



现代人食谱

Dumplings made easy

包饺子

梁琼白 著



 中国轻工业出版社

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如何包出好吃的饺子

HOW TO MAKE DELICIOUS DUMPLINGS

一、外皮

饺子外皮的成分是面粉，一般以中筋面粉为主，加入适量的水，然后揉搓成团，放置10~15分钟左右，使面团松弛，便可以分切小块，擀成饺子皮，包入各式馅料即为饺子。但是，其他的粉类，如淀粉、糯米粉、澄粉等，在擀成圆薄片后，包拢成月牙状的外观，也可以称之为饺，如广东的鲜虾饺、咸水饺，客家的水晶饺等都是属于饺的范围。

面粉与水的比例，正常的柔软度是二比一，即水是面粉的一半，例如用2杯面粉时，水是1杯，若是烫面，则所用的水当中，开水和冷水各占一半，即2杯面粉用半杯开水、半杯冷水，依此类推。

二、外皮的种类

1. 冷水面：面粉加入适量的冷水揉匀成团，再分小块擀成的饺子皮，称之为冷水面。它的口感柔软，适用于水饺和汤饺，但是由于外皮的韧度较差，因此放置较长时间后的饺子，会因外皮吸水而破烂、露馅。
2. 烫面：将面粉先冲入适量的开水(占用水量的一半)，慢慢淋入另一半冷水揉成面团后，再分小块擀成的饺子皮，称之为烫面。口感较富弹性，适用于蒸饺和煎饺，因为它外皮所具有的韧度，可以兜住馅料中的汤汁，不易被外皮吸收，因此可以维持较完整的外观。

三、馅料的调配

可以用于包饺子的馅料五花八门，举凡鸡鸭鱼肉、海鲜、蔬菜，甚至蛋、豆腐都在其中。关于肉类的处理，除应先去皮剔骨之外，还应先将肉绞细，质地太瘦的牛、羊、鸡肉应拌入少许肥肉馅一同剁匀，才不至于干涩。此外，一边搅拌，一边拌入以葱、姜拍碎后浸泡出来的汤汁，一则去腥，再则增加口感的滑嫩度，这个步骤称为“打水”。当肉馅在搅拌过程中慢慢吸收汤汁时，一定要沿同一方向搅拌，才能使肉与汤汁完全混合。天气热的时候最好放入冰箱冰镇1小时左右，使汤汁含在肉馅中，不但好包，煮好的饺子也滑嫩多汁。调肉馅绝不可添加淀粉的成分，否则汤汁被封住就干涩如柴了，海鲜鱼肉添加蛋白则更滑嫩。

四、饺子的保存

1. 生饺子：先整齐地将饺子排列在撒有薄粉的长盘内，移入冷冻室冷冻1小时，待其外皮干硬时，以适当数量(每次所需个数)装在塑料袋内冷冻。
2. 熟饺子：已煮熟而未吃完的饺子，先拌入少许色拉油，避免粘在一起，然后装袋放冷藏室，短时间内尽快吃完，以保其新鲜度。

葱姜水的制作

HOW TO MAKE SCALLION AND GINGER WATER



葱、姜拍碎。
Mince scallions and crush ginger.



加水没过葱、姜，并用手挤出汤汁。
Add enough water to cover scallions and ginger, squeeze scallions and ginger with fingers until essential oils are released into water.



浸泡20分钟后，捞出葱、姜，留下汁液。
Soak for 20 minutes, discard scallions and ginger and retain the liquid.

1.Skin/Wrapper

The skin of dumplings is made from flour. Most use all-purpose flour with water in the right proportion and rolled into dough. The dough is rested for 10–15 minutes, then divided into little balls and rolled in circular wrappers for the dumplings. Stuffing is placed in the center and then wrapped up. However, other types of flour, such as cornstarch, sticky rice flour or wheat starch, may also be used. Anything, after rolling out in circles and wrapped into a half-moon, could be thought of as a dumpling. Cantonese shrimp dumplings, salty dumplings and Hakka crystal dumplings all belong in this category. The proper ratio of flour to water is 2 : 1. The amount of water should equal one-half the amount of flour; thus, two cups flour requires one cup water. A hot water dough should be made with half hot water and half cold water. For a hot water dough, two cups of flour require a half cup of cold water and a half cup of hot water.

2.Types of Wrappers

(1) Cold water dough. Add the proper amount of water to the flour. Knead into a dough. Divide into little balls and roll into circles. This creates a soft wrapper perfect for boiled dumplings and dumplings served in soup. Conversely, this skin is not very strong, absorbs water quickly and falls apart easily if left to sit for a while.

(2) Hot water dough. First, add the boiling water to flour, and then add the cold water. Knead into a dough. Divide into little balls and roll into circles. This is a chewier wrapper suitable for steaming and frying. This wrapper will not absorb water as easily since it is tougher.

3.Mixing Stuffing

Chicken, fish, duck, seafood, pork, even eggs or tofu all make wonderful stuffing. Meats should be handled by removing the skin and bones and then grinding. Beef, lamb and chicken are too dry for stuffing, so add a little fatty pork. As the stuffing is being stirred, add the scallion and ginger water. Scallion and ginger water not only removes unpleasant odors, it also makes the stuffing more tender. The meat should always be stirred in the same direction to ensure that the meat and the liquids are mixed completely. If the weather is hot, chill the stuffing to help the meat absorb the liquid, which will make them easier to wrap and cook up juicy and tender. Do not add cornstarch to the stuffing, or it will be too dry. For seafood, add a little egg white to make the dough smoother.

4.Storing Dumplings

(1) Uncooked Dumplings

Sprinkle some flour on the wrappers and arrange on a plate. Freeze in freezer for one hour. When the skin is dry and hard, remove and place in a plastic bag, then freeze.

(2) Cooked Dumplings

Stir in a little oil to prevent sticking and store in bags in the freezer. Eat as soon as possible to preserve freshness.

工具图

UTENSILS AND EQUIPMENT



擀面棍
Rolling Pin



切面刀
Dough Knife



和面盆(不锈钢材质)
Large Stainless Steel Basin

注:

1. 自己擀的饺子皮光滑柔软有弹性, 大小适中。
2. 买现成的饺子皮比较方便, 但外皮因为加入太多干粉以防止粘连, 因此比较不容易包, 一定要在封口上沾少许冷水润滑后, 再捏合。

Remarks:

1. Home-made dumpling wrappers are smooth, soft and more or less the same size.
2. It is more convenient to purchase fresh dumpling wrappers in the market, but they flour them to prevent sticking. Consequently, they will not seal well. Use a little cold water around the edges when sealing.

五、怎样煮饺子

1. 现包的新鲜饺子：水要多，锅要大，水是饺子的五倍量，水烧开后放入所需分量的饺子，煮至饺子浮起时，加入一碗冷水，让它再度煮开，然后加第二次冷水，再煮开，这项步骤称之为“点水”，一般点第二次水烧开后，即可捞出。
2. 冷冻饺子：刚从冷冻室取出的饺子十分坚硬，有时间的话可以稍放片刻让它解冻，但不能完全化尽，不然饺子皮湿黏就更不好下锅了。水温时就可将冷冻饺子直接放入，利用温水的润化使饺子皮慢慢回软，直

到水开并浮起时再按前例点水即可。

煮饺子的过程中，为了避免外皮开始熟软的饺子粘在一起，一定要用勺子多搅拌。若是饺子一时吃不完，回锅加热的方法是：水烧开，倒入饺子，小火加热，约5分钟后捞出即可，或是用平底锅，加少许油，摊平煎黄改成煎饺，这也是吃回锅饺子的方法。

食用饺子的蘸料：以三合油为主，即酱油、醋、麻油，以2:2:1调成，习惯吃辣者可按个人口味添加辣椒酱或辣油，也有人习惯与去皮蒜瓣搭配食用。

水饺皮的制作

HOW TO MAKE
DUMPLING WRAPPERS



1. 中筋面粉放在和面盆内，加少许盐。
Put all purpose flour in mixing bowl, add salt as needed.



2. 慢慢淋入冷水并用筷子先拌匀。
Drizzle in cold water slowly, stir with chopsticks.



3. 用手揉成面团，放置一旁。
Knead with hands to make soft dough set aside.



4. 盖上湿布20分钟。
Cover with damp cheese cloth, let sit for 20 minutes.



5. 将面团按扁，由中间按出凹陷。
Roll dough flat, press out a depression in the center.



6. 双手抓住凹陷揉搓，使洞口扩大。
Holding edges of dough with hands, knead out edges of dough to extend the depression in the center.



7. 拉直成长条，再次揉匀。
Gradually pull and knead dough into a long thick rope, roll to make it even.



8. 用拇指和食指握住面团一端分小块。
Holding one end of dough with thumb and pointer finger, divide dough into small balls.



9. 分成小块的面团先按扁。
Press balls flat.



10. 用擀面棍将面擀薄。
Roll out with a rolling pin.



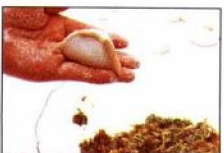
11. 擀成饺子皮圆片。
Roll into a round thin circle, place a spoonful of stuffing in center.



12. 包入馅料少许，先对折捏拢。
Wrap stuffing up, fold over, press edges together.



13. 左右封口用手掐紧包密。
Seal by pressing ends tightly together.



14. 包成饺子。
Make the dumplings.



15. 每个饺子的外观及大小一致。
Try to make each dumpling the same size and shape.



16. 排列在长盘内准备下锅或冷藏。
Arrange on long plate, ready to cook or store in refrigerator.

5 How to Cook Dumplings

(1) Fresh dumplings should be cooked immediately. Use a very large pot with lots of water. There should be at least five times as much water as dumplings. Bring water to boil and place dumplings in the water. Wait until they float to the surface, and then add a bowl of cold water. Bring to boil again, and then add another bowl of cold water. When they come to a boil a third time, they will be done. Remove immediately.

(2) Frozen dumplings. When first removed, let them sit and defrost a little, but be sure not to let them defrost completely, or they will become soggy and sticky.

Alternatively, add when the water is warm but has not yet boiled. When the water boils, treat as with fresh dumplings.

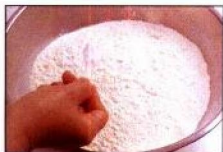
When cooking, be sure to stir the dumplings to prevent them from sticking to each other. Leftover dumplings can be cooked by boiling water, putting the dumplings, and cooking on for five minutes. They may also be fried until brown in a frying pan with a little oil. This is the best way to cook leftover dumplings.

DIPPING SAUCE FOR DUMPLING:

The three main seasonings for dipping sauce are soy sauce, vinegar and sesame oil. Prepare in a 2:2:1 ratio, add hot chili paste, chili oil or peeled garlic cloves if desired.

烫面皮的制作

HOW TO MAKE
HOT WATER
DOUGH WRAPPERS



1. 中筋面粉放盆内，并加少许盐。
Put all-purpose flour in mixing bowl, add salt as needed.



2. 先淋入开水拌匀。
Drizzle in hot water slowly stir well.



3. 慢慢加入冷水，用水搅匀。
Add cold water slowly, stir well.



4. 揉成面团。
Knead into dough.



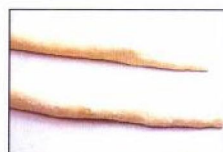
5. 揉光滑，饧20分钟。
Knead into smooth and soft dough.



6. 面团按扁，由中间按出凹洞。
Roll dough flat, press out depression in center.



7. 顺凹洞处将面团拉成条。
Holding edges with hands, knead by pulling into a thick long strip.



8. 分成两段，每段搓匀成长条。
Divide into 2 sections, roll each section into long strip.



9. 以食指和拇指将面团揪成小块。
Divide dough into balls with thumb and pointer finger.



10. 每块面团按扁。
Press each ball flat.



11. 用擀面棍擀成圆片饺子皮。
Roll each circle into thin round dumpling wrapper.



12. 包入馅料后捏口做成蒸饺。
Place stuffing in center, roll wrap up.



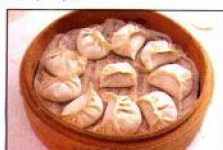
13. 擀成椭圆形皮即可做锅贴、煎饺。
Or roll dough into oval, stuff and roll up to make pot sticker or fried dumpling.



14. 包馅、捏口。
Wrap, stuff, fold over and seal.



15. 蒸笼内铺下垫底蒸布。
Line steamer with cheese cloth.



16. 蒸笼内排入饺子蒸熟即为蒸饺。
Arrange dumplings in steamer and steam until done.



1



2



3

水饺

WATER-BOILED
DUMPLINGS

黄鱼水饺

YELLOW CROAKER
DUMPLINGS

材料 INGREDIENTS

- (1) 冷水面团 1份(2杯面粉量)
 - (2) 黄鱼1条、熟笋1根、葱2根
- (1) Cold water dough (about 2C flour)
(2) 1 yellow croaker, 1 cooked bamboo shoot, 2 scallions



调味料 SEASONINGS

酒半大匙、蛋白半个、盐1茶匙、白胡椒粉少许、淀粉1茶匙、麻油2大匙

1/2T cooking wine, 1/2 egg white, 1t salt, white pepper as needed, 1t cornstarch, 2T sesame oil



作法 METHODS

1. 冷水面团分小块，擀成水饺皮。
2. 黄鱼去骨、取肉、切丁，熟笋切丁，葱切丁。先将鱼肉与所有调味料混合，再加入笋丁、葱花拌匀。
3. 每张水饺皮包入馅料少许，对折后用手左右捏紧成饺子状。
4. 水烧开后，放入饺子煮至浮起，反复点两次水即可捞出食用。

1. Divide dough into small balls, roll each ball into a circle.
2. Discard bones from fish, dice fish meat, bamboo shoot and scallions, combine fish with all seasonings well, then add bamboo shoot and scallions, mix well.
3. Place a little stuffing in the center of each dough circle, fold over to make semi-circle, press left and right edges together with hands to seal.
4. Bring water to boil, cook dumplings until floating on surface, add cold water twice, remove, drain and serve.

我的
叮咛

1. 剔下的鱼骨可用来熬高汤，可加点姜丝去腥，或加点酸菜丝调味。
 2. 食用油一般为植物油，为烹调常用材料，在随后的“材料”介绍中不再提及。
1. Fish bones can be used to make fish broth. Just add ginger to remove unpleasant odor or add pickled mustard to taste.
2. Oil is vegetable oil in this book.



1



2



3

鲜虾韭黄饺

SHRIMP WITH CHIVE DUMPLINGS



材料 INGREDIENTS

- (1) 冷水面团 1份(2杯面粉量)
 - (2) 虾仁300克、韭黄150克、五花肉馅150克
- (1) 1 portion of cold water dough (about 2C flour)
 (2) 2/3 lb. shelled shrimp, 1/3 lb. yellow chives, 1/3 lb. ground pork



调味料 SEASONINGS

酒1大匙、盐1茶匙、白胡椒粉少许、葱姜水2大匙、麻油2大匙

1T cooking wine, 1t salt, white pepper as needed, 2T scallion and ginger juice, 2T sesame oil



作法 METHODS

1. 面团分小块，擀成饺子皮。
 2. 虾仁洗净、拭干水分后切丁，韭黄洗净切丁，全部和肉馅混合，加入所有调味料调匀成馅料。
 3. 每张饺子皮包入馅料少许，对折，然后捏成饺子状。
 4. 水烧开放入饺子，煮至浮起，反复点两次冷水后，即可捞出食用。
1. Divide dough into small balls, roll each ball into a circle.
 2. Stuffing: Rinse shrimp, dry, dice, dice chives, mix well with ground pork, add all seasonings.
 3. Place a little stuffing in the center of each dough circle, fold over to make semi-circle, press edges together with hands to seal.
 4. Bring water to boil, cook dumplings in water until floating on surface, add cold water twice, remove, drain and serve.

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1. 虾仁最好自己剥比较新鲜，可选肉质较脆的对虾、草虾。
 2. 加肉馅可使馅料黏性较强，不易松散。如果不加肉馅，最好在虾仁内先拌半个蛋白，以增加黏性。
1. For the freshest shrimp, purchase in the shell. Any kind of crunchy shrimp is suitable for this dish.
 2. Ground pork adds stickiness to stuffing and helps hold it together. Add 1/2 egg white to shrimp if pork is not available.



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