

香 港 家 常 菜 系 列

水果佳饌

江李沁霞編著

飲食天地出版社出版

中英對照

*Recipes For
Keeping Fit*



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RECIPES FOR KEEPING FIT

· 中英對照 ·

Chinese - English

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RECIPES FOR KEEPING FIT

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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，烹飪法大致分爲：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強實用性。

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 兩（120 克），紅蘿蔔、青豆、冬菇、橄欖仁各 1 兩（40 克）。

調味料：鹽、糖、素上湯適量。

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，橄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，加水燜熟。

③西蘭花洗淨剖成小件，放鹽油沸水中燉熟，瀝乾擺碟邊待食；芒果切小塊。

④把豆腐和紅蘿蔔、冬菇等料炒勻，加入橄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）、冬菇蒂、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:

1. 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.
4. 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.



菜園

干菜

開心果炒青瓜番茄

FRIED CUCUMBERS AND TOMATO WITH PISTACHIO

材 料：開心果 $\frac{1}{2}$ 杯，青瓜（黃瓜）2條，番茄1個。

調味料：蒜茸6茶匙，紅辣椒粉 $\frac{1}{2}$ 茶匙，沙律醬 $\frac{1}{4}$ 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:

1. Shell pistachio and grind kernels roughly; wash cucumber clean, cut both ends off, halve and slice; wash tomato clean, skin and cut into pellets.
2. 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 $\frac{1}{2}$ 個，雞肉、紅蘿蔔、白菜、青菜各4兩（160克），白芝麻1兩（40克），紅椒絲、嫩薑絲、蔥白、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，雞肉用薑汁等醃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:

1. Halve pineapple, scrape pulp out with a small knife to shred and leave shell for use.
2. Shred chicken and so on and marinate chicken in ginger juice and so on for 10 minutes; fry sesame.
3. 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½斤（320克），紅蘿蔔½個，青椒1隻。

調味料：薑汁、醬油（生抽）、蠔油、芡粉（豆粉或粟米粉）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雞肉切條，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 1 hour and mix well with starch; skin carrot, wash clean and shred; seed green pepper and shred.
3. 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 $\frac{3}{4}$ 杯，雞肉 1 斤（640克），紅燈籠椒 1 隻。

調味料：酒 $1\frac{1}{2}$ 杯，醬油（生抽）2 湯匙，黃沙糖、薑茸、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，略醃片刻。

③燒熱鍋爆香雞肉，加水煮 8 分鐘，加入紅椒、開心果仁炒勻即成。

Ingredients:

$\frac{3}{4}$ cups pistachio

640 g. chicken

1 red lantern pepper

Seasonings:

$1\frac{1}{2}$ 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）3兩（120克），青蒜（蒜苗） $\frac{1}{2}$ 條，紅蘿蔔 $\frac{1}{2}$ 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，用調味料醃好；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，將肉挖成球狀。

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:

1. 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.
2. 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.