



假日佳肴 DIY

自己动手,生活情趣无穷!

喻碧珍著
秦达蓓译

上海遠東出版社

美食新主张

New Gourmandism

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喻碧珍 著 秦达蓓 译

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美食新主张

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卷首语

随着物质生活的不断改善,人们日渐重视自身的健康。如何科学地摄食养生已成为现代人普遍关注的重要话题。然而,现代社会竞争激烈,人们为了实现自我价值而少有时间去费心准备一日三餐。在这种情况下,操作简便、内容翔实、富有现代气息的菜谱当为现代人生活必备。我们新近获得授权出版的“美食新主张”丛书正是契合了这种需求。

当您目光匆匆掠过本丛书时,您一定会被图文并茂的精美装帧所吸引,它们的确在美术设计上别具一格。然而,当您稍稍驻足翻阅一下本丛书时,您一定会发现它们在内容编排上颇具匠心。的确,本丛书的作者既有多年的烹饪实践经验,更有长期在营养学等领域潜心钻研的学术功底。因此,本丛书表达的观念和介绍的做法实用而新颖,所有的菜肴不仅取材容易、操作简单,而且可以举一反三、触类旁通。不仅如此,本丛书还将餐具搭配、餐桌摆设、用餐气氛营造的诀窍公诸同好。所有这些内容均在科学摄食观念的统领之下,引领现代人逐步走向健康的人生之路。

需要说明的是,在出版本丛书的过程中,为了尊重原出版者的权益,我们只就个别说法作必要改正,其余均保持原貌。

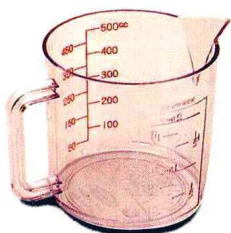
我们相信,通过出版本丛书,中华民族饮食文化之树将在相互交流的过程中更加枝繁叶茂。



melon baller 挖球器



measuring spoons 量匙



measuring cup 量杯



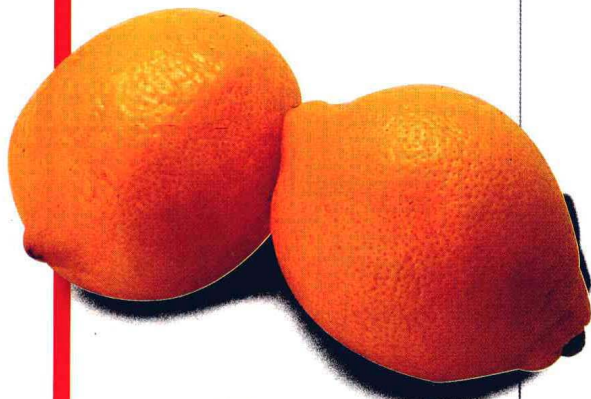
wild grain rice 野米

材料图录

Ingredients



cookie cutter 心形模型



fresh lemon 柠檬



green apple 青苹果



radish 小萝卜



macadamia nuts 夏威夷豆



whole grain mustard 香料芥末



capers 酸豆



olive oil 橄榄油

oyster mushrooms 鲍鱼菇



bamboo shoots 半天笋



avocado 鳄梨



paprika 匈牙利红椒粉



powdered beets 紫萝卜粉



slivered almonds 杏仁条



sliced almonds 杏仁片



nutmeg 豆蔻粉



Romaine lettuce 生菜



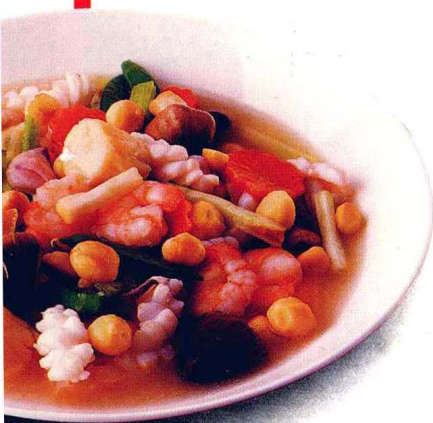
red bell pepper 红椒



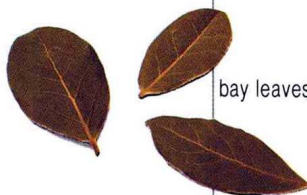
yellow bell pepper 黄椒



orange bell pepper 橘椒



pasta 通心粉



bay leaves 月桂叶

cantaloupe 哈密瓜



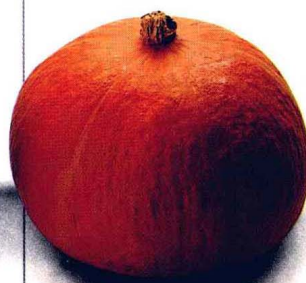
fine black moss 发菜



fresh lime 酸橙

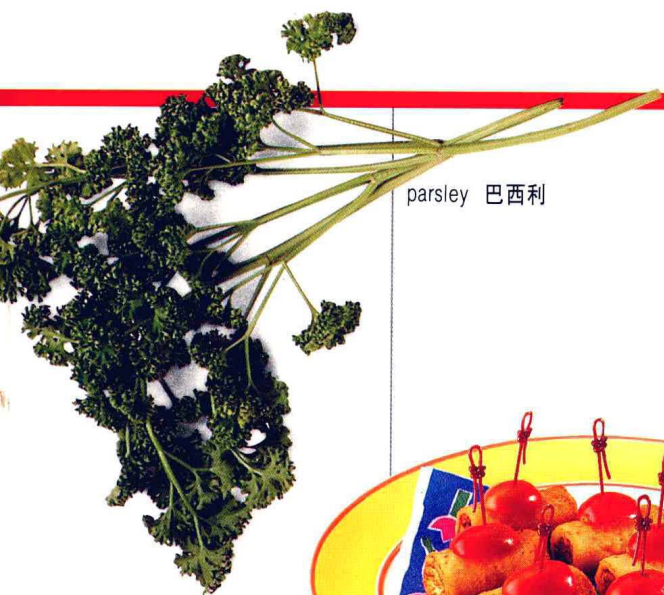


pumpkins 南瓜



onions 洋葱





parsley 巴西利



dried chestnuts 干板栗



red lettuce head 红生菜



white pepper 白胡椒粒



lotus seeds 莲子



peppercorn 花椒



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春节

Chinese New Year

春节是中国传统佳节,在古老的农业社会里,人们经过一年辛劳的耕耘,到了岁末,繁忙的农事已毕,家家户户除了丰盈的物质满足感外,此时已开始除旧布新,准备迎接新的一年。吃的民族,在新年的前后,真是吃尽美味。

腊月初八要吃腊八粥,其来历据《梦粱录》一书说“十二月八日,为释迦牟尼成道日,故寺院取香谷、果实、造粥以供佛,以后民间亦相沿成俗”。口味上有咸、甜两种,采用素食材制作。“腊八节”在我国台湾并非大节日,倒是“尾牙”的来临,表示开始准备过新年了。每到尾牙这一天,公司行号请员工吃饭、民间做润饼,都要大吃大喝一番,所以又称“小过年”。

过完尾牙,办年货、炊制各种年糕,就是热闹滚滚的新年前奏曲。中国人过年讲究好彩头,准备的菜肴或取其谐音,或取其形象,总有个圆满、悦耳的名称,且食材上也贴近吉祥意,以讨个吉利。

农历十二月最后一天便是除夕,新年的高潮至此正式展开。在外居住的家人都要回家团聚吃饭,故这一夜也叫团圆夜,所吃的晚餐为年夜饭,有着“团圆”、“家户兴隆”之意。

除夕夜在围炉之后,长辈以压岁钱分赏晚辈视为吉兆,然后守岁、辞岁。过年祭祖的意义极为重大,除勉励人们慎终追远、饮水思源外,并教育子女善尽孝道和加强宗族间的和睦相处。

另外,如贴春联、年画、剪纸、放爆竹,都是为了增添除旧布新的气象,也带来过年的欢乐气氛。过年最普遍的一项习俗,就是拜年。不论是向长辈、同族、至亲好友之间的相互拜年,都是基于彼此的问候、关怀和祝福。

新年假期长,想玩偷懒不进厨房,只要依着烹饪大师设计的菜肴,事前准备周详,便可一样样轻松上桌。吃得玩得,是现代入过新年的招数。

Chinese New Year is the most important holiday celebrated out of the 24 Chinese holidays. Its origin dates back to ancient agricultural society in China where farmers celebrated after a year of hardwork and labor. At year's end, with cultivation completed and all needs taken care of, families start to prepare for the coming new year. As a nation that places much importance on eating, it is natural that food is emphasized during this new year period.

On December 8th of the Chinese lunar year calendar, a course of Eight-Treasure Congee should always be consumed. History has it that Buddhist reached attainment on this date. Rice, fruits and congee were used for worship at many temples, this later began the tradition of serving congee on this day. December 8th, also known as "La-Ba Festival" is not widely celebrated in Taiwan. The local tradition in Taiwan is to celebrate the coming new year with year-end parties known as "Wei-Ya." These "Wei-Yas" are big parties thrown by companies for their employees, often considered to be a "small bang" before the new year.

People prepare for the new year by stocking up on essential food items such as rice cake (both sweet and salty) and markets are often crowded with people at this time of year. The Chinese place strong significance on things that symbolize good. Therefore, dishes are prepared with this in mind and ingredients are chosen because of its name or shape. If the name of the ingredients are used, then they have to have a meaning of good luck or good fortune. If ingredients are used because of their shape, then they should be symbolic of something good.

The last day of December in the lunar calendar is Chinese New Year's Eve, also known as "Chu Hsi." Family members gather together to celebrate what is called "Tuan Yuan Ye." The dinner that is served is known as "Lien Ye." After dinner is served, senior family members give lucky money to children or younger family members. The family gathers around and waits until midnight to ring in the new year while bidding farewell to the past year. With the approach of the new year, worship to deceased

ancestors is practiced. The importance of paying homage to ancestors is to show respect and reverence, as well as to educate the younger generation of their own ancestral ties.

Lucky proverbs written on red paper are pasted on walls or doors. Posters with the new year's theme, paper cut-outs in lucky Chinese characters or animals and firecrackers are some of the other items that add to the festive spirit. A common custom is to extend new year's greetings to family members and friends. This is to show concern and give blessings to them.

Chinese New Year allows people to enjoy some time off with family and friends. Many people may be engrossed with other festive activities to consider holiday meal planning. Therefore, the dishes suggested here will offer some ideas to make this holiday a little easier and fun for all.





年年有余

New Year's Fish

材 料

黄鱼 1 条(约 1½ 斤*)·大蒜瓣
30 粒·姜 2 片·葱 3 支·油 6 杯·
高汤 2 杯

调味料

酱油 4 大匙·白胡椒粉 ½ 小匙·
酒、太白粉** 各 1 大匙·糖 3 大
匙·水 2 大匙

作 法

1. 黄鱼清除内脏、洗净,用纸巾拭干水分。
2. 油烧热,放入黄鱼煎黄,沥干油分盛出。
3. 余油将大蒜瓣炸黄取出,留约 3~4 大匙油爆香葱、姜片,再放入黄鱼、酱油、白胡椒粉、酒、糖及高汤,以中火煮至汤汁浓稠,以太白粉水勾芡,淋些热油。

* 我国台湾地区使用的计量单位。下同。

** 即淀粉。下同。

Ingredients:

2 lb. yellow fish · 30 garlic cloves · 2
ginger slices · 3 green onions · 6 cups oil
· 2 cups chicken broth

Seasonings:

4 Tbsp. soy sauce · 1/8 tsp. white pep-
per · 1 Tbsp. rice wine · 1 Tbsp. corn-
starch · 3 Tbsp. sugar · 2 Tbsp. water

Preparation Method:

1. Clean and dry fish.
2. Fry fish in oil until golden brown.
Remove.
3. Remove garlic skins. Put in oil and fry
until brown. Remove. Discard all but
3-4 Tbsp. of oil. Fry green onions,
ginger and fish. Add soy sauce, sugar,
pepper, wine and chicken broth. Bring
to a boil. Reduce to medium heat.
Combine cornstarch and water in a
separate bowl. When sauce reduces to
about one cup, add cornstarch mixture
to thicken. Pour onto fish and serve.

