



【在家开伙不麻烦，翻开本书——
很多技巧让你做得轻松吃得开心，一家人都回家吃饭！】

家吃饭

梁琼白◎著

汕头大学出版社



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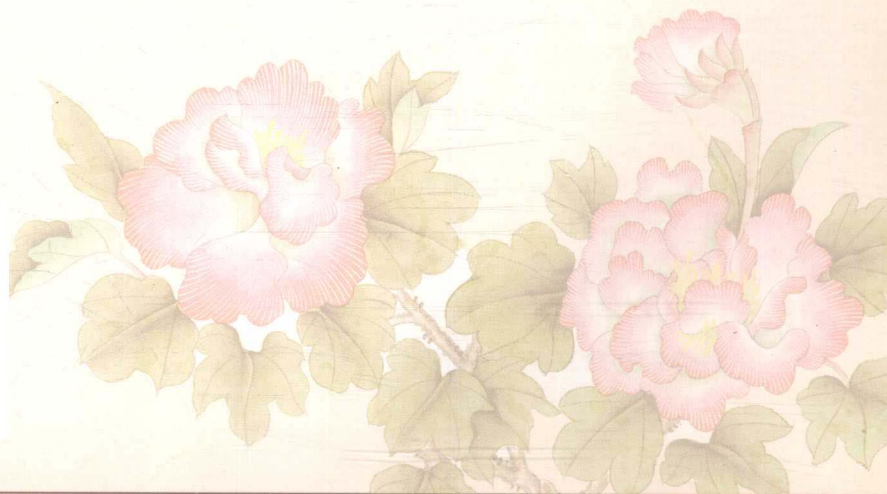
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家吃饭

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序言

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作者简介



梁琼白

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

我是非常不喜欢外食的人，倒不是因为
我本身很会做菜，而是回家吃饭才有归属感
的心态。

小时候家里环境不好，自然没有外食的
机会，到了有经济能力，外食只是我观摩别
人厨艺的管道之一，回到家舒舒服服的在自
己熟悉的环境，和自己最亲近的家人一块用
餐，不管吃什么都踏实。

吃饱其实是很容易的，不是吗？但是在填
饱肚子之外，用餐的感觉会影响到对生活的
抗力和对事业的雄心，应酬式的用餐让人神
经紧绷，外食是省事，但是没感情，吃完就
走的漠不关心让人际变得淡泊，可是回家吃
饭让人的情绪有依归，有人为你做你喜欢的
口味，有人关心食物的营养对你的身体是否
有利，打赤膊也可以，穿得休闲无所谓，家
人边吃边聊，可以倾吐在外的得意或委屈，
这才是家的感觉，这种特质不是外食所能给
予的。

很多人觉得在家开伙麻烦，其实有很多
技巧可以让你吃得开心做得轻松，也有很多
菜式是非常简单，风味却不简陋的，这本食
谱可以提供你很多建议，也有许多菜式可以
参考，我的食谱一向以简单易学、材料便宜
好买、操作简便为主，只要你愿意做，在家
动手真的一点也不难，如果你一个人的辛苦
可以换取全家人的健康和家人的向心力不是
很值得吗？

一个不开伙的家庭必然缺少温暖，一个
不下厨的太太必然是不够完美，家里少了炉
火锅铲的铿锵，家运一定不够旺，只有充满
饭菜香，充满家人用餐话语的画面才是快乐
祥和的温暖家园，所以不只是妈妈回家做饭，
更要家人都回家吃饭。

Preface



I really hate to eat out, not because I am very good at cooking, but because only dining in makes me feel that I belong to a home.

When I was little, my family was poor, so naturally I never had the chance to eat outside. When I reached the age where I was supporting myself, eating outside became a way to observe the cooking skills of others. I always think that no matter what we have at home, it is still the most comfortable place, with the most familiar circumstances, and the people closest to me.

Eating a full meal is in fact very easy. However, besides filling the stomach, the feeling of having eaten a real meal fortifies the spirit and enthusiasm to enter the fray in the world outside. Entertaining meals make people uptight and pressured. Eating outside saves lots of effort, yet it lacks human feeling. You just leave after finishing the meal. Such events make relationships between people shallower. Dining in makes people feel that they have a place to belong to. When somebody is making your special dish, that somebody shows concern about whether the food is good for you. Nobody cares how you dress; you can dine with nothing formal on at all. You can talk when you eat, share your

thoughts and feelings. This is the feeling of being home, and is not something you can get from eating outside.

Many people think cooking at home is very troublesome, actually there are many simple tricks that will allow you both to cook easily and eat happily. Simple dishes with good flavors abound. This cookbook offers many suggestions for cooking, as well as entire dishes, for your use as a reference. My cookbooks always focus on easy-to-learn methods, with widely available, affordable ingredients, and simple preparation techniques. If you really want to start doing it, it is not difficult at all. If your effort can win the whole family's health and heart toward home, isn't that something worth trying? A family without home cooking lacks warmth, while a wife who doesn't cook must be less than perfect, and a house without the clanging of pots and pans has no luck. Only in the picture of a family gathered together and talking together can we see a warm home with happiness and peace. We hope that not only does the mother cook, but also that the family goes home for meal.

A handwritten signature in Chinese characters, which reads '梁焯白' (Liang Chiun-Pai).

Liang Chiun-Pai

回家吃饭

DINING IN

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上班族做菜的

6 How to Save Time and Effort in Cooking

省时省事之道



一、利用假日的时间去买菜：先计算出一周所需的分量及搭配的主副菜，清洗好分类打包，鱼肉类错开天数上菜，不要连续食用一种口味，蔬菜类先吃叶片蔬菜，因为它不耐存放，根茎类则留待后几天入菜。

二、卤一些卤菜、红烧一些需要火候的肉类：留在平常上班时备用，下班回家只要加入配料并调味就可以很快完成一道原本极费火候的红烧菜。至于卤菜更是随便切一碟就可以立刻上桌当菜吃，如此便可少做一道菜，而且卤菜的项目极多，像是豆干、牛腱、鸡腿、猪脚、鸡爪、肫肝、海带、卤蛋等都可以运用。吃剩的隔顿加上辣椒、大蒜一炒又成了回锅菜，或者烫些绿豆芽、芹菜或腌些红萝卜丝、小黄瓜，再加蒜末、香菜一混合又能变成凉拌菜了。

三、当天要烹调的，务必记得早上上班前就先从冷冻室拿出来退冰，天冷时直接放在水槽，天热温度高怕坏则可以先放冷藏室，回家再拿出来在室温下解冻，万一忘了怕来不及，可以浸在温水里让它加速退冰。

四、当要烹调的菜单已在脑海中有了解决方案，材料也准备齐全后，临阵最重要的是工作进行的流程，一些做法比较难的、需时较长的先下锅，在等候的时间才处理比较简易的项目，当然菜单也要错开不同的烹调法和不同的难易度，不要集中在同一类型上。事前的准备工作完善，便可以让全家日常饮食不致单调，只要发挥巧思稍作加工，也同样吃得到自家的风味。

How to Save Time and Effort in Cooking



(1) Go shopping for food on weekends: First calculate how much you need for a whole week, and what goes with what, rinse first, then pack them in a bag, alternate fish and meat to prevent having the same kind for two days running, cook leafy vegetables first because they don't keep long, save stems or tuber vegetables for later.

(2) Stew some food or red-cooked some meat: Prepare some stewed food for week days, when you can just reheat a dish which originally takes time to cook or just add few ingredients and seasonings to after work. Stewed food is easy and simple, just cut into slices that can be served as a dish, this way you have fewer dishes to cook. There are many kinds of stewed food, such as pressed tofu, beef tendon, chicken drumsticks, pork hocks, chicken feet, pork gizzard and liver, kelp, stewed eggs, and so forth. Add chili pepper and garlic to leftover stewed food, and voila! another dish is done. Also blanch some mung bean sprouts, celery or marinate some shredded carrot, or Chinese cucumber, and add a little minced garlic or cilantro, to produce quick cold dishes.

(3) Remember to take out food that you are going to cook that day before you go to work. When the weather is cold, just leave the food in the sink, if it is hot, move them to refrigerator to prevent them from going bad, then remove them to room temperature after work. If you think you don't have enough time, defrost the food in warm water to make it defrost a little faster.

(4) When you have something in mind that you want to cook, prepare the ingredients. The most important thing is the procedure for cooking. Some methods are more difficult and take more time, so do these first, then prepare the simple dishes when you're waiting. Of course you have alternate different cooking methods and levels of difficulty. Do not use the same style of cooking in all the dishes for one day. If the preparation is well done, exciting and different dishes can easily be made. As long as you develop your creative powers and put a little effort into it, your specially-made for home cuisine will be your signature flavor.

香蒜带鱼

Hairtail Fish with Leek

8

材料：

白带鱼中段4片、青蒜1支、葱2支、姜2片

调味料：

酒1大匙、酱油3大匙、糖1大匙
醋1大匙、清水半杯、胡椒粉少许
生粉水半大匙

做法：

1. 白带鱼洗净，拭干水分，在两面鱼肉上横切口，用少许酒略腌。
2. 锅烧热，用5大匙油将白带鱼两面煎至酥黄时盛出；青蒜洗净，斜切丝。
3. 另以余油爆黄葱姜后捞除，放入所有调味料烧开，并放入白带鱼，改小火烧入味。
4. 汤汁微收干时，撒下青蒜丝即可盛出。

Ingredients:

4 slices middle section of hairtail fish, 1 leek
2 scallions, 2 ginger slices

Seasonings:

1T cooking wine, 3T soy sauce, 1T sugar
1T vinegar, 1/2C water, pepper as needed
1/2T cornstarch water

Methods:

1. Rinse fish, dry with paper towel, score on the thick part of fish horizontally and marinate with a little wine for a short while.
2. Heat wok, add 5T oil, fry fish in oil until crispy on both sides and remove; rinse leek and shred diagonally.
3. Stir-fry scallion and ginger with remaining oil until fragrant, remove and discard, add all seasonings and bring to boil, return fish and reduce heat to low, cook until favor is absorbed.
4. Wait until the liquid is almost dry, sprinkle fish with shredded leek and transfer fish to serving plate. Serve

重点提示

1. 有的白带鱼因鱼贩已拌入多量盐，所以除了要清洗干净外，也要注意盐分，以免太咸。
2. 切段出售的白带鱼在选购时，要注意外皮的光泽，最好银粉不要已经脱落，并检查鱼肉是否洁白有弹性，免得不新鲜。
1. Some hairtail fish will have salt added by the fish vendor. Rinse fish well before cooking, and pay attention to how salty the fish is to prevent the dish from being too salty.
2. Select fish with the shiniest skin when purchasing. Do not buy fish with silver skin already falling apart. Also, see if the flesh is white and firm; otherwise, it's not fresh.

Hairtail Fish with Leek



双椒鲑鱼

Double Pepper with Salmon

10

材料：

鲑鱼肉 2 片(约 10 两)、青椒半个
黄椒半个、蒜末 1 大匙

调味料：

酒 1 大匙、AI 酱 2 大匙、蚝油 1 大匙
糖半大匙、胡椒粉少许、清水 3 大匙
生粉水半大匙

做法：

1. 鲑鱼肉去皮，切四方块，放入平底锅，用少量油小火煎熟，盛入盘内。
2. 青椒、黄椒切丁；用 2 大匙油炒蒜末，再放入青椒、黄椒同炒，加入所有调味料炒匀后，盛出浇在鲑鱼上即成。

重点提示

1. 鲑鱼肉的油脂极丰厚，所以煎的时候不必放太多油，以免油脂太多。
 2. 双椒可用任何两种颜色的椒组合，但是椒类易熟，而且生吃亦可，故不宜久炒以免太软反而不好吃。
1. Salmon is full of fat, therefore do not add too much oil to prevent greasiness.
 2. Combine any two different colors of pepper to make this dish. Pepper cooks rapidly. (it can also be served raw), so do not fry too long or it will be too soft.

Ingredients:

2 salmon fillets (about 5/6 lb.)
1/2 green pepper, 1/2 yellow bell pepper
1T minced garlic

Seasonings:

1T cooking wine, 2T AI sauce, 1T oyster sauce,
1/2T sugar, pepper as needed, 3T water
1/2T cornstarch water

Methods:

1. Remove skin from fish, cut into cubes, fry in frying-pan over low heat with a little oil added until done and transfer to a serving plate.
2. Dice green and yellow pepper; Stir-fry minced garlic with 2T oil in wok, add peppers and stir-fry together, then add all seasonings, mix well, remove and drizzle over fish. Serve.

Double Pepper with Salmon ●



豆酥鳕鱼

Cod with Crispy Bean Ball

12

材料：

鳕鱼 1 片(约 6 两重)、葱 2 支、姜 2 片
姜蒜末 1 大匙、豆酥 1 粒

调味料：

- (1) 酒 1 大匙、盐 1 茶匙
- (2) 糖 2 茶匙、盐半茶匙

做法：

1. 鳕鱼洗净，放在蒸盘内，加入调味料(1)，并铺上葱 1 支、姜 2 片，用电锅或蒸架以中火蒸 8 分钟。
2. 豆酥切碎，用 3 大匙油先炒香姜蒜末，再放豆酥同炒，小火炒至微黄时，加入调味料(2)。
3. 将蒸好的鳕鱼取出，倒除汤汁，铺上炒香的豆酥，并撒下葱屑即可。

重点提示

1. 鳕鱼有两种，一种鱼身较扁，肉质较碎，蒸好容易出水，口感较绵细，弹性稍差，另一种鳕鱼叫圆鳕，鱼身圆浑，肉质较有弹性，虽然价格稍贵，但比较好吃。
 2. 水烧开后才可将鱼放入蒸，但不宜用大火，因为鳕鱼肉极嫩，火太猛汤汁流失多，而汤汁容易将豆酥浸软，必须先倒除才能铺豆酥，非常可惜，所以火小些即可避免。
 3. 豆酥由于经过发酵，所以微带酸味，炒过即可去除并转为香酥，但火要小，且要切得细。
1. There are two kinds of cod, one is flat with a soft texture. It releases water easily from steaming and its texture is finer and less elastic. The other kind is rounder with a more elastic texture, though this is more expensive than the latter, it tastes better.
 2. Bring water to boil before putting the fish in the rice cooker. Do not steam over high heat, because cod is tender. If the heat is too high, the cod will release more liquid. The crispy bean ball will soak in the liquid and become soggy. Therefore discard the liquid before spreading crispy bean over fish. To prevent having to discard the liquid, cook over low heat.
 3. Fermented crispy bean tastes a little sour. It will be fragrant and crispy after stir-frying over low heat. Make sure to chop it finely.

Ingredients:

- 1 steak cod (about 1/2 lb.), 2 scallions
- 2 ginger slices, 1T minced ginger and garlic
- 1 crispy bean ball

Seasonings:

- (1) 1T cooking wine, 1t salt
- (2) 2t sugar, 1/2t salt

Methods:

1. Rinse fish, place on a steaming plate, add seasoning (1), spread 1 scallion and 2 ginger slices, remove to rack in rice cooker and steam on medium for 8 minutes.
2. Chop crispy bean ball finely, stir-fry minced ginger and garlic with 3T oil until fragrant, add crispy bean ball, stir over low heat until slightly brown, add seasoning (2).
3. Remove fish from rice cooker, discard liquid from steaming, spread method (2) evenly over fish, sprinkle chopped scallion. Serve

Cod with Crispy Bean Ball ●



葱烧鲫鱼

Cooked Crucian Carp with Scallions

14

材料：

小鲫鱼 6 条、葱半斤

调味料：

酱油半杯、醋 2 大匙、酒 1 大匙、糖 1 大匙
盐半茶匙、胡椒粉少许、清水 3 杯

做法：

1. 小鲫鱼洗净，拭干水分，淋 2 大匙酱油及 1 杯白醋腌 2 小时(中途需翻面)。
2. 油半锅烧热，放入腌好的鲫鱼炸上色捞出；葱洗净切长段。
3. 另用 2 大匙油将葱段略炒后，一半铺在锅内，然后铺一层鲫鱼，再铺葱及鲫鱼，全部排好，淋入所有调味料，先烧开后改小火，慢慢烧至汤收干。
4. 待鱼稍凉时再挟出食用。

Ingredients:

6 small crucian carp · 2/3 lb. scallion

Seasonings:

1/2C soy sauce, 2T vinegar, 1T cooking wine
1T sugar, 1/2t salt, pepper as needed, 3C water

Methods:

1. Rinse carp well, dry, drizzle 2T soy sauce and 1C white vinegar and marinate for 2 hours (turn over when marinating).
2. Heat half pot of oil, deep-fry carp until brown and remove; rinse scallions and cut into long sections.
3. Heat 2T oil in wok, stir-fry scallion until fragrant, line half in wok, then top with a layer of carp, then spread scallions over carp, then line with carp again, drizzle with all seasonings, bring to a boil, then reduce heat to low and cook until liquid is dry.
4. Wait until carp is cool, transfer to serving plate and serve.

重点提示

1. 鲫鱼用醋泡过可使鱼骨软化，避免刺太多太硬。
2. 不要买太大的鲫鱼，小鲫鱼肉嫩刺小，鲫鱼太大肉粗。
3. 要等鱼放凉了才可挟出，否则温度还在时易碎。

1. Soak carp in vinegar to soften the fish bones.

2. Select small tender crucian carp which has fine bones. It is superior to the coarse-fleshed large carp.

3. Cool carp first before transferring to plate to prevent them from falling apart easily.

Cooked Crucian Carp with Scallions ●

