

香 港 家 常 食 谱 精 选

# 温馨家庭菜式

黄婉莹编著

广西教育出版社 · 香港万里机构联合出版

LOVELY FAMILY RECIPES

中 英 对 照

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CHINESE—ENGLISH



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## 温馨家庭菜式

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# 出版说明

## FOREWORD

烹饪是一种生活艺术，它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调 and 美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代的家庭妇女提供选购容易、制作简单和营养丰富等中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

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.

# 前言

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从小我就喜欢跑到厨房去偷看妈妈煮制羹菜。三岁定八十，不知不觉间便选择了家政科，后来成为家政教师，辗转之间更在煤气烹饪中心当起家政主任来。教授烹饪成为我的职业。我对烹饪的兴趣也随著时间越来越浓厚。能够将自己的知识及心得与知音人士分享，一起领略烹饪的乐趣，为家人和朋友带来欢乐，我感觉非常高兴。从他们的热烈反应及家人的赞赏，我得到百分百的满足感。数年前更适逢其会开始担任电视台及电台的烹饪主持。

多年来我喜欢到处试菜，无论中外、传统以及时髦的菜式，我都爱观摩与品尝，吸取了灵感后再来创作，利用香港不乏世界各地材料的地利环境编写了一些易学易煮的家常菜谱。

今次我从这些菜谱中选择了近五十款来编成这本《温馨家常菜》，以图文并茂形式给大家参考。菜谱内所用的材料及烹饪方法很适合小康之家。要是这本小书能有助各位炮制几道好菜给家人品尝，共享天伦之乐，那便是我的最大心愿。

最后并借这个机会，我要多谢一位好朋友周美云女士，她的协助使这本书的拍摄过程更为顺利。

黄婉莹

## **PREFACE**

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Cooking for others has always been a personal pleasure in my life. Ever since I was small, I'd always loved to sneak into the kitchen to watch my mother prepare delicious dishes for dinner.

As I grew up, this special interest in cooking has, not surprisingly, developed into a career that I loved. In College, I took up Home Economics as my major and later started my teaching career in secondary school before joining the Towngas Cooking Centre. As Home Economist, I enjoy sharing my knowledge and experience in cooking with people who have the same interest. The positive feedback I received from students and the appreciation shown by their families have given me much encouragement and satisfaction. Few years ago, I also started acting as compere in TV Cooking Shows and Radio Programmes.

Personally I enjoy tasting and trying out different cuisine, from Chinese to Western, from authentic to contemporary. I pick up ideas whenever I can, putting together new combinations and experimenting with new ways of cooking. Using the great variety of ingredients one can obtain locally in Hong Kong, I have created "simple to cook" recipes specifically adapted for the home-kitchen.

From this collection, I have chosen around 50 of my favourite recipes for my "Lovely Family Recipes". Each recipe comes with a list of ingredients, detailed cooking instructions and a photo of the finished dish for your easy reference. The ingredients used are commonly available and the method of cooking is easy to follow and prepare at home. As the proverb says, "The best way to one's heart is through the stomach", I hope you will enjoy making and sharing these recipes with those you love. Recipes made with a touch of the heart are sure to be delicious!

I would like to take this opportunity to express my sincere thanks to my good friends, Ms. Magdalene Chau, for her help and support; without which the photo-shooting sessions would not have been so successful.

*Annie*

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# 金银蛋烩时菜

GOLD & SILVER EGGS WITH LEAFY GREEN VEGETABLE

制作时间：25分钟

份量：4~5人

Work Time: 25 minutes

Servings: 4-5



材料：咸蛋、皮蛋各1只，时菜（菠菜、苋菜、豆苗）12两（480克），蒜头4粒。

调味料：盐、鸡粉各 $\frac{1}{2}$ 茶匙。

芡汁料：水（可加菜汁） $1\frac{1}{4}$ 杯，鸡粉、糖各1茶匙，麻油 $\frac{1}{4}$ 茶匙，生粉2茶匙。

做法：

1. 把咸蛋蛋白与蛋黄分开，咸蛋黄放碟内蒸5分钟至熟，切粒，蛋白拌匀候用；皮蛋冲净切粒；时菜洗净切段隔干；蒜头略拍。

2. 烧热6汤匙油，爆香蒜头，加入时菜猛火兜炒，软身后下调味料炒匀至菜熟，取出隔水放碟内。菜汁留作芡汁。

3. 芡汁煮滚，加咸蛋及皮蛋粒，最后拌入咸蛋白，铲起离火，淋于菜面上即可。

心得：

咸蛋白可增添芡汁之咸味，又可煮成白色蛋花，使菜既好味又好看，入口清而不腻。

附注：

本书重量换算用司马斤两计算，即1斤=16两=600克；如要折算为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

## Ingredients:

1 salted duck's egg  
1 Thousand years' egg  
480g. leafy green vegetable(spinach, Chinese spinach, pea sprout)  
4 cloves of garlic

## Seasoning:

$\frac{1}{2}$  tsp. each of salt and chicken powder

## Sauce:

$1\frac{1}{4}$  cups water(or vegetable stock)  
1 tsp. each of chicken powder and sugar  
 $\frac{1}{4}$  tsp. sesame oil  
2 tsp. cornflour

## Method:

1. Separate salted duck's egg yolk from white, place egg yolk on a plate and steam for 5 minutes, cut into cubes, slightly beat egg white; rinse Thousand years' egg and cut into cubes, wash and cut vegetables into sections, drain well; crush garlic.

2. Heat 6 tbsp. oil, sauté garlic until fragrant, add vegetable and stir-fry over high heat until soft, sprinkle with seasoning mixing well until cooked, remove, drain and arrange on a plate. Reserve stock for sauce.

3. Bring sauce to the boil, add egg yolk and Thousand years' egg, stir in egg white, remove from heat, pour over cooked vegetable and serve.

## Practical tips:

Salted duck's egg white enhances the sauce with flavour and colour, a light and nourishing dish indeed.



# 蒜子瑶柱豆苗

## PEA SPROUT WITH CONPOY SAUCE

制作时间：20分钟

份量：4人

Work Time: 20 minutes

Servings: 4

材料：豆苗12两(480克)，瑶柱3粒，蒜头8粒，姜花4片量。

调味料：盐 $\frac{1}{2}$ 茶匙、鸡粉、糖各1茶匙。

芡汁料：水 $\frac{1}{2}$ 杯，生抽、蚝油各1汤匙，糖1茶匙，麻油、胡椒粉少许，生粉 $\frac{1}{4}$ 汤匙。

做法：

1. 豆苗摘去硬茎，洗净隔干水；瑶柱用水盖面浸软，捞出撕碎(浸水留用)，蒸约10分钟至软；蒜头去衣，整粒留用。

2. 烧热半杯油，将蒜头用中火炸至金黄色，取出，剩6汤匙油，用猛火炒豆苗至软身，下调味料兜匀。取出隔净水上碟。

3. 用1汤匙油爆香姜片，加芡汁、瑶柱丝、浸瑶柱水及蒜头煮成汁，淋于豆苗上。

心得：

豆苗要用猛火快手兜炒才可避免出水及变黄。

### Ingredients:

480g. pea sprout

3 pc. conpoy

8 cloves of garlic

4 slices ginger

### Seasoning:

$\frac{1}{2}$  tsp. salt

1 tsp. each of chicken powder and sugar

### Sauce:

$\frac{1}{2}$  cup water

1 tbsp. each of light soya sauce and oyster sauce

1 tsp. sugar

a little salt and pepper

$\frac{3}{4}$  tbsp. cornflour

### Method:

1. Remove stalk from pea sprout, wash and drain, soak conpoy with  $\frac{1}{2}$  cup water to cover, drain and tear into shreds, reserve water for sauce, steam for 10 minutes until tender, peel garlic and leave them in a whole piece.

2. Heat  $\frac{1}{2}$  cup of oil, fry garlic until golden in colour, remove, take out half of the oil, stir-fry pea sprout over high heat until soft, add seasoning and mix well. Remove, drain and arrange on a plate.

3. Sauté ginger with 1 tbsp. oil, add sauce, conpoy shreds, water from soaking conpoy and garlic, bring to the boil and pour over pea sprout to serve.

### Practical tips:

Fry pea sprout over high heat to prevent turning yellow and becoming watery.







# 绣球瓜脯

## BRAISED HAIRY MARROW WITH MEAT BALLS

制作时间：35分钟

份量：4人

Work time: 35 minutes

Servings: 4

材料：节瓜2个（约半斤320克），免治猪肉6两（240克），马蹄3粒，虾米2汤匙，浸软冬菇4只，姜4片，生粉1/4杯。

腌料：生抽1汤匙，麻油及胡椒粉少许，生粉1 1/2汤匙，水及生油各1/2汤匙。

调味汁料：水3/4杯，糖1/2茶匙，蚝油及生抽各2茶匙，麻油少许。

芡料：生粉1/2汤匙，水1汤匙。

做法：

1. 节瓜刮去外皮，冲净，横切成片；马蹄去皮，冲净切碎；虾米浸软；冬菇浸软后切条。

2. 免治猪肉拌入腌料，加入切碎马蹄腌片刻，搅至有黏性，捏成6个肉球，粘上生粉。

3. 烧热2杯油，放下肉球炸至金黄色，取出。

4. 烧热1汤匙油爆香姜片，倒入调味汁煮滚，加冬菇、虾米及节瓜，肉球放面，盖上盖子，用慢火炆至瓜软及肉球熟透，拌入生粉水埋芡。

心得：

1. 节瓜用刀薄薄的刮去外皮，可保持翠绿色。

2. 肉球放在节瓜面蒸，可保留鲜味。

### Ingredients:

2 pc. (320g.) hairy marrow  
240g. minced pork  
3 pc. waterchestnut  
2 tbsp. dry shrimp  
4 pc. Chinese mushroom  
4 slices ginger  
1/4 cup cornflour

### Marinade:

1 tbsp. light soya sauce  
a little sesame oil and pepper  
1 1/2 tbsp. cornflour  
1/2 tsp. each of water and oil

### Sauce:

3/4 cup water  
1/2 tsp. sugar  
2 tsp. each of oyster sauce and light soya sauce  
a little sesame oil

### Thickening:

1/2 tbsp. cornflour  
1 tbsp. water

### Method:

1. Scrape skin thinly from hairy marrow, rinse, cut into sections; peel, rinse and chop waterchestnut; soak dry shrimp until tender, soak Chinese mushroom and cut into strips.

2. Mix minced pork with marinade, add chopped waterchestnut and stir to a sticky paste, divide into 6 equal portions and shape into meat balls, coat with cornflour.

3. Heat 2 cups oil, deep-fry meat balls until golden brown in colour.

4. Heat 1 tablespoon oil, sauté ginger, add sauce and bring to the boil, add Chinese mushroom, dry shrimp and hairy marrow, arrange meat balls on top, cover



and simmer until hairy marrow is tender and meat is cooked. Stir in thickening and bring to the boil, serve.

**Practical tips:**

1. Scrape skin thinly from hairy marrow to preserve the greenness.
2. Arrange meat balls on top of the hairy marrow to retain the most flavour.

# 桂鱼虾干泡丝瓜

## FRESH WATER GROUPER WITH SILKY GOURD

制作时间：35分钟

份量：4人

Work time: 35 minutes

Servings: 4

材料：桂鱼肉4两(160克)，大虾干12只，丝瓜半斤(约300克)，姜4片，清鸡汤1罐，水1杯。

腌料：盐1/4茶匙，麻油及胡椒粉少许，生粉1茶匙，蛋白1汤匙。

调味料：盐及胡椒粉适量。

做法：

1. 桂鱼肉冲净抹干，切双飞，拌入腌料约10分钟。

2. 大虾干冲净，放碟内加1片姜，隔水蒸5分钟至软；丝瓜刨皮、冲净、切件。

3. 烧热4汤匙油，泡炒鱼片至变色刚熟，取出。

4. 用剩油爆香姜片及丝瓜，炒至软身，加入清鸡汤与水煮滚至丝瓜软熟，加蒸好的虾干及鱼片炒匀，加调味料即成。

心得：

此菜因有桂鱼与虾干，所以入口鲜甜。

### Ingredients:

160g. fresh water grouper fillet  
12 pc. dry prawn  
300g. silky gourd  
4 slices ginger

1 tin chicken broth

1 cup water

### Marinade:

1/4 tsp. salt

a little sesame oil and pepper

1 tsp. cornflour

1 tbsp. egg white

### Seasoning:

salt and pepper to taste

### Method:

1. Rinse and wipe dry fresh water grouper fillet, slice and mix with marinade, and leave for 10 minutes.

2. Rinse dry prawns, place on a plate with 1 slice ginger, steam for 5 minutes until soft; peel silky gourd, rinse and cut into pieces.

3. Heat 4 tablespoons oil, fry sliced fish fillet until whitish in colour and just cooked, remove.

4. Sauté ginger and silky gourd with remaining oil until soft, add chicken broth and water, bring to the boil until silky gourd is cooked, add steamed dry prawns and fish fillet, season to taste, remove and dish.

### Practical Tips:

Fresh water grouper and dry prawn give this dish a fresh delicious taste.







# 冬瓜羹

## MINCED WINTER MELON AND PORK SOUP

制作时间：20分钟

份量：4人

Work Time: 20 minutes

Servings: 4



材料：冬瓜1斤(600克)，青豆1汤匙，红萝卜碎2汤匙量，免治猪肉3两(120克)，清鸡汤1罐，水2杯，生粉1汤匙，盐、麻油及胡椒粉少许。  
腌料：盐¼茶匙，生抽1茶匙，麻油及胡椒粉少许，生粉2茶匙，水1汤匙。

做法：

1. 冬瓜去皮再刨碎，连汁放煲内；免治猪肉拌入腌料腌10分钟。
2. 清鸡汤、水及冬瓜碎煲滚，加青豆、红萝卜碎及免治猪肉再煮滚，拌入生粉水成羹，加盐、麻油及胡椒粉调味即可。

心得：

冬瓜刨碎，较蒸软才压烂方便快捷，食时也爽口。

### Ingredients:

600g. winter melon  
1 tbsp. green pea  
2 tbsp. grated carrot  
120g. minced pork  
1 tin chicken broth  
2 cups water  
1 tbsp. cornflour  
a little salt, sesame oil and pepper

### Marinade:

¼ tsp. salt  
1 tsp. light soya sauce  
a little sesame oil and pepper  
2 tsp. cornflour  
1 tbsp. water

### Method:

1. Peel and grate winter melon, place in a saucepan together with its juice; mix minced pork with marinade and leave for 10 minutes.
2. Add chicken broth and water to winter melon, bring to the boil, add green peas, grated carrot and minced pork, boil until cooked, stir in cornflour and water until thickens, season with salt, sesame oil and pepper, serve.

### Practical Tips:

Grated winter melon saves cooking time, it adds a crunchy texture to the soup.