



现代人食谱
COOKBOOK FOR MODERNS

清凉吃面

ABSOLUTELY COLD NOODLE

食尚系列
15

魏 琴 著



外滑内筋，软而不黏
爽口爽心，滋味无边

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Absolutely Cold Noodle

清凉吃面

魏 琴 著



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面条大集合

Cold Noodles Get-together

在这本介绍各国口味的凉面书里，最重要的角色——面条，您认识多少、了解多少呢？我们将一一介绍，使您了解各种面条的特性及烹调时间、技巧，掌握调味、配料，一盘好吃的凉面就会在眼前！

This cookbook contains cold noodles dishes from all over the world. How much do you really know and understand about noodles? Let's carefully introduce different kinds of noodles to you, to let you know the special features, cooking times, and skills each type of noodle requires, so your every dish will be a pinnacle of the culinary art. When you completely understand the conditions, seasonings and ingredients, a plate of delicious cold noodles will appear as if by magic in front of you.

油面 (oil noodles)

碱水面，呈黄色。在使用前，先放入加有少许白醋的滚水氽烫，可降低碱的特殊气味。煮、炒或凉拌皆宜。

These are also known as "alkali noodles." They are yellow. Before cooking, blanch in boiling water with a little white vinegar added to decrease the alkali flavor. Perfect for cooking, stir-frying or serving cold.



绿茶荞麦面 (Green tea buckwheat noodles)

加入绿茶粉制成的，有“田园荞麦”之称。烹煮时间需4~6分钟。

Made with ground green tea, sometimes called "field buckwheat noodles." They take 4 to 6 minutes to cook.



粉丝 (Mung bean noodles)

由绿豆、马铃薯等淀粉制成。煮熟后晶莹透明，口感柔韧，煮汤、煮炒、凉拌、火锅皆宜。

Made with mung bean and potato starch. They appear transparent after cooking. The texture is chewy and soft. Good in soups, stir-fries, cold dishes or hot pots.



魔芋卷 (Kuniyaku roll)

是魔芋粉加碱水及魔芋凝固剂制成的。先制成细丝状，再卷成一小卷，属于高纤维、低热量食品，素食者也可食用。煮汤、凉拌、火锅皆宜。

Made with kuniyaku powder mixed with alkali water and kuniyaku gel. It is drawn out into shredded threads and rolled up into a small bundle. It is a high fiber, low fat food, and is vegetarian. Good in soups, cold dishes and hot pots.



米粉(Rice thread noodles)

是由米制成的，适合蒸、煮、炒、凉拌。烹煮时间 4~6 分钟。

You can tell from the name that it is made with rice. Good for steaming, cooking, stir-frying, or serving in cold dishes. They take 4 to 6 minutes to cook.

红花面(Saffron noodles)

由面粉、鸡蛋等制成，是面条中掺有天然红花色素所制成的粉红色面条。烹煮时间需 5~6 分钟。

Made with flour and eggs. The noodles have saffron added as a naturally coloring agent. They take 5 to 6 minutes to cook.

蓝藻面(Blue-green algalae noodles)

将面粉中加入蓝藻类植物精华所制成。烹煮时间需 5~6 分钟。

Made with cyanobacteria from the sea. They take 5 to 6 minutes to cook.

荞麦面(Buckwheat noodles)

以荞麦粉作为主要材料制成的面条。因为是选用荞麦子实中心柔软的部分，所以颜色有白、黄、褐等。颜色越深，风味越佳。烹煮时间需要 5~6 分钟。

The main ingredient is buckwheat flour which comes from the soft center of buckwheat kernels. Comes in white, yellow and brown. The deeper color, the better. They take 5 to 6 minutes to cook.

细挂面(Fine vermicelli noodles)

是日本面条中最细的一种。通常，制作好后不会马上吃，摆放一年后面条会更韧爽，口感更佳。烹煮时间需 2~3 分钟。

They are considered the finest of all Japanese noodles. They are typically aged for over a year before using so that the texture will be chewier. They take 2 to 3 minutes to cook.

细拉面(Fine la noodles)

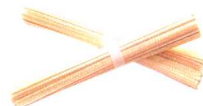
和细挂面很像，但比较有韧性，烹煮时间需要 5~6 分钟。

It is similar with fine vermicelli noodles, but the texture is more chewier. They take 5 to 6 minutes to cook.

魔芋条(Kuniyaku strips)

是魔芋粉加碱水及魔芋凝固剂制成的；切成条状，属于高纤维、低热量食品，素食者也可食用。煮汤、凉拌、火锅皆宜。

These are made with kuniyaku powder, alkali water and kuniyaku gel cut into strips. They are a high fiber, low fat food, and are considered vegetarian food. Good in soups, cold dishes or hot pots.



辣椒面 (Chili pepper noodles)

在面粉中添加辣椒所制成的，面条口感微辣。烹煮时间需 8~10 分钟。

Made with chili pepper added. The flavor is slightly spicy. They take 8 to 10 minutes to cook.



韩式冷面 (Korean style cold noodles)

由荞麦子实制成，口感独特、韧劲十足；颜色呈灰褐色。烹煮时间需 2~3 分钟。

Made with buckwheat flour from buckwheat seeds, these noodles have a unique, chewy texture. They should be gray to light brownish. They take 2 to 3 minutes to cook.



淀粉条 (Starch strips)

由甘薯、小麦、玉米等淀粉制成。因为是干燥的，所以呈透明状，煮熟后呈白色；市面上常见有 3 毫米、2 毫米、1 毫米宽三种。烹煮方式是放入滚水中，加盖浸泡 5~8 分钟。

Made from tapioca starch, millet, wheat and corn. The dried starch strips are transparent when packaged, but turn white after cooking. The starch strips are commonly seen in three sizes in the market - 3mm, 2mm, 1mm. Cook by soaking in boiling water with the lid on for 5 to 8 minutes.



原子面 (Fried noodles)

泰国制，长方形、速食面状，有韧性。烹煮时间需 3~5 分钟。

Made in Thailand, these are a kind of instant noodle that comes in a rectangular package. The texture is chewy and tough. They take 3 to 5 minutes to cook.



凉粉条 (Cold tapioca strips or noodles)

泰国制，主要成分是木薯粉、眉堤叶，经过加工后呈苹果绿色，煮熟后呈透明状。烹煮方式：把凉粉条放入滚水煮 5~8 分钟后熄火，加盖继续焖 5 分钟即可。

Made in Thailand, the main ingredients are tapioca. They are greenish after processing and transparent after cooked. Cook in boiling water for 5 to 8 minutes, then remove from heat. Continue to simmer for 5 minutes longer.



通心粉 (Macaroni)

中空、似弯管状的意大利面，特色是容易吸附酱汁，任何酱汁都适合。烹煮时间需 6~8 分钟。

These Italian pasta gems are hollow in the center and looks like a tube. The unique feature of these noodles is their ability to absorb sauce easily. Any sauce will suit them. They take about 6 to 8 minutes cook.



宽面 (Fettucini)

有菠菜鸡蛋、番茄鸡蛋、有机鸡蛋面等口味。特别适合搭配番茄口味、奶油口味，或以橄榄油为调料的酱汁。烹煮时间需 5~6 分钟。

Comes in egg and spinach, tomato and egg and organic egg flavors. Fettucini is best with tomato, butter or olive sauces. Fettucini takes about 5 to 6 minutes to cook.



蝴蝶面(Farfalle)

此种意大利面呈蝴蝶结状，中间厚、两侧薄，造型美观。容易吸附各种酱汁，烹煮时间需10~13分钟。

This pasta is shaped like a butterfly. It is thick and firm in the center, but the two wings are thin and soft. It absorbs all types of sauce. It takes 10 to 13 minutes to cook.

车轮面(Roti)

因外形像车轮而得名，常用在意式杂菜汤或沙拉拼盘中。烹煮时间需8~10分钟。

Shaped like a wheel, it is commonly seen in Italian vegetable soups or salad dishes. It takes 8 to 10 minutes to cook.

贝壳面(Shells)

形状像贝壳，面身容易粘裹酱汁，搭配任何酱汁都很适合。烹煮时间需10~12分钟。

Shaped like a sea shell, shells absorb sauce easily and go well with any kind of sauce. Shells take 10 to 12 minutes to cook.

墨鱼面(Cuttlefish ink pasta)

提取墨鱼黑色墨汁加入面粉制成，面条呈黑色，有宽、细两种，适合搭配味道浓重的酱汁。烹煮时间需6~8分钟。

Made from flour with ink from cuttlefish added. The noodles should be dark black. It comes in wide and thin shapes. It is suitable for thick sauces and takes 6 to 8 minutes to cook.

螺旋面(Fusilli)

外形像螺旋状，容易粘附酱汁，适合搭配浓重酱汁。烹煮时间需8~10分钟。

These corkscrew-shaped noodles absorb sauce easily, and go well with thick sauces. They take 8 to 10 minutes to cook.

细面(Vermicelli)

意大利面基本形状，细长条状；易煮，口感柔韧，面身容易吸收酱汁，适合搭配任何酱汁。烹煮时间需5~6分钟。

The basic shape of Italian pasta. Long and thin, it cooks easily and is chewy and soft. It absorbs sauces easily and suits any kind of sauce. It takes 5 to 6 minutes to cook.



Noodles from Home

自己动手 做面条

由前面的介绍,想必您对各种面条已有了相当的认识。不过,还有一种方法是值得尝试的,那就是自己动手做面条。这种乐趣,想必是别人无法体会的。您,赶快来试试吧!

From the previous introduction, you must have a pretty good grasp of noodles now. Yet, there is still one kind of noodle that is worth trying: home-made noodles. I don't think anybody could really understand this kind of achievement. Why don't you try it now?

手工面条(Home-Made noodles)

材料 Ingredients

面粉 300 克, 水 160 毫升, 盐 1 茶匙。

300g all-purpose flour, 160ml water, 1t salt

作法 Methods

① 面粉过筛后倒在面案上, 中间挖个凹槽, 将水及盐倒入凹槽中(图 1), 用手轻轻拌成糊状(图 2), 再将周边面粉拨入搓揉成光滑面团。

Sift flour on a working surface and dig a well in the center of the flour. Be sure to surround it with a wall of flour. Combine water and salt well, pour into the well in the center of the flour (fig.1). Gently stir flour into center and gradually mix flour together (fig.2), then knead into a smooth and shiny dough.

② 揉好的面团用湿布或保鲜膜覆盖, 醒面 15 分钟。

Cover the dough with wet cheesecloth or a piece of saran wrap, let rest for 15 minutes.

③ 用擀面棍将面团均匀压成约 0.2 厘米厚的薄面皮(图 3), 撒上少许面粉, 用擀面棍将面皮卷起成圆筒状。

Knead the dough flat with a rolling pin into a large round 0.2cm thick thin dough (fig.3). Sprinkle the surface of dough with a little flour. Roll dough into a cylinder around the rolling pin.

④ 用刀自面皮表层直接切至擀面棍上(图 4), 将面皮摊开后表面撒上少许面粉、折叠整齐, 切成各自喜欢的宽度(一般为 0.3~0.5 厘米)(图 5), 再撒上少许面粉, 拨松面条即可等待下锅。

Cut the dough directly from the surface all the way down to the rolling pin (fig.4). Spread the dough wide open and sprinkle with a little flour. Fold the dough and cut into the desired size (normally 0.3cm~0.5cm wide) (fig.5). Sprinkle with some more flour and then loosen the noodles to prevent them from sticking together. Ready to cook.



机制面条(Machine-Made Noodles)

材料 Ingredients

面粉 300 克, 菠菜汁 120 克, 盐 10 克。

300g all-purpose flour, 120g spinach juice, 10g salt

作法 Methods

① 面粉过筛后倒在面案上, 中间挖个凹槽, 将菠菜汁及盐倒入凹槽中。

Sift flour on a working surface and dig a well in the center, surround it with a flour wall. Combine spinach juice and salt well, then pour in the well.

② 用手轻轻拌成糊状, 再将周边面粉拨入搓揉成光滑面团。

Gently stir flour into well and gradually mix flour together, then knead into a smooth and shiny dough.

③ 面团用湿布或保鲜膜覆盖, 醒面 15 分钟后分成小块, 用压面机压平 2~3 次, 光滑之后再改压成面条(图 1)即可。

Cover the dough with wet cheesecloth or a piece of saran wrap, let rest for 15 minutes. Then divide dough into small pieces. Roll out flat with noodles maker for 2 to 3 times until the dough is flat and smooth. Then adjust the machine and roll out into noodles (fig.1).

④ 面条压好后撒上少许淀粉, 并抓松防止黏结在一起(图 2)。

Sprinkle the noodles with a little cornstarch and loosen them to prevent sticking (fig.2).



Secret Tips for Handling Noodles

面条处理 小诀窍

当您买回面条后，其实有一些诀窍，能够让面条更好吃，口感更好。所以，只要您在烹煮前花一点功夫，您就能像大师一样，在烹饪领域里好好发挥一番了！
Here are some tips for making noodles chewier and more delicious after they are brought home from the market. Just a little effort before cooking will make you a master chef with well-developed skills in the field of cooking.

油面 (Oil noodles)

准备半锅滚水，加入少许白醋(图1)，放入面条氽烫一下，取出后拌入少许色拉油(图2)，并用电风扇吹凉，蒸发水蒸气(图3)。这样可使油面中的碱味去除。

Add a little white vinegar to half pot of boiling water (fig.1). Blanch noodles in the boiling water for a second, remove and mix well with a little cooking oil (fig.2). Cool under a fan to let the steam evaporate (fig.3) and remove the alkali flavor from the noodles.

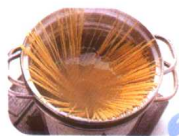
意大利面 (Italian noodles)

准备半锅滚水，加入少许色拉油、盐，把面条弄齐整(图1)，以散状方式放入滚水里(图2)，可避免面条下锅黏结在一起。煮熟后捞出，浸泡在冷开水中，降温后沥干水分，拌入少许橄榄油备用。

Add a little cooking oil and salt to half pot of boiling water. Arrange spaghetti noodles (fig.1) and throw in water like a shooting star (fig.2) to prevent them from sticking together. Remove when the noodles are done and soak in cold cooked water to lower the temperature. Then stir in a little olive oil.



1



2

日式面 (Japanese noodles)

准备半锅滚水，放入面条(图1)，煮熟后放入冷水中；同时，一边用手轻轻搓揉(图2)，去除面条的涩味，捞出、甩干水分即可。

Cook noodles in half pot of water (fig.1) until done and remove to cold water. Soak and rub gently with hands at the same time to remove the dry flavor of noodles (fig.2). They remove and shake off water.



1



2



3



1



2

在了解三种处理面条的诀窍后，您一定悟出一条煮面的通用法则，那就是煮面的滚水要足够多，这样面条才容易散开，且不会黏锅底。还有，煮面的水不能一直重复使用，否则煮面水会混浊，煮出来的面条会黏糊、不爽口。另外，捞面条时要尽量甩干水分，这样面条才不会稀释酱汁，影响口感。

Now that you know the secret methods for cooking noodles, you should be aware of the one common principal for cooking noodles: always cook noodles in a large amount of water that is boiling vigorously. That way, the noodles will separate easily and not stick to the bottom of the pot. The water should not be used repeatedly or it will be cloudy, and the noodles sticky and soggy. Be sure to shake the water off the noodles to prevent the water from diluting the sauce and affecting its texture.

Special Ingredients: Open to the Public

特殊材料 大公开

在这本书里，除了面条这个主角外，还有许多调味料及配料来辅佐它。一般常用的我们这里就不介绍了，下面出现的都是一般不常出现在我们日常烹饪中的材料。您可以好好认识一下，下回您就会使用了！

In addition to the main character—noodles, there are many ingredients and seasonings that help out in this book. Common ingredients are not introduced here; rather, the ingredients below are ingredients that are not ordinarily seen in our daily cooking. Take a good look at them, so that next time when they come to you, you will know how to use them!



辣椒水
Chili pepper water



鱼子酱
Caviar



特级精致
橄榄油
Extra Virgin olive oil



炸豆饼
Deep-fried bean cakes



茛茛豆
Macadamia nuts



酸豆
Caper



绿芥末
Wasabi paste



法式芥末酱
French mustard



韩式辣椒酱
Korean chili pepper
sauce



黑橄榄
Black olives



白酒醋
White wine vinegar



油渍鲱鱼
Anchovy in oil



红酒醋
Red wine vinegar

中式凉面

芝麻酱、油面、蒜末、醋，好像是中式凉面的基本角色，不可缺少。其实，我们常吃的米粉、粉丝也是很好的凉面材料。此外，甜凉面的感觉您不妨试试，也是很好吃的！

Sesame paste, oil noodles, minced garlic and vinegar are the most common main ingredients in Chinese cold noodles. In fact, rice thread noodles, mung bean noodles and long-grain rice noodles are also good foundations for cold noodle dishes. Of course, the thick fragrant sesame paste and salty flavor are the first impression we see in cold noodles, however, sweet cold noodle dishes are also delightful. You might want to try them.



Chinese Cold Noodles

Chinese



Taiwan Style Cold Noodles

台湾凉面

Ingredients 材料



- 粗油面 300 克 (300g thick oil noodles)
- 小黄瓜 1 条 (1 Chinese cucumber)
- 白醋少许 (white vinegar as needed)

Seasonings

调味料



- 芝麻酱 4 大匙 (4T sesame paste)
- 冷开水 4 大匙 (4T cold cooked water)
- 醋 3 大匙 (3T vinegar)
- 糖 1 茶匙 (1t sugar)
- 色拉油 1 大匙 (1T cooking oil)
- 蒜泥 1/2 茶匙 (1/2t mashed garlic)
- 姜汁 1/4 茶匙 (1/4t ginger juice)
- 花生粉 1 大匙 (1T ground peanut)
- 酱油 1/2 茶匙 (1/2t soy sauce)
- 味精 1/2 茶匙 (1/2t MSG)

Tips

凉面小语

因油面含有少量的碱，氽烫时加入少许白醋，可降低碱味。

Because oil noodles contain low levels of alkali, add a little white vinegar to boiling water when blanching to reduce their alkali flavor.

Methods

作法



1. 小黄瓜洗净，切丝备用。
2. 油面放入加有少许白醋的沸水中氽烫一下，捞出后加少许色拉油拌匀、摊开，用电风扇吹凉备用。
3. 将芝麻酱先用冷开水拌开，再加入其余调味料一起拌匀成酱料。
4. 食用时，将凉面盛入盘中，放上小黄瓜丝，再淋上酱料，拌匀即可。
1. Rinse Chinese cucumbers well and shred.
2. Blanch oil noodles in boiling water with a little vinegar added for a minute and remove. Mix well with a little cooking oil, then spread out evenly and let sit under a fan until completely cooled.
3. Add cold cooked water to sesame paste and stir until evenly mixed, then add the remaining seasonings. Mix well to make sauce.
4. Remove cold noodles to serving plate topped with shredded cucumber. Drizzle sauce on top. Mix well and 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。





Sesame Flavored Cold Noodles with Dried Shrimp

虾米麻酱凉面

Ingredients

材料

- 细油面 300 克 (300g thin oil noodles)
- 鸡蛋 1 个 (1 egg)
- 虾米 1 大匙 (1T small dried shrimp)
- 绿豆芽 15 克 (15g mung bean sprouts)
- 火腿 1 片 (1 slice ham)
- 料酒 2 大匙 (2T Shaoxing wine)
- 香菜少许 (cilantro as needed)
- 白醋少许 (white vinegar as needed)

Seasonings

调味料

- 芝麻酱 4 大匙 (4T sesame paste)
- 冷开水 4 大匙 (4T cold cooked water)
- 酱油 2 大匙 (2T soy sauce)
- 糖 2 大匙 (2T sugar)

Tips

凉面小语

虾米泡酒经加热蒸过，能让浓浓的酒味及酒精挥发，使虾米散发出淡淡酒香及特殊风味。

The thick alcohol flavor will evaporate after the soaked shrimp is steamed, leaving the shrimp with a light wine fragrance and a unique flavor.

Methods

作法

1. 鸡蛋打散，用少许油煎成蛋饼皮；放凉、切丝备用。
 2. 虾米用开水冲洗，加料酒后放入蒸锅蒸约 10 分钟，沥干、放凉备用。
 3. 绿豆芽洗净，放沸水中汆烫一下，即捞起浸入凉水，再取出沥干水分；火腿切丝；香菜洗净，切末备用。
 4. 油面放入加有少许白醋的沸水中汆烫一下，捞出后加少许色拉油拌匀摊开，用电风扇吹凉备用。
 5. 将芝麻酱先用冷开水拌开，再加入其余调味料一起拌匀成酱料。
 6. 把面盛入盘中，摆上豆芽菜、火腿丝、蛋皮丝，撒上虾米、香菜末，最后淋上酱汁，拌匀即可。
1. Beat egg and fry in frying pan with little oil to form a thin egg crepe. Let cool first, then shred.
 2. Rinse dried shrimp with boiled water, then add wine and steam in steamer for about 10 minutes. Remove to cool.
 3. Blanch mung bean sprouts in boiling water for a second and remove immediately to ice water to soak. Then remove again and drain well. Shred ham. Rinse cilantro well and mince.
 4. Blanch oil noodles in boiling water with a little vinegar added for a minute. Remove and mix well with a little cooking oil. Then spread open to cool under a fan.
 5. Mix sesame paste well with cold cooked water, then add remaining seasonings to mix to make sauce.
 6. Remove noodles to serving plate, top with bean sprouts, shredded ham and shredded egg crepe. Sprinkle with dried shrimp and minced cilantro. Drizzle sauce over top and mix well. Serve.

