



- 焦明耀 编著  
Jiao MingYao Editor
- 王涤寰 摄影  
Wang DiHuan Photographer



# 中华百草御膳

# 养

# 颜篇

Chinese hundreds  
of herb-medicine  
imperial cuisine

Nourishing life



61-64



中国农业出版社  
CHINA AGRICULTURE PRESS

# 中华百草御膳

Chinese Hundreds of Herb-medicine

Imperial Cuisine

Nourishing Life

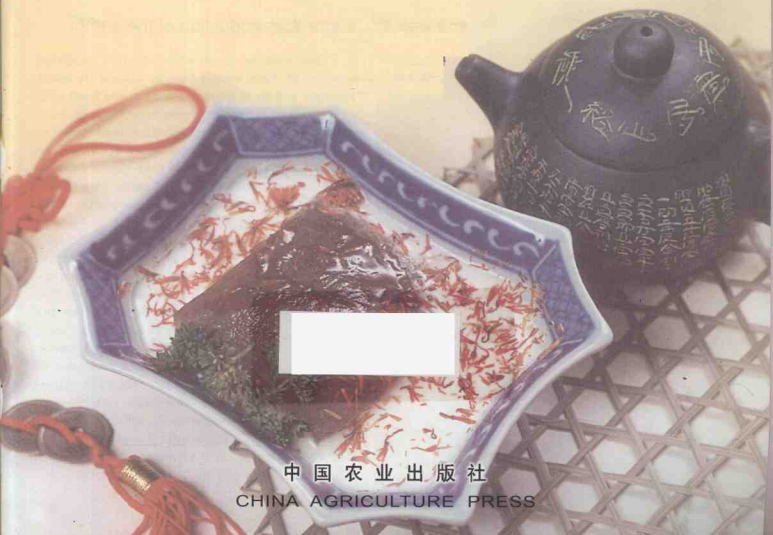
## 养颜篇

焦明耀 编著

Jiao Mingyao Editor

王涤寰 摄影

Wang Dihuan Photographer



中国农业出版社

CHINA AGRICULTURE PRESS

## 作者简介

焦明耀, 曾任同仁堂御膳研究所常务副所长, 同仁堂御膳餐饮有限公司总经理, 兼任总厨, 主要负责养生菜品的研制与开发。中国烹饪协会会员, 中国药膳研究会会员, 首都保健营养美食学会理事, 东方美食学院客座教授。

多年来潜心研究养生御膳, 理论与实际并重, 古为今用, 兼容并取, 学名厨而不拘泥于成法, 大胆创新而源于传统。在查阅了大量皇帝膳单的基础上虚心向烹饪大师学习请教, 并结合传统“四季五补”理论与“现代养生”学说, 辟出了一条以宫廷菜、官府菜及各地菜肴精华为基础的适合现代人们饮食特点的养生御膳之路。



### 图书在版编目(CIP)数据

中华百草御膳·养颜篇 / 焦明耀编著; 王涤寰摄.  
北京: 中国农业出版社, 2001.10  
ISBN 7-109-07232-0

I. 中... II. ①焦... ②王... III. 保健-菜谱-中国 IV. TS972.161

中国版本图书馆CIP数据核字(2001)第064437号

出版人 沈镇昭

责任编辑 常一武 李娜

出版 中国农业出版社

(北京市朝阳区农展馆北路2号 100026)

发行 新华书店北京发行所

印刷 北京日邦印刷有限公司

开本 889mm × 1194mm 1/16

印张 7.25

字数 80千

版次 2002年1月第1版

2002年1月北京第1次印刷

印数 1~6000册

定价 43.50元

## Brief introduction of the author

Jiao Mingyao is an administrative assistant director of Tongrentang Imperial Cuisine Research Institute and he is General Manager and head cook of Tongrentang Imperial Cuisine Food Co., Ltd. He is in charge of research and development of dishes of nourishing life mainly. He is a member of China Cook Association, a member of China Herb-medicine Cuisine Association, a councilor of Capital Healthcare Nutriment & Cuisine Association and visiting professor of East Cuisine Academy.

He has researched nourishing imperial cuisine carefully for many years. He pays more attention to the theory and practice equally and learns from the ancient knowledge for the practice. He learns from the famous cook, but he never sticks to the accustomed rules and he is brave to create using the traditional culture. He learns from cook master modestly on the basis of consulting a great deal of the imperial cuisine and he has combined traditional "Five tonifying of Four Seasons" with "Modern Nourishing" theory to develop the nourishing imperial cuisine road which is suitable for the modern people's diet characteristic on the basis of palace cuisine, authorities dishes and local cuisine essence.

渾然天成

丁丑年秋

程思遠



全国人大常委会副委员长程思远先生为本书作者题词  
The Vice-chairman of Standing Committee of National People's Congress,  
Mr.Cheng Siyuan writes an inscription for the author of this book.

# 绪 论

**21** 世纪，人们的饮食是以“健康合理”为主题。那么何为健康合理的饮食呢？

健康合理的饮食是以人体在不同季节的不同生理状态为基础，采用适宜人体不同需求的食物，而饮食的进膳方法。早在《黄帝内经·素问·四气调神大论》中就有这样的记载：“圣人春夏养阳，秋冬养阴，以从其根，故与万物沉浮于生长之门。逆其根则伐其本，坏其真矣”。这就是说，人们应顺应一年四季中的阴阳变化，在春季夏季要注意保养心肝，在秋季冬季要保养肺脾肾。所以，人们在饮食上也应该顺应这一养生之道的根本原则。要依照不同季节从饮食上适当的进行调补。

根据中国古老的“四季五补”理论认为：“春季生补，夏季清补，秋季平补，冬季温补”。具体的说，春季人体肝火较旺，要食用具有健脾舒肝，有助于肝气生发作用的食物。夏季人体心火亢盛，外界的“暑湿”之邪当令，故此时要适时的食用具有清心祛暑，健脾利湿作用的食物。秋季空气干燥，“燥”邪当令，在饮食上应多食用具有滋阴润燥功效的食物。冬季人体的阳气潜藏，外界的气候寒冷，故此时人们应注意保养阳气。在饮食上要适当的食用一些具有温补脾肾，温通心阳作用的食物。

人们除了要注重食物的四季五补性，同时还要注重膳食的平衡。早在中国的古代，对于平衡膳食已有了粗浅认识，《黄帝内经》中说：“毒药攻邪，五谷为养，五果为助，五畜为益，五菜为充，气味和而服之，以补精益气”。膳食平衡是指膳食中所供给的营养素与机体的生理需要保持平衡。其平衡膳食组成包括多种粮食类、肉类、蔬菜类、油脂



中国烹饪协会会长

世界中国烹饪联合会会长姜习为本书作序

类、水果类等。其基本要求是：1. 饮食要多样化，以保证营养素摄入的全面。其中要包括适量的肉类以提供机体生长发育和组织更新修复需要蛋白质，有富含丰富维生素的蔬菜和水果，以促进身体健康，增加免疫力，以及充足的无机盐以调节血浆电解质的平衡。在每天的饮食中还要包含一定量的谷类，以提供人体每天能量消耗所需的碳水化合物和脂肪。除此之外，每天还要摄入足够的膳食纤维，用以维持正常的排泄和预防一些疾病如心血管方面的疾病和某些消化系统的癌症。2. 各种营养素之间的比例要适当。如蛋白质、脂肪、碳水化合物三者之间要维持平衡，如果碳水化合物、脂肪的摄入不足就会影响蛋白质的合成，必须氨基酸的比例要适当。钙磷比值、锌铜比值、镁、钠、铁、碘等常量元素和微量元素应维持适宜的量。各种维生素的摄入也要全面，这样才能使其互相之间发挥协同作用。如维生素A只有和维生素E在一起才能发挥其抗氧化的作用……。

本书中所著菜谱中原料的选择，原料之间的互相搭配，是经过科学考究。原料的用量，也是通过科学的计算。菜肴的烹饪方法，都是经过多年的研究。可以满足人们对健康饮食的需求。但这只是对一般人群而定，一些特殊人群，还需在这些基础上，加以针对强化饮食。

倘若人类更注重科学养生膳食，那么人类的健康状况将得到极大的改善。



2001年12月26日

# Introduction

---

**I**n twenty-first century, "the health and rational diet" is the main subject of the people's diet. What is health and rational diet?

The health and rational diet is a way of taking food, which the human body adopts the food benefiting the human body with different needs on the basis of different physiology of the human body in different seasons. There is recordation in 《Huangdi Neijing · Suwen · Siji Tiaoshen Dalun》: "Shengren Chunxia Yangyang, Qiudong Yangyin, Yicong Qigen, Gu Yu Wanwu Chenfu Yu Shengzhang Zhimen. Shuo Qigen Ze Faqiben, Huai Qi Zhenyi". That means the people shall be subject to the change of Yin and Yang of four seasons in a year. To protect and nourish the heart and liver in spring and summer. To protect and nourish the lung, spleen and kidney in autumn and winter. So, the people's diet shall be also subject to this basic principle of regimen and the people shall be nourished by the proper diet according to the different seasons.

The ancient "Five Nourishing in Four Seasons" theory of China thinks: "Chunji Shengbu, Xiaji Qingbu, Qiuji Pingbu, Dongji Wenbu". The meaning is that the people shall eat the food with function of tonifying the spleen, relaxing the liver and promoting the growth of liver qi because the liver fire of the human body is flourishing in spring. In summer, the heart fire of the human body is vigorous and the "hot weather wet" is prevailing, so the people shall eat the food properly with function of clearing the heart, eliminating the hot, tonifying the spleen and inducing diuresis. In autumn, the air is dry and the "dryness" is prevailing, so the people shall eat more food with function of nourishing yin and moistening the dryness. In winter, yang-qi is hid in the body and it is cold outside, so the people shall pay more attention to yang-qi and eat food properly with function of mild-nourishing of spleen and kidney and mild-penetrating of the heart-yang.

Except the people shall pay more attention to the five nourishing in four seasons nature of the food, the balance of the diet shall also be taken care. There was some knowledge about the balance of the diet in ancient time in China. 《Huangdi Neijing》 said: "Duyao Gongxie, Wugu

Weyang,Wuguo Weizhu, Wuxu Weiyi,Wucai Weichong,Qiwei He Er Fuzhi, Yi Bujing Yiqi". The diet balance means that it shall keep the balance between the nutriment and physiological need. The balance diet contains many kinds of food, meat, vegetables, fat and fruits, etc. The basic requirement is: 1. The diet shall be in diversification to guarantee the complete nutriment. Wherein, the proper quantity of the meat can provide the necessary protein for growth of organism and renewal of the tissue. The vegetables and fruits containing rich vitamins can promote the health of the body and enhance immunity. The sufficient inorganic salt can adjust the balance of electrolyte of blood plasma. In daily diet, some quantity of grains shall also be contained to provide the necessary carbohydrate and fat needed by the human body for energy of each day. Except this, the sufficient food fiber shall be ingested each day to keep the normal drainage and prevent some diseases and some cancer of digestive system. 2. The scale among the nutriment shall be proper. Such as protein , fat, carbohydrate shall be balance. If the carbohydrate and fat is insufficient, it will influence the composing of the protein. The scale of necessary amino acid shall be proper. The ratio of the calcium and phosphor, the ratio of copper and zinc, and the ordinary elements and micro elements, such as Mg, Na, iron and iodine shall be in proper quantity. The ingestion of each vitamin shall also be complete, only in this way, they can coordinate each other. For example, if put vitamin A and vitamin E together can resist oxidation, etc.....

The selection of raw materials and arrangement of the raw materials in the menu written in the book is observed and studied by the science. The quantity of the raw materials used is also calculated scientifically. The cook way of the dishes has also been researched for many years. So all of these can satisfy the people's need for the health diet. But these are only suitable for the common people. For some specific people, the special food arrangement shall be paid more attention on this basis.

If the people pay more attention about the scientific regiment diet, then the people's health status shall be improved further.



# Contents

绪论 Introduction  
 题词 Inscription

铁甲金鸽.....10	芦荈鹌鹑.....16	红参乌骨鸡.....35
Armour Golden Pigeon	Aloe quail	Red ginseng black chicken
银燕鹌鹑.....11	满腹金银.....17	霸王银凤.....36
Silver swallow partridge	Full of gold and silver	Overlord and silver phoenix
金银鹌鹑.....12	太极鹌鹑脯.....18	芪杞烤乌鸡.....37
Golden and silver partridge	Taiji partridge breast	Roasted black chicken with astragalus base
茯苓鹌鹑.....13	玉竹母子烩.....19	龙眼珍珠鸡.....38
Poria cocos quail	Radix polygonati officinalis mother and son braised	Longan keet
洋参鹌鹑.....14	巴戟猪手.....20	柠檬龙眼鸡.....39
Ginseng Partridge	Morinda officinalis pig feet	Lemon Longan keet
麦冬鹌鹑.....15	馨香猪手.....21	金橘珍珠鸡.....40
Ophiopogon japonicus quail	Fragrant pig feet	Kumquat keet
	香荷猪手.....22	枣栗山鸡.....41
	Fragrant lotus leaf pig feet	Chinese date and chestnut wild chicken
	红花鹅.....23	八宝官廷皇.....42
	Saffron Goose	Palace chicken with eight precious ingredients
	麦冬麻鸭.....24	菇香凤爪.....43
	Ophiopogon japonicus sheldrake	Colorful mushroom and fragrant phoenix claw
	双仁鸭方.....25	竹筒鸵鸟.....44
	Square duck with double kernels	Bamboo tube ostrich
	龙眼酥鸭.....26	郁金孔雀.....45
	Longan crisp duck	Radix curcumae peacock
	麻鸭金蝎.....27	陈皮肘.....46
	Sheldrake fragrant and golden scorpion	Orange peel elbow
	花菇鹅掌.....28	黄芪烤肘.....47
	Colorful mushroom and goose palm	Roasted pig's elbow with astragalus base
	掌上明珠.....29	玉洁红鲚.....48
	A pearl in the palm	Red clam
	乌龙穿凤翼.....30	熟地红鲚肚.....49
	The black dragon passing through the wings of the phoenix	Red clam tripe with prepared rhizome of rehmannia
	酒醉山鸡.....31	茯苓仙肚.....50
	Drunk wild chicken	Poria cocos and celestial tripe
	秋菊争艳.....32	龙子花菇.....51
	The autumn chrysanthemum contends in beauty	Longan and colorful mushroom
	一品皇鸡.....33	百合双冬.....52
	The first rank imperial chicken	Lily and double winters
	当归乌鸡.....34	香醇素参.....53
	Angelica black chicken	Fragrant vegetable sea cucumber
		杞子素鳝.....54
		Fruit of Chinese wolfberry and vegetable eel

合欢牛方.....55	合欢赛鱼肚.....74	雪耳绿米粥.....93
Cortex albiziae and cattlehide	Cortex albiziae competing fish tripe	Tremella and green rice porridge
黄烧牛方.....56	杞黄皮肚.....75	荔枝杞子小米粥.....94
Braised cattlehide with yellow color	Astragalus base competing tripe	Lichee, fruit of Chinese wolfberry and millet congee
神仙牛方.....57	报子鞭花.....76	竹筒香菇粥.....95
Celestial being cattlehide beef	Cabbage with cattle penis flower	Bamboo tube and mushroom porridge
金牛闹海.....58	乌龙鲍鞭.....77	马蹄糯米糕.....96
The golden cattle raising hell in the sea	Black dragon, abalone and cattle penis cooked	Chinese water chestnut with sticky rice porridge
芪合蹄筋.....59	紫菜八珍.....78	翡翠糕.....97
Astragalus base cooked with hoof beef tendons	Eight precious ingredients	Jade cake
龙距虎盘.....60	贵妃哈士蟆.....79	福寿蟠桃.....98
Coiling dragon and crouching tiger	Imperial concubine Hashima	Happiness and Longevity Flat peach
彩蝶恋花.....61	草船借箭.....80	御赐元宝.....99
Colorful butterfly loving flower	Borrow arrows on the boat with straw	Shoe-shaped goldingot favored by emperor
熟地蟠捆.....62	水晶鸭舌.....81	桂花紫米糕.....100
Prepared rhizome of rehmannia wrapping the ell	Crystal duck tongue	Sweet-scented osmanthus and purple rice cake
酒烤黄鳝.....63	双色耳花.....82	八宝紫米粥.....101
Roast yellow eel with wine	Ears flower of double colors	Purple rice porridge with eight precious ingredients
芡实牛脊.....64	郁金罗汉.....83	
Gorgon fruit fillet of cattle	Radix curcumaearbat	
丽颜仙卷.....65	桑喜羊乳糕.....84	
Beautiful celestial roll	Mulberry and sheep milk cake	
槟榔牛骨髓.....66	山参羊首.....85	
Betel palm cattle marrow	Ginseng sheepshead	
松枝鹿肉.....67	龙眼枇杷.....86	
Pine branch with venison	Longan loquat	
当归羊肉.....68	天花蜜藕.....87	
Angelic mutton	Trichosanthis honey lotus root	
金汤羊肉.....69	丽花争艳.....88	
Golden soup with mutton	Flowers compete in splendour	
杞花烤羊排.....70	玻璃火鸡.....89	
Roasted chop with astragalus base sauce and saffron	Glass turkey	
参归羊排.....71	金瓜桂圆.....90	
Ginseng and angelica with chop	Melon longan	
异彩纷呈.....72	金蹄踏雪.....91	
Extraordinary splendour and blazing with color	The golden hoof stepping on the snow	
黄金赛广肚.....73	薏米金裹银.....92	
Gold competing the tripe	The seed of Job's tears and silver wrapped by gold	
		中药材的相关知识.....102
		The Relevant Knowledge of Chinese Herb Medicine
		主要原料性味、归经、功效及用途.....106
		Nature, Taste, Channel Tropism, Effect and Use of Main Raw Materials
		原料相关知识.....110
		The Relevant Knowledge of the Raw Materials
		后记
		Postscript

# 铁甲金鸽

Armour golden Pigeon



主料：甲鱼半只，老鸽1只。

辅料：白果3克，黄芪2克，枸杞子1克，清汤500克。

调料：碘盐80克，绍酒6克。

制作：

- (1) 甲鱼处理好后切块，出水去异味。
- (2) 老鸽宰杀好后出水，上色、过油炸至金色。
- (3) 甲鱼、老鸽、黄芪、白果、枸杞子等入清汤调味上笼蒸75分钟即可。

特点：汤汁浓厚，口感软烂，口味咸香。

## Main Ingredient:

Half of soft-shelled turtle, one old pigeon.

## Subsidiary ingredient:

3g ginkgo, 2g astragalus base, 1g the fruit of Chinese wolfberry, 500g clear soup.

## Flavouring:

80g iodine salt, 6g Shaoxing rice wine.

## Processing:

- (1) Strip and slice after preparing the soft-shelled turtle well, eliminate the peculiar smell by boiling it lightly.
- (2) After slaughtering the pigeon, boil it lightly. Roll it in colour and deep-fry to golden colour.
- (3) Put soft-shelled turtle, old pigeon, astragalus base, ginkgo, fruit of Chinese wolfberry into the clear soup and put them on the steamer. After 75 minutes, it is finished.

## Characteristic:

The soup is dense, the mouth feeling is soft and the taste is fragrant.

## 营养简析:

甲鱼与白果、黄芪、枸杞子一同蒸制具有补脾益肾的功效。其中甲鱼中含有丰富的动物胶质蛋白，多食之对人体的肝脾两脏大有益处。



# 银燕鹧鸪

Silver swallow partridge

主料：鹧鸪半只（150克）。

辅料：水发燕窝2克，水发银耳50克，  
高级清汤500克，枸杞子1克，豆  
苗少许，郁金1克。

调料：碘盐5克，绍酒2克。

制作：

- (1) 鹧鸪宰杀后去异味，上色过油。
- (2) 银耳去根洗净与鹧鸪、郁金  
同蒸40分钟后加入燕窝、枸  
杞子等再蒸8分钟。
- (3) 原汁调味，点缀豆苗即可。

特点：汤清味美，色泽明快，诱人食欲。



## Main ingredient:

Half of partridge (150g).

## Subsidiary ingredient:

2g swallow nest soaked in water, 50g tremella, 500g  
high-grade clear soup, 1g fruit of Chinese wolfberry, a  
little bean seedling, 1g radix curcumae.

## Flavouring:

5g iodine salt, 2g Shaoxing rice wine.

## Processing:

- (1) Eliminate peculiar smell after slaughter the partridge,  
and deep-fry with rolling in colour.
- (2) After eliminating the root of tremella and wash it,  
steam the partridge and radix curcumae together for  
40 minutes. After steaming, put swallow vegetable,  
fruit of Chinese wolfberry in it and steam them  
together for 8 minutes.
- (3) Use original juice to season and use bean seedling  
to decorate.

## Characteristic:

The soup is clear and the flavour is delicious. The color  
is bright with appetite.

## 营养简析:

鹧鸪与银耳、燕窝一同烹制具有滋阴润肺，补益肾精的功效。鹧鸪中含有多量的“硒”元素，银耳与燕窝中含有丰富的多糖类物质，可起到排除体内自由基的作用。



# 金银鹌鹑

Golden and silver partridge



主料：净鹌鹑一只（750克）。

辅料：黄芪6克，淮山药4克，杞茸汁10克，红花汁10克。

调料：绍酒12克，老抽4克，鸡油3克。

制作：

- (1) 鹌鹑对开，一半抹老抽炸成金红色，一半出水后炸成淡黄色。
- (2) 红鹌鹑入杞茸汁等煲制，至脱骨，黄鹌鹑入红花汁等煲制同样时间即可。

特点：红黄对比，色彩艳丽，肉松骨软，香美宜人。

## Main ingredient:

One clean partridge (750g).

## Subsidiary ingredient:

6g astragalus base, 4g Huai yam, 10g fruit of Chinese wolfberry juice, 10g saffron sauce.

## Flavouring:

12g Shaoxing rice wine, 4g Laochou soy sauce, 3g chicken oil.

## Processing:

- (1) Divide the partridge into two parts. One part is rolled in Laochou brand soy sauce and deep-fried to get golden and red colour. Another part is boiled a little, then is deep-fried into light yellow colour.
- (2) The red partridge is put into the fruit of Chinese wolfberry juice to be cooked to get boned meat. The yellow partridge is put into the red flower sauce to be cooked to get boned meat with same time.

## Characteristic:

The colour of red and yellow is flamboyant. The meat is loose and the bone is soft. The taste is fragrant.

## 营养简析:

鹌鹑与补肾益精的山药、杞茸汁以及补气健脾的黄芪和活血祛瘀的藏红花一同烹制具有补益脾肾、活血美容的功效。其中山药中含有丰富的黏性物质以及淀粉；枸杞子中含有多种维生素，如维生素A都是有很好美容作用的营养素。



# 茯苓鹌鹑

## Poria cocos quail

**主料:** 净鹌鹑一只 (35 克)。

**辅料:** 茯苓 2 克, 水发银耳 25 克, 枸杞子 2 克, 豆苗少许, 高级清汤 250 克。

**调料:** 碘盐 4 克, 鲜味汁 2 克。

**制作:**

- (1) 鹌鹑经处理干净后过油炸成金黄色。
- (2) 银耳洗净后入汤与鹌鹑等同蒸 50 分钟调味即可。

**特点:** 原汁原味, 软烂可口。



### Main ingredient:

One clean quail (35g).

### Subsidiary ingredient:

2g poria cocos, 25g tremella soaked in water, 2g fruit of Chinese wolfberry, a little bean seedling, 250g high grade clear soup.

### Flavouring:

4g iodine salt, 2g flavour sauce.

### Processing:

- (1) Deep-fry the quail to be golden yellow after clean the quail.
- (2) Put the tremella into the soup and steam it with quail together for 50 minutes, then it is finished.

### Characteristic:

Original sauce with original taste, soft and delicious.

### 营养简析:

鹌鹑与茯苓、银耳一同烹制具有健脾气、利水湿的功效。鹌鹑中含有多量的蛋白质有助于人体组织的修复; 银耳中含有丰富的矿物质以及多种维生素; 营养素的种类齐全。

茯苓



# 洋参鹧鸪

Ginseng Partridge



## 营养简析:

鹧鸪与西洋参一同烧制具有补肾生津的功效。鹧鸪中含有丰富的蛋白质、钙、铁、硒等多种营养素。西洋参中含有多量的人参皂甙、糖类、氨基酸、无机盐等。可以起到调节中枢神经系统的兴奋与抑制的过程以及抗心律失常的作用。

主料：鹧鸪一只。

辅料：西洋参片2克，浓汤750克，鸡油15克。

调料：碘盐12克，绍酒4克，鲜姜汁6克。

制作：鹧鸪经初处理后，过油上色，入汤中加西洋参片等同煨至鹧鸪软烂即可。

特点：色泽明快，香浓适口。

## Main ingredient:

One partridge.

## Subsidiary ingredient:

2g ginseng pieces, 750g dense soup, 15g chicken oil.

## Flavouring:

12g iodine salt, 4g Shaoxing rice wine, 6g flavouring ginger sauce.

## Processing:

After the partridge is processed, it is fried and rolled in color, then put it into the soup with ginseng to be cooked together till it becomes soft.

## Characteristic:

The color is bright, the taste is fragrant and delicious.



# 麦冬鹌鹑

Ophiopogon japonicus quail



主料：净鹌鹑一只（35克）。

辅料：水发冬菇15克，水发麦冬3克，  
枸杞子1克，高级清汤75克。

调料：碘盐3克，绍酒2克，老抽2克。

制作：

- (1) 净鹌鹑剥成块后过油炸至金黄色。
- (2) 香菇处理好后与鹌鹑麦冬等  
同入冷锅加清汤调味后上笼  
蒸65分钟即可。

特点：汤鲜肉烂，醇香色美。

## Main ingredient:

One clean quail (35g).

## Subsidiary ingredient:

15g dried mushroom (picked in winter) soaked in water,  
3g Ophiopogon japonicus soaked in water, 1g fruit of  
Chinese wolfberry, 75g high grade clear soup.

## Flavouring:

3g iodine salt, 2g Shaoxing rice wine, 2g Laochou brand  
soy sauce.

## Processing:

- (1) After stripping and slicing the quail, deep-fry the  
quail to be golden red colour.
- (2) Put mushroom, quail, Ophiopogon japonicus together  
into the cold boiler, and put soup with flavouring  
in it, then put them on the steamer to be  
steamed for 65 minutes.

## Characteristic:

The soup is fresh and delicious and the meat is soft.  
The taste is fragrant and the color is beautiful.

## 营养简析:

鹌鹑与冬菇、麦冬、枸杞子一同蒸制具有补气美容功效。其中鹌鹑与冬菇中的氨基酸的种类齐全易于人体合成蛋白质；冬菇中还含有一种干扰素，与枸杞子中的多糖类物质对体内的衰老细胞以及癌细胞都有一定的清除作用。麦冬中含有多种生物碱对人体的生理功能起着很好的调节作用。



# 芦荟鹌鹑

Aloe quail



## 营养简析:

鹌鹑与芦荟、冬笋、山药、枸杞子一同食用具有补肾健脾、美容的功效。芦荟、山药中含有大量的黏蛋白以及黏多糖体;枸杞子、冬笋中含有丰富的多糖类物质和丰富的维生素A以及维生素C。

主料: 鹌鹑一只。

辅料: 鲜山药250克, 芦荟30克, 冬笋3克, 枸杞子1克。

调料: 绍酒2克, 碘盐2克, 胡椒粉1克, 生抽1克。

制作:

- (1) 鹌鹑去骨切成粒, 上浆后加辅料等滑炒。
  - (2) 鲜山药蒸后搓成茸炸成金盏, 装入鹌鹑粒, 芦荟片清炒放在一侧即可。
- 特点: 色泽金红, 口味香醇。

## Main ingredient:

One quail.

## Subsidiary ingredient:

250g fresh yam, 30g aloe, 3g winter bamboo roots, 1g fruit of Chinese wolfberry.

## Flavouring:

2g Shaoxing rice wine, 2g iodine salt, 1g pepper, 1g Shengzhou soy sauce.

## Processing:

- (1) The quail is boned and diced. After rolling in batter, stir-fry with subsidiary ingredient.
- (2) After steaming the fresh yam, rub it into fine and soft, then deep-fry it to be golden calyx and put quail granules in it. Put the aloe piece stirred aside.

## Characteristic:

The colour is golden and red, the taste is fragrant.

