

《东方美食大系》丛书

A SERIES OF
DELICIOUS
eastern food

鲁菜精选

the collection of dishes in Shan Dong style



汉英对照 繁简对照

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A SERIES OF DELICIOUS EASTERN FOOD

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THE COLLECTION OF DISHES IN
SHAN DONG STYLE

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《东方美食大系》丛书 序 言

人类曾经夏巢冬穴,人类曾经茹毛饮血。但是,随着数千年乃至上万年漫长岁月的逝去,人类创造了灿烂的文明成果。其中,饮食文化是一株长青之树,是一束不谢之花。

东方,是人类文明的发祥地。东方各民族创造过人类历史上最为丰富多彩的文化遗产,东方食文化更是斑斓绚丽,不可替代。因此,《东方美食大系》丛书的出版,对发掘东方文化宝库,加强东西方文化交流,提高人类生存质量,促进世界和平发展都具有重要意义。

二十世纪初,东方伟人孙中山先生曾经说过:“烹调之术本于文明而生,非深孕乎文明之种族,则辨味不清;辨味不清,则烹调之术不妙。中国烹调之妙,亦是表明进化之深也。”他还说:“中国不独食品发明之多,烹调方法之美,为各国所不及;而中国人之饮食习尚暗合于科学卫生,尤为各国一般人所望尘莫及也。”中国食文化是奇树一棵,花美天下。它将色、形、香、味、滋、养六者融为一体,使人们得到了视觉、触觉、味觉的综合享受,构成了以美味为核心、以养身为目的的中国烹饪特色。它选料严谨,刀工精细,造型逼真,色彩鲜艳,拼配巧妙,食医结合,有着无可争辩的历史地位。因此,《东方美食大系》丛书又以中国名厨、名菜为主,比较全面、集中、成体系地介绍了中华民族优秀食文化的丰硕成果。

不同民族、不同国家和地区的饮食文化历来是在互为补充、取长补短中共同提高的。因此,《东方美食大系》丛书有选择地介绍了亚洲其它国家及地区的饮食文化,相信这会对加强合作与交流,为传播优秀食文化,同享食文化的研究成果以重要补益。

原中华人民共和国人大委员长万里先生在一次食文化会议中指出:“研究食文化是一项庞大复杂的系统工程……,动员多学科的专家密切配合,共同研究……,运用现代饮食科学对传统食文化发掘整理,研究提高,提倡科学的食方、食风、食俗,推进饮食科学化,提高全民族的健康水平。”这是对食文化历史和未来的真知灼见,这是对弘扬东方民族文化的鼓动与号召。《东方美食大系》丛书的出版发行无疑是响应这一号召的良好开端,因此,有志于烹饪技艺研究的烹饪工作者和烹饪文化研究的中外社会各界,让我们携手团结,共同砥砺、切磋,使东方美食之花开遍世界,让东方文明成果香溢天下。

Preface

Humanity once came out in summer and slept in winter with the Life of a savage. With the Lapse of Long Long time, humanity has created bright and glorious civilized results, among which the food culture likes a tree of long life and a bunch of flowers without withering.

Orient is the birth place of human civilization. The oriental nationalities created the most rich and colourful cultural heritage in human history, the oriental food culture was more gorgeous and unreplaced. The publication of 《Oriental Delicious Food System》 Series of Books is importance for excavating the treasury of oriental culture, strengthening the culture exchange between the eastern and western, improving the quility of human existence and promoting the development of world peace.

Sun Zhongshan, a great man in chinese history once said: "Cook artistry comes out of civilization. It is only a civilized nation that can enjoy good dishes and without good dishes, the cook aritistry can't be created perfectly. Chinese unique cook artistry indicated this deep evolution enough." He also said: "China not only has so many inventions in food and excellent styles in cook that other countries can not catch up with but also has healthful habits in eating that fall other countries far behind." Chinese food culture integrates colour, appearance, smell, taste, nourishing, nutrient, and forms the chinese cook characteristic which centre on flavours and aim at keeping in good health. It has unarguable historial status because of materials selected meticulously, cutting carefully, lifelike shape, beautiful colour, placing ingeniously and eating combined with medical. Therefore, 《Oriental Delicious Food System》 Series of Books comprehensively introduced the great successes of chinese food culture according to the famous dish made by famous chef in famous restaurent. "

The food culture in different districts always replenishes each other and adopt the long one to makeup the short and go ahead together. Therefore, 《Oriental Delicious Food System》 Series of Books introduced selectedly the food cultures in Asia and other districts. We belive it is of important help to strengthen corperation and exchange, to spread excellent food culture and enjoy the researched fruits of food culture in common.

At a food culture conference, Wan Li, the former chairman of NPC pointed out: "It is a huge and complicated system engineering to research food culture ..., mobilizing more scientists in diffrent areas to research in close coordination ..., excavating, sorting out, studying and improving traditional food culture with moden food science, recommending scientific method, style and custom of foods and building up the whole national health." It is high perspicacity for the history and future of food culture. It is the agitate and call to develop the oriental national culture. The publication of 《Oriental Delicious Food System》 Series of Books is undoubtedly a good beginning to respond to this call. Consequently, the cooking workers and personalities of various circles at home and abroad who are determined to study cooking artistry and cooking culture should make concerted effects and learn each other.

Let the flowers of oriental delicious food blossom all over the world.

Let the positive results of oriental civilization spread all over the world.

美食,人类进步
的里程碑。

李德生

delicious food is a milestone
in human progress.

Li Desheng

题

词: 李德生

Inscription: Li Desheng



酱汁鱼

用料:净活鲤鱼一尾

制做:将鱼两面剖一字刀,置开水中烫一片刻。勺内入白油,加甜面酱、白糖。略炒加水烧沸后将鱼放入微火煨透捞出。旺火收汁,倒在鱼上撒姜米。

特色:酱汁甜香,香肉鲜嫩,呈酱红色。

酱汁魚

用料:淨活鯉魚一尾

制做:將魚兩面剖一字刀,置開水中燙一片刻。勺內入白油,加甜面醬、白糖。略炒加水燒沸後將魚放入微火煨透撈出。旺火收汁,倒在魚上撒姜米。

特色:醬汁甜香,香肉鮮嫩,呈醬紅色。

CARP IN BROWN SAUCE

STUFFS: one of living carp (net)

MAKING PROGRAM: 1. cut the carp in line at two side.

2. put the carp into boiling water for a moment.

3. stir fry sweet brown sauce, sugar with cooked lard, adding a few of water to boil.

4. put the boiled carp in and simmer thoroughly.

5. place the cooked carp on a plate.

6. reboil the soup on strong fire to concentrate.

7. pour the sauce on the cooked carp, sprinkling some minced ginger.

SPECIALTY: sauce is sweet, meat is fresh and tender flavour, colour in deep red colour

爆鱼肝丁

用料:草鱼肉 150 克,鸭肝 100 克。

制做:鱼肉、鸭肝切丁、鱼肉置碗内加蛋清、淀粉喂好,用油滑透;鸭肝用水氽透。二丁放入勺内勾芡炒熟。

特色:口味鲜嫩,红白悦目。

FRIED DICED FISH LIVER

STUFFS: grass meat 150g, duck liver 100g.

MAKING PROGRAM: 1. cut the fish meat and duck liver into dices.
2. put the fish meat in a bowl and feed with egg-white, starch.
3. stir fry them in oil pan evenly.
4. quick-boil the duck liver in boiling-water.

5. stir-fry the two dices thoroughly.

SPCEIALTY: delicious and good looking.

爆魚肝丁

用料:草魚肉 150 克,鴨肝 100 克。

制做:魚肉、鴨肝切丁、魚肉置碗內加蛋清、澱粉喂好,用油滑透;鴨肝用水氽透。二丁放入勺內勾芡炒熟。

特色:口味鮮嫩,紅白悅目。



GRILLED PRAWNS IN SAUCE

STUFFS: prawn meat 300g.

MAKING PROGRAM: 1. feed the prawn meat with gourmet powder, cooking-wine, salt and wait for a moment.

2. wrap the meat with starch and fry into pale yellow.

3. stir-fry shredded scallion and ginger with a few of oil, then put the prawn meat in.

4. pour some clear soup in.

SPCEIALTY: in beautiful colour, fresh and fragrant.



炸烹鮮蝦

用料:蝦肉 300 克

制做:蝦肉加味精、料酒、鹽喂制,裹淀粉上鍋炸至微黃色。蔥姜絲入油勺,出味放入蝦肉,烹清汁。

特色:色澤艷麗,口味鮮香。

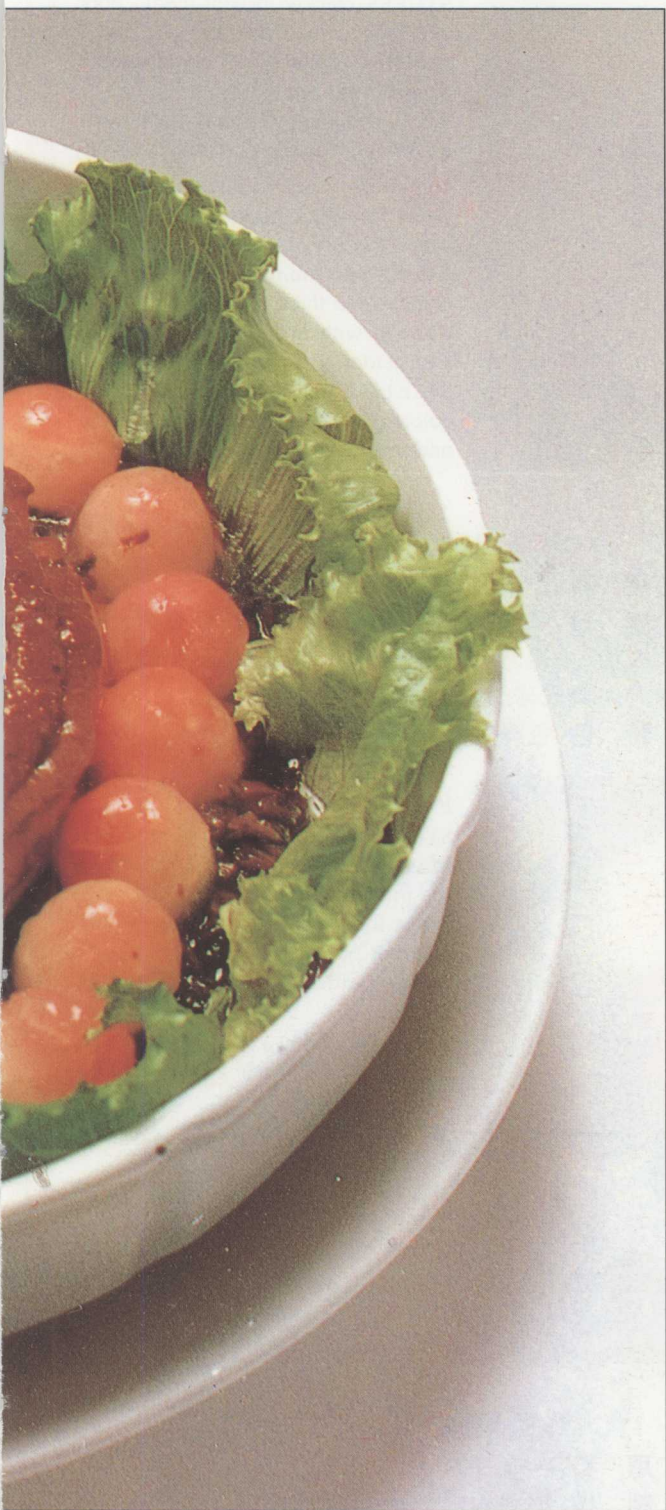
炸烹鮮蝦

用料:蝦肉 300 克

制做:蝦肉加味精、料酒、鹽喂制,裹澱粉上鍋炸至微黃色。蔥姜絲入油勺,出味放入蝦肉,烹清汁。

特色:色澤艷麗,口味鮮香。





寒瓜一品肉

用 料: 焖肉 500 克

制 做: 将肉片成旋转形, 放入碗内。加白糖、酱油、料酒、葱、姜上屉蒸烂, 四周匀置熟西瓜球、生菜叶。

特 色: 色泽红亮, 肉质软烂、肥而不腻。

寒瓜一品肉

用 料: 焖肉 500 克

制 做: 将肉片成旋转形, 放入碗内。加白糖、酱油、料酒、葱、姜上屉蒸烂, 四周匀置熟西瓜球、生菜叶。

特 色: 色泽红亮, 肉质软烂、肥而不腻。

MEAT WITH WATER MELON

STUFFS: braised meat 500g

MAKING PROGRAM: 1. cut the meat in snail shape.

2. put the meat in a bowl with sugar, soy sauce, cooking-wine, scallion, ginger to steam into mashed.

3. place cooked water melon balls and lettuce around the meat.

SPCEIALTY: in bright red colour, meat soft, fat and no greasy.



CHICKEN BALLS WITH PORK SKIN JELLY

STUFFS: chicken breast meat, pork skin jelly, bread crumbs.

MAKING PROGRAM: 1. mince the breast meat into mud.

2. mix the minced meat with salt, gourmet powder, cooking-wine, egg-white, cooked lard and few of water into thick paste.

3. cut the pork skin jelly into dices and put into the thick paste.

4. make the thick paste into balls.

5. dress with bread crumbs and fry into golden yellow.

SPCEIALTY: in golden yellow, colour, outside crisp, inside fresh and fragrant.

灌汤鸡球

用料: 鸡脯肉, 皮汤冻, 面包渣。

制做: 鸡脯肉剁细泥, 加盐、味精、料酒、蛋清、白油、少量水搅成稠糊状; 将皮汤冻切丁放入鸡泥内挤成球状, 裹面包渣, 炸至金黄色。

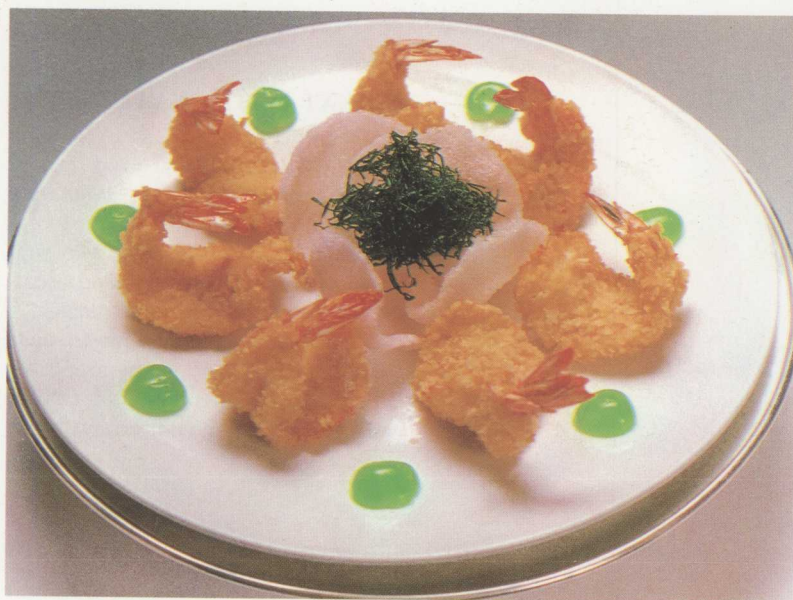
特色: 色泽金黄, 外酥嫩, 汤鲜香。

灌湯鷄球

用料: 鷄脯肉, 皮湯凍, 面包渣。

制做: 鷄脯肉剁細泥, 加鹽、味精、料酒、蛋清、白油、少量水攪成稠糊狀; 將皮湯凍切丁放入鷄泥內擠成球狀, 裹面包渣, 炸至金黃色。

特色: 色澤金黃, 外酥嫩, 湯鮮香。



FRIED PRAWN

STUFFS: net prawn 10 pieces.

MAKING PROGRAM: 1. cut open the prawn along the back.

2. mix the prawn with cooking-wine, gourmet powder, salt.

3. dress with flour, then dip in egg, paste.

4. fry into golden yellow.

SPCEIALTY: fresh and tender, crisp and fragrant.

炸凤尾虾

用料: 净虾肉十只

制做: 虾肉顺脊背剖开, 剖十字刀, 加料酒、味精、盐, 沾面粉, 裹蛋汁, 炸至金黄色。

特色: 虾肉鲜嫩, 口味酥香。

炸鳳尾蝦

用料: 净蝦肉十只

制做: 蝦肉順脊背剖開, 剖十字刀, 加料酒、味精、鹽, 沾面粉, 裹蛋汁, 炸至金黃色。

特色: 蝦肉鮮嫩, 口味酥香。

蒜仔鱔段

用 料:白鱔、蒜瓣

制 做:鱔魚切 1 寸長段;蒜籽炸至金黃色;勺內放油燒熱將魚略余撈出;炒糖色,烹料酒,加適量清水、料酒、味精、鹽、白糖,微火燻熟,旺火收汁。

特 色:色澤紅亮,魚肉鮮嫩。

蒜仔鱔段

用 料:白鱔、蒜瓣

制 做:鱔魚切 1 寸長段;蒜籽炸至金黃色;勺內放油燒熱將魚略余撈出;炒糖色,烹料酒,加適量清水、料酒、味精、鹽、白糖,微火燻熟,旺火收汁。

特 色:色澤紅亮,魚肉鮮嫩。

EEL SEGMENTS WITH GARLIC CLOVE

STUFFS:eel, garlic clove.

MAKING PROGRAM:1. cut the eel into segments at 1cm length.

2. fry the garlic clove into golden yellow colour.

3. quick fry the eel segments in hot oil.

4. stir fry sugar into deep colour, cooking with cooking-wine, then put in water, cooking-wine, gourmet powder, salt, sugar, to steam till well-done.

5. concentrate the soup on strong fire.

SPCEIALTY: in bright red colour, fresh and tender flavour.





BIRD'S NEST AND CROUTON IN CLEAR SOUP

STUFFS: risen bird's nest 200g, crouton.

MAKING PROGRAM: 1. put the birds nest in a bowl.

2. boil clear soup with cooking-wine, gourmet powder, salt and crouton, then remove off the floaters.

3. pour the soup into the bowl.

SPCEIALTY: in beautiful colours, in delicate flavour.

清汤云片燕菜

用料: 水发燕菜 200 克

制做: 将胀好的燕菜置碗内、勺内放清汤, 加料酒、味精、盐、沸后去沫, 倒入碗内。

特色: 燕菜洁白, 汤色微黄, 清澈见底, 味美醇厚。

清湯雲片燕菜

用料: 水發燕菜 200 克

制做: 將脹好的燕菜置碗內、勺內放清湯, 加料酒、味精、鹽、沸後去沫, 倒入碗內。

特色: 燕菜潔白, 湯色微黃, 清澈見底, 味美醇厚。

CAMEL PAWS WITH THREE BALLS

STUFFS: cooked camel paws 500g, white gourd balls, carrot balls, lettuce balls.

MAKING PROGRAM: 1. cut the camel paws into segments with 1.2cm width, 3cm length.

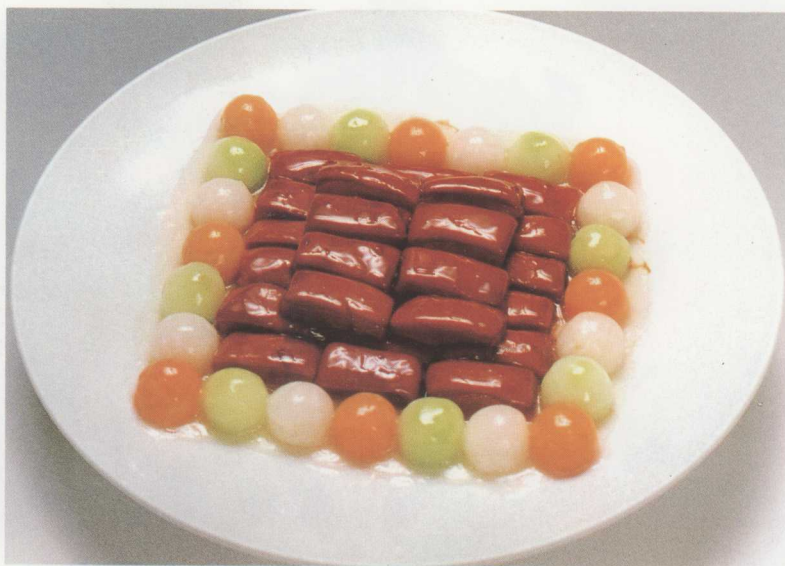
2. stir fry sugar into deep colour, then put cooking-wine, clear soup, soy sauce, gourmet powder, salt, sugar, minced scallion and ginger.

3. put the camel paws in and simmer thoroughly.

4. place the cooked paws in a plate.

5. place cooked three balls around the paws.

SPCEIALTY: in beautiful colour, delicious, fat and no greasy.



三元駝掌

用料: 熟駝掌 500 克, 冬瓜球、胡蘿卜球、莴笋球。

制做: 駝掌切 4 分寬, 1 寸長段, 勺內放底油, 炒糖色, 烹料酒、清湯、醬油、味精、鹽、白糖、蔥姜米, 將駝掌放入, 微火 透, 取出置盤中, 四周碼放熟的蔬菜三球。

特色: 駝掌棗紅, 三球色彩鮮顏, 口味芳香, 肥

三元駝掌

用料: 熟駝掌 500 克, 冬瓜球、胡蘿卜球、莴笋球。

制做: 駝掌切 4 分寬, 1 寸長段, 勺內放底油, 炒糖色, 烹料酒、清湯、醬油、味精、鹽、白糖、蔥姜米, 將駝掌放入, 微火 透, 取出置盤中, 四周碼放熟的蔬菜三球。

特色: 駝掌棗紅, 三球色彩鮮顏, 口味芳香, 肥



酥炸蟹柳全蝎

用料:蟹柳 10 个,蝎子

制做:发面糊加油调成酥糊,蝎子用酱油、料酒、味精腌制片刻,蟹柳裹酥糊炸至金黄色,蝎子炸熟。

特色:色泽金黄,外酥里嫩。

酥炸蟹柳全蝎

用料:蟹柳 10 个,蝎子

制做:发面糊加油调成酥糊,蝎子用酱油、料酒、味精腌制片刻,蟹柳裹酥糊炸至金黄色,蝎子炸熟。

特色:色泽金黄,外酥里嫩。

CRISP FRIED CRAB FILLET AND SCORPION

STUFFS: crab fillet 10 pieces, scorpion

MAKING PROGRAM: 1. mix leavened paste and oil.

2. pickle scorpion in soy sauce, cooking-wine, gourmet powder.

3. wrap the crab fillet with the paste and fry into golden yellow.

4. fry scorpion.

SPECIALTY: in golden yellow colour, crisp and tender.



蟹肉狮子头

用料:净蟹肉 200 克,瘦猪肉馅 150 克。

制做:将蟹肉、猪肉加料酒、味精、盐、鸡蛋、香油、葱姜米调馅,挤成同样大小的丸子,挂蛋糊,在热油中炸至金黄色,置汤盆内,加入清汤、清汤、料酒、味精、盐、上锅蒸熟。

特色:入口酥散,味道鲜香。

蟹肉獅子頭

用料:净蟹肉 200 克,瘦猪肉馅 150 克。

制做:将蟹肉、猪肉加料酒、味精、盐、鸡蛋、香油、葱姜米调馅,挤成同样大小的丸子,挂蛋糊,在热油中炸至金黄色,置汤盆内,加入清汤、清汤、料酒、味精、盐、上锅蒸熟。

特色:入口酥散,味道鲜香。

LARGE MEAT BALLS WITH CRAB MEAT

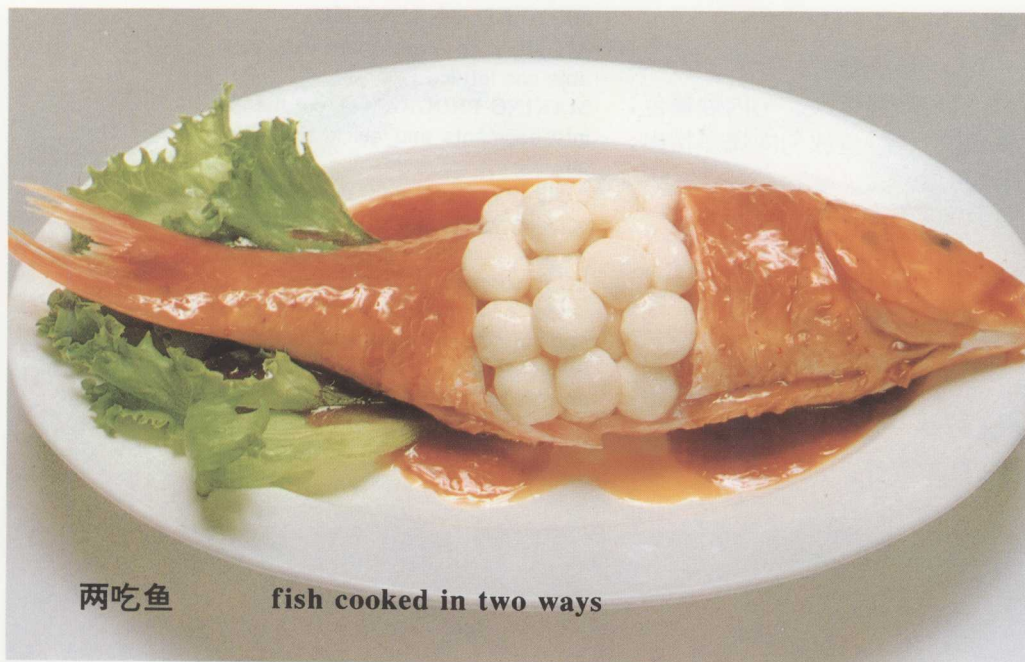
STUFFS: net crab meat 200g, lean meat filling 150g.

MAKING PROGRAM: 1. mix the crab meat, minced meat with cooking-wine, gourmet powder, salt, egg, sesame oil, minced scallion and ginger.

2. make the mixed meat into large sized meat balls, then dip in egg paste.

3. fry the meat balls into golden yellow colour.

4. put the fried balls in a bowl, with clear soup, cooking-wine, gourmet powder, salt to steam till well-done.



两吃鱼

fish cooked in two ways

软炸鸡

用料: 鸡脯肉 200 克

制做: 鸡内切片, 放入料酒, 味精、盐、喂制再加鸡蛋、淀粉、面粉裹匀, 炸至金黄色。

特色: 外酥里嫩, 鲜咸适口。

軟炸雞

用料: 雞脯肉 200 克

制做: 雞內切片, 放入料酒, 味精、鹽、喂制再加雞蛋、澱粉、面粉裹勻, 炸至金黃色。

特色: 外酥里嫩, 鮮咸適口。



SOFT FRIED CHICKEN

STUFFS: chicken breast meat 200g.

MAKING PROGRAM: 1. cut the meat into slices.

2. feed the slices with cooking-wine, gourmet powder and salt.

3. dip the feeded slices in the paste mixed with egg, starch and flour evenly, then fry into golden yellow colour.

SPCEIALTY: outside crisp and inside tender, in fresh and salty flavour.

干煸白鳝

用料:净白鳝一条,生菜适量。

制做:白鳝切寸段,用热油略余。勺内炒糖色,烹料酒,加适量水、味精、盐,鱼放勺内煸熟捞出,置盘内。生菜围其四周。

特色:色泽红亮,口味芳香。

干煸白鳝

用料:净白鳝一条,生菜适量。

制做:白鳝切寸段,用热油略余。勺内炒糖色,烹料酒,加适量水、味精、盐,鱼放勺内煸熟捞出,置盘内。生菜围其四周。

特色:色泽红亮,口味芳香。

STEWED GLASS EEL

STUFFS: one of net glass eel, suitable cos lettuce

MAKING PROGRAM: 1. cut the eel into segments and quick fry in hot oil.

2. stir fry sugar into deep colour, cooking with cooking-wine, then put water, gourmet powder, salt and eel to simmer.

3. place the cooked eel on a plate and put cos lettuce around the eel.

SPCEIALTY: in bright red colour and fragrant flavour.

