



跟我学做 五星大厨

[澳] 海蒂 (Heidi) 著 陆韵菲 译

20家星级餐厅

《洋厨房》主持人海蒂逐一走访
探秘后厨烹饪诀窍

21位世界名厨

网罗全球五大洲美食
东西方风味一站集齐

28道精致菜谱

头盘、主食、配菜、甜点一应俱全
轻轻松松做大餐

《洋厨房》
主持人海蒂
倾情打造



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Heidi Dugan

小档案

用富有创造力和活力来形容Heidi还远远不够。她的成就来自于她决定有一番作为。作为一个居住在中国的澳大利亚人，她一直是广受欢迎的电视节目《You Are The Chef》的宠儿，同时也是经过认证的健康教练，是跨国企业的咨询师和培训师，负责培训如何进行商务谈判、目标设定、交流与沟通等，帮助中西方高层管理人员更好地了解全球环境和外来工作文化。

Heidi拥有600多万粉丝，被评为“最佳外语电视主持人”和“上海外语频道最受欢迎的主持人”。她曾接受《时尚芭莎》《上海电视》杂志和《上海日报》的采访，也是很多电视节目如《超级家庭》《疯狂的冰箱》《世界爸妈说》的嘉宾。

Heidi旗下的品牌有“Heidi中洋生活”和“Heidi跟我学”。在2016年，Heidi以合伙人的身份加入了料理妈妈。料理妈妈是一家多媒体市场营销公司，致力于帮助和引导母亲和孩子们过上更健康、更快乐的生活。

1996年以来，Heidi一直居住在中国，她嫁给了一位中国功夫和太极大师——张懿，有两个孩子。

Creativity and a dynamic personality don't do justice to Heidi. She's as accomplished as she is determined to make a difference. An Australian living in China, she has been a media darling with the long running popular TV program *You Are The Chef*, a certified wellness coach, a consultant and trainer to multinational companies on negotiation, goal setting, communication and helping both Western and Chinese senior level managers better understand the global environment and foreign work culture.

Heidi has a fan base of over 6 million viewers and has been awarded Best Foreign TV Host and No. 1 Favorite Host on ICS (International Channel Shanghai). She has been interviewed by magazines such as *Harper's Bazaar*, *Shanghai TV weekly*, *Shanghai Daily* and guest to numerous TV shows such as *Super Family*, *Crazy Fridge* and *Shijie Ba Ma Shuo*.

Under Heidi's brands are "Heidi中洋生活" and "Heidi跟我学". In 2016 Heidi joined the Chef Mama team as a co-owner. It is a multimedia marketing company focused on helping and coaching mothers and children on how to lead healthier, happier lives.

Heidi has lived in China since 1996, is married to a Chinese Kung Fu and Tai Chi Master Zhang Yi, and has two children.

You can connect with me anytime.



Heidi 跟我学



Heidi 中洋生活

INTRODUCTION

自序

过去17年里,我一直参与《You Are the Chef》的节目拍摄,许多了不起的厨师教会了我烹饪美味佳肴的意义以及如何成为一名出色的厨师。

这本书记录了我在8天的旅程中,采访了20多名厨师并和他们一起烹饪的过程。我了解到,虽然每个厨师都有自己的风格,但是有一些基本的素质和技能,使他们成为和我一起合作过的最棒的厨师。我很高兴能带你一起踏上这个旅程,这样我们可以共同学习如何成为出色的家庭厨师。

烧好菜并不难,难的是如何成为一名好厨师。本书中的食谱并不意味着是简单的菜肴,需要使用各种各样的技术,并需要你的专注才能做好。但是,你会惊讶地发现,通过这个过程你将学到很多东西。为了更好地帮助你,我创建了一个微信公众号“Heidi跟我学”。我拍摄了厨师们如何制作菜肴等的视频和照片,展示了一些小贴士和技巧,涵盖了切工、烹饪以及装盘各方面的技能。你可以登录微信,关注我们,并继续向城市中最好的厨师学习。

在本书的一些页面中,你还将看到鸡尾酒和其他饮料的照片。虽然这本书里没有介绍制作饮料的食谱,但是在我的微信公众号“Heidi跟我学”上

I've been filming *You Are the Chef* for the last 17 years and have been taught by some amazing chefs what it means to cook a great meal, and what it takes to be a great chef.

This book was created over an 8-day journey where I interviewed and cooked with over 20 chefs. I learnt that though each chef has his own style, there are basic qualities and skills that make them some of the best chefs I've worked with. I'm excited to take you along on this journey so we can learn together what it takes for us to become great home chefs.

To cook a good dish is not difficult, to be a good chef is. The recipes in this book are not meant to be basic dishes; they use a variety of techniques and will require you to focus to be able to cook them well. But you will be amazed at how much you'll learn through the process. To help you I have created a Wechat account "Heidi跟我学". I have filmed the chefs making the dishes and many more. There are videos and photos which show the tips and tricks, techniques and skills, of everything from chopping to cooking and plating. You can log on, follow me and continue to learn from the best chefs in town.

Throughout the pages of this book you will also see images of cocktails and other beverages. Although the recipes are not in this book, I do have them on "Heidi跟我学" Wechat account, along with some of the best bartenders and mixologists in town.



Corelle Dinnerware
康宁餐具

有这些食谱，还有一些城市中最好的酒吧调酒师的介绍。

一定要在家里尝试制作饮料和菜肴，然后到餐厅去品尝大厨们的厨艺。这是一个比较你烹饪的菜肴和大厨们菜肴的很好的方式，如果你有问题可以问厨师，他们会很乐意指导你。

过去的8天正好提醒了我，我们应该向厨师们致敬。本书中的所有厨师们——每天用心烹饪的，长时间工作到深夜的，周末和节假日也在工作的，无论我们上班还是休息，他们都兢兢业业地在工作，却很少得到感谢的所有厨师们——我想感谢你与我们分享如何成为一名优秀厨师的核心本质。我向你们每一位举杯致敬，我从内心感谢你们带给我们美好的体验。

感谢你们。

还有正在读此书的你们，记得下次外出就餐有很好体验的时候，别忘了向厨师们致敬。

Definitely give the drinks and dishes a try at home, after you have, head down to the restaurant to taste them. It's a great way to compare your dish with the chefs, and if you have questions, ask the chef, they'll be happy to guide you.

These past 8 days were a wonderful reminder to me how much we have to be grateful to chefs. So to all the chefs in this book who pour their heart into their work everyday, who work long hours into the night, who work on weekends and festive holidays, who work when we work and when we rest, who work and very rarely get thanked. I want to thank you for sharing with us the core essence of what it means to be a great chef. I raise my glass to each and every one of you, and thank you from my heart for all of the wonderful experiences you have given us.

Thank you.

And for you my friends reading this book, remember next time you dine out and have a good experience, be sure to ask for the chefs and thank them in person.

Heidi
XXX



今天就加入
“Heidi 跟我学”
大家庭吧！





DEDICATION

题献



首先, 我要感谢所有参与此书编写的厨师们。
谢谢你们愿意花时间分享你们这么多年以来积累的经验。

感谢我的家人张懿、张朔燕和张瀚文一如既往地支持我、相信我!

感谢我亲爱的朋友 Shannon, 特地从澳大利亚飞来设计、拍摄菜肴,
也谢谢她花了大量的时间通过电话来引导我成书的感觉和书的布局。

这本书的出版是我们共同努力的成果。

Firstly, I want to thank all of the chefs who took part in this book.
Thank you for spending the time and sharing what has taken you years to learn.

To my family Zhang Yi, Syana and Oden who support and believe in me.

To my dear friend Shannon who flew from Australia to style and photograph the dishes,
and for the hours spent on the phone guiding me on the feel and layout of the book.

This book is a combination of all of our efforts.



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TOOLS

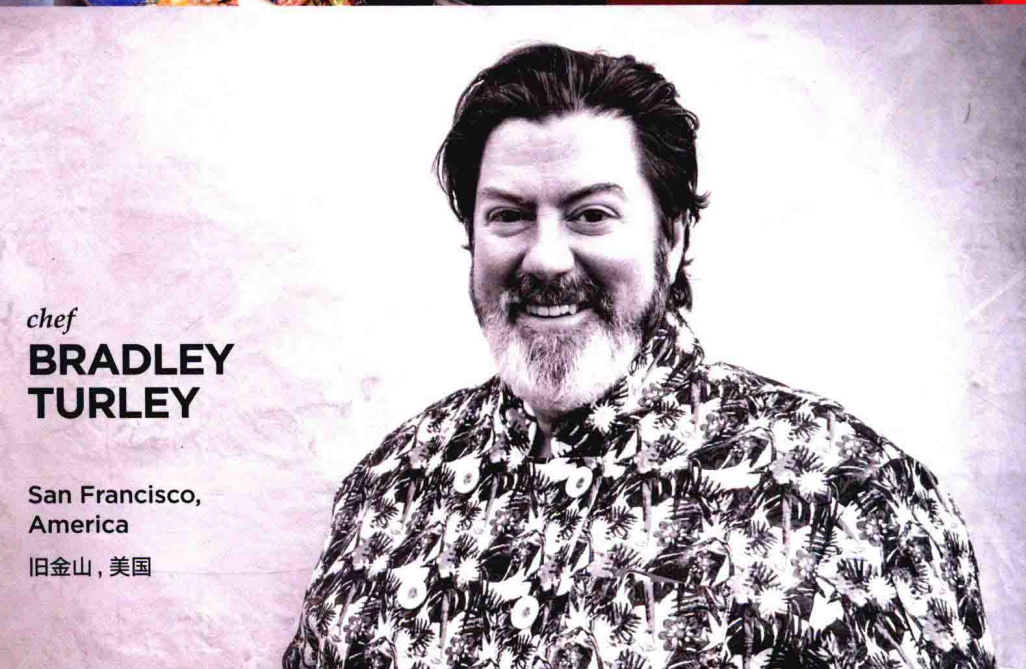
工具

BRADLEY
TURLEY

STEVEN
ER

一位好厨师有他自己的一套工具，无论是刀、平底锅，还是厨房电器，他都会很爱惜。没有好的工具，在厨房里干活会变得困难。

如果你刚刚开始学习烹饪，我建议你给自己买一套好一点的刀具。它们不一定是市场上最好的，但它们应该是锋利的。至于其他工具，去找一些你能够负担得起的东西。你一开始最好不要买很多东西，但是你买的东西，一定要质量好，避免发生意外。作为初学者，我建议你的工具包里应配备一套刀具，一套大小不同的锅，一台强力料理机和一台厨师机。一旦有了这些工具，烹饪将会变得更加容易，基本上可以做任何你想做的料理。



restaurant

Hai by Goga

Contemporary Asian inspired
Californian cuisine

当代亚洲风味的加利福尼亚式佳肴



