



【轻松学会简易、方便的无油烟健康煮法，  
原来烹调美食也可以这么简单！】

# 菜煮

梁琼白◎著

汕头大学出版社



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## 煮菜

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家庭美食

06

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## 序

作者简介：  
梁琼白

广西容县人

从事烹饪教学及写作20年

## 经历

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

## 著作

《花小钱过生活》、《懒人菜》、《俩人伙食》  
——《面条儿》、《一块饼》……作品120册

我的生活中，和烹饪工作十分密切，不管是上课还是拍摄各式食谱，烟熏火燎的占了我不少时间，以至于回到家里时难免有倦怠感，如果做完菜还要清理厨房更觉得累，却无法因此不开伙，所以心里一直想，有什么方法可以不让油烟那么多，又能享受美食。

现代人讲究保健、养生的概念越来越强后，对油腻的食物和烹调过程中无论是吸入还是扩散的油烟，越来越坚持拒绝，但是有什么方法可以在做菜过程中达到既不油腻又不产生油烟呢？

有一次我实在累极了，就把原来一些要炸、要炒的菜，全部放在一个锅里煮熟就端上桌子，结果没有人挑剔它不好吃，甚至没有人知道是煮出来的，事后证明即使只是煮，也可以有色香味的效果，还省略我事后清洁厨房的时间，我才觉悟到原来煮也可以调理各式材料而有不错的风味，从此，煮菜成了没有负担的烹调方式，后来我仔细挑选出一些适合煮的菜，不但应用到我的家庭生活上，也觉得可以集结成书来与读者分享，于是有了这本书的诞生。

作为一个烹调工作者，的确要花费许多时间和心思去构思各式口味、不同菜肴，推陈出新地创造各种题材来传授读者，可是往往忽略了最简单、最基本，也最生活化的题材，就像煮菜这么简易的烹调，在大家都没有太高深的技巧之前，它不就是最基础的烹调方式吗？事实证明这样的简单并不会随岁月的变迁而淘汰，反而在回归之后惊觉它的食用和便利，顺手拈来，原来美食也可以这样简单，诸多的繁琐都可以省略到如此单一，这才是烹调的本质，也才是快乐入厨的源头，所以我把这些心得分享给大家，让做菜成为轻松、简单的工作，也让愉悦的烹调兼顾对美食的满足。

My life is bound up with cooking. Whether teaching cooking or taking photos for cookbooks, a smoking kitchen consumes most of time during the day. Hence, when I finally get home in the evening, I am always tired. It sometimes bothers me that I have to clean the kitchen after cooking. Yet I can't just stop cooking, so I have been pondering ways to enjoy good food without all that kitchen smoke.

People nowadays pay attention to their health, the healthier they desire to be, the more they refuse to come in contact with oily food or smoke from the kitchen. Is there a way that people can cook without any oil and smoke?

Once when I was really tired, I just threw together a whole bunch of food, some deep-fried, and some stir-fried. Nobody knew I just threw it together. It proved that just simply cooking in a pot can not only produce delicious and appealing food, but also save time cleaning the kitchen.

I realized that simple cooking methods can be used to prepare cook all kinds of ingredients, yet taste great. From that time on, cooking the simple way was a less burdensome method for me. I started to select dishes that were suitable for this kind of cooking, to use this in my family life, and also think that I could collect them and publish them to share with my readers. That was the genesis of this book.

Being a cooking person, I spend lots of time and effort in constructing a variety of dishes. I try to improve by creating different topics to teach readers. Yet people always forget the simplest, most basic and living topics, just like simple cooking. Because time has not eliminated this type of cooking, we know that it is the most convenient and practical. Just throw everything together, to make cooking this easy. All the difficult methods can be just this simple. This is the essence of cooking pleasure. In my opinion, when cooking is the most relaxing, simple job, it also satisfies the mind as well as creates enjoyment of good food.



Liang Chiun-Pai



# 煮菜



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# 山药香菇鸡

## 材 料

新鲜山药 1 小段 (约半斤)

鸡腿 2 只

红萝卜 1 条

香菇 六片

## 调味料

酒 1 大匙

酱油 2 大匙

盐 半茶匙

糖 1 大匙

清水 2 杯

## INGREDIENTS

1 small section of fresh Chinese yam  
(about 2/3 lb.)

2 chicken legs

1 carrot

6 dried shiitake mushrooms

## SEASONINGS

1T cooking wine

2T soy sauce

1/2t salt

1T sugar

2C water

## 做 法

1. 新鲜山药洗净，去皮，切厚片；红萝卜去皮，切厚片；香菇泡软，去蒂。
2. 鸡腿洗净，剁小块，先川烫过，去除血水后冲净。
3. 将鸡腿放锅内，加入所有调味料，并放入香菇同煮，改小火，十分钟后加入红萝卜。
4. 放入山药煮熟，约十分钟，收至汤汁稍干即可盛出。

## METHODS

1. Rinse yam thoroughly, peel off skin, cut in thick slices; peel carrot, cut into thick slices; soak mushroom until soft and remove stems. Rinse chicken, chop into small pieces, blanch in boiling water to remove blood, remove and rinse well.
2. Put chicken in pan along with all seasonings and mushrooms, bring to boil, then reduce heat to low and cook for 10 minutes, then add carrots.
3. Add yam and cook for 10 minutes until done, continue to cook until liquid is almost absorbed, remove to serving plate. Serve.

## Reminders

- ① 市场可买到新鲜山药，口感比中药店的干货好，但由于质地松软，久煮易化，所以不能太早加入，待其它材料熟软后方可加入。  
Fresh yam can be purchased at the market, fresh yam is better than dried from the Chinese medicine store, because it is softer. Yam falls apart easily after long cooking, so do not add them too soon. Instead, wait until the other ingredients are cooked and soft, then add yam.
- ② 烧煮的中途要将材料多翻动，以便受热及入味平均，但山药入锅后，要小心翻动，以免碎掉。  
Stir constantly while cooking to heat ingredients evenly, stir carefully after yam is added to prevent it from falling apart.

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CHICKEN WITH YAM  
AND MUSHROOMS

# 奶汁鳕鱼

## 材 料

马铃薯 2 粒  
鳕鱼 2 片 (约 10 两)  
洋葱 1/4 粒  
香菜 1 棵

## 调味料

盐 1 茶匙  
鲜奶 1 杯  
黑胡椒粉少许  
清水 2 杯

## INGREDIENTS

2 potatoes  
2 cod fillets (about 3/4 lb.)  
1/4 onion  
1 stalk cilantro

## SEASONINGS

1t salt  
1C milk  
black pepper as desired  
2C water

## 做 法

1. 马铃薯去皮、切丁，洋葱切丁，用 2 大匙奶油炒香洋葱丁后，加水 2 杯烧开，放入马铃薯丁，小火煮熟。
2. 鳕鱼去皮、剔骨，将鱼肉切棋子块，待马铃薯熟软时放入同煮，并加盐调味，同时淋入鲜奶煮开。
3. 搅匀所有材料即可熄火，撒胡椒粉及切碎的香菜米即成。

## METHODS

1. Peel potatoes and dice; cut onion in dice; heat 2T butter in wok and stir-fry onion until fragrant, add 2C water and bring to boil, then add diced potato and cook over low heat until done.
2. Remove skin and bones from cod, cut fish meat into 2-inch chunks, add to wok while potatoes are soft, add salt to taste and drizzle in milk, bring to boil.
3. Stir all ingredients until evenly mixed, remove from heat and sprinkle with black pepper and finely chopped cilantro. Serve.

## Reminders

- ① 放入牛奶后，一定要小火煮，以免锅边太热易使奶汁变黄，而且一定要用鲜奶，不可用奶粉冲泡。  
Reduce heat to low after milk is added to prevent milk from browning. Use fresh milk, do not use milk from milk powder.
- ② 马铃薯入锅前先用盐水洗过，可防止变色，煮烂后搅一搅不需保存太完整的颗粒，汤汁较好喝。  
Rinse potato with salt water before cooking to prevent darkening. Stir well after cooking. It does not have to keep its complete shape, and the liquid will taste better.

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*COD WITH  
CREAM SAUCE*



# 鲜茄牛腩

## 材 料

牛肋条肉 1 斤  
红蕃茄 4 粒  
洋葱半个  
葱 1 支

## 调味料

酒 1 大匙  
盐半茶匙  
酱油 2 大匙  
蕃茄酱 3 大匙  
糖 1 大匙  
清水 4 杯

## INGREDIENTS

1 1/3 lbs beef rib fingers  
4 tomatoes  
1/2 onion  
1 scallion

## SEASONINGS

1T cooking wine  
1/2t salt  
2T soy sauce  
3T ketchup  
1T sugar  
4C water

## 做 法

1. 牛肋条肉切小块，先川烫过，去除血水后冲净；蕃茄切瓣，洋葱切小块。
2. 用 2 大匙油炒香洋葱，再放入牛腩同炒过，淋酒，然后加入清水烧开。
3. 改小火煮 40 分钟，然后放入蕃茄煮烂，并加入所有调味料烧入味，待汤汁收至稍干时，淋少许生粉水使汤汁微稠，撒入葱花盛出即可。

## METHODS

1. Cut beef into small pieces, blanch in boiling water to remove blood, remove and rinse well; slice tomatoes; cut onion into small pieces.
2. Heat 2T oil in wok, stir-fry onion until fragrant, add beef, stir well and drizzle with wine, then add water and bring to boil. Reduce heat to low and cook for 40 minutes, add tomatoes and cook until soft, add all seasonings and cook until flavor is absorbed and liquid is slightly dry, thicken with cornstarch water, sprinkle with chopped scallion. Remove to serving plate and serve.

## Reminders

- ① 牛腩的部位除了肋条，也可用里肌边上带筋油的部分，前者较耐煮，后者瘦肉多，各有不同口感。  
Beef rib fingers can be substituted with beef tenderloin with tendon and fat on sides. The former can be cooked for a long time and latter contains more lean meat.
- ② 市场可买到进口的红蕃茄，质地硬而鲜红，比较甜，本地的红蕃茄多带绿，全红者又过熟，而且本地蕃茄较酸，糖要多加一点。  
Imported red tomatoes can be purchased at market. They are harder, redder and sweeter. Local tomatoes are a little greenish, while red ones will be overripe. If using the more sour Japanese tomatoes, add sugar.

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BEEF WITH  
TOMATO



# 芋艿鸭块

## 材 料

芋艿半斤  
鸭半只  
姜2片  
香菜一棵

## 调味料

酒1大匙  
酱油2大匙  
盐半茶匙  
糖半大匙  
清水3杯

## INGREDIENTS

2/3 lb. taro  
1/2 duck  
2 ginger slices  
1 stalk cilantro

## SEASONINGS

1T cooking wine  
2T soy sauce  
1/2t salt  
1/2T sugar  
3C water

## 做 法

1. 鸭切小块，先川烫过，去除血水后冲净，放锅内，淋酒1大匙，放入姜片和清水3杯烧开，改小火煮20分钟。
2. 芋艿去皮，洗净后放入鸭块中同煮，待熟软时加入其它调味料烧入味，汤汁收至稍干时盛出，面上放少许香菜末即成。

## METHODS

1. Cut duck into small pieces, blanch in boiling water to remove blood and rinse well, remove to pan with 1T cooking wine, ginger slices and 3C water, bring to boil, then reduce heat to low and cook for 20 minutes.
2. Peel taro, rinse and add to duck, continue to cook until taro is soft, add other seasonings and cook until flavor is absorbed and liquid is almost dry, remove to serving plate and top with minced cilantro. Serve.

## Reminders

- ① 芋艿即小芋头，未削皮前不要泡水，以免削皮后过敏而手痒，体型大者可对切为二，体型圆小者直接放入即可。  
Do not soak taro in water before peeling, or your hands will itch while peeling taro. Halve taros if big ones are used and just add small ones without cooking.
- ② 鸭肉和芋艿未煮烂前不可调味，否则鸭肉变硬，芋艿煮不烂。  
Do not add seasonings before duck and taro are well-done, or duck will become tough and taro will not soften after long cooking.
- ③ 芋艿本身黏滑，所以煮好的汤汁不需再勾芡。  
Taro itself is sticky, so do not add cornstarch water to thicken liquid.

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BRAISED DUCK  
WITH TARO

# 赤小豆鲤鱼

## 材料

鲤鱼 1 条 (10~12 两)

绞肉 4 两

葱 2 支

姜 2 片

小红豆 1 杯

香菜 1 棵

## 调味料

(1) 酒 1 大匙

盐 1 茶匙

胡椒粉少许

生粉水 1 大匙

(2) 清水 2 杯

盐 1 茶匙

糖 半茶匙

生粉水 半大匙

## INGREDIENTS

1 common carp

(3/4 lb. ~ 3/4 lb.)

1/3 lb ground pork

2 scallions

2 ginger slices

1C red beans

1 stalk cilantro

## SEASONINGS

(1) 1T cooking wine

1t salt

pepper as needed

1T cornstarch water

(2) 2C water

1t salt

1/2t sugar

1/2T cornstarch water

## 做法

1. 鲤鱼由背部剖开，掏净内脏并洗净、沥干；绞肉剁细，拌入调味料(1)，另将葱、姜加水半杯抓出葱姜汁，拌入绞肉内调匀。
2. 将绞肉塞入鱼腹内，先蒸 10 分钟使其定型再取出，另将小红豆泡水半小时后，加清水 2 杯煮至裂开，放入鲤鱼，加调味料(2)的其它调味料烧入味，盛出时撒香菜末即成。

## METHODS

1. Halve fish open from the back, remove internal organs, rinse well and drain; chop pork even more finely, add seasoning (1), add 1/2C water to chopped scallion and ginger, rub to release liquid to make scallion and ginger juice and add to pork, stir until well-mixed to make filling.
2. Stuff filling in fish stomach, remove to steamer and steam for 10 minutes to set, remove; soak red beans in water for 30 minutes, add 2C water and cook until beans spit, and add to fish along with seasoning (2) and cook until flavor is absorbed, remove to serving plate and sprinkle with minced cilantro. Serve.

## Reminders

① 鱼由背部剖开，塞入的肉才不会掉出来，先定型再煮，防止鱼肉破裂流出，而且不至沾黏锅底。

Halve fish open from the back to prevent filling from leaking out. Steam for 10 minutes to set to fish and keep it from falling apart and sticking to the pan.

② 赤小豆即小红豆的别称，有利尿解毒功能，泡过再煮才易熟快烂，但是火力不能太大，否则红豆容易流沙。

Red beans promote proper excretory functions. Soaking before cooking makes it cook faster. Do not cook over high heat or beans will turn to mush.

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*CARP WITH  
RED BEANS*