

粤菜也家常

时尚美食系列

HOME-MADE GUANGDONG FLAVOR

何荣宝 著



简单易做，道道美味
家常粤菜，□□正宗

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何荣宝 著



目 录

- | | | | |
|-----------|--|-------------|--|
| 4 粤菜 ABC | ABC of Cantonese Cuisine | 22 虾酱鱿鱼蒸猪头肉 | Steamed Pork Neck with Dried Shrimp Paste and Cuttlefish |
| ✓ 牛羊肉类 | Beef & Mutton | ✓ 海鲜类 | Seafood |
| 6 椒盐羊小排 | Lamb Chops with Pepper Salt Sauce | 24 XO 酱鲑鱼头 | Salmon Head with XO Sauce |
| 8 桂林炒牛肚 | Quick Stir Fry Beef Stomach with Gui-lin Sauce | 26 蒜蓉蒸草虾 | Steamed Tiger Shrimp with Garlic Sauce |
| 10 鬼马牛肉 | Beef with Youtiao and Water Chest-nuts | 28 茄汁焗明虾 | Prawn with Ketchup Sauce |
| 12 白灼肥牛肉 | Blanched Beef Slices Cantonese Style | 30 豉椒炒海瓜子 | Stir fried Clams with Chile and Fer-mented Black Bean |
| ✓ 鸡肉类 | Chicken | 31 辣酒煮香螺 | Boiled Babylonia Areolata with Spic and Wine |
| 13 脆皮乳鸽 | Crispy Pigeon | 32 花雕蒸蟹 | Steamed Crab with Huadiao Wine |
| 14 荷叶肝肠蒸鸡 | Steamed Chicken with Liver Sau-sage in Lotus Leaves | 34 象拔蚌两吃 | Two Flavors Geoduck |
| 16 东江盐焗鸡 | Salt-Baked Chicken Dongjiang Style | ✓ 煲仔类 | Braise Cantonese Style |
| ✓ 猪肉类 | Pork | 36 沙爹鸭血肥肠煲 | Duck Blood and Pork Intestine with Shadie Sauce in Casserole |
| 17 金沙酱烧骨 | Spareribs with Golden Mayonnaise Sauce | 38 咸鱼鸡粒豆腐煲 | Bean Curd, salted Fish and Minced Chicken in Casserole |
| 18 橙花排骨 | Spareribs with Orange Sauce | 40 芋头腊味煲 | Taro Root and Chinese Sausage in Casserole |
| 20 荷芹炒腊味 | Stir fried Chinese Sausage with Snow Pea Pods and Celery | | |

● 烧腊类

- 41 玫瑰酱油鸡
- 42 港式叉烧
- 44 脆皮烧肉
- 46 蜜汁烧鸡腿

Barbecue & Sausage

- Rose Soy Chicken
- BBQ Pork Hong Kong Style
- Crispy Roast Pork Belly
- BBQ Roast Chicken

● 广东汤类

- 47 花生眉豆莲藕排骨汤
Peanut Dried Soy Bean, Lotus Root and Spareribs Soup
- 48 青红萝卜猪肉煲
Pork with Green Radish, Turnip, and Carrot Soup
- 50 海皇豆腐羹
Supreme Sea Food and Bean Curd Potage

Guangdong Soup

-
-
-

● 火锅类

- 52 韭菜肉饺
- 54 香港云吞
- 55 凤城水饺

Chaffy Dish

- Leek Dumplings
- Yuntun Hong Kong Style
- Dumplings Phoenix City Style

● 面饭类

- 56 咖喱炒饭
Stir Fried Rice with Curry Powder
- 58 鼓油王炒面
Chaomian Soy Flavor (Stir-Fried Noodles with Soy Sauce)
- 60 腊味糯米饭
Stir Fried Sticky Rice with Chinese Sausage
- 62 姜葱牛肉捞面
Boiled Noodles with Beef slices, Green Onion and Ginger

Noodle & Rice

-
-
-
-

● 小食类

- 63 咖喱虾球锅巴
- 64 大良煎莲藕饼
- 66 奶酪炸虾丸
- 68 港式萝卜糕

Cookie

- Shrimp and Dried Rice Cake with Curry Sauce
- Deep Fried Lotus Roots cake Daliang Style
- Deep fried Shrimp Balls with Cheese
- Turnip Cake Hong Kong Style

● 青菜类

- 70 鸡蓉琵琶豆腐
- 71 金银蛋时蔬
- 72 老少平安
- 74 粉丝干贝什菜煲
- 76 莲藕炒群蔬

Vegetable

- Loquat Bean Curd
- Vegetable with Golden and Silver Egg
- Steamed Fish and Bean Curd
- Assorted Veggie Casserole
- Stir Fried Lotus Roots with Fresh Veggie

● 甜品类

- 78 雪梨炖燕窝
- 79 拔丝香蕉
- 80 鲜果炒冰
- 82 红枣桂圆炖雪蛤

Dessert

- Stewed Bird's Nest with Pear
- Silk Glazed Banana
- Stir Fried Ice with Assorted Fruit
- Stewed Snow Frog with Red Dates and Guiyuan



粤菜 ABC

粤菜主要由广州、潮州、东江三种风味组成，潮州菜以烹制海鲜见长，尤以汤菜最具特色，刀工精巧，口味清纯，讲究原汁原味；东江菜又称客家菜，以下油重、主料突出、朴实大方著称，有浓厚乡土风味。广州菜口味爽、脆、鲜、嫩，是广东菜系的主体口味。

广州地处亚热带，濒临南海，物产丰富，山珍海味无所不有，蔬果时鲜四季不同。汉魏以来，广州一直是中国与海外通商的重要口岸，与中国各地及海外各国烹调文化的交流频繁。中外各种食法逐渐被吸收，使广东菜的烹调技法得以不断充实和改善。明清时期大开海运，对外开放口岸，广州商市得到进一步繁荣，旅居海外的广东华侨又把欧美、东南亚学到的烹调技法带回家乡，粤菜籍此迅速发展，终于形成了集南北风味于一炉、融中西烹饪于一体的独特风格，并在各大菜系中脱颖而出，名扬海内外。

粤菜以广州菜为代表，具有独特的南国风味，并以选料广博、菜肴新颖奇异而著称于世。

本书中涉及食材广博，牛羊猪鸡鸭鸽、虾鱼蟹蚌螺鳖……几乎天上飞的、地上爬的、水中游的，都能上席。

书中菜式配料精巧、装饰美艳，追求色、香、味、型。脆皮乳鸽、蜜汁烧鸡腿、东江盐焗鸡、辣酒煮香螺……调味遍及酸、甜、苦、辣、咸。

本书烹制方法独具一格，有煲、煎、炸、烩、炖、炒、煮、蒸等近 20 种烹制方法，可谓“一书在手，厨技尽收”！

粤菜口味比较清淡，力求清中求鲜、淡中求美。而且随季节时令的变化而变化，夏秋偏重清淡，冬春偏重浓郁，食味讲究清、鲜、嫩、爽、滑、香，颇合养生之道，是健康、美味、时尚的最佳选择！

ABC of Cantonese Cuisine

Cantonese Cuisine is composed by three styles of Guangzhou, Chiu Chow and Dongjiang. Chiu Chow dish is famous for its cooking of seafood, especially soup dishes, boasts of its delicate cutting skills, plain flavor, stresses on original flavor; Dongjiang Dish is also called Hakka dish, which is well-known for heavy oil, prominent main materials, simple and rural style. The main flavors of Cantonese cuisine are clear, crisp, refreshing and tender.

Guangzhou is located in subtropical zone, a place where borders on the South Sea. It has abundant products, diversified delicacies, different vegetables and fruits. Since the time of Han and Wei dynasties, Guangzhou had always been an important port for the trade between China and overseas, where there were frequent communications of cooking culture between different places in China and overseas countries. Therefore, Cantonese cooking skills were continuously enriched and improved. During the time of Ming and Qing Dynasties, sea transportation was widely developed and ports were opened to overseas. The business markets in Guangzhou was further boomed. Overseas Cantonese brought their hometown new cooking skills they learned in Europe, America and South East Asia. Since then, Cantonese cuisine rapidly developed and finally formed unique features of integrating south and north flavor as well as Chinese and Western cooking methods. It then became outstanding among different cuisines and became popular over the world.

Guangzhou dish is a typical dish of Cantonese cuisine, which is characterized by unique south flavor and is well-known by a wide range of material choice as well as novel and fancy dish categories.

The food materials involved in this book are diversified, including beef, mutton, pork, chicken, duck, pigeon, shrimp, fish, crab, snail and turtle etc. No matter it is flying in the sky, climbing on the ground or swimming in the water, it all can become tasty dish.

The dishes and introduced in this book all have elaborated material-mixing methods and beautiful decorating materials, pursuing perfect color, fragrance, flavor and form. For instance, there are Crispy Pigeon, BBQ Roast Chicken, Salt-Baked Chicken Dongjiang Style, Boiled Babylonia Areolata with Spic and Wine etc, all of which having sour, sweet, bitter, spicy and salty flavors.

The cooking methods in this book are unique, including almost 20 methods such as fry, braise, pot-roast, stir-fry, steam, braise etc. With this practical book, we can thoroughly master cooking skills.

Cantonese cuisine has relatively plain flavor, stressing on refreshing and beautiful style. As the changing of seasons, the dish's style also changes, more plain in summer and fall and more strong-flavored in winter and spring. The flavors of Cantonese cuisine are plain, refreshing, tender, clear, slippery and fragrant, in accordance with the spirit of health preservation. It is the best choice for health, daintiness and fashion.

椒盐羊小排

材料

羊小排 6 根, 辣椒 1 个, 大蒜 2 瓣, 葱 1 根

调味料

胡椒盐半大匙, 糖半大匙

腌料

红葱头 50 克, 姜片 50 克, 米酒 200 毫升, 水 100 毫升

做法

1 将羊排 2 根切成 1 块, 用刀在其中一根骨的周围刮开, 切除其中一根骨, 让肉更加厚实有口感, 且比较好拿, 将腌料放进果汁机中打成汁, 并将姜渣过滤不用。

2 用刀将羊排拍薄, 加入腌料腌 15 分钟。

3 将辣椒、葱、大蒜切末, 用小火将羊小排煎熟, 捞起把油沥干。

4 锅内多余的油加入切末材料爆香, 最后放入羊排、调味料翻炒即可。

Lamb Chops with Pepper Salt Sauce

Ingredients:

6 pcs Lamb chops, 1 Red chili, 2 Garlic cloves, 1 Green onion

Seasonings:

1/2 T Pepper and Salt, 1/2T Sugar

Marinades:

50g Shallot, 50g Ginger slices, 200ml Rice wine, 100ml Water

Procedure:

1. Divide and let every two pieces of lamb chops together, cut off one bone from each double chops to make the meat part thicker. Mix all marinades in a blender and sieve.
2. Pound the lamb chop to enlarge it and make it soft, mix with marinades for 15 minutes.
3. Mince red chili, shallot and garlic. Pan fry lamb chop over low heat till medium, drain dry.
4. Stir fry the red chili, garlic, shallot in the pot with remaining oil, add lamb chops and seasonings, mix well and serve.



桂林炒牛肚

材料

牛肚半个, 姜120克, 葱1根, 辣椒1个, 米酒少许, 水少许

调味料

桂林辣椒酱半大匙, 蚝油半大匙, 糖1茶匙, 香油少许

做法

- 1 葱切段; 姜80克切片、40克切粗丝; 辣椒切丝。
- 2 牛肚洗净, 用适量葱段、姜片、少许米酒加水煮1小时, 捞起置凉后切丝备用。
- 3 锅中烧热2大匙油, 下姜丝(粗丝)爆香, 再下牛肚丝、辣椒丝、葱段、调味料快炒即成。



煮牛肚时, 因厚薄不同, 可用筷子戳洞, 如一戳就穿过表示已煮透, 可视个人口感增减时间。

Quick Stir Fry Beef Stomach with Guilin Sauce

Ingredients:

1/2 Beef stomach, 120g Ginger slices, 1 Green onion, 1 Red chili, Wine as needed, Water as desired

Seasonings:

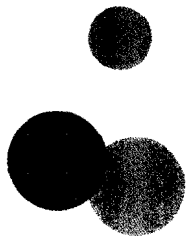
1/2T Guilin Hot spicy sauce, 1/2 T Oyster sauce, 1t Sugar, Sesame oil as needed

Procedure:

1. Cut Green onion into sections, cut 80g ginger into slices, 40g into strings, cut red chili into strings.
2. Rinse beef stomach, cook with green onion, ginger slices, wine in water for 1 hour till soft, drain and cut into strings.
3. Heat 2T oil in a wok, stir fry ginger strings, then put beef stomach, red chili, green onion sections, seasonings in, stir quickly over high heat, and serve.

TIPS:

The thickness of the beef is different, you may pierce it with a chopstick. It'll be done if it is penetrated easily. You may cook it longer if you like it softer.





鬼马牛肉

材料

牛肉片 320 克，马蹄 80 克，油条 1 根，辣椒 1 个

调味料

蚝油半大匙，糖 1 茶匙，胡椒粉少许，香油少许，米酒 1 大匙

腌料

盐半大匙，糖半大匙，酱油少许，淀粉 1 大匙，水少许

做法

1 牛肉片用腌料腌 20 分钟待入味；马蹄切片；油条切薄片；用热油炸脆备用；辣椒切片。

2 锅中放油烧到 180°C，再将牛肉片泡油后捞起，利用锅内余油放辣椒、马蹄及牛肉片下锅大火快炒，再加米酒 1 大匙及调味料炒匀。

3 起锅前下油条片，快速翻炒即可盛盘。



小叮咛

鬼：指的是油条，马：指的是马蹄。

Beef with Youtiao and Water Chestnuts

Ingredients:

320g Beef slices, 80g Water chestnuts, 1 Youtiao, 1 red chili

Seasonings:

1/2T Oyster sauce, 1t Sugar, a pinch of Pepper, Sesame oil as needed, 1T Wine

Marinades:

1/2T Salt, 1/2T Sugar, Soy sauce as desired, 1T Cornstarch, Water as needed

Procedure:

1. Mix beef with marinades for 20 minutes. Slice the water chestnuts, cut Youtiao into small sections, deep fry Youtiao in hot oil till crispy, drain dry. Cut red chili into small sections.
2. Heat oil to 180°C deep fry beef slices for 10 seconds, drain, pour the oil out and use the remaining oil to stir fry red chili, water chestnut, beef quickly over high heat, finally add wine, seasonings, mix well.
3. Finally add crispy Youtiao in and serve hot.

TIPS:

The Chinese name of this dish pronounced Gui-MA. Gui means Youtiao, and MA means Water chestnut. Youtiao is a kind of deep fried rolls which looks like cherro.



白灼肥牛肉

材料

去骨牛小排 240 克，豆芽菜(银芽)160 克，金针菇 80 克，葱 2 根，辣椒 1 个，姜丝 40 克，香菜 20 克，香油少许

调味料

酱油 2 大匙，水 6 大匙，糖半茶匙，美极酱油少许，米酒少许

做法

- 1 牛小排切薄片，用水泡软。
- 2 葱切葱丝；辣椒切末；起油锅用半大匙油爆香葱、辣椒及姜丝，并与调味料混合煮开盛起当蘸料。
- 3 锅烧热水，水滚后关火放入牛小排用余温灼熟捞起备用。
- 4 锅加 1 大匙油炒豆芽菜，淋少许米酒，再加入金针菇，快速翻炒盛盘，将烫熟的牛小排片铺上，放上香菜，淋少许香油即成。
- 5 食用时，将牛小排片蘸酱料即可。



Blenched Beef Slices Cantonese Style

Ingredients:

240g Beef short rib (boneless), 160g Bean sprouts, 80g Needle Mushroom, 2 Green onion, 1 Red chili, 40g Ginger strings, 20g Chinese Parsley, Sesame oil as needed

Seasonings:

2T Soy sauce, 6T Water, 1/2t Sugar, Maggie sauce as desired, Rice wine as needed

Procedure:

1. Slice beef thinly. Soak in water.
2. Mince red chili, shred green onion. Heat 1/2 T oil in a wok to stir fry green onion, ginger, red chili, add seasonings in, bring to a boil. This is the dipping sauce.
3. Cook a full pot of boiling water, turn off heat and put beef slice in, boil soak for a while, drain dry.
4. Heat 1T oil to stir fry bean sprouts, add wine, needle mushroom, stir fry quickly, spread beef slice on top, sprinkle Chinese parsley on it, sprinkle sesame oil and place on a plate.
5. Serve and mix with the dipping sauce.

脆皮乳鸽

材料

乳鸽 1 只, 红葱头 2 个, 大蒜 2 瓣, 香菜头少许

调味料

五香粉少许, 山柰粉少许, 盐 2 大匙

脆皮水

白醋 400 克, 麦芽糖 80 克, 水 80 克, 绍兴酒 40 克, 红醋 80 克

做法

- 1 乳鸽内脏清除后洗净, 再把其他材料切碎跟调味料混合放入乳鸽内腌 45 分钟待它入味。



- 2 将入味后的乳鸽放入锅中汆烫, 使皮收缩, 将脆皮水淋在乳鸽上, 放在阴凉处倒挂起来吹干, 就可用热油炸 10 分钟即成。

- 3 盘上铺平香菜头叶, 将炸好的乳鸽置于其上。



小叮咛

挑选乳鸽时要注意一定不能有瘀血或破皮。

Crispy Pigeon

Ingredients:

1 Baby pigeon, 2 Shallot, 2 Garlic cloves, a pinch of Chinese parsley

Seasonings:

A pinch of 5 Spicy powder, a pinch of Star anise powder, 2T Salt

Crispy skin syrup:

400g Vinegar, 80g Maltose syrup, 80g Water, 40g Shaoxing wine, 80g Red vinegar

Procedure:

1. Clean and discard intestine from pigeon, mix it with seasonings for 45 minutes.
2. Cook pigeon in boiling water, drain and splash skin syrup on surface of it. Then hang it in a dark windy place to wind dry it. Finally deep fry in hot oil till golden brown for about 10 minutes.
3. Place the pigeon on top of lettuce garnish with parsley.

TIPS:

Pick the pigeon which doesn't have broken skin nor bruise on surface.

荷叶肝肠蒸鸡

材料

土鸡半只, 干荷叶1张, 肝肠1条, 香菇3朵, 葱1根, 姜1块

调味料

蚝油1大匙, 淡色酱油1大匙, 砂糖半大匙, 香油少许, 淀粉1大匙

做法

1

荷叶用热水煮软泡冷水备用; 鸡切小块; 葱切段; 姜切片; 肝肠切小片; 香菇用水泡软后切片。

2

把所有材料放入调味料调味后, 放在荷叶上蒸10分钟即可。



小叮咛

肝肠用之前最好先氽烫, 去除油渍味。

Steamed Chicken with Liver Sausage in Lotus Leaves

Ingredients:

Half Chicken free ranch, 1 Lotus leaf, 1 Liver sausage, 3 Black mushroom, 1 Green onion, 1 Ginger

Seasonings:

1T Oyster sauce, 1T Soy sauce (light color), 1/2T Sugar, Sesame oil as needed, 1T Cornstarch

Procedure:

1. Cook lotus leaf in boiling water till soft, take out and soak in cold water. Cut chicken into small pieces, cut green onion into small sections, slice the ginger, slice the liver sausage, soak the black mushroom till soft and cut into slices.

2. Mix all ingredients with seasonings and wrap into the lotus leaf (arrange each one after the other) forming a package, steam for 10 minutes. Serve.

TIPS:

Boil the liver sausage in boiling water for a short time to get rid of greasy taste before cook.

