



我爱中国菜 素食篇

Easy Recipes Easy Chinese

Vegetarian Dishes



心蓝 编著
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前言

中国菜，是世界上最错综复杂的烹饪体系，令人眼花缭乱，神往不已。

中国菜，以档次食材，可分为家常菜、市肆菜、寺观菜、官府菜、宫廷菜、药膳菜、民族菜等；以烹饪技法，可分为冷菜、热菜、大菜、小菜、甜菜、汤菜等；以风味流派，可分为鲁菜、川菜、粤菜、苏菜四大菜系；加上闽菜、浙菜、湘菜、徽菜，扩为八大菜系；加上京菜、鄂菜，是为十大菜系……林此种种。

中国人爱吃，懂吃，会吃，翻着花样吃。食材上可至鲍燕翅参，下可至根叶蔬果，可阳春白雪，可下里巴人。炒、烧、烤、蒸、煮、炸、煎、凉拌、淋，极尽烹饪之能事。中国人，是世界上最在乎口味的民族，极尽口舌之欲，孜孜不倦地追求着味觉的巅峰享受。对于任何食材，中国人就像一个充满了想象力的水墨画家，挥毫泼墨，巧妙地在素帛之上织锦添花，幻化出最奇妙的味觉之旅。

当下，素食以其健康的特点风靡世界。素菜也是中国菜的重要组成部分，本书呈现了一些简单易学的中国家常素菜，在保留蔬果、豆制品健康风味的同时，更配合中式烹饪特有的手法，激发出素食更丰富的味觉效果。

中国菜，讲究色香味俱全，所以中国人在做菜时会尽量避免单一色彩，绿色的葱花、辣椒、香菜或者其他香草，红色的干辣椒或者甜椒，黄色的生姜，白色的芝麻、大蒜，都可用来配合烹饪。第一可以增加菜肴的香气和风味，第二可以丰富菜肴的色彩，以此来增加菜肴的整体风味。

中式烹饪与西式烹饪在调味上有所区别，西式烹饪讲究定量，往往会精确到克、毫升或者勺，而中式烹饪更加尊重烹饪者的烹饪习惯，随意性强，创造性也更强，每个烹饪者的味觉习惯不一样，烹饪的手法和调味习惯也不一样。就像莎士比亚说的“一千个观众就有一千个哈姆雷特”，一千个烹饪者和品尝者就有一千种味道，所以本书中的调味品用量仅供参考。

中式烹饪讲究菜型的和谐，所以注重刀法，同样的食材或者香料辅料根据整体菜肴的造型会切成不同的形状，可切片、切块、切碎、切段。

生姜、大蒜、小葱，是中式烹饪不可或缺的香辛料，其中生姜最好不要去皮，因为生姜本身性热，而姜皮却是凉性的，可以中和生姜的热性；大蒜去皮后切碎或者拍裂后，应该先在空气中曝露一段时间再烹饪，这样可以使大蒜中的蒜素充分氧化，蒜香更浓烈，保健效果更好。

烹饪，本就是一项创造性的活动，在水火之间，在刀铲之下，食物涅槃，融入烹饪者的心性，化为倾倒众生的尤物。愿大家在庖厨之间，感受中式烹饪的魅力，也感悟蕴含其间数千年博大精深的中华文化，谢谢。

Preface

Chinese cuisine is one of the most complicated ones in the world. It is often presented in a dazzling way, so people are always yearning for it.

In terms of the ingredient quality, Chinese dishes can be categorized as home-style dishes, gourmet dishes, vegetarian dishes, official residence style dishes, royal dishes, medicinal foods and national dishes. From the perspective of cooking skills, Chinese cuisine also includes cold dishes, hot dishes, main courses, side dishes, sweet dishes and soups. Chinese dishes can also be further divided into ten types based on their flavours: Shandong cuisine, Sichuan cuisine, Cantonese cuisine, Suzhou cuisine, Fujian cuisine, Zhejiang cuisine, Hunan cuisine, Anhui cuisine, Beijing cuisine and Hubei cuisine.

Chinese people love to eat and are particular about their cooking methods so they often come up with different ways to cook. The ingredients range from abalones and sea cucumbers to vegetables and fruits while the cooking methods include stir-frying, braising, roasting, steaming, boiling, cold mixing and filtersprinkling. By selecting the ingredients and cooking method, one can cook both refined and everyday dishes. Chinese people care mostly about the tastes in the world and will tirelessly pursue them. A Chinese cook can be compared to a painter with a full imagination. He is adept at choosing the most suitable ingredients to cook a dish, just like the painter who excels in using the most appropriate strokes to create a wonderful painting.

Nowadays, vegetables, which are an important component of Chinese cuisine, are popular with people around the world who want to keep healthy. This book presents some easy-to-learn Chinese home-style vegetable dishes, which are conducive to becoming healthy, and showcases the rich flavours of Chinese dishes.

When cooking a dish, Chinese people pay attention to its colour, aroma and flavour, so they often include green scallions, peppers, coriander or fragrant herbs, dried or sweet red peppers, ginger, white sesame seeds or garlic.

Because of this approach to cuisine, each Chinese dish often has its own unique feature.

In terms of seasoning, there are considerable differences between China and the West. Western cuisine focuses on specific measurements that are accurate to the gram, millimetre or ounce; however, Chinese cuisine can be much more individualized, impulsive and creative, and cooks frequently adjust their cooking methods, seasoning and ingredients according to their preferences. Just as Shakespeare said, "There are a thousand Hamlets in a thousand people's eyes", so we can say there are a thousand types of flavour if there are a thousand cooks or customers. Therefore, the amount of seasoning specified in this book is just for reference.

For Chinese cuisine, cutting and slicing skills are very important since presentation is one of the focuses. The same ingredients are often cut into different shapes, such as sliced, diced, minced or cut into sections to match with the style of a specific dish.

Ginger, garlic and scallions are indispensable ingredients in any Chinese dish. According to traditional Chinese medicine, ginger is hot in nature but its skin contains cold elements, so if we keep the skin, it can offset the hot elements; therefore, it is better not to peel the ginger. As for garlic, it should be peeled and cut into tiny pieces or cracked. Then it should be exposed to air for oxidization before cooking. This way, the garlic will emit a much stronger aroma and is also good for your health.

Cooking is an innovative activity, which can showcase each person's personality and creativity. May you become fascinated with Chinese cuisine, enjoy their charms and appreciate the profound and extensive Chinese culture behind them. Thank you!

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PART 1

凉拌

Cold mixing

Dāopāihuángguā

刀拍黄瓜

Smashed Cucumber

INGREDIENTS:

2 cucumbers
ginger, garlic and dried
pepper to taste
10ml sesame oil
3ml mature vinegar
10ml sesame oil
3g granulated chicken bouillon
(or MSG)
5g salt

TIPS:

Smash the cucumbers with the knife blade before cutting them into sections, so as to let in more flavour and strengthen the chewy texture.

Put some salt first and wait to rid the cucumber of its excess liquid. This will make the cucumber crisper.

Select cucumbers with flowers on the top and small thorns on the body; this indicates freshness.

Add flavour to the cucumber with the seasoning sauce before spreading hot oil, so as to make the dish tastier.

DIRECTIONS:

1. Wash the cucumber and remove both ends. Smash it with the knife blade.
2. Cut the cucumber into small sections.
3. Spread a small amount of salt on the cucumber sections and blend them. Put it aside for 15 minutes. Strain the excess liquid.
4. Mash the ginger and garlic, cut the dried pepper into small sections and remove the seeds.
5. Blend the mature vinegar, light soya sauce, sesame oil, bouillon and salt into seasoning sauce.
6. Blend the mashed ginger, garlic, seasoning sauce and cucumber sections.
7. Pour cooking oil into the pot and heat it up, stir-fry the dried pepper in the oil and spread it on the cucumber. Blend it and wait for 20 minutes.

EASY CHINESE:

qiàng
炆 fry quickly in hot oil

chǎo
炒 to stir-fry

dùn
炖 to simmer

shāo
烧 to braise



Liángbàn'ǒu

凉拌藕

Cold Dressed
Lotus Root

INGREDIENTS:

2 lotus roots
1 red sweet pepper
ginger and green onion to taste
10ml light soya sauce
3ml white vinegar
3g sugar
10ml sesame oil
3g granulated bouillon chicken
(or MSG)
5g salt

TIPS:

As lotus root contains starch, it is better to rinse off the sliced lotus root so that the dish tastes fresher.

Oxidation may take place when the lotus root is exposed to air, which will cause discolouration, so the sliced lotus root should be soaked in water with white vinegar to stop the reaction.

DIRECTIONS:

1. Wash the lotus roots and cut off the two ends. Peel it.
2. Cut the lotus root into thin slices and put them into a bowl. Rinse off the starch on the surface.
3. Soak the lotus root slices in water with white vinegar.
4. Mince the ginger, red sweet pepper and green onion.
5. Pour cooking oil into the pot and heat it up, stir-fry the chopped pepper and ginger and then blend them with the vinegar, light soya sauce, sesame oil, bouillon, sugar and salt to create the seasoning sauce.
6. Let the water trickle off the lotus root slices and put them back into the bowl. Sprinkle the seasoning sauce on the lotus roots. Spread the chopped green onion on top and serve.

EASY CHINESE:

Wèidào zěnmeyàng?

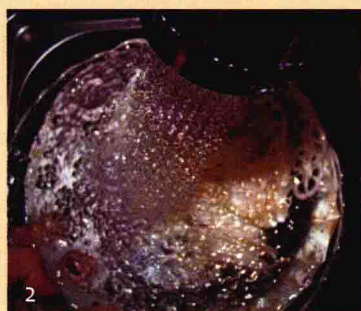
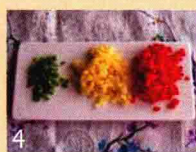
味道怎么样？

How does it taste?

Hǎochī jí le!

好吃极了！

It's delicious!



Huāshēngrénbōcài

花生仁菠菜

Spinach with Peanut
Kernels

INGREDIENTS:

300g spinach
50g peanut kernels
Small red pepper and ginger to
taste
10ml light soya sauce
10ml sesame oil
3g granulated chicken bouillon
(or MSG)
5g salt

TIPS:

Make sure to boil the spinach before cooking in order to separate the calcium oxalate out and also for better tasting spinach. This is also conducive to the prevention of calcium stones and good for the assimilation of calcium.

Some vegetables are rich in chlorophyll. Adding a small amount of salt and cooking oil when cooking these vegetables in boiling water can make them look greener and more presentable.

When frying the peanuts, make sure to put them into the pot before the oil becomes hot. Scoop the peanuts up as the colour turns to a light reddish-brown, then allow the oil to trickle off. The peanuts will continue to slowly cook and become crispy due to the residual heat.

DIRECTIONS:

1. Pour a large amount of cooking oil into the pot and add the peanut kernels while the oil is still cool. Fry the peanuts slowly on medium heat until they are cooked. Remove the peanuts and allow the oil to trickle off. Allow the peanuts to cool.
2. Remove the yellow leaves and root of the spinach before rinsing it. Soak the spinach in lightly salted water for 10 minutes, remove and allow the water to trickle off.
3. Put water into the pot. Add a small amount of salt and several drops of cooking oil, then bring to a boil. Put the spinach into the boiling water. Remove after 2 minutes.
4. Soak the spinach in ice water.
5. Squeeze the juice out of the ginger and blend the ginger juice with the light soya sauce, sesame oil, bouillon and salt to make seasoning sauce.
6. Slice the pepper along the width, allow the water to trickle off of the spinach and mix it with the sliced pepper.
7. Sprinkle the seasoning sauce on the spinach and pepper, then mix them well. Spread peanuts onto it and serve.