

名家烹饪系列

# 方太教你煲靓汤



LOVELY SOUP RECIPES

香港万里机构  
海天出版社  
方任莎 著

菜谱中、英、菲文对照 All recipes are translated in Chinese, English and Tagalog

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# 前言——靓汤趣谈

**提**起鲜美的靓汤，有谁不爱？无论在普通的家常饭局内，还是在丰盛的宴席中，“宁可食无菜，不可饮无汤”，人们有汤至乐，无汤不欢。而汤中的慈母意、贤妻情，更是沁人心脾，令人难以忘怀。所以一位法国著名大厨将“汤”比喻为一束鲜花，说它“可令人心醉，是对生活的一种安慰，能消除因紧张带来的疲劳，因不愉快带来的忧虑”。

汤从哪儿来？追本溯源须去到170万年前。

那时，人类的老祖宗口干舌燥只会饮生水、果汁和兽血。随着火的发明使用，他们学会了“煮”食，但过程艰辛无比。首先，人们要在地上掘一个洞，铺上一张兽皮，把要煮的食物和水倒入皮内，让皮凹下成“锅”状；紧接着他们将四处搜集的树枝树叶堆在旁边，并大力钻木取火，燃烧枝叶烘烤石头，再将这些滚烫的热石投入兽皮“锅”内提升水温，待水滚沸又将食物煮熟。其中那些溢出的珍稀汁液，即是鲜美的“靓汤”了。人们欲想品尝，不是用手捧，就是用贝壳盛的。

之后，时代车轮向前滚动不知又是多少年，大约距今5000年前，由于陶器、铜器的发明，有了装载汤汤水水的器皿，可直接放在熊熊大火上加温烧煮，烹制汤品再不劳命伤神了。开初时只有肉类羹汤，因没有发明调味品，汤是淡的。人们当时只求饱腹充饥，根本汤菜不分。

一个偶然的机，人们发现把一条鱼一只羊放在一锅煮好后的汤特别好喝，于是有了“汤是鲜之源”的讲法。而鲜这个字，也被祖宗们创造了出来。而“汤”，古称为“羹”，作为文字登上书册，大约在2700年前；同时出现的还有烹制汤羹的食谱。看看这个“羹”字，不也是美上再加一只羔羊吗？人们对汤羹的喜爱和推崇，可见一斑，早已在史册上留下痕迹。

人们还察觉，有了鲜汤打底，蔬菜、豆类、瓜果任何东西都会变得美味可口。而烹制菜肴，不用鲜汤做基本原料，就是燕窝、鱼翅等名贵食物，也会变得淡而无味，独特的风味得不到发挥。“菜之味在汤”，翻阅古今中外菜谱，汤菜占了一半。美国一位美食家曾做过统计，说天下靓汤大概有1000多种味道。

现在有营养学家经研究认为，识饮识叹对身体有益的靓汤，最好在饭前饮“香汤”，饭后饮“清汤”，饭后饮“酸汤”。饭前的“香汤”，就是加有葱头、胡椒、香草等芳香物质的汤。这类汤，刺激味蕾，容易诱发食欲，所以值得提倡。饭间的“清汤”，可清除某些菜的异味，以便品尝另外的美食。而饭后饮“酸汤”，则可除油腻，助消化。

本书介绍的70个中外著名靓汤，全由香港烹饪名家方任利莎女士提供。详尽的文字描述，配合亮丽的彩图，跟方太学煲靓汤一点都不难，大家轻而易举都能做到，肯定会成功。

Who can resist a bowl of fresh and tasty soup? Be it served at home or at a banquet, soup always sits on top of the food list. The association of soup to the care and love of mothers and wives is especially impressive. A famous French chef likened soup to fresh flowers, because they both provide comfort and help dispel weariness and worries.

The origin of soup can be traced back to about one million and seven hundred thousand years ago.

At that time, our ancestors drank only unboiled water, fruit juice and animals' blood to quench thirsts. After the invention and use of fire, they learned to "cook" food, but that was a hard and long process. First, they had to dig a hole in the earth and spreaded a sheet of beast's skin on top. As the food and water to be cooked were poured onto the skin, the skin collapsed and a "pot" was formed. They then drilled wood to start a fire and burned the twigs and leaves they had gathered to heat stones. The heated stones would then be put into the "pot" to bring the water temperature up and the boiling water would cook the food. The cooking liquid that oozed from the "pot" was in fact the earliest soup back then. People had to take it in their hands or in a shell since there was no spoon.

About five thousand years ago, pottery and bronze were created. Not only could these materials be used to make vessels, but they could also be heated directly over high heat, and since then, the process of cooking has been simplified. The early soups were all made from meats and might taste bland as there was no salt for seasoning.

Our ancestors accidentally found that soup cooked with fish and mutton was very delicious, so they created the Chinese character "delicious" (鲜) with a "fish" (鱼) on the left and a "sheep" (羊) on the right. They also created another Chinese character "soup" (羹) with a "lame" (羔) in the upper part and with the same character in the lower part. From this, we can learn that soup was very popular in old times. About two thousand and seven hundred years ago, the Chinese character "soup" and recipes on soups can already be found in ancient books.

People in old times also realized that vegetables, pulses, melons and fruits, namely all food, cooked with broth would taste a lot better. Without pairing with broth, delicacies such as bird's nest and shark's fin would not taste good. Broth can simply bring out the unique flavor of these ingredients. According to statistical data done by an American gourmet, there are over one thousand delicious soups in the world.

Modern researches on nutrition tell us that it is better to have "spicy soup" before dinner, "light soup" at dinner and "sour soup" after dinner. "Spicy soup" is cooked with spices such as shallots, pepper, herbs and so on, which can stimulate our taste buds and whet our appetites. "Light soup" acts as a mouthwash, it helps rinse off any aftertaste, enabling you to taste the fine savour of other food. "Sour soup" can eliminate greasy feeling and help digestion. There is a saying in Chinese that "A sour soup after dinner makes you healthy in old age."

There are seventy delicious soup recipes in the book, all by the famous H.K. chef Lisa Yam. These recipes written in detailed description, come with lifelike color photographs and helpful hints. You will find it is very easy to make delicious soups, provided that you follow the recipes and instructions in this book.

# 目 录

前言~靓汤趣谈	Preface-a word on Delicious Soup	Sopas na Tokwa at kabute na may	6
<b>生滚汤</b>	<b>Boiled soup</b>		
日本面豉松茸豆腐汤	Bean Curd and Variegated Mushroom Soup with Japanese Preserved Black Bean	Binurong Japanese Black Beans	7
大豆芽肉片豆卜马铃薯汤	Soybean Sprout and Pork Soup with Potato and Bean Curd Puff	Sopas na Baboy at Togue na may Patatas at Pritong Tokwa	8
沪式梅干菜番茄肉片汤	Pork and Tomato Soup with Preserved Mustard Green	Sopas na Baboy at kamatis na may Binurong berdeng Mustasa	10
冬菜碎肉豆腐汤	Minced Pork and Bean Curd Soup with Salted Turnips	Sopas na Giniling na Baboy at Tokwa na may Inasnang Labanos	11
滑牛芥菜汤	Beef and Mustard Green Soup	Sopas na Baka at berdeng Mustasa	12
薄荷叶鸡肝汤	Chicken Liver and Peppermint Leave Soup	Sopas na mga atay ng manok at Mga Dahon ng Pepper mint	13
银丝鲮鱼球汤	Dace and Vermicelli Soup	Sopas na Dace at Sotanghon	14
大眼鸡番茄马铃薯汤	Triggerfish and Tomato Soup with Potato	Sopas na Trigger Fish at kamatis na may patatas	16
双色鲫鱼汤	Crucian Carp and Green Turnip Soup with Carrot	Sopas na karpa at Berdeng Singkamas na may karrot	17
生鱼酸汤	Spicy Snakehead Soup	Maanghang na Sopas ng Dalag	18
咸菜九肚鱼汤	Bombay Duck and Salted Mustard Green Soup	Sopas na Patong Bombay at Inasnang Berdeng Mustasa	19
沙魮仔滚津白	Small Filefish and Tientsin Cabbage Soup	Sopas na Repolyong Tientsun at maliliit na Isda	20
菠菜银鱼汤	Silverfish and Spinach Soup	Sopas na Isdang kulay Pilak at Spinach	22
香茛皮蛋鲫鱼片汤	Pomfret and Preserved Egg Soup with Chinese Parsley	Sopas na Pomfret at mga Binurong Itlog na may Chinese Parsley	23
鱼骨白菜豆腐汤	Fish Bone and Chinese Cabbage Soup with Bean Curd	Sopas na karpa at Repolyo na may Tokwa	24
紫菜鳗鱼蛋花汤	Eel and Seaweed Soup with Egg Flower	Sopas na Isdang Palos at Halamang Dagat na may Hugis Bulaklak na Itlog	26
纯菜虾丸汤	Shrimp Ball and Watershield Soup	Sopas na Bola-Bolang Hipon at water shield	27
酸辣虾汤	Sour and Spicy Prawn Soup	Sopas na Maasim at maanghang na Hipon	28
<b>老火汤</b>	<b>Simmered soup</b>		
肉骨茶汤	Spicy Sparerib Soup	Sopas na Maanghang na Tadyang	30
蜜瓜瘦肉瑶柱汤	Lean Pork and Conpoy Soup with Honeydew	Sopas na Laman ng Baboy at Conpoys na may Honey Dew	31
粉肠猪肚胡椒汤	Pig Stomach and Pig's Small Intestines Soup with Peppercorns	Sopas na Bituka at Laman-Loob ng Baboy na may Pepper Corns	32
瑶柱笋尖猪心汤	Pig Heart and Conpoy Soup with Bamboo Shoot	Sopas na Puso ng Baboy at conpoys na may Labong	34
腰果菜干煲猪尾汤	Pig Tail and Cashew Nut Soup with Dried Cabbage	Sopas na Buntot ng Baboy at Buto ng Kasoy na may Pinatuyong Repolyo	35
猪横膈马蹄胡萝卜枝竹汤	Pig Pancreas and Water Chestnut Soup with Carrot	Sopas na Water Chestnut at lapay ng Baboy na may karrot	36
粉葛赤小豆汤	Arrow Root and Aduki Bean Soup	Sopas na arrow root at Buto ng aduki	38
香芹牛腩汤	Beef Brisket and Chinese Celery Soup	Sopas na Brisket ng Baka at Chinese na kintsay	39
羊肉茅根马蹄汤	Mutton and Water Chestnut Soup with India Perotis	Sopas na Karne ng Tupa at water chestnuts na may India perotis	40
青木瓜排骨鸡脚汤	Sparerib and Chicken Feet Soup with Papaya	Sopas na Tadyang at Paa na may Papaya	42
榴莲乌鸡汤	Silky Chicken and Durian Pulp Soup	Sopas na manok at Laman ng Durian	43
鸳鸯肾合掌瓜汤	Duck Kidney and Chayote Soup	Sopas na Sayote at Bato ng Pato	44
清补凉鹧鸪汤	Quail and Chinese Herb Soup	Sopas na Pugo at Chinese Herb	45
鲜人参煲田鸡汤	Frog and Ginseng Soup	Sopas na Palaka at Ginseng	46
田鸡海底椰汤	Frog and Double Coconut Pulp Soup	Sopas na Palaka at Laman ng Niyog	47
柴鱼花生节瓜汤	Stock Fish and Marrow Soup with Peanuts	Sopas na marrows at Stock Fish na may mani	48
元肉杞子山斑鱼汤	Freshwater Snakehead and Chinese Herb Soup	Sopas na Sariwang Dalag at Chinese Herb	50
雪耳鲜鲍猪蹄汤	Abalone and Pork Shin Soup with Fungus	Sopas na Lulod ng Baboy at Abalone na may Halamang -Singaw	51
<b>炖汤</b>	<b>Stewed soup</b>		
椰盅炖菇耳	Stewed Chinese Dried Mushroom and Yellow Fungus with Coconut	Nilagang mga Pinatuyong kabute at Dilaw na Halamang-Singaw na may Niyog	53

# 目 录

合掌瓜炖猪蹄	Stewed Pork Shin with Chayote	Nilagang Lulod ng Baboy na may Sayote	54
杏仁炖猪肺	Stewed Pig Lung with Apricot Kernels	Nilagang Baga ng Baboy at Apricot Kernels	55
淡菜炖猪腰	Stewed Pig Kidney with Mussel	Nilagang Bato ng Baboy at Paros	56
杞子炖骨髓	Stewed Beef Marrow with Fruit-of Chinese Wolfberry	Nilagang Utak sa Buto na may Prutas ng Chinese Wolfberry	58
清炖榨菜牛蹄	Stewed Beef Shank	Nilagang Binti ng Baka	59
洋葱胡萝卜炖牛尾	Stewed Oxtail and Onion with Carrot	Nilagang Oxtail at Sibuyas na may karrot	60
鲜人参糯米炖鸡	Stewed Chicken and Ginseng with Glutinous Rice	Nilagang Manok at Ginseng na may Malagkit	62
花胶螺头炖乌鸡	Stewed Silky Chicken and Fish Maw with Meat of Conch Head	Nilagang manok at Labot ng Isda na may Laman ng Conch head	63
川贝炖鹧鸪	Stewed Quail with Fritillary Bulb	Nilagang Mga Pugo na may Fritillary bulb	64
柠檬炖鸭	Stewed Duck with Lemon	Nilagang Pato na may Limon	65
瑶柱瓜脯炖田鸡	Stewed Frogs and Conpoy with Chayote	Nilagang Palaka at Conpoys na may Sayote	66
红枣鲜奶炖生鱼	Stewed Snakehead and Red Dates with Milk	Nilagang Dalag at Pulang Dates na may Gatas	68
万寿果炖生鱼	Stewed Snakehead with Papaya	Nilagang Dalag at Papaya	69
钵酒炖生鱼	Stewed Snakehead with Port Wine	Nilagang Dalag na may alak	70
北菇炖花胶	Stewed Fish Maw with Chinese Dried Mushrooms	Nilagang labot ng Isda na may Chinese na Pinatuyong kabute	71
山瑞裙炖鱼肚	Stewed Turtle Apron with Fish Maw	Nilagang Pagong at Labot ng Isda	72
清炖海参	Stewed Sea Cucumber	Nilagang Sea Cucumber	74
菜胆炖翅	Stewed Shark's Fin with Sow Cabbage Hearts	Nilagang Palikpik ng Pating na may Sow Cabbage hearts	75
迷你冬瓜盅	Stewed Mini Winter Melon	Nilagang Maliliit na Tangkoy	76
<b>汤羹</b>	<b>Potage</b>		
金菇粟米羹	Creamy Corn and Enoki Mushroom Potage	Lugaw na Mais at Kabuting Enoki	79
雪菜豆腐素羹	Bean Curd and Pickled Cabbage Potage	Lugaw na Tokwa at Atsarang Repolyo	80
菊花假蛇羹	Eel and Chrysanthemum Potage	Lugaw na Isdang Palos at ChrySanThenum	82
上汤苋菜羹	Chinese Spinach Potage	Lugaw na Chinese Spinach	84
燕窝鸡茸羹	Bird's Nest and Chicken Potage	Lugaw na Bird's Nest at manok	85
雪蛤鹧鸪羹	Quail and Snow Frog Cream Potage	Lugaw na Pugo at snow Frog na Crema	86
雪菜黄鱼羹	Yellow Croaker and Pickled Cabbage Potage	Isdang Dilaw at atsarang Repolyo na Lugaw	87
菊花鲈鱼羹	Sea Perch and Chrysanthemum Potage	Lugaw na Sea Perch at chrysanthemum	88
番茄鳕鱼羹	Cod and Tomato Potage	Lugaw na Cod at kamatis	89
芙蓉紫菜虾仁羹	Prawn and Seaweed Potage with Egg Flower	Sinabawang sugpo at Halamang-Dagat na may Itlog	90
蟹肉冬茸羹	Crab and Winter Melon Potage	Alimango at Tangkoy na may sabaw	92
三鲜瑶柱羹	Pork, Chinese Mushroom, Conpoy, Bamboo Shoot and Potage	May sabaw na karneng baboy , kabute ,conpoys at labong	93
带子海鲜羹	Scallop and Seafood Potage	Scallops at Pagkaing -Dagat na may Sabaw	94
鸿图鱼翅羹	Shark's Fin and Green Crab Potage	Palikpik ng Pating at Berdeng Alimango na may Sabaw	96

生

滾

湯

## *Boiled soup*

在汤的种类中，烹制生滚汤应是最快速的，较受繁忙的都市人欢迎。

传统的做法是用清水做汤底；而现代做法，有用罐头清汤的。汤的味道取自煮汤的材料，蔬菜水果海鲜肉类及内脏皆不限。

生滚汤，只要求用中到大火，在很短时间内做到汤滚物熟即成；因此，应选易熟的材料用来煲汤。体形粗大的，最好切片切丝甚至剁碎，才放入生滚。可随家人喜好加入清水煲煮，水量没什么规定。

因煲煮的时间不长，所以这种汤颜色清亮，汤味鲜醇，汤料入口嫩滑。

Of all the soups, boiled soup takes the least time to cook and because of this, it is popular in modern society.

In traditional cooking, water is used as the soup base. Nowadays, canned stock is also used for this purpose. The choice of internal organs of animals can be used to make soup.

Since boiled soup is cooked over medium to high heat and will be ready in to time, it is best to use ingredients that are easy to cook. Slice, shred or chop the ingredients into smaller pieces before them in the soup. As for the amount of water, you can adjust it to your own taste.

Boiled soup does not take much time to cook; therefore, its color remains clean and bright, its fresh and mellow and its ingredients are soft and tender.





材料：嫩豆腐1件，松茸(本菇)1盒，日本面豉2汤匙，木鱼粉约2汤匙，葱花1汤匙，清水约3杯。

做法：

- ① 松茸去蒂，洗净，沥干水分，留用。
- ② 豆腐略冲净，切成方丁薄片，待用。
- ③ 烧滚清水后，放入日本面豉和木鱼粉滚6~7分钟，加入豆腐和松茸同煮至滚起，以适量盐调味，撒上葱花，趁热盛出食用。

注：木鱼粉(Shinshuich Miso Cup)即所谓“日本调味粉”是也，可去售卖日本食品的超级市场买。本菇即是日本占地菇，学名为“松茸”。

**Ingredients:**

1 piece soft bean curd  
1 box variegated mushrooms  
2 tbsp. Japanese preserved black beans  
2 tbsp. Shinshuich Miso Cup (optional)  
1 tbsp. chopped spring onion  
about 3 cups water

**Method:**

- ① Remove the stems of variegated mushrooms, wash and drain well. Set aside.
- ② Rinse the bean curd slightly, cut into cubes and set aside.
- ③ Bring the water to the boil. Put the Japanese preserved black beans and Shinshuich Miso Cup in to cook for 6-7 minutes. Add the bean curd and variegated mushrooms and cook until they boil. Season with salt and sprinkle the chopped spring onion on top. Scoop out and serve hot.

**Hint:**

Shinshuich Miso Cup is the so-called "Japanese seasoning". It is available in Japanese supermarkets.

**Mga Sangkap:**

1 Pirasong Malambot na tokwa , 1 paketeng iba't-ibang kabute, 2 kutsara binurong Japanese black beans, 2 kutsana shinshuich miso cup (kung kailangan), 1 kutsara tinadtad na dahon ng sibuyas, 3 tasang tubig

**Paraan ng Pagluluto:**

- ① Alisin ang tangkay ng mga kabute. Hugasan at patuyuin Itabi.
- ② Huigasan ang tokwa , hiwa-hiwain at itabi.
- ③ Pakuluin ang tubig. Ilagay ang Japanese na binurong black beans at shinshuich miso cup. Lutuin ng 6-7 minutos. Ilahok ang tokwa ang mga kabute. Pakuluin Timplahan ng asin at budburan ng tinadtad na dahon ng sibuyas. Hanguin at ihain na mainit.

**Paala-ala:**

Ang shinshuich miso cup ang tinatawag din na "Panimplang Japanese". Ito ay mabibili sa mga Japanese na tindahan.

Binurong Japanese Black Beans

Bean Curd And Variegated Mushroom Soup With Japanese Pre served Black Bean

# 日本面豉松茸豆腐汤





# 大豆芽肉片豆卜马铃薯汤

Soybean Sprout And Pork Soup With Potato And Bean Curd Puff

Sopas na Baboy at Togue na may Patatas at Pritong Tokwa

**材料：**大豆芽菜250~300克，枚头肉(里脊肉) 150克，马铃薯2个，豆腐卜(油豆腐) 100克，姜2片，绍兴酒或米酒½汤匙。

**腌料：**生抽(酱油) ½茶匙，糖¼茶匙，水1茶匙，生粉½茶匙，麻油、胡椒粉各少许。

**调味料：**盐、胡椒粉各少许。

**做法：**

- ① 大豆芽菜去根，洗净，沥干；豆腐先用热水冲净，挤干水分，剖开小口留用。
- ② 枚头肉洗净，抹干，切薄片，放入腌料腌匀；马铃薯去皮，洗净，切成滚刀块待用。
- ③ 烧热油约1汤匙，爆香姜片，放入大豆芽菜爆炒透，喷酒，并注入适量清水煮滚，放入马铃薯滚片刻至熟及汤浓，备用。
- ④ 将豆腐和肉片放入汤料内滚5分钟，加调味料，趁热上桌食用。

**注：**此汤材料多，如将肉片换成汤骨(或排骨) 300~400克并用大煲熬煮1小时，味道会更鲜美，适宜大家庭。

**Ingredients:**

250-300g. soybean sprouts

150g. pork loin

2 potatoes

2 100 bean curd puff

2 slices ginger

½ tbsp. Shao Hsing wine (or rice wine)

**Marinade:**

½ tsp. each of light soya sauce and cornflour

¼ tsp. sugar

1 tsp. water

dash of sesame oil and pepper

**Seasoning:**

dash of salt and pepper

**Method:**

- ① Remove the roots of the soybean sprouts, wash and drain well. Rinse the bean curd puff with hot water, drain well and cut a little opening on it, set aside.
- ② Wash the pork loin, pat dry and cut into thin slices, mix it with the marinade. Peel and wash the potatoes, roll-cut them into pieces and set aside.
- ③ Heat about 1 tbsp. of oil and saute the ginger slices. Put the soybean sprouts in and stir-fry thoroughly, splash in the wine, pour in 6-8 cups of water and bring to the boil. Put the potatoes in to cook until they are soft and the soup thickens. Set aside.
- ④ Put the bean curd puff and pork slices in the soup and cook for about 5 minutes. Add the seasoning and serve hot.

**Hint:**

Using 320-400g. pig's bones (or spareribs) instead of pork slices and cooking them in a large pot for 1 hour can enhance the flavor of the soup. It is ideal for a big family.

**Mga Sangkap:**

250-300 gramo togue, 150gramo lomo ng baboy, 2 patatas, 2 pirasong pritong tokwa, 2 hiwang luya, ½ kutsara alak

**Pangbabad :**

½ kutsarita toyo at arina, ¼ kutsarita asukal, 1 kutsarita tubig, kaunting sesame oil at paminta

**Panimpla:**

kaunting asin at paminta

**Paraan ng Pagluluto:**

- ① Linisin at himayin ang togue. Hugasan at patuyuin. Hugasan ang pritong tokwa sa mainit na tubig, patuyuin at lagyan ng kaunting hiwa. Itabi.
- ② Hugasan ang laman ng baboy, hiwain ng manipis pagkatapos ilagay sa pangbabad. Balatan, hugasan at hiwa-hiwain ang patatas.
- ③ Igisa ang luya. isunod ang togue, lagyan ng alak at 6-8. Tasang tubig. Pakuluin. Ilahok ang patatas at lutuin hauggang lumambot at lumapot ang sabaw. Itabi.
- ④ Ilahok ang tokwa at hiniwang karne sa sopas at lutuin ng 5 minutos. Ihalo ang panimpla. Ihain na mainit.

**Paala-ala:**

Ipalit ang buto-buto ng baboy sa laman ng baboy at ito ang gamitin sa pagluto ng sopas. Mas malinamnam ang lasa nito at para ito sa malaking pamilya.







# 沪式梅干菜番茄肉片汤

Sopas na Baboy at kamatis na may Binurong berdeng Mustasa  
Pork And Tomato Soup With Preserved Mustard Green



**材料：** 枚头肉100~150克，番茄2个大，梅干菜约2汤匙，姜1片，葱花1汤匙，清水约3杯，绍兴酒或米酒½汤匙。

**腌料：** 生抽½茶匙，糖¼茶匙，水1茶匙，生粉½茶匙，麻油、胡椒粉各少许。

**做法：**

- ① 梅干菜略冲净，沥干；番茄洗净，切件，待用。
- ② 枚头肉洗净，抹干，切薄片，放入腌料腌匀，备用。
- ③ 烧热油约½汤匙，放入姜片和肉片，略炒香，溅酒，并注入清水，煮至滚，放入番茄和梅干菜，滚片刻至熟及汤浓，以适量盐调味，并撒上葱花，即可盛上桌，趁热食用。

## Ingredients:

100-150g. pork loin  
2 large tomatoes  
about 2 tbsp. preserved mustard green  
1 slice ginger  
1 tbsp. chopped spring onion  
about 3 cups water  
½ tbsp. Shao Hsing wine (or rice wine)

## Marinade:

½ tsp. each of light soya sauce and cornflour  
¼ tsp. sugar  
1 tsp. water  
dash of sesame oil and pepper

## Method:

- ① Rinse the preserved mustard and drain well. Wash the tomatoes and cut into pieces. Set aside.
- ② Wash the pork loin and pat dry, cut into thin slices and mix with the marinade. Set aside.
- ③ Heat about ½ tbsp. of oil. Put the ginger and pork slices in, stir-fry until flavor is released. Splash in the wine, pour in water and bring to the boil. Put the tomatoes and preserved mustard in to boil for a while until the ingredients are cooked and the soup thickens. Season with salt and sprinkle the chopped spring onion on top. Scoop out and serve hot.

## Mga Sangkap:

100-150 gramo laman ng baboy, 2 malalaking kamatis 2 kutsarang binurong berdeng mustasa, 1 hiwang luya, 1 kutsara tinadtad na dahon ng sibuyas, 3 tasang tubig, ½ kutsara alak

## Pangbabad :

tig ½ kutsarita toyo at arina, ¼ kutsarita asukal, 1 kutsarita tubig, kaunting sesame oil at paminta

## Paraan ng pagluluto:

- ① Hugasan ang binurong mustasa at patuyuin. Hugasan at hiwa-hiwan ang kamatis. Itabi.
- ② Hugasan at hiwan ng manipis ang laman ng baboy. Ihalo sa pangbabad.
- ③ Igisa ang luya at ang hiniwang laman ng baboy. isunod ang alak at tubig. Pakuluin. Ilahok ang kamatis at ang binurong mustasa. Lutuin hanggang lumambot ang mga sangkap at lumapot ang sabaw nito. Timplahan ng asin at budburan ng tinadtad na dahon ng sibuyas sa ibabaw nito. Hanguin at ihain na mainit.



# 冬菜碎肉豆腐汤

Minced Pork And Bean Curd Soup With Salted Turnips  
Sopas na Giniling na Baboy at Tokwa may Inasang Labanos

**材料：**豆腐2块，剁碎猪肉约100克，芫荽1棵，冬菜约1½汤匙，干葱片少许，绍兴酒或米酒½汤匙。

**生粉水：**生粉1茶匙，清水2茶匙。

**腌料：**生抽½汤匙，胡椒粉、生粉、麻油各少许。

**做法：**

- ① 将豆腐用清水冲净，切成小丁状，待用；碎肉加入调味料拌匀，待用。
- ② 烧热油约1汤匙，爆香干葱片，放入碎肉炒散，溅酒少许，注入约4杯水煮滚。
- ③ 将豆腐粒加入煮滚，并放入少许盐，注入少许生粉水，略搅。
- ④ 将芫荽洗净切碎，冬菜剁碎，同加入汤料中拌匀，撒入胡椒粉略搅，盛出上桌，趁热食用。

**注：**汤内加入生粉水，可增加汤的浓度。

**Ingredients:**

2 pieces bean curd  
100g. minced pork  
1 Chinese parsley  
1½ tbsp. salted turnips  
a little sliced shallot  
½ tbsp. Shao Hsing wine (or rice wine)  
Cornflour Solution:

1 tsp. cornflour  
2 tsp. water

**Marinade:**

½ tbsp. light soya sauce  
dash of pepper, cornflour and sesame oil

**Method:**

- ① Rinse the bean curd, cut into small cubes and set aside. Mix the minced pork with the marinade well and set aside.
- ② Heat 1 tbsp. of oil and saute the sliced shallots. Put the minced pork in, stir-fry and break it up. Splash in the wine. Pour in about 4 cups of water and bring to the boil.
- ③ Put the bean curd in and bring to the boil. Add a little salt. Mix the cornflour solution well and stir in slightly.
- ④ Wash and chop the Chinese parsley, chop the salted turnips. Put these two ingredients in the soup and stir well. Sprinkle a little pepper and stir slightly. Scoop out and serve hot.

**Hint:**

Adding cornflour solution to the soup can make it thicker.

**Mga Sangkap:**

2 pirasong tokwa, 100 gramo giniling na baboy, 1 tang kay ng parsley, 1½ kutsara inasang labanos, kaunting hiwang sibuyas tagalog, ½ kutsara alak

**Tinunaw na arina :**

1 kutsarita arina, 2 kutsarita tubig

**Pangbabad:**

½ kutsara toyo, kaunting paminta, arina at sesame oil

**Paraan ng Pagluluto:**

- ① Hugasan ang tokwa, hiwain ng mali-liit at itabi. Ihalo ang giniling na baboy sa pangbabad.
- ② Igisa ang sibuyas tagalog. Isunod ang giniling na baboy at lutuin na mabuti. Lagyan ng alak at ibuhos ang 4 tasang tubig. Pakuluin.
- ③ Ilahok ang tokwa. lagyan ng kaunting asin. Tunawin na maigi ang arina pagkatapos unti-unting ihalo.
- ④ Hugasan at tadarin ang parsley. Tadarin din ang inasang labanos. Ilahok ang mga ito sa sopas. Budduran ng kaunting paminta. Hanguin at ihain na mainit.

**Paala-ala:**

Ang paglahok ng tinunaw na arina sa sopas ay maging mas malapot.



# 滑牛芥菜汤

Sopas na Baka at berdeng Mustasa  
Beef And Mustard Green Soup

材料：芥菜300~400克，牛柳肉150克，姜2片，盐适量。

腌料：生抽2茶匙，生粉1茶匙，油½茶匙，胡椒粉少许。

做法：

- ① 芥菜原棵洗净，沥干水分，取嫩心部分切段，待用。
- ② 牛柳肉洗净，抹干，切薄片，加入腌料拌匀，略腌片刻，备用。
- ③ 用少许热油，爆香姜片，放入芥菜段略炒，并注入适量滚水，煲滚5分钟，放入腌透的牛肉再煲滚5分钟至熟，加入盐调味，盛出食用。

## Ingredients:

300-400g. mustard green  
150g. beef fillets  
2 slices ginger  
salt

## Marinade:

2 tbsp. light soya sauce  
1 tsp. cornflour  
½ tsp. oil  
dash of pepper

## Method:

- ① Leave the mustard green whole, wash and drain well. Use only the tender part in the center and cut into 1½" lengths. Set aside.
- ② Wash the beef fillets, pat dry and cut into thin pieces. Mix with the marinade and set aside.
- ③ Saute the ginger slices in a little hot oil. Put the mustard green in and stir-fry slightly. Pour some boiling water in to cook for 5 minutes. Add the marinated beef fillets to cook for a further 5 minutes. Season with salt and serve hot.

## Mga Sangkap :

300-400 gramo berdeng mustasa , 150 gramo laman ng baka, 2 hiwang luya, asin

## Pangbabad:

2 kutsara toyo, 1 kutsarita arina, ½ kutsarita mantika, kaunting paminta

## Paraan Ng Pagluluto:

- ① Hugasan na buo ang berdeng mustasa . Gamitin lang ang malambot na bahagi nito pagkatapos hatiin.
- ② Hugasan ang laman ng baka . Hiwain ng manipis. Ihalo sa pangbabad at itabi.
- ③ Igisa ang hiniwang luya . Isunod ang berdeng mustasa . Igisa sandali . Lagyan ng kaunting mainit na tubig at lutuin ng 5 minutos.

Ilahok ang naibabad na laman ng baka . Lutuin ulit ng 5 minuto. Timplanhan ng kaunting asin at ihain na mainit.



**材料：**鲜薄荷叶1扎250克，鲜鸡肝(可连鸡心)3~4副，姜2片，绍兴酒或米酒½汤匙。

**腌料：**姜汁½茶匙，盐、糖各¼茶匙，生抽1茶匙，生粉、胡椒粉各少许。

**做法：**

- ① 薄荷叶摘取嫩叶部分，洗净，沥干水分，待用。
- ② 鸡肝洗净，切件，放滚开水中烫过，再用清水洗净，抹干，加入腌料拌匀，略腌片刻，留用。
- ③ 烧热油约½汤匙，爆香姜片，放入鸡肝略为爆炒，喷酒，并注入适量清水，煮滚，放入薄荷叶，滚片刻至熟及汤浓，以适量盐调味，即可上桌，趁热供食。

**Ingredients:**

a bunch fresh peppermint leaves (about 250g.)

3-4 fresh chicken livers (with or without the chicken heart)

2 slices ginger

½ tsp. Shao Hsing wine (or rice wine)

**Marinade:**

½ tsp. ginger juice

¼ tsp. each of salt and sugar

1 tsp. light soya sauce

a little cornflour and pepper

**Method:**

- ① Use only tender peppermint leaves. Wash and drain well. Set aside.
- ② Wash the chicken livers, cut into pieces and blanch in boiling water. Wash again and pat dry. Mix with the marinade and set aside.
- ③ Heat ½ tbsp. of oil and saute the ginger slices. Put the chicken livers in and fry slightly. Splash in the wine. Pour in some water and bring to the boil. Add the peppermint leaves, keep cooking until the ingredients are cooked and the soup thickens. Season with salt. Scoop out and serve hot.

**Mga Sangkap:**

1 bungkos na mga sariwang dahon ng peppermint (mga 250 gramo), 3-4 sariwang mga atay ng manok (mayroon o wala ang puso ng manok), 2 hiwang luya, ½ kutsara alak

**Pangbabad :**

½ kutsarita katas ng luya, tig- ¼ kutsarita ng asin at asukal, 1 kutsarita toya, kaunting arina at paminta

**Paraan ng Pagluluto:**

- ① Piliin ang mga malambot na dahon ng peppermint. Hugasan at patuyuin. Itabi.
- ② Hugasan ang mga atay ng manok. Hiwain at banlian. Hugasan ulit at patuyuin. Ihalo sa pangbabad.
- ③ Igisa ang hiniwang luya. Isunod ang mga atay ng manok. Lagyan ng alak at tubig. Pakuluin.

Ilahok ang mga dahon ng peppermint. Lutuin hanggang lumambot ang mga sangkap at lumapot ang sabaw nito. Timplahan ng asin. Hanguin at ihain na mainit.

Chicken Liver And Peppermint Leave Soup  
Sopas na mga atay ng manok at Mga Dahon ng Peppermint

# 薄荷叶鸡肝汤



# 银丝鲛鱼球汤

Dace And Vermicelli Soup

Sopas na Dace at Sotanghon

**材料：**鲛鱼茸(或鲛鱼肉) 150克，中国生菜1小棵，银丝(粉丝) 100~150克，姜2片，陈皮茸¼茶匙(或随意)，清鸡汤(或清水) 4杯，绍兴酒或米酒½汤匙。

**腌料：**水2汤匙，盐½茶匙，生粉½汤匙，麻油、胡椒粉各少许。

**做法：**

- ① 鲛鱼茸加陈皮茸和腌料搅至起胶，捏成鱼球状，约8~10小粒，待用。
- ② 生菜撕开，用凉开水洗净，抹干，切粗丝，盛于汤盆内，加入调味料备用。
- ③ 浸软粉丝，洗净，沥干，略剪段，留用。
- ④ 烧热油少许，爆香姜片，煮酒，并注入清鸡汤(或水)，煮至滚开，放入鲛鱼球，滚至浮起至熟，取出姜片，放入浸透粉丝，滚至熟及汤浓，加入盐搅匀，待滚起，快速倒入汤盆内即成。

## Ingredients:

150g. minced dace (or dace fillets)  
 1 small lettuce  
 100-150g. vermicelli  
 2 slices ginger  
 ¼ tsp. dried mandarin peel (optional)  
 4 cups chicken broth (or water)  
 ½ tbsp. Shao Hsing wine (or rice wine)

## Marinade:

2 tbsp. water  
 ½ tsp. salt  
 ½ tbsp. cornflour  
 dash of sesame oil and pepper

## Seasoning:

dash of sesame oil and pepper

## Method:

- ① Add the minced dace and dried mandarin peel to the marinade and stir until they become sticky. Shape into small balls, about 8-10 pieces and set aside.
- ② Separate the lettuce's leaves, wash with cold boiled water and pat dry. Cut into thick shreds and put in a soup bowl. Add the seasoning and set aside.
- ③ Soak the vermicelli in water until soft. Wash and drain well, shear into shorter lengths and set aside.
- ④ Heat a little oil and saute the ginger slices. Splash in the wine, pour the chicken broth (or water) in and bring to the boil. Put the dace balls in and boil until cooked and the balls rise to the surface. Remove ginger slices. Add the soaked vermicelli and boil until it is cooked and the soup thickens. Add the salt and stir well. When boiling, quickly pour the soup bowl into the soup with the lettuce at the bottom and serve hot.

## Mga Sangkap:

150 gramo giniling na dace (o kaya'y laman ng dace), 1 maliit na litsugas , 100-150 gramo sotanghon , 2 hiwang luya , ¼ kutsarita pinatuyong balat ng dalang-hita , 4 tasang sopas ng manok, ½ kutsara alak

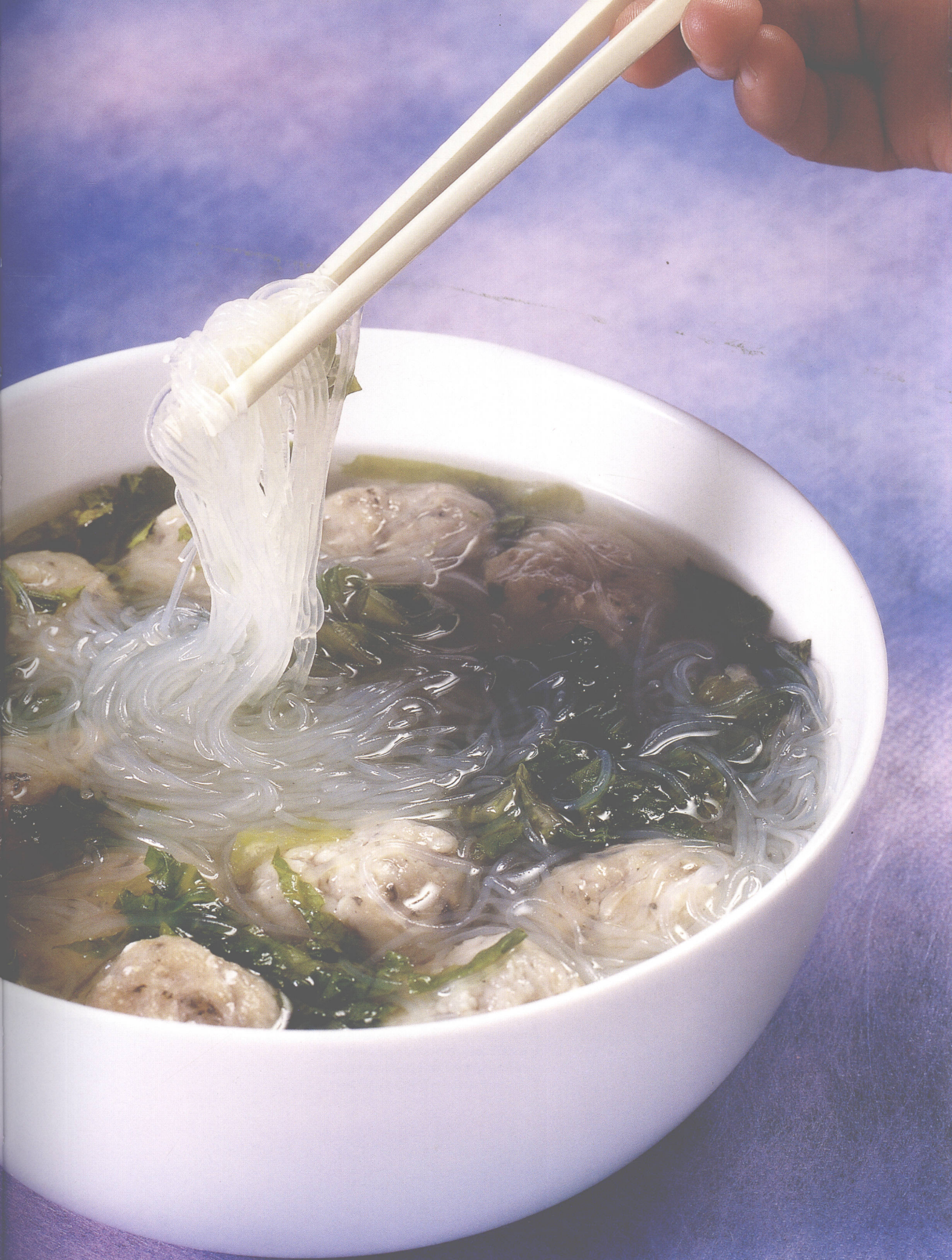
## Pangbabad :

2 kutsara tubig , ½ kutsarita asin , ½ kutsara arina ,kaunting sesame oil at paminta

## Paraan ng Pagluluto:

- ① Ilahok ang giniling na dace at pinatuyong balat ng dalang-hita sa pangbabad. Haluin hanggang lumapot . Gawing mga 8-10 pirasong bola-bola.
- ② Hugasan ang mga dahon ng litsugas . Patuyuin . Hiwain ng makapal at ilagay sa mangkok. Ilagay ang panimpla at itabi.
- ③ Ibadad ang sotanghon hanggang lumambot. Hugasan at putol-putulin. Itabi.
- ④ Igisa ang hiniwang luya. Lagyan ng alak at ibuhos ang sopas ng manok . Pakuluin. Ilahok ang mga bola-bolang dace. Lutuin hanggang lumutang sa gitna. Alisin ang hiniwang luya. Ilagay ang sotanghon at lutuin hanggang lumapot ang sabaw nito .Lagyan ng asin at haluin. Pagkulo ibuhos kaagad sa mangkok na may litsugas .Ihain na mainit.









# 大眼鸡番茄马铃薯汤

Sopas na Trigger Fish at kamatis na may patatas  
Triggerfish And Tomato Soup With Potato

**材料：**大眼鸡鱼300~400克，番茄3个，薯仔(马铃薯)2个，姜2片，绍兴酒或米酒½汤匙。

**腌料：**盐½茶匙，生粉、胡椒粉各少许。

**调味料：**盐、胡椒粉各少许。

**做法：**

- 薯仔去皮和番茄同洗净，切件，备用。
- 大眼鸡鱼剥皮，剖肚，洗净，抹干，放入腌料腌匀，待用。
- 烧热油约1汤匙，爆香姜片，放入大眼鸡鱼略煎，并灑酒，注入4~6杯滚水、薯仔和番茄，以中火滚10分钟，至鱼熟汤浓，加入调味料，即可盛出，趁热食用。

## Ingredients:

300-400g. triggerfish  
3 tomatoes  
2 potatoes  
2 slices ginger  
½ tbsp. Shao Hsing wine (or rice wine)

## Marinade:

½ tsp. salt  
a little cornflour and pepper

## Seasoning:

dash of salt and pepper

## Method:

- Peel the potatoes, wash them with the tomatoes and cut into pieces. Set aside.
- Skin and remove the intestines of the triggerfish, wash and pat dry. Put in the marinade and set aside.
- Heat 1 tbsp. of oil and saute the ginger slices. Put the triggerfish in and shallow-fry slightly. Splash in the wine. Put 4-6 cups of boiling water, potatoes and tomatoes in and boil over medium heat for 10 minutes until the ingredients are cooked and the soup thickens. Add the seasoning and scoop out. Serve hot.

## Mga Sangkap:

300-400 gramo triggerfish , 3 kamatis , 2 patatas , 2 hiwang luya , ½ kutsama alak

## Pangbabad:

½ kutsarita asin, kaunting arina at paminta

## Panimpla:

kaunting asin at paminta

## Paraan ng Pagluluto:

- Balatan ang patatas. Hugasan kasama ang kamatis. Hiwa-hiwain. Itabi.
- Kaliskisan at alisin ang bituka ng triggerfish. Hugasan. Ilagay sa pangbabad at ihalo.
- Igisa ang hiniwang luya. Isunod ang triggerfish at iprito sandali. Lagyan ng alak. Ilahok ang 4-6 tasang mainit na tubig, patatas at kamatis. Lutuin ng 10 minutos hanggang lumabot ang mga sangkap at lumapot ang sabaw nito. Ihalo ang panimla at hanguin. Ihain na mainit.