

傅季馨 編著

萬里機構・飲食天地出版社出版



美味意大利粉



Pasta at
Home



美味意大利粉 Enjoy Pasta at Home

編著 Author
傅季馨 Margaret Fu
編輯 Editor
郭麗眉 Cecilia Kwok
攝影 Photographer
幸浩生 Johnny Han

設計 Designer
萬里機構製作部 Wan Li Production Department

出版者 Publisher
萬里機構・飲食天地出版社 Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd.
香港鯉魚涌英皇道1065號東達中心1305室 Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong
電話 Tel: 2564 7511
傳真 Fax: 2565 5539
網址 Web Site: <http://www.wanlibk.com>

發行者 Distributor
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.
香港新界大埔汀蘭路36號中華商務印刷大廈3字樓 3/F., C & C Building, 36 Ting Lai Road, Tai Po, N. T., Hong Kong
電話 Tel: 2150 2100
傳真 Fax: 2407 3062
電郵 E-mail: info@suplogistics.com.hk

承印者 Printer
美雅印刷製本有限公司 Elegance Printing & Book Binding Co Ltd.

出版日期 Publishing Date
二〇〇八年八月第一次印刷 First Print in August 2008

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ISBN 978-962-14-3787-7

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前言

投身飲食行業，或許是命運早已注定。吃，在我家從來都是非常重要的一環。不管多忙碌，媽媽從不會讓我們吃得馬虎。即使到現在，一家人的家常話題也總離不開美食。或許是自小的薰陶，小時候最愛將眼前的食物煞有介事地攪作一番，幻想自己是一名大廚師，正在調製一款超級美食，自我陶醉一番！

談到意大利菜，立即便會讓人想起意大利麵條——意大利烹調的代表菜。麵條在意大利人心中確實佔有很重要的地位，一如米飯在我們中國人心中的地位一樣，絕對不能缺少。如有留意新聞，早前便曾在意大利出現抗議麵條漲價太厲害的示威，由此可見麵條對意大利人的重要性！

我也特別喜愛烹製意大利麵條，因麵條的可塑性十分高，忙碌時可用簡單的材料，不消一會便製成美味汁醬，而最重要的是，在食後總能為我帶來幸福滿足的感覺。如肯多花一點心思和時間，亦可選用一些較特別，甚或珍貴的材料，製成讓朋友驚嘆的麵條。麵條的多姿多采，總是令人驚喜不絕！我在這書內為大家提供的50多個菜譜，既有傳統經典，為人熟悉的款式，亦有一些融合了不同烹調特色的菜譜，希望可為大家帶來更多烹調的靈感。

傅季馨

FOREWORD

The quest for gastronomic pleasure has always been a priority in my family. Food, not only Chinese food but also food of various countries and regions makes up a good part of my childhood memories. I can still recall vividly how the whole family rolled up our sleeves and helped in the meticulous preparation of festive delicacies for Chinese New Year. It might be a hectic scene in the kitchen, but it was something I looked forward to every year. That was the start of my love affair with cooking.

Pasta is almost synonymous with Italian cuisine and it has always been among my favourite food. I love pasta for its versatility. When I am in a hurry, I need just a few minutes and some simple ingredients and I will have cooked a delicious sauce for a gratifying pasta meal. When I am in no hurry, I use special ingredients and I will have prepared a sumptuous pasta meal to the delight of my friends. In this book, I have put together some 50 pasta recipes. There are classic recipes, express recipes as well as lavish recipes. I very much hope that this book will be a source of inspiration to you in the preparation of your signature pasta dishes.

Margaret Fu

序言

好友 Jacqueline 不時會約我吃飯，不是帶我去新鮮的地方，就是去嘗有特色的美食，總令我十分高興。但那份高興，又不及她約我回府品嚐其妹 Margaret 手藝的開心。

有一次，Margaret 花兩天時間，精心炮製了法式凍鵝肝醬，那滑嫩的質感與甘香的餘韻，足足留在我腦際五年，至今難忘。

又一次，她用朱古力做的甜點，外脆內滑，使平日不太愛吃甜品的我，也頻頻添吃，但覺齒頰留香。

Margaret (傅季馨) 對鑽研廚藝的熱誠可是義無反顧的。她出生於一個熱愛食物的家庭，外婆和媽媽都煮得一手好菜，兄姊們都是超級老饕，Margaret 從小受到他們的影響而醉心廚藝。

在香港理工學院“酒店及膳食管理”系畢業後，Margaret 曾在某大酒店擔任舒適的文職，但卻按捺不住她對烹飪的熱愛，特地跑去溫哥華，以半工讀方式完成專業廚藝課程。回港後考入君悅酒店當學徒，寧可摸黑起床，少賺薪水，也毫無怨言。

PREFACE

為使她的廚藝再上一層樓，Margaret更毅然隻身走天涯，遠赴意大利，於兩年多時間內，先後於三個城市的“米芝蓮”星級餐廳工作，做到渾身痠痛，汗濕衣衫，也在所不辭。再回香港，就獲著名的意大利餐廳Gaia Ristorante所聘用，一番辛勞終於獲得賞識。

目前，Margaret在“煤氣烹飪中心”擔任全職導師，因為是學院派出身，所以授課示範特別有條理；又因為曾任廚師衝鋒陷陣，所以做起菜來特別熟練和有經驗。聽說她頗有一批“粉絲”學生，並不意外。

現在Margaret(傅季馨)出版烹飪書，教讀者烹意大利麵，煮各類醬汁和自製麵條，對喜愛鑽研烹飪和熱愛意大利菜的人士，真是一個喜訊呢！



2008年6月

資深專欄作家及美食家

法國美食會路易士獎(1979)

法國廚皇會名譽會長暨美食博士

世界中餐名廚交流協會、香港中廚協會及澳門中廚協會顧問

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意粉的種類和烹調

意大利麵條可分為兩大類：乾麵條及新鮮麵條

乾麵條：

高質的麵條都是用硬小麥粉製成，在定型及烘乾後出售。乾麵條可分為長條狀，例如：意大利粉、扁麵、天使麵等；短身麵條例如：通粉、尖頭通粉、螺絲粉等。在製作時麵條或會用銅製定模型做成粗糙表面；或會用幼滑物料製定模型做成光滑表面。

新鮮麵條：

製作麵條的主要材料是麵粉及液體。液體可以是雞蛋液以製蛋麵、墨魚汁及水份混和製作墨魚麵、或是菠菜汁製成菠菜麵等。新鮮麵條需要冷藏並盡快食用。

如何烹調麵條？

無論是新鮮或乾麵條，焗麵條時都應用一大鍋滾水，加入適量鹽以增加味道。一般參考用量是每2公升水份加入2湯匙幼鹽。

除了大片麵皮如千層麵皮外，一般焗煮麵條時都不用加入油份。要避免麵條黏在一起，在放入麵條後必須要攪拌，特別是開首的數分鐘。

麵條焗熟後，盛起便可立即放入醬汁內烹煮，毋須過冷河。故此，在烹調麵條前，應先將汁醬預備好。

烹調時間

乾麵條：

麵條的包裝上會列明所需的烹調時間，可作參考。如麵條在焗熟後會再與汁醬同煮，最好是只煮至8成熟，盛起加入汁醬後再煮透，令麵條可吸收汁醬的味道。

新鮮麵條：

新鮮麵條所需的烹調時間比乾麵條要短，一般都是少於5分鐘便可煮成。

Types of pasta

THERE ARE 2 MAJOR TYPES OF PASTA: DRY AND FRESH

Dry pasta:

Most good quality dry pasta is made with hard durum wheat, made into different shapes and sizes and sold to consumers in dry form. Mostly dry pasta can be differentiated into long pasta, e.g. spaghetti, linguine, capellini; and short pasta, e.g. macaroni, penne, fusilli. Some forms of dry pasta are found to have a rough surface, while some have a smooth surface. This is the result of the use of different piping mould : with the bronze producing rough surfaces and Teflon mould producing smooth surfaces.

Fresh pasta:

Most fresh pasta is made with flour and any kind of liquid, e.g. eggs for egg pasta; a mixture of squid ink and water for squid ink pasta; spinach juice for spinach pasta; etc. Fresh pasta needed to be stored in refrigerator and be consumed as quickly as possible.

How to cook pasta?

No matter if it's dry pasta or fresh pasta, always cook in a big pot of boiling water with the addition of abundant salt to give flavour to the pasta. For reference, every 2 litres of water will require 2 tablespoons of fine salt.

Unless large flat piece of pasta, e.g. lasagna, is in cooking, there is no need to add oil to the pasta cooking water. To prevent the pasta from sticking together, make sure to stir the pasta from time to time, especially at the beginning of the cooking.

After the pasta is cooked, remove from the cooking liquid and add immediately to the sauce, it is not necessary to rinse cooked pasta under cold water. Instead, it is important to have the pasta sauce ready and be well heated in a pan before the cooking of pasta.

Cooking time

Dry pasta:

Please check on the suggested cooking time as written in the packaging. This is the guideline to the approximate time of cooking. However, if the pasta is to be cooked with a sauce, it is recommended to cook the pasta only until 80% done, and leave the pasta to be cooked further in the sauce to absorb flavour than simply tossing together.

Fresh pasta:

Fresh pasta can be cooked in a much shorter time, usually for less than 5 minutes until fully cooked.

保潔士 添添湯 美味無窮 從起點

SAUCE & STOCK MAKING AT HOME



白汁

Béchamel Sauce

時間：5-10 分鐘 ■ 份量：1.5 杯

Time : 5-10 分鐘

Produce : 1.5 cups



材料：

鮮奶250毫升

淡忌廉100毫升

即用清雞湯50毫升(可不用)

牛油30克

麵粉30克

Ingredients:

250 ml milk

100 ml cream

50 ml instant chicken stock
(optional)

30 grams butter

30 grams flour

做法：

1. 牛油煮溶，拌入麵粉，邊攪拌邊用小火煮約2分鐘。
2. 慢慢拌入鮮奶、淡忌廉及清雞湯，攪拌至幼滑，續用小火煮至稠身，期間不停攪拌。
3. 白汁隔篩至幼滑，待用。

Method:

1. Melt butter in a saucepan, stir in flour and cook over low heat for 2 minutes. Keep stirring.
2. Stir in milk, cream and chicken stock gradually. Stir until smooth, keep cooking over low heat until thickened, stir occasionally.
3. Strain the béchamel sauce and keep for further use.

番茄醬

Tomato Sauce (Salsa Pomodoro)

時間：20-25 分鐘 ■ 份量：400 毫升

■ Time : 20-25 minutes

■ Produce : 400ml



材料：

400克 新鮮或罐頭番茄，切件
洋蔥¼個，切幼粒
甘筍¼隻，切幼粒
西芹½條，切幼粒
蒜頭2粒
乾百里香½茶匙
香葉2片
橄欖油2湯匙

Ingredients:

400 grams fresh or canned tomatoes,
chopped
¼ onion, finely chopped
¼ carrot, finely chopped
½ celery rib, finely chopped
2 cloves garlic, crushed
½ teaspoon dried thyme
2 bay leaves
2 tablespoons olive oil

做法：

1. 燒熱橄欖油，爆香蒜頭，加入洋蔥、甘筍及西芹炒至軟身。
2. 拌入番茄，並加入百里香、香葉及200毫升水，煮滾後用小火煮至稠身，待涼。
3. 將醬汁攪拌至幼滑，隔渣後冷凍待用。

Method:

1. Heat olive oil with crushed garlic. Add onion, carrot and celery, sauté until the vegetables are soft.
2. Add tomatoes with thyme, bay leaves and 200 ml water. Bring to a boil and then leave to simmer until thick. Remove, allow to cool.
3. Blend the sauce until smooth. Strain and keep refrigerated.

基本清雞湯

Basic Chicken Stock



時間：1 小時 ■ 份量：約 1.5 公升

■ Time : 1 hour

■ Produce : about 1.5 litres



材料：

光雞1隻，去皮及切成4件
甘筍1條，切大件
西芹2條，切大件
洋葱1隻，切件
白胡椒粒1湯匙
乾百里香1茶匙
乾香葉3片



Ingredients:

1 chicken, skin removed and cut into 4 quarters
1 carrot, cut into chunks
2 stalks celery, cut into chunks
1 onion, cut into chunks
1 tablespoon white peppercorns
1 teaspoon dried thyme
3 bay leaves

做法：

1. 所有材料同放湯煲內，注入約2公升凍水。
2. 水滾後改用慢火熬約1小時，不用上蓋。
3. 雞湯煮成後隔渣，放涼後可放雪櫃或冰格存放。

Method:

1. Place all ingredients in a soup pot and fill with cold tap water (about 2 litres).
2. Bring to a boil, then leave to simmer without lid for approx. 1 hour until flavourful.
3. Drain and leave to cool. Keep chilled or frozen.

濃雞高湯

Brown Chicken Stock



時間：2 小時 ■ 份量：約 1 公升

■ Time: 2 hours

■ Produce: 1 litre



材料：

光雞1隻，去皮及切成4件
甘筍1條，切大件
西芹2條，切大件
洋葱1隻，切件
原粒黑胡椒粒1湯匙
乾百里1茶匙香
乾香葉3片

Ingredients:

1 chicken, skin removed and cut
into 4 quarters
1 carrot, cut into chunks
2 stalks celery, cut into chunks
1 onion, cut into chunks
1 tablespoon black peppercorns
1 teaspoon dried thyme
3 bay leaves



做法：

1. 雞件放入200℃焗爐烤至金黃，取出。
2. 烤雞件與其餘材料同放湯煲內，注入約2公升凍水蓋過所有材料。
3. 水開後用慢火熬約2小時，不用上蓋。
4. 雞湯煮成後隔渣，放涼後可放雪櫃或冰箱存放。

Method:

1. Roast chicken pieces in 200°C oven until browned.
2. Place the roasted chicken pieces with other ingredients in a soup pot and filled with 2 litres cold tap water to cover all ingredients.
3. Bring to a boil, then leave to simmer without lid for approx. 2 hours.
4. Drain and leave to cool. Keep chilled or frozen.

魚高湯

Fish Stock

時間：45 分鐘 ■ 份量：2 公升

■ Time : 45 minutes

■ Produce : 2 litres



材料：

白肉魚800克，割洗乾淨
白葡萄酒50毫升或½個檸檬
洋蔥1隻，切件
甘筍1條，切件
西芹2條，切件
乾百里香1茶匙
乾香葉3片
白胡椒粒1湯匙

Ingredients:

800 grams white fish, gutted and cleaned
50 ml white wine or ½ lemon
1 onion, cut into chunks
1 carrot, cut into chunks
2 stalks celery, cut into chunks
1 teaspoon dried thyme
3 bay leaves
1 tablespoon white peppercorns

做法：

1. 所有材料放入湯煲內，注入2公升凍水至蓋過所有材料。
2. 水開後用小火煮約45分鐘至味出。
3. 隔渣後待涼透，保持冷藏或冰凍。

Method:

1. Place all ingredients in soup pot and filled with 2 litres cold tap water.
2. Bring to a boil, then let simmer for approx. 45 minutes until flavourful.
3. Drain and leave to cool. Keep chilled or frozen.