

● 创造高品味吃的文化食的艺术 ●

小宝贝食谱

HEARTY MEALS FOR KIDS

经典食谱

88 道 适 合 婴 幼 儿 的 营 养 餐 点

◆ 16K全彩精印，附详细中英文作法解说、重点提示及食用年龄，是0至3岁幼童健康饮食最佳指南。 ◆

◎ 创造高品味吃的文化食的艺术 ◎

小宝贝食谱

HEARTY MEALS FOR KIDS

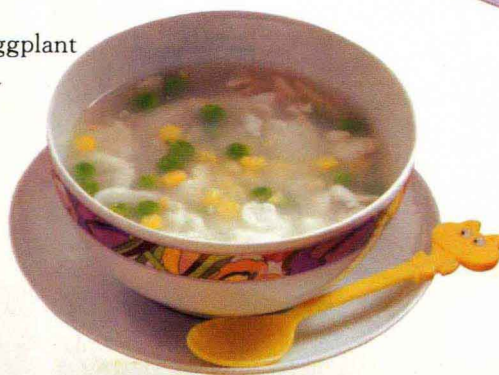
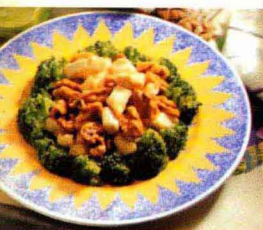
经典食谱



目录 Contents

菜肴·汤类 Main Course & Soup

- 6 豆仁鱼片羹 Fish Soup
- 6 自制鱼松 Dried Shredded Fish
- 8 薏仁排骨汤 Ribs with Pearl Barley
- 8 肝糕鸡汤 Steamed Pork Liver
- 10 玉米丸子 Corn Balls
- 12 干贝苋菜 Scallops with Amaranth
- 12 蒸肉饼 Steamed Ground Pork
- 14 清蒸鳕鱼 Steamed Cod
- 14 银鱼白菜 Stir-Fried Cabbage and Silverfish
- 16 奶汁薯饼 Potato Milk Fritters
- 18 鲑鱼海苔卷 Salmon Rolls
- 18 干煎鲑鱼 Fried Salmon
- 20 蛋豆腐烩虾 Shrimp-Topped Tofu
- 20 芋头肉末 Taro with Ground Pork
- 22 水晶虾冻 Crystal Shrimp Jelly
- 22 蟹肉扒豆腐 Crab with Tofu
- 24 酿番茄 Stuffed Tomatoes
- 26 鲜肉瓜环 Stuffed Cucumber
- 26 番茄牛肉汤 Beef and Tomato Soup
- 28 鲜菇鸡腿 Chicken Leg with Shiitake Mushrooms
- 28 软煎鱼排 Fish Steak
- 30 奶油蘑菇汤 Sauteed Mushroom Soup
- 30 味噌汤 Miso Soup
- 32 肉酱茄子 Pork with Eggplant
- 34 咖喱牛肉片 Beef Curry



- 34. 肉末豆腐枣 Pork - Tofu Ball Soup
- 36. 烤洋芋泥 Baked Mashed Potato
- 38. 番茄玉米汤 Tomato Corn Soup
- 38. 海苔松子 Roasted Seaweed with Pine Nuts
- 40. 玉米虾仁 Corn with Shrimp
- 42. 炒豆干 Stir - Fried Pressed Tofu
- 42. 香煎肉鱼 Fried Fish
- 44. 罗宋汤 Chinese - Style Beef Vegetable Soup
- 44. 干贝冬瓜泥 Scallops with Winter Melon
- 46. 冬瓜酿肉 Stuffed Winter Melon
- 46. 茄汁鸡排 Chicken Filets with Sauce
- 48. 核桃鸡丁 Chicken with Walnuts
- 50. 粟米烩鱼条 Deep - Fried Fish Strips
- 50. 菠菜小鱼羹 Spinach - Cooked Fish Soup
- 52. 脆皮鲜鱿 Crisp Squid
- 52. 鲜奶南瓜汤 Pumpkin Milk Soup
- 54. 盐酥鲜菇 Deep - Fried Mushrooms
- 56. 黄豆排骨汤 Rib and Soybean Soup
- 56. 五彩肉丁 Colorful Pork
- 58. 芋泥肉卷 Taro and Pork Rolls
- 58. 酥炸肉排 Breaded Fried Pork
- 60. 烤鸡翅 Roast Chicken Wings



- 62 三色烩面 Tricolor Noodles
- 62 鲜奶麦糊 Milk - Cooked Oatmeal
- 60 菠菜肉末粥 Spinach and Pork Porridge
- 66 小鱼面线 Silverfish with Vermicelli
- 66 海苔饭卷 Sushi Rolls
- 68 珊瑚条儿面 Homemade Carrot Noodles
- 68 翡翠面片 Spinach Noodles
- 70 什锦细面 Many - Treasure Noodles
- 70 鸡汤面疙瘩 Flour Pearl Dumplings
- 72 南瓜饭 Pumpkin Rice
- 72 红豆饭 Red bean Rice
- 74 鲔鱼土司 Tuna Fish Sandwich
- 74 蘑菇肉酱面 Mushroom and Pork Noodles
- 76 凤梨炒饭 Pineapple - Fried Rice
- 76 翡翠炒饭 Cabbage - Fried Rice
- 78 鲜虾馄饨 Shrimp Wonton Soup
- 78 三鲜元宝 Seafood Dumplings





- 80 鲜奶蒸蛋 Steamed Egg with Milk
- 80 鸡汤蒸蛋 Steamed Egg with Chicken Broth
- 82 芝麻糊 Black Sesame Seed Paste
- 82 花生奶露 Peanut Milk
- 84 番薯凉糕 Yan Custard
- 86 鲜奶冻 Fruit Pudding
- 88 水果麦片糊 Oatmeal Paste with Fruit
- 88 鲜奶米花糖 Rice Cake in Milk
- 90 核桃酪 Walnut Soup
- 90 八宝粥 Eight Treasure Congee
- 92 杯子小蛋糕 Cup Cakes
- 94 酥皮鲜奶冻 Deep - Fried Milk Custard
- 96 香蕉松饼 Banana Pancakes
- 96 豆浆冻 Soybean Milk Custard
- 98 酒酿鲜果露 Fruit - Topped Custard
- 98 小饼干 Small Cookies
- 100 小碗果 Steam Rice Cakes
- 102 咸蛋糕 Pork and Egg Layer Cake
- 104 鸡茸玉米汤 Chicken and Corn Soup
- 104 炸薯球 Deep - Fried Potato Balls
- 106 南瓜煎饼 Pumpkin pancake
- 106 玉米煎饼 Corn pancake
- 108 奶油煎土司 French Toast
- 110 鲜果巧克力 Chocolate Fruit Balls



材料/

白色鱼肉 4 两、青豆仁 2 大匙、玉米粒 2 大匙

①料：蛋白 1 大匙、盐 ¼ 茶匙、太白粉 1 茶匙

②料：高汤 2 杯、盐 ½ 茶匙、太白粉水 2 大匙

INGREDIENTS/

5oz. white fish meat, 2T. green peas, 2T. corn

①1T. egg white, ¼t. salt, 1t. corn-starch

②2C. broth, ½t. salt, 2T. corn-starch solution

建议/

一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and half years of age.

材料/

加纳鱼、马加鱼或沙梭鱼 2 斤、葱 2 支、姜 2 片

①料：油 1 杯、盐 1 茶匙

INGREDIENTS/

2½lb. porgy, or sand smelt, 2 scallions, 2 slices ginger

①1C. cooking oil, 1t. salt

建议/

半岁以上小宝贝即可食用。

SUGGESTED AGE/

For infants six months of age or older.

豆仁鱼片羹

FISH SOUP

作法/

①鱼肉洗净，切小片，拌入①料腌 10 分钟。

②将②料烧开，先放入青豆仁和玉米粒煮滚，再放入鱼肉同煮。

③见鱼片已熟即熄火盛出食用。

METHOD/

①Rinse fish, slice, marinate in seasoning ① for 10 minutes.

②Bring seasoning ② to a boil, add peas and corn and cook until boiling, add fish.

③Cook until the fish is done, remove from heat. Ready to serve.

重点提示/MOTES

①任何骨大刺少能剔出鱼肉的鱼都可以做这道汤，如海石斑、鳕鱼、加纳鱼、鲷鱼片等。

②用冷冻青豆仁和罐头玉米粒较方便。若用生豆仁要先煮熟后冲冷再用，才可保持翠绿。

①Any fish with relatively few bones, such as grouper, cod, or sea bream may be used in this dish.

②Frozen peas and canned corn are more convenient. Fresh peas must be cooked and then soaked in cold water to keep them green.

自制鱼松

DRIED SHREDDED FISH

作法/

①鱼洗净，加葱、姜及少许酒入锅蒸熟（约 20 分钟）。

②取出后将鱼肉剔下，并小心挑净鱼刺、鱼皮等杂质，把鱼肉弄碎。

③将油 1 杯烧熟，先取出一半，再放入鱼肉大火炒至水分消失，呈干松状，再慢慢将剩下的油分次加入炒酥，并加盐调味。

④见鱼肉已香酥干松时，即可熄火盛出。

METHOD/

①Rinse fish, add scallion, ginger and dash of wine, steam for 20 minutes until cooked.

②Remove the flesh from the fish. Be careful to keep the meat free of impurities, scales and bones. Mince the meat as finely as possible.

③Heat 1C. cooking oil, then remove 1/2C. oil, set aside. Add fish and stir-fry over high heat until the water evaporates and the fish is dry and puffy. Add the rest of the oil slowly, just a little at a time and stir-fry until the fish is crisp and dry. Add salt, mix well.

④Remove from heat when the fish is crisp, dry and puffy. Serve.

重点提示/MOTES

①油烧熟再放鱼肉比较快炒松，但鱼肉已变色时就要改小火慢慢炒。

②鱼肉不要结块入锅才炒得松。

③加纳鱼和马加鱼的刺较少，但鱼肉较硬；沙梭鱼的肉较嫩，但刺多，要小心挑干净，愈大的沙梭鱼愈好。

①The oil should be already hot when the fish is placed in it. After the fish changes color, reduce heat to low.

②The flesh of the fish should be crushed and minced into extremely fine fibers. That way it will dry properly in the wok.

③Porgy has tough flesh but few bones. Sand smelt has softer flesh, but many fine bones, so select as large a fish as possible.



材料/

排骨½斤、薏仁3两、姜2片

①料:盐½茶匙

INGREDIENTS/

2/3lb. ribs, 4oz. pearl barley, 2 slices ginger

① 1/2t. salt

建议/

一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and a half years.

薏仁排骨汤

RIBS WITH PEARL BARLEY

作法/

①排骨先汆烫除血水,然后冲净,加开水10杯小火烧煮。

②薏仁洗净,用清水浸泡1小时,放入排骨中同烧。

③约1小时,两者皆已熟烂时加盐调味即可食用。

METHOD/

①Blanch ribs, rinse, cook in 10C. boiling water.

②Rinse pearl barley, soak in water for 1 hour, then cook together with the ribs.

③Cook for 1 hour until both ribs and pearl barley are very soft, add salt, remove from heat. Serve.

重点提示/MOTES

①任何部位的排骨都适合作这道汤,只是肉层多寡而已,肉多的排骨炖烂后可一同食用,而骨多肉少者可炖出汤汁让小宝贝吸收钙质。

②薏仁有开脾、健胃、整肠的食疗效益,很合小宝贝食用。

①Any portion of the ribs will do in this recipe, meatier ribs will give the child something to chew on, while less meaty can be used to make soup. This recipe is rich in calcium.

②Pearl barley is beneficial for the spleen and stomach and is suitable for small children.

肝糕鸡汤

STEAMED PORK LIVER

材料/

猪肝4两、鸡汤2杯

①料:盐¼茶匙、酒½茶匙

INGREDIENTS/

5oz. pork liver, 2C. chicken broth

① 1/4t. salt, 1/2t. cooking wine

建议/

八个月以上小宝贝即可食用。

SUGGESTED AGE/

For infants over eight months of age.

作法/

①猪肝洗净,略微切小,放入果汁机内,加鸡汤一同打碎。

②倒出后用滤网滤除杂质,加入①料放入小碗内,用电锅蒸10分钟,见其凝结即可食用。

METHOD/

①Rinse liver, cut into small pieces, blend with chicken broth in a blender.

②Use a strainer to remove any impurities, add seasonings, remove to a steaming bowl, steam for 10 minutes until it becomes solid. Serve.

重点提示/MOTES

①猪肝有丰富的铁质,对小宝贝健康及营养吸收有助益,要多吃。

②色泽均匀、粉嫩的健康猪肝在选购时要注意。猪肝先片开再用刀刮,可将中间的筋刮除,帮助小宝贝消化吸收。

③用果汁机打比较方便快捷,但要记得将杂质滤除,可用较粗的纱网滤,如果太浓的话可加少许清水。

④鸡汤要用冷鸡汤,以免熟度将肝泥烫熟,最好将油脂捞除。没有鸡汤用清水代替。

⑤肝泥蒸好会自动凝结成团,但仍十分鲜嫩,不必加太白粉。

①Pork liver is rich in nutrition and is good for the health and digestion. It should be eaten regularly.

②Use a tender, even-colored liver. Before cooking remove any tendons from the liver. This will make it easier to digest.

③Blenders are faster and more convenient, but be sure to remove any impurities. If the mixture is too thick, thin with a little water.

④Use cold chicken broth when blending, hot broth will cook the liver. Skim the fat off the broth before using. If no broth is available, water may be used.

⑤The liver-chicken broth mixture will thicken on its own. There is no need to add cornstarch.



玉米丸子

CORN BALLS

材料/

绞肉 6 两、罐头玉米粒 1 杯

①料: 蛋 1 个、盐 1/2 茶匙、太白粉 1 茶匙

INGREDIENTS/

1/2lb. ground pork, 1C. canned corn

① 1 egg, 1/2t. salt, 1t. cornstarch

作法/

①绞肉再剁细, 拌入①料调匀, 顺方向搅拌。

②将绞肉分成小粒丸子, 每粒裹上一层玉米粒, 放入盘内, 入锅以中火蒸 8 分钟即可食用。

METHOD/

①Chop pork, stir in ①, mix well by constantly stirring in one direction.

②Divide pork into several portions and form into round balls, coat with corn, place on a steaming plate, steam over a medium flame for 8 minutes. Remove and serve.

重点提示/MOTES

①玉米粒有天然甜味, 质地甜嫩, 很适合小宝贝食用。除了罐头玉米粒, 也可以用冷冻玉米粒。

②若用新鲜玉米粒, 要先将玉米粒煮熟再用, 否则生玉米粒短时间蒸不熟; 煮时水里加点盐, 玉米粒比较甜。

①Corn is naturally sweet and suits children well. Frozen corn may be used.

②If fresh corn is used, it must be cooked prior to using in this recipe because fresh corn cannot cook thoroughly in a short time. Add salt to the cooking water to bring out the sweetness of the fresh corn.

建议/

一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and a half years.





材料/

干贝 3 粒、苋菜 1/2 把 (约 4 两)

①料: 高汤 2 杯、盐 1/2 茶匙、太白粉水 2 大匙

INGREDIENTS/

3 scallops, 5oz. amaranth

①2C. broth, 1/2t. salt, 2T. cornstarch solution

建议/

一岁以上的小宝贝食用。

一岁以下则不放干贝, 改成蔬菜泥, 作法相同, 但水分较少。

SUGGESTED AGE/

This is better for children over one. For infants, omit scallops and do not add as much water.

干贝苋菜

SCALLOPS WITH AMARANTH

作法/

- ①干贝洗净, 先泡水半小时, 再连同浸泡的水一同入锅蒸半小时。
- ②苋菜洗净, 切除老梗少许, 放入开水中, 加少许盐一同烫软, 捞出后冲凉, 切碎。
- ③高汤烧开, 放入蒸熟撕碎的干贝同煮, 并加入其他①料煮至粘稠, 放入切碎的苋菜再煮滚即熄火, 盛出食用。

METHOD/

- ①Rinse scallops, soak in water for 1/2 hour, place in steamer together with the soaking water, steam for 1/2 hour.
- ②Rinse amaranth, discard the old stems, put into boiling water with a pinch of salt added, blanch until soft, remove and rinse under cold water, chop. Shred scallops with fingers.
- ③Bring broth to a boil, put in scallops, add cornstarch solution and salt to thicken the soup. After thickening, put in amaranth and bring the soup to a boil before removing from heat. Serve.

重点提示/MOTES

- ①干贝汤很鲜, 蒸好的汤汁可放入同煮, 不要倒掉。
- ②如果希望口感更软烂的话, 只要将干贝久泡一下, 蒸的时间也拉长即可达成。
- ③苋菜整棵烫熟再切, 可防止营养流失在水里; 烫过冲凉的色泽较翠绿。
- ④The water used to steam the scallops may be added to the soup.
- ⑤Steam longer if softer scallops are preferred.
- ⑥Blanch amaranth before chopping. This will prevent nutrients from leaching into the water. Rinse after blanching to keep the amaranth leaves green.

材料/

绞肉 4 两、咸蛋黄 1 个、皇帝豆 10 粒

①料: 酒 1/2 大匙、盐 1/4 茶匙、太白粉 1/2 茶匙

INGREDIENTS/

5oz. ground pork, 1 salted egg yolk, 10 broad (or other large) beans

①1/2T. cooking wine, 1/4t. salt, 1/2t. cornstarch

建议/

适合一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and a half years old.

蒸肉饼

STEAMED GROUND PORK

作法/

- ①绞肉再剁细, 拌入①料调匀, 放入蒸碗内抹平。
- ②咸蛋黄拍扁, 放在绞肉上, 另将皇帝豆先烫熟, 去除硬皮后, 排在四周, 一同入锅蒸 10 分钟, 取出即可食用。

METHOD/

- ①Chop pork, stir in all seasonings, mix well, remove to a steaming bowl and level evenly throughout the bowl.
- ②Flatten egg yolk, put it on top of the pork, blanch beans until well-done, discard the skin, arrange around the edge of bowl, place bowl in steamer, steam for 10 minutes, remove and serve.

重点提示/MOTES

- ①咸蛋白太咸, 不适合小宝贝食用, 最好去除。
- ②皇帝豆直接蒸不易熟, 先烫软, 并剥除外皮后, 比较适合小宝贝的咀嚼力。
- ③绞肉用梅花或较瘦的五花肉。
- ④The salted egg white is too salty for small children. Do not use it.
- ⑤The beans will not be cooked softly enough for small children to each unless blanched and deskinced prior to steaming.
- ⑥Use lean ground pork for this recipe.



材料/

鳕鱼 1 小片(约 4 两)、豆豉 ½ 大匙、葱 ½ 支

①料: 酒 ½ 大匙、酱油 ½ 大匙、盐 ¼ 茶匙、糖 1 茶匙

INGREDIENTS/

1 cod filet (about 5oz.), ½ T. fermented black beans, ½ scallion

① ½ T. cooking wine, ½ T. soy sauce, ¼ t. salt, 1 t. sugar

建议/

一岁以上小宝贝食用。

SUGGESTED AGE/

For children over one year of age.

清蒸鳕鱼

STEAMED COD

作法/

① 鳕鱼洗净, 放蒸盘内; 豆豉洗净, 用 2 大匙水略微泡软, 加入 ① 料调匀。葱洗净, 切碎。

② 调好的豆豉浇在鳕鱼上, 入锅蒸 10 分钟。

③ 取出后撒入葱花即可食用。

METHOD/

① Rinse cod, place in steaming plate. Rinse beans, soak in 2T. water; add ①, mix well. Rinse scallion, chop.

② Drizzle the bean mixture over the cod, place to steamer, steam for 10 minutes.

③ Garnish with chopped scallions before serving.

重点提示/MOTES

① 鳕鱼的刺少、肉嫩, 容易消化吸收, 且含有大量蛋白质。

② 鳕鱼皮的皮下脂肪厚, 有滋润鱼肉效果, 等食用时才剔除, 效果比较好。

③ 这道鱼可以放在电锅内与饭同蒸, 更方便快速。

① Cod has tiny bones and soft flesh and is easily digested. It is rich in protein.

② The skin of cod is fatty. Remove after cooking but before eating to prevent the fish from drying out during cooking.

③ It is convenient to steam this at the same time rice is steaming.

材料/

大白菜 5 片、鲳仔鱼 2 两、胡萝卜 ½ 条

①料: 盐 ½ 茶匙、高汤 1 杯

②料: 太白粉水 ½ 匙

INGREDIENTS/

5 leaves Napa cabbage, 3oz. silverfish, ½ carrot

① ½ t. salt, 1C. broth

② ½ t. cornstarch solution

建议/

一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and a half years.

银鱼白菜

STIR-FRIED CABBAGE AND SILVERFISH

作法/

① 大白菜洗净, 切小片, 用 2 大匙油炒软, 加 ① 料调味, 并烧开。胡萝卜去皮, 刨丝加入同烧。

② 待大白菜软烂时, 将洗净的鲳仔鱼加入同煮至鱼熟软, 淋入 ② 料勾芡后盛出即可食用。

METHOD/

① Rinse cabbage, cut into small pieces, add 2T. cooking oil to the wok, stir-fry cabbage until soft, add seasoning ① to taste; peel carrot, grate and add to the cabbage; rinse fish.

② When the cabbage is well-cooked, add fish, cook until fish are soft, add seasoning ② to thicken the dish, remove and serve.

重点提示/MOTES

① 鲳仔鱼有的很咸, 调味前要先试试再决定加盐的多寡。如果有新鲜鲳仔鱼, 用新鲜品更好。

② 小鱼可以完全吸收钙, 对小宝贝的骨骼发育有帮助。

① Because some kinds of silverfish are saltier than others, it is necessary to taste the dish before adding salt.

② Silverfish are rich in calcium and are good for the bones.



奶汁薯饼

POTATO MILK FRITTERS

材料/

马铃薯 2 个、面包粉 1 杯、蛋 1 个

①料：盐 1/2 茶匙、奶油 1 大匙

②料：奶油 1 大匙、沙拉油 1 大匙、面粉 2 大匙、奶水 1 杯、盐 1/4 茶匙

INGREDIENTS/

2 potatoes, 1C. bread crumbs, 1 egg

① 1/2t. salt, 1T. margarine

② 1T. margarine, 1T. cooking oil, 2T. flour, 1C. evaporated milk, 1/4t. salt

作法/

①马铃薯洗净，去皮，切片后蒸熟，趁热碾成泥，并拌入①料调味。

②蛋打散；将马铃薯泥分成小份，并按扁作成长条状，先沾一层蛋汁，再裹上面包粉，用热油炸酥捞出，放盘内。

③将②料的奶油和沙拉油放锅内，再放入麦粉炒香后，加入其他②料炒匀成奶糊，淋在薯饼上即可食用。

METHOD/

① Rinse potatoes, peel, slice, steam and mash, stir in seasoning ① to taste, mix well.

② Beat egg. Divide the mashed potatoes into several small portions, press flat and make into long strips, dip in egg, then coat with bread crumbs, deep-fry in hot oil until crisp, remove to plate.

③ Put margarine and cooking oil in a pan, add flour, stir-fry for a few seconds until the flavor is released, add milk and salt, stir into a thick sauce, drizzle over potato fritters. Serve.

重点提示/MOTES

①马铃薯沾上面包粉后，要按紧，以免入锅后脱落。

②由于马铃薯是全熟品，故不需久炸，但油温要高，以免吸入太多油质。

③也可以在薯泥中间包肉馅，但肉馅要先炒熟再包，否则炸不熟。

④ After coating the potato strip, press it a little to make sure the coating does not fall off.

⑤ The potatoes are already cooked before deep-frying, so there is no need to deep-fry it very long. Be sure the oil is very hot, or the potatoes will absorb too much oil.

⑥ Ground pork may be added to the potatoes, but it must be stir-fried beforehand as it will not cook in the short time the fritters are in the oil.

建议/

一岁半以上小宝贝食用。

SUGGESTED AGE/

For children over one and a half years.

