

# 水果佳饌

### RECIPES FOR KEEPING FIT

· 中英對照 · Chinese – English

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#### 水果佳饌

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### 出版說明

### FOREWORD

烹飪是一種生活藝術,它除了可用味蕾去領會外,也需要用眼睛和鼻子去欣賞。

從操作上來說,烹飪法大致分為:選料、加工、切配、烹調和美化裝飾等五個環節,這就是中國人常說的色、香、味、形的基本要求。

《香港家常菜系列》正是針對這幾方面,爲現代的家庭婦女提供選購容易、製作簡單和營養豐富等中外家常食譜。此外,這套叢書還附有製作 心得和竅訣,並介紹一些常用材料的知識以加强實用性。

我們希望藉助本系列叢書的出版,使讀者通過入廚操作,對烹飪有進 一步的認識,從而領會到烹飪世界裏有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also

the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences, namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that

they can appreciate the interesting side of the cooking world.

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# 芒果炒豆腐

#### FRIED BEANCURD WITH MANGO

材 料:大芒果1個,西蘭花1斤 (約640克),豆腐8塊,白草菇3 両(120克),紅蘿蔔、青豆、冬菇、欖仁各1両(40克)。

調味料:鹽、糖、素上湯滴量。

**做 法**:①把芒果剝皮去核,放鹽水 中浸泡,不使變色;每塊豆腐一切四 件,欖仁用沸水浸後退皮,兩者均用 花生油炸過。

②紅蘿蔔、冬菇、白草菇洗淨切 粒,與青豆同加調味料略炒,加水爛 熱。

③西蘭花洗淨剖成小件, 放鹽油 沸水中燙熟, 避乾擺碟邊待食; 芒果 切小塊。

①把豆腐和紅蘿蔔、冬菇等料炒 勻,加入欖仁和芒果再炒兩下即可上 碟。

心 得:芒果放鹽水中浸泡,可不變 色。

烹製本菜,西蘭花可與芒果等一 同炒食。

素上湯,即用大豆芽菜(黃豆芽)、冬菇等、乾草菇、薑熬製而成。

#### Ingredients:

1 large mango 640 g. green broccoli 8 pieces beancurd 120 g. white straw mushrooms 40 g. each of carrot, green peas, black mushrooms and olives

#### Seasonings:

adequate amount of salt, sugar and vegetarian fine stock

#### Method:

 Peel and core mango and soak in salt water to prevent it from changing colour; cut each piece of beancurd in four; scald olives in boiling water and peel; deep-fry both in peanut oil.

2. Wash carrot, black mushrooms and straw mushrooms clean, cut into pellets, add seasonings, fry with peas for a while and add water to boil until cooked.

3. Wash broccoli clean, cut into small pieces, scald in boiling water with salt and oil until cooked, drain and garnish around the rim of a plate; cut mango into small pieces.

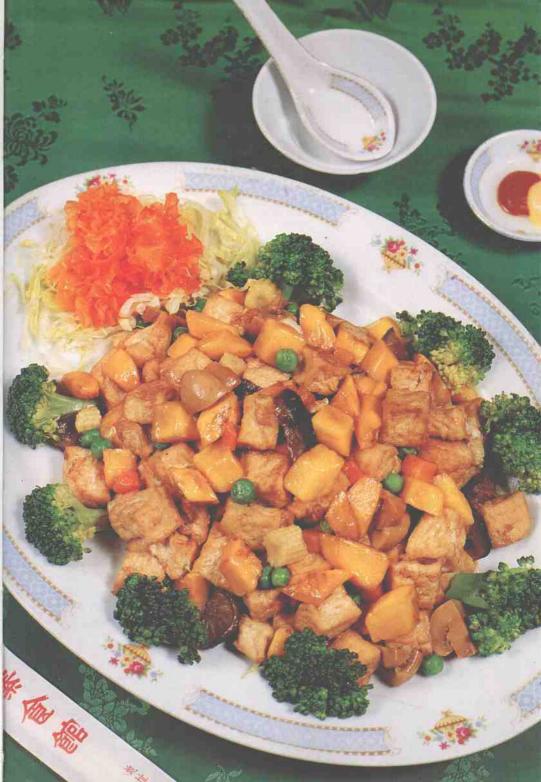
 Stir-fry beancurd with such ingredients as carrot, mushrooms, etc., add olives and mango to stir-fry a couple of times and serve.

#### Gist:

Soak mango in salt water to prevent it from changing colour.

Green broccoli can be fried together with mango and so on in cooking this dish.

The vegetarian fine stock is made by simmering soya bean sprouts, black mushroom stalks, dried straw mushrooms and ginger.



### 開心果炒青瓜番茄

FRIED CUCUMBERS AND TOMATO WITH PISTACHIO

材 料:開心果½杯・青瓜(黄瓜) 2條・番茄1個。

調味料:蒜茸6茶匙,紅辣椒粉污茶 匙,沙律醬另杯。

做 法:①開心果去殼,果仁研粗 粒;青瓜洗淨,切去兩頭對開切片; 番茄洗淨去皮切粒。

②燒熱油鍋,先炒熟青瓜片,再 放入番茄、開心果仁炒勻,加入鹽和 調味料即可。

#### Ingredients:

1/2 cup pistachio 2 cucumbers 1 tomato

#### Seasonings:

6 teaspoons chopped garlic 1/2 teaspoon red chili powder 1/4 cup salad dressing

#### Method:

 Shell pistachio and grind kernels roughly; wash cucumber clean, cut both ends off, halve and slice; wash tomato clean, skin and cut into pellets.
 Heating oil in wok, fry cucumber slices, stir-fry tomato and pistachio kernels well and add salt and seasonings.



### 菠蘿炒雞

#### FRIED CHICKEN WITH PINEAPPLE

材 料:新鮮菠蘿另個,雞肉、紅蘿 蔔、白菜、青菜各4両(160克), 白芝麻1両(40克),紅椒絲、嫩薑 絲、葱白、酸甜鹹菜適量。

調味料: 薑汁、鹽、糖適量, 花生 醬、魚露(蝦油)各1湯匙。

**做 法:**①菠蘿一分兩半,用小刀挖 出肉切絲,果殼備用。

②雞肉等均切絲,雞肉用薑汁等 **腌**10分鐘;白芝麻炒香。

③炒菠蘿絲、雞絲、酸甜菜絲、 嫩薑絲,加入鹽和花生醬等調味,放 入果殼內,撒下白芝麻,飾以紅椒絲 等即可。

#### Ingredients:

1/2 fresh pineapple

160 g. each of chicken, carrot, Tianjin cabbage and green vegetable

40 g. white sesame

adequate amount of red chili shreds, tender ginger shreds, white scallion and sweet and sour pickles

#### Seasonings:

adequate amount of ginger juice, salt and sugar

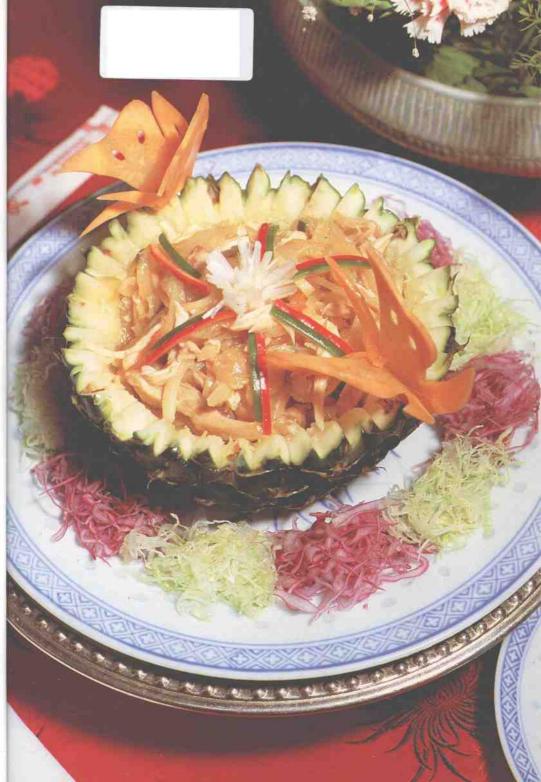
1 tablespoon each of peanut paste and fish sauce (shrimp sauce)

#### Method:

 Halve pineapple, scrape pulp out with a small knife to shred and leave shell for use.

Shred chicken and so on and marinate chicken in ginger juice and so on for 10 minutes; fry sesame.

Stir-fry pineapple, chicken, pickles and tender ginger shreds, add salt, peanut paste and fish sauce to season, place in the shell, sow sesame in and garnish with chili shreds and so on.



### 牛油果炒雞柳

#### FRIED CHICKEN WITH AVOCADOS

材 料:牛油果(鰐梨,油梨)2 個,雞肉炒斤(320克),紅蘿蔔炒 個,青椒1隻。

調味料:薑汁、醬油(生抽)、蠔油、芡粉(豆粉或栗米粉)少許。

**做 法:**①牛油果一分兩半,去核, 用刀挖出果肉切條,果殼用沸水浸 熱。

②難內切條,用調味料醃約1小時,加芡粉拌勻;紅蘿蔔去皮洗淨切絲,青椒去籽切絲。

③起油鍋炒熟雞肉,下紅蘿蔔 條、青椒絲調味,加牛油果炒勻,取 出放進牛油果殼內即可。

#### Ingredients:

2 avocados 320 g. chicken 1/2 carrot 1 green pepper

#### Seasonings:

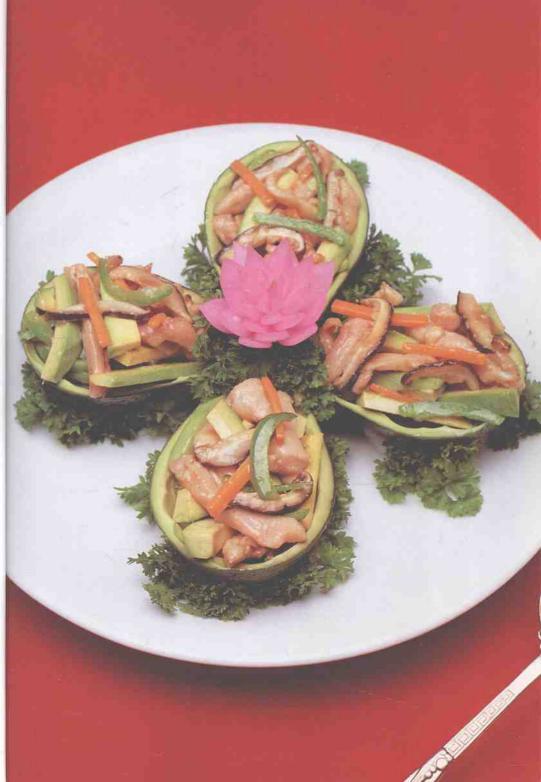
a dash of ginger juice, light soy sauce, oyster sauce and bean flour or cornstarch

#### Method:

1. Halve avocados, core, scrape pulp out with a small knife to cut into sticks and scald shells in boiling water.

2. Cut chicken into sticks, marinate with seasonings for I hour and mixwell with starch; skin carrot, wash clean and shred; seed green pepper and shred.

 Heating oil in wok, fry chicken until cooked, put carrot and pepper shreds in, season, add avocados to stir-fry well, take out and place in avocado shells.



### 開心果炒雞柳

#### FRIED CHICKEN WITH PISTACHIO

材料:開心果仁資杯,雞肉1斤 (640克),紅燈籠椒1隻。

調味料:酒1½杯,醬油(生抽)2 湯匙,黃沙糖、顏茸、蒜茸各1湯 匙。

做 法:①雞肉、紅椒洗淨,切條。
②將雞肉條加入調味料攪勻,略
酶片刻。

③燒熱鍋爆香雞肉,加水煮8分 罐,加入紅椒、開心果仁炒勻即成。

#### Ingredients:

3/4 cups pistachio 640 g. chicken 1 red lantern pepper

#### 1 red lantern pepper Seasonings:

1-1/2 cups wine

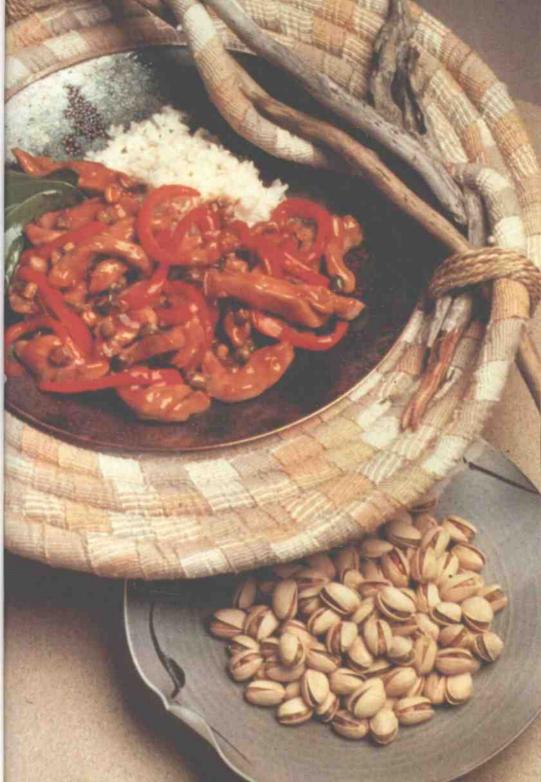
2 tablespoons light soy sauce

1 tablespoon each of yellow sugar, chopped ginger and chopper garlic

#### Method:

- 1. Wash chicken and pepper clean and cut into sticks.
- 2. Mix chicken well with seasonings to marinate for a while.
- 3. Heating wok, saute chicken, add water to boil for 8 minutes and add pepper and pistachio to stir-fry well.

Fried Beef Pellets with Australian Pear



### 啤梨炒牛肉粒

FRIED BEEF PELLETS WITH AUSTRALIAN PEAR

材 料: 啤梨(澳洲梨)1個,牛仔 肉(或嫩牛肉)3両(120克),青 蒜(蒜苗) ½條,紅蘿蔔½個,番茄 1個,芡粉適量。

調味料:醬油、胡椒粉適量。

做 法:①牛肉切粒,用調味料酶 好;青蒜洗淨切段;紅蘿蔔洗淨切 片:番茄切圓片擺碟邊侍食。

②啤梨洗淨去皮去核,將內挖成 球狀。

③起油鍋,爆香蒜段,加紅蘿蔔 片炒勻,待旺火時下牛肉粒,炒至變 色加入梨球炒勻,加芡上碟即可。

#### Ingredients:

1 Australian pear 120 g. calf beef (or tender beef) 1/2 green garlic 1/2 carrot 1 tomato adequate amount of starch

#### Seasonings:

adequate amount of light soy sauce and pepper

#### Method:

 Cut beef into pellets and marinate with seasonings; wash garlic clean and cut into lengths; wash carrot clean and slice; cut tomato into round slices and garnish on the rim of a plate.
 Wash pear clean, skin and core and

scrape pulp into the shape of balls.

3. Heating oil in wok, saute garlic, add carrot slices to stir-fry, put beef pellets in over high heat, stir-fry until colour is changed, add pear balls to stir-fry well, starch and serve.