

Includes recipes in English 中英對照

徐嘉儀 編著

萬里機構 • 飲食天地出版社 出版



外傭姐姐教室

煮麵

Cooking Noodles



★ 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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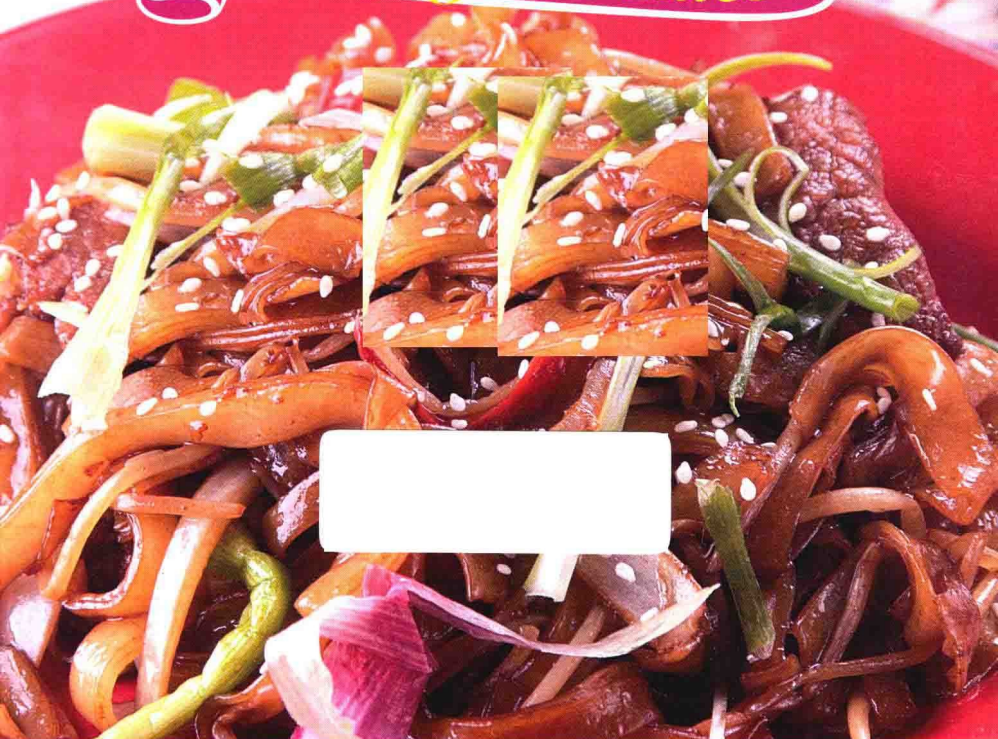
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編者的話

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、美味家常的煮饊方法。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
- 煮麵的原理和優點
- 17 道湯麵類菜式、10 道炒麵類菜式、
8 道乾麵類菜式

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看圖買材料做菜

Buy ingredients according to the picture

炒蛋麵：色澤淺黃，含鹼味，乾爽，沒有黑點或發霉，適合炒和半煎炸。

Stir fried egg noodle: Light yellow, alkaline flavor, dry, no stain / black spot or mould, suitable for stir frying and semi-fried.

幼蛋麵：色澤呈深黃，麵條纖幼，柔軟乾爽，沒有黑點或發霉現象，適合焯煮。

Thin egg noodle: Dark yellow, thin, soft and dry, no stain / black spot or mould, suitable for boiling.



伊麵：油炸麵條，質地膨鬆，呈淡黃色，沒有「油膩」味道。

E-fu noodle: Deep-dried noodle, expanding and loose texture, light yellow, no "oily" flavor.

拉麵：麵質有點像中式的油麵，不肥膩，質地富彈力，含鹼味，適合焯煮和炒。

Ramen: Similar to the texture of Chinese oily noodle, not greasy, elastic, salty, suitable for boiling and stir frying.

米粉：米與清水磨成米漿，乾燥而成，幼身乾爽，含米香，適合炒和炆。

Rice vermicelli: Grind rice and water to produce rice paste, let dry, thin and dry with rice flavor, suitable for stir frying and stewing.

年糕：潔白軟滑，質地細緻，有嚼勁，適合放湯、炒和炆。

Rice cake: White, soft, thin / delicate, chewing, suitable for serving in soup, stir frying and stewing.



米線：潔白柔軟，米味濃郁，有彈力，適合放湯和焯煮。

Rice vermicelli: White, soft, rich rice flavor, elastic, suitable for serving in soup and boiling.

烏冬：粉質軟滑，麵條呈方形，潔白富彈力，適合炒、焯、煮和炆。

Udon: Rich in starch, soft, square shape, white, elastic, suitable for stir frying, boiling, cooking and stewing.

炒河粉：粉片纖薄，粉條闊約 3/4 厘米，沒有異味，表面有油份，適合炒。

Stir fried rice noodle: Thin, its width is about 3/4 cm, no odour / bad smell, surface contains oil, suitable for stir frying.

上海粗麵：白麵條，粗大，外層有薄粉，屬半濕麵，適合炒和炆。

Shanghai coarse noodle: White noodle, coarse, outer part / surface with some flour, semi-wet, suitable for stir frying and stewing.



上海中麵：屬半濕白麵條，外有薄粉，質地柔軟，適合焯、煮和放湯。

Shanghai middle noodle: Semi-wet white noodle, outer part / surface with some flour, soft, suitable for boiling, cooking and serving in soup.

洋葱：外衣金黃呈光澤，結實飽滿，完整無傷。

Onion: Golden brown and shiny, firm and rich, no wound.



金菇：菇帽細小，沒有瘀傷，堅挺含水份。

Enoki mushroom: Small mushroom top / cap, no wound, firm and with moisture.



韭黃：顏色青白帶微黃，飽滿含水份，沒有腐爛。

Yellow chive: White and light yellow, rich and with moisture, not rotten.



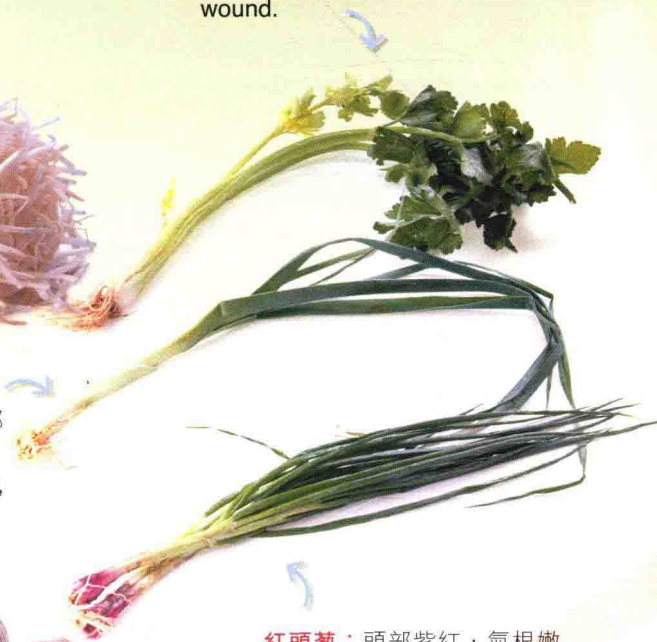
銀芽：去掉豆芽和尾部的銀白豆梗，不瘀黑或糜爛，堅挺新鮮。

Sliver sprout: Remove bud and end part, firm and fresh without black or rotten part.



中國蒜：頭部潔白，綠色部份翠綠，硬實堅挺。

Chinese garlic: White head, green, firm.



獨子蒜：潔白硬實，沒有蟲口或腐爛，乾爽完整。

Single clove garlic: White and firm, no damage caused by pest, not rotten, complete and dry.



中國芹菜：味道濃郁，色澤翠綠，堅挺沒有瘀傷。

Chinese celery: Rich flavor, green body, firm and without wound.

紅頭葱：頭部紫紅，氣根嫩脆，頭部渾圓飽滿，全身翠綠堅挺。

Red onion: Purple red head, delicate root, rich and round head, green body and firm.

買回來的材料怎樣處理？

What to do with the ingredients

1. 乾麵類如蛋麵、生麵和麵餅等，看似乾爽，但貯藏期很短，宜放在密封瓶或保鮮袋內，置陰涼地方擺放，可貯 2~3 天。
2. 包裝的烏冬、拉麵、米粉可放陰涼地方置放，但開封後，就要放在密實盒或保鮮袋。
3. 新鮮麵類如米線、河粉和伊麵就要即買即用，而首兩款就要置冰箱候用，用時才取出，否則很容易變壞。
4. 上海麵類未用時，以紙包裹，置放在保鮮盒內可待 1~2 天，如放進冷凍格可儲存 1 星期，但冰過的麵條容易折斷，麵質會比較脆軟。

1. Dried noodles such as whole egg noodles, raw noodles and noodle cakes are dry but their storage time is short. It is better to keep them in airtight container or plastic bag and cool, dim-lighted place. If so, they can be kept for 2-3 days.
2. Packed Udon, ramen, rice vermicelli should be kept in cool, dim-lighted place. After opening, they should be kept in airtight container or plastic bag.
3. Fresh noodles such as rice vermicelli, rice noodles and E-fu noodles should be used once you have purchased. Rice vermicelli and rice noodles should be kept in fridge before use. Otherwise, they will deteriorate easily.
4. Wrap Shanghai noodles in paper and store in airtight container before use. By doing so, they can be kept for 1-2 days. If in fridge, they can be kept for 1 week. However, frozen noodles are easily broken and their texture is pretty sticky and soft.

怎樣煮麵才好食？

How should we cook noodles?

(一) 製作魚湯 Cooking fish soup

煮麵少不了魚湯，營養豐富又美味，在市場購買一些新鮮冰鮮小魚，湯頭甜美，價錢便宜又鮮甜，可預先準備，置冰箱備用。

Fish soup is indispensable to noodle cooking as it is rich in nutrients and delicious. You may buy small fresh fish in market to cook the soup. The cost incurred is low and the soup is sweet. You may prepare the soup in advance and keep in fridge.

1. 海魚剖洗乾淨，用少許鹽抹擦全身。
2. 放入已預熱的鑊中，下油燒熱，放入已剖洗的魚。
3. 把魚煎至金黃。
4. 放入滾水中熬煮至奶白色。

1. Remove intestine / unnecessary parts of sea fish and wash. Rub with little salt.
2. Put in preheated wok with oil.
3. Pan fry until golden brown.
4. Put into hot water, and boil until water turns milky.



(二) 焯意大利粉 Cooking spaghetti

意大利粉要煮得柔軟適中，兼有嚼口，就要懂得如何處理。包裝上的說明，只給了烹煮時間，但有些細節如看粉條的質感和過冷河，才是成功的關鍵。

Cooking spaghetti until its degree of softness is proper. The instruction shown on packing provides cooking time only. It is important to observe the texture of spaghetti and pay attention to the process of blanching.

1. 煲水一鍋，水要多一點，必須能蓋過面為準則，還要處於沸騰狀態。
2. 放入意大利粉，麵條不能完全蓋面，待其軟身，再用手輕輕按入煲內。
3. 揭鍋蓋煮意大利粉至熟，中間完全透明，需時約 8~10 分鐘，按麵條粗幼，調節烹調時間。
4. 當麵條煮熟，其質感會略發脹兼軟身，麵水會呈奶白色，取一條麵條弄斷，中間完全透明不實心。
5. 倒去麵水，放水喉下沖水至清爽，瀝水便可使用。

1. Boil a large amount of water.
2. Put in spaghetti and water level should not totally cover spaghetti. Boil until soft, and slightly press spaghetti into water.
3. Remove cover and cook spaghetti for 8-10 minutes until well done (the middle part should be transparent). The cooking time depends on the thickness of spaghetti.
4. When spaghetti is well done, it slightly expands and is soft. At the same time, boiling water of spaghetti should be milky. Get a string of spaghetti and break it. The middle part should be transparent.
5. Drain away boiling water of spaghetti. Wash spaghetti under tap water to make it crisp and fresh. Drain before use.

