

全家吃出健康吃出美

2

家常宴客汤

Banquet Ordinary Soup

(台) 林淑莲 / 著 LIN SHU LIAN



简明易学·看了就会

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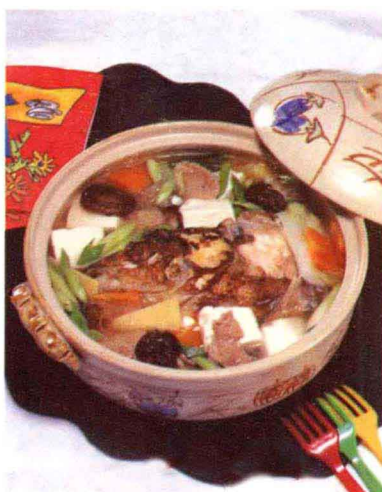
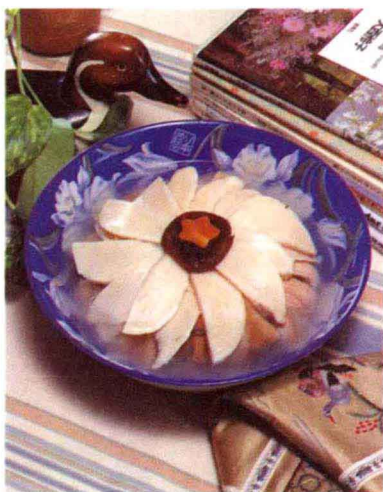
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林淑莲



作者简介

福建永春人，一九五一年出生于台湾省台北市，一九六九就读实践家专，后从事幼教多年，擅长烹饪，尤其将简易食物在瞬息之间烹调出精致美食，独具功夫、巧手慧心、热爱生活。曾服务于西餐厅，后应日本主妇之友邀请指导中国菜、妈妈的可口家常菜、学童营养餐等烹饪教学、颇受好评。



名师推荐



陈进万

籍贯:屏东县人

经历:峨眉川菜、金万年、季圆川菜主厨、来来饭店俱乐部主厨、现任高雄汉来大饭店中餐执行主厨。



序

～做菜也可以成為賞心樂事～



曾经有人说：「汤是家里的温度计」。饭桌上有了汤，似乎连用餐气氛也活泼了起来。如果在摆满一桌子香喷喷的家常菜之后，能再来一碗热气腾腾的好汤，那么准定能让餐桌旁的每一个人多添一碗饭，胃口大开。

不过，话虽如此，「汤」可也不是难登大雅之堂的泛泛之辈。因为宴席上的汤更是集好汤头、好材料于一身，在令宾客于酒足饭饱之余，多了一份满足感。就拿最后那一碗甜汤来说吧，如果没有它，还真会让吃得还不亦乐乎的饕客们忘了时间的存在，而不知宴席即将结束了呢！

无论大宴小酌，都占有举足轻重地位的「汤」，就如其他的菜肴一般，要煮得好，都得靠手工工夫和经验的累积，尤其是汤头，更是一道汤的灵魂所在，一碗汤的滋味如何，完全取决于此。为了帮助您掌握煮好汤的诀窍，本社特别推出这一本「家常宴客汤」，以便您随时随地都能煮出好汤，满足家人与宾客的胃肠。

尽管市面上的「罐头汤」十分便利，但是亲手做的汤却是更营养、更美味，何不现在就翻开本书，发挥您的创意，让您的餐桌上多一只喝得到的「温度计」呢？

INTRODUCTION

Forward Cooking will be a great enjoyment to you

It says: "Soup is the thermometer of home." Soup with meal makes the dining atmosphere actively. After having good - tasted home - made dishes, serving a bowl of heated soup, it makes people have good appetite and enjoy the meal.

However, soup is not easy to cook, Because in the party, in order to satisfy the guests, cook the soup needs more great ingredients and cooking skills. For example, the last dish in the party, sweet soup, it's so charming that let all the guests forgot the time when the party is going to finished.

Whatever, soup plays an important role in the meal. Just like the other dishes, to cook well or not, is decided upon the cook's experience. Especially the taste, is the spirit of soup. In order to help you cook the great soup, we have been published "Easy Home Made Soup", to let you learn how to cook it anytime, let your family and guests enjoy the soup. Even though there are many canned instant soup in the market, cook soup by yourself, will be more nutritious and delicious. Open the book right now, develop your creativity, make your soup become the "thermometer" in the meal.



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石制品
ARTICLES
QUANTITY
HANGSU CHINA



酸辣汤

【材料】

肉丝.....	$\frac{1}{2}$ 杯	猪血丝.....	$\frac{1}{2}$ 杯
木耳丝.....	$\frac{1}{3}$ 杯	红萝卜丝.....	1 汤匙
香菇丝.....	$\frac{1}{3}$ 杯	酸菜丝.....	1 汤匙
豆腐.....	1 盒	蛋.....	1 个
笋丝.....	$\frac{1}{2}$ 杯	葱.....	1 根
		太白粉.....	3 大匙

①料:

酱油.....	2 大匙
醋.....	$1\frac{1}{2}$ 匙
糖.....	1 大匙

②料:

香油.....	$\frac{1}{2}$ 茶匙
辣油.....	$\frac{1}{2}$ 茶匙
胡椒粉.....	少许
盐.....	$\frac{1}{2}$ 茶匙
香菜.....	1 大匙

【作法】

- ①蛋打散，太白粉加 3 大匙水调匀备用。
- ②用 $1\frac{1}{2}$ 大匙油将葱段、香菇丝稍爆香，倒入 6 杯水，水滚时加入所有切丝的材料，调入①料，并以太白粉水勾芡，汤稍滚再淋入蛋汁，待蛋花浮起加入②料、胡椒粉、香菜即可熄火。

Spicy Sour Soup

Ingredients

$\frac{1}{2}$ cup meat shredded, $\frac{1}{3}$ cup tree fungus shredded, $\frac{1}{3}$ cup black mushroom shredded, 1 box to - fu, $\frac{1}{2}$ cup bamboo shoots shredded, $\frac{1}{2}$ cup pig's blood shredded, 1 Tbsp red carrot shredded, 1 Tbsp pickled vegetable shredded, 1 egg, 1 green onion, 3 tbsp corn starch.

①: 2 tbsp soysauce, $1\frac{1}{2}$ tbsp vinegar, 1 tbsp sugar.

②: $\frac{1}{2}$ tbsp white sesame oil, $\frac{1}{2}$ tbsp spicy - oil, pepper, $\frac{1}{2}$ tbsp salt, 1 tbsp Chinese parsley.

Methods

① Stir egg. Mix corn starch with 3 tbsp water.

② Fry green onion, black mushrooms in $1\frac{1}{2}$ tbsp oil, put 6 cups of water, when boiling, add all shred - ingredients, season with ①, thicken by corn starch, then pour egg - stirring in, till the egg float on, add ② pepper, Chinese parsley, turn the fire off.



鱿鱼煨

Cuttlefish Thicken Soup

【材料】

泡软鱿鱼 1 条、竹笋丝 1 碗、木耳丝 $\frac{1}{2}$ 碗、红萝卜 $\frac{1}{2}$ 条、柴鱼片少许、高汤 6 碗

调味料：酱油 $\frac{1}{2}$ 茶匙、糖 $\frac{1}{4}$ 茶匙、盐 $\frac{1}{2}$ 茶匙、乌醋 1 茶匙、茶酱 1 茶匙、太白粉 2 茶匙、九层塔酌量、蛋 1 个。

【作法】

① 鱿鱼切粗条，红萝卜切丝，蛋打散备用。

② 烧开 6 碗水将材料一一放入，待水滚将 2 茶匙太白粉加水勾芡，水再滚时倒入蛋汁，边倒边搅拌，以小火略煮，续放鱿鱼及调味料，稍滚便熄火撒下九层塔即可。

Ingredients

1 soft cuttlefish, 1 bowl of bamboo shoots shredded, $\frac{1}{2}$ bowl of tree fungus shredded, $\frac{1}{3}$ red carrot, dried bonito sliced, 6 bowls of broth.

Seasoning: $\frac{1}{3}$ tbsp soy sauce $\frac{1}{4}$ tbsp sugar, $\frac{1}{2}$ tbsp salt, 1 tbsp black vinegar, 1 tbsp BBQ sauce, 2 tbsp corn starch, 1 egg.

Methods

① Cut the cuttlefish into long strip, shred red carrot, stir egg.

② Boil 6 bowls of water, add all ingredients in, when boiling, thicken by 2 tbsp corn starch with water, then add egg - stirring slowly, cook by simmer, add cuttlefish and cuttlefish and season, then serve.



虾仁煨

Shrimp Thicken Soup

【材料】

虾仁 $\frac{2}{3}$ 杯、笋 1/2 只、红萝卜 1/3 条、香菇 4 朵、木耳 1 大朵。调味料：乌醋 1 茶匙、盐 1/2 茶匙、胡椒粉、油葱酥和少许太白粉水 1/2 碗、香菜少许。

【作法】

① 虾仁去肠泥洗净沥干水分，以少许盐、酒腌片刻，沾些太白粉备用。笋、红萝卜、香菇、木耳切丝备用。

② 锅中置水 6 碗（或高汤），水滚后放入笋、红萝卜、香菇、木耳煮约 15 分钟，以太白粉水勾芡，汤滚时再将虾仁一一投入，调味后略煮，熄火后加入胡椒粉，油葱酥、香菜。

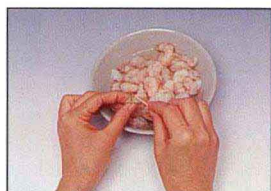
Ingredients

$\frac{2}{3}$ cup shrimps, $\frac{1}{2}$ bamboo shoot, $\frac{1}{3}$ red carrot, 4 black mushrooms, 1 tree fungus. Seasoning: 1 tbsp black vinegar, $\frac{1}{2}$ tbsp salt, pepper, oiled - onion, $\frac{1}{2}$ bowl of corn starch water. Chinese parsley.

Methods

① Take the shrimp - intestines out, clean and drain. Pickle with salt and wine. Coating with corn starch, shred bamboo shoot, carrot, black mushrooms, tree fungus.

② Cook 6 bowls of water (or broth), when boiling, put bamboo shoot, red carrot, black mushrooms, tree fungus to cook for 15 minutes, thicken by corn







竹笙丝瓜汤

【材料】

丝瓜	1 条
竹笙	8 条
葱	2 根
新鲜香菇	3 朵
盐	$\frac{1}{2}$ 茶匙

【作法】

- ① 丝瓜去皮切片备用。
- ② 竹笙泡水，涨大后切段挤干水分备用。
- ③ 香菇切丝，葱切段备用。
- ④ 葱在油锅稍爆香，挑出丢弃，加水 7 碗续放入丝瓜、竹笙、香菇丝烧开片刻加调料味，撒下葱段，待水滚即可。

Bamboo Shoots and Luffa Soup

Ingredients

1 luffa, 8 bamboo shoots, 2 green onions, 3 black mushrooms, $\frac{1}{2}$ tbsp salt.

Methods

- ① Strip the luffa.
- ② Soak the bamboo shoots, cut into pieces, drain it up .
- ③ Shred the black mushrooms, cut the green onion into pieces.
- ④ Fry the green onion, then throw them away, add 7 bowls of water, luffa, bamboo shoots, black mushrooms, when boiling, season, put green onion in, serve



花瓜鸡汤

【材料】

鸡	半只
花瓜罐头	$\frac{1}{2}$ 罐
花瓜汁	3 大匙
姜	3 片
盐	$\frac{1}{2}$ 茶匙
酒	1 茶匙
葱末	1 大匙

【作法】

- ① 鸡剁块，余烫去血水后洗净沥干备用。
- ② 鸡加 7 碗水先大火转小火煮 30 分钟，加入花瓜及花瓜汁、盐同煮数 10 分钟，熄火后淋上酒及葱花即可。

Pickle and Chicken Soup

Ingredients

$\frac{1}{2}$ chicken, $\frac{1}{2}$ can of pickle, 3 tbsp soup of pickle, 3 piece gingers, $\frac{1}{2}$ tbsp salt, 1 tbsp wine, 1 tbsp green onion chopped.

Methods

- ① Cube the chicken, blanch and drain it up.
- ② Cook the chicken in 7 bowls of water by large fire for 30 minutes, then turn to simmer, put pickles and soup of pickles, salt to cook for 10 more minutes, turn the fire off, spread wine and green onion chopped, then serve.

