

全家吃出健康吃出美

6

家常健康素食

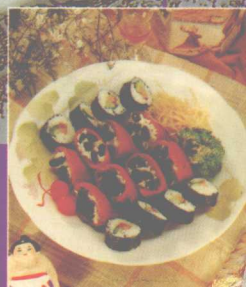
Ordinary Health Vegetarianism

(台) 林淑莲 / 著 LIN SHU LIAN



简明易学·看了就会

知识出版社



● 巧手上菜 ●

全家吃出健康吃出美

6 家常健康素食

Ordinary Health Vegetarianism

(台) 林淑莲 / 著 LIN SHU LIAN



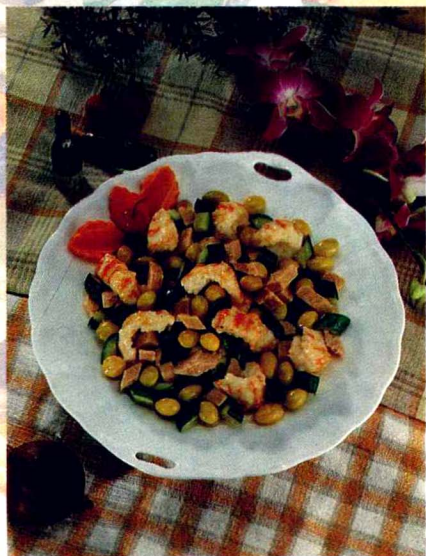
知识出版社

林淑莲



作者简介

福建永春人，1951 年出生于台湾省台北市，1969 年就读实践家专，后从事幼教多年，擅长烹饪，尤其擅将简易食物在瞬息之间烹调出精致美食。独具功夫、巧手慧心、热爱生活。曾服务于西餐厅，后应日本主妇之友邀请指导中国菜、妈妈的可口家常菜、学童营养餐等烹饪教学，颇获好评。



陈进万



《名师推荐》

籍贯：台湾屏东县人

经历：峨嵋川菜、金万年、季园川菜主厨，来来饭店俱乐部主厨，现任高雄汉来大饭店中餐执行主厨。



序

~ 做菜也可以成为赏心乐事 ~



在一片“返朴归真”、“简单过生活”的声浪中，自然、健康的素食，也在宗教理由之外，成了“简朴族”的最爱。

不过，在一般人的印象中，市面上的素食餐厅不是消费额颇高，就是菜色缺少变化，“味美价廉”这四个字对素食者而言，似乎总有鱼与熊掌不可兼得之憾。

有鉴于此，继《名厨拿手菜》之后，本社特别推出《家常健康素食》一书，让喜爱亲自下厨的您，即使在家也能享受到营养美味的素食佳肴，同时亦可为家人的胃肠做好“饮食环保”，何乐而不为呢？

INTRODUCTION

INTRODUCTION

Foreword – Cooking will be a great enjoyment to you

At the support of “Simple life” “Back to the nature”, the natural, healthy vegetarian food become the most favorite of the “Simple life” person, excepting the reasons of religion.

By the way, in general expression, the expenses of vegetarian restaurants is not only highly, but also unchangeable. “good taste and price” is so far like a dream for the vegetarian.

So, after the book of “Great Dishes & Famous Cook”, we publish especially “Ordinary Vegetarian Meals.”

If you enjoy cooking, you will make by yourself the great taste vegetarian dishes, at the same time, you will make the “Protecting – food” for your family. Let’s enjoy it.



目錄 CONTENTS

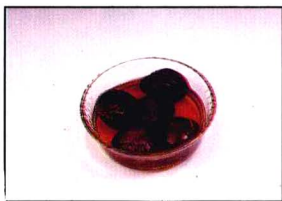
● 熏鹅	9
糖醋鱼片	11
● 珍珠丸子	13
酥炸芋球	13
● 生菜虾松	15
鱼香茄子	17
蚂蚁上树	17
● 糖醋排骨	19
香芹豆干	21
● 宫保甜椒	21
粉蒸肉	23
● 咖喱炒饭	25
雪菜年糕	25
白果虾仁	27
● 凉拌小黄瓜	29
凉拌海带丝	29
● 红烧豆腐	31
酱爆猴菇	33
● 酥炸香菇	35
炸明虾	35
炸蔬菜	37
● 双菇烩虾仁	39
翡翠鲍鱼	41
● 海苔卷	43
三色卷	43
● 八宝辣酱面	45
什锦藕片	47
● 酥炸虾球	49
香酥豆腐	49
发菜金菇羹	51
● 素肉羹	53
苋菜豆腐汤	55
● 酸辣汤	55
枸杞炖鳗	57
● 简易寿司	59
润饼	61
● 芝麻球	61
豆沙包	63



● 素包子	63
豆苗虾仁	65
● 烩海参	67
粉蒸鲜菇	69
桂花糖藕	69
● 咕咾肉	71
红烧烤麸	73
● 红烧苦瓜	73
冬菇菜心	75
● 咖喱洋菇	77
金菇芥菜	77
● 红烧肉	79
碧兰鲑鱼	81
雪菜百页	83
● 香芝素肠	83
罗汉斋	85
● 红烧栗子鸡	87
炒箭笋	87
● 烩双冬	89
凉拌长生果	91
● 凉拌豆腐	91
芦笋百合	93
凉拌西芹	95
● 凉拌干丝	95
九层鳝糊	97
凉拌秋葵	99
香酥腰果	99
● 宫保鲜鱿	101
三丝汤	103
● 火腿玉米浓汤	103
茄汁豆包	105
● 什锦锅	107
炒什锦	109
● 当归鸭	111
竹笙鲜菇汤	113
什锦沙拉	115
● 小米糕	117
杏仁豆腐	117
● 寿桃	119
素饺	119







熏鹅 Smoked Goose

【材料】

豆皮·····	6 张	胡萝卜·····	1 支
香菇·····	4 朵	姜·····	1 块
金菇·····	100 克	香菜·····	1 支

【调味料】

④料：酱油 1 大匙、胡椒粉、糖、香油各少许。

⑤料：低钠盐 1 小匙、酱油 1 小匙、糖、香油、姜末各少许。

【做法】

①香菇泡软切丝，金菇汆烫，胡萝卜切丝，香菜切长段。

②起油锅，先爆香香菇再放金菇、胡萝卜丝、香菜段、⑤料炒匀。

③备一长盘，中间、两旁各置放 2 页豆皮，淋入④料后平铺炒好的馅料，并卷成长形，放入蒸锅蒸 3 分钟后，即可取出待凉。

* 熏鹅做法：

炒菜锅内先放 1 张锡箔纸、150 克红砂糖，再放蒸架（不放水），中火熏 3 分钟即可。

Ingredients

6 pieces of dry bean curd, 4 black mushrooms, 100g golden mushrooms, 1 carrot, 1 cube of ginger, 2 parsley.

Seasoning

④ 1 tbsp. of soysauce, pepper, sugar, white sesame oil.

⑤ 1 tbsp. of low sodium salt, 1 tbsp. of soysauce, sugar, white sesame oil, ginger chopped.

Methods

① Softy the black mushrooms and shred, blanch the golden mushrooms. Shred carrot, cut parsley to long shape.

② Heat oil, fry black mushrooms, add golden mushrooms, carrot, parsley and ⑤ spices.

③ Put 4 pieces the dry bean curd on the middle and two side, add ④ spices on, put the fried ingredients, wrap to long shape, steam for 3 minutes, cool it down.

Smoked Goose:

* Put a piece of tinfoil paper on the pan, 150g red sugar on, put the steam pan on (No - water), smoked for 3 minutes by mid - fire.





糖醋鱼片

【材料】

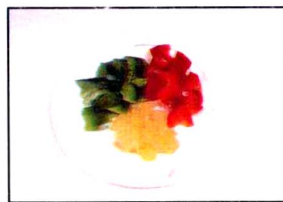
- 素鱼 1 条
 凤梨 2 片
 青椒、红椒 各 1 个
 香菜 少许

【调味料】

低钠盐 2 小匙、糖 $\frac{1}{2}$ 大匙、醋 1 小匙、番茄酱 2 大匙、淀粉水 1 大匙、香油 1 小匙。

【做法】

- ① 凤梨切丁，青椒、红椒去籽切斜片。
- ② 热油炸素鱼，待呈金黄色后捞起切斜块盛盘。
- ③ 另起油锅，将凤梨、青椒、红椒加少许水略炒。
- ④ 加盐、糖、醋、番茄酱入③锅中同炒，入味后用淀粉水勾芡，起锅前加香油淋于素鱼上，并用香菜点缀即可。



Sweet Vinegar Fish Fillet

Ingredients

1 vegetarian fish, 2 pieces of pineapple, 1 green bell pepper, 1 red bell pepper, parsley.

Seasoning

2 tbsp. of low sodium salt, $\frac{1}{2}$ tbsp. of sugar, 1 tbsp. of vinegar, 2 tbsp. of ketchup, 1 tbsp. of cornstarch water, 1 tbsp. of white sesame oil.

Methods

- ① Cube the pineapple, keep the seeds of green bell pepper and red bell pepper away, sliced.
- ② Fried the fish until to golden, cube and put them on.
- ③ Heat oil, fry the pineapple, green and red bell pepper with a little of water.
- ④ Going on to add salt, sugar, vinegar, ketchup, thicken by starch water, spread white sesame oil on the fish before close fire. Garnish by parsley.





珍珠丸子 Pearl Pillow

【材料】面肠 2 条、芋头 $\frac{1}{4}$ 个、香菇 3 朵、荸荠 6 个、糯米 1 碗、豌豆仁少许、淀粉 2 大匙。

【调味料】低钠盐 1 小匙、酱油 2 大匙、糖 1 小匙、胡椒 $\frac{1}{2}$ 小匙、地瓜粉 8 大匙。

【做法】

- ① 面肠切碎，芋头去皮洗净切小丁，香菇、荸荠剁碎。
- ② 芋头丁加 1 小匙酱油拌匀后，以热油炸熟。
- ③ 碎面肠加入芋头、香菇、荸荠及调味料等放入大碗中用手抓拌成有弹性的肉馅。
- ④ 糯米泡过后沥干水分，加上 2 大匙淀粉置于盘中。
- ⑤ 将③捏成球状后蘸裹糯米，大火蒸 15 分钟，起锅后用豌豆仁点缀。



Ingredients 2 flour dourh, $\frac{1}{4}$ taro, 3 mushrooms, 6 water chestnut, 1 bowl of glutinous rice, splitpeas, 2 tbsp. of cornstarch.

Seasoning 1 tbsp. of low sodium salt, 2 tbsp. of soy sauce, 1 tbsp. of sugar, $\frac{1}{2}$ tbsp. of pepper, 8 tbsp. of sweet potato flour.

Methods ① Chop the flour dough, strip and cube taro, shredded the mushrooms and water chestnuts. ② Taro cubes stir with 1 tbsp. soy sauce, fried to well - done. ③ Add taro, mushroom, water chestnut and spices in to flour dough, put them in a large bowl, and stir with hands to like dough. ④ Glutinous rice keep in water and strain it, add 2 tbsp. of cornstarch on, put them on the dish. ⑤ Make the dough ⑥ like a ball, and put the glutinous rice on. Steam by large fire for 15 minutes. Garnish by splitpeas.

酥炸芋球 Deep - Fried Taro Ball

【材料】大芋头 1 个、素火腿 1 小块、胡萝卜 1 小块、玉米粒 $\frac{1}{2}$ 杯、芹菜 1 根、面粉适量、蛋 2 个、面包粉适量。

【调味料】低钠盐少许、胡椒少许、香油少许、番茄酱适量。

【做法】① 芋头切厚片蒸软，趁热捣烂并撒上盐、胡椒拌匀。素火腿、胡萝卜切细丁，芹菜切末，蛋打散。② 起油锅，爆香素火腿、芹菜末，再倒入胡萝卜、玉米粒炒熟，盛起放凉。③ 将芋泥及少量面粉拌匀，分成 10 等份，再包入②的馅料，蘸裹酥炸粉入热油锅炸成金黄色，捞出沥油，可蘸番茄酱食用。

Ingredients 1 big taro, 1 cube of vegetarian ham, 1 cube of carrot, $\frac{1}{2}$ cup corn, 1 celery, 2 eggs, flour and bread flour.

Seasoning Low sodium salt, pepper, white sesame oil, ketchup.

Methods ① Slice the taro thickly and steam to soft, chop the taro and add salt, pepper. Cube the vegetarian ham and carrot, chop the celery, stir the eggs. ② Heat oil, sante the vegetarian ham and celery chopped, add carrot, corn. ③ Stir the taro chopped and a little of flour, make to 10, put the ingredients ② inside, put the fry - flour on to fry to golden, drain. Serve with ketchup.





生菜虾松

【材料】

素虾仁	10 个
香菇	3 朵
胡萝卜	150 克
玉米笋	4 根
荸荠	10 个
茼蒿	1 条
老油条	$\frac{1}{4}$ 根

【调味料】

低钠盐 2 小匙、酱油 1 大匙、糖 1 小匙、胡椒粉少许。

【做法】

- ①素虾仁、香菇、胡萝卜、玉米笋、荸荠均切碎，油条压碎，茼蒿洗净沥干水分备用。
- ②素虾仁、香菇、胡萝卜、玉米笋、荸荠下锅略搅再加调味料炒熟盛盘，加上碎油条拌匀。
- ③以茼蒿叶包②料即可食用。

Minced Shrimp with Lettuces

Ingredients

10 vegetarian shrimps, 3 black mushrooms, 4 bamboo shoots, 1 water chestnuts, 10 pieces otuces, $\frac{1}{4}$ string of fried twisted dough, 150g carrot.

Seasoning

2 tbsp. of low sodium salt, 1 tbsp. of soysauce, 1 tbsp. of sugar, pepper.

Methods

- ①Dice the shrimps, black mushrooms, carrot, bamboo shoots, water chestnuts. Chop the twisted dough. Clean and drain lettuces.
- ②Fry the vegetarian shrimps, black mushrooms rot, corn bamboo shoots and water chestnuts spices, stir with fried twisted dough chopped.
- ③Wrape the ② ingredients by lettuce.