

香港教育学院指定教材
香港年度畅销书



给入厨新鲜人的

大厨小贴士

Cook Like a Master Chef *Tips for Kitchen Novice*

三菜一汤
没难度!



Have say on your
own diet!

廖教贤 黎耀成 著 by Alvin Liu & Eric Lai



世界图书出版公司

Cook Like a Master Chef — Tips for Kitchen Novice

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廖教贤 黎耀成 著



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Yeung Koon-yat

Gold Medalist of Le Club des Chefs des Chefs

In the culinary world, the quadruplets of taste, presentation, combination and neatness rule. Taste induces a craving to eat; presentation originates from the affection for food and is expressed in a carefully done course; combination is the overall image of the food and the juxtaposition of different ingredients; while “neatness” is the meticulously maintained cleanliness and organisation from the preparation up to the serving stage of a dish. To be qualified as good food, a dish should encompass all of the four said attributes.

First and foremost, only the freshest ingredients could make a tasty dish; this is especially true for the key ingredient in a recipe. The side ingredients should accentuate the authentic taste of the key ingredient, while condiments should bring out the true essence of the key ingredient. Refrain from using artificial flavourings, such as MSG, as they tend to ruin the pure authentic taste of the key ingredient.

The recurring theme behind the recipes in *Cook Like a Master Chef* is the authentic taste of the ingredients, which is also the basis of all home-style cooking. Of course I would not hesitate to write a commendation for this book. In order to promote culinary culture among a general audience, we need more than the efforts of master chefs. It is equally important for laypersons to learn the tricks and practise at home, so that the traditions of Chinese cuisine can be passed on. This is what I call the good deeds of good food.

序一 Preface I

廖教贤

香港专业教育学院
酒店、服务及旅游学系前中菜厨艺导师

香港被誉为“美食天堂”，港人对饮食一向十分重视，除了喜爱看报纸、杂志饮食版以及电视饮食节目外，近年更热衷浏览饮食网站，化身“食家”点评一番。懂吃的人是多了，但是懂煮甚至肯煮的人却日益减少，为什么呢？

香港人素来工作忙、压力大，往往无暇兼顾日常两餐，更莫说要把烹饪当兴趣；相反有些人想做菜却无从入手，同样未能乐在其中。在我的教学工作中，看到对入厨零知识的人越来越多，他们糖盐不分，烧水不知何谓水沸，无法识别常用鱼肉菜谷……

从来烹饪非难事，只怕有心人。从事烹饪培训十多年，经常遇到学生或朋友向我提出各种烹饪疑难，每次我都很乐意为他们排忧解难。多年经验的累积，令我明白到哪些是厨房新丁最常碰到的烹饪问题。

针对这些烹饪难题，我把三十多年入厨经验和专业知识，深入浅出地写成一系列清晰实用的烹饪知识及贴士，希望借此提高普罗大众的入厨兴趣，帮助读者打好基础做好家常菜，那么便不用一日三餐都假手于人，天天出外用餐，或跟微波炉食品和方便面为伴了。

一理通，百理明，读者只需掌握基本烹饪技巧，跟着书内的DIY食谱动手做，慢慢便可衍生出自家的烹饪智慧和创意，在厨房中找到健康快乐的优质生活！

Alvin Liu

Former Instructor (Chinese Cuisine), Department of Hotel, Service and Tourism Studies,
Hong Kong Institute of Vocational Education

Hong Kong is a celebrated gourmet paradise. Hong Kong people have always been serious about food. Besides the elaborate coverage on restaurants and food criticisms on newspapers, food magazines and dedicated TV shows, they also gaze on foodie websites and comment on restaurants as food critics. It seems that people are becoming more experienced in tasting food, but why are there fewer and fewer people who are willing to get hands on in the kitchen?

Hong Kong people have always been busy and stressed out, and not many of them can afford the luxury of two proper meals a day, let alone make their own meals and take pleasure in it. That said, some of them do develop an interest for cooking, but they simply do not know where to start. According to my teaching experience, kitchen knowledge no longer constitutes a common sense among the public. I have come across more and more students with absolutely no clue about food. They cannot tell sugar from salt; they cannot tell whether the water has come to a boil; they cannot tell the differences among various kinds of meats, fishes, vegetables and grains...

Cooking is never a difficult task if you are determined to learn it. I have been teaching cookery for over a decade. Whenever a student or a friend poses any culinary questions, I am more than happy to answer them. After all these years, I have a rather comprehensive list on what the most commonly encountered problems by novice cooks are.

With these problems in mind, my 30-plus years of cooking experience and my professional knowledge, I have compiled a series of practical cooking tips that deal with the relevant issues extensively in simple language. I hope this book could develop interest in cooking among the public and equip readers with the basic skills to make a home-style meal. Hopefully, they do not have to dine out three times a day or keep company with microwave dinners and instant noodles all the time.

Simply get the basics right and the rest will take care of itself. As long as you understand and manage the basic cooking skills while practising hands-on with the recipes in this book, I am sure you will develop a certain cooking sense and creativity as time goes by. The kitchen is where you will find the quality of life with good health and happiness.

序二 Preface II

黎耀成

香港专业教育学院

酒店、服务及旅游学系中菜厨艺导师

古语有云，“民以食为天。”饮食对我们的生活何其重要，下厨者更是责任重大。无论烹煮一道菜肴、汤水、糖水或小吃，下厨者都不能马虎了事。从食材的选购和准备、材料的搭配、放调味料的次序、炒菜的手势，以至烹调技巧的变化等，无一不需投入心思和运用巧手。厨艺，厨艺，由此而来。

烹饪是一门艺术，亦是人生乐事，好玩得很。我自小便十分喜欢做菜，经常跑到书店和图书馆翻看食谱，然后回家照着做。当得到家人、朋友的掌声和赞赏时，我感到很满足。可见烹饪不只是善待自己，满足食欲，也是一道与亲友分享和沟通的桥梁。即使你从没下过厨，也可从最简单的蒸菜、煲汤作起点——只要具备基本厨具，选料新鲜，掌握烹煮时间，一样可轻易做出人人捧场的美食。

烹饪的学问高深，初学者少不免会碰壁。本书和坊间食谱不同，全书均从厨房新丁常见问题入手，提供实用的入门知识和烹饪贴士，配合易学的家常菜食谱，由三菜一汤、粥粉面饭到糖水一一俱备，用词简洁，务求让厨房新手在短时间内掌握基本技巧，做出好菜。

相信读者阅毕本书，学懂的将不单是50多个菜肴，还会明白个中烹调窍门，从而减少出错机会，并融会贯通，发挥创意，继续进步。

Eric Lai

Instructor (Chinese Cuisine), Department of Hotel, Service and Tourism Studies,
Hong Kong Institute of Vocational Education

This is how a Chinese saying goes, “People regard food as heaven.” Food is important to our life. That is why chefs shoulder an immense responsibility. No matter what you make, a dish, a soup, a dessert or even a snack, you should always give your best shot. From shopping for, preparing of and combining ingredients, to sorting out the order in which seasonings are added, the correct posture to stir-fry and the variations on cooking methods, a chef has to be thoughtful and skillful. In fact, that is how you build up your repertoire of cooking skills.

Cookery is an art, it is also a fun thing to do. I have been in love with it ever since I was a kid: I spent hours on end to chew on the recipes in bookstores and libraries, then replicate them at home according to what I remembered. I derive the most satisfaction from the commendations and recognition I earned from my family and friends. Therefore, cooking is not only about feeding yourself and gratifying your own appetite, but also serves as a bridge of communication and sharing. Even if you are completely new to the kitchen, you can always start with the simplest food — steamed dishes and soups. As long as you have got the basic utensils and manage your time well, you too can easily impress others with your food.

Given the profundity of culinary art, beginners are deemed to make mistakes somehow. As opposed to the other cookbooks in the market, this one unfolds around the common problems encountered by novice cooks, supplemented with background knowledge and cooking tips. The recipes are handpicked to be of the right level of difficulty for beginners, covering a complete meal from entrees and soups, to staples and sweet soups. Written in a simple no-frills language, this book allows all greenhorn chefs to pick up the basic skills within the shortest time and enjoy the success of making good food.

I believe readers will learn so much more than just 50 recipes after reading this book. They should be able to grasp the basic principles of cooking so as to minimise the chance of making mistakes. I sincerely hope you could achieve mastery after such concepts sink in, by which time, you can improvise your own variations and keep on making progress.

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Foreword

杨贯一

世界御厨

美食世界离不开“味、美、形、洁”；味乃味道诱发品尝欲望；美则由内而形于外之视觉以至品尝；形是整体的食材配搭与形象；洁是从入厨开始里里外外皆一丝不苟般整洁；做妥“味、美、形、洁”，美食才出现。

美食首要“主料”鲜而好；“作料”伸延其原味；“调料”发挥其精髓；“作料”及“调料”应避免用味精等人工化味料，盖该等味料足以毁坏主料原味的纯洁。

《大厨小贴士》的示范菜式内里暗藏保存原汁原味的概念，正是家常小菜的基本，如今为文推介乃理所当然；不过，弘扬美食不能只靠大厨，寻常百姓家了解而行之乃最有效益，间接将潜藏的中华美食力量弘扬，堪为美食美事。

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基本厨具

Basic Cooking Utensils

大厨教曰，入厨的第一课是认识你的厨房。无论你的厨房是只有少得可怜的厨具，抑或是令人眼花缭乱、无从入手的厨具，千万别泄气。你或许听过大厨经常挂在嘴边的一句话：“工欲善其事，必先利其器。”还是先和以下入厨好拍档打一声招呼吧！

If you ask any master chef what was the first thing they learnt in the kitchen, they would probably tell you they got to know about the kitchen itself first. No matter whether you are running short of adequate cooking utensils or puzzled by the overly comprehensive repertoire, do not be discouraged. You have probably heard the idiom that “To do a good job, one must have good tools.” It is time to get hands on and say hi to your kitchen buddies. You are not going anywhere without them.

砧板 Chopping Board

木砧板 Wooden Chopping Board

- 一般采用蚬木和松木，也有一些由竹压制而成。

Commonly made of Xianmu (i.e. Excetrodendron hsiemvu, an evergreen tree) or pine wood; occasionally made of compressed bamboo.



蚬木 Clams Wood

- ☺ 质地较硬和耐用，色带啡红，最受一般家庭欢迎。

Hard and durable; reddish brown in colour; popular for household use.

- ☹ 价钱比松木砧板略高，初用时较易滑刀，用久了待板面吸收了油分和水分，便会好转。

More expensive than the pine wood ones; knives slip on it easily when first used, but tend to get less slippery with time after absorbing oil and water from the food.

松木 Pine

- ☺ 质地较软，不易滑刀。

Softer in texture; knives do not slip easily.

- ☹ 较易损耗，如使用频密，板面会有裂缝，约1年便要更换。

Less durable; tend to crack easily if used frequently; needs replacement after 1 year or so.

竹 Bamboo

- ☺ 硬度较高，不易有裂痕。

Hard and durable; do not crack easily.

- ☹ 很易滑刀，回弹力高。

Knives slip on it very easily and tend to bounce back after hitting the board.