



现代人食谱
COOKBOOK FOR MODERNS

拿手菜

SUPER DISHES

食尚系列 21

江 婕 著

182

原味、清淡的细腻口感
特殊、多变的精致美食

惊喜价

16.00元



中国轻工业出版社

图书在版编目(CIP)数据

拿手菜 / 江婕著. —北京: 中国轻工业出版社, 2004.4

(现代人食谱. 食尚系列 21)

ISBN 7-5019-4250-1

I. 拿… II. 江… III. 菜谱 IV. TS972.12

中国版本图书馆 CIP 数据核字 (2004) 第 007596 号

版权声明

原书名: 咱的拿手菜

作者: 江 婕

©本书中文简体版由台湾尚书文化事业有限公司授权, 由中国轻工业出版社独家出版发行。未经著作权人和本社书面许可, 不得以任何方式对本书内容进行复制、转载或刊登。违者必究。

责任编辑: 高惠京

责任终审: 劳国强

封面设计: 李云飞

版式设计: 王佳凡 姜 涛

责任校对: 燕 杰

责任监印: 胡 兵

出版发行: 中国轻工业出版社 (北京东长安街 6 号, 邮编: 100740)

印 刷: 北京国彩印刷有限公司

经 销: 各地新华书店

版 次: 2004 年 4 月第 1 版 2004 年 4 月第 1 次印刷

开 本: 889 × 1194 1/24 印张: 3.5

字 数: 76 千字

书 号: ISBN 7-5019-4250-1/TS · 2513 定价: 16.00 元

著作权合同登记 图字: 01-2004-0772

读者服务部邮购热线电话: 010-65241695 85111729 传真: 85111730

发行电话: 010-88390721 88390722

网 址: <http://www.chlip.com.cn>

Email: club@chlip.com.cn

如发现图书残缺请直接与我社读者服务部联系调换
30880S1X101ZYW





现代人食谱
COOKBOOK FOR MODERNS

拿手菜

食尚系列 21

Super Dishes

江 婕 著



 中国轻工业出版社

目录 Contents

• 健康原味新 **煮** 张 • A healthy, plain new cooking theory



红烧肉	Red-Cooked Pork	4
椒盐蟹棒	Pepper Salt Crab Meat	6
姜丝鲜鱼汤	Grouper with Shredded Ginger Soup	8
柴把山药	Chinese Yam with Gourd Bundle	10
香煎牛排	Fried Beef Steak	12
煎烹大虾	Fried Shrimp with Scallion and Ginger	14
油焖苦瓜	Oil Bitter Melon	16
云片鲜贝	Scallops with Eggs	18
糖心蛋	Sugar-Stuffed Eggs	20
姜丝鲜鱿	Squid with Shredded Ginger	22
蛋清虾排	Shrimp Steak Coated with Egg White Batter	24
小虾圆白菜	Shrimp with Cabbage	26



• 活用素材新 **巧** 思 • Use plain ingredients with inventiveness



五柳鱼条	Sweet and Sour Sword Fish Strips with Green Pepper	28
碧绿百合虾仁	Shrimp with Lily Bulb and Asparagus	29
XO 酱贝肉	Large Clam with XO Sauce	30
金银三丝	Golden and Silver Three Shreds	32
双干煸五花	Belly Pork with Pressed Tofu	34
西芹双鲜	Seafood with Celery in Garlic Sauce	36
蛤蜊味噌汤	Miso Clam Soup	38
几何豆腐	Tofu in Vegetarian Oyster Sauce	40



大蒜全鸡盅	Garlic Chicken Pot	42
鲜菇熘芥菜	Shiitake Mushrooms with Mustard Heart	44
乌滋鸡块	Chicken Balls in Vinegar Sauce	46
素什锦	Vegetarian Combination	48
冬瓜排骨	Ribs with Winter Melon	50
海鲜煲	Seafood Pot	52
韭黄鸡柳	Chicken Strip with Yellow Chives	54
四丝羹	Four Shreds Congee	56

• 特殊风味新 鲜 尝 • Special flavor, fresh taste



橙片牛肉	Orange Beef	58
宫保皮蛋	Kon-Po Preserved Eggs	59
麻辣鱼头锅	Spicy Silver Carp Head Pot	60
生菜鸡米	Diced Chicken over Lettuce	62
豆酥蟹	Crab with Crispy Bean Balls	64
三杯鱼肚	Three-Cup Fish Stomach	65
味噌焖鸡	Miso Chicken	66
豆豉辣椒	Fermented Beans with Chili Peppers	68
七彩玉带	Colorful Scallops	70
肉骨茶	Ribs with Chinese Medicine	72
烟熏鳕鱼	Smoked Cod	74
香油姜蟹	Ginger Crab with Sesame Oil	76
酸白菜鱼头沙锅	Silver Carp Head with Pickled Cabbage Crock Pot	78
芥末牡蛎	Wasabi Oyster	80
酸白菜粉丝	Mung Bean Noodle with Pickled Cabbage	81
起酥鱼卷	Salmon Rolls with Cheese	82

红烧肉

Red-Cooked Pork



Tips 私房小语

烹饪过程中，要多翻动以免粘锅；而且要用小火焖烧，肉才不会柴。

Turn pork over constantly when cooking to prevent it from sticking to wok. Cook over low heat, so the meat will not fall apart.

材料 Ingredients

猪肉 500 克，葱 1 根，红辣椒 1 个，青蒜 1 根，姜 1 块。

1.3 lbs.ham, 1 scallion, 1 red chili pepper, 1 piece ginger, 1 leek

调味料 Seasonings

酱油 3 大匙，米酒 1 大匙，糖 1 茶匙，水 2 杯，植物油 2 大匙。

3T soy sauce, 1T rice wine, 1t sugar, 2C water, 2T oil

做法 Methods

- ① 猪肉洗净、切大块，用开水氽烫，备用；葱、红辣椒和青蒜洗净、切段；姜洗净、切片，备用。
- ② 用 2 大匙热油爆香葱、姜、辣椒，加入猪肉，再加 1 大匙酱油翻炒至上色后，加入其余调味料焖煮至猪肉块熟烂，最后撒上青蒜即可。
- ① Cut pork in large chunks and blanch in boiling water, then remove. Cut scallion, chili pepper and leek into sections. Cut ginger into slices.
- ② Heat 2T of oil in wok to stir-fry scallion sections, ginger slices and chili pepper until fragrant. Add pork as well as 1T of soy sauce to season. Stir-fry constantly until pork is evenly brown with soy sauce. Season with remaining seasonings and simmer until soft and done. Sprinkle with leek sections at last. Stir until well-mixed. Serve.

注：本书中所用植物油为烹调常用材料，在此后的原料中不再列出。



红烧肉

Red-Cooked Pork

椒盐蟹棒

Pepper Salt Crab Meat



Tips 私房小语

炸过的蟹棒也可蘸其他酱汁食用，如糖醋酱、蒜泥酱、五味酱等，搭配不同的酱汁有不同的口感。

Deep-fried crab pincer meat can be served with other kinds of dips, such as sweet and sour sauce, garlic sauce, five-flavored sauce and so on. Serving with different kinds of sauces varies the flavor of the dish.

材料 Ingredients

蟹棒 80 克，面粉 1 大匙，淀粉 1 大匙，奶酪粉 1 大匙，葱段、姜片适量。
1/6 lb. crab pincer meat, 1T flour, 1T cornstarch, 1T cheese powder, scallion as needed, slice ginger as needed

调味料 Seasonings

米酒 1 大匙，椒盐 2 茶匙（蘸料用）。
1T rice wine, 2t pepper salt (for dipping)

做法 Methods

- ① 蟹棒先在加入米酒、葱、姜的开水中稍氽烫后捞出，过凉水沥干；将面粉、淀粉及奶酪粉调匀成混合粉，备用。
- ② 将蟹棒裹上混合粉，以高温油炸呈金黄色即可，食用时蘸椒盐。
- ① Blanch crab pincer meat in boiling water with rice wine, scallion and ginger added for a minute, remove and cool to drain. Combine flour, cornstarch and cheese powder in bowl well.
- ② Coat crab pincer meat evenly with flour mixture. Remove to oil and deep-fry over high heat until golden. Serve with pepper salt on the side as a dip.



椒盐蟹棒
Pepper Salt Crab Meat

姜丝鲜鱼汤

Grouper with Shredded Ginger Soup



材料 Ingredients

鲜鱼1条(以石斑鱼为好), 嫩姜1块, 葱1根, 姜1片。

1 red grouper, 1 young ginger, 1 scallion, 1 slice ginger

调味料 Seasonings

(1) 盐1/2大匙, 味精1/2大匙。

(2) 米酒1大匙, 香油少许。

(1) 1/2T salt, 1/2T MSG

(2) 1T rice wine, light sesame oil as needed

Tips 私房小语

在选购鱼时, 以鱼的外表光滑, 鱼眼晶莹明亮、黑白分明, 鱼鳃呈鲜红色, 鱼肉富有弹性、结实者为佳。

Select fish with a smooth, shiny surface. The eyes should be bright and clear, gills bright red, and texture firm and flexible.

做法 Methods

- ① 鲜鱼洗净, 先用开水氽烫以去除杂质; 嫩姜、葱洗净、切丝, 备用。
- ② 将3碗水烧开, 加入姜片、米酒, 并放入鱼煮熟后, 加入调味料(1), 撒上葱丝、姜丝, 最后淋上香油即可。
- ① Rinse fish well, blanch in boiling water for a minute to remove impurities. Shred ginger and scallion.
- ② Bring 3 bowls of water to boil with ginger slices and rice wine added. Cook fish in water until done. Season with seasoning (1) to taste. Sprinkle with shredded scallion and ginger. Drizzle with light sesame oil. Serve.



姜丝鲜鱼汤

Grouper with Shredded Ginger Soup

柴把山药

Chinese Yam with Gourd Bundle



Tips 私房小语

以干丝瓜条捆绑其他食材，如同捆绑柴把一般，故称为柴把山药。

这道菜以山药为主要食材，也可与鸡肉、里脊肉或其他蔬菜变化搭配食用。

Tie other ingredients up with dried shredded gourd, as tie firewood bundle up.

The main ingredient of this dish is Chinese yam, which can go with chicken, pork tenderloin, or various kinds of vegetables.

材料 Ingredients

(1) 山药 1/4 根，竹笋 1/4 根，甜豆 100 克，泡发香菇 2 朵。

(2) 干丝瓜条 2 束，葱 1 根，姜 1 片。

(1) 1/4 Chinese yam, 1/4 bamboo shoot, 1/4 lb. sugar-snap peas, 2 fresh shiitake mushrooms

(2) 2 bunches dried shredded gourd, 1 scallion, 1 ginger slice

调味料 Seasonings

(1) 米酒 1/2 大匙，盐 1/2 茶匙，味精 1/3 茶匙。

(2) 高汤 3 杯，水淀粉 3 大匙，香油少许。

(1) 1/2T rice wine, 1/2t salt, 1/3t MSG

(2) 3C soup broth, 3T cornstarch water, light sesame oil as needed

做法 Methods

- ① 竹笋先用水煮熟后捞出，切长条状；葱、姜洗净、切末，备用。
- ② 山药削皮、洗净，和泡发香菇分别切长条状；干丝瓜条泡软，沥干备用。
- ③ 将材料(1)用干丝瓜条分别绑成 6 份柴把；锅中加 1 大匙油爆香葱末、姜末，加入高汤、柴把及调味料(1)，煮熟后捞出。
- ④ 将柴把摆在盘中，剩下的汤汁以水淀粉勾薄芡，加入香油，淋于柴把上即可。
- ① Cook bamboo shoot in water until done and remove, then cut into long strips. Mince scallion and ginger.
- ② Peel Chinese yam and rinse well, then cut into long strips. Cut fresh shiitake mushrooms into strips. Soak dried shredded gourd in water until soft and drain.
- ③ Tie ingredient (1) into 6 portions of bundle with shredded gourd. Heat 1T of oil in wok to stir fry scallion and ginger until fragrant. Add soup broth, gourd bundles and seasoning (1). Cook until done and remove.
- ④ Arrange bundles in plate. Thicken the remaining liquid with cornstarch water, then add light sesame oil and drizzle over gourd bundles. Serve.



柴把山药

Chinese Yam with Gourd Bundle

香煎牛排

Fried Beef Steak



Tips 私房小语

煎牛排时，最好使用平底锅，
可使油温均匀传递。

Use frying pan to fry the
beef steak to have an even
heated temperature.

材料 Ingredients

牛排 250 克，甜豆少许，胡萝卜 2 片。

250g sirloin steak, sugar-snap peas as needed, 2 slices carrot

调味料 Seasonings

黄油 1 小块，橄榄油 2 大匙，芥末少许。

1 small piece butter, 2T olive oil, mustard as needed

做法 Methods

- ① 甜豆、胡萝卜先洗净，用开水煮熟后，备用。
- ② 用平底锅抹上黄油、橄榄油，将牛排煎熟后摆入盘中，再以甜豆、胡萝卜装饰即可，食用时蘸少许芥末。
- ① Cook sugar-snap peas and carrot in water until done.
- ② Grease frying pan with butter and olive oil, fry steak until done and remove to plate. Garnish with sugar-snap peas and carrots. Serve with mustard as a dip.



香煎牛排

Fried Beef Steak

煎烹大虾

Fried Shrimp with Scallion and Ginger



材料 Ingredients

大虾 10 个, 葱 2 根, 姜 1 片, 红辣椒 1 个, 蒜 5 瓣。

10 shrimps, 2 scallions, 1 slice ginger, 1 red chili pepper, 5 cloves garlic

调味料 Seasonings

盐 1/2 茶匙, 米酒 1 大匙, 糖、酱油各少许。

1/2t salt, 1T rice wine, sugar, soy sauce as needed

Tips 私房小语

爆虾时, 油要热, 动作要快, 以免久炒出水, 虾肉变硬。

Use frying pan to fry the beef steak to have an even heated temperature.

做法 Methods

- ① 大虾洗净、剪须, 去沙线; 葱、姜、蒜及红辣椒洗净, 切末, 备用。
- ② 锅中加 2 大匙油烧热, 放入大虾煎至变色, 再爆香葱、姜、蒜和辣椒后, 放入调味料烧至熟, 待其收汁即可。
- ① Rinse shrimp well and trim off the antenna, then devein. Mince scallion, ginger, red chili pepper and garlic finely.
- ② Heat 2T of oil in wok and fry shrimp until color changes. Add minced scallion, ginger, chili pepper and garlic and stir until flavor is released. Season with seasoning to taste. Cook until liquid is absorbed. Serve.



煎烹大虾

Fried Shrimp with Scallion and Ginger