

美味瓜果小炒

STIR FRY WITH FRUIT AND GOURD

中英对照

广东新口味

GUANG DONG NEW FLAVOR DISHES

米奇 谢洁霞 编著



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目 录

煎酿茄子船	6
Stuffed Eggplant	
凤城酿节瓜	8
Stuffed Hairy Gourds	
子萝炒咸猪肉	10
Stir-Fried Salted Pork with Pineapple and Ginger Shoot	
夏果泡虾球	12
Mixed Fruit with Shrimps	
云南小瓜炒咸猪肉	14
Stir-Fried Salted Pork with Gourds	
西瓜鸡丁	16
Stir-Fried Diced Chicken with Watermelon	
海鲜菠萝船	18
Sea Food in Pineapple	
夏果鲜百合	20
Fruit and Fresh Lily	
茄汁子萝牛肉	22
Stir-Fried Beef with Pineapple and Ginger Shoot	
双丝扒节瓜	24
Steamed Hairy Gourds with Double-Shreds	
酒味凉瓜牛肉	26
Stir-Fried Balsam Pears with Beef	
杂菜芒果丁	28
Stir-Fried Diced Mango with Vegetables	
金银蛋炒凉瓜	30
Stir-Fried Balsam Pears with Assorted Eggs	
马蹄香芒炒肉片	32
Stir-Fried Pork Slices with Water Chestnuts and Mangos	

南瓜鸡酱	34
Stir-Fried Pumpkin with Minced Chicken	
百合胜瓜炒肉片	36
Stir-Fried sliced lean pork with lily and Loofah	
果仁杂菜粒	38
Stir-Fried Mixed Vegetable Dices with Almonds	
奇异果肾球	40
Stir-Fried Kidney Balls with kiwi	
金银炒节瓜	42
Stir-Fried Hairy Gourd with Lily Flower and White Fungus	
生炒凉瓜银鱼仔	44
Stir-Fried Balsam Pear with Minced Pork and White Baits	
萍果咖喱鸡	46
Curry Chicken and Apples	
虾米肉茸炒胜瓜	48
Stir-Fried Loofah with Dried Shrimps and Minced Pork	
荔枝牛肉	50
Stir-Fried Beef with Lichis	
凤梨石斑球	52
Stir-Fried Sliced Garoupa and Pineapple	
白瓜生炒虾干	54
Stir-Fried Dried Shrimps With white Gourd	
凉瓜炒蟹	56
Stir-Fried Crabs with Balsam Pears	
香菠蜜瓜炒西肠	58
Stir-fried Chicken Sausage with Pineapple and Honey-Daw Melon	
香芒烧茄子	60
Fried Eggplants with Mangos	
沙爹牛肉油爆茄	62
Deep Fried Eggplants with Beef	
香橙鱼块	64
Deep Fried Sliced Fish with Sunkist Orange	

香芋水瓜花蛤肉	66
Cooked Crooked Squash with Taros and Clams	
香芒鲜虾盏	68
Stir-Fried Mangos with Shrimps	
蔬果鸡丁	70
Chicken Dices with Vegetables and Fruit	
茄萝炒鸡片	72
Stir-Fried Chicken Slices with Pineapple and Tomatos	
西茄鲜鱿	74
Stir-Fry Fresh Squids with Cherry Tomatos	
番茄排骨	76
Stir-Fried Spareribs with Tomatos	
粟米鸡丁	78
Stir-Fried Diced Chicken with Corns	
萍果炒鸡柳	80
Stir-Fried Chicken Fillet with Apples	
鱿鱼丝炒甜豆	82
Stir-Fried Squid with Honey Peas	
海鲜粒炒红腰豆	84
Fried Sea Food with Red Kidney Beans	
南瓜焖乳鸽	86
Braised Pigeon with Pumpkin	
青瓜鲈鱼卷	88
Fried Ferch Roll with Green Cucumber	
蜜瓜牛肉菠萝船	90
Stir-fried Honey-Daw melon and Beef with Pineapple	
凉瓜炒花蛤皇	92
Stir-Fried Clams with Balsam Pears	
青瓜炒鲜鱿	94
Stir-Fried Squid with Green Cucumber	

煎酿茄子船

Stuffed Eggplant

材料:

茄瓜 1 条, 鱼滑 200 克, 猪肉 100 克, 湿冬菇、虾米、马蹄各 20 克, 姜粒、葱花各 10 克, 生粉 1 汤匙, 生油 200 克。

芡汁:

清水 1/2 杯, 生粉 1 汤匙, 蚝油 1 汤匙, 生抽 1/2 茶匙, 糖 1 茶匙, 麻油、胡椒粉少许。

制法:

- (1) 将冬菇、猪肉、虾米、马蹄剁成茸, 加入鱼滑搅匀。
- (2) 将茄瓜对半切开, 并将瓢挖出, 然后洒上生粉, 酿入鱼滑成船形。
- (3) 烧镬下油, 下茄瓜船用慢火煎熟, 取出滤油。
- (4) 将茄子船放入碟中, 用剪刀各剪成 4 段。
- (5) 烧镬下油 1/2 汤匙, 下姜粒爆香, 然后下芡汁煮至呈糊状时, 再取起淋在茄子船上; 洒上葱花即成。

Ingredients:

1 eggplant; 200g minced fish; 100g pork; 20g black mushroom, dried shrimp, water chestnut; 10g diced ginger, green onion; 1 tbsp mung bean flour; 200g oil.

Sauce:

1/2 cup water; 1 tbsp mung bean flour; 1 tbsp oyster sauce; 1/2 tsp soy sauce; 1 tsp sugar; dash of sesame oil and pepper powder.

Method:

- (1) Mince black mushroom, pork, shrimp and water chestnut. Mix with minced fish.
- (2) Bisect eggplant and remove seed. Sprinkle mung bean flour. Stuff minced fish in eggplant.
- (3) Heat oil in wok. Fry eggplant over low heat until cooked. Drain well.
- (4) Heat 1/2 tbsp oil in wok. Saute ginger. Thicken with sauce. Pour on top of eggplant. Sprinkle green onion. Serve.





凤城酿节瓜

Stuffed Hairy Gourds

材料:

节瓜 2 条, 鱼滑 300 克, 虾米 20 克, 姜粒、辣椒粒各 10 克, 生粉 1 汤匙, 生油 200 克。

芡汁:

清水 1/2 杯, 生粉 1 汤匙, 蚝油 1 汤匙, 盐、糖各 1/2 茶匙, 麻油、胡椒粉少许。

制法:

(1) 虾米用清水浸 15 分钟, 然后取出剁成茸并加入鱼滑中拌匀。

(2) 将节瓜切成高 4 厘米的段, 放入滚水中用慢火煮 5 分钟, 捞起挖瓤, 洒上生粉, 酿入鱼滑。

(3) 烧镬下油, 将酿节瓜放入油镬中用中火将两面煎熟, 捞起滤油后摆入碟中。

(4) 烧镬下油 1/2 汤匙, 下姜粒、辣椒粒爆香, 再下芡汁煮至呈糊状时, 淋在节瓜上即成。

Ingredients:

2 hairy gourds; 300g minced fish; 20g dried shrimp; 10g diced ginger, chili; 1tbsp mung bean flour; 200g oil.

Sauce:

1/2 cup water; 1tbsp mung bean flour; 1 tbsp oyster sauce; 1/2tsp salt, sugar; dash of sesame oil and pepper powder.

Method:

(1) Soak dried shrimp in water for 15 minutes. Remove and mince. Add in minced fish and mix.

(2) Cut hairy gourd into columns of 4cm high. Cook in boiling water over low heat for 5 minutes. Remove and seed. Sprinkle mung bean flour. Stuff in minced fish.

(3) Heat oil in wok. Fry stuffed hairy gourd both sides over middle heat until cooked. Drain dry then dish up.

(4) Heat 1/2 tbsp oil in wok. Saute ginger and chili. Thicken with sauce. Pour on top of hairy gourd. Serve.





子姜炒咸猪肉

Stir-Fried Salted Pork with Pineapple and Ginger Shoot

材料:

菠萝 300 克, 咸猪肉 200 克, 子姜 100 克, 蒜茸、葱段各 10 克, 酒 1/2 茶匙。

芡汁:

清水 2 汤匙, 盐、糖各 1/2 茶匙, 生粉 1/2 汤匙。

制法:

- (1) 将子姜去皮切成薄片, 菠萝去皮去芯, 切成厚 1 厘米的片状。
- (2) 将咸猪肉切成薄片待用。
- (3) 烧镬下油 3 汤匙, 下咸猪肉用慢火煎香, 倒起滤油。
- (4) 烧镬下油 1 汤匙, 下蒜茸、子姜、葱段爆香, 再下菠萝炒匀, 然后加入芡汁及咸猪肉拌匀上碟。

Ingredients:

300g pineapple; 200g salted pork; 100g ginger shoot;
10g mashed garlic, sectioned green onion; 1/2 tsp wine

Sauce:

2tbsp water; 1/2tsp salt, sugar; 1/2tbsp mung bean flour.

Method:

- (1) Scrape ginger shoot and slice thinly. Peel and slice pineapple into 1cm thick.
- (2) Slice salted pork thinly. Set aside.
- (3) Heat 3tbsp oil in wok. Fry pork over low heat until fragrant. Drain well.
- (4) Heat 1tbsp oil in wok. Saute garlic, ginger shoot and green onion. Mix pineapple and add sauce, pork to stir-fry for a moment. Dish up.





夏果泡虾球

Mixed Fruit with Shrimps

材料:

菠萝粒、芒果粒和萍果粒各 100 克, 虾仁 200 克, 蒜茸、姜片、葱段各 10 克, 生油 1000 克。

腌料:

鸡蛋白 1/2 汤匙, 盐 1/2 茶匙, 嫩肉粉 1/4 茶匙, 生粉 1 茶匙。

芡汁:

清水 2 汤匙, 生粉 1/2 汤匙, 盐 1/4 茶匙, 糖 1/2 茶匙。

制法:

(1) 将虾仁抹干水分, 加入腌料腌 10 分钟, 然后放入烧至 120℃ 的油中泡半分钟, 捞起滤油。

(2) 烧镬下油 2 汤匙, 下蒜茸、姜片、葱段爆香, 加入菠萝、芒果、萍果及芡汁炒匀, 再下虾仁炒匀上碟。

Ingredients:

100g diced pineapple, mango, apple; 200g shrimp; 10g mashed garlic, ginger, green onion; 1000g oil.

Marinade:

1/2 tbsp beaten egg; 1/2 tsp salt; 1/4 tsp baking soda; 1 tsp mung bean flour.

Sauce:

2 tbsp water; 1/2 tbsp mung bean flour; 1/4 tsp salt; 1/2 tsp sugar.

Method:

(1) Wash and wipe shrimp. Marinade for 10 minutes. Deep fry into 120℃ oil for half minute. Drain well.

(2) Heat 2 tbsp oil in wok. Saute garlic, ginger and green onion. Add pineapple, mango, apple, sauce and stir-fry. Mix shrimp. Dish up.





云南小瓜炒咸猪肉

Stir-Fried Salted Pork with Gourds

材料:

云南小瓜 2 条, 咸猪肉 200 克, 蒜茸、姜片各 10 克, 生油 200 克, 酒 1/2 茶匙。

芡汁:

清水 2 汤匙, 蚝油 1 茶匙, 盐 1/4 茶匙, 糖 1/4 茶匙, 生粉 1/2 汤匙。

制法:

(1) 将咸猪肉切成薄片待用。

(2) 将云南小瓜去皮, 切成大块, 放入油盐滚水中煮半分钟, 捞起滤干水分。

(3) 烧镬下油, 下咸猪肉用慢火炒香, 取起滤油。

(4) 利用镬中余油 2 汤匙, 下蒜茸、姜片爆香, 再下云南小瓜炒匀, 然后下咸猪肉及芡汁拌匀上碟。

Ingredients:

2 gourds; 200g salted pork; 10g mashed garlic, sliced ginger; 200g oil; 1/2tsp wine.

Sauce:

2 tbsp water; 1 tsp oyster sauce; 1/4 tsp salt; 1/4tsp sugar; 1/2tbsp mung bean flour.

Method:

(1) Slice salted pork thinly. Set aside.

(2) Peel gourd and cut into pieces. Blanch in boiling water added salt and oil for half minute. Drain dry.

(3) Heat oil in wok. Fry pork over low heat until fragrant. Drain well.

(4) Heat 2 tbsp oil in wok. Saute garlic and ginger. Add gourd and stir-fry. Add pork and sauce to mix. Dish up.





西瓜鸡丁

Stir-Fried Diced Chicken with Watermelon

材料:

西瓜肉 200 克 (取近瓜皮部分), 鸡肉 200 克, 鲜露笋、笋尖、鲜菇各 50 克, 蒜茸、姜片各 10 克, 生油 1000 克。

腌料:

鸡蛋液 1 汤匙, 生粉 1 茶匙, 盐、糖各 1/4 茶匙, 酒 1/4 茶匙。

芡汁:

清水 1 汤匙, 盐、糖、鸡粉各 1/2 茶匙, 生粉 1/2 汤匙。

制法:

(1) 将鸡肉切粒, 加入腌料腌 10 分钟, 放入烧至 120°C 的油中泡半分钟, 捞起滤油。

(2) 将西瓜、露笋、笋尖切成粒状, 鲜菇对半切开, 然后一起放入油盐滚水中煮半分钟, 捞起滤干水分。

(3) 烧镬下油 2 汤匙, 下蒜茸、姜片爆香, 然后下西瓜粒、露笋、笋尖、鲜菇炒匀, 再下芡汁及鸡肉炒匀上碟。

Ingredients:

200g watermelon (near peel); 200g chicken; 50g fresh asparagus, bamboo shoot tip, fresh mushroom; 10g mashed garlic, sliced ginger; 1000g oil.

Marinade:

1 tbsp beaten egg; 1 tsp mung bean flour; 1/4tsp salt, sugar; 1/4tsp wine.

Sauce:

1 tbsp water; 1/2 tsp salt, sugar, chicken powder; 1/2 tbsp mung bean flour.

Method:

(1) Diced chicken . Marinade for 10 minutes. Deep fry into 120°C oil for half minute. Drain dry.

(2) Diced watermelon, asparagus, and bamboo shoot tip. Besect mushroom. Then blanch them in boiling water added salt and oil for half minute. Drain well.

(3) Heat 2tbsp oil in wok. Saute garlic and ginger. Add watermelon, asparagus, bamboo shoot, mushroom and stir-fry. Mix sauce and chicken to stir-fry. Dish up.

