牛排羊排超美味

鲜嫩多汁！回味无穷！异国美味全新享受！

戴顺亮◎著

汕头大学出版社

40 道精致牛羊排，搭配风格独特的各式酱汁，在家轻松享受饭店级美味！

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羊｜排 Lamb Steak

部位、特色&口感

Parts, Characteristic and Texture

◎丁骨牛排
Beef T-Bone

◎沙朗牛排
Beef Strip Loin

◎菲力肉
Beef Tenderloin
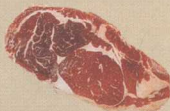
◎肋眼
Beef Rib Eye

◎牛小排
Short Ribs

牛羊排的鲜嫩多汁和丰富口感，是许多老饕心中的最爱。

其实牛羊排的种类众多，有各种肉质和不同特色，你分辨得出几种呢？

Tender, juicy beef and lamb with rich texture is the favorite food of many epicures.
In fact, there are many cuts of beef and lamb as well as many textures and other characteristics.
How are they to be classified and understood?

牛 肉 Beef

牛肉因为牛群饲养方式的不同，肉质的成分也有所差异，包括低脂肪的精致瘦肉和内含大理石纹等种类。以不同的方式饲养、放牧所生产的牛肉，风味也完全不同，可以分为谷食性和草食性两种。

◎牛肉谷食性：这种方式生产的牛肉肉质呈樱桃红色，间以白色脂肪纹，极为柔滑细嫩。通常称为大理石纹或油花纹肉质。

◎牛肉草食性：大多数的育牛方式是用牧草饲养，肉质为瘦肉较多、脂肪少、低胆固醇，因此牛排也分为以下几种：

（1）丁骨牛排（Beef T-Bone）：从牛背靠近里脊肉边带骨切下来，是菲力牛排跟沙朗牛排的组合，肉质吃起来柔滑细嫩，带一点嫩筋，嚼劲十足；另一边的肉质则是柔软细嫩，非常可口。

Beef because of differences in the way the cattle are raised, texture and fat content vary. Generally, cattle are raised by either grain feeding or grass feeding.

Grain-Fed: This appears cherry red with white fat patterns, it is extremely smooth and tender. Usually referred to as "marbled."

Grass-Fed Type: The cattle are fed by grass from the ranch. The texture is mostly lean with less fat and lower cholesterol .

Beef steak is divided into the following types:

(1) Beef-Bone: Cut down from the back of the cow along side the tenderloin with the bone attached. It is a combination of tenderloin and strip loin. The texture is smooth and tender with a little tender tendon, which offers a quite chewy texture. The other side is smooth and tender, and delicious.

(2) Beef Strip Loin: Remove the bone from the beef T-Bone first, then remove the tenderloin portion.

（2）沙朗牛排（Beef Strip Loin）：切除丁骨后去骨，再切除菲力后所剩余的部分便是沙朗，肉质十分柔软，营养成分高，卡路里含量低。

（3）菲力肉（Beef Tenderloin）：菲力是由臀肉及腰肌肉取下的一块软肉，是牛只身上最幼嫩的部分，菲力旁边附着一条侧唇及覆盖着整条菲力的薄膜。此肉最适合吃三分、五分和七分熟。

（4）肋眼（Beef Rib Eye）：在肋排之下的部位，沿着脊骨所附着的肉块便是肋眼，亦称为Prime Ribs或Standing Rib Roast。做法是先把覆盖着整块肋骨肉的薄肉块切除，沿肋骨向下约3厘米深处切去一端的肉块，把露出的骨彻底刮干净，并除去另一端的骨，把剩下的肉块向下覆盖，用绳结捆妥当即成。适合整条去烘烤，再一片一片切下，口感鲜嫩多汁。
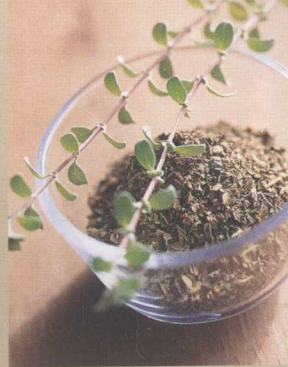
（5）牛小排（Short Ribs）：沿着肋骨排脊骨所附着的肉块便是牛小排，肉质非常有嚼劲，适合作为碳烤。

（6）纽约克牛排（N.Y Steak）：从牛背靠近里脊肉边带骨切下来，在前腰脊骨牛排特短处去骨而成的牛排，外型近似沙朗牛排，也就是整条沙朗牛排取最后边的三分之一所切下来的牛排。

Types of Beef and Lamb

The remainder is the beef strip loin. The texture is smooth and soft, high in nutrition and low in calories.

(3) Beef Tenderloin: Beef tenderloin is the soft meat between the hip and the belly muscle, the softest part of the cow. There is a side lip attached to it and a thin membrane that covers the whole tenderloin cut. This portion is suitable for serving medium rare, medium and medium well.

(4) Beef Rib Eye: This cut is found underneath the ribs, where the meat attaches along the backbones. It is also known as Prime Rib or Standing Rib Roast. The cooking method is to remove the thin layer of meat that covers the whole rib eye, then cut off meat along the rib about 3 cm deep from one side, then scrape off the meat completely from the bone. Remove and cut off the bone from the other side, with the meat facing down and tie up tightly. It is suitable for roasting the whole first, then slicing. The texture is very fresh, tender and juicy.

(5) Short Ribs: This part of meat is attached along side the rib bone on the stomach. The texture is very chewy, perfect for barbecuing.

(6) N.Y. Steak: Trim off the tenderloin closest to the backbone, in the abdomen, where the bones are shortest. The shape is similar to strip loin. It may be said that it is about one-third from the side of the strip loin.

羊肉 Lamb Cuts

羊肉大部分是杂食性，所以在西餐的应用性可以分为以下几种：

（1）羊里脊肉（Lamb Loin）：从腰肌肉取下的一块软肉，是羊只身上最幼嫩的一块肉，上面有一层薄膜。此肉最适合吃七分熟，鲜嫩多汁，营养最丰富。

（2）带骨羊排（Lamb Rack）：把两边覆盖着整块肋骨肉的薄肉块切除，沿肋骨向下约2厘米深处切去一端的肉块，把露出的骨彻底刮干净，保留另一端的骨，再将剩下的肉块向下覆盖即成。大约有八根小骨连在肉里，有一点筋又不会太黏，骨头很香甜，非常适合烘烤或碳烤。

（3）带骨羊腿（Lamb Leg）：整支带骨羊腿的前段部，适合作为B.B.Q，需要腌制一下隔夜再使用，嫩度很强，嚼劲也够。

（4）羊肩排（Lamb Shoulder）：羊的背肩部经常运动的部位，肉质较结实而且具有弹性，烹调后肉质有一点筋的味道，炒成条状比较有嚼劲。

（5）羊胸肉（Lamb Breast）：羊胸肉的肉质比较坚韧且富弹性，适合炖汤或红烧，口感与牛腩相似。

（6）带骨小羊腿（Lamb Shank）：俗称腱子肉，是将羊只前后小腿去骨后所得的肉块。和腰肌肉一样，腱子肉中的脂肪也很少，不须加以切修。不过，由于肉中有许多连结组织，因此适合用于炖煮，肉质非常有嚼劲。

◎羊里脊肉
Lamb Loin

◎带骨羊排
Lamb Rack

Most lamb is of the mixed feed type. Restaurant applications are classifed as follows:

(1) Lamb Loin: This soft cut of meat is removed from the belly muscle and is the most tender part of the lamb. A thin membrane covers the meat. This part is suitable for serving medium well. It is fresh, tender and juicy, with the most nutrition.

(2) Lamb Rack: Remove the thin meat that covers the whole rib, cut 2 cm deep down along the ribs to remove the meat, then scrape the meat on the bone off neatly. Retain the bone from one side and pull the meat downward to cover it. Usually about 8 bones are left connected to the meat, there is little tendon and it is not sticky at all. The bone is sweet and very suitable for roasting or barbecuing.

(3) Lamb Leg: This front lamb leg is full of bones and perfect for barbecuing. It needs to be marinated overnight before cooking. It has enough tenderness and chewiness.

(4) Lamb Shoulder: This muscle part is from the back of the shoulder. The meat is firm and tight as well as elastic. After cooking it has the flavor of tendon. It is best cut julienne, so that the texture remains more chewy.

(5) Lamb Breast: Lamb breast is tight and elastic and is better used in stewing and red cooking. The texture is about the same as the beef rib fingers.

(6) Lamb Shank: Also known as tendon, shank is the meat from the feet after the bones are removed. It is similar to the belly muscle in that the fat is limited and trimming is not required. However, the meat does not have much structure, so it is suitable for stewing. The texture is very chewy.

何谓 "重组牛肉" ？
What is reconstructed beef?

将菲力、沙朗修边后所剩的碎牛肉加入黏着剂，再利用机器切割整型，即是所谓的"重组牛肉"。因为加工的过程中极可能遭到细菌污染，所以食用时一定要吃全熟，否则轻则可能感染肠胃疾病，重则致命。

这种组合牛肉在国外已行之多年，贩售时会在外包装上有所标示（restructure beef），告知消费者食用的安全问题。辨识方法有几点，如外型呈椭圆形，像是用模型塑造的一样；切开后可以看到蜂窝状的孔洞、看不到清楚的筋、纤维混乱等。消费者在选购时应多加留意，以保障食用的安全。

Meat from the tenderloin or strip loin is trimmed and then reconstructed with edible glues and then shaped and cut with a machine. Because it has been through the processing procedures it may have become contaminated. The meat has to be cooked thoroughly, or anything from upset stomachs to fatal food poisoning might result.

This kind of reconstructed meat has been sold in foreign countries for years. However the label on the package has to say "reconstructed beef," telling the consumer to pay attention to the safety problem. To distinguish whether the beef has been reconstructed, see if the shape appears to be oval shape as though molded. In reconstructed meat hexagonal indentations can often be seen after it is cut open. No clear tendon or mixed fiber may be seen. Consumers should pay extra attention when purchasing and cooking beef.

牛羊肉部位图

背肩 Chuck　　肋眼 Rib Eye　　沙朗 Strip Loin
臀肉 Top Rump
三叉和尚头 Out Side Knuckle
胸肉 Brisket
菲力 Tenderloin
牛腩 Thin Flank
牛腱 Shin Shank

牛 肉 Beef

肩胛 Lamb Shoulder
肋骨 Lamb Rack
前腱／胸前 Lamb Breast
后腿 Lamb Leg
腰脊 Lamb Loin
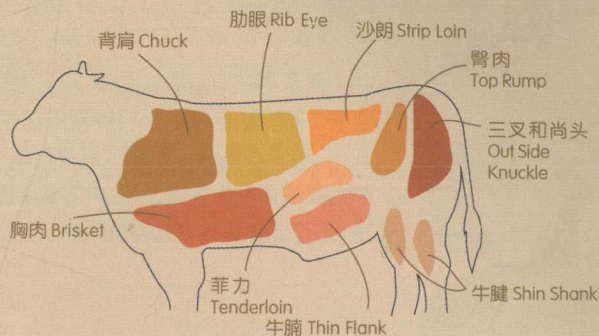
羊 肉 Lamb Cuts

基本烹调原则
The Basic Cooking Principles

煎 Pan-Fry

最适合的有菲力、肋眼、纽约克及羊排、羊里脊。在烹调前10～15分钟就应把牛羊肉从冰箱取出，避免在煎的时候因为温度急速变化，使得肉中的蛋白质产生收缩，以致肉质变硬而阻碍热度渗透。但是此种做法不易控制牛肉及羊排的生熟度。

Beef tenderloin, rib eye, New York steak, lamb rack, and lamb loin are good for pan-frying. Remove the beef or lamb from the refrigerator 10¡«15 minutes prior to cooking to prevent the temperature dropping too fast during frying and causing the minerals in the meat to shrink. The meat will toughen and prevent the heat from penetrating. With this method is not easy to control the doneness of the steaks.

炒 Saut'eed

最适合的有菲力、纽约克、沙朗、羊里脊和羊胸肉。急速高温是炒出美味佳肴的关键，这样才可使热度急速通过肉的本身，加速熟度。这种烹调法使得肉本身的营养成分能够保存下来，所以具备色香兼具的优点。

Beef tenderloin, New York steak, beef strip loin, lamb loin and lamb breast are suitable for sauteing. High speed over high temperature are the keys to a delicious dish, these ways, the heat runs through the meat fast and fastens up the doneness. This kind of cooking maintains the nutrition of the meat, so that the dish is delicious as well pleasing to the eyes.

© 烤箱 oven

烤 Roast

最适合的有肋眼、纽约克、菲力、牛小排、带骨羊腿和带骨羊排。在烹饪手法中，烤是一种间接加热的方法，其特点是以干热高温的空气逐渐加热，在烤箱内以温度来控制牛羊的生熟度。另一项优点则是水分的蒸发较少，肉较不会变老，所以如果以烤箱来制作牛排及羊排，肉质会较柔嫩。

Beef rib eye, New York steak, beef tenderloin and beef short rib as well as lamb leg and lamb rack are suitable for roasting, an indirect cooking method characterized by cooking with dry, heated air. The temperature then controls the doneness of the beef. Another good point about it is that the less liquid that is evaporated, the more tender the meat will remain. Hence beef and lamb roasts are more tender cooked in the oven.

焖煮 Braised

最适合的有带骨小羊腿、带骨羊腿、羊胸肉、牛腱子、和尚头和牛腩。是以少量的汁液将食物煮开后，改用小火焖煮，加上盖子焖烤，需要一段时间的制作过程。

Lamb shank, lamb leg, lamb breast, beef tendon, combined tendons and beef rib finger are suited to braising. This method uses less liquid. The food is brought to a boil, then simmered over low heat for a longer period of time.

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烩 Stewed

　　俗称炖煮，最适合的有和尚头、带骨小羊腿、带骨羊腿、羊胸肉、牛腱子和牛腩。烹调时是在紧密的容器中，放入肉和少量的汁液，不断慢慢加入高汤，以小火慢煮，可使得肉质软化，并能融合食物的味道。

Combinations of tendons, lamb shank, lamb leg, lamb breast, beef tendon and beef rib finger do well in stew. The food is cooked in a tight container with less liquid. Broth is added continuously and slowly over low heat to make the meat tender and soft. It also combines the differing flavors of the foods.

©烧烤 Grilled

烧烤 Grilled

　　又称碳烤，将食物置于铁架上烹调，火候由下而上，呈现交叉纹路比较漂亮，而火源可以是木炭、煤气或电源。最适合的有菲力、纽约克、沙朗、羊里脊、羊排和丁骨牛排，成品的肉质会有一些烟熏和烧焦味。

© 碳烤铁板
patterned iron plate

The food is cooked on a rack with the heat coming up from the bottom. The rack gives the food a pleasing criss-cross pattern. The source of the fire may be charcoal, gas or electricity. Beef tenderloin, New York steak, beef strip loin, lamb loin, lamb rack, and Beef T-bone are good grilled. The food often has delicious smoky or seared aroma.

解冻 & 保存法
Defrosting and Preservation

一般冷冻的肉需要退冰解冻时，必须在前一夜放入冰箱冷藏室，让其自然退冰，才能保持新鲜度，而且肉的营养成分比较不会流失掉。

牛羊肉必须避免处于4～60℃的温度范围内，否则容易滋生细菌。要放入冰箱冷藏保鲜时，先用一层餐巾纸包住，再用保鲜膜包好，细菌比较不会浸入而产生变色，因而形成一层灰色感。若要使肉类更新鲜，就要使用真空袋，吸干内部的空气后再包装即可。最后一定要记得标上日期，采用"先进先出"的原则，这样才能保持肉的新鲜度。

Normally when meat needs to be defrosted, it has to be placed in the refrigerator one night before to let it defrost naturally and maintain its freshness and nutrition.

Avoid letting beef and lamb stand in temperatures of between 40¡«60¡æ, as bacteria will grow easily. When chilling in the refrigerator, wrap up with a layer of napkins, then wrap up with saran wrap, so that the bacteria will not get in and make the meat gray. If you want the meat even fresher, use a vacuum bag, let out all the air inside and seal up tightly. Label it with the date. Cook the meat in the refrigerator first to maintain the freshness of the meat.

Taste

如 何 品 尝 美 味
How to Taste

在正式的西餐礼仪中，吃牛羊排一定要使用西餐的刀叉，也才能享受品尝的乐趣，若能搭配一杯红葡萄酒，更能突显出完美的口感。至于食用时要切大块还是小块，则依各国国情而有所不同，在中东回教国家甚至是直接用手抓食，所以吃的文化因国家而异，入境随俗才能增加享受美食的趣味。

In formal western etiquette, the fork and knife are used when serving steaks, the best way to enjoy the fun of tasting. If a glass of red wine is served as well, it can bring out the perfect texture of the meat. Each country slices the meat differently. In the Middle Eastern nations, the meat is even served directly with hands. "When in Rome, do as the Roman do," is the best way to enjoy the fun of the delicious food.

烹调出软嫩的牛羊排

Preparing the Tender
Beef and Lamb Steak

牛羊排依据烹调的生熟度，可以区分为以下几种：

By level of doneness, cooking temperatures for lamb and beef can be divided as follows:

Raw 生的
温度为 30～54℃
Very Rare, between30～54℃

Middle Raw 3～4分熟
温度为 54～63℃
Medium rare,between54～63℃

Middle 5～6分熟
温度为 63～68℃
Medium, between63～68℃

Middle Well 7～8分熟
温度为 68～77℃
Medium Well, between68～77℃

Well Done 全熟
温度为 77～82℃
Well Done, between77～82℃

烹调时，首先要将牛羊排放在室温下回温，再来要看肉的部位来判断是否需要腌制。一般而言，牛羊肉的烹调做法大致相同，煎的时候要看是几分熟，再考虑使用哪一种烹调法; 假如是三分熟，可以使用泡油法，把切好的牛羊排放在微温的油内浸泡，让牛肉组织松弛，煎或碳烤后肉质比较嫩。

Before starting to cook, let the meat rest at room temperature until the temperature returns to room temperature. Next, we judge from the part of meat whether it needs to be marinated. Generally speaking, cooking methods for beef and lamb are the same. You determine how well done you want your steak to be, then consider the kind of cooking methods necessary. If you want it medium rare, you can soak it in oil method. Soak the beef and lamb steak in lukewarm oil to make the beef softer. The texture will be even more tender after it is pan-fried or roasted.

而隔热加热法,是把牛肉或羊排两面的肉边煎一下,破坏表面的组织,再放在烤炉上方的架子上,或者放在明火烤炉上方,使得下面烤炉或平板间的热气往上升,产生的温度约在50～60℃之间,肉就会增加熟度,煎好或碳烤后放置烤炉上保温一下,切起来会比较软嫩。

五分熟和七分熟的做法和上述相同,煎好的牛肉要放在炉灶上面保温,因为肉里面的热气会往外延升,血水就会流出,因此造成营养成分的流失。所以要等到牛羊肉稍微冷却后再切盘,就可以保住嫩度和营养价值。

一般坊间餐厅都会在牛羊排内添加一些嫩筋粉、泡打粉或木瓜粉,这些化学剂可松弛肉类组织,使肉的筋有嚼劲,但是那只是有助于清胃肠;中餐的做法则在炒肉和腌制肉时,放一点生粉来增加肉的嫩度。

但在西式料理中,只有依肉的品质等级区分,以及上述的烹调法来制作,才是达到肉质软嫩的不二法门。牛肉的等级越高级,品质越有保障,等级可区分为最高级(Prime)、次极品(Choice)、可选级(Select)和安格司品牌(Angus),通常饭店跟餐厅多使用这四种品牌。

The Double-Cooking method involves frying both sides of the beef and lamb steak lightly to destroy the structure on the surface, then placing on a rack, or in a grill of some kind. The heat from the oven rises to the platform, keeping the temperature between 50¡«60¡æ, cooking the meat slowly. After frying or roasting, keep the steak on the oven to keep it warm as the meat will be more tender when slicing.

Cooking a cut of meat medium and medium well is done in the same manner. The pan-fried steak has to be kept warm in the oven because the heat inside the meat will go up and the blood will come out, leaching out the nutrients. Wait until the steak cools lightly before slicing to maintain the tenderness and nutritional value.

In most ordinary restaurants, a little tenderizer is added to the meat, such as baking powder or papaya powder. This will soften the structure of the meats and make the tendons more chewable, but it is only good for cleaning the stomach. The Chinese method is to add a little cornstarch to marinate the meat before stir-frying the meat.

In western cuisine, you must follow the quality grade of the meat and cook according to the methods mentioned above to make your meat tender and soft. The higher the quality of the meat, the more it must be protected. Meet is graded into prime, choice, select, and Angus. Most hotels and restaurants carry these four types of meat.

◎新鲜迷迭香 Fresh Rosemary

香料好帮手
An Excellent Helper—
Herbs

◎百里香 Thyme

想要制作美味可口的牛羊排，除了烹调法要注意之外，香料的搭配更是功不可没。常用的香料如：

鼠尾草（Sage），具有消除臭味、提香、促进肠胃蠕动、改善消化不良的功能。迷迭香（Rosemary）可以消除肉腥味，其香气有安定神经、强化脑部等功能。百里香（Thyme）具有杀菌防腐、镇咳驱风、抑制支气管炎的功能。

这些香料再搭配上蒜头，风味绝佳，不管是腌料、煎料、烤料等都可以运用，没有使用这三种香料，牛羊排就仿佛少了"灵魂之窗"的感觉。

In preparing a delicious cut of beef or lamb, herbs can make an important contribution. The most commonly seen herbs are as follows:

Sage removes unpleasant aromas, enhances the flavor, promotes intestinal movements, and reduces indigestion.

Rosemary removes unpleasant aromas. Its fragrance is supposed to calm and strengthen the brain.

Thyme kills germs and retards decay. It subdues coughing, reduces colds and stops bronchial problems.

These herbs, paired with garlic, make a very good combination, no matter how you prepare the meat. Without them a good cut of meat is like a person without eyes.
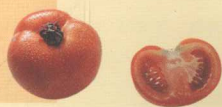
◎迷迭香 Rosemary

◎鼠尾草 Sage

美味香浓的基础

用材料本身熬出来的基底来料理食物，可以更显丰富风味。
By using the juice made from ingredients, it can enhance the flavors of food.

牛肉汁做法 To Prepare the beef juice

用橄榄油少许炒红葱头30克、蒜头20克和洋葱100克，炒至有一点金黄色，加入红萝卜100克、西芹80克、迷迭香10克、百里香10克，再加入烤好的牛骨头500克和西红柿糊50克（以170℃烤40分钟），倒入红酒80ml慢炒10分钟，最后加入水（要能够淹过骨头三倍多），熬煮到隔夜（慢火煮8小时以上）后过滤即可。

PS. 也可以买现成的牛骨粉来制作。

Stir-fry 30 grams of shallots, 20 grams of garlic and 100 grams of onion with olive oil until lightly golden. Add 100 grams of carrot, 80 grams of celery, 10 grams of rosemary and 10 grams of thyme as well as 500 grams of roasted beef bones and 50 grams of tomato paste (bake at 170¡æ beforehand) to mix. Pour in 80ml of red wine and stir gently for 10 minutes. Add water at least three times the volume of the bones, to cover them. Cook slowly over 8 hours overnight, then pour through a sieve to remove dregs.

PS. Or purchase ready-made beef bone powder to prepare the gravy.

羊肉汁做法 To Prepare the lamb juice

用橄榄油少许炒红葱头50克、蒜头30克、洋葱50克至有一点金黄色，加入红萝卜30克、西芹40克、迷迭香5克、百里香5克，再加入烤好的羊骨头300克和西红柿糊100克，倒入红酒50ml慢炒10分钟，加入水（要能够淹过骨头多一点）熬煮6小时，最后过滤即可。

Heat olive oil to stir-fry 50 grams of shallot, 30 grams of garlic and 50 grams of onion until golden, add 30 grams of carrot, 40 grams of celery, 5 grams of rosemary, 5 grams of thyme as well as roasted 300 grams of lamb bones and 100 grams of tomato paste. Pour in 50ml of red wine and stir-fry slowly for 10 minutes. Add water to cover the bones and cook for 6 hours. Pour through a sieve to remove dregs.