

Includes recipes in English 中英對照

梁綺玲 編著

萬里機構 • 飲食天地出版社 出版



外傭姐姐教室

煲粥

Cooking Porridge



★ 35道中英文對照食譜

★ 選料和處理圖解

★ 阿Sir阿Mom試味指引

★ 烹飪常用語小字典

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萬里機構 wanlibk.com



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編者的話

在繁忙工作後，回家吃頓豐富的晚餐，喝上一碗老火湯，是人皆嚮往的樂事之一。無奈不少上班族平日都忙得不可開交，食得最多的是油水充足、鹽糖味精不絕的快餐。

為了照顧家人，不少家庭都聘用了外籍家務助理，下班要食住家飯菜，也非遙不可及！但是外傭姐姐的飲食習慣與我們不同，若要她們煮出一桌好菜，談何容易？我們這套「外傭姐姐教室」系列，分別以蒸、炆、炒、煎炸、煲湯、做飯等為專題，每本介紹三十多道簡單易學、美味家常的煮饌方法。無論外傭姐姐是連食材也搞不清楚，還是已具入廚經驗，從中都可獲得幫助，提高廚藝。

從本書可以了解：

- 食材的名稱和選擇要點
- 買回來的材料基本處理方法
- 煲粥的原理和優點
- 10 道健康類粥、13 道海產類粥、5 道雞鴨類粥、7 道豬牛類粥

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看圖買材料做菜

Buy ingredients according to the picture

糯米：顆粒要飽滿壯實。

Glutinous rice: particles are plump and sturdy.



紅米：色澤鮮明，無碎粒。

Red rice: distinctive color, no nibs.



白米：米粒飽滿，外表晶瑩剔透，粒型均一。

White rice: grains are plump, color is transparent, grains are uniform.



十穀米：要選無雜質的。

Mixed rice of 10 varieties: free from impurities.



小米：顏色鮮明，無雜質。

Millet: brightly colored, free from impurities.

泥鰕：色澤鮮明，肉質結實。

Slimy spinefoot: distinctive color, succulent flesh.

田雞：以約 150 克重為佳，過大的老田雞，肉厚卻韌；過小的，肉質太脆，不夠爽滑。

Edible frog: around 150g of weight is better, for the big and old one, the flesh is thick but tough; for the small one, the meat is too tender but not elastic and smooth enough.



水蟹：口吐泡沫，眼睛靈活為新鮮。

Crab: vomit foam from the mouth, it is fresh if the eyes are flexible.

龍蝦：生猛，蝦腳完整。

Lobster: vigorous and the legs are complete.

柴魚：切片寬薄、色澤淡淺、紋路清晰細緻、完整不碎。

Stockfish: thin and wide slice, light color, clear and detailed lines, complete and not broken.



陳腎：肉厚，無霉味。

Preserved duck's kidney: flesh is thick, no musty smell.



臘鴨頭：顏色鮮明，有香味。

Salted and smoked duck head: distinctive color, fragrant flavor.



蠔鼓：體形較大，身形飽滿肥潤，色澤鮮明，及散發鮮香氣味，完整無缺。

Dried oysters: large piece, the body is fat and with full stature, vivid color, fragrant flavor, complete and not broken.



白菜乾：短度的，有香味。

Preserved cabbage: short in length, fragrant flavor.



豬腰：新鮮豬腰的薄膜，潤澤不變色。

Pig's kidney: the membrane of fresh kidney is moist with vivid color.

豬心：無異味，不沾有血液的。

Pig's heart: no unpleasant smell, not stained with blood.



粉腸：於腸身一處輕切一刀，擠出少許「粉」察看，如色帶黃，粉腸必苦，如色白淨則可放心購買。

Pig's intestines: slit slightly onto the body with a knife a light cut back, take out some "powder" to see if it is white in color, if it is yellow in color, the taste will be bitter.

豬小肚：有光澤，無腐敗氣味。

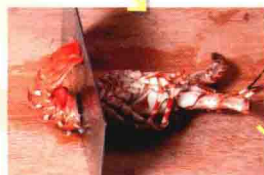
Pig's Tripe: glossy, no unpleasant smell.

買回來的材料怎樣處理？ What to do with the ingredients?

龍蝦 Lobster

用一隻筷子在龍蝦腹部、近尾的底部，向上插入約 4-5 吋，待片刻取出，此時會有一道幼如黑線的液體排出，且有異味，這過程稱之為「放尿」。放尿後即可煮食。

Insert a chopstick at the bottom of the abdomen and the tail of the lobster upward about 4-5 inches and wait for 4-5 minutes, there will be a black line of the liquid discharged, this process is called "discharge urine". The lobster could be cooked after this process.



黃花魚肉 Croaker flesh

黃花魚洗淨，瀝乾水分。燒熱油鑊，下魚煎至兩面金黃，加水略煮，拆肉。

Rinse croaker and drain. Heat oil in a wok, add croaker and pan-fry until golden on both sides, add water and cook until done, dish up and remove the bones.



洗粉腸 Rinse pig's intestines

洗粉腸要用蒜頭在腸頭處塞入，順着粉腸一路推落去便可。

When rinsing pig's intestines, stuff a garlic from the opening and push all the way along the pig's intestines to the end.

