

# 粥粉麵飯

RICE & NOODLES • DELICIOUS RECIPES

CONGEE 粥

RICE NOODLE 粉

NOODLE 麵

RICE 飯



黃婉瑩 編著  
萬里機構 飲食天地出版社出版

粥粉麵飯 Rice & Noodles · Delicious Recipes

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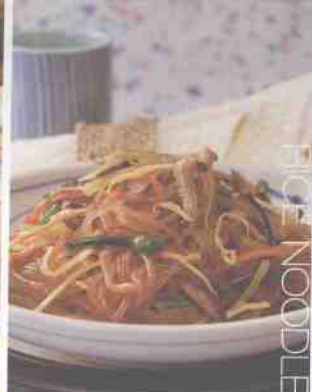
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# 前言

——碗煮得夠火候的「絲苗白粥」，一啖柔軟而韌度適中的麵食，一陣飄來的飯香，已可令人吃得津津有味。用米、粉、麵，再配合各地的材料及烹調法，便可炮製出有獨特風味，色彩繽紛的粥粉麵飯菜式來！

從「粥粉麵飯」烹調就可知道一個民族的飲食文化，因不同地方而各有特色。一般而言，東南亞口味偏向香辣，香港也有不少嗜辣愛好者。而中式風味大致可分為南、北兩派。北方以麵食為主，烹煮時重濃稠；南方則以吃米飯為主，或以米製成的食品作主糧，如米粉、腸粉、瀨粉，而單是粥，就有着不同款式變化了！

我對「粥粉麵飯」特別情有獨鍾。它不但可填飽肚子，烹調簡易，更可利用異國材料，創作出無國界的菜式。這本菜譜共有四十多個我喜愛的菜式，以簡單的做法，精美的圖片及時尚的擺設與大家一同分享。

黃婉瑩

# PREFACE

A bowl of silky smooth rice congee, a bite of noodle al dente and the aroma of freshly steamed rice, what more can you ask for!

Cooking noodles, rice and congee can be very creative when combining authentic ingredients and exotic flavours with different methods of cooking!

Noodles, rice and congee are the staple food of many countries in Asia and they represent their cultures as much as the people themselves. Each region has its own specialities and its own unique and wonderful way of preparing them.

Southeast-asian style favours hot & spicy and they are always a perennial favourite here in Hong Kong. In a vast country like China, you will also discover wide range of cooking styles and methods. The northern regions prefer noodles which are cooked in rich sauces, whereas in the Southern regions, with rice as their staple food, products made from rice like vermicelli, rice noodles and congee are well loved and enjoyed by young and old alike.

Noodles, rice and congee have always been my favourites. They can be a substantial meal on their own and are easy to prepare. With the abundant varieties of fresh ingredients available here in Hong Kong, you can create a whole range of dishes from traditional to contemporary fusion to suit your palate. In this cookbook, I have put together more than 40 mouth-watering dishes in easy-to-follow recipes along with colour photographs illustrating the simplistic beauty of the food and the wonderful ways they are served.

So let's get started and enjoy!

*Annie Wong*



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CONGEE

# 粥

要粥好，米要靚，鍋要大，火要旺，最重要是水與米的比例  
恰當。靚米能散發出米香味；鍋大可容多量水，翻滾時不致  
滾瀉；火旺才能使鍋內的水不停滾動，使散發米粒激撞而互  
相磨擦，釋出膠質煮成甘香綿糯的白粥。



A bowl of silky smooth congee is the conglomerate of choice rice, good control of heat and rolling-boil water which disintegrates the starch grains and blend them well into the congee.

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# 粥

粥是用白米及大量水煮成。米多水少者便是江南稀飯或是潮州粥。廣東人愛吃的粥，是稀稠適中而帶米香；用白粥底加入各種肉類或海鮮便成生滾粥，“荔灣艇仔粥”更是廣州馳名。

## “浸米”的要訣：

米加入滾水之前，“浸米”是一個重要的程序。目的是使水分能充分滲透米中，飽和米的澱粉酶；煮出來的粥，米便完全分解於水中，成為一碗香滑綿綿的白粥。

## 滾水加米的要訣：

浸好的米要待水滾後才可加入，這樣鍋內的水便會以很短的時間翻滾，避免米粒墜下而黏鍋底。

## 火候的要訣：

旺火水滾才可下米，翻滾後保持火候成“菊花心”般，使鍋內的水不停滾動，邊煮邊推動米粒，米粒激撞而互相磨擦，釋出膠質煮成甘香綿糯的白粥。

## 吃粥的要訣：

粥是對身體(胃)無負擔的健康輕膳，幫助消化，減少脂肪積聚，是幼兒，老年人，身體不適者的一種天然健康美食。

Boiling rice in as much as twenty times its amount of water yields 'congee' which is a favourite in the Guangdong area. Thicker congee cooked with less water is preferred by the people in the North-eastern provinces of China as well as Chiu Chow. Meat and seafood can be added to the congee to make it exotic and appetizing.

### **Why do we have to soak rice?**

Soaking rice is an important step in boiling congee. When rice is soaked, it absorbs and expands; the starch grains will readily dissolve in the boiling water and becomes smooth and silky.

### **Why is it necessary to add rice to boiling water?**

Water in the pot must come to a rolling boil before rice should be added. The rhythm of the water causes the rice to dance, thus preventing them from sticking to the bottom of the pot.

### **Why is heat control so important?**

Water must be heated to a rolling boil before adding rice. The water should then be kept at medium heat throughout the cooking. The constant agitation causes the rice to rub against each other, letting off starch grains which thicken to become congee.

### **Why do we eat congee?**

Congee is the simplest and most natural food for everyone, young and old alike. It is also served as part of a convalescent diet as it is light and easy to digest.

01

# 香滑肉丸粥

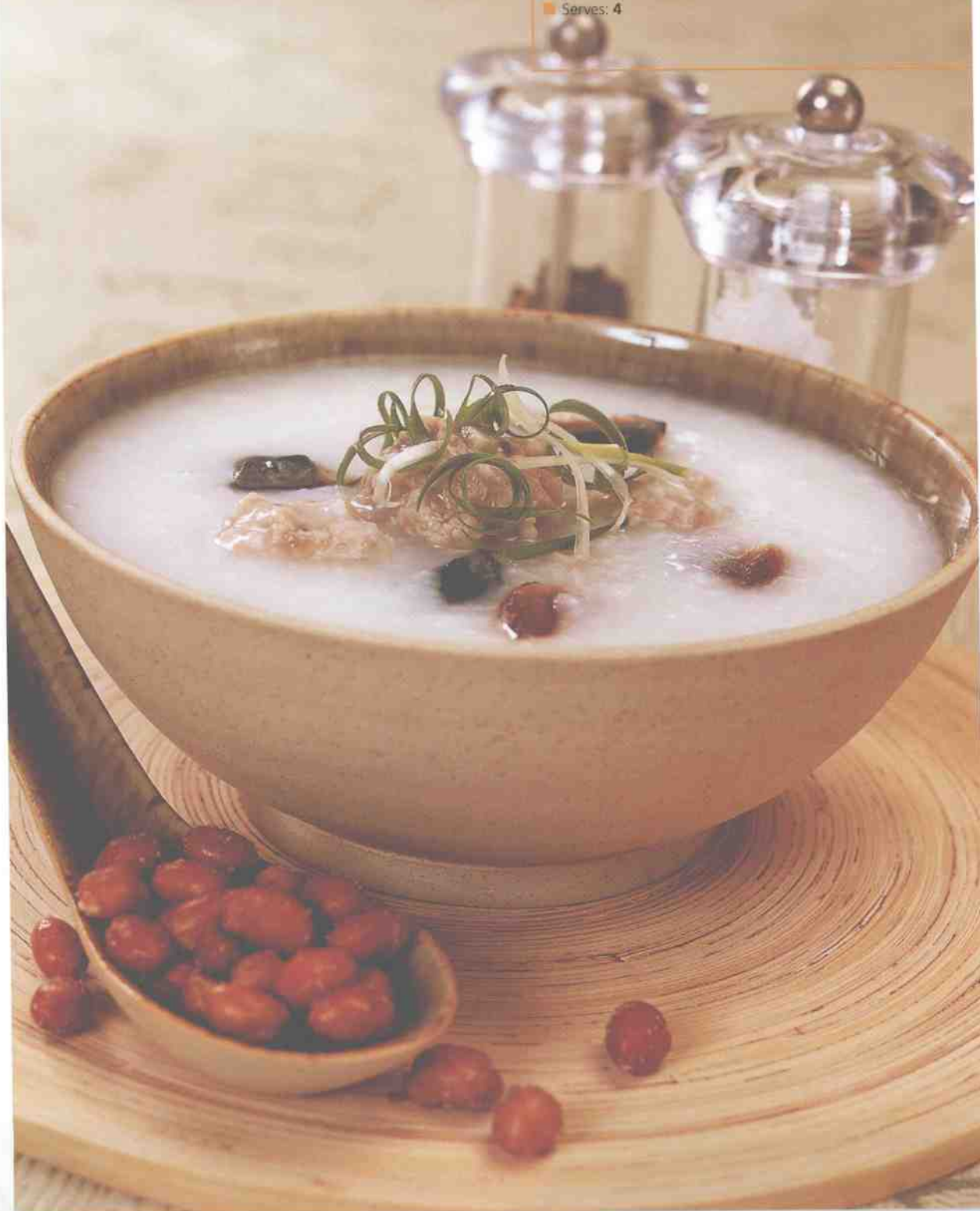
Congee with Meat Balls

預備時間：25分鐘 ● 烹飪時間：60分鐘 ● 份量：4人

● Preparation time: 25 min

● Cooking time: 60 min

● Serves: 4





**材料：**

米100克 (2½兩)，鹽½茶匙，油1湯匙，小元貝40克 (1兩)，水16杯，皮蛋兩隻 (切粒)，薑、蔥絲各適量

**肉丸材料：**

免治豬肉240克 (6兩)，蔥菜 (切碎) ¼杯，冬菇 (浸軟及切碎) ¼杯，薑茸1茶匙，鹽½茶匙，糖½茶匙，麻油、胡椒粉各少許，生粉3湯匙，生抽1湯匙，水5-6湯匙

**Ingredients:**

100g rice  
½ tsp salt  
1 tbsp oil  
40g mini conpoy  
16 cups water  
2 century eggs, cubed  
a little shredded ginger and spring onion

**Meat balls ingredients:**

240g minced pork  
¼ cup chopped 'Chung Choi'  
¼ cup Chinese mushroom, soaked and chopped  
1 tsp chopped ginger  
½ tsp salt  
½ tsp sugar  
a little sesame oil and pepper  
3 tbsp cornstarch  
1 tbsp light soya sauce  
5-6 tbsp water

**TIPS 貼士：**

- 水份要逐少加入免治豬肉內，適量的水份加上攪拌，可使肉丸有爽滑口感。
- Add water gradually to the minced pork, stir well to obtain a firm and smooth texture.

**做法：**

- 米洗淨及隔乾，拌入鹽及油，醃20分鐘。
- 小元貝沖淨；水放大煲內煮滾，放入米及小元貝，翻滾後改用中火，半蓋好，煲45-50分鐘至成粥。
- 免治豬肉、切碎配料及調味料等放大碗內，攪至有黏性，冷藏半小時，便可捏成肉丸。
- 粥煲好後，放下皮蛋及肉丸煮熟，下鹽調味。
- 食時灑些薑、蔥絲更添鮮香。

**Method:**

- Rinse and drain rice, mix with salt and oil, set aside for 20 min.
- Rinse mini conpoy; bring water to a boil in a pot, add rice and mini conpoy, bring back to a boil, adjust to medium heat, half-cover and cook until congee consistency (approx. 45-50 min).
- In a mixing bowl, mix minced pork, chopped ingredients and seasonings together, stir well until sticky. Chill for ½ hr. Form into meatballs.
- When congee is ready, add century eggs and meatballs, cook and season to taste.
- Sprinkle with shredded ginger and spring onion to serve.

**為什麼有時煮的肉丸，鬆散不能成球狀？**

免治豬肉需要攪至有黏性才可捏成肉丸；粥底一定要煮滾，才可加入肉丸，待片刻肉丸表面熟了成型，方可攪拌，太早攪拌會把未煮熟的肉丸弄散。肉丸煮熟後會處於半浮沉狀態，這時加入適量調味，便可品嚐。

**How do we prevent the meat balls from disintegrating?**

Stir minced meat well to a sticky paste before forming into balls. Add them to the boiling congee. Cook meat balls until firm before stirring. The meat balls will float to the top of the congee when completely cooked.

02

# 絲瓜排骨粥

Congee with Spareribs and Silky Squash

預備時間：20分鐘 ■ 烹飪時間：90分鐘 ■ 份量：4人

■ Preparation time: 20 min

■ Cooking time: 90 min

■ Serves: 4



**材料：**

米100克 (2½兩) · 鹽½茶匙 · 油1湯匙 · 水18杯 · 花生60克 (1½兩) · 排骨(斬小件)480克 (12兩) · 薑8片 · 絲瓜400克 (10兩) · 芫荽、蔥(剁碎)各適量

**調味料(粥)：**

鹽 ¼ - 1茶匙 · 胡椒粉少許

**Ingredients:**

100g rice  
½ tsp salt  
1 tbsp oil  
18 cups water  
60g peanuts  
480g spareribs, chopped into small cubes  
8 slices ginger  
400g silky squash  
a little coriander and spring onion, chopped

**Seasonings (congee):**

¼ - 1 tsp salt  
a little pepper

**TIPS 貼士：**

- 先把排骨放水內煲至出味，再放入米，可避免米被排骨壓着而黏底。
- First boil spareribs in water for flavour, then add rice to cook. This will prevent the rice from weighing down by the spareribs and getting stuck to the pot.

**做法：**

1. 米洗淨，瀝乾，拌入鹽、油，醃20分鐘。
2. 排骨洗淨，放滾水內拖水，取出，沖淨，備用。
3. 水放大煲內，加花生、排骨及4片薑煮滾，改用中火，蓋好，煲30分鐘。
4. 然後加米，以中火煲45分鐘成粥。
5. 絲瓜刨去硬邊，切件；燒2湯匙油，爆香4片薑，放入絲瓜炒香。
6. 把絲瓜放入粥內，續煲至絲瓜熟。
7. 拌入調味料，灑下芫荽、蔥即成香滑清甜之明火粥。

**Method:**

1. Rinse and drain rice, mix with salt and oil, set aside for 20 min.
2. Rinse spareribs, blanch in boiling water, remove and drain.
3. In a pot, bring water to a boil together with peanuts, 4 slices ginger and spareribs, cover and cook over medium heat for 30 min.
4. Add rice and continue to cook over medium heat for 45 min until congee consistency.
5. Peel off hard edges from silky squash, cut into bite-sized pieces. Sauté 4 slices ginger, add silky squash and fry for a while.
6. Transfer silky squash to the congee, continue to boil until silky squash is tender.
7. Season to taste, sprinkle in chopped coriander and spring onion. Serve.

**怎樣既可保存絲瓜的色澤翠綠又可辟除“菜青味”？**

先把絲瓜與薑炒片刻，辟除“菜青味”。待粥煮至綿滑時，才加入已炒過的絲瓜，滾煮片刻便可供品嚐。可是，絲瓜煮得過耐會變黃。

**How can we preserve the green color of the silky squash and at the same time cut down the 'raw green taste'?**

First, fry the silky squash with ginger to cut down the raw green taste. Then add the fried silky squash to the congee, cook for a few more minutes and it's ready to serve. Do not overcook as this will cause the silky squash to change to yellowish color.



03

# 瑤柱絲苗白粥

Rice Congee with Conpoy

預備時間：20分鐘 ■ 烹飪時間：50分鐘 ■ 份量：4人

■ Preparation time: 20 min

■ Cooking time: 50 min

■ Serves: 4





**材料：**

綠苗白米160克，鹽 $\frac{1}{2}$ 茶匙，油1湯匙，元貝3粒，水16杯

**Ingredients:**

160g rice  
 $\frac{1}{2}$  tsp salt  
 1 tbsp oil  
 3 pieces conpoy, soaked  
 16 cups water

**做法：**

1. 元貝略浸，撕碎；浸元貝的水可放入粥內。
2. 米洗淨，隔乾，拌入鹽及油，醃20分鐘。
3. 水放大煲內煮滾，放入米及元貝翻滾，改用中火，半蓋好，煲至白粥綿滑（約45—50分鐘）。
4. 食時可隨意加鹽。

**Method:**

1. Soak conpoy for a while, tear into shreds. Reserve water for boiling congee.
2. Rinse rice, drain, mix with salt and oil, set aside for 20 min.
3. Bring water to a boil, add rice and conpoy, bring back to a boil, adjust to medium heat, half-cover the pot and continue to cook until congee consistency (approx. 45-50 min).
4. Season with enough salt to taste.

**TIPS 貼士：**

1. 水要大滾後才放入米，這樣可避免米墜底。
2. 注意火候，以均勻中火煲45—50分鐘即成香綿白粥。
1. Add rice to fast boiling water, this will prevent the rice from sinking to the bottom and get burnt.
2. Boil congee for 45-50 min over a steady medium heat to obtain a silky consistency.

**怎樣可使白粥煲得更香滑雪白？**

煲白粥時可加入一塊腐竹，煲好後，腐竹溶於粥內，除了增添香味，還可使粥的顏色更雪白。

**How do we make a smooth and creamy congee?**

Add a piece of soya sheet to the water and boil together with rice and conpoy. The soya sheet will dissolve in the congee making it smooth and creamy.