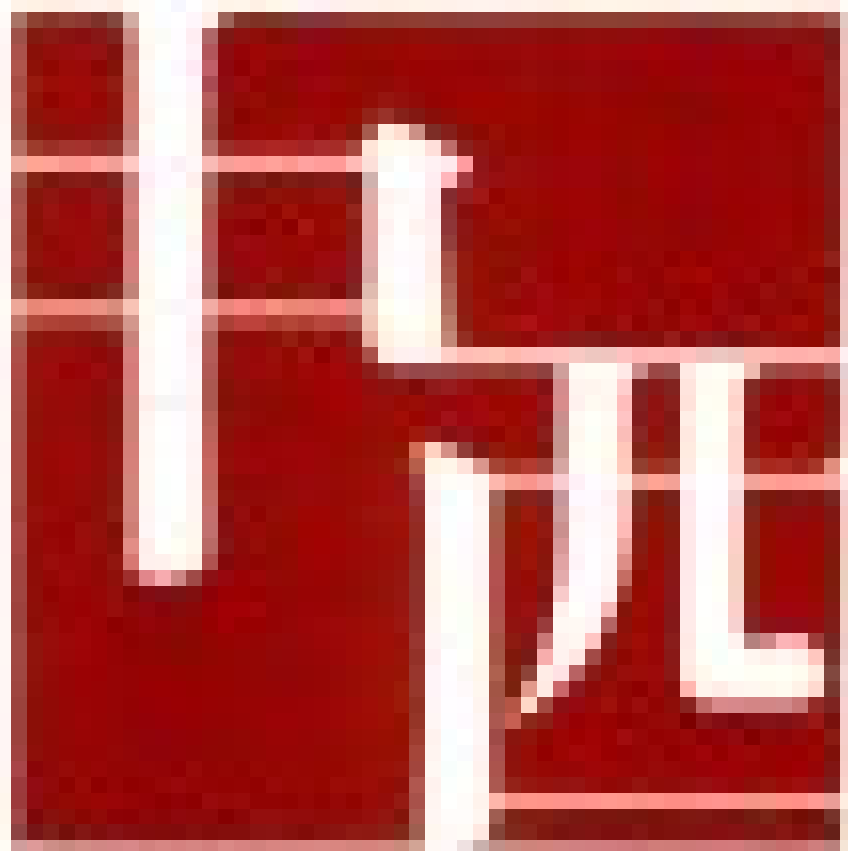


中西融合菜之苑

Traditional Chinese and Western Dishes Fusion Cuisine


赖声强 主编

 上海科技教育出版社



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图书在版编目(CIP)数据

中西融合菜之苑:英汉对照 / 赖声强主编. —上海:
上海科技教育出版社, 2012.1

ISBN 978-7-5428-5322-6

I. ①中… II. ①赖… III. ①菜谱—世界—汉、英
IV. ①TS972.12

中国版本图书馆CIP数据核字(2011)第236529号

责任编辑 王克平

装帧设计 杨 静

中西融合菜之苑

赖声强 主编

出版发行: 上海世纪出版股份有限公司

上海科技教育出版社

(上海市冠生园路393号 邮政编码200235)

网 址: www.ewen.cc

www.sste.com

经 销: 各地新华书店

印 刷: 上海中华印刷有限公司

开 本: 890×1240 1/16

印 张: 10.5

版 次: 2012年1月第1版

印 次: 2012年1月第1次印刷

书 号: ISBN 978-7-5428-5322-6/TS·29

定 价: 120.00元

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序



美国农业贸易处上海办公室在此向大家问好！我们很高兴与一批中国精英厨师合作，参与此次美国原材料精美食谱的编辑制作过程。

现在的中国消费者总是不断寻找能够带给他们不同的口味、质地和颜色感觉的新食材，而中国厨师也愿意不断探索新的烹饪方式，使用这些新的原料来撩拨顾客的味蕾。随着中国经济的快速发展和中国消费者的收入增加，越来越多的中国厨师开始使用美国产品，如美国阿拉斯加的海产品、美国天然猪肉、干果和坚果等，并且受到了消费者的青睐。本食谱的成功谱写借助了专业厨师的眼光和特别的洞察力，他们中的许多人拥有担任中国顶级酒店行政总厨或副总厨 20 年以上的经验。其中的多位厨师经我们办公室选拔，参加了在 2011 年 6 月在加利福尼亚州圣赫勒拿的美国烹饪学院（Culinary Institute of America）的厨师培训计划。美国烹饪学院是美国公认的最好和最负盛名的烹饪学院之一。这本书中的许多食谱展示了此次培训的成果，

很好地总结了厨师们在加利福尼亚州学习到的烹饪技术和烹饪概念，也体现了他们自身的技艺水准。本书提供了一个展示厨师专业知识，烹饪技能的平台，也证明了他们不断进取以满足消费者需求，并融合利用了一些来自美国的世界级高品质的原料的愿望。

希望大家能够享受这本书带来的丰富多彩的烹饪知识，并且分享这些天才大厨使用美国餐饮原料食材的宝贵经验！

您真诚的朋友，

石耐劳

农业领事

美国驻沪总领事馆农业贸易处

www.meiguomeishi.org

www.usdachina.org

| Preface

Hello from USDA's Agricultural Trade Office in Shanghai, China! We are pleased to join a group of elite Chinese Chefs in producing this collection of delicious recipes using many American ingredients.

Today's Chinese consumers are always on the look out for new ingredients which impart new flavors, textures and color to their diets, and Chinese chefs are often willing to explore new ways to use these new ingredients to titillate customers taste buds. With the fast development of China's economy and rising incomes of Chinese consumers, more and more U.S. ingredients such as Alaskan seafood, American natural pork, and dried fruits and nuts are being used and favored by both Chinese chefs and consumers.

This recipe book provides special insight through the eyes of professional chefs, many of them with more than 20 years experiences in the kitchen working as executive/sous chef at top hotels in China. Moreover, several of these chefs were selected by our office and participated in a chef training program in June 2011 at the Culinary Institute of America based in St. Helena, California. It is recognized as one of the best and most prestigious culinary

institutes in America. Many of the recipes contained in this book are a direct result of that training and attempt to cover some of the latest concepts and techniques learned in California, combined with their own experiences. It is a demonstration of their expertise, repertoire and desire to keep pace with customers demands and utilization of some of the world's highest quality ingredients from the United States.

I hope you enjoy reading this book and benefit from the experiences shared by these most gifted chefs in using American food and beverage ingredients!

Sincerely,



Director
Agricultural Trade Office
US Consulate Shanghai
www.meiguomeishi.org
www.usdachina.org

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and Western Dishes Fusion Cuisine

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香煎阿拉斯加带子佐南瓜酱和柚子醋冻
*Pan-fried Alaskan Scallop Served with Pumpkin Sauce
& Grapefruit Vinegar Peptone*



▼ 原料 Ingredients

阿拉斯加带子 Alaskan scallop
南瓜 pumpkin
新鲜茴香 fresh fennel
柚子醋 grapefruit vinegar
日本酱油 Japanese soy sauce
清酒 sake
味淋 mirin
啫喱片 jelly pieces

▼ 制作 Process

(1) 带子调味用黄油煎至金黄色。
Pan-fry the marinated scallop with butter.
(2) 新鲜茴香熬汁和蒸熟的南瓜拌在一起制作成南瓜酱。
Boil fresh fennel to make juice. Mix the juice with steamed pumpkin as pumpkin sauce.
(3) 柚子醋加日本酱油、清酒、味淋、啫喱片放入冰箱冷冻。
Add Japanese soy sauce, sake, mirin, jelly pieces into grapefruit vinegar, then put the vinegar in the fridge until peptone sets.
(4) 如图装饰。
Arrange the peptone on the plate and garnish as shown.

金枪鱼三重奏

Three Style of Tuna

原料 Ingredients

金枪鱼 tuna
鹌鹑蛋 quail eggs
黑白芝麻 black and white sesame
柠檬汁 lemon juice
橄榄油 olive oil
黄瓜 cucumber
南瓜酱 pumpkin sauce
牛油果 avocado
黑醋浓缩酱 balsamic reduction

制作 Process

(1) 金枪鱼切小粒,混合芝麻、柠檬汁、盐、胡椒、橄榄油调味。

Cut tuna fillet into cubes, seasoned with black and white sesame, lemon juice, salt, pepper and olive oil.

(2) 金枪鱼用橄榄油煎后,冷却切厚片。

Pan-fry tuna fillet with olive oil, then cut it to pieces.

(3) 用金枪鱼做刺身,搭配牛油果莎莎。

Make tuna sashimi, served with avocado.

(4) 如图装饰,最后点缀黑醋浓缩酱。

Arrange the fish on the plate as shown, garnished with balsamic reduction.

