



【熟练本书 45 道美食，让你成为——  
【回家做菜的好男人，厨艺高超的好爸爸！】

# 好男人下厨

梁琮白◎著

汕头大学出版社



## 图书在版编目(CIP)数据

好男人下厨 / 梁琼白著. — 汕头: 汕头大学出版社, 2006.1  
(家庭美食系列)

ISBN 7-81036-486-3

I. 好... II. 梁... III. 菜谱 IV. TS972.12

中国版本图书馆CIP数据核字(2005)第149527号

中文简体字版 ©2006 由汕头大学出版社发行

本书经膳书房文化事业有限公司授权, 同意经由汕头大学出版社出版中文简体字版本。  
非经书面同意, 不得以任何形式任意重制、转载。

## 好男人下厨

---

作 者: 梁琼白

责任编辑: 廖醒梦 张立琼

责任校对: 段文勇

封面设计: 郭 炜

责任技编: 姚健燕、李 行

出版发行: 汕头大学出版社

广东省汕头市汕头大学内 邮编 515063

电 话: 0754-2903126 0754-2904596

印 刷: 广州市悦彩印刷有限公司

开 本: 889 × 1194 1/24

印 张: 20

字 数: 400 千字

版 次: 2006年2月第1版

印 次: 2006年2月第1次印刷

印 数: 10000 册

定 价: 84.00 元 (全5册)

ISBN 7-81036-486-3/TS · 111

---

发行 / 广州发行中心 通讯邮购地址 / 广州市天河北路177号祥龙阁3004室 邮编 510620

电话 / 020-22232999 传真 / 020-22232999-6001

马新发行所 / 城邦(马新)出版集团

电话 / 603-90563833 传真 / 603-90562833

E-mail: citeckm@pd.jaring.my

版权所有, 翻版必究

如发现印装质量问题, 请与承印厂联系退换

TS972.1/L405  
(2022300855)

家庭美食

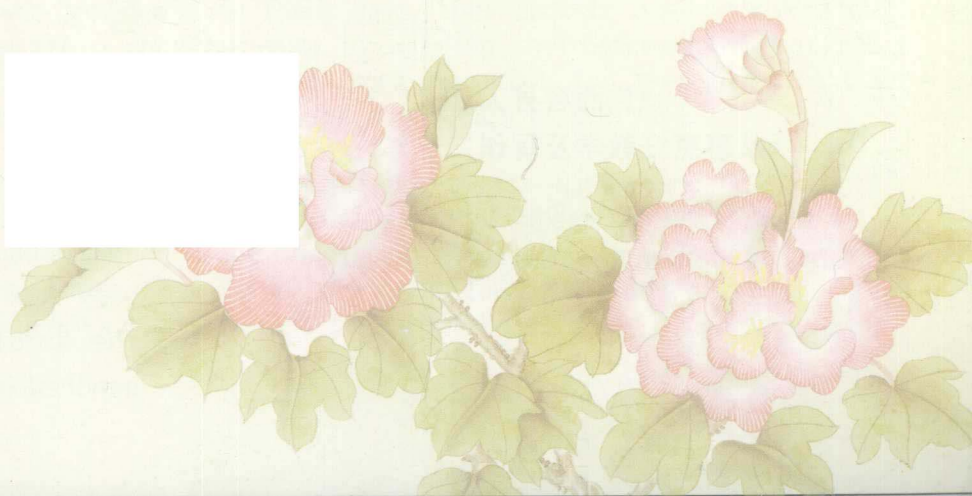
07

# 好男人 下厨

【熟练本书 45 道美食，让你成为——  
回家做菜的好男人，厨艺高超的好爸爸！】

梁琮白◎著

汕头大学出版社





梁琮白

Liang Chung-pai

- 广西容县人
- 从事烹饪教学及写作二十年。
- Kuanghsi, Jung County.
- Engaged in teaching cooking and writing for 20 years

# 作者简介

## ● 历任

- 华视、台视、中视烹饪节目主持人。
- “汉声电台”、“中广公司”烹饪主讲。
- 多家大报专栏主笔。

## ● Experiences

- Hosts, cooking television shows in CTS, TTV, CTV
- The Boice of Han Broadcasting network, BCC Broadcasting main host.
- Columnist for several Famous newspaper and magazine

## ● 著作

- 《花小钱过生活》、《懒人菜》、《俩人伙食》、《面条儿》、《一块饼》等作品近 120 册。

## ● Books

- Champagne Living on a Beer Budget, The Lazy Man's Cookbook, Cuisine for Couples, The Noodles House, A Piece of Cake over hundred books.

# 序

## p r e f a c e

中国人的传统社会结构是“男主外、女主内”，洗衣、烧饭、做家务，天经地义是女人的份内事，但是，越来越多的女人投入职场后，实在没有多余的体力来独自承担家庭工作之时，如果一家之主的男人也愿意分担厨艺工作的话，不但是体贴的好丈夫，也是众人称道的新好男人。

而现在也有很多单身男性独自生活，亲自下厨除可以享受家的感觉之外，也在忙碌之余，还能温暖自己的肠胃！无论是小酌还是聚餐，能下厨露两手的男人多么令人羡慕。

这本专为男性设计的食谱，几乎项目齐全，做法则以简单易做、方便明了为主，希望藉由它的方便与周到，吸引更多的男性乐于下厨，只要你愿意动手做，就能做出和画面一样美味的菜肴，那么女人有福了，所有和这种男人亲近的人也都有福了。

The Structure of the Chinese traditional society is captured in the neat phrase “Men handle the outside, women handle the inside.” Doing laundry, cooking or doing the household chores are naturally women’s jobs. However, nowadays more and more women throw themselves into their careers, and really do not have the extra energy to shoulder the housework alone. If men, being the master of the family, are willing to share the kitchen work, they are not only kind and thoughtful husbands, but also the “new good men” everyone has been praising lately.

There are also many single men who live alone in these days. They cook to enjoy the feeling of home, to cheer and soothe themselves when not busy by warming their stomachs. Sometimes, they cook to entertain their friends. No matter what, when men cook for themselves or for friends for getting together, men who cook always are the admiration of everyone.

This book has the recipes that are specially designed for male friends. With abundant contents, complete items, simple convenient and easy to understand methods, I hope more men will discover the joy of cooking. If you are willing to get up on your feet, you can successfully prepare dishes as delicious as the pictures show. To all the “new good men,” why don’t you let your wives and friends surround you with luck, love and good food ?



Liang Chung-pai

# 目录

## Table of Contents

- 02 作者简介  
About the Author
- 03 作者序  
Preface
- 04 目录  
Table of Contents

### 好男人下酒菜 06

Good Men's Appetizer

- 08 宫保虾仁  
Kung-po Shrimp
- 10 大千鸡丁  
Sautéed Diced Chicken with Chili Peppers
- 12 香辣蟹  
Spicy Hot Crab
- 14 炒海瓜子  
Stir-Fried Baby Clams
- 16 醋辣虾  
Vinegar Shrimp
- 18 三杯鸡块  
Three Cups Chicken
- 20 干煸小卷  
Dry-Sautéed Squid with Peppercorns
- 22 怪味鸡丁  
Chicken with Minced Garlic
- 24 盐酥鸡块  
Crispy Salted Chicken Chunks

- 26 椒芹脆花  
Duck Gizzards with Chili Pepper and Celery
- 27 炒散丹  
Stir-Fried Shandan
- 28 红油牛肚片  
Beef Tripe with Chili Oil
- 30 花生拌豆干  
Diced Pressed Tofu with Peanut
- 32 辣炒萝卜干  
Hot Radish with Dried Shrimp
- 34 辣炒皮蛋  
Thousand Year Old Eggs with Leek

### 好老公爱心菜 36

Good Husband's Dishes

- 38 粉皮肉丝  
Shredded Pork with Mung Bean Noodles
- 40 剁椒鱼头  
Silver Carp Head with Chili Peppers
- 42 豆干焖肉  
Simmered Pressed Tofu with Pork
- 44 山药牛柳  
Beef with Chinese Yam
- 46 豆腐鲤鱼  
Tofu with Carp

Men

Men

- 48 肉末豆腐  
Tofu with Ground Pork
- 50 鱼香小排骨  
Ribs with Garlic and Ginger
- 52 小黄鱼蒸树子  
Steamed Yellow Croaker with Cordia Dichotoma
- 53 干烧大虾  
Dry-Cooked Prawns
- 54 鱼头烧豆腐  
Fish Head with Tofu
- 56 葱油时鲜  
Seasonal Fish with Scallion in Fish Sauce
- 58 鲔鱼拌洋葱  
Tuna with Onion in Mayonnaise
- 59 蚂蚁上树  
Ants Climbing a Tree
- 60 沙茶牛肉煲  
Barbecue Beef Pot
- 62 麻婆豆腐  
Ma-Po Tofu

## 好爸爸拿手菜 64

Dad's Specialty

- 66 冬瓜烩排骨  
Winter Melon with Ribs
- 68 虾仁跑蛋  
Shrimp with Egg
- 69 芙蓉丝瓜  
Loofah Hibiscus
- 70 芝麻盐酥鸡块  
Deep-Fried Crispy Salted Chicken with Sesame Seeds

- 72 蛋黄瓜仔肉  
Cooked Ground Pork and Pickled Cucumber with Egg Yolks
- 74 红白萝卜烧牛腩  
Beef Rib Finger with Carrot and Radish
- 76 香煎牛排  
Fried Beef Steak
- 78 麦年鲑鱼排  
Salmon Steak with Ketchup
- 80 三彩肉丁  
Three-Color Diced Meat with Peppers
- 82 红烧鱼  
Red-Cooked Seabream
- 84 糖醋鱼排  
Sweet and Sour Fish Steak
- 86 面筋圈烧肉  
Wheat Gluten with Pork
- 88 咖喱猪排  
Curry Pork Steak
- 90 蒸水蛋  
Steamed Eggs with Shrimp
- 92 芋头鸭汤煲  
Duck with Taro Pot



# Men

# Men

# 好男人下酒菜

Good Men's Appetizer



Good Men

Men Cook

“有缘、无缘，大家来作伙，烧酒喝一杯，干啦，干啦！”男人在工作之余和同侪好友的小聚多么愉悦，怎么能少了酒菜的助兴，下厨露一手让大家惊讶一下吧！

There is a song, “whether our relationship is fated or not, let's get together! Have a glass of wine, cheers, cheers!” It is such a great pleasure to get together with friends after work, how can the meal be fun without the participation of the side dishes. How about stepping into the kitchen and surprising everybody with your talent!



Men

Men

# 宫保虾仁

Kung-po Shrimp



## 材料 Ingredients

虾仁六两、干辣椒半两、蒜末半大匙

1/2 lb. shelled shrimp, 0.65 oz. dried chili peppers, 1/2T minced garlic

## 调味料 Seasonings

1. 蛋白1大匙、盐半茶匙、生粉1茶匙

2. 酒1大匙、酱油1大匙、糖1茶匙、醋1茶匙、生粉水半大匙

1.1T egg white, 1/2t salt, 1t cornstarch

2.1T cooking wine, 1T soy sauce, 1t sugar, 1t vinegar, 1/2T cornstarch

## 做法 Methods

1 虾仁洗净；拭干水分；挑净泥肠，拌入调味料1略腌约10分钟后，过油捞出；干辣椒切两段。

2 另用2大匙油炒香蒜末和干辣椒，再将虾仁回锅，并加入调味料2，炒匀即盛出。

1 Rinse shrimp well and dry with paper towel, then devein. Marinate in seasoning (1) for about 10 minutes and blanch rapidly in oil, then remove. Cut dried chili peppers into two sections.

2 Heat 2T of oil in wok to stir-fry minced garlic and dried chili pepper sections until fragrant. Return shrimp and season with seasoning (2) to taste. Mix well and remove to serving plate. Serve.

## 好男人做菜笔记

1. 虾仁最好自己剥比较新鲜，不要买市场已剥好的现成虾仁，不然就去超级市场买冷冻虾仁，口感比较好。

2. 虾仁腌蛋白之前一定要拭干水分，否则生粉会脱落。

3. 干辣椒只能用湿纸巾擦，不能洗，否则会有水分，炒的时候会油爆。

1. Devein shrimp yourself, or purchase frozen shelled shrimp in the supermarket, instead of ready-deveined shrimp from the traditional market.

2. Dry shrimp thoroughly before marinating, or the cornstarch will fall off.

3. Clean dried chili pepper with wet paper towel, do not rinse under water, otherwise they will absorb water and cause the oil to splatter when stir-frying.

## Tips



*Kung-po Shrimp*

# 大千鸡丁

Sautéed Diced Chicken with Chili Peppers



## 材料 Ingredients

鸡腿1只；青辣椒、红辣椒各3支；蒜末1茶匙，花椒粒1茶匙

1 chicken leg, 3 green chili peppers, 3 red chili peppers, 1t minced garlic, 1t Szechwan peppercorns

## 调味料 Seasonings

1. 蛋白1大匙、酱油半大匙、生粉1茶匙

2. 酒1大匙、酱油1大匙、糖1茶匙、醋半茶匙、生粉水半大匙

1. 1T egg white, 1/2T soy sauce, 1t cornstarch

2. 1T cooking wine, 1T soy sauce, 1t sugar, 1/2t vinegar, 1/2T cornstarch water

## 做法 Methods

1 鸡腿去骨，横面用刀将筋划断，然后改刀切小块，拌入调味料1腌10分钟，然后过油捞出。

2 青辣椒、红辣椒分别洗净，剖开，将籽去除，切小段。

3 另用2大匙油先炒香花椒粒，然后捞除，再以余油炒蒜末、青、红辣椒至香，再将鸡丁回锅，并加入调味料2，炒匀盛出。

1 Remove and discard bone from chicken leg and score horizontally to break the tendon, then cut lengthwise into small pieces. Marinate in seasoning (1) for 10 minutes and blanch in smoking oil for a minute.

2 Rinse green and red peppers well, then halve open. Discard seeds and cut into small sections.

3 Heat 2T of oil in wok; stir-fry peppercorns until fragrant, then remove and discard them. Use remaining oil to sauté minced garlic, green and red peppers until flavor is released. Return chicken and season with seasoning (2) to taste. Sauté until well-mixed. Serve.

## 好男人做菜笔记

1. 鸡腿去骨的动作可请鸡贩代劳，剔下的鸡骨余烫过可以熬鸡汤，捞除后，加豆腐、番茄或青菜又是一道汤。

2. 鸡肉用刀划松可帮助入味，炒好不会卷缩，但力道不要太重，以保持鸡皮的完整。

3. 青辣椒不要挑色泽太深绿的，以辣椒本身粗短、色泽翠绿者为佳，但不能用青椒代替。

1. Have the vendor remove the bone from chicken leg. The bones can be blanched first, then cooked to make chicken broth, then discarded. Add tofu, tomato or vegetables to make a soup.

2. Pat chicken with flat of knife gently when tenderizing to maintain the completeness of the chicken, this also helps it absorb flavor more easily. The fried chicken will not shrink.

3. Do not select green chili peppers with too deep a color. Select short fat ones that are bright green. Green peppers may not be used instead.

## Tips



*Sautéed Diced Chicken with Chili Peppers*

# 香辣蟹

Spicy Hot Crab



## 材料 Ingredients

蟹2只(青蟹或海蟹均可)、面粉半杯、辣椒1支、葱1支

2 crabs (blue crabs or sea crabs), 1/2C flour, 1 chili pepper, 1 scallion

## 调味料 Seasonings

1. 酒1大匙、盐1茶匙

2. 酒1大匙、姜末半大匙、酱油2大匙、黑胡椒粉2茶匙、糖1茶匙、清水3大匙

1. 1T cooking wine, 1t salt

2. 1T cooking wine, 1/2T minced ginger, 2T soy sauce, 2t black pepper, 1t sugar, 3T water

## 做法 Methods

- 1 蟹剥开蟹盖; 摘除肺囊、洗净、切小块; 拌入调味料1略腌, 然后沥干水分, 每块蟹在肉面部分沾一层干面粉, 然后用油炸过捞出。
- 2 另用2大匙油炒姜末和切小段的辣椒, 再将蟹回锅并加调味料2炒匀, 放入切好的葱段炒香即盛出。
- 1 Open the crab shell, remove and discard lungs and other internal organs, then rinse well and cut into small pieces. Add seasoning (1) and let it sit for some time. Drain well and coat the crab flesh surface with a layer of flour. Deep-fry in smoking oil and remove.
- 2 Heat 2T of oil to stir-fry minced ginger and chili pepper sections until fragrant. Return crab pieces and season with seasoning (2) to taste. Add scallion sections, mix well and remove to plate. Serve.

## 好男人做菜笔记

1. 剥蟹块时一定要从肉面入刀, 才不会在用力时将蟹肉挤出, 沾一层干面粉并用油炸过再炒, 蟹肉才不会脱落。

2. 这道菜一定要大火快炒, 除了入味也要外皮干爽酥脆才好吃。

3. 黑胡椒粉要用粗粒的才香, 但在加热状态下放入现磨的胡椒粉, 否则底层会焦。

1. Cut the crab with the meat surface facing up to prevent the meat from being squeezed when chopping. Coat with a layer of flour before deep-frying to prevent the meat from falling out.

2. Stir-fry over high heat because the flavor needs to be fully absorbed by the crabs, which must be dry and crispy.

3. Use coarsely ground black pepper, which is more aromatic. Do not add to the wok when the flame is on or it will burn on the bottom of the wok.

# Tips



*Spicy Hot Crab*

# 炒海瓜子

Stir-Fried Baby Clams



## 材料 Ingredients

海瓜子1斤、大蒜4粒、辣椒2支、葱1支、九层塔4支

1.3 lbs. sea baby clams (Moerella Iridescens Benson), 4 cloves garlic, 2 chili peppers, 1 scallion, 4 stalks basil

## 调味料 Seasonings

酒1大匙、酱油2大匙、糖1茶匙、胡椒粉少许

1T cooking wine, 2T soy sauce, 1t sugar, pepper as needed

## 做法 Methods

- 1 大蒜切片：辣椒、葱切小段；九层塔洗净。
  - 2 用2大匙油炒香大蒜后，放入海瓜子及所有调味料拌匀，并加入切好的葱段和辣椒同炒，待海瓜子张口时，放入九层塔，大火快炒，然后盛出。
- 1 Cut garlic into slices. Cut chili peppers and scallion into small sections. Rinse basil well.
  - 2 Heat 2T of oil in wok to stir-fry garlic slices until fragrant. Add clams and all seasonings. Stir until well-mixed, then add scallion and chili pepper sections to mix. Stir until clams open, add basil. Saute over high heat to mix. Serve.

## 好男人做菜笔记

1. 海瓜子买回来要用盐水浸泡，帮助它吐沙，以1大匙油加盖过的清水拌匀，炒前要用清水冲净才可入锅。

2. 除了海瓜子，也可以用山瓜子或蛤蜊以同法炒。

1. Soak baby clams in salt water to make them eject dirt. Then cover with water, with 1T of oil added, rinse well completely before stir-frying.

2. Other mountain baby clams or varieties of clams can be used.

# Tips



*Stir-Fried Baby Clams*

炒海瓜子

15