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GUANGDONG CUISINE

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内 容 简 介

本书以使用 Visual C++ 开发数据库系统涉及到的主要技术为中心, 全面、系统地介绍了使用 Visual C++ 和 SQL Server 进行数据库系统开发必须掌握的技术、方法和过程。本书分三大部分, 第一部分为 Visual C++ 编程篇, 主要介绍使用 Visual C++ 开发数据库系统必须掌握的技术, 这些技术最大限度地与实际项目案例相结合。第二部分为数据库应用篇, 主要介绍 SQL Server 数据库安装、管理、开发及维护的相关技术。第三部分为实例开发篇, 精选了当前应用较广泛的数据库管理系统, 内容包括定制自己的工作环境、资产设备管理系统、物资管理系统、商品采购管理系统、仓库管理系统、销售管理系统、图书管理系统、学生管理系统。这些系统既可以独立使用, 也可作为企业综合管理系统的重要组成部分。

本书附有配套光盘。光盘提供了书中所有案例的全部源代码, 所有源代码都经过精心调试, 在 Windows XP 和 Windows 2000 下全部通过, 保证能够正常运行。

本书内容精练、重点突出、实例丰富, 是各级程序开发人员必备的和不可多得的参考书, 本书也非常适合大中专院校师生学习参考。

数据库管理系统开发从技术到实践

Visual C++数据库系统开发完全手册

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序

中国是世界文明的四大发祥地之一，其独具特色的饮食文化是中华民族对人类文化的突出贡献之一。中国烹饪在世界上堪称一绝，颇受其他国家和民族的喜爱。中国烹饪技术历史悠久，博大精深，历经火爨、石烹、陶烹、铜烹、铁烹等各个历史发展阶段，在内外交流中逐渐成熟。中国常用的烹饪原料有3000种左右，调味品近500种，烹调方法100余种，刀工技法不下40种。不同原料、不同调料、不同刀法、不同烹法的搭配组合，产生出了千姿百态、丰富多彩、不可胜数的美馐佳肴。

中国烹饪有完善的技术体系，其特点可以概括为：广采博取，充分利用原料优选；刀工细腻、组配平衡的切配加工；讲究火候、注重滋感的烹制技法；善于调和、追求风味的调味工艺。这些都具有鲜明的民族特色，构成了有别于其他国家烹饪的基本特征。

中国烹饪有独特的菜肴审美标准，即色、形、香、味、滋、养。色是菜肴的色泽；形是菜肴的形态；香是菜肴的香气；味是菜肴的味道；滋是菜肴的质地感觉；养是平衡膳食肴饌养生。此六者结合构成视觉、嗅觉、味觉、触觉的综合艺术享受，其中又以味为核心，以养（健康长寿）为目的。

中国烹饪有著名的四大菜系，即黄河流域的鲁菜、长江上游的川菜、长江下游的苏菜、珠江流域的粤菜。由于地理、物产、民族、风俗等因素的影响，形成了不同的风味特色。鲁菜选料广泛，烹法全面，口味讲究纯正醇浓，工于制汤；川菜好麻辣辛香，擅调复合味，菜式朴实；苏菜刀工精细，注重火候，调味清淡醇和，善烹江鲜家禽；粤菜精于烹制海鲜，口味注重鲜爽，烹调讲究出新。鲁菜、川菜、苏菜、粤菜是中国烹饪区域性的主要表现。

《东方美食》杂志社社长兼总编辑刘广伟先生，是位特一级厨师，有丰富的烹饪学识，并一直热心致力于中国烹饪事业，对弘扬中国烹饪文化作出了贡献。这次他与山东科学技术出版社共同组织策划出版的大型中英文对照画册《中国大菜系》（鲁菜、川菜、苏菜、粤菜……），由全国各地的烹饪专家学者参与编写，以“继承、发扬、开拓、创新”为宗旨，挖掘传统，整理创新，以精美的形式、非凡的气派展示中国烹饪风貌于世人。我深信它能更好地服务于世界各地的中餐从业者，能为世界人民的身体健康作出更大的贡献，故乐为之序。

世界中国烹饪联合会会长

姜 习

1996年5月

PREFACE

China is one of the birthplaces of world civilizations, and the Chinese food culture has contributed greatly to the culture of mankind. Chinese culinary art is rated as the best of its kind the world over and has been praised and admired by people of other countries. With a long history and a comprehensive and profound theory, it has undergone different historical stages of development with regard to the way of cooking, starting with roasting by fire and then with stone utensils, pottery utensils, copper utensils and nowadays with iron and stainless steel utensils. The raw materials that are used for the Chinese cooking are of about 3000 different kinds with 500 condiments available. As far as cooking methods are concerned, as many as one hundred ways of cooking have been put in practice apart from almost 40 ways of cutting. Therefore, a great variety of delicious and delicate dishes of different patterns can be produced by using various ingredients, condiments and different ways of cooking.

Chinese cuisine is characterized by its complete and perfect technique system which includes the careful selection and extensive use of a wide range of raw materials, the meticulous care of cutting style and skillful mixture of ingredients, the enormous attention to the heat used that plays an important part in the texture of dishes, and finally, the way of ingeniously blending condiments. These constitute the basic and distinctive characteristics of the Chinese cooking. The special aesthetic criteria by which Chinese dishes are assessed include colour, shape, flavour, taste, texture and nutrition that the dishes possess. The combination of the six elements provides the whole artistic enjoyment of the senses of vision, smell, taste and touch, with the satisfaction of the sense of taste as the key point and good health and longevity as the main purpose.

Chinese cuisine can be geographically divided into four categories. The dishes that are produced in the area around the Yellow River are called the Shandong cuisine. Those dishes produced on the upper reaches of the Yangtze River are the Sichuan cuisine; the dishes enjoyed by the people along the lower reaches of the Yangtze River, are the Jiangsu cuisine and finally dishes that are popular along the Pearl River are the Guangdong cuisine. The Shandong cuisine, with soup as the best of its kind, has the features of extensive selection of raw materials, the use of all cooking methods and its pure and rich flavour. The Sichuan cuisine, with its simple style and hot taste, is good at creating a complex taste. The Jiangsu cuisine attaches much importance to the cutting skills and handling of the heat, taking river fishes and poultry as the main cooking materials and committing itself to the production of simple taste and rich flavour. What distinguishes the Guangdong cuisine from the rest is the freshness of the taste and the innovation of the cooking technique. Besides, it takes sea fishes as the main raw materials. The four categories of Chinese dishes demonstrate their regional differences created by such factors as geography, natural products, nationality and customs.

Mr. Liu Guangwei, director and editor-in-chief of the journal *Oriental Food*, is himself a first class cook and has for many years devoted himself to the Chinese culinary cause, and has contributed a lot to the spread and development of the Chinese food culture. In his cooperation with Shandong Science and Technology Press for the publication of the magnificent Chinese-English pictorial book *Chinese Cuisine* he has organized the culinary experts throughout the country to explore the tradition and systematize what is left from history and make further additions, so that the book can present to the public in elegant form and with boldness the whole image of the Chinese cooking and provide better service to the people engaged in this profession and promote better health and long life for the people of the world. Therefore, I feel it a great honour to write the foreword for this book.

Jiang Xi

Chairman of Chinese Culinary Association of the World

May, 1996

前 言

凭借优越的地理位置、宜人的气候、丰富的物产及越人特殊的饮食习惯和对中原烹饪技艺的吸纳、创新，粤菜以其独特的风味和浓厚的地方特色饮誉海内外，成为岭南饮食文化的代表，中国著名菜系之一。如今粤菜的发展又跃上了新的台阶，继承传统、勇于创新、不断进取的粤菜，令“食在广州”的美誉大放异彩。

《中国大菜系—粤菜》一书精选粤菜378款，每款菜肴都是厨师潜心制作，揉合传统与创新之精华，充分体现了粤菜的发展和主要特色。

首先，从佳肴制作的原料来看，既有家畜、家禽、山珍野味，也有时蔬鲜果、水中珍馐、田基美食；既有本地特产，也有域外之物。由此可见，粤菜用料奇特、广博，选料精细、新颖。

其次，粤菜烹调技法多样善变，融汇东西南北，贯通中西各法。常用的有熬、煲、焗、蒸、炖、炒、泡、焖、扒、炸、煎、焫、焗、浸、焯、滚、烩、氽、清、烤、卤等，尤其擅长炒、泡、浸、扒、蒸、炸、煎、烩。本书所选的菜品制法既有常用烹调法的代表，更侧重于粤菜制作技法的体现。

再者，粤菜色彩鲜艳，造型美观，口味独特，引人入胜。究其原因，与粤菜刀工精细、配菜讲究、合理使用芡汁直接相关。可以说，一款款的粤菜也是一件件颇具观赏价值的艺术佳品，这是粤菜的又一特点。

《中国大菜系—粤菜》着力为读者奉献图文并茂的精美粤菜菜谱，每款菜品均配有精美彩色菜品照片和中、英文对照的制作方法，实为研究与仿制粤菜的最好蓝本。

本书在编写过程中得到广东省有关单位和专业人士的鼎力支持，谨致谢意。书中的菜品照片和文字由黄振华、庄汉城、黎丽甜、李相科和赖少宏等提供，全书中文稿由庄汉城统稿，由黄华远（译197个菜）和庄汉城（译181个菜）译成英文，译文由黄华远审校。

编 者

1996年5月

FOREWORD

Guangdong is located in a geographical position with a pleasant weather and rich products, which are indispensable for the development of Guangdong cuisine. Because of the special dietary habit of Guangdong people, the incorporation of the cooking traditions from the central plains of China, Guangdong food is famous for its unique style and local colours. As a representative of Lingnan cooking culture, Guangdong cuisine is one of the major families of Chinese cuisine. More and more achievements have been made in the development of Guangdong food. Guangdong chefs always pay due attention to traditions but do not rigidly adhere to formality. They are bold in innovating and constantly keeping forging ahead. Therefore "eating in Guangzhou" has become widely well known.

378 recipes of Guangdong food are selected in *Chinese Cuisine Series-Guangdong Cuisine*, each of which provides a description of a dish prepared in typical Guangdong style combining traditions with innovation by the Guangdong chefs.

One of the outstanding features in Guangdong cuisine lies in its unique application of a vast variety of ingredients, including local products and products from other provinces or other countries. The main ingredients in Guangdong cuisine consist of various livestock, poultry, exotic mountain delicacies, games, vegetables, fruits, aquatic food and agro-based fine food, etc.

Guangdong cooking is also characteristic of its variety and changeability in technique, in which a combination of various skills from all parts of the country is provided. Some of the western cooking skills are also introduced. The main techniques used in Guangdong cooking are decocting, casseroles, ingredient-flavoured parboiling, steaming, stewing, stir-frying, parboiling, simmering, shaping stewing, deep-frying, shallow-frying, flavoured cooking, baking, heated immersing, scalding boiling, braising, quick boiling, cooking in clear soup, roasting, and pot stewing in soy sauce, etc. among which stir-frying, parboiling, heated immersing, shaping stewing, steaming, deep frying, shallow flying, and braising are most commonly used. Through the recipes selected here, a general view of the typical techniques in Guangdong cooking is represented, and those skills most commonly used, are especially emphasized.

Another feature of Guangdong food is its bright colours and attractive forms resulting from the fine cutting, attentively garnishing and properly thickening. Therefore a dish in Guangdong style is also an enjoyable work of art.

Chinese Cuisine Series-Guangdong Cuisine is a book with both excellent pictures and texts. Each recipe selected here is provided with a vivid photograph and a brief description of the dish both in Chinese and English. The book can be served as a guide to those who are studying and researching Guangdong cuisine or those who are interested in learning to prepare Guangdong dishes.

Our special thanks are due to many professional chefs and other personnel from various organizations and departments in Guangdong province, who have given great support in writing and editing this book. All the recipes in this book are prepared and written in Chinese by Huang Zhenhua, Zhuang Hancheng, Li Litian, Li Xiangke and Lai Shaohong. The whole Chinese version is revised and finalized by Zhuang Hancheng. The Chinese version is translated into English by Huang Huayuan (197 recipes) and Zhuang Hancheng (181 recipes), and the whole English version is checked and revised by Huang Huayuan.

The compilers
May, 1996

目 录

概述	[1]
菜品	[8]

干 货 类

红炖包翅	[8]	瓦罉红烧翅	[24]	炒桂花翅	[40]
香露麒麟鲍	[8]	锦绣炒椰汁	[24]	牡丹鲍脯	[40]
乳燕入竹林	[10]	丹桂簇群鱼	[26]	鸳鸯鱼争艳	[42]
瓦罉鲍鱼	[10]	豪财大略	[26]	银燕余鸡片	[42]
五彩海参丝	[12]	鲍鱼蟹肚煲	[28]	玉树麒麟鲍	[44]
白梅吐艳	[12]	碧绿琵琶翅	[28]	五彩炒鲍丝	[44]
纱窗藏碧玉	[14]	红梅大包翅	[30]	喜庆丰收	[46]
一品天香	[14]	永结同心	[30]	雪耳鹤鹑蛋	[46]
菜胆扒包翅	[16]	马蹄头菜蹄筋煲	[32]	珧柱扒丝瓜	[48]
玉盏凤眼鲍	[16]	蟹黄鱼翅盒	[32]	玉环珧柱脯	[48]
红烧鱼翅	[18]	太极鲍片	[34]	清汤天九翅	[50]
展翅入菇林	[18]	竹笙皮蛋余鱼肚	[34]	白云鲍鱼脯	[50]
鸬鹚遇翅王	[20]	蟹肉琵琶翅	[36]	蛟龙吐珠	[52]
清汤官燕	[20]	珧柱金瓜煲	[36]	一品官燕	[52]
蟹螯清汤翅	[22]	飞燕影珊瑚	[38]	鱼翅酿小鸟	[54]
桂圆鸽蛋	[22]	金龙伴玉柱	[38]	珧柱金华卷	[54]

野生动物类

麒麟熊掌	[56]	英雄欢聚会	[68]	花雀伴金龙	[80]
黄猄焗四蔬	[56]	红烧黄猄	[68]	庐山寻珍	[80]
瑞气呈祥	[58]	花菇扣蟒脯	[70]	甲里藏春	[82]
圆杏水鱼锅	[58]	桂林金钱豹狸	[70]	乳香蛇碌	[82]
砂窝香肉	[60]	一掌定山河	[72]	竹笙骨香鹧片	[84]
喜雀庆龙年	[60]	鲜参炖小鸟	[72]	牡丹鸳鸯鸽	[84]
杏圆炖水鱼	[62]	大地鸬鹚粥	[74]	雀蛋禾虫脯	[86]
喜报传友谊	[62]	红衣衬甲袍	[74]	如意鸳鸯扣	[86]
红烧果子狸	[64]	玉簪田鸡腿	[76]	生焖狗肉	[88]
花扣映瑞裙	[64]	红烧水律蛇	[76]	群鹊落金田	[88]
龙虎凤大会	[66]	候鸟恋新巢	[78]	虫草炖蜆鸭	[90]
金盏蛇丝	[66]	竹笙炖双鸽	[78]	炖禾虫	[90]

水产类

- | | | |
|----------------|-------------|---------------|
| 竹弄惹龙吟 [92] | 明炉乌鱼 [128] | 五柳蝴蝶鱼 [166] |
| 桔子鲜虾仁 [92] | 桂鱼换新装 [130] | 高汤浸凤鳝 [168] |
| 彩蝶大明虾 [94] | 游龙扇拼 [130] | 蒜茸蒸青口 [168] |
| 白焯中虾 [94] | 百花酿鲜菇 [132] | 椒盐黄鳝花枝卷 [170] |
| 豉香中虾 [96] | 葡汁虾脯 [132] | 兰豆炒三鲜 [170] |
| 百花酿鲜笋 [96] | 熊猫翠竹 [134] | 蟠龙双味鱼 [172] |
| 祥龙献瑞 [98] | 香酥海鲜包 [134] | 三色龙舟鱼 [172] |
| 云腿明虾卷 [98] | 琵琶鲜虾仁 [136] | 鸳鸯麒麟鱼 [174] |
| 百花螺争艳 [100] | 龙凤呈祥 [136] | 百花腐皮蟹柳 [174] |
| 杂果龙舟鱼 [100] | 腐球带子 [138] | 鱼腩茄子煲 [176] |
| 白卤墨鱼 [102] | 碧绿金龙鱼 [138] | 生炊草鱼 [176] |
| 韭黄鱼腩 [102] | 蟹钳扒竹笙 [140] | 百花多士卷 [178] |
| 焗鲜鲍鱼 [104] | 韭黄百花脯 [140] | 金环扇贝 [178] |
| 鸳鸯鲩鱼 [104] | 明月照双鱼 [142] | 夏日天香 [180] |
| 美极金钱鳝 [106] | 渔翁撒网 [142] | 精酿象拔蚌 [180] |
| 荔茸海鲜盒 [106] | 金钱蟹盒 [144] | 清汤鲍鱼 [182] |
| 吉列花枝夹 [108] | 双鲜玉环 [144] | 蒜香蒸海鲈 [182] |
| 赛龙夺锦 [108] | 锦绣石斑块 [146] | 沙津海鲜卷 [184] |
| 双鲜乌鱼球 [110] | 百花迎春 [146] | 香糟鱼花 [184] |
| 牛油洋葱焗原只蟹 [110] | 麒麟生鱼 [148] | 翠玉百花盒 [186] |
| | 碧绿扒鲍片 [148] | 子母桂鱼卷 [186] |
| 豆腐烧鱼头 [112] | 咖喱鱼包 [150] | 百花酿鸭掌 [188] |
| 山下蝉鸣 [112] | 玉簪鲈鱼卷 [150] | 金华雪花球 [188] |
| 金沙炒肉蟹 [114] | 锦绣虾丝 [152] | 象形菊花鱼 [190] |
| 脆炸酿蟹螯 [114] | 牡丹白玉鱼 [152] | 金盏藏龙 [190] |
| 鲜虾烩瓜茸 [116] | 碧绿生鱼卷 [154] | 富贵牡丹鱼 [192] |
| 百花盛开 [116] | 龙虎聚会 [154] | 象形虾 [192] |
| 香辣鲜虾仁 [118] | 五柳脆鲩 [156] | 葡汁龙凤卷 [194] |
| 金鲤蟠龙虾 [118] | 西湖菊花鱼 [156] | 群蜂出巢 [194] |
| 蟠龙海屋 [120] | 龙身白玉卷 [158] | 雪花酿竹笙 [196] |
| 碧波龙船 [120] | 清蒸鳊鱼 [158] | 玉乳鲜虾仁 [196] |
| 蟹黄扒鲜菇 [122] | 玉树麒麟鱼 [160] | 云腿鲜虾仁 [198] |
| 金腿穿玉带 [122] | 三色鱼青丸 [160] | 四宝酿节瓜 [198] |
| 翡翠映玉环 [124] | 双龙戏金珠 [162] | 青椒明虾球 [200] |
| 蛋煎蛭子肉 [124] | 龙虾船 [162] | 虎穴藏龙 [200] |
| 百花酿北菇 [126] | 松江映瑞雪 [164] | 鸳鸯琵琶鱼 [202] |
| 双式大明虾 [126] | 白雪映珊瑚 [164] | 青椒凤鳝球 [202] |
| 西山藏龙 [128] | 广州鱼包 [166] | 蟹螯扒菜胆 [204] |

鳌鱼争吐艳	[204]	香酥奶黄鱼	[222]	金钱玉柱	[238]
菊花伴虾球	[206]	龙年有余	[222]	香滑鲈鱼球	[238]
琵琶伴虾球	[206]	金龙绕玉带	[224]	荷莲飘鱼香	[240]
三色龙虾	[208]	金华花锦鳝	[224]	四宝金蔬	[240]
鱿鱼百花篮	[208]	锦绣山河鱼	[226]	发菜挂月影	[242]
菊花鲜虾仁	[210]	牡丹鲜虾仁	[226]	香芒鲜虾仁	[242]
油泡鲜虾仁	[210]	翡翠三色鲈	[228]	金柱龙宫	[244]
五彩海蜇虾仁	[212]	翡翠玉带	[228]	鸳鸯竹节虾	[244]
花好月圆	[212]	四宝酿豆角	[230]	豉汁蟠龙鳝	[246]
鸟语花香	[214]	碧绿煎虾脯	[230]	豉汁鳝球	[246]
荔香虾仁	[214]	金燕腾飞	[232]	卤水鲜鲍鱼	[248]
翡翠鲈鱼卷	[216]	香橙粟米鱼	[232]	姜葱鲍片	[248]
绿树挂香梨	[216]	清蒸桂鱼	[234]	白焯响螺片	[250]
袈裟生鱼	[218]	凉瓜鲜虾豆腐羹	[234]	葵花竹笙绕龙球	[250]
油泡土鱿	[218]				
二仙配玉环	[220]	鲜虾饺	[236]	双味虾球	[252]
清蒸羔蟹	[220]	鸳鸯鱼青脯	[236]	龙虎会蜜园	[252]

家 禽 类

牡丹石榴鸡	[254]	三星香液鸡	[272]	金凤入瑞群	[290]
金华簪鸭舌	[254]	盐焗鸡	[274]	金龙伴凤翅	[290]
碧绿鹅掌	[256]	蚝油鹅掌	[274]	富贵黄金石榴	[292]
云腿穿鸡翅	[256]	琵琶桂香鸡	[276]	玉簪鸳鸯鸡	[292]
红棉嘉积鸭	[258]	嘉禾雁扣	[276]	翡翠鸡柳卷	[294]
玉液玫瑰鸡	[258]	百花香酥鸭	[278]	荔茸凤翅	[294]
圆杞鸡窝	[260]	广州香酥鸭	[278]	孔雀开屏鸡	[296]
玉米双脆	[260]	碧绿牡丹鸡	[280]	蒜茸白汁鸭	[296]
生扣桂花鸡	[262]	川味乌鸡煲	[280]	果汁煎鸡脯	[298]
香辣风味鸡	[262]	科夹火鸭	[282]	龙藏凤翅	[298]
瓦罉花雕鸡	[264]	香麻咖喱手撕鸡	[282]	葡萄炒鸡丁	[300]
广州文昌鸡	[264]			鲜虾奶油鸡	[300]
四宝扒大鸭	[266]	绍酒浸滑鸡	[284]	荷塘飘香莲	[302]
碧绿糯米鸡	[266]	桶子油鸡	[284]	片皮鸡	[302]
江南百花鸡	[268]	碧绿鸳鸯鸡翅	[286]	柱候琵琶鹅	[304]
潮州烧雁鹅	[268]	珊瑚煎鸡脯	[286]	香酥芙蓉鸭	[304]
广州茅台鸡	[270]	八宝鸡炖瓜盅	[288]	金盏鸡柳	[306]
龙凤舞翩跹	[270]	蒜香爆鸡心	[288]	广州迎宾鸡	[306]
葡萄鸡米	[272]				

家 畜 类

金福满堂	[308]	桂花香扎	[318]	玉兰鲜肉卷	[328]
西柠香麻牛柳条	[308]	香麻猪柳	[318]	金华麒麟豆腐	[328]
白卤象拔	[310]	碧绿炒双球	[320]	炸春卷	[330]
炊菊花肉	[310]	贡菜牛心蒂	[320]	脆皮炸大肠	[330]
烤肉脯	[312]	锦绣驼峰	[322]	竹梅舞天梯	[332]
金盏牛柳丝	[312]	碧绿伴双卷	[322]	群龙伴肉串	[332]
果汁煎肉脯	[314]	锦绣兔丝	[324]	葡萄肉	[334]
三色凤眼润	[314]	焗香菇扎	[324]	香酥菊花肉	[334]
花菇驼蹄煲	[316]	杞圆炖牛髓	[326]	蝶恋花	[336]
秘制蒜香骨	[316]	烧羽花香扎	[326]	支竹浸羊腩	[336]

植 物 类

红雁入竹林	[338]	醒胃如意卷	[344]	金猴进宝	[350]
玉柱藏珍	[338]	金柱立云天	[344]	咖喱茨茸虾	[350]
酿节瓜	[340]	水果龙船	[346]	白云上素	[352]
东湖春晓	[340]	金猴三鲜	[346]	雁南飞	[352]
一帆风顺	[342]	南杏炖万寿果	[348]	鼎湖上素	[354]
银莲岭南盅	[342]	藕乳飘香	[348]	罗汉斋	[354]

其 它 类

鸚鵡	[356]	八宝冬瓜盅	[366]	百舸争流	[376]
蟹趣	[356]	奇味煎豆腐	[366]	凤凰荔茸卷	[376]
棋趣	[358]	黄金盏	[368]	孔雀开屏	[378]
岭南佳果: 香蕉	[358]	黑加伦提子	[368]	彩蝶大拼盘	[378]
永浴碧河	[360]	八宝冬瓜羹	[370]	金龙闹海	[380]
椰子球	[360]	岭南佳果: 木瓜	[370]	松鹤延年	[380]
牛奶多士卷	[362]	苹果布丁	[372]	雄鹰展翅	[382]
油泡牛奶	[362]	走向世界	[372]	碧绿香芒糕	[382]
飘香荷叶饭	[364]	荷	[374]	安虾咸水角	[384]
孔雀开屏	[364]	酱油萝卜条	[374]	水晶包	[384]

四季宴席菜单.....	[386]
烹饪术语解释.....	[388]

CONTENTS

SURVEY	[4]	Dried pen shell adductors with wax gourd	[48]
RECIPES	[8]	Shark's fin soup	[50]
DRIED FOOD		Abalone with white fungi	[50]
Stewed shark's fin	[8]	Sea cucumber with shrimp balls	[52]
Abalone in a shape of Chinese unicorn	[8]	Steamed bird's nests in supreme soup	[52]
Bird's nest with asparagus	[10]	Quail stuffed with shark's fin	[54]
Abalone in earthen pot	[10]	Cabbage rolls with pen shell adductor	[54]
Colorful sea cucumber shreds	[12]		
White fungi with crab roe	[12]	WILD ANIMALS	
Broccoli with white fungi	[14]	Bear palm with goose webs and ham	[56]
Steamed turtle	[14]	Muntjac simmered with four vegetables	[56]
Stewed shark's fin with stalk vegetable	[16]	Braised turtle	[58]
Abalones with shrimp collod and egg white	[16]	Turtle with longans and almonds	[58]
Braised shark's fin	[18]	Dog meat in earthen pot	[60]
Fresh mushrooms with shark's fins	[18]	Deep-fried pigeon	[60]
Shark's fin with partridge	[20]	Turtle stewed with almonds and longans	[62]
Bird's nest in clear soup	[20]	Deep-fried quail with tomatoes	[62]
Shark's fin soup with crab chelae	[22]	Braised fruit fox	[64]
Pigeon eggs with longans	[22]	Turtle edge meat with fish maw	[64]
Shark's fin braised in an earthen pot	[24]	Snake, leopard cat and chicken	[66]
Stir-fried coconut milk in a splendid style	[24]	Shredded snake in a golden tureen	[66]
Abalone with osmanthus fungi	[26]	Partridge steamed with eagle	[68]
Dried oyster with sea moss	[26]	Stewed muntjac	[68]
Casserole of abalone with fish maw	[28]	Snake steamed with mushrooms	[70]
Shark's fin with vegetable in a pipa lute shape	[28]	Leopard cat with water chestnuts	[70]
		Stewed bear palm	[72]
Sark's fin with crab roe	[30]	Quail stewed with ginseng	[72]
Sea cucumbers in frying and stewing	[30]	Porridge with plaice and partridge	[74]
Casserole of tendons with water chestnut and rutabaga	[32]	Stewed pangolin with roasted goose	[74]
Steamed shark's fin with crab roe	[32]	Frog legs stuffed with strips of bamboo shoots and ham	[76]
Sliced abalones in a shape of the "Taiji" diagram	[34]	Braised snake	[76]
		Migratory bird with bird's nests	[78]
Fish maw quick-boiled with bamboo fungi and preserved egg	[34]	Double pigeons stewed with bamboo fungi	[78]
Shark's fins with crab meat in a pipa lute shape	[36]	Rice bird with prawns	[80]
		Taro in a mountain shape	[80]
Casserole of pumpkin with dried pen shell adductors	[36]	Turtle steamed in a delicate style	[82]
Bird's nests with crab	[38]	Snake fried with red preserved bean curd	[82]
Steamed pen shell adductors with prawn balls	[38]	Pigeon slices with bamboo fungi	[84]
Shark's fin stir-fried with egg	[40]	Pigeon cooked in two ways	[84]
Abalones with crab roe and crab meat	[40]	Rice stalk borers with bird eggs	[86]
Catfish with abalone	[42]	Frog in taro nests	[86]
Sliced chicken quick-boiled with bird's nests	[42]	Simmered dog meat	[88]
Abalone with leaf mustard	[44]	Rice bird with frog legs	[88]
Stir-fried shredded abalones with colourful vegetable	[44]	Water duck stewed with cordyceps sinensis	[90]
Celebrating bumper harvest	[46]	Stewed rice borers	[90]
Quail eggs with white fungi	[46]		
Dried pen shell adductor braised with sponge gourd	[48]	AQUATIC PRODUCTS	
		Bamboo fungi with bamboo shoots and wild rice stems	[92]
		Shrimps in an orange shape	[92]
		Prowns formed in the shape of a butterfly	[94]
		Scalded shrimps	[94]

Shrimps fried with fermented beans	[96]	Snakehead steamed with ham and black mushrooms	[148]
Bamboo shoots with shrimp balls	[96]	Simmered abalone with vegetable	[148]
Deep-fried ricefield eel	[98]	Curry fish buns	[150]
Ham strips in prawn rolls	[98]	Stir-fried perch rolls	[150]
Whelks fried with broccoli	[100]	Shrimp shreds with assorted vegetables	[152]
Fish deep-fried with assorted fruit	[100]	Grouper steamed with crab roe	[152]
Cuttlefish poached with white bittern	[102]	Snakehead rolls with vegetable	[154]
Catfish meat fried with hotbed chives	[102]	Deep-fried crab chelae and prawn balls	[154]
Baked fresh abalones	[104]	Grass carp with assorted pickles	[156]
Grass carp in double styles	[104]	Deep-fried fish in a chrysanthemum shape	[156]
White eel deep-fried with Meiji soy sauce	[106]	Snakehead rolls stir-fried with prawns	[158]
Seafood wrapped in taro puree	[106]	Steamed ptychidio jordani	[158]
Deep-fried cuttlefish colloid cutlets	[108]	Steamed perch with vegetable	[160]
Prawns deep-fried with Guangdong sausage	[108]	Three-coloured fish colloid balls	[160]
Snake-headed fish with fresh mushrooms and fresh bamboo shoots	[110]	Lobster cooked in double styles with a golden ball	[162]
A whole crab baked with onion in butter	[110]	Lobster boat	[162]
Fish head braised with bean curd	[112]	Perch with bamboo fungi and white chrysanthemum	[164]
Beef and shrimp in a shape of a cicada	[112]	White fungi with crab roe	[164]
Crab stir-fried with fermented soya beans	[114]	Guangzhou fish buns	[166]
Crisp crab chelae stuffed with shrimp colloid	[114]	Deep-fried fish with assorted pickles	[166]
Minced wax gourd braised with shelled shrimps	[116]	White eel immersed in supreme stock	[168]
Snakehead slices stuffed with shrimp colloid	[116]	Mussels steamed with minced garlic	[168]
Fresh shelled shrimps with chilli garlic sauce	[118]	Spiced eel rolls	[170]
Deep-fried prawns	[118]	Scallops, shrimps and pork tripe stir-fried with peas	[170]
Whelks with prawn balls	[120]	Deep-fried fish with double flavour	[172]
Pineapple boat	[120]	Fish in tri-colours	[172]
Stewed fresh mushrooms with crab roe	[122]	Snakehead cooked in two ways	[174]
Fresh scallop inserted with ham	[122]	Bean curd rolls stuffed with shrimp colloid and crab chela fillets	[174]
Wax gourd stuffed with fresh scallops and green vegetables	[124]	Casserole of eggplant with fish belly meat	[176]
Razor clams fried with egg	[124]	Steamed grass carp	[176]
Black mushroom stuffed with shrimp colloid	[126]	Bread rolls	[178]
Prawns cooked in two styles	[126]	Scallops steamed with sliced carrots	[178]
Prawns stuffed with shrimp colloid	[128]	Sweet aroma dish for summer days	[180]
Stewed snakehead	[128]	Fine stuffed geoduck	[180]
Mandarin fish in a special style	[130]	Abalone in clear soup	[182]
Squids in a fan shape	[130]	Sea bass steamed with minced garlic	[182]
Fresh mushrooms stuffed with shrimp colloid	[132]	Sea food wrapped with salad	[184]
Baked shrimp colloid with grape juice	[132]	Eel seasoned with distillers' solubles	[184]
Steamed shrimp colloid in a panda shape with green vegetable	[134]	Wax gourd with salted egg	[186]
Deep-fried mussel and prawn	[134]	Stir-fried mandarin fish rolls with fish roes	[186]
Shelled shrimps in a shape of "pipa" lute	[136]	Fried duck webs	[188]
Chicken feet with prawn balls	[136]	Cuttlefish balls stuffed with diced ham	[188]
Australian scallops with deep-fried bean curd	[138]	Deep-fried fish in a shape of chrysanthemum	[190]
Snakehead steamed with green vegetable	[138]	Deep-fried prawns with fried taro	[190]
Stewed bamboo fungi with steamed crab chelae	[140]	Snakehead steamed with crab roe	[192]
Shrimp colloid fried with hotbed chives	[140]	Deep-fried shrimp colloid in a shrimp shape	[192]
Golden fish in moonlight	[142]	Shrimp balls with grape juice	[194]
Stewed bamboo fungi with fish fillets	[142]	Shrimp stuffed with shrimp colloid as bees	[194]
Deep-fried crab	[144]	Bamboo fungi stuffed with cuttlefish colloid and ham	[196]
Fresh scallops and shrimp colloid with wax gourd	[144]	Shelled fresh shrimps stir-fried with milk	[196]
Grouper cooked in two ways	[146]	Fresh shrimps with Yunnan ham	[198]
Fish maws stuffed with shrimp colloid	[146]	Marraw stuffed with four trearures	[198]
		Prawn balls fried with green pepper	[200]

Bitter gourd stuffed with shrimp colloid	[200]	Squid with bamboo fungi and sea cucumber	[250]
Fish in double styles in a shape of a "pipa" lute	[202]	Lobster balls with prawns	[252]
White eel balls fried with green pepper	[202]	Shrimps and frog with hami melon	[252]
Fried crab chelae with braised Chinese white cabbage	[204]	POULTRY	
Fish maw with dace	[204]	Chicken with crab roe in a pomegranate shape	[254]
Prawn balls with kale stalks	[206]	Duck tongues stuffed with ham strips	[254]
Prawn balls with quail eggs	[206]	Simmered goose webs with green vegetable	[256]
Lobster with three vegetables	[208]	Chicken wings stuffed with ham	[256]
Squid rolls in a flower basket shape	[208]	Steamed buck with shrimp balls	[258]
Fresh shelled shrimps with chrysanthemum	[210]	Chicken with rose in milky soup	[258]
Oil-scalded shelled shrimps	[210]	Chicken soup with longans and Chinese wolfberries	[260]
Jellyfish with shelled shrimps in various colours	[212]	Duck gizzard and cuttlefish in a corn's shape	[260]
Shrimp deep-fried with quail eggs	[212]	Steamed chicken with osmanthus fungi	[262]
Prawns stuffed with shrimp colloid in a bird shape	[214]	Baked chicken seasoned with chilli garlic sauce	[262]
Shelled shrimps with an aroma of lychee	[214]	Simmered chicken with huadiao wine in an earthen pot	[264]
Stir-fried perch rolls with vegetables	[216]	Guangzhou Wenchang chicken	[264]
Prawns stuffed with green vegetable	[216]	Stewed duck with four treasures	[266]
Snakehead with crab meat	[218]	Chicken steamed with glutinous rice and green broccoli	[266]
Oil-scalded squids	[218]	Chicken steamed in southeast style	[268]
Wax gourd with shrimps and fresh mushrooms	[220]	Crisp goose in Chaozhou style	[270]
Steamed crab	[220]	Maotai chicken in Guangzhou style	[270]
Crisp fish with milk and egg yolk	[222]	Chicken with shrimps	[270]
Squids stuffed with shrimp colloid and prawn balls	[222]	Diced chicken with raisins	[272]
Scallops with shrimps	[224]	Chicken with mushroom and bamboo shoot	[272]
Eel stuffed with ham strips	[224]	Chicken baked with salt	[274]
Steamed snakeheaded fish in a splendid style	[226]	Goose webs in oyster sauce	[274]
Oil-scalded shrimps with crab roe	[226]	Chicken steamed with quail eggs	[276]
Perch with green vegetables	[228]	Roasted goose in a rice ear shape	[276]
Stir-fried scallops with kales	[228]	Duck deep-fried with cuttlefish colloid	[278]
String beans stuffed with four treasures	[230]	Crisp duck in Guangzhou style	[278]
Fried shrimp colloid with vegetable	[230]	Vegetable and chicken with crab roe and crab meat	[280]
Deep-fried snakehead in a swallow shape	[232]	Black chicken casserole in Sichuan style	[280]
Deep-fried fish with orange juice and corn shoots	[232]	Sliced wax gourd stuffed with roast duck	[282]
Steamed mandarin fish	[234]	Shredded chicken with curry and sesame	[282]
Bean curd soup with bitter gourd and fresh shrimps	[234]	Chicken immersed in Shaoxing wine	[284]
Fresh shrimp dumplings	[236]	Chicken poached with spiced sauce	[284]
Fish colloid cooked in two ways	[236]	Chicken wings with vegetable cooked in two ways	[286]
Fish rolls and meat in a box shape	[238]	Fried chicken with crab roe and crab meat	[286]
Soft perch balls	[238]	Eight-treasure stuffed chicken in wax gourd	[288]
Steamed snakehead rolls	[240]	Chicken hearts fried with minced garlic	[288]
Four kinds of greens with four dressings	[240]	Turtle edge meat braised with chicken	[290]
Sea moss with quail eggs	[242]	Chicken wings stuffed with prawns	[290]
Shelled shrimps stir-fried with diced mango	[242]	Chicken in a shape of a golden pomegranate	[292]
Shrimp colloid rolls and prawns	[244]	Shredded ham in frog legs and chicken wings	[292]
Prawns in double flavour	[244]	Chicken rolls with green vegetable	[294]
White eel steamed with fermented black beans	[246]	Chicken wings stuffed with taro	[294]
White eel steamed with fermented bean	[246]	Chicken pieces in a peacock shape	[296]
Bittern-simmered abalones	[248]	Duck steamed with garlic	[296]
Sliced abalones with ginger and green onions	[248]	Chicken fried with juice	[298]
Scalded whelk slices	[250]	Chicken wings stuffed with shrimps	[298]

Chicken cubes stir-fried with raisins	[300]	Smooth sailing of a boat	[342]
Chicken with fresh shrimps and milk	[300]	Coconut with white fungi and lotus seeds	[342]
Chicken fillet with shrimp colloid in clear soup	[302]	Sour and sweet rolls	[344]
	[302]	Sweet potato stewed with pork	[344]
Crisp skin chicken	[302]	Fruit in a dragon boat	[346]
Goose braised with Zhuhou sauce in a lute shape	[304]	Three kinds of fresh mushrooms	[346]
	[304]	Papaya stewed with almonds	[348]
Crisp duck	[304]	Lotus rhizome fried with red fermented bean curd	[348]
Chicken fillet with taro shreds in a shape of a cup	[306]	Hedgehog mushroom with barbecued pork and oyster	[350]
Chicken cooked in Guangzhou style for guests	[306]	Curry potato puree with shrimps	[350]
		White fungi in vegetarian style	[352]
		A flour wild goose	[352]
		A vegetarian dish from Dinghu temple	[354]
		A buddhist vegetarian dish	[354]
LIVESTOCK		OTHERS	
Roasted suckling pig	[308]	Parrot	[356]
Beef tenderloin with lemon Juice	[308]	Crab	[356]
Pig's head stewed in white bittern	[310]	Playing chess	[358]
Steamed frog in a shape of a chrysanthemum	[310]	Pastry in a banana shape	[358]
	[312]	Golden fish in the river	[360]
Roasted pork	[312]	Coconut balls	[360]
Beef fillet shreds with taro in a basket shape	[312]	Toast rolls with milk	[362]
Fried pork with mixed tomato sauce	[314]	Oil-scalded milk	[362]
Stuffed pork liver	[314]	Rice with lotus leaf aroma	[364]
Casserole of camel trotter with mushrooms	[316]	A peacock spreading its tail	[364]
Spareribs with a garlic aroma	[316]	Eight treasures in wax gourd	[366]
Egg and pork roll	[318]	Fried bean curd	[366]
Spicy and crisp pork fillet	[318]	Golden cup	[368]
Stir-fried duck gizzards and pig's tripe with green broccoli	[320]	Grapes with black currant aroma	[368]
Ox heart tip with tribute pickle	[320]	Wax gourd soup with eight treasures	[370]
Hump in a splendid style	[322]	Papaya	[370]
Double roll with vegetable	[322]	Apple pudding	[372]
Rabbit shreds with assorted vegetables	[324]	Various rolls formed in a globe pattern	[372]
Mushroom and pork fillet's rolls	[324]	Lotus	[374]
Ox marrow stewed with Chinese wolfberries and longans	[326]	Shredded carrot pickled with soy sauce	[374]
Roasted chicken rolls	[326]	A game of boats	[376]
Fried pork rolls with kale	[328]	Taro rolls	[376]
Bean curd steamed with ham	[328]	a peacock spreading its tail	[378]
Deep-fried spring rolls	[330]	Butterflies in various colours	[378]
Deep-fried pig's intestine	[330]	A dragon playing in the sea	[380]
The upper jaw of pork stir-fried with bamboo shoot	[332]	Pine and cranes	[380]
Pork strings with prawns	[332]	Spread eagle	[382]
Deep-fried pork in a shape of grapes	[334]	Mango pastry	[382]
Deep-fried pork in a shape of chrysanthemum	[334]	Glutinous rice dumplings stuffed with shrimps	[384]
	[336]	Steamed crystal dumplings	[384]
Butterflies among flowers	[336]		
Sheep loin with rolls of bean milk cream	[336]		
VEGETABLES		THE MENU OF FEAST IN A YEAR	
Bamboo fungi with goose strips	[338]		[387]
Various delicacies in a marrow stuffed Marrow	[340]	CULINARY TERMS	[391]
Wax gourd soup	[340]		

概 述

粤菜乃广东菜的简称,由广州菜、潮州菜和东江菜三大主要流派组成。

粤菜是中国著名菜系之一,它的产生、形成与发展,既取决于广东优越的地理位置和雄厚的经济基础,也融汇了中国及世界饮食文化的精华。

广东地处中国南端,濒临南海,气候温和、雨量充足,平原广阔,川流纵横,山峦林密,山珍海味,饮食资源十分富足。丰饶的自然资源,造就了广东先民的杂食嗜好,2000多年前已有越人(广东土著先民)食蛇的记录,历史上多次的民族融合和一批批中原人士的南迁,带来了中原先进的饮食文化和精湛的烹调技艺,并与岭南的地理环境和越人的饮食习尚揉合在一起,去粗取精,不断升华,逐渐创造出岭南独特的饮食风格,奠定了广东菜发展的基础。广东历来是中国重要的对外通商口岸,这既促进了广东商业市场的繁荣和经济的飞跃,同时也把世界各地的名优食料源源不断地输入广东,乃至产生了“天下所有之食货粤东儿尽有之;粤东所有之食货,天下未必尽有之”的现象,为广东菜的发展提供了广博、奇特、丰实而雄厚的物质基础。同时由于西方人士的不断往来,西餐的烹调技术也传入广东,一些烹调技法也被粤菜借鉴和利用,到上世纪末,粤菜已经发展成为集全国乃至全世界烹饪精华于一体的中国著名的菜系之一。

在历史发展的长河中,令粤菜名扬四

海、誉冠五洲的最根本原因是其具有鲜明的特点和独特的风格。

粤菜无论在选料、切配、火候掌握、调味和成品质量要求诸方面都具有自己鲜明的特点。

原料是烹调的基础物质,粤菜对所用原料的选择始终遵循着“广”、“奇”、“鲜”“活”、“优”的原则。“广”是粤菜入馔原料种类非常广博,凡各地所用的原料,粤菜都用,而外地不用的原料,如某些山间野味,田基美食,不论天上飞的、地面上跑的、地洞里钻的、水里游的多种动物,以及多种植物和矿物质,甚至被认为是“下角料”的物料,均可成为粤菜烹调的重要原料,其数目之多,在数千种以上。“奇”是粤菜原料无所不包,因而也几乎无奇不有,什么蛇、虫、鼠、蚁、猫、狗、狸、鳖、飞禽、走兽……,令古今中外许多来粤人士深感惊异。“鲜”是粤菜对各种原料要求新鲜、鲜嫩,力求实现色鲜、味美的统一。“活”主要则重于对动物性原料的要求,禽类、畜类、海鲜、野味必须鲜活生猛,会飞、会跑、会跳、会爬、会游,而且强调即宰、即烹、即食,尤其对鱼类和虾、蟹的要求更为突出。而“优”则是指粤菜十分强调对原料优良品种和优秀品质的选择,例如制作“白切鸡”的鸡,要求选用即将下蛋,但尚未下蛋的农家放养的小母鸡,甚至限定这些小母鸡的产地和重量;用于制作蛇羹的蛇,必须选用体形肥大,肉质鲜嫩的蛇,如眼镜蛇、