

《东方美食大系》丛书

A SERIES OF
DELICIOUS
eastern food

新潮粤菜

Guang Dong dishes in new style



北京烹饪协会推荐图书
中英文对照

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《东方美食大系》丛书编写组

中国商业出版社

美食,人类进步
的里程碑。

李德生

delicious food is a milestone
in human progress.

Li De Sheng

题词:李德生 inscription: Li De Sheng



《东方美食大系》丛书 序 言

人类曾经夏巢穴，人类曾经茹毛饮血。但是，随着数千年乃至上万年漫长岁月的逝去，人类创造了灿烂的文明成果。其中，饮食文化是一株长青之树，是一束不谢之花。

东方，是人类文明的发祥地。东方各民族创造过人类历史上最为丰富多彩的文化遗产，东方食评论经更是斑斓绚丽，不可替代。因此，《东方美食大系》丛书的出版，对发掘东方文化宝库，加强东西方文化交流，提高人类生存质量，促进世界和平发展都具有重要意义。

二十世纪初，东方伟人孙中山先生曾经说过：“烹调之术本于文明而生，非深孕乎文明之种族，则辨味不清，辨味不清，则烹调之术不妙。中国烹调之妙，亦是表明进化之深也。”他还说：“中国不独食品发明之多，烹调方法之美，为各国所不及；而中国人饮食习惯尚暗合于科学卫生，尤为各国一般人所望尘莫及也。”中国食文化是奇树一棵，花美天下。它将色、形、香、味、滋、养六者融为一体，使人们得到了视觉、触觉、味觉的综合享受，构成了以美味为核心、以养身为目的的中国烹饪特色。它选料严谨，刀工精细，造型逼真，色彩鲜艳，拼配巧妙，食医结合，有着无可争辩的历史地位。因此，《东方美食大系》丛书又以中国名厨、名菜为主，比较全面、集中、成体系地介绍了中华民族优秀食文化的丰硕成果。

不同民族、不同国家和地区的食文化历来是在互为补充、取长补短中共同提高的。因此，《东方美食大系》丛书有选择地介绍了亚洲其它国家及地区的饮食文化，相信这会对加强合作与交流，为传播优秀食文化，同享食文化的研究成果以重要补益。

原中华人民共和国人大委员长万里先生在一次食文化会议中指出：“研究食文化是一项庞大复杂的系统工程……，动员多学科专家密切配合，共同研究……，运用现代饮食科学对传统食文化发掘整理，研究提高，提倡科学的食方、食风、食俗，推进饮食科学化，提高全民族的健康水平。”这是对食文化历史和未来的真知灼见，这是对弘扬东方民族文化的鼓动与号召。《东方美食大系》丛书的出版发行无疑是响应这一号召的良好开端，因此，有志于烹饪技艺研究的烹饪工作者和烹饪文化研究的中外社会各界，让我们携手团结，共同砥砺、切磋，使东方美食之花开遍世界，让东方文明成果香溢天下。

Preface

Humanity once came out in summer and slept in winter with the Life of a savage. With the Lapse of Long Long time, humanity has created bright and glorious civilized results, among which the food culture likes a tree of long life and a bunch of flowers without withering.

Orient is the birth place of human civilization. The oriental nationalities created the most rich and colourful cultural heritage in human history, the oriental food culture was more gorgeous and unreplaced. The publication of *《Oriental Delicious Food System》* Series of Books is importance for excavating the treasury of oriental culture, strengthening the culture exchange between the eastern and western, improving the quility of human existence and promoting the development of world peace.

Sun Zhangshan, a great man in chinese history once said: "Cook artistry comes out of civilization. It is only a civilized nation that can enjoy good dishes and without good dishes, the cook artistry can't be created perfectly, Chinese unique cook artistry indicated this deep evolution enough." He also said: "China not only has so many inventions in food and excellent styles in cook that other countries can not catch up with but also has healthful habits in eating that fall other countries far behind." Chinese food culture integrates colour, appearance, smell, taste, nourishing, nutrient, and forms the chinese cook characteristic which centre on flavours and aim at keeping in good health. It has unarguable historial status because of materials selected meticulously, cutting carefully, lifelike shape, beautiful colour, placing ingeniously and eating combined with medical. Therefore, *《Oriental Delicious Food System》* Series of Books comprehensively introduced the great successes of chinese food culture according to the famous dish made by famous chef in famous restaurant."

The food culture in different districts always replenishes each other and adopt the long one to makeup the short and go ahead together. Therefore, *《Oriental Delicious Food System》* Series of Books introduced selectedly the food cultures in Asia and other districts. We believe it is of important help to strengthen corperation and exchange, to spread excellent food culture and enjoy the researched fruits of food culture in common.

At a food culture conference, Wuan Li, the former chairman of NPC pointed out: "It is a huge and complicated system engineering to research food culture..., mobilizing more scientists in difrent areas to research in close coordination..., excavating, sorting out, studying and improving traditional food culture with moden food science, recommending scientific method, style and custom of foods and building up the whole national health." It is high perspicacity for the history and future of food culture. It is thte agitate and call to develop the oriental national culture. The publication of *《Oriental Delicious Food System》* Series of Boods is undoubtedly a good beginning to respond to this call. Consequently, the cooking workers and personalities of various circles at home and abroad who are determined to study cooking artistry and cooking culture should make concerted effects and learn each other.

Let the flowers of oriental delicious food blossom all over the world.

Let the positive results of oriental civilization spread all over the world



四宝扒时蔬

用料：冬菇、玉米笋、金针菇、蘑菇、蚝油、麻油、盐、味精、糖、绍酒、胡椒粉、湿淀粉。

制 做：先将主料摆放在碗中，加味料后入蒸笼蒸熟；再将调以调料与配料烹制的芡汁淋上即成。

特 色：清淡、爽口。

BRAISED SEASONAL VEGETABLES WITH MUSHROOM

STUFFS: mushrooms, young corn spears, oyster sauce, sesame oil, salt, gourmet powder, sugar, shaoxing wine, pepper powder, wet starch.

MAKING: 1. put the mushrooms and young corn spears in a bowl with some seasoning, then steam them to well done.

2. make the thickening with wet starch and seasonings, then pour into the bowl.

SPECIALTY: pleasant to taste



支竹白果猪肚煲

用 料：支竹、白果、猪肚、姜、葱、蚝油、麻油、盐、味精、糖、绍酒等。

制 做：将主料飞水、过油倒出；锅内留少许油，爆香姜、葱，倒入原料加调料爆炒至熟。

特 色：味香爽口。

BRAISED PORK TRIPE WITH BAMBOO AND GINKGO

STUFFS: bamboo, ginkgo, pork tripe, ginger, scallion, oystersauce, sesame oil, salt, gourmet powder, sugar, shaoxing wine.

MAKING: 1. scald the bamboo, ginkgo and pork tripe in boiling water. 2. quick-fry the bamboo, ginkgo and pork tripe in warm oil slightly.

3. stir-fry ginger and scallion quickly, then put the stuffs and seasonings in and to restir-fry to well done.

SPECIALTY: tasty and fresh.



橙汁球

用料:生粉10克、橙汁

制做:先将生粉烫熟,加入橙汁,然后切成小粒再压成薄片;用奶皇包成形状,蒸熟即可。

特色:香滑、有韧性、美味可口。

ORANGE JUICE BALLS

STUFFS: flour 10g, orange juice.

MAKING: 1. mix flour with boiling water and orange juice, then cut into dices.

2. make the dices into flakes.

3. put milk yolk on flakes and wrap up.

4. steam them to well done.

SPECIALTY: fragrant and tasty.



龙岛焗酿蟹

用料:肉蟹、冬菇、瘦肉、鸡蛋、虾仁、生油、香油、盐、糖、味精、胡椒粉、绍酒、湿淀粉等。

制做:将虾仁搥成虾胶,掺进瘦肉、冬菇、鸡蛋酿入蟹爪内;然后入油锅炸至金黄色上碟;再将调味料烹调的芡汁淋上包尾油即

成。

特色:浓香爽口。

STUFFED CRAB CRAWL

STUFFS: meat crab, mushroom, lean meat, egg, shrimps, peanut oil, sesame oil, salt, sugar, gourmet powder, pepper powder, shaoxing wine, wet starch.

MAKING: 1. mince the shrimps and lean meat.

2. mix the minced meat with mushroom, egg and seasonings, then stuff them into crab crawl.

3. fry the stuffed crab into golden yellow.

4. make thickening with wet starch and seasonings, then pour on the crab.

SPECIALTY: in heavy fragrant flavour.



百铎酿竹笋

用 料: 虾仁、笋粉、盐、糖、味精、胡椒粉、麻油、蚝油等。

制 做: 将虾仁搥烂与笋粉和调料拌匀, 做成形状入笼蒸熟; 打蚝油芡, 油菜装饰。

特 色: 爽口、嫩滑

STUFFED BAMBOO SHOOTS WITH SHRIMPS

STUFFS: shrimps, bamboo shoot powder, salt, sugar, gourmet powder, pepper powder, sesame oil, oyster sauce.

MAKING: 1. mince the shrimps and mix with bamboo shoot powder and seasonings evenly, then make them into shapes.

2. steam them to well done and put some oyster sauce.

3. decorate with rape.

SPECIALTY: tasty and tender.



鱼米之乡

用料:石斑鱼、冬菇粒、松子、红萝卜粒、青椒粒、蚝油、麻油、老抽、绍酒、盐、糖、味精、胡椒粉等。
制做:将石斑鱼肉切成粒加调味料腌;其他用料飞水;然后加调料同炒即成。
特色:清香、爽滑、鲜美。

A LAND OF PLENTY

STUFFS: garoupa, diced mushroom, pine nut, diced radish, diced green pepper, oyster sauce, sesame oil, soy sauce, shaoxing wine, salt, gourmet powder, pepper powder.

MAKING: 1. Cut the garoupa into dices and mix with seasonings to pickle for a moment.

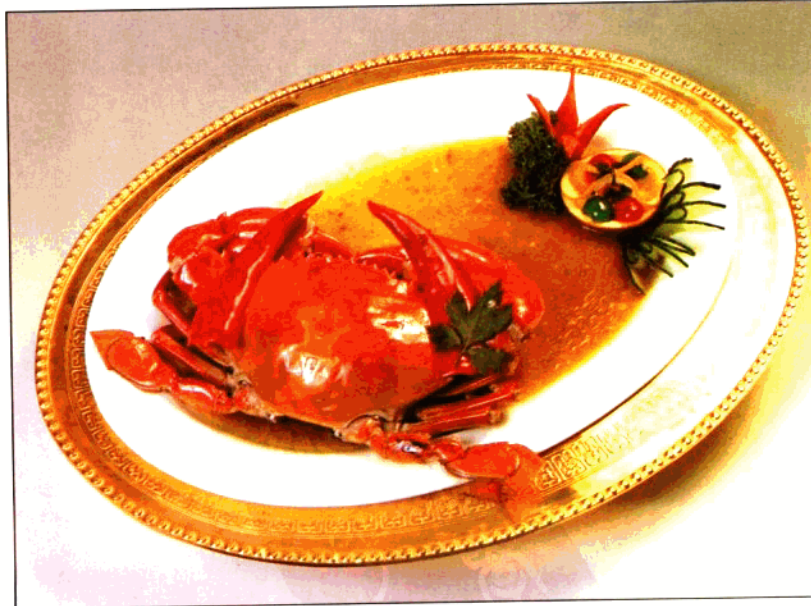
2. Scald other stuffs in boiling water.

3. stir-fry pickled garoupa and scalded stuffs with seasonings.

SPECIALTY: in delicate flavour.

咖喱焗局肉蟹

STEWED CRABS WITH CURRY





干蒸烧麦

用 料:猪肉 20 克、姜、葱、胡椒粉、盐、味精、生抽、麻油等。

制 做:先将猪肉切成细粒,然后用精盐拌到起胶,再将所有味料拌均匀做馅;再用小件面皮包成形状,上笼猛火蒸熟即可。

特 色:爽口、味鲜。

STEAMED "SHAOMAI"

STUFFS: pork 20g, ginger, scallion, pepper powder, salt, gourmet powder, sesame oil.

MAKING: 1. cut the meat into small dices, then make filling with seasonings.

2. wrap the filling with flour flakes.

3. steam them on strong fire.

SPECIALTY: tasty and fresh.



烤乳猪

用料: 光猪 1 只 (约 5 公斤)

味料: 淮盐、乳猪酱、白砂糖、猪水 (白醋、麦芽糖、白酒)。

制 做: 把光猪改好, 上叉, 淋过热水后上猪水, 内膛用淮盐腌上; 放入炉内焙好凉透; 在猪炉上烤至金红色。

特 色: 外皮酥脆、入口甘美。

ROASTED SUCKLING PIG

STUFFS: one of net suckling pig. (about 5kg) salt, paste using for suckling pig, sugar, juice (sour, salt and wine).

MAKING: 1. clean the pig and pickle the hollow inside with salt, then put skewer on.

2. water on the pig with boiling water, then brush the juice on the body.

3. roast the baked pig into golden red colour.

SPECIALTY: outer crisp and tasty.



豉汁凤爪

用料: 鸡脚 20 克、豆豉、姜、葱、盐、糖、味精、绍酒、老抽、生油、香油、湿淀粉。

制 做: 将用味料腌过的鸡脚放入油锅炸至金黄色; 用调味料打成的芡汁与鸡脚拌匀即可。

特 色: 味度清浓、爽口。

CHICKEN WEB WITH BEEN

SAUCE

STUFFS: chicken web 20g, fermented soya beans, ginger, scallion, salt, sugar, gourmet powder, shaoxing wine, soy sauce, peanut oil, sesame oil, wet starch.

MAKING: 1. feed the chicken web with seasonings.

2. fry the chicken web into golden yellow.

3. make juice with seasonings then mix with chicken web evenly.

SPECIALTY: in heavy flavour, tasty.



白玉罗汉

用料: 发菜、北菇、鲜菇、木耳、冬瓜、麻油、蚝油、盐、糖、味精、胡椒粉等。

制做: 主料用味料腌一下后, 摆入碟内, 上蒸笼用慢火蒸熟, 打蚝油芡。

特 色: 清淡、爽口。

"LO HAN" LIKE WHITE JADE

STUFFS: black moss, mushroom, edible fungus, white gourd, sesame oil, oyster sauce, salt, sugar, gourmet powder, pepper powder.

MAKING: 1. pickle the stuffs with seasonings.
2. steam them on small fire to well done.
3. make thickening with oyster sauce and pour on the steamed stuffs.

SPECIALTY: in delicate flavour.



沙律脆皮虾

用料: 虾仁、糯米纸、卡夫奇妙酱、柠檬汁、炼奶、面包糖。

制做: 将用料捞放、包入糯米纸中成条; 然后入油锅炸至金黄色即成。

特 色: 甘、香、酸、甜、脆。

FRIED CRISPY SHRIMPS IN "SHALU" STYLE

STUFFS: Shrimps, sweet glutinous rice paper, KAFUQI paste, lemon juice, condensed milk, bread sugar.

MAKING:

1. mix the stuffs evenly.
2. put them on the sweet glutinous rice paper and wrap up it into the shape of fillet.
3. fry it in hot oil into golden yellow.

SPECIALTY: Sweet, fragrant, sour and crisp.

大白菜饺

用料:澄面 15 克、百花馅。

制做:先将澄面烫熟,然后将它拍成小件;再用百花馅包成形状即可。

特色:爽口、有韧性、味鲜。

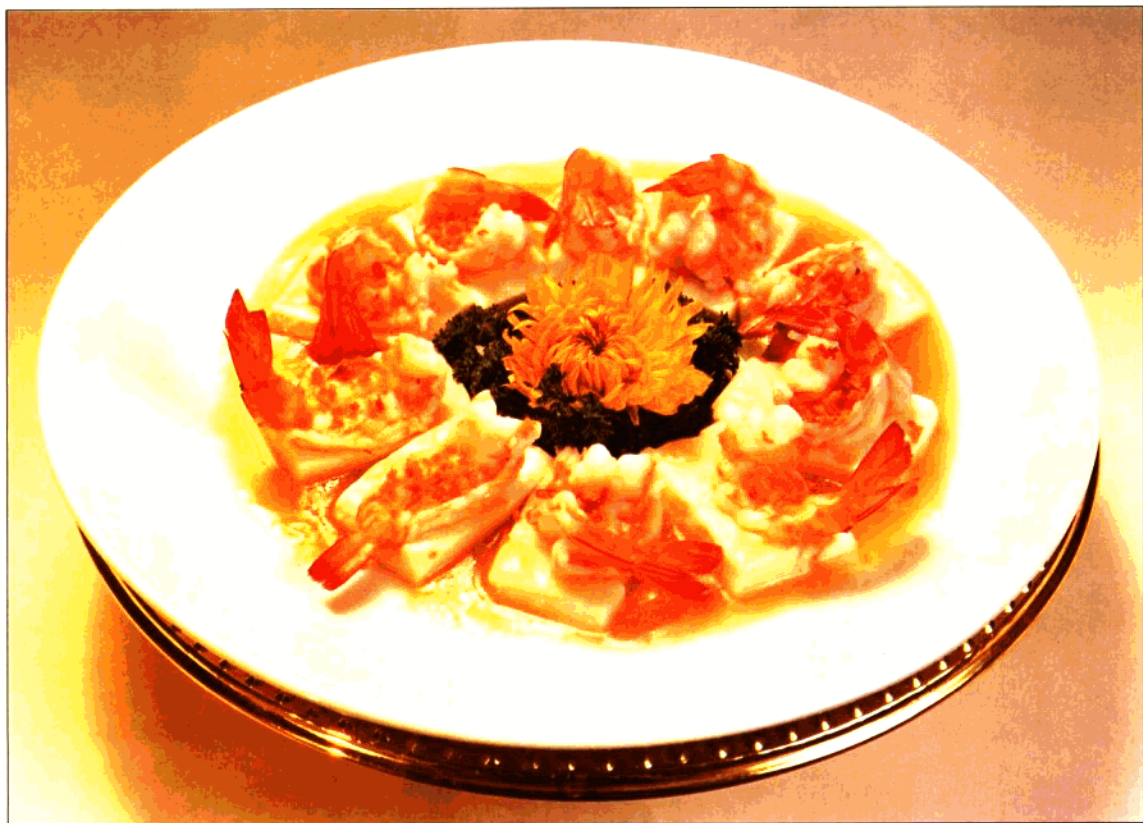
STEAMED RISSOLES STUFFED WITH CHINESE CABBAGE

STUFFS: fine flour 15g, vegetable filling.

MAKING: 1. mix the fine flour with boiling water and cut into dices, then press them into flakes.

2. wrap the filling with the flakes.

SPECIALTY: tasty and fresh, tough.



银龙抱白玉

用料:豆腐、虾仁、麻油、盐、糖、味精、胡椒粉等。

制做:豆腐切件摆放在碟上;虾仁去壳并在背上切一刀,然后摆在豆腐上,加调味料入蒸笼蒸约 5 分钟至熟。

特色:清淡爽口、有新鲜感。

STEAMED BEAN CURD WITH SHRIMP

STUFFS: bean curd, shrimps, sesame oil, salt, sugar, gourmet powder, pepper powder.

MAKING: 1. cut the bean curd into lumps and place on a plate.

2. slash the shrimps on the back, and place them on the bean curd.

3. put some seasonings, then steam them to well done (about 5 minutes).

SPECIALTY: delicate and tasty, in new and strange feeling.



龙虾 LUDOSHUANG



清蒸石斑鱼 STEAMED SPOT FISH



夏果龙皇玉带

用料:带子、虾仁、夏果、胡萝卜(切丁)、甘笋(切丁)、青红椒(切丁)、姜、葱、蚝油、生油、老抽、盐、糖、味精、胡椒粉、绍酒等。

制做:将原料飞水后过油倒出;锅内留少许油爆香姜、葱,再做倒入原料,加调料爆炒至熟包尾油即成。

特色:色鲜艳,味美、爽滑。

SAUTEED SCALLOP WITH HAWAIIAN FRUIT

STUFFS: scallop, shrimp, hawaiian fruit, diced carrot, diced bamboo, diced green and red peppers, ginger, scallion, oyster sauce, peanut oil, soy sauce, salt, sugar, gourmet powder, pepper powder, shaoxing wine.

MAKING: 1. scald the scallop, shrimp, hawaiian fruit, diced carrot, diced bamboo, diced green and red peppers in boiling water.

2. quick-fry the scalded stuffs in warm oil.

3. stir-fry ginger and scallion, quickly, then put the stuffs and seasonings in and saute them to well done.

SPECIALTY: in beautiful colour, tasty and delicious.

日式烤白鳗

用料:白鳗 1 条、生菜切丝、卡夫奇妙酱、吉士粉等。

制 做:先把白鳗收拾干净,起骨加吉士粉腌约半小时;然后放入烤炉烤熟切件摆碟(生菜丝铺底),卡夫奇妙酱伴吃。

特 色:甘、香、酥、脆。

ROASTED EEL IN "JAPANESE" STYLE

STUFFS: one of eel, shredded cos lettuce, KAFUQI paste, JISHI powder.

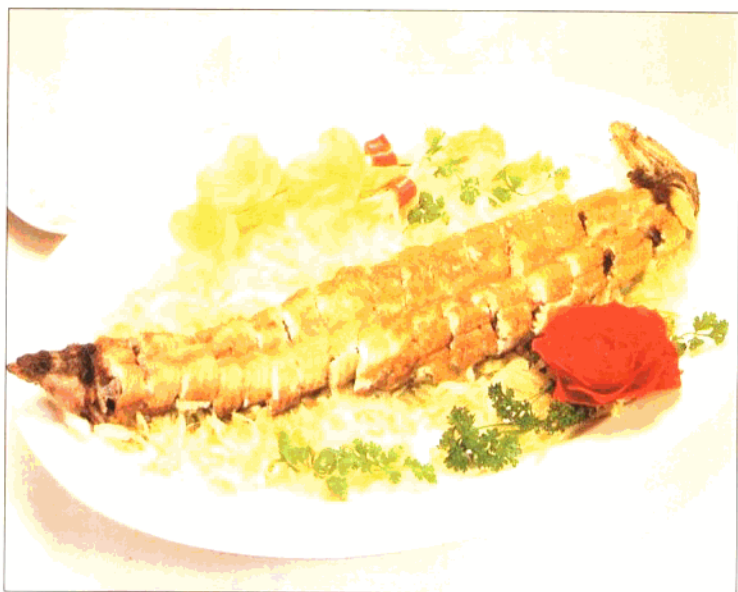
MAKING: 1. clean the eel and get rid of bones, then put some JISHI powder to pickled for 30 minutes.

2. roast the eel in an oven to well done.

3. place shredded cos lettuce on a plate and roasted eel on the cos lettuce.

4. accompanied by KAFUQI paste when eating.

SPECIALTY: fresh, sweet and crisp.



双菇水鱼煲

STEWED FISH WITH MUSHROOM



清蒸鲩鱼

用料: 鲜鲩鱼、姜、葱、青红椒丝、生油、盐、味精、胡椒粉、豉油皇等。

制 做: 将鲩鱼收拾干净后,在鱼背上切一刀,上蒸笼猛火蒸 10 分钟至熟;淋上以调味料烹调好的

豉油即可。

特 色: 鱼肉质鲜嫩、滑口。

STEAMED GRASS CARP

STUFFS: fresh grass carp, ginger, scallion green and red pepper, peanut oil, salt, gourmet powder, pepper powder, soya sauce.

MAKING: 1. clean the grass carp and cut along the back.

2. steam for 10 minutes to well done.

3. make the soya sauce with seasonings and pour on the fish.

SPECIALTY: fresh and tender, in delicate flavour.

上汤虾丸面

用料: 银丝面、虾仁、草菇、菜心、上汤、麻油、生油、盐、味精等。

制 做: 将虾仁搥成虾胶,加味料做成虾丸状;菜心加味料炒熟;锅内落两勺上汤煮滚后下银面煮至熟,盛碗,并以菜心围边;然后再将虾丸煮熟铺在面上即可。

特 色: 清淡、味鲜。

NOODLE WITH SOUP AND SHRIMP BALLS

STUFFS: fine noodle, shrimps, straw mushrooms, cabbage, soup, sesame oil, peanut oil, salt, gourmet powder.

MAKING: 1. mince the shrimps and make balls with seasonings.

2. stir-fry the cabbage with seasonings.

3. pour the soup (about 2 ladles) in a stewpan to boil, then get the noodle in to well done.

4. pour the noodle and soup into a bowl, and place the cooked cabbage around.

5. boil the shrimp balls, then put on the noodle.

SPECIALTY: in delicate flavour, fresh.





鲍鱼三鲜汤

用 料：鲍鱼、带子、虾仁、鲜鱿、冬菇、九王、上汤、蚝油、麻油、盐、糖、味精等。

制 做：上汤滚开后，加上用 料调味即可。

特 色：汤浓、味鲜。

ABALONE AND TRI FRESH SOUP

STUFFS: abalone, scallop, shrimps, squid, mushroom, winter fragrant-flowered garlic, soup, oyster sauce, sesame oil, salt, sugar, gourmet powder.

MAKING: put the stuffs and seasonings in boiling water to boil to welldone.

SPECIALTY: in heavy flavour of soup fresh.

