



鲜鲜先新厨艺

中华美食

CHINESE DELICACIES

Fresh-Tasty-First
New Cuisine



MAKE BY
YOURSELF
自己动手

中英对照
Chinese-English

中华美食系列之四(1)

广东旅游出版社

中英对照
CHINESE-ENGLISH



Chinese

中华美食系列之四(1)
ZHONG HUA MEI SHI

鲜鲜先新厨艺

XIAN XIAN XIAN XIN CHU YI



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中华美食

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鲜鲜先新厨艺



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鲜鲜新厨艺
Fresh-Tasty-First New Cuisine

紫须陈皮炒鲶鱼球

Purple herba, dry tangerine peel scramble dace

材料:

新鲜紫须25g、陈皮丝、姜丝、蒜茸共2茶匙、鲶鱼肉300g、蚝油2茶匙、盐5g、白糖2.5g、鸡精5g、清汤100g、绍酒50g、麻油、胡椒粉共1茶匙、生粉1茶匙、紫金酱1茶匙。

做法:

1. 鲶鱼肉洗净，切成球形沥干水分。
2. 爆香紫须、陈皮丝、姜丝、蒜茸、辣酱，加入鲶鱼球猛火爆炒，加入酒及汤，加入味料、蚝油炒至熟，撒上麻油、胡椒粉、调好的生粉水勾芡即可。



Ingredient:

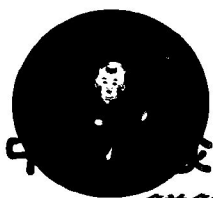
25g fresh purple herba. 2tsp shredded tangerine peel, galic and ginger. 300g dace meat. 2tsp oyster oil. 5g salt. 2.5g sugar. 5g chicken essence. 100g light soup. 50g millet wine. 1tsp sesame oil and pepper powder. 1tsp starch. 1tsp purple sauce.

Method:

1. Make the daces into ball shapes, clean and drain.
2. Saute the purple herba, shredded tangerine peel, ginger and garlic, add the dace balls and scramble with strong fire, sizzle some soup and wine. Add oyster oil. Sprinkle some sesame oil and pepper powder and serve.







鲜鲜先新厨艺

Fresh-Tasty-First New Cuisine

南乳鳝柳炒藕丝

Fermented red bean curd eel fry shredded lotus roots

材料:

鳝片 250g, 莲藕丝 150g, 南乳酱 25g, 蚝油 2 茶匙, 盐 2.5g, 白糖 2.5g, 味精 7.5g, 绍酒 2 茶匙, 姜汁 50g, 蒜片姜片 1 茶匙, 麻油、胡椒粉共半茶匙, 生粉 1 茶匙。

做法:

1. 鳝片切段成柳状洗净。
2. 爆香姜蒜酱料, 猛火加入鳝片、藕片爆炒浇上酒及姜汁炒匀, 加入调味料及蚝油炒到熟, 撒入麻油、胡椒粉, 及调好的生粉水勾芡即可。



Ingredient:

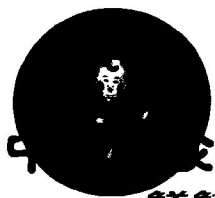
250g mud eel slices. 150g shredded lotus roots. 25g red preserved beancurd. 2tsp oyster sauce. 2.5g salt. 2.5g sugar. 7.5g monosodium glutamate. 2tsp millet wine. 50g ginger juice. 1tsp garlic and ginger slices. 1/2tsp sesame oil and pepper powder. 1tsp starch.



Method:

1. Cut the eel slices and clean.
2. Saute the ginger, garlic and sauce, deep fry the eel slices and lotus roots slices, sizzle the wine and ginger juice, put into the flavour ingredients and oyster sauce to fry, sprinkle the sesame oil, pepper powder and starch water till it is well-done.





鲜鲜先新厨艺

Fresh-Tasty-First New Cuisine

豆豉茸花生炒肉蟹

Mashed fermented soy bean and peanuts fry crab

材料:

豆豉 2 茶匙, 去衣炸花生 100g, 肉蟹 500g, 盐 2.5g, 美极酱油 2 茶匙, 糖 1.5g, 鸡精 5g, 绍酒 2 茶匙, 清汤 150g, 蒜茸、姜米 共 2 茶匙。

做法:

1. 肉蟹剥洗干净斩件, 豆豉切碎。
2. 爆香姜蒜及豆豉, 猛火加入肉蟹件爆炒, 浇上酒及汤, 加入味料、美极酱油炒匀至熟, 最后撒上花生即可。



Ingredient:

2tsp fermented soy bean.
100g peanuts (without peel). 500g crab. 2.5g salt. 2tsp soy sauce. 1.5g sugar. 5g chicken power. 2tsp millet wine. 150g light soup. 2tsp mashed garlic and grated ginger.



Method:

1. Clean and cut the crab, chop the fermented soy bean.
2. Saute and ginger, garlic and fermented soy bean, deep fry the crab, sizzle the wine and soup, put into the soy sauce and flavour ingredients to fry, then sprinkle the peanuts.





鲜鲜先新厨艺

Fresh-Tasty-First New Cuisine

蒜心炒鳝柳

Heart of garlic fry eel

材料:

蒜心 250g, 黄鳝肉 200g, 小姜片、小葱段共 2 茶匙, 盐 5g, 白糖 2.5g, 鸡精 5g, 蚝油 2 茶匙, 绍酒 50g, 清汤 100g, 麻油、胡椒粉共半茶匙, 生粉半茶匙。

Ingredient:

250g heart of garlic. 200g mud eel. 2tsp sliced ginger and shallots. 5g salt. 2.5g sugar. 5g chicken essence. 2tsp oyster sauce. 50g millet wine. 100g light soup. 1/2tsp sesame oil and pepper powder. 1/2tsp starch.

做法:

1. 黄鳝切段洗净。
2. 爆香姜葱蒜及材料, 加酒、汤, 放入味料炒匀至熟, 撒上麻油、胡椒粉及调好的生粉水勾芡即可。



Method:

1. Cut the eel slices and clean.
2. Saute garlic, ginger, shallot and the other ingredients, sizzle the soup, put into the flavour, fry to well done, sprinkle sesame oil, pepper powder and starch water.







鲜鲜先新厨艺

Fresh-Tasty-First New Cuisine

蒜子焖西江鲮鱼

Garlic simmer west river mackerel

材料:

正宗西江鲮鱼500g, 姜片、葱少许, 独子蒜100g。

做法:

将鲮鱼斩成骨排形, 洒上生粉后拌匀, 以高温油浸炸至金黄色, 捞起备用。起锅将姜、葱、蒜子爆香放入鲮鱼, 加上汤少许, 略焖加味勾芡即成。

Ingredient:

500g mackerel. A little slice ginger and shallot. 100g garlic.

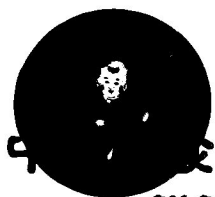


Method:

Cut the fish into chops, stir with wine and starch, fry in the hot oil till it turns golden brown, ladle. Saute the ginger, shallot and garlic, put into the fish, and give some stock to simmer.







鲜鲜先新厨艺
Fresh-Tasty-First New Cuisine

鲜沙姜焗甲鱼

Fresh sand ginger bake turtle

材料:

鲜甲鱼 1 只 (约 500g)、鲜沙姜 100g、绍酒 50g、蚝油 10g、盐、味精各 5g、锡纸 1 张。

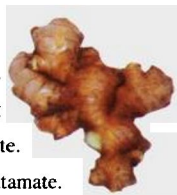
做法:

将甲鱼剖净斩件, 然后用滚水加绍酒略飞水去腥, 再将盐味及蚝油、鲜沙姜同水鱼拌匀, 放上锡纸包好后, 放入焗炉 (或微波炉) 焗 5 分钟即可。



Ingredient:

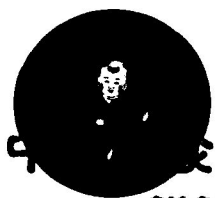
1 live turtle (about 500g).
100g fresh sand ginger. 50g millet wine. 10g oyster saute. 5g salt. 5g monosodium glutamate. 1 piece of tinfoil.



Method:

Slash the turtle and cut it, put the turtle and millet wine into boiling water, ladle the slash, put into salt, monosodium oyster sauce and fresh sand ginger and stir it, wrap with tinfoil, put into bake oven (or microwave oven) bake for 5 minutes.





鲜鲜先新厨艺
Fresh-Tasty-First New Cuisine

叉烧酱焗甲鱼

Broiled pork bake turtle

材料:

甲鱼1只(约750g), 叉烧酱1汤匙, 清汤150g, 绍酒50g, 姜米、蒜茸、陈皮茸共2茶匙, 盐2.5g, 鸡精7.5g, 麻油、胡椒粉共1茶匙。

做法:

剖洗干净的甲鱼斩件, 连同姜米、蒜茸、陈皮茸爆香, 浇上酒及汤, 加入酱料、味料转慢火焗至熟, 撒入麻油、胡椒粉稍煮即可。



Ingredient:

1 turtle (about 750g). 1tsp broiled pork sauce. 150g light soup. 50g millet wine. 2tsp grated ginger, mashed garlic and mashed tangerine peel. 2.5g salt. 7.5g chicken essence. 1tsp sesame oil and pepper powder.

Method:

Slash and clean the turtle, cut into pieces saute with the grated ginger, mashed garlic and mashed tangerine peel, sizzle the wine and soup, put into the sauces, pour ingredients to simmer till it is well-done, sprinkle the sesame oil and pepper powder.

