

家常宴客套餐

MENUS FOR DINNER PARTY

中英對照 Chinese-English

黎惠娥著



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黎惠娥著

广东科技出版社

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家常宴客套餐
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豬潤——豬肝

鑊——鐵鍋

梳打——蘇打

獻汁——芡汁

煨——焦

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自序

當我年幼的時候，家父已開始經營食店的生意，因此我便可以時常走到廚房中東跑西望，目的是想看看有什麼好吃的東西，可以大飽口福；同時亦因為食的緣故，使我逐漸走入這個廚房中工作。數年的廚房工作，使我開始感到有點枯燥，於是我便開始嘗試利用空閒的時間，到一些烹飪中心教授烹飪，與此期間，亦開始參加一些公開的烹飪比賽。在這段頗長的日子中，我領悟到很多烹飪的竅門和樂趣，亦認識了很多朋友，更獲得前輩們的指導和寶貴意見，使我對烹飪產生更濃厚的興趣。

促使我構思這本書的概念，是來自我一班好的學生和朋友，她們時常說，在家做一道精美的菜式不難，但要做一套有水準的菜式來款待客人就不容易。有見及此，我便搜集多年來教學的食譜，經整理後

編排出多款不同種類的宴客套餐，希望能給予愛好烹飪的朋友一些實際的幫助。

這本書提供的套餐是足夠六個人的分量，並配合不同節令編寫出台時的菜式，內容並包括多款精美的甜品、烹調過程中難度較高的步驟照片及較難買到的材料介紹。菜譜編寫成處理及烹調兩種程序，只要在請客時預先做好處理的工夫，在進食前便可盡量減少在廚房裏逗留的時間，很快的做出幾味精美的小菜來招待客人，令朋友有賓至如歸之感。

《家常宴客套餐》是我初次的著作，在此謹希望各位讀者及前輩們不吝指正，並感謝所有參與出版這本書的工作人員及博益出版社。祝各位健康快樂！

黎惠娥

材料篇

蜜糖豆



蜜糖豆在美國和日本出產，在超級市場及大的街市有售。蜜糖豆形狀近似荷豆，但較荷豆飽滿，色澤清翠，味爽脆嫩滑，以沒有乾萎及無斑點的為佳。

Honey pea is produced both in the U.S. and Japan, available in supermarkets and sizable food stalls in Hong Kong. It resembles pea in shape except that it is more plump. It is fresh green in colour, crisp, smooth in texture and tastes young. Good choices are those without dessication, shrinkage or spots.

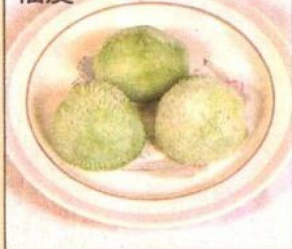
雞子/雞腰



雞腰在「生雞」近背部部位，每隻生雞只得兩粒，含有豐富荷爾蒙，最適合男女補身之用。

Chicken testicles are near the back of roosters. There are only two testicles per rooster; they are rich in hormones and hence tonic for both men and women.

柚皮



柚皮是一種季節性的食物，形狀橢圓，顏色青翠，並經由國內加工，除去苦澀味，每年的六至八月間，可在大的菜檔中買到。

Pomelo peel is a seasonal food which is oval-shaped, green in colour and pre-treated in China to have the bitter taste removed. It is available in large food stalls.

竹笙



竹笙是一種無味、瘦而爽口的菌類植物，多生長於桂州等地方，是寄生於大竹林中的植物。可在進食前一天用清水浸透，並要時常換水使潔白。

Bamboo-fungi is a tasteless, slender and tender-crisp fungi mostly grown in Guizhou and other places. It is a kind of fungi grown in bamboo forests. It should be soaked in water one day before serving. The water for soaking should be changed from time to time to keep clean.

起肉鴨掌



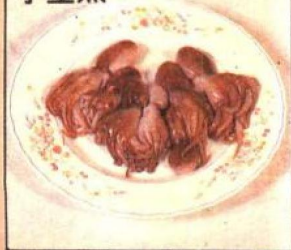
魚翅



大地魚



小墨魚



起肉鴨掌可在凍肉公司及雞鴨檔出售，價錢未算太貴，但要用梘水或梳打粉醃過，才不會韌。醃過的鴨掌用清水漂洗後略為出水，便可作炆、炒、蒸等多種用途。

Duck webs without bones are available in frozen food companies and poultry stalls at not too expensive prices. It has to be blanched in alkaline water or soda to avoid tasting tough in texture. After rinsing duck webs with water and blanching for a short time, the webs can be used for multi-purposes such as stewing, stir-frying and steaming.

散翅中以海虎的翅質最好，其次是骨翼、五羊、牙揀等。揀翅時要選質黃而翅頭細的，才會發到高品質的翅。

There are many kinds of shark's fin. Fine grade shark's fin is yellowish with small fin-tips.

左口魚曬乾後便成「大地魚」，多用作熬湯或煨煮之用，在本港及臺灣均有出產。將大地魚烘香後煎出的湯味道香濃，但注意勿烘得過燻，否則煎出來的湯會有苦澀味。

Great earth fish is dried plaice. It is available in Hong Kong and Taiwan. It is mainly used for soups or stewing. Soup made out of roast plaice is rich and fragrant, but over-roasting will give bitterly taste to the soup.

在日本的超級市場裏，可以購買到一些已烹調好的八爪魚仔，價錢頗貴，但現在可在凍肉公司裏買到由日本急凍來的小墨魚，只賣數拾元一斤。小墨魚出水時要煮至熟，否則很易標水及靚。

In Japanese supermarkets, there are seasoned young octopus on sale at fairly high prices. But now, frozen small octopus are available in frozen food companies for a few ten dollars a catty. The octopus has to be cooked by blanching.

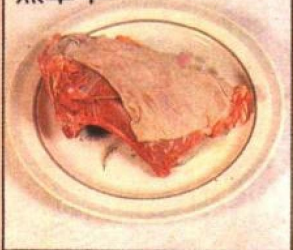
生蛇肉



炒蛇絲或蛇片是用生蛇肉做的，購買時要說明「生蛇肉」，肉質較韌，要加入少許食用梳打粉醃過，清淨後才可拌入其他配料同炒。

Stir-fried snake shreds or slices are made from raw snake meat. Should specify "raw snake meat" at the time of purchase. It is tough in texture, hence should be marinated with tenderizer. Snake meat can be stir-fried with other ingredients after having been thoroughly rinsed.

黑草羊



羊肉是一種滋補暖胃的食物，分為黑草羊和白草羊兩種。黑草羊的騷味較白草羊少。白草羊烹調時要用蘿蔔、馬蹄等材料除去騷味，但兩者的食療功效是相同的。

Mutton is a tonic and stomach-warming food in 2 categories: black mutton and white mutton. The former has less "raw" meat taste. White mutton has to be cooked with ingredients such as turnip and water chestnut to get rid of the "raw" taste. These two kinds of mutton have exactly the same tonic value.

金華火腿



金華火腿每隻以五六斤重及肉質鮮紅為上品，以浙江出產的品質較好。一般的清洗方法可用少許梳打勻和熱水擦洗火腿，再用清水洗淨，並放入熱水或上湯中浸熟，需時約個半小時。待凍後切成數份，放入雪櫃，可儲藏很久的時間。用火腿熬出來的水亦是上湯之一種，可隨意用作煮餸或燉湯之用。

Prime Yunnan ham is 5-6 catties of weight and reddish in colour. Fine quality ones mostly come from Zhejiang city. The common cleaning method is to mix soda water and hot water and rub it onto the ham; then rinse with water and soak in hot water or superior stock for about half an hour until done. When ham is cool, cut into several portions and refrigerate; it can then be kept for a long time. The water from cooking the ham is also a kind of superior stock suitable for cooking or making soup.



蛇的產地來源很多，以國內的品種較佳。蛇的食法很多，但以燉湯的食療補益最大。購買時要說明是用作燉湯的，俗稱「三蛇殼」。飯鏟頭、金腳帶、過樹格稱為三蛇，加入三索線、白花蛇便稱為五蛇。

Snake has numerous origins, the better ones come from China. Snake can be cooked in many ways, but double-boiling with soup gives the highest tonic value. Should specify "three snakes bones" meaning for making soup, at the time of purchase.

上湯 SUPERIOR STOCK

材料：

老雞1斤，上骨 $\frac{1}{2}$ 斤，瘦肉 $\frac{1}{2}$ 斤，金華火腿4兩，清水8杯

Ingredients:

1 $\frac{1}{2}$ lb chicken, $\frac{2}{3}$ lb pork bones, $\frac{2}{3}$ lb lean pork, $\frac{1}{2}$ lb Yunnan ham, 8 cups water

處理及烹調：

1. 老雞洗淨斬大件，與上骨、瘦肉同放入熱水中煮8分鐘，撈出洗淨。
 2. 清水煲滾，將所有材料放入（不須加蓋），轉用慢火。
 3. 將湯保持微滾，熬約4-5小時。
 4. 把清潔白布放入笊箕內，將湯濾過，瀝去湯面油即成上湯。
- 「上湯」是中菜的百搭，能令煮出來的菜式更味美。酒樓所做的上湯分為數類：「頂湯」是用來做燉翅、會燕窩等名貴菜式，做法是將上湯再加入雞、瘦肉、火腿再燉

成濃湯；「頭湯」即是「上湯」，是用來做湯羹、會翅、打獻的；「二湯」是用頭湯的渣滓加水再熬數小時，適合煮麵、燉湯之用。

- 家庭是很少熬上湯做湯羹或餸菜的，其實熬好的上湯只須保存得法，便可儲較長的時間。燉翅最好熬上湯來做，比用雞煲翅做出來更好味。
- 食譜內調味料所寫的上湯是不含鹽分的。市面出售的清湯多已加入調味，如用來代替上湯，要試味後酌量將菜譜內的鹽分減少，以免太鹹。



Preparation & Cooking:

1. Wash chicken and chop into big pieces. Cook chicken, bones and lean pork in hot boiling water for 8 minutes.
2. Boil water and put in all ingredients over low heat, uncovered.
3. Simmer soup for 4-5 hours, over low

temperature at which bubbles form slowly and collapse just below the surface.

4. Put a clean white cloth in a strainer. After the soup is filtered and its oily surface removed, it may be served as the superior stock or used to prepare other dishes.



湖泉青翠

碧綠海皇羹

GREEN SEAFOOD SOUP

蒜茸乾燒鴿

FRIED PIGEONS IN GARLIC SAUCE

冬茸白玉卷

WINTER MELON ROLL-UPS

煙肉蜜豆炒脆皖

STIR-FRIED BACON, HONEY PEAS AND

GRASS CARP

葡汁銀絲蝦

STEWED PRAWNS IN PORTUGUESE

SAUCE



碧綠海皇羹

GREEN SEAFOOD SOUP

材料：

莧菜或菠菜5兩，蝦仔肉3兩，帶子4兩，
蟹柳4條，冬筍2兩

醃料：

生粉2茶匙，古月粉、麻油各少許，

調味：

上湯4½杯，鹽1½茶匙，生抽1茶匙，糖½
茶匙，古月粉、麻油各少許，油1湯匙

生粉獻：

生粉3湯匙，清水½杯

Ingredients:

7 oz spinach, 4 oz shrimp meat,
⅓ lb scallops, 4 crab fillets,
3 oz bamboo shoots

Marinade:

2 tsp cornflour, dash of pepper,
dash of sesame oil

Seasoning:

4½ cups superior stock, 1½ tsp salt,
1 tsp light soy sauce, ½ tsp sugar,
dash of pepper, dash of sesame oil

Cornflour sauce:

3 tbsp cornflour, ¼ cup water

處理：

1. 菠菜洗淨，用滾水出水至軟，撈起過凍；用攪拌器磨成茸。
2. 冬筍切細片，洗淨。
3. 帶子、蝦仔洗淨，切成大粒。
4. 將每條蟹柳分切成兩份，撕成幼條。

烹調：

1. 將帶子、蝦仔、醃料同拌勻。
2. 上湯、調味、菠菜茸同煮熟，再放入冬筍、蝦仔、帶子、蟹柳。
3. 將生粉水拌勻，倒入上項材料中，埋成薄獻便可上碟。

■「碧綠海皇羹」是用菠菜汁煮成的湯羹，營養豐富，顏色翠綠，是一款充滿大自然色彩的湯羹。

Préparation:

1. Blanch spinach in boiling water until softened. Rinse with cold water. Grind in blender until minced.
2. Cut bamboo shoots into small pieces.
3. Cut scallops and shrimps into small cubes.

Cooking:

1. Marinate scallops and shrimps.
2. Bring superior stock, seasoning and minced spinach to boil. Add bamboo shoots, shrimps, scallops and crab fillets.
3. Stir cornflour sauce into the above mixture. Ready to serve when soup slightly thickens.

