

CHINESE

CHINESE DELICACIES

中华美食系列之一

(1)

中英对照
Chinese-English

饮靓汤 食鲜美



Nutritious Soup

MAKE BY
YOURSELF
自己动手

广东旅游出版社

中英对照
CHINESE-ENGLISH

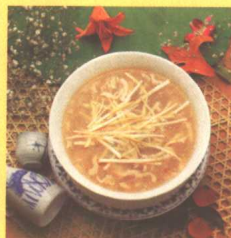
中华美食系列之一(1)
ZHONG HUA MEI SHI

Chinese



饮靓汤、食鲜美

YIN LIANG TANG SHI XIAN MEI



林德 梁国荣 李剑帆 叶健波 冼建春 徐宁 编
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饮靓汤食鲜美

yin liang tang shi xian mei

编著: 林德 梁国荣 李剑帆 叶健波 冼建春 徐宁

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中华美食

YINLIANGTANGSHIXIANMEI

ZHONGHUAMEISHI

饮靓汤食鲜美



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饮靓汤食鲜美 Nutritious Soup

蟹肉冬茸羹

Crab and white gourd soup

材料:

鲜蟹肉 300g, 冬瓜 500g, 清汤 300g, 盐 5g, 白糖 2.5g, 鸡精 5g, 味精 2.5g, 生粉 3 茶匙。

做法:

1. 冬瓜去瓤连皮蒸熟。刮皮起肉捣烂成茸留用。
2. 将所有材料及汤放入锅加热煮匀, 放入味料撒上调好的生粉水勾稀芡成羹即可。



Ingredient:

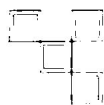
300g fresh crabs, 500g white gourd, 300g light soup, 5g salt, 5g chicken essence, A little monosodium glutamate, 3t starch.

Method:

1. Remove the seeds of the white gourd and steam with the peel. Peel the well-done gourd and mash the meat of the gourd.
2. Simmer all the ingredients and soup. Season and thicken the soup with the starch water.







饮靓汤食鲜美

Nutritious Soup

玉子牛松羹

Yuzi bean curd and beef

材料:

牛肉松150g, 玉子豆腐半条, 草菇50g, 芫荽叶2茶匙, 蛋清50g, 清汤300g, 盐5g, 白糖2.5g, 味精10g, 麻油、胡椒粉共1茶匙, 生粉3茶匙。

做法:

- 1、草菇灼熟连同豆腐切粒。
- 2、将牛松、菇粒、豆腐连同清汤下锅煮溶至滚, 加入味料稍煮, 撒上芫荽叶、蛋清、麻油、胡椒粉及调好的生粉水勾芡即可。



Ingredient:

15g beef powder. 1/2 yuzi bean curd. 50g straw mushroom. 2tsp parsley leaves. 50g egg white. 300g light soup. 5g salt. 10g monosodium glutamate. 2.5g sugar. 1tsp sesame oil and pepper powder. 3tsp starch.

Method:

1. Simmer the straw and dice the bean curd.
2. Boil the beef powder, mushroom dices, bean curds dices with the light soup. Season and simmer for a while. Then sprinkle the parsley leaves, egg white, sesame oil, pepper powder, and thicken soup with the starch water.







饮靓汤食鲜美

Nutritious Soup

蟹黄粟米羹

Crab meat and maize soup

材料:

蟹黄 100g, 粟米茸 1 罐, 盐 5g, 白糖 2.5g, 鸡精 2.5g, 味精 5g, 清汤 200g, 麻油, 胡椒粉共半茶匙, 生粉 3 茶匙。

做法:

将材料加汤煮溶, 放入调味料煮匀, 撒上麻油、胡椒粉、调好的生粉水勾芡即可。

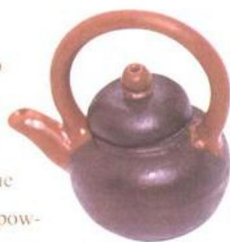


Ingredient:

100g crab fat, 1 can mashed maize, 5g salt, 2.5g sugar, 2.5g chicken essence, 5g monosodium glutamate, 200g light soup, 1/2tsp sesame oil and pepper powder, 3tsp starch.

Method:

Simmer the soup and all the ingredients, season. Then sprinkle the sesame oil and the pepper powder, thicken the soup with the starch water.







饮靓汤食鲜美 Nutritious Soup

太极海皇羹

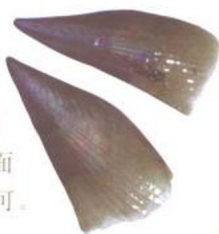
Super seafood soup

材料:

菜叶150g, 淡奶100g, 虾仁、带子肉、鲜鱿粒、蚌片共300g, 清汤300g, 生粉5茶匙, 盐5g, 鸡精7.5g, 白糖2.5g, 麻油、胡椒粉共半茶匙。

做法:

- 1、菜叶打烂取汁备用。
- 2、将材料、淡奶、清汤煮匀至熟, 放入味料、麻油、胡椒粉、3茶匙生粉勾芡成羹。将其中的2/3倒入容器, 剩余1/3加入菜汁及调好2茶匙的生粉水勾芡盛起放入羹面摆成太极图即可。



Ingredient:

150g vegetable leaves. 100g light milk. 300g shrimp flesh and dried scallop fresh squid dices and clam slices. 300g light soup. 5tsp starch. 5g salt. 7.5g chicken essence. 2.5g sugar. 1/2tsp sesame oil and pepper powder.

Method:

1. Chop the vegetable leaves and keep the juice.
2. Simmer the ingredients, light milk and light soup. Season with flavor ingredients and sesame oil, pepper powder and thicken the soup with 3tsp starch. Then put 2/3 of the soup into the container, give the vegetable juice and 2tsp starch water to make the gravy sauce. Ladle to lay in negative pole patterns.







饮靓汤食鲜美

Nutritious Soup

八宝瓜粒羹

Gourd grains soup

材料:

去皮冬瓜粒150g、鸡肾粒、鲜鱿粒、虾仁、瘦肉粒共150g、草菇粒、去皮丝瓜粒共50g、清汤250g、盐5g、鸡精6g、白糖2.5g、麻油、胡椒粉共半茶匙、生粉1茶匙。

做法:

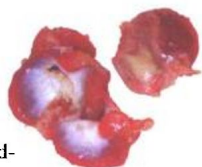
将材料与汤加热至滚,放入调味料煮约5分钟,撒入麻油、胡椒粉及调好的生粉水勾芡即可。

Ingredient:

150g peeled white gourd grains. 150g chicken kidney grains, fresh squid dices, shrimp flesh and lean pork dices. 50g straw dices and towel gourd dices. 250g light soup. 5g salt. 6g chicken essence. 2.5g sugar. 1/2tsp sesame oil and pepper powder. 1tsp starch.

Method:

Boil the ingredients and soup, season and simmer for 5 minutes. Sprinkle the sesame oil, pepper powder and the starch water to thicken the soup.







饮靓汤食鲜美

Nutritious Soup

菊花沙鱼羹

Daisy shark soup



材料:

沙鱼 600g, 菊花 1~2 朵, 冬笋、冬菇共 100g, 清汤 300g, 盐 5g, 白糖 2.5g, 鸡精 6g, 麻油、胡椒粉共半茶匙, 姜丝 1 茶匙, 白酒 2 茶匙, 生粉 3 茶匙。

做法:

- 1、沙鱼洗干净, 起皮去骨蒸至八成熟, 搅烂成茸备用, 冬笋与浸透去蒂的冬菇切丝或片。
- 2、放少许油爆香姜丝浇上酒及汤, 放入材料及味料稍煮滚, 撒上麻油、胡椒粉及调好的生粉水勾芡成羹, 最后撒上洗净的菊花即可。



Ingredient:

600g shark. 1 or 2 dried daisy. 100g winter bamboo shoot and winter mushroom. 300g light soup. 5g salt. 2.5g sugar. 6g chicken essence. 1/2tsp sesame oil and pepper powder. 1tsp shredded ginger. 2tsp distilled spirit. 3tsp starch.

Method:

1. Clean and remove the skin of the shark, debone. Steam to 80% done. Minced the meat, remove the base of the mushroom. Shred the bamboo shoots and mushrooms.
2. Saute the shredded ginger. Sizzle the wine and soup, put the ingredients to simmer, sprinkle the sesame oil, pepper powder and starch water when it is well-done, then sprinkle the cleaned daisy.





饮靓汤食鲜美

Nutritious Soup

鱼肉羹

Fish soup

材料:

鲈鱼或鳊鱼1条(约750g), 冬笋丝、椰丝、冬菇丝共150g, 清汤300g, 姜丝1茶匙, 腐皮1/4张, 盐5g, 白糖2.5g, 味精10g, 白酒2茶匙, 麻油, 胡椒粉共半茶匙, 生粉3茶匙。

做法:

- 1、鱼剖洗干净起骨去皮留肉, 下锅隔水蒸八成熟搅成茸。
- 2、少许油爆香姜丝, 浇上酒及汤放入丝料、鱼茸及搅烂的腐皮, 加热煮熟, 加入味料, 撒上麻油、胡椒粉及调好的生粉水勾芡即可。



Ingredient:

1 weever or dace (about 750g). 150g shredded winter bamboo shoot, coconuts and dried mushroom. 300g light soup. 1tsp shredded ginger. 1/4 soya milk film. 5g salt. 2.5g sugar. 10g monosodium glutamate. 2tsp distilled spirit. 1/2tsp sesame oil and pepper powder. 3tsp starch.

Method:

1. Clean the fish.
Debone and remove the skin.
Steam for 80% done. Mince the fish.
2. Saute the shredded ginger, sizzle the wine and soup. Put into the bamboo shoot, coconuts, dried mushroom and mashed fish. Simmer with the soya milk film, season and sprinkle the sesame oil and pepper powder and starch water.

