

家常微波菜谱

2.



梁淑莹 / 著
江西科学技术出版社

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家常微波菜谱(2)

梁淑菱 著

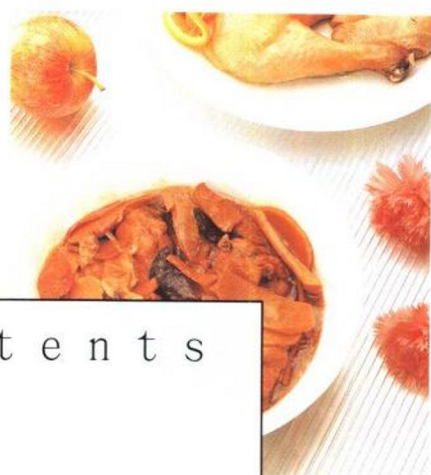
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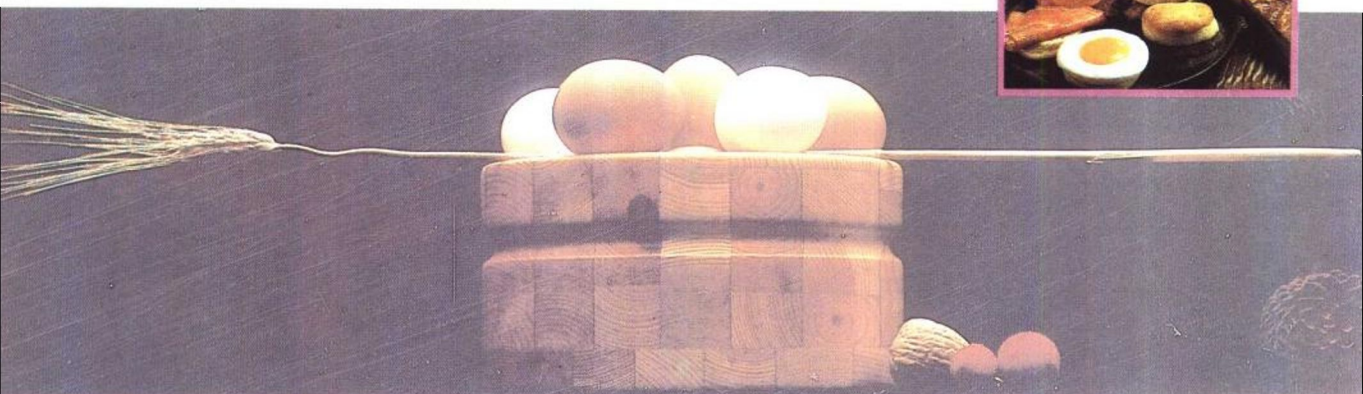
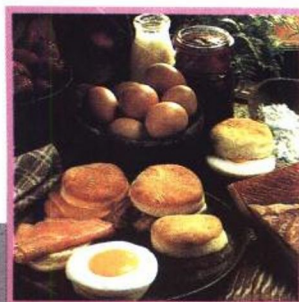
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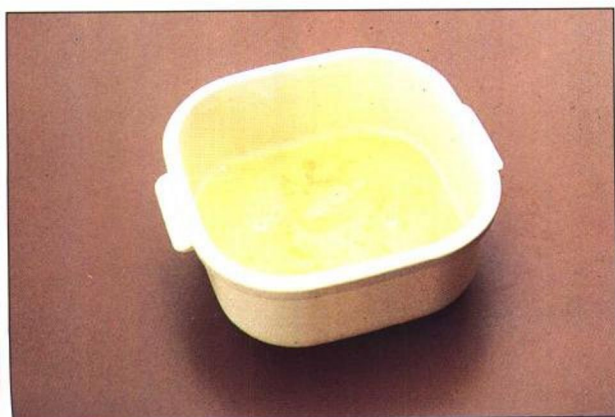
简 易 早 餐



炒蛋

使用微波炉炒蛋，最重要是搅拌，将蛋去壳放碗内，加入1大匙水(或奶水)及盐和少许胡椒粉，以筷子搅拌均匀，放上1大匙油或1小块牛油，煮时不需加盖，放入微波炉，以强火煮，煮时中途要搅拌2次，当蛋看起来很柔软，且仍然带有湿气时，就已经熟了，煮好后，将蛋放置约1-2分钟再取出食用，不可煮太久，否则会变得干硬。

数 量	烹 饪 时 间	
	700 瓦电力	500 瓦电力
2 个蛋	1 分 30 秒	2 分
4 个蛋	3 分	4 分



Fry Egg

The most important point to note in using microwave oven to fry egg is on stirring. Break the egg in a bowl, add in 1 T. of water (or milk), salt and a dash of pepper, stir thoroughly. Add in 1 T. of cooking oil or one small piece of butter. Cook in microwave oven on high heat uncovered, stir twice during cooking. The egg is do not cook for too long, as the egg will turn dry and hard, when it appears soft and wet. Leave it in the oven for 1 to 2 mins. more before consumption.

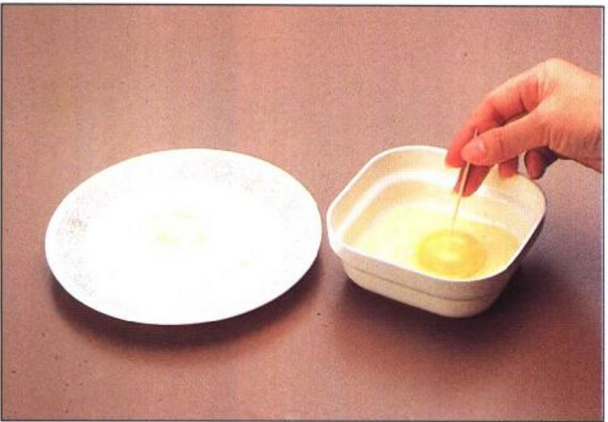
NUMBER	COOKING TIME	
	700 watt	500 watt
2 PIECES	1½ mins.	2 mins.
4 PIECES	2½ mins.	3¼ mins.



荷包蛋

蛋去壳，倒在抹了油的盘上或煮蛋的模子或杯子里。蛋黄以牙签插刺2~3下，包上胶膜，按解冻键，直到蛋黄正好凝固，放置约30秒再食用。

数 量	烹 饪 时 间	
	700 瓦电力	500 瓦电力
1 个蛋	45 秒	1 分
2 个蛋	1 分 30 秒	2 分



Poach Egg

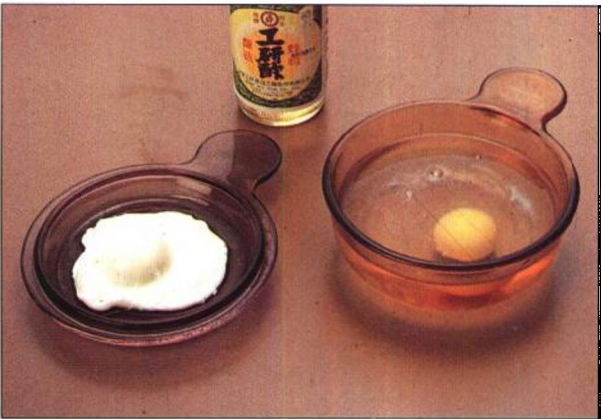
Break the egg onto the greased plate or mould, prick the yolk 2-3 times with toothpick. Cover with cling wrap, set defrost button till egg yolk firm and set. Let stand for 30 sec. before consumption.

NUMBER	COOKING TIME	
	700 watt	500 watt
1 EGG	45 sec.	1 mins.
2 EGGS	1½ mins.	2 mins.

水煮荷包蛋

将1杯水放在碗里，煮至滚，加少许盐及几滴白醋(白醋有凝固蛋白的作用)。蛋去壳放入，不需加盖，以强火煮。

1个半熟蛋约需1分，全熟蛋约需1分15秒(500瓦电力)。此种煮法，煮时不需将蛋黄刺破，因煮的时间很短，同时蛋的四周有充分的水，煮出的荷包蛋较滑嫩可口。



Poach Egg

Bring one cup of water to boil. Add a little salt and few drops of vinegar (vinegar helps the egg white to cendense). Break and put the egg into the water. Cook on high heat uncovered. A half-done egg will take about 1 min. to cook, while a well-done egg will need 1 min. and 15 sec. (500 watt.). Do not prick the egg yolk when cooking with this method, as the cooking time is short and the egg is cooked in the liquid.



酱烧排骨

SPARE RIBS WITH SOYA BEAN SAUCE

材料：

排骨 600 克

- ① { 酱油 2 大匙、糖 1 茶匙
胡椒粉 ¼ 茶匙、葱、姜适量
玉米粉 1 茶匙、油 1 大匙
- ② { 酱油 1 大匙、糖 1 大匙
八角 2 粒、桂皮 1 片
高汤 1 杯

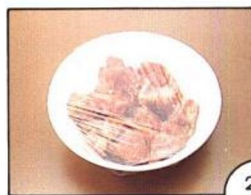
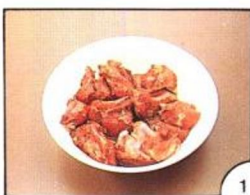
Ingredients:

600gm spare ribs

- ① { 2 T. soya sauce
1 t. sugar, ¼ t. pepper
1 t. cornflour, 1 T. oil
a little of spring onion and ginger
- ② { 1 T. soya sauce
2 pieces of star anise
1 piece of cinnamon bark
1 T. sugar, 1 cup stock

作法：

1. 排骨以①料腌约 30 分钟(图 1)。
2. 排骨放在盘上包上胶膜,以强火煮 5 分钟(图 2)。
3. 排骨放入适用器皿内,加入②料,加盖,以强火煮 10 分钟,再改中火(火力 5)煮 15 分钟,中途搅拌 2 次。



Method:

1. Marinate spare ribs with ① for 30 mins. (fig. 1)
2. Place spare ribs on plate. Cook on high heat for 5 mins. (fig. 2)
3. Transfer spare ribs to containers. Add ②, cover and cook on high heat for 10 mins. Turn to medium heat (power 5), cook further for 15 mins. Stir twice during cooking.

花生炖猪蹄

STEWED PIG TROTTERS WITH PEANUTS

材料：

花生 300 克、猪蹄 1 千克

葱 3 根、姜数片

- ① { 八角 2 粒、桂皮 1 片
深色酱油 ½ 杯、盐 1 茶匙
麻油 ½ 茶匙、冰糖 1 大匙

Ingredients:

300gm peanuts

1 kg pig trotters

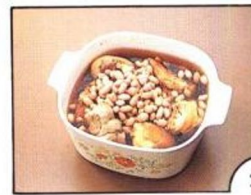
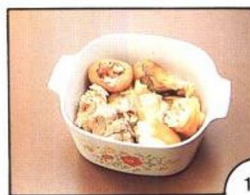
3 stalk spring onion

few slices of ginger

- ① { 2 pieces of star anise
1 piece cinnamon bark
½ cup dark soya sauce
½ t. sesame oil, 1 t. salt
1 T. rock sugar

作法：

1. 花生用水浸泡 1 小时。猪蹄洗净后,以竹签插刺表皮。
2. 猪蹄放置在锅内,加盖,以强火煮 6 分钟(图 1),取出以冷水冲洗干净。
3. 锅中热油 3 大匙,放入葱、姜,以强火煮 5 分钟,取出放入猪蹄、花生及①料(图 2),以强火煮 10 分钟,中途搅拌一下。
4. 加入 4 杯热水于猪蹄内,加盖,再以中火(火力 5)煮 40 分钟。



Method:

1. Soak peanuts in water for 1 hour. Wash pig trotters and prick skin with toothpick.
2. Place trotters in pot. Cover and cook on high heat for 6 mins. (fig. 1) Remove and rinse with cold water.
3. Heat 3 T. oil in pot. Add spring onion, ginger. Cook on high heat for 5 mins. Remove and add trotters. Peanuts and ① (fig. 2). Cook on high heat for 10 mins. Stir once during cooking.
4. Add 4 cups of hot water to trotters. Cover and cook on medium heat (power 5) for 40 mins.



姜芽鸭肫

STIR-FRIED GIZZARD WITH GINGER

材料：

鸭肫 4 个、嫩姜 2 大块

- ① { 酱油 2 大匙、糖 ½ 茶匙
酒 ¼ 茶匙、麻油 ¼ 茶匙

Ingredients:

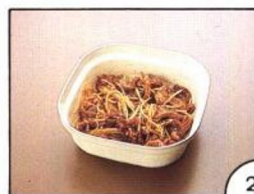
4 duck's gizzard

1 big piece of young ginger

- ① { 1 T. soya sauce
½ t. sugar
¼ t. wine
¼ t. sesame oil

作法：

1. 鸭肫洗净，切深斜纹至白筋处，再切薄片，并放入①料腌(图 1)，拌上 1 大匙油，加盖，以强火煮 2 分钟。
2. 嫩姜切丝，放入 1 大匙油及 ¼ 茶匙盐，煮 2 分钟，再拌入鸭肫(图 2)，再煮 2 分钟。



Method:

1. Clean gizzard, cut deep slit till white part and slice thinly. Add ① and marinate (fig. 1), mix with 1 T. oil. Cover and cook on high heat for 2 mins.
2. Shred the young ginger, add 1 T. oil and ¼ t. salt, cook for 2 mins. Add in gizzard (fig. 2), cook for another 2 mins.

鱼香猪肝

FISH FRAGRANT LIVER

材料：

猪肝 400 克、葱末 1 大匙

姜末 1 茶匙、蒜末 1 大匙

辣豆瓣酱 1 大匙

① 酱油 2 大匙、玉米粉 1 茶匙

- ② { 糖 1 茶匙、高汤 ½ 杯
玉米粉 1 茶匙、麻油 ½ 茶匙
酱油 1 大匙

Ingredients:

400gm pig's liver

1 T. chopped spring onion

1 t. chopped ginger

1 T. chopped garlic

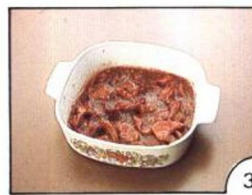
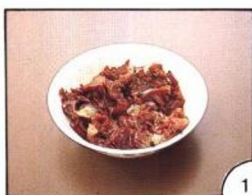
1 T. hot soya bean sauce

- ① { 1 T. soya sauce
1 T. cornflour

- ② { 1 t. sugar, ½ cup stock
1 t. cornflour, 1 T. soya sauce
½ t. sesame oil

作法：

1. 猪肝切片拌入①料，再拌上 2 大匙油(图 1)，以强火煮 3 分钟。
2. 锅中放油 3 大匙，放入葱、姜、蒜及辣豆瓣酱，以强火煮 4 分钟。再放入调匀的②料(图 2)，加盖，以强火煮 2 分钟。放入猪肝拌匀(图 3)，再以强火煮 2 分钟。



Method:

1. Cut liver into slices and mix in ① and 2 T. of oil (fig. 1). Cook on high heat for 3 mins.
2. Put 3 T. of oil in pot, add spring onion ginger garlic and hot soya bean sauce. Cook on high heat for 4 mins. Add ② (fig. 2). Cover and cook on high heat for 2 mins. Mix in liver (fig. 3). Cook further for 2 mins.



牛肉丸

BEEF BALLS

材料：

牛肉 400 克、陈皮 1 块
芫荽 2 根、肥猪肉 100 克
蛋黄 2 只、苏打粉 ¼ 茶匙
碱水 ¼ 茶匙、西洋菜 300 克
水 ½ 杯、玉米粉 2 大匙

① { 酱油 2 大匙、盐 ½ 茶匙
胡椒粉 ¼ 茶匙、麻油 ¼ 茶匙
糖 ½ 茶匙、芥末酱 1 大匙

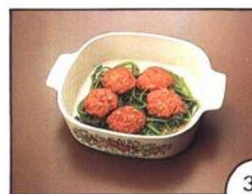
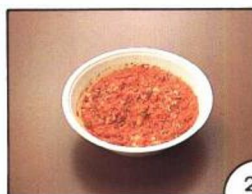
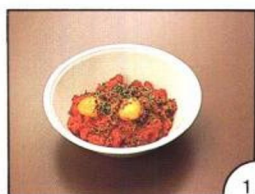
Ingredients:

400gm beef, 100gm pork fat
1 piece dried orange peel
2 stalks chinese parsley
2 eggs yolk, ¼ t. soda
¼ t. alkali water
300gm watercress
½ cup water, 2 T. cornflour

① { 1 T. soya sauce, ½ t. salt
¼ t. pepper, ½ t. sugar
¼ t. sesame oil
1 T. mustard

作法：

1. 陈皮用水浸泡至软；西洋菜洗净，放在盘内，包上胶膜，以强火煮 4 分钟，取出用水冲至凉。
2. 牛肉加陈皮、芫荽一起剁烂，并以刀背拍打，再加入蛋黄、苏打粉、碱水及水，搅打至有弹性(图 1)。
3. 牛肉调入①料，再拌入剁碎的肥肉、玉米粉，搅拌均匀后，做成 1 粒粒的肉丸(图 2)。
4. 西洋菜铺在盘底，上放牛肉丸(图 3)，包上胶膜，以强火煮 4 分钟。



Method:

1. Soak dried orange peel in water till soft. Wash watercress, place it on plate, cover with cling wrap and cook on high heat for 4 mins. Rinse in cold water.
2. Minced beef together with orange peel, chinese parsley, use back of knife to beat it in between mincing. Add in egg yolk, soda, alkali water and water. Beat till springy (fig. 1).
3. Add ①, and mix in chopped pork fat and cornflour. Stir well and form into balls (fig. 2).
4. Line watercress onto plate. Place beef balls on top. (fig. 3) Cover with cling wrap and cook on high heat for 4 mins.

五香牛肉片

FIVE SPICES DRIED BEEF

材料：

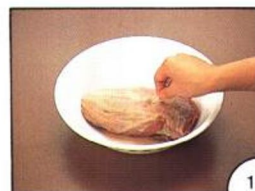
牛腱肉 1 条
① { 花椒 1 大匙、八角 2 粒
桂皮 1 片、甘草 2 片
丁香 2 粒
葱三根、姜 1 块
② { 冰糖 1 大匙、酱油 ½ 杯
酒 1 大匙、麻油 1 茶匙
热水 3 杯

Ingredients:

1 beef (shin)
① { 1 T. wildpepper, 2 cloves
2 pieces of star anise
1 piece of cinnamon bark
2 pieces of licorice
② { 3 stalks of spring onion
1 piece of ginger
1 T. rock sugar
½ cup soya sauce
1 T. wine, 1 t. sesame oil
3 cups hot water

作法：

1. 牛肉以竹签插刺(图 1)，放入锅内，加盖，以强火煮 6 分钟，取出以冷水冲洗。
2. 锅中放入①料及②料，以强火煮 5 分钟(图 2)。
3. 将牛肉放入卤汤内(图 3)，先以强火煮 10 分钟，再改中火(火力 5)煮 20 分钟，煮时中途翻搅 2 次。
4. 卤好的牛肉浸泡在卤汤内 4 小时，使其入味，待凉切片装碟。



Method:

1. Prick the beef (fig. 1) and cook on high heat for 6 mins. in a pot under cover. Remove and rinse in cold water.
2. Put ① and ② in pot. Cook on high heat for 5 mins. (fig. 2)
3. Put beef in five spice gravy (fig. 3). Cook on high heat for 10 mins. Lower to medium heat (power 5), cook for 20 mins. Stir twice during cooking.
4. Leave the beef in five spice gravy for 4 hours. Cool before slice it and serve.



海参焖排骨

STEWED SEA-CUCUMBER WITH SPARE RIBS

材料：

发好海参 2 条、笋 1/2 根
排骨 400 克、香菇 5 朵
葱 2 根、姜 3 片

- ① { 葱 1 根、姜 3 片
酒 1/2 茶匙、水 1 杯
- ② 酱油 1 大匙、麻油 1/4 茶匙
- ③ { 蚝油 3 大匙、糖 1 茶匙
胡椒粉 1/4 茶匙、高汤 2 杯
玉米粉 1 茶匙、麻油 1/4 茶匙

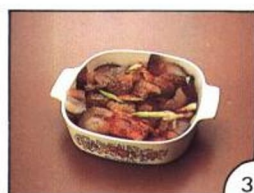
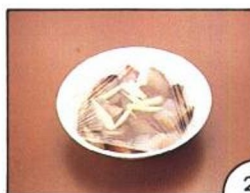
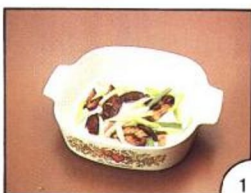
Ingredients:

2 sea cucumber, 3 slices ginger
1/2 bamboo shoot
400gm spare ribs
5 pieces of black mushroom
2 stalks of spring onion

- ① { 1 stalk spring onion
3 slices of ginger
1/2 t. wine, 1 cup water
- ② { 1 T. soya sauce
1/4 t. sesame oil
- ③ { 3 T. oyster sauce
1 t. sugar, 2 cups stock
1/4 t. sesame oil
1/4 t. pepper, 1 t. cornflour

作法：

1. 海参洗净去肠泥切片(图 1), 加入①料, 加盖煮 5 分钟。
2. 排骨放入②料, 腌约 30 分钟, 包上胶膜, 以强火煮 5 分钟。
3. 锅中热油 3 大匙, 放入葱、姜及泡软的香菇(图 2), 以强火煮 5 分钟。再放入③料, 并放入排骨、海参(图 3), 以强火煮 10 分钟, 再改中火(火力 5)煮 10 分钟。



Method:

1. Clean sea-cucumber discard the intestines and slice it (fig. 1), add in ①. Cover and cook for 5 mins.
2. Add ② into spare ribs marinate for 30 mins. Cover with cling wrap. Cook on high heat for 5 mins.
3. Heat 3 T. of oil in pot add spring onion, ginger and mushroom (fig. 2). Cook on high heat for 5 mins. Add ③ and spare ribs, sea-cucumber (fig. 3). Cook on high heat again for 10 mins. Lower the heat to medium (power 5) and cook for further 10 mins.

沙茶牛肉串

BEEF IN SKEWERS

材料：

牛肉 500 克、牛油 2 大匙

- ① { 蒜 5 粒、红辣椒 2 根
胡椒粒 1/2 茶匙
- ② { 柠檬汁 1 大匙、糖 1 大匙
酱油 3 大匙、姜水 1 茶匙

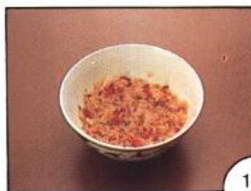
Ingredients:

500gm beef, 2 T. butter

- ① { 5 garlic, 2 red chilli
1/2 t. pepper corns
- ② { 1 T. lemonade, 1 T. sugar
3 T. soya sauce
1 t. ginger juice

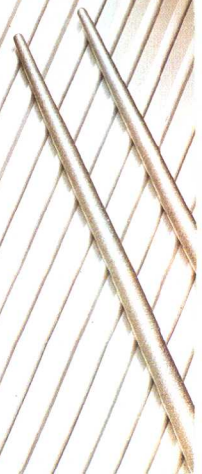
作法：

1. 牛肉逆丝切薄片, ①料以石臼打烂(图 1)。
2. 牛肉与①及②料拌匀, 腌约 20 分钟, 加入牛油拌匀(图 2)。
3. 将牛肉以竹签串起, 平铺在抹油的盘上(图 3), 放入微波炉内, 以强火煮 4 分钟。



Method:

1. Slice beef, pound ① into paste (fig. 1).
2. Marinate beef with ① and ② for 20 mins. Mix in butter (fig. 2).
3. Secure beef in bamboo skewer. Place on rotating plate (fig. 3). Cook on high heat for 4 mins.



牛蒡炒肉丝

FRIED BURDOCK WITH SHREDDED BEEF

材料：

牛蒡 1 根、牛肉 200 克

盐 1/2 茶匙

炒熟白芝麻 1 茶匙

① { 酱油 1 大匙、麻油 1/4 茶匙
玉米粉 1 茶匙、糖 1 茶匙

Ingredients:

1 piece of burdock

200gm beef

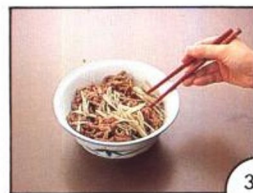
1/2 t. salt

1 t. cooked white sesame

① { 1 T. soya sauce
1/4 t. sesame oil
1 t. cornflour
1 t. sugar

作法：

1. 牛蒡刮除外皮(图 1), 切细丝后立刻浸泡在盐水中, 防止变黑(图 2)。
2. 牛肉切细丝, 拌入①料, 再拌上 1 大匙油, 包上胶膜, 以强火煮 3 分钟。
3. 牛蒡拌入盐、1 大匙水及 1 大匙油, 包上胶膜, 以强火煮 5 分钟后, 将煮熟的牛肉丝拌入(图 3), 再洒上白芝麻。



Method:

1. Skin burdock (fig. 1) and cut into fine strips, soak in salt water immediately to prevent turning brown.(fig. 2).
2. Cut beef into strips, mix in ①, and 1 T. oil, cover with cling wrap. Cook on high heat for 3 mins.
3. Mix burdock strips with salt, 1 T. water, 1 T. oil. Cover with cling wrap. Cook on high heat for 5 mins. Mix in cooked beef (fig. 3). Sprinkle with white sesame.

萝卜炒肉丝

FRIED SHREDDED PORK WITH TURNIPS

材料：

里肌肉丝 200 克、萝卜 400 克

酱油 1 大匙、盐 1/4 茶匙

① { 酱油 1 大匙、麻油 1/4 茶匙
玉米粉 1 茶匙

Ingredients:

200gm shredded pork tenderloin

400gm turnips

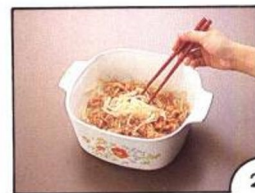
1 T. soya sauce

1/4 t. salt

① { 1 T. soya sauce
1/4 t. sesame oil
1 t. cornflour

作法：

1. 白萝卜切细丝, 拌入酱油及 1 大匙油(图 1), 包上胶膜, 以强火煮 5 分钟, 中途搅拌一次。
2. 里肌肉丝以①料拌匀, 再调入 1 大匙油, 包上胶膜, 以强火煮 2 分钟。
3. 白萝卜丝加入里肌肉丝拌匀(图 2), 并拌入盐, 包上胶膜, 以强火煮 2 分钟。



Method:

1. Cut turnips into fine strips, mix in light soya sauce and 1 T. oil (fig. 1). Cover with cling wrap and cook on high heat for 5 mins. Stir once during cooking.
2. Mix shredded pork with ①, add 1 T. oil. Cover with cling wrap and cook on high heat for 2 mins.
3. Add turnips strips into cooked pork (fig. 2), mix in salt, cover with cling wrap and cook on high heat for 2 mins.