

全家吃出健康吃出美

5

名厨拿手菜

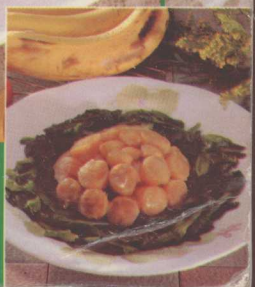
Great Dishes & Famous Cook

(台) 陈进万 / 著 CHEN JIN WAN



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Current Dishes & Famous Dishes

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● 巧手上菜 ●

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陳進萬

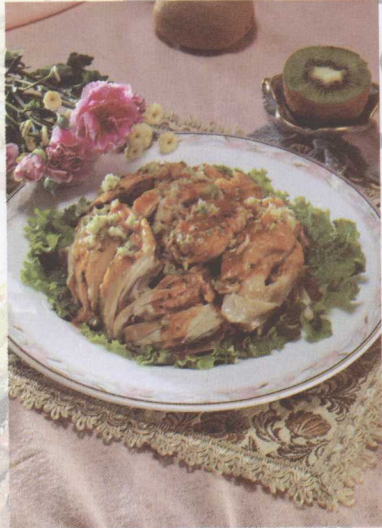


《作者簡介》

台湾省屏东县人，毕生以从事餐饮服务业为职志，曾任职于金万年餐厅、峨嵋川菜餐厅、后曾担任季园川菜餐厅主厨，来来饭店俱乐部主厨，目前任职于高雄汉来大饭店中餐厅执行主厨。

多年经验加上不藏私的热忱个性，使其在职场中备受尊崇，而融合传统与创意的烹调手法，亦是有口皆碑，声誉颇著。





序

~ 做菜也可以成为赏心乐事 ~

中国幅员辽阔，物产丰富，在不同的地理环境及风土民情孕育下，各地佳肴如同百花齐放，自有其特色，其中又以江浙菜、粤菜、川湘菜、北京菜等最为大众所熟悉。

为了让读者能在家中亲手烹调出各地名菜，本社继《美味面食粥饼》之后，再度推出《名厨拿手菜》一书。本书在编辑上除维持一贯水准外，另外值得一提的是，我们此次特别聘请具有多年经验的高雄汉来大饭店主厨陈进万先生，亲自示范食谱里每一道菜的做法，使读者在简明的图片与文字说明下，习得烹调佳肴的技巧。

吃饭不仅是为了填饱肚子，更是一种生活享受，亲自下厨，正是个中情趣的具体呈现，有了本书的帮忙，相信您一定可以轻松成为家中的大厨师，让家人、朋友即使不出门，也能尝遍中国各地名菜的精华，并对您的手艺赞不绝口！



INTRODUCTION

In China, great culture and nature, different physical and political geography caused different great special gastronomy, the most famous four kinds are Chekiang, Kwangtung, Szuchuan and Beijing.

After the book “*Delicious Noodles Pastry & Congee*” has been published, we print the book “*Great dishes & Famous Cook*” to make all the readers be able to cook many delicious dishes at home by selves. This time, we invited the famous chief Mr. Chen Chin – Wan from Hen – Lai Hotel Kaohsiung with great experiences to go every single step with you. Also we have photos shown to clarify and simplify the skill which teach you how to cook a great dish.

Eatting is not only for fill out your stomach but more like an enjoyment of living alive. Cooking by yourself can increase your knowledge and joyful mood. We believe that you will become a great cook by this edition and satisfying your families with friends. Feel the different taste of famous dishes from different places, improve your cooking skill with self confidence.

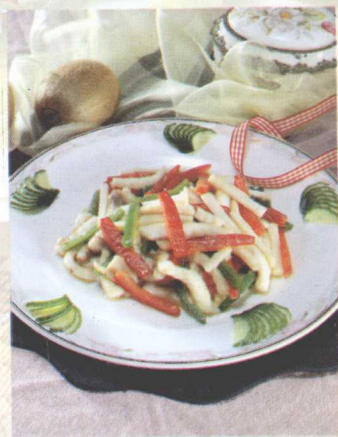


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烹调中所用的火候简介

1. 炸、溜、爆、炒等均用旺火，菜肴特点为嫩、脆、酥。
2. 烧、焖、煨、扣、炖等均先用大火后用小火烹制，这种方法必须先用大火把材料烧至半熟，使材料上色后再用小火煮熟。
3. 余、涮、熬、蒸等烹调方法所采用的火力，应根据材料而定，一般质嫩易碎者宜用小火，质老而又体大者则用大火。
4. 煎、贴都均以少量油作为传热方法，其菜肴特点为外香酥、里软嫩，具有浓厚的油香味，宜用温火。
5. 注意掌握油温，材料过油是菜肴在烹调前一项重要的准备工作，也是制作过程中常用的方法，一道菜品质的好、坏与过油关系非常大，加热时间掌握不好，那么菜肴品质就达不到标准。

汁的种类和用途

芡汁是指烹调过程中所加入的液体调味品和淀粉的总称。

芡汁按其沉、调度分为沉芡、薄芡两类，若按调制方法又可分为碗芡（对调味汁芡）跑马芡（任芡）两种。

1. 碗芡

即各种调味料和淀粉水同放一个碗内融合，适用旺火、爆、炒、溜。

2. 跑马芡

适用于烧、烩、扒、扣等烹调方法。

刀工的基本常规

一、基本要求：

1. 厨师所用菜墩要干净整洁，刀口要锋利，必备一条洁净的抹布，工作时要求干净利落。
2. 精神要集中、专心一致，操刀时要运用自如，落刀时要稳、准、狠、匀。
3. 必须根据材料的特点来决定相应的加工方法，然后用刀将材料切成整齐划一、清爽利落并符合烹调要求的形状。
4. 要根据材料的性质采用不同刀法（例如牛、羊要横切，鸡要顺切）。
5. 合理使用材料，以便物尽其用，减少损耗。

二、用刀的规矩：

1. 厨师要牢记刀和墩是不分离的，也就是说，切配人员不能持刀到别处去，用后必须摆放在固定的容器内。
2. 刀若暂时不用，要将刀刃朝外前方放在墩子中央，刀把、刀刃不能超出墩子边沿，以免伤到人。
3. 杜绝持刀玩耍，以防误伤。
4. 爱护刀墩，刀用后宜刷洗擦干，以防生锈，若长期不用，一定要擦油保存。

烹调中用火的经验

火候是烹调菜肴的关键，对于菜品质量起着决定性作用，也是衡量厨师技术水平的重要标准。

烹调不同的菜品需运用不同的火候，这是每位厨师必须掌握的，但有一个普遍的规律，即材料加热时间短则嫩，时间长则透，时间久则烂。但如何做到嫩而不生、透而不老、烂而不化，那就要看厨师的水准了。

厨师掌握火候的关键在于观察火力，充分了解材料性能和受热的变化，以及所加工材料的质地，刀口粗细等等。

Introduction for degree of heating

1. Fry, saute and add thick sauce, fry briefly, stir fry: Cook by high heat to make the dish tender and crisp.
2. Roast, stew, simmer: Cook by high heat first to coloured the dish till medium, then turn to simmer later on till well done.
3. Evaporate, boil, steam: It depends on the ingredients. If it's tender and fragile, cook by simmer; if it's hard and big, cook by high heat then.
4. Decoct: Cook by temperate with less oil to make the inside of the dish tender, and the surface will be crisp.
5. Be care of the degree of heating: It's the most important step before cooking. Also it can decide whether the dish is going to be successful or fail.

How to make and how to use the thick sauce

It's made by cassava starch with water. Usually combine it with dish to thicken the taste of the dish. We can devide the thick sauce into two different kinds by the way how it was made.

1. Bowl thick sauce: Mix all the condiments with cassava starch and water on a bowl, pour them into the dish, fry by high heat.
2. Temporary thick sauce: Mix all the condiments with cassava starch and water first, dressing it on the top of the dish when it is ready to serve.

The Basic Rules of Using Knife

A. Basic Requirement:

1. The chopping board has to be very clean, the knife has to be sharp, it is necessary to prepare a nice clear towel too.
2. Be absolutely concentrate on your work. When you use the knife, stable, on mark nice shape are things you need to be careful.
3. Cook each single ingredient by its own character, cut it into the right shape which fits the dish's style.
4. Cut the ingredient by its natural line.
5. Use everything useable, do not waste.

B. Basic Rules:

1. Remember, knife and chopping board can not been apart. Don't take the knife go any - where far from the chopping board - - where it should be. After use the knife, put it in a exect safty place.
2. When the knife is not being used, put it in the right middle of the chopping board to avoid someone get hurt accidiently.
3. Never play the knife to avoid any bad thing happen.
4. Cherish and do good protecting to your chopping board. If you are not using it for a long term, make sure that it's very clean and has been settled in a nice place.

Experience of Heating

It is the most important key for cooking. It can decide whether the dish is going to be success or fail, it also can tell how the cook has done.

Cook different dish by different heat. Cook for just a short time, the dish will be tender. Cook for a long time, the dish will be well - done. How to cook a great dish into tender but not rare, not tough, and not over - doneone? it depends on the cook's skill. A good cook will see into the heat. Knowing what will happen when a single ingrediant meets the heat, knowing each ingredient's character and the way it cut.



豆瓣鲤鱼



【材料】

- ①鲤鱼1条(600克)。②蒜末20克。③姜末20克。
④葱花20克。

【调味料】

- (A)①辣椒酱2匙②酒酿1匙③糖1匙④味精 $\frac{1}{2}$ 匙⑤料
酒1匙⑥醋 $\frac{1}{2}$ 匙⑦淀粉适量

- (B)①盐1匙②米酒1匙

【做法】

- ①鲤鱼去鳃、鳞，肠肚洗净，在鱼身两侧切7~8刀(刀深约0.5厘米)。
- ②锅先烧开水，加入调味料(B)，摆入鱼以温火煮至8分熟。
- ③热锅加入一勺色拉油，爆香蒜末、姜末，再加入辣椒酱同炒，加入一瓢水续放调味料(A)②~⑤，然后把鱼摆入温火烹烧，待熟捞出摆盘，以锅内余汁勾芡，放入醋、撒上葱花即可。

●特色：此菜色泽红亮、质地细嫩、味咸酸辣甜。

Stewed Carp with Hot Bean Sauce

Ingredients

- ①1 carp (600g.). ②20g. bruised garlic. ③20g. bruised ginger. ④20g. chopped scallion.

Seasoning

- (A)①2 tbsp. chilli sauce. ②1 tbsp. sweet fermented rice. ③1 tbsp. sugar. ④ $\frac{1}{2}$ tbsp. monosodium glutamate. ⑤1 tbsp. cooking wine. ⑥ $\frac{1}{2}$ tbsp. vinegar. ⑦starch.

- (B)①1 tbsp. salt. ②1 tbsp. rice wine.

Methods

- ①Clean the carp and cut 7~8 line on both sides lightly.
- ②Boil a pot of water, add seasoning(B) in, pour the carp in till 80% done.
- ③Preheat the pan and fry bruised garlic, with bruised ginger briefly, then add chilli sauce, pour a scoop of water in, add seasoning(A)②~⑤, put the carp in and cook by medium heat till well done. Take the carp out, thicken the other ingredients in the pan, add vinegar, sprinkle chopped scallion on it, done.

●Character Lightening, tender with mixed taste.



青红椒牛肉丝

【材料】

①炒牛肉 200 克。②青椒 80 克。③红辣椒 10 克。④鸡蛋 1 个。

【调味料】

(A) ①酱油 1 匙 ②淀粉 1 匙 ③清油 1 匙

(B) ①酱油 1 匙 ②味精 $\frac{1}{2}$ 匙 ③料酒 1 匙 ④香油 1 匙 ⑤淀粉 1 匙

【做法】

①牛肉切成 6 厘米长细丝，放入碗中，加入鸡蛋、调味料(A)。

②青椒、红椒去蒂籽洗净切丝。

③热锅，倒入清油烧至三分热，放肉丝滑散，再倒入漏勺沥油。

④原锅留油烧热加青红椒丝快炒，续放牛肉丝，加调味料(B)①~⑤翻炒起锅即可。

●特色：此菜鲜嫩辣香、咸中回甜。

Shredded Beef with Pepper

Ingredients

①200g. fried beef. ②80g. green pepper. ③10g. pimento. ④1 egg.

Seasoning

(A) ①1 tbsp. soy sauce. ②1 tbsp. starch. ③1 tbsp. olive oil.

(B) ①1 tbsp. soy sauce. ② $\frac{1}{2}$ tsp. monosodium glutamate. ③1 tbsp. cooking wine. ④1 tbsp. spice oil. ⑤1 tbsp. starch.

Methods

① Shred the beef into 6 cm long, mix with egg and seasoning(A).

② Clean and shred green pepper with pimento.

③ Preheat the oil into 30% done, pour the shredded beef in, then drain up.

④ Fry green pepper and pimento briefly, again put the shredded beef in with seasoning(B)①~⑤, fry for a while, done.

● Character Tender, hot and redolent.

