飯雞固然重要，飯煮得好不好，炒米和用雞湯煮飯是關鍵。

The taste of Hainan-Styled Chicken Rice is not only comes from the chicken, but also from the rice. The main step of cooking a good rice is fry the rice and cook with chicken stock.



海南雞飯

Hainan-Styled Chicken Rice



4-6 人
4-6 persons



30-40 分鐘
30-40 minutes

11

材料

光雞1隻(約1500克)，絲苗米1米杯，上湯/清水1½米杯，蒜頭1粒(拍扁)，薑茸1茶匙

調味料

鹽1-2茶匙，糖1-2茶匙，麻油1湯匙

海南雞醬汁料

辣椒碎1茶匙，蒜茸3茶匙，薑茸1茶匙，乾蔥茸1茶匙，白醋1茶匙，糖2茶匙

Ingredients

1 (about 1500g) whole chicken, 1 cup white rice, 1½ cup stock/ water, 1 garlic (smashed), 1 tsp minced ginger

Seasonings

1-2 tsp salt, 1-2 tsp sugar, 1 tbsp sesame oil

Hainan-Styled Chicken Sauce

1 tsp chopped chili, 3 tsp minced garlic, 1 tsp minced ginger, 1 tsp minced shallot, 1 tsp white vinegar, 2 tsp sugar

製法

- 1 把雞洗淨，用鹽內外均擦一次，沖洗乾淨。
- 2 燒水一鍋，把雞浸入水中，再倒出雞肚的水，如是者做3次，再次把雞全放入水中，不蓋鍋蓋待水大滾起，蓋上蓋，熄火燜25分鐘，取出浸入冰水。
- 3 把調味料調勻，塗勻雞全身，1小時後斬件。
- 4 燒鑊下1-2湯匙油，爆香蒜頭和薑茸，放入已淘洗的米炒3-5分鐘，放入電飯煲，加上湯煮熟。
- 5 海南雞醬汁料調勻，便可與雞和雞飯同食。

Procedures

- 1 Wash the whole chicken thoroughly. Rub both its inner and outer parts with salt, and then rinse with water.
- 2 Bring a pot of water to a boil. Soak the chicken in it and then pour out the water from its body. Repeat this process thrice. Then submerge the whole chicken into water fully. Heat up the water without covering the pot until the water boils. Cover the pot with a lid. Turn off the heat and leave it for 25 minutes. Take out the chicken and soak it in icy water.
- 3 Stir the seasonings thoroughly. Brush the seasoning onto the chicken body evenly. Leave it for an hour before chopping it up into pieces.
- 4 Put 1-2 tbsp of oil in a heated frying pan. Add garlic and minced ginger, and stir-fry until it becomes aromatic. Add the washed rice and stir-fry for 3-5 minutes. Put the rice in a rice cooker, pour in the stock and cook until well cooked.
- 5 Mix the Hainan-styled chicken sauce ingredients thoroughly. Serve it with chicken and rice.

葡國雞焗飯

Portuguese-styled Chicken Rice



4-6 人
4-6 persons



30-40 分鐘
30-40 minutes

12

白
米
類

材料

雞½隻(約800克)，白飯1碗，雞蛋1隻(打散)，蒜茸1茶匙，薑茸1茶匙，洋蔥½個(切角)，青、紅、橙甜椒各½個(切角)，車厘茄2-4粒(開邊)，蘑菇3-4粒(切片/切粒)

醃雞料

胡椒粉適量，麵粉1茶匙，鮮露1茶匙，酒1茶匙

調味料

鹽½茶匙，黑胡椒碎適量

葡汁料

上湯1杯，黃薑粉1茶匙，椰汁½杯，麵粉2湯匙，牛油30克

製法

- 1 雞洗淨切件，抹乾，醃15-20分鐘。燒油2湯匙，中火煎香雞件。
- 2 鑊燒熱，下油1湯匙，放入白飯，炒熱，下調味料和蛋液，炒勻盛入焗兜。
- 3 鑊燒熱，以慢火煮熔牛油，下麵粉炒至金黃，徐徐倒入上湯煮至濃稠如稀白糊狀。
- 4 再次熱鑊下油爆香蒜茸、薑茸和黃薑粉，加入雜色甜椒、蘑菇和洋蔥爆香，再加入白麵撈，慢慢倒入上湯煮滾，再下雞件煮片刻，加入椰汁煮滾，淋在炒飯上，放上車厘茄。
- 5 焗爐預熱至190℃，放入葡國雞飯焗15-20分鐘，即成。

Procedures

- 1 Wash the chicken thoroughly, cut it into pieces and then pat dry. Marinate for 15 to 20 minutes. Heat up 2 tbsp of oil in a wok. Add the chicken pieces and fry them on medium heat until golden brown.
- 2 Heat up a wok, add a tbsp of oil and rice, and then stir fry until the rice becomes hot. Add the seasonings and beaten egg. Stir thoroughly and then place the rice into a baking dish.
- 3 Heat up a wok. Melt the butter on low heat. Add flour and stir fry until golden brown. Pour in the stock slowly and cook until the sauce is reduced to a white liquid.
- 4 Then stir fry minced garlic and ginger and turmeric powder until aromatic. Add peppers, mushrooms and onion, and stir-fry until golden brown. Add the roux from step 3 and stir. Pour in the stock gradually and bring it to a boil. Add the chicken and coconut milk and bring it to a boil. Pour the mixture over the fried rice and then place the cherry tomatoes on top.
- 5 Preheat the oven to 190°C. Bake the chicken rice in it for 15 to 20 minutes. Ready to serve.

Ingredients

½ (about 800g) Chicken, 1 bowl cooked rice, 1 egg (beaten), 1 tsp minced garlic, 1 tsp minced ginger, ½ onion (roll cut into pieces), ½ green, red and orange bell peppers each (roll cut into pieces), 2-4 cherry tomatoes (cut into halves), 3-4 mushrooms (cut into slices/dices)

Chicken Marinade

Some pepper, 1 tsp flour, 1 tsp liquid seasoning, 1 tsp wine

Seasonings

½ tsp salt, Some ground black pepper

Portuguese Sauce

1 cup stock, 1 tsp turmeric powder, ½ cup coconut milk, 2 tbsp flour, 30g butter



醒你小貼士 Tip

飯面可放點椰絲；煮葡汁雞時可加入黑水欖。
Some black olives can be added when cooking the chicken in the sauce as desired. Meanwhile, you may also sprinkle some shredded coconut meat on top of the baked chicken rice.

醒你小貼士 Tip

雞髀大小有別，肉身厚薄也有差異，所以應用竹籤試肉身。為免雞髀不熟，也可以用其他部位，只是烹調時間不同。

Cooking time for the chicken thighs varies according to their sizes. To ensure that the chicken is well cooked, test it with a bamboo skewer. Instead of using chicken thighs, other parts of the chicken can also be used with adjustments on the cooking time.



豉油雞飯

Rice with Soy Sauce Chicken



4-6 人
4-6 persons



25-30 分鐘
25-30 minutes

15

材料

雞腩 2隻 (800-900克)
白飯 4-6碗
蒜頭 1粒 (略拍扁)
薑片 3-4片

滷水汁料

瑞士汁 1杯
香葉 1-2片
薑片 3-4片
冰糖 40克
清水 ½杯
老抽 2湯匙
玫瑰露酒 1茶匙

Ingredients

2 (800-900g) chicken thighs
4-6 bowls cooked rice
1 clove garlic (slightly smashed)
3-4 slices ginger

Chinese marinade sauce

1 cup Swiss sauce
1-2 bay leaves
3-4 slices ginger
40g rock sugar
½ cup water
2 tbsp dark soy sauce
1 tsp rose wine



製法

- 1 雞腩解凍，用少許檸檬汁撈勻醃10-15分鐘，沖洗乾淨，飛水過冷，加1茶匙老抽擦勻全身上色。
- 2 滷水汁料(除玫瑰露酒外)煮滾，放入雞腩以中火煮20分鐘，期間每5-8分鐘轉身一次，改用大火收汁至濃稠，熟透後略待片刻，斬件。
- 3 與白飯伴吃，以滷水餘汁作蘸汁料。

Procedures

- 1 Defrost the chicken thighs. Mix them with some lemon juice and marinate them for 10 to 15 minutes. Wash them thoroughly, blanch and then rinse. Add 1 tsp of dark soy sauce and spread it evenly onto the chicken.
- 2 Cook the Chinese marinade sauce ingredients, except rose wine, and bring it to a boil. Add in the chicken thighs and cook on medium heat for 20 minutes. During which, turn the chicken every 5 to 8 minutes. Then turn to high heat and cook until the sauce is reduced. When the chicken is well cooked, leave it for a while before cutting into pieces.
- 3 Serve the chicken with rice. Use the remaining Chinese marinade sauce for dipping.

鮑魚雞絲粥

Congee with Abalone and Chicken



4-6 人
4-6 persons



90-120 分鐘
90-120 minutes

材料

急凍鮑魚 300克
光雞 1隻 (1500克)
白米 1米杯
珍珠米 1米杯
清水 5公升

調味料

鹽 適量

伴食料

芫荽 適量 (切段)
葱 適量 (切絲)
薑 適量 (切絲)

Ingredients

300g frozen abalone
1 (about 1500g) whole chicken
1 cup white rice
1 cup round rice
5 litres water

Seasoning

Some salt

Accompaniment

Some coriander (cut into short sticks)
Some shredded spring onion
Some shredded ginger



製法

- 1 鮑魚解凍，擦洗乾淨；雞洗淨，拆骨起肉，雞骨飛水備用。
- 2 白米和珍珠米淘洗乾淨，用適量水和1湯匙油浸15-20分鐘，瀝乾水份。
- 3 清水加3-4隻瓦匙一同煲滾，加入白米、鮑魚和雞骨同煲1½小時。
- 4 取去雞骨，放入雞肉煲10-15分鐘，取出雞肉和鮑魚，雞肉撕絲而鮑魚切片，下調味，可與芫荽、蔥絲和薑絲同吃。

Procedures

- 1 Defrost the abalones and wash them thoroughly with a brush. Wash the chicken thoroughly, bone and then blanch the chicken bones with hot water.
- 2 Wash the rice and round rice thoroughly. Soak it with some water and 1 tbsp of oil for 15 to 20 minutes. Drain out excess water.
- 3 Put three or four china spoons into the water and bring it to a boil. Add in the rice, abalones and chicken bones and boil it for 1½ hours.
- 4 Take out the bones. Add in chicken meat and boil it for 10 to 15 minutes. Take out the chicken meat and abalones. Shred the meat and cut the abalones into slices. Add in the seasonings and then serve it with coriander, shredded spring onion and ginger.