

香 港 家 常 食 谱 精 选

三十分钟开饭

黄婉莹编著

广西教育出版社 · 香港万里机构联合出版

"30 MINUTES" COOK WITH EASE RECIPES

中

英

对

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本书由著作权人授权广西教育出版社在中国大陆独家出版
发行中文简体字版。

著作权中介者：广西万达版权代理公司。

著作权合同登记号：广西图字：20-98-026 号

30分钟开饭

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出版者：广西教育出版社·香港万里机构

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网址：<http://www.gep.com.cn>·<http://www.wanlibk.com>

发行者：广西新华书店

印刷者：美雅印刷制本有限公司

开 本：880×1130 1/32

印 张：3.25

版 次：2000年9月第1版第3次印刷

定 价：18元

书 号：ISBN 7-5435-2817-7/Z·48

出版说明

FOREWORD

烹饪是一种生活艺术，它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调 and 美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代家庭妇女提供了选购容易、制作简单和营养丰富的中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences, namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that they can appreciate the interesting side of the cooking world.

前言

现代都会的女士们生活忙碌，工作之余又要照顾家庭。为使家人食得健康，她们更不时要在百忙之中，下厨炮制一些营养均衡的家常小菜。

有见及此，我编写了这本《30分钟开饭》。当中提供了近五十款制作简易，味道又好的小菜，分成为蔬菜豆腐、鱼鲜水产、禽畜肉类等几个类别，务求做到菜式多元化。

在设计食谱时，考虑到都市人要以有限的时间，来获得健康而美味的菜肴，所以全部的小菜都只需30分钟，就可以从预备工作，到烹制完成和上碟。你只要从不同类别的菜谱中选择适当的配搭，就可组合美味的菜单，而只要制作工序配合得好，要在半小时内开饭也是不难的。

容易选购的材料，简便的烹调方法，轻轻松松就可炮制出巧手小菜，好让家人和朋友共同分享你的厨艺。要想享用一顿自制的、营养均衡的午餐或晚餐，这本食谱便可助你一臂之力。

黄婉莹

PREFACE

The role of women in today's society is full of responsibilities, both at work and in the family. To ensure every member of the family is treated with a balanced diet, the daily meal should be well planned with healthy and nutritious food.

To prepare a meal amidst a busy schedule is not easy, that is why I have compiled this cookbook 《m“30 minutes”Cook with Ease Recipes》 which offers around 50 easy to cook ideas. The recipes cover a variety of ingredients, all locally available - vegetables, seafood, tofu products, different kinds of meat, etc.

Each recipe will take roughly 30 minutes of preparation and cooking. One can choose from the many recipes to create a well-balanced meal.

With easily available ingredients and simple cooking methods, you can cook up a delicious meal for your family and friends to savor within minutes. I do recommend this cookbook as a handy guide to planning your meal.

Annie

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赛螃蟹柳

SCRAMBLED EGG WHITE WITH JAPANESE CRAB MEAT

制作时间：25分钟

Working time: 25 minutes

分量：3-4人

Servings: 3-4

材料：蛋白6只，日式蟹柳4条，蘑菇6粒，青豆1汤匙，蛋黄1只，镇江香醋2汤匙。

调味料：盐 $\frac{1}{2}$ 茶匙，麻油及胡椒粉各少许，生粉1汤匙，水2汤匙。

做法：

1. 蛋白与调味料轻轻拌匀。
2. 蟹柳切1吋长段，撕碎，蘑菇切片，连同青豆加进蛋白内搅匀。
3. 烧6汤匙油，倒入蛋白等材料，轻轻反复炒熟，取出盛碟。
4. 中央加蛋黄，食时与镇江醋拌匀。

心得：

蛋白要炒成蟹肉一样，火候及油分要掌握得好。

Ingredients:

6 egg white
4 pc Japanese crab meat
6 pc button mushroom
1 tbsp green pea
1 egg yolk
2 tbsp brown vinegar

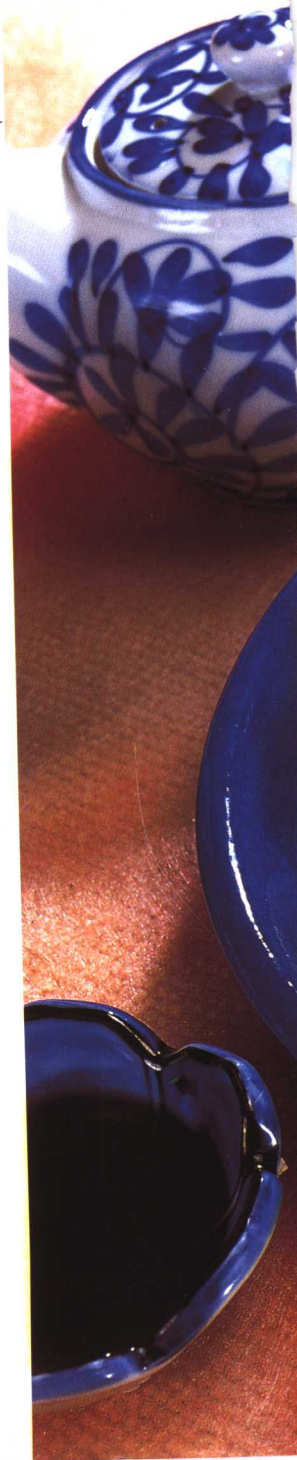
Seasonings:

$\frac{1}{2}$ tsp salt
A little sesame oil and pepper
1 tbsp cornflour
2 tbsp water

Method:

1. Lightly beat egg white with seasonings.
2. Tear crab meat into shreds and cut into 2.5 cm long; slice button mushroom, add all ingredients to egg white and mix well.
3. Heat 6 tbsp oil, pour in egg white mixture and fry lightly until set and resembles chunks of crab meat. Remove to a plate.
4. Add the egg yolk to the centre of the scrambled egg white and serve with brown vinegar.

Practical tips: Fry egg white over low heat to set so as to resemble crab meat.





芙蓉豆苗

SCRAMBLED EGGS WITH PEA SPROUTS

制作时间：25分钟

分量：3-4人

Working time: 25 minutes

Servings: 3-4



材料：豆苗4两(160克)，蒜蓉、金华腿蓉各1汤匙、蛋4只。

调味料：盐 $\frac{1}{2}$ 茶匙，麻油及胡椒粉少许，油1汤匙。

做法：

1. 豆苗洗净，隔干水分。
2. 将调味料加入蛋中拂匀。
3. 烧热3汤匙油，爆炒豆苗，加入蒜蓉，并洒下盐及糖各 $\frac{1}{2}$ 茶匙，取出隔净水分。
4. 将豆苗放蛋内，加腿茸。
5. 再烧热2-3汤匙油，倒下所有材料轻手炒至金黄色后，上碟。

心得：

豆苗需先炒熟，隔净水分才可放入蛋内，这样可避免煮熟后“泻”水。

Ingredients:

160g pea sprout
1 tbsp each of chopped garlic and Chinese ham
4 eggs

Seasonings:

$\frac{1}{2}$ tsp salt
A little sesame oil and pepper
1 tbsp oil

Method:

1. Wash, rinse and drain pea sprouts.
2. Beat eggs with seasonings.
3. Heat 3 tbsp oil, stir-fry pea sprouts, add chopped garlic and then sprinkle in $\frac{1}{2}$ tsp each of salt and sugar. Mix well, then remove and drain.
4. Add pea sprouts and chopped ham to beaten eggs.
5. Heat 2-3 tbsp oil until hot, add egg mixture and fry until set and golden in color. Serve.

Practical tips: Fry and drain pea sprouts well to avoid too much moisture in the scrambled eggs.



香葱蛋饼

SPRING ONION EGG PATTIES

制作时间：30分钟

分量：3-4人

Working time: 30 minutes

Servings: 3-4



材料：葱12条，蚝菇1罐，蟹柳2条，竹签8条。

粉浆：面粉 $\frac{1}{4}$ 杯，糯米粉 $\frac{1}{4}$ 杯，盐 $\frac{1}{2}$ 茶匙，蛋2只，水约 $\frac{1}{2}$ 杯，胡椒粉少许，油1汤匙。

做法：

1. 葱切2吋段，蚝菇切2吋长条，蟹柳切段。
2. 面粉、糯米粉与盐筛好，加蛋及适量水拌匀成嫩滑粉浆。
3. 用竹签串起葱、蚝菇及蟹条。
4. 粘上粉浆，放油内煎至金黄色，即可上碟。

心得：

用面粉及糯米粉做成的粉浆会较为嫩滑。

Ingredients:

12 stalks spring onion
1 can oyster mushroom
2 pc Japanese crab meat
8 pc bamboo skewer

Batter:

$\frac{3}{4}$ cup plain flour
 $\frac{1}{4}$ cup glutinous flour
 $\frac{1}{2}$ tsp salt
2 eggs
 $\frac{1}{2}$ cup water
A little pepper
1 tbsp oil

Method:

1. Cut spring onion into 5 cm sections; cut oyster mushrooms into 5 cm strips; cut crab meat into sections.
2. Sieve flour, glutinous rice flour and salt together, add beaten eggs and mix well with water to a smooth batter.
3. Skewer spring onion, oyster mushroom and crab meat onto the bamboo skewers.
4. Coat each with batter and shallow fry in medium hot oil until golden in color. Remove and serve.

Practical tips: Batter made with flour and glutinous rice flour have a softer texture.



凉瓜肉碎烘蛋

FRIED EGGS WITH MINCED PORK AND BITTER MELON

制作时间：25分钟

分量：4人

Working time: 25 minutes

Servings: 4



材料：凉瓜4两(160克)，免治猪肉2两(80克)，蒜蓉2茶匙，葱粒1汤匙，鸡蛋4只。

腌料：生抽、生粉各1茶匙，糖 $\frac{1}{4}$ 茶匙，麻油及胡椒粉各少许，水2茶匙。

调味料：盐 $\frac{1}{2}$ 茶匙，胡椒粉少许，熟油1汤匙。

做法：

1. 凉瓜开边去籽，切薄片，用盐拌匀腌5分钟，放滚水内焯水，取出隔干。

2. 蛋加调味搅匀，免治猪肉拌入腌料。

3. 烧热2汤匙油，放下猪肉略炒，加蒜蓉及凉瓜片兜匀，洒些生抽及麻油，取出。

4. 将所有材料放入拌好之蛋内。

5. 烧热2~3汤匙油，倒下混合物，煎烘至金黄香口。

心得：

凉瓜经过盐腌及焯水，可除去苦涩味。

Ingredients:

160g bitter melon

80g minced pork

2 tsp chopped garlic

1 tbsp diced spring onion

4 eggs

Marinade:

1 tsp each of light soya sauce and cornflour

$\frac{1}{4}$ tsp sugar

A little sesame oil and pepper

2 tsp water

Seasonings:

$\frac{1}{2}$ tsp salt

A little pepper

1 tbsp cooked oil

Method:

1. Cut bitter melon in halve and scrape off the seeds, slice thinly, sprinkle with salt and leave for 5 minutes, blanch in boiling water for a few seconds, remove and drain.

2. Beat eggs with seasonings; mix minced pork with marinade.

3. Heat 2 tbsp oil, stir-fry minced pork, add garlic and sliced bitter melon and fry together, sprinkle with a little light soya sauce and sesame oil to season, remove.

4. Add all ingredients to beaten egg.

5. Heat 2-3 tbsp oil, add egg mixture and fry until set and golden in color.

Practical tips: Excess bitter taste of bitter melon will be reduced after marinating with salt and blanching.



云片珍珠鱼块

FISH FILLET WITH SWEET CORN SAUCE

制作时间：30分钟

分量：3-4人

Working time: 30 minutes

Servings: 3-4



材料：鱼肉（石斑或青衣柳）半斤（320克），蛋1只，生鱼粉 $\frac{1}{2}$ 杯，粟米粒2汤匙，青豆1汤匙，蒜蓉1茶匙，蛋白1只。

腌料：盐 $\frac{1}{2}$ 茶匙，生粉2茶匙，蛋白2汤匙，胡椒粉及麻油各少许，生粉 $\frac{1}{2}$ 茶匙。

做法：

1. 鱼肉洗净抹干，切成每块约1 × 2英寸大小，拌入腌料待5分钟。

2. 青豆放滚水内焯水半分钟，隔净水分。

3. 烧热半镬油，鱼块先粘蛋汁，再粘生粉，放油内炸至金黄香脆，取出排碟内。

4. 烧热1汤匙油，爆香蒜蓉，加青豆及粟米粒兜炒，倒入芡汁煮滚。

5. 最后拌入蛋白煮成云片，便可将汁淋于炸好之鱼块上。

心得：

鱼块加蛋白腌后可使其肉质更加嫩滑。

Ingredients:

320g fish fillet, grouper or green wrasse

1 egg

$\frac{1}{2}$ cup cornflour

2 tbsp corn kernel

1 tbsp green peas

1 tsp chopped garlic

1 egg white

Marinade:

$\frac{1}{4}$ tsp salt

2 tsp cornflour

2 tbsp egg white

A little sesame oil and pepper

Sauce:

1 cup water

1 tsp chicken powder

$\frac{1}{2}$ tsp each of salt and sugar

A little sesame oil and pepper

$\frac{1}{2}$ tsp cornflour

Method:

1. Wash and wipe dry fish fillet, cut into 2.5 × 5 cm pieces, mix with marinade and leave for 5 minutes.

2. Parboil green peas in boiling water for $\frac{1}{2}$ minute, remove.

3. Heat $\frac{1}{2}$ wok of oil, dip fish fillet in beaten egg, coat with cornflour, lower into medium hot oil and fry until cooked and golden in color, remove and dish.

4. Heat 1 tbsp oil, sauté chopped garlic; add green peas and corn kernel, fry and mix with sauce.

5. Lastly stir in beaten egg white to a smooth sauce. Pour over fish fillet to serve.

Practical tips: Adding egg white to fish marinade can enhance the texture of the fish.