

Pickled Vegetables & Cold Dish

# 泡菜·凉拌菜

林淑珠 著

## 进入泡菜·凉拌菜的天地



现代人食谱

中国轻工业出版社

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本书中 1 杯为 150mL, 1 大匙为 15mL, 1 茶匙为 5mL, 1/2 茶匙为 2.5mL, 1/4 茶匙为 1.2mL  
1 Cup=150mL, 1 Table Spoon=15mL,  
1 Tea Spoon=5mL, 1/2 Tea Spoon=2.5mL,  
1/4 Tea Spoon=1.2mL

# Contents



## Cold Dish Talk

# 进入凉拌菜的天地

经常在餐桌上扮演“开胃先锋”的凉拌菜，在中国可说历史悠久，只要通过简单的调味及腌渍过程，就能让人食欲大振，而材料的养分及自然原味还能被近乎完整地保存下来。

凉拌菜的起源与方便有关，因为只要将材料洗净、切好，加以氽烫、煮熟，就可以调拌成各种口味，轻松提升食欲；而泡菜据说最初只是一种储存蔬菜的方法，腌渍后以备产量不足时食用，但经过多年演变与创新，有些泡菜不但能改善材料原本的不良气味，甚至还能提高它的营养价值。

Cold dish, which is often served firstly in a dinner, has a long history in China. Only through simple process of seasoning or pickling, it can get up people's appetite, besides, the nutrient of its ingredients and its natural flavor can be preserved well.

The origin of cold dish is related to convenience, for it can be seasoned to all sorts of flavors through simple process of rinsing, cutting, blanching and cooking. And it is said that pickling vegetables was originally a method to lay in vegetables for eating in poor harvest period. Through long time development, unpleasant odor of pickled vegetables has been removed; besides, nutrition is enhanced.





# Select Suitable Vegetables

## 选择适当蔬菜

### 什么蔬菜适合凉拌?

What vegetable is suitable to make cold dish?

适合凉拌的蔬菜有些共同点：如气味独特清新，口感清脆有劲，可生食，或仅以热水氽烫就能散发香气。

Select those with special pure and fresh flavor, crisp or elastic taste, can be eaten raw, or those have fragrance only through blanching in hot water.

#### 适合生食的蔬菜

Suitable vegetable ingredients to be eaten raw

可生食的蔬菜多半有甘甜的滋味及脆嫩口感。

因加热会破坏养分及口感，通常只需洗净即可直接调味拌匀食用，如大白菜、圆白菜、小黄瓜等。

Vegetable ingredients like Chinese cabbage, cabbage, Chinese cucumber, etc. can be eaten raw. They are mostly sweet and tender, and can be eaten directly after rinsed and mixed with seasonings.

#### 生熟食皆宜的蔬菜

Suitable vegetable ingredients to be eaten raw and cooked

这类蔬菜气味独特，口感脆韧，常含有大量纤维质。洗净后直接调拌生食，口味十分清新；若以热水氽烫后拌食，则口感会变得稍软，但还不致减损原味，如芹菜、甜椒、芦笋、秋葵、苦瓜、白萝卜、海带等。

Vegetable ingredients like celery, pimiento, asparagus, okra, balsam pear, Chinese radish, kelp etc are high-fibre; they have special flavor and taste crisp or elastic. Rinsed, eat en raw after mixed with seasonings, they taste very fresh and fragrance; and the taste of them will turn into soft after blanched and mixed with seasonings, but their original flavor cannot be reduced or destroyed.

#### 须氽烫后食用的蔬菜

Vegetable ingredients that should be eaten after blanched.

这类蔬菜通常淀粉含量较高或具生涩气味，但只要以热水氽烫后即可有脆嫩口感及清新滋味，再加调味料调拌即可食用，如四季豆、莲藕、山药等。

Containing high starch or having astringent taste, vegetables such as kidney bean, lotus root and yam should be blanched firstly then added seasonings to mix well.

### 什么蔬菜最适合做泡菜?

What vegetable is suitable to be pickled?

由于泡菜在腌渍前只需洗净，不必事先氽烫，因此只要掌握选材的原则，不仅能腌得轻松，成品的风味也会更佳。

Master the principles of selecting ingredients to get best pickles.

#### 糖分含量丰富

High-sugar

泡菜经腌制发酵，才能产生自然的酸甜味，因此最好选择糖分较高的蔬菜，如圆白菜、大白菜、胡萝卜等，这不仅可加速发酵，腌好的成品口味亦甘美。

Select high-sugar vegetables such as cabbage, Chinese cabbage, carrot, etc; for pickled vegetables will produce sweet and sour flavor after fermented, sugar will quicken up ferment process, besides, the flavor of pickled vegetables is sweet.

#### 口感清爽脆嫩

Crisp and tender taste

这类蔬菜有清脆的口感，且多能耐长期浸渍，才不致在腌渍过程中软化失去口感。如圆白菜、白萝卜、小黄瓜、菜心、姜等，皆为极耐久腌而能常保甘脆的蔬菜。

Vegetables with crisp taste such as cabbage, Chinese radish, Chinese cucumber, cabbage heart, ginger, etc. are able to endure long time marinating.

#### 组织厚实坚韧

Thick texture

泡菜自腌渍至发酵完成，时间很长，所以宜选用质地较紧密的蔬菜，如白萝卜、莴苣、菜心、大蒜等。此类组织厚实的蔬菜，可避免腌汁浸渍太快，在发酵完成前即已入味太深，影响成品的美味。

Select vegetables with thick texture such as Chinese radish, lettuce, cabbage heart, garlic, etc. because their thick texture pre-absorbing liquid too quickly affect the flavor of vegetables.



# Main Methods of Cooking Cold Dish

## 凉拌技巧面面观

你爱吃凉拌菜吗？不论是生鲜材料直接调拌，或氽烫后再调拌，凉拌菜清爽不油腻的美味特质，既是开胃的绝佳前菜，亦是下饭的佐餐圣品。餐桌上只要有一盘清新爽口的凉拌菜，往往会比一整桌的山珍海味更受欢迎。以下介绍主要的“拌法”，教你搭配不同的材料使用。

Do you like cold dish? Cook raw and fresh ingredients directly, whether cook after blanch, delicious cold dish is not only the best appetizer before dinner, but also the good choice to be eaten with staple food together. A well-cooked cold dish is usually welcome than a whole table of delicacies of every kind. The main methods of cooking cold dish are as follow.

### 生拌 Raw Mix

所有材料不需经过加热，直接以生鲜的形态加以调味拌食，就是所谓的生拌。生拌大多选用生鲜蔬果，由于只要洗净即可拌食，十分方便，营养价值也较高。

Mix seasonings with raw ingredients, which do not need to be heated. Select fresh vegetables and fruits. Rinse well, it is very convenient and well nutritious.



### 辣拌 Chili Mix

辣拌通常是指凉拌时菜肴中加了红油调味。以这种颜色火红的调味料拌成的菜品，风味香麻，保证开胃，一向是颇受欢迎的凉拌菜式。

Mix chili oil with vegetable ingredients. It is extraordinarily popular for the fiery-red color and fragrance hot flavor.



### 熟拌 Cooked Mix

熟拌是指全部或部分原料须经氽烫或卤、炒等方式加热，或是端出时蘸酱食用。如肉类、海鲜等，烫熟后放凉再拌，一样清爽开胃。

All or part of vegetable ingredients should be blanched, stewed or stir-fried firstly then mixed with sauce. As meat seafood etc.



### 调味运用 Seasoning Method

长久以来，凉拌菜在口味上一直十分丰富多样，且讲究变化，诸如甜、酸、香、酥、脆嫩辣、咸等味，一应俱全，而且还可随材料做不同的调整，例如蔬果重视原味，海鲜要尝出鲜嫩，都不宜下太重的调味；而若要去肉肉类腥膻或独重开胃功能时，不妨添加重口味的香料或调味料，效果皆不错。

The flavor of cold dish can be changed with the difference of ingredients. For example, do not add too many seasonings in vegetables, fruits and seafood to keep the freshness and tenderness of them; but to remove odor of meat, adding much spice or sauce is necessary.





## 凉拌菜常用调味料 Usual seasonings of cold dish

**食盐:** 能提供菜肴适当咸度, 增加风味, 还能使蔬菜脱水, 适度发挥防腐作用。

**Salt:** adds flavor to dish, removes water from vegetables, and prevents ingredients from rotting.

**糖:** 能引出蔬菜中的天然甘甜, 使菜肴更加美味。用以腌泡菜还能加速发酵。

**Sugar:** educes the natural sweet of vegetables; quickens up pickling vegetables to ferment.

**葱、姜、蒜:** 味道辛香, 能去除材料的生涩味或腥味, 并降低泡菜发酵后的特殊酸味。

**Scallion, ginger, garlic:** able to add flavor, remove grease and unpleasant odor from, and reduce the special sour of fermented pickled vegetables.

**红辣椒:** 与葱、姜、蒜的作用相当, 但其更为刺激的独特辣味, 是使许多凉拌菜令人开胃的重大功臣。

**Red pepper:** more spicy than scallion, ginger and garlic, stimulates the appetite.

**花椒粒:** 腌拌后能散发出特有的“麻”味, 是增添菜肴香气的必备配料。

**Sichuan peppercorn:** a kind of hemp, able to add flavor.

**酒:** 通常为米酒、黄酒及高粱酒, 主要作用为去腥, 能加速发酵及杀死发酵后产生的不良菌。

**Wine:** usually cooking wine, yellow wine and Kaoliang spirit, remove unpleasant odor, quicken up ferment and kill bad bacterium produced in ferment.

**白醋:** 能除去蔬菜根茎的天然涩味, 腌泡菜时还有加速发酵的作用。

**White vinegar:** removes astringent flavor of vegetable root, quickens up ferment when pickling vegetables.

**冷开水:** 可稀释调味及发酵后浓度, 适合直接生食的材料, 以确保卫生。

**Cold boiled water:** dilutes the thickness of seasoning or ferment, fit grow-eated stuff and insure sanitation.

## 美味凉拌菜怎样“拌” How to cook delicious cold dish

低油少烟、清凉爽口的凉拌菜, 绝对是消暑开胃的最佳选项。但如何才能做出爽口开胃的凉拌菜呢? 请看以下诀窍。

Being low grease, the cool cold dish is the best food to be eaten in the summer indeed. How to cook delicious cold dish, some tips as follow.

**选购新鲜材料:** 凉拌菜由于多数生食或略烫, 因此首选新鲜材料, 尤其要挑选当季盛产的材料, 不仅材料便宜, 滋味也较好。

**Select fresh ingredients:** select those fresh vegetables abound in season, the price of which is cheap and the flavor is better.

**事先充分洗净:** 菜叶根部或菜叶中附着的砂石、虫卵, 要仔细冲洗干净。

**Rinse well before cook:** rinse sand and insect nit attached in vegetable root and leaves.

**完全沥干水分:** 材料洗净或烫过后, 务必完全沥干, 否则拌入的调味酱汁味道被稀释, 导致风味不足。

**Drain entirely:** after ingredients rinsed or blanched, drain entirely, or the mixed seasoning sauce will be diluted. The dish will lose its flavor.

**食材切法一致:** 所有材料最好都切成一口可以吃进的大小, 而有些新鲜蔬菜用手撕成小片, 口感会比用刀切还好。

**Cut ingredients in one method:** all ingredients should be cut into the mouth size. The taste will be better if tear off some vegetables by hand.

**先用盐腌一下:** 例如小黄瓜、胡萝卜等要先用盐腌一下, 再挤出适量水分, 或用清水冲去盐分, 沥干后再加入其他材料一起拌匀, 不仅口感较好, 调味也会较均匀。

**Marinate with salt firstly:** before mix with other seasonings and ingredients, cucumber and carrot should be marinate with salt for a short while, then squeeze out the water, or rinse the salt and drain, taste will be better.

**酱汁要先调匀:** 各种不同的调味料, 要先用小碗调匀, 最好能放入冰箱冷藏, 待要上桌时再和菜肴一起拌匀。

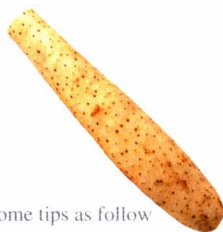
**Mix well the sauce:** put all seasonings into a small bowl, mix well, refrigerate is better, mix with vegetables when serve.

**冷藏盛菜器皿:** 盛装凉拌菜的盘子如能预先冰过, 冰凉的盘子上装冰凉的菜肴, 绝对可以增加凉拌菜的美味。

**Refrigerate container:** it is better to refrigerate the container of cold dish for a while.

**适时淋上酱汁:** 不要太早加入调味酱汁, 因多数蔬菜遇咸都释放水分, 会冲淡调味, 因此最好准备上桌时才淋上酱汁调拌。

**Sprinkle sauce on the right time:** most vegetables will release water, which can dilute the flavor when they combine with salt, so sprinkle sauce when serve.



## Celery with Squid

# 芹菜鱿鱼

### 材料 Ingredients

芹菜 300 克、水发鱿鱼半只  
300 g. celery, 1/2 water-soaked squid

### 调味料 Seasonings

A 料：盐、糖各 1 小匙、橄榄油 1 大匙  
A: 1 t. salt, 1 t. sugar, 1 T. olive oil

## 作法 Methods

1. 芹菜去叶及老茎，洗净，切成约4厘米长段(图1)；水发鱿鱼洗净，切条备用(图2)。
  2. 锅中倒入半锅水煮开，分别放入芹菜及鱿鱼烫熟，捞出，沥干，盛入盘中加入A料拌匀，即可上桌。
- 1 Remove leaves and strings from celery, rinse, cut into 4 cm. long strips (fig. 1), rinse water-soaked squid, cut into strips, ready for serve (fig. 2).
  - 2 Boil 1/2 pot of water, blanch celery and squid respectively, remove and drain, remove to plate and stir with seasonings A, serve.

## Tips 小知识

芹菜富含纤维质，维生素、β-胡萝卜素等多种养分，能增强体力、帮助消化，防止血管硬化。由于其香气浓烈、口味独特，搭配各种调味酱汁都极适合，口感清脆。

Celery enriches multi-nutrients such as fiber, vitamin, and β-carotin. It helps to digest, prevents blood vessel cirrhosis, besides, due to its strong fragrance and special flavor, it is suitable in cooking with all kinds of sauces and seasonings.







# Western Celery with Mustard Sauce

## 芥末西芹

### 材料 Ingredients

西芹 600 克  
600 g. western celery

### 调味料 Seasonings

A 料: 芥末酱、温开水各 1 大匙、盐、糖各 1 小匙  
A: 1 T. mustard sauce, 1 T. warm boiled water, 1 t. salt, 1 t. sugar

### 作法 Methods

1. 西芹洗净, 撕去老筋, 切成约 5 厘米小段, 放入滚水中氽烫, 捞出, 浸入冰水中泡凉; A 料放入碗中充分调匀备用 (图 1)。
  - 1 Rinsed western celery, tear off strings, cut into 5cm. sections, blanch in boiling water, and then remove into ice water to let cool; stir seasonings A well (fig. 1).
2. 泡凉的西芹捞出沥干水分, 盛入盘中, 加入调匀的 A 料拌匀 (图 2), 即可上桌。
  - 2 Remove western celery and drain, add mixed seasonings A to stir well (fig.2), serve.





## Cold Balsam Pear

# 凉拌苦瓜

### 材料 Ingredients

苦瓜 1 条 (约 500 克)  
1 Balsam pear (about 500 g)

### 调味料 Seasonings

A 料: 酱油、白醋各 1 大匙、糖  $\frac{1}{2}$  小匙  
B 料: 法式沙拉酱 3 大匙  
A: 1 T. soy sauce, 1 T. white vinegar, 1/2 t. sugar  
B: 3 T. French salad

## 作法 Methods

1. 苦瓜对半切开, 去籽及瓜瓢 (图 1), 洗净, 去除白膜, 青色部分切薄片 (图 2), 盛入盘中, 放入冰箱冷冻约 15 分钟, 以保持水分。  
1 Halve balsam pear, remove seeds and flesh (fig. 1), rinse and remove white membrane, slice the green portion (fig. 2). Refrigerate for about 15 minutes to keep moisture.
2. A 料放入碗中充分调匀备用。  
2 Stir seasonings A well for later use.
3. 取出冷冻过的苦瓜, 蘸调匀的 A 料或 B 料食用即可。  
3 Remove refrigerated balsam pear; serve with seasonings A or B.

## Tips 小知识

苦瓜含有多种维生素及矿物质, 维生素 C 含量在所有蔬菜中高居第一, 能降火气, 预防贫血及胃溃疡等疾病, 口感清脆, 十分适合凉拌食用。

Balsam pear is a good source of many kinds of vitamins and mineral substances; its content of vitamin C is top one among all vegetables. It can help to reduce one's internal heat, prevents anemia and gastric ulcer. It is suitable to be made cold dish.







# Shredded Chicken with Mung Power Sheet

## 鸡丝拉皮

### 材料 Ingredients

凉粉皮 300 克、鸡胸肉 150 克、小黄瓜 1 条、苹果半个、大蒜 1 粒  
300 g. mung power sheets, 150 g. chicken breast, 1 Chinese cucumber, 1/2 apple, 1 clove garlic

### 调味料 Seasonings

A 料：芝麻酱、冷开水各 2 大匙、芥末酱、冷开水各 1 大匙、醋、糖各 1/2 小匙

B 料：色拉油 1 小匙

A: 2 T. sesame seed paste, 3 T. cold boiled water, 1 T. mustard sauce, 1/2 t. vinegar, 1/2 t. sugar

B: 1 t. salad oil

### 作法 Methods

1. 大蒜去皮，捣成泥；小黄瓜洗净，切丝；苹果去皮、核及籽，切丝，放入加盐冷开水中浸泡，捞出，沥干水分备用。
  2. A 料放入碗中，加入蒜末充分调匀；鸡胸肉洗净，放入滚水中煮熟，捞出，沥干水分，待凉，撕成细丝备用。
  3. 凉粉皮切宽条（图 1），放入滚水中氽烫至呈透明状（图 2），捞出，以冷开水冲凉，盛入碗中加 B 料拌匀，再加入鸡丝、小黄瓜和苹果丝，淋上调匀的 A 料拌匀，即可上桌。
- 1 Peel garlic, grind to mash; rinse and shred Chinese cucumber; Peel apple, remove seeds and nuclear, shred then soak in cold boiled water with salt, remove and drain for later use.
  - 2 Mix seasonings A with garlic mash well, rinse chicken breast, put into boiling water until cooked, remove and drain, let cool, shred.
  - 3 Cut mung power sheets into strips (fig. 1) and blanch in boiling water until transparent (fig. 2), remove, rinse with cold water to let cool, add seasonings B to stir well, add shredded chicken, Chinese cucumber and apple, drench mixed seasonings A, mix well before serving.

## Tips 小知识

小黄瓜能利尿、去浮肿，是夏日降火消暑的上选材料。由于口感清脆，颜色亦相当美观，几乎是各种口味的凉拌菜必备材料。

Chinese cucumber is the necessary ingredient for cold dish for its nice color and crispy taste; it is especially the best choice in the summer for it is diuretic and helps to reduce edema.



