

甜蜜恋爱菜点

菜谱中英对照



Sweet Heart Recipes

入厨乐园系列 9

萧浩礼编著 福建科学技术出版社

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出版者的话

厨房是一个奇妙的世界，烹饪过程中既充满乐趣，亦蕴藏不少学问。

古人说“治大国若烹小鲜”，意谓可从烹饪中领悟出许多治理国家、总理政务的大道理。据说昔日伊尹本是个厨师，可是商汤听说他贤能，能够把各种物料调理得妥妥当当，使五味和顺而成为佳肴，于是邀请他出任宰相，执掌国家大事云云。当然一般人的胸襟志向不及于为相治国，但在日常煮食过程中，若有心去探讨一下个中的微妙变化，却也可以认识到许多科学道理哩！

中国人对饮食一向看重，历代有关饮食的著作很多。《吕氏春秋》的本味篇，保存了古代烹饪学的精髓；北魏贾思勰的《齐民要术》，介绍了许多烹饪业、食品业的基本成果；明代高濂的《遵生八笺》，是中国养生学的集大成。此外，尚有《山家清供》、《饮膳正要》、《随园食单》等反映出不同时期饮食文化的发展。历代的学问家，有不少是烹饪高手，像苏东坡，他制作红烧肉的“慢着火，少着水，火候足时它自美”的烹饪诀窍至今仍被传诵，而画家张大千，既是大艺术家，对烹饪亦在行，他自己甚至说：“以艺术而论我善烹饪，更在画艺之上”。

要吃尽东西南北美食，出外就餐自然是一个办法，但在家中自制，不但可以省下一大笔钱，那种心灵上的满足感觉比到餐馆去更有过之而无不及。从厨房中端出香喷喷的菜肴来，与亲人朋友共享，品味其中，成功的陶醉感使油然而生，更带来家庭温馨的氛围。

要做出好菜式，首先得学一点烹饪技巧，要用点心思研究原料、配料、搭配及分量、火候等及其相关过程的先后，琢磨出有关道理，再参考有关菜谱，技术自会不断提高。

为了帮助读者更快地提高厨艺，我们特别出版了“入厨乐系列”，希冀让大家更快地掌握入厨的技巧和学会烹制各种菜式，以尽享入厨的乐趣。

前言 FOREWORD

我很喜欢烹调、吃东西和听歌。因为食物能够带给我实质的满足；而听歌就能带给我感情上的抒发，尤其在情歌的曲词之中的故事，往往就像在自己身上所发生似的。情歌和爱情有关是很合理的，但食物又有何关系呢？那种关系就是：食物和爱情两者之间，同样需要我们去珍惜和感受。

其实，我从小就很爱烹调食物，每当放长假期，就常留在家中，听听自己喜爱的音乐，然后想想煮这样，煮煮那样。有时候也不知道煮后能不能吃的，哈……！而当每次把煮好的菜式给家人和朋友品尝的时候，就会好紧张！究竟会是受赞赏还是被批评呢……？而长大后的我，在空余的时候，亦会为自己深爱的人入厨去烹调一番。

其实，在现今社会，日常谈恋爱都不外乎逛街、看电影或卡拉OK等常规活动。有没有想过尝试找一个周末在家中放着轻音乐，点起蜡烛，然后为深爱的人烹调一次晚餐呢？相信那一种浪漫，一定会带来无比的幸福和感动！有人说，爱情就好像食谱一样，两者都同样具有甜、酸、苦、辣的感觉！而我的食谱，就只知道怎样才能为自己所爱的人去设计一些充满关怀和幸福的菜式。内容不需要太繁杂，只要用心去做就可以。因为爱情就是这样，简简单单的爱才是纯真的！

所以我特别选择编写了多款适合情侣们的菜谱，希望能够为每一对恋人带来一些灵感，再加入你们的心思和心意，从沉闷的生活气氛中，走进千变万化的食物世界里，从而找到浪漫和幸福！

萧浩礼

I`m fond of cooking, eating and music. Because food can give me satisfaction from material, music can release my feelings, especially the stories in love songs which seemly happen on myself. It`s reasonable that love songs are related with love. But how about food with love? The answer is: both food and love need us to cherish and consider.

In fact, I like cooking since I was young. When I had long vocation, I often stayed home to listen to dear music and think what I should cook. Sometimes, I even didn`t know whether the meals were suitable to eat or not. Oh...!While I let my family and friends taste my meals, I was really nervous. Becuse I wondered they liked to eat or not. When I grow up, I still cook for my beloved at my spare time.

Nowadays, daily love activities are made up of movies and Karaoke and so on. Do you ever think, on a weekend, you listen to light music and cook for your sweetheart with a candle? You should believe the romance can bring great happiness and feelings for you. One has said that love is as same as recipe full of different feelings , such as sweet and bitter! But my recipe is made to cook for my lover with care and happiness. It can`t be complicated. It only needs your attention. Because simply love is the most innocent!

Therefore, I choose some menus for lovers. Hope they can give you inspiration. With your thoughts and cares, you can get rid of tedious life and move into the changing food world, eventually, find your romance and happiness!

JEROME SIU

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烤青豆扇贝土豆汤

30分钟

2人

Green Pea Soup with Scallop in Baked Potato

材料

美国烤土豆2个，青豆¼量杯，鸡汤1量杯，淡奶¼量杯，淡奶油¼量杯，扇贝60克

调味料

白酒¼量杯，牛油1汤匙，胡椒粉少许，味盐½茶匙

制法

1. 美国烤土豆用水蒸熟，待冷后用刀横切去½土豆，用匙挖去土豆泥成盅状。
2. 青豆、鸡汤放搅拌机中，打成青豆糊，转置锅中煮沸，加入淡奶、奶油和调味料等拌匀。
3. 扇贝切粒，用沸滚水焯熟，加入青豆汤同煮，滚后注入土豆盅内，用200℃烤20分钟即成。

Ingredients

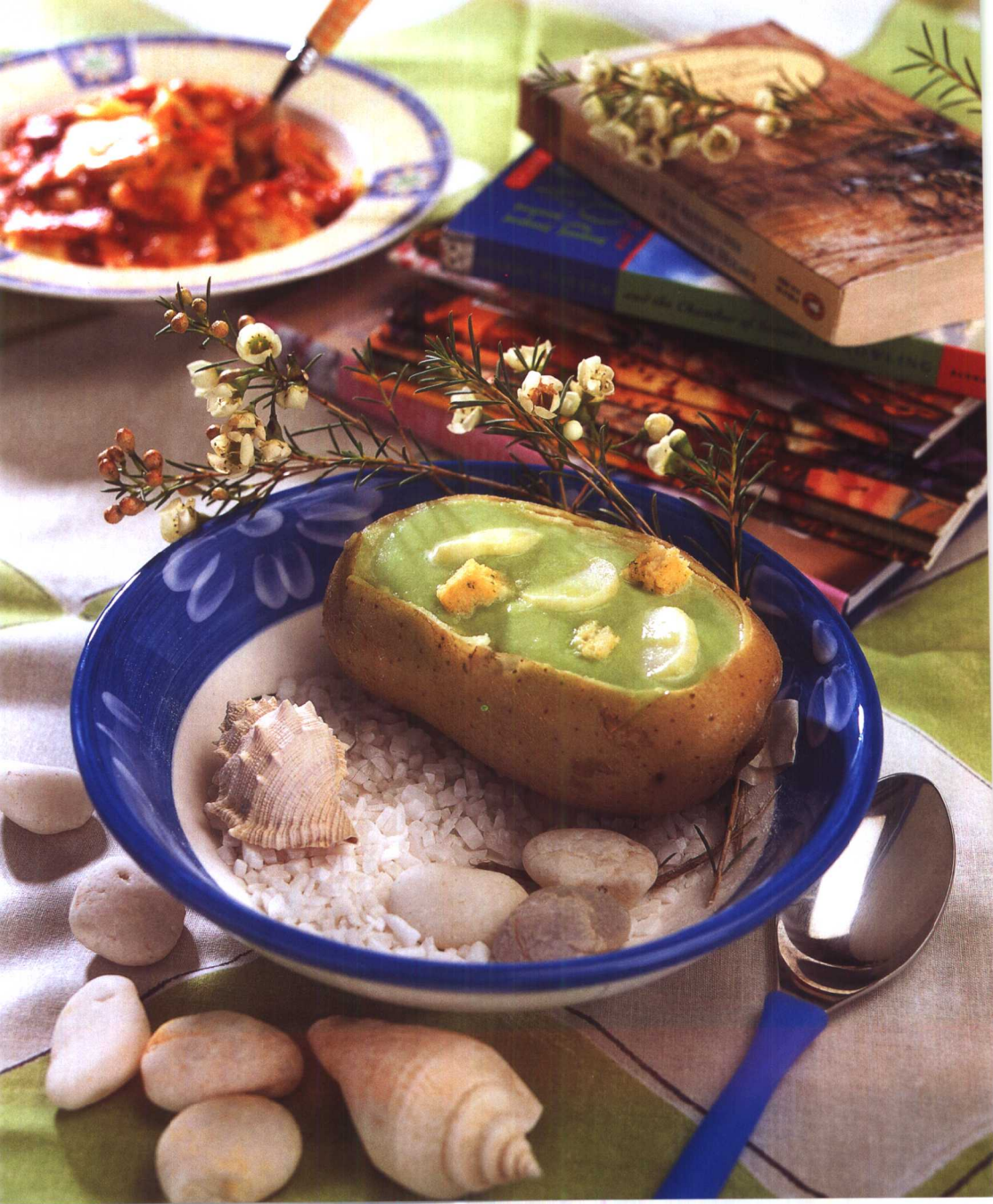
2 American baked potatoes
¼ cup green pea
1 cup chicken stock
¼ cup skimmed milk
¼ cup real cream
60g scallop

Seasonings

¼ cup white wine
1 tablespoon butter
White pepper powder
½ teaspoon flavored salt

Method

1. Boil the potatoes. Let cool and horizontally cut off ½ of the potatoes. Scoop out the flesh to make bowls.
2. Put the green peas and chicken stock in a food processor and puree. Transfer the puree in a pan and bring to a boil. Stir in the skimmed milk, real cream and seasonings.
3. Cut the scallops into small cubes. Cook thorough in boiling water. Add to the green pea soup and bring to a boil. Pour the soup in the potato bowl. Preheat the oven to 200℃ and bake for 20 minutes. Serve.



虾仁番茄杯



25分钟



2人

Prawn cocktail with tomato

材料

大红番茄2个，虾仁80克，鳄梨1个，薄荷叶少许，中虾2只

调味料

甜白酒2汤匙，白酒醋½汤匙，柠檬汁1茶匙，橄榄油2汤匙，蜜糖½茶匙，盐½茶匙，胡椒粉少许

制法

1. 番茄洗净，切去¼，取出番茄肉成杯状，留盖备用。
2. 虾仁灼熟，用冰水浸冷沥干。鳄梨切粒，放入番茄盅内。
3. 调味料与虾仁拌匀，放在番茄盅内之鳄梨上。
4. 中虾灼熟去壳留尾，挂在番茄杯上，放上少许薄荷叶作装饰即成。

Ingredients

2 big tomatoes
80g prawn meat
1 avocado
Mint for garnish
2 prawns, middle size

Seasonings


2 tablespoons sweet white wine
½ tablespoon white wine vinegar
1 teaspoon lemon juice
2 tablespoons olive oil
½ teaspoon honey
½ teaspoon flavored salt
White pepper powder


Method

1. Wash the tomatoes. Cut off the top and scoop out the flesh. Leave the skin intact. Reserve.
2. Scald the prawn meat, soak in iced water, then drain. Dice the avocado and place in the tomato cups.
3. Combine all the seasonings and prawn meat. Stir well. Place the prawn meat over the avocado flesh.
4. Scald the middle-sized prawns. Remove the shells but retain the tails. Hang on the tomato cups. Garnish with fresh mint or parsley and serve.



韩式辣味鲜鱿鱼

 20分钟

 2~4人

Korean Chili Squid

材料

青瓜(小黄瓜)2条, 蒜蓉3茶匙, 鲜鱿鱼(中筒)1只, 炒香白芝麻少许

调味料

盐 $\frac{1}{2}$ 茶匙, 椒盐2汤匙, 糖2汤匙, 白醋1汤匙, 麻油3汤匙

制法

1. 鲜鱿鱼去衣膜、洗净, 用刀在表面切鱿鱼花, 再切成小块。
2. 将鱿鱼块放入沸滚水中灼熟, 过冷沥干备用。
3. 青瓜开边切成约5厘米长条状, 加适量盐拌匀, 约10分钟后用清水冲净沥干。
4. 蒜蓉加入调味料中, 放入鲜鱿鱼及青瓜条拌匀, 洒上芝麻即成。

Ingredients

2 cucumbers
3 teaspoons minced garlic
1 fresh squid, middle size
White sesame, cooked

Seasonings


$\frac{1}{2}$ teaspoon flavored salt
2 tablespoons chili salt
2 tablespoons castor sugar
1 tablespoon white vinegar
3 tablespoons sesame oil


Method

1. Remove the membrane from the squid and wash. Make parallel cuts on the surface of the squid. Then cut into small strips.
2. Cook through the squid strips in boiling water. Rinse with cold water and drain.
3. Cut the cucumbers into 2-inches-long strips. Add salt and stir well. Set aside for 10 minutes. Rinse and drain.
4. Add all the seasonings and minced garlic to the squid and cucumber strips. Stir well. Sprinkle white sesame on the top. Serve.



凉拌青瓜海蜇

 30分钟

 4~6人

Jellyfish and Cucumber Salad

材料

青瓜1条，海蜇皮320克，

腌料

鱼露1汤匙，麻油1汤匙，乌醋½汤匙，鸡粉½茶匙，辣椒油½茶匙

制法

1. 青瓜切薄片，置碟中。
2. 海蜇洗净，切丝放入大滚水中氽一下，过冷后浸在冰开水中，使其膨胀发大，以爽脆为好。
3. 将海蜇沥干，加入腌料拌匀，腌约半小时，放在青瓜片上即成；亦可加芥末酱及芝麻。

Ingredients

1 cucumber
320g dried jellyfish

Marinades

1 tablespoon fish sauce
1 tablespoon sesame oil
½ tablespoon Chinese red vinegar
½ teaspoon chicken powder
½ teaspoon chili oil

Method

1. Thinly slice the cucumber. Place in a platter.
2. Wash the dried jellyfish. Shred and cook through in boiling water, then rinse and soak with cold water to let swell and attain a brittle texture.
3. Drain and pat dry. Combine with the marinades, stir well and let set for 30 minutes. Serve.



意式酒醋海鲜沙拉

🕒 20分钟

👤 2人

Italian Seafood Salad in Balsamic Vinegar

材料

中虾仁80克，墨鱼圈80克，西生菜100克，干葱（切碎）2粒，柠檬皮½个，白酒2汤匙，水2量杯

调味料

橄榄油4汤匙，椒盐1茶匙，芫荽碎1茶匙，柠檬汁1茶匙，红酒醋1汤匙，芥末酱1茶匙，百里香¼茶匙

制法

1. 先将干葱碎、柠檬皮和白酒加入水中煮沸。
2. 把中虾仁和墨鱼圈放入(1)之水中，焯熟盛起，用冷开水过冷沥干。
3. 西生菜洗净抹干置碟中，再铺上虾仁和墨鱼圈。
4. 调味料拌匀淋在海鲜面，吃时拌匀即成。

Ingredients

80g prawn meat
80g cuttlefish rings
100g lettuce
2 shallot cloves, minced
Zest from ½ lemon
2 tablespoons white wine
2 cups water

For the dressing

4 tablespoons olive oil
1 teaspoon flavored pepper salt
1 teaspoon minced parsley
1 teaspoon lemon juice
1 tablespoon balsamic vinegar
1 teaspoon French mustard
¼ teaspoon minced thyme

Method

1. Add the minced shallot, lemon zest, white wine and water to a saucepan and bring to a boil.
2. Add the prawn meat and cuttlefish rings. Cook thorough, rinse with cold water and drain.
3. Wash lettuce and pat dry. Place lettuce in a platter, then top with the prawn meat and cuttlefish rings.
4. Mix well all the ingredients of the dressing. Pour on the seafood. Toss well and serve.