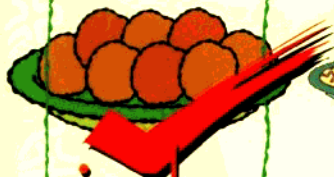


# 两菜一汤精选

菜谱中英对照



Lisa's Special

Set Menu

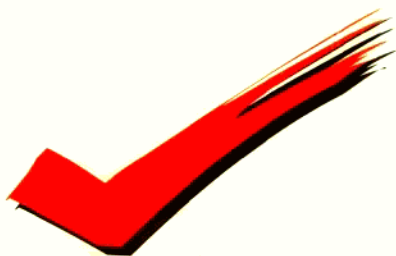
入厨乐系列 1

方任利莎编著 福建科学技术出版社

入厨乐园系列 1

# 两菜一汤精选

Lisa's Special Set Menu



方任利莎编著 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，成功的陶醉感便油然而生，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

很多家庭主妇对于怎样设计每天早晚两餐的饭菜感到十分烦恼，既要考虑家中各人的不同口味，又要有营养，还要仔细衡量不可令支出超过预算，可谓煞费思量。

随着时代的变迁，现代的职业女性除了担任妻子和母亲的角色外，更要外出工作维持生计，担子可真不轻。

对于大部分家庭来说，午餐这一顿还可以马马虎虎将就过去，但晚餐却不成，因为这是全家欢聚在一起的时间，必须认真重视。可是如何构思菜式却难倒许多人。不少女士就是为了思索今晚要吃什么而在市场上转来转去，最后还是随便买了些材料就算交差了。

其实，要使每天的饭菜多变，最好的办法是经常逛超级市场和菜市场，留意和了解物料的行情。若对于市场上层出不穷的食物新产品和种类懵然不知，又怎可以发掘出新的菜式呢？此外，向有经验的朋友请教或阅读适当的菜谱来诱发灵感也是很有好处的。所以我就撰写了一些适合小家庭的食谱，希望对大家有所帮助。我把这些食谱分成两本书出版，即《两菜一汤精选》和《家庭经济套餐》。

在这两本书内共有五十四个食谱，我将它们分成十八份套餐。在一些套餐中，我会把一种材料做成二款菜式，这是颇为实际的方法，因为既可在购买和处理物料时省些功夫，而且只要运用不同的烹调方式，也可得出不同的口味。家常菜式的烹调最重要是经济、有营养并符合饮食健康，还有就是化复杂为简单，我感觉能达到以上的条件，就可称为“满分”了。

五十四个食谱如何组合成十八个套餐，当中并没有硬性规定，书内的“推荐组合”其实只供大家参考，各位大可将每个套餐分拆开，然后照你自己的喜爱重新组合，或者单独抽出来依食谱介绍烹制也成，其中变化是十分多样的。相信你们一定能配搭得更好。

愿书中介绍的菜式能为你们带来好的胃口，更愿能为你带来无限的欢欣与口福。祝福大家！

方任利莎

Considering of the different tastes and nutrition as well as budget, many housewives feel it really trouble in dealing with the two meals everyday and always think it over and over.

As time passing by, modern businesswomen have to take on the responsibility of being both a wife and a mother, and furthermore have to work for life.

For most families, unlike lunch treated carelessly, supper must be taken seriously because it is that time all the family members spend together. How to design the meal, however, becomes a problem for many people. And quite many women wander here and there in the market for what to eat, and finally get something as accomplishing the task.

In effect, the best way for making various recipes is to get knowledge of the prices of the ingredients by going to the supermarket and food market regularly. If you know nothing about the emerging kinds of products, how can you cook new dishes? In addition, it is helpful to trigger your inspiration by asking experienced friends or reading appropriate recipes.

So I have written the two cook books, *Lisa's Simple Set Menu* and *Lisa's Special Set Menu*, for small families and I hope they will help.

There are fifty-four recipes in the two books and I combined them to eighteen sets. In some sets I may make two dishes by different cooking but with the same ingredients and result in two tastes. This way is realistic and fit the lifestyle for it saves much time in selection and preparation. The most important points for homely recipes are cheap, nutritious and healthy as well as turning complicated to simple. I think once all of these are reached it will be called perfect.

In fact I didn't indicate how to combine the recipes to sets and the recommended combination in the books are only to be references. You can take apart them and recombine flexibly as you like or use it separately. I believe you can arrange them better.

I hope the dishes recommended will bring you good appetite and much relish. Best regards,

A stylized, handwritten signature in black ink, likely belonging to Lisa, the author of the books mentioned in the text. The signature is fluid and cursive, with a long, sweeping tail.

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# 雪菜肉蓉煮豆卜

推荐组合



红酒煎牛肝



白鲫鱼煲佛手瓜汤

## Stewed Bean Curd Puffs with Meat Stuffing and Potherb Mustard

### 材料

剁碎猪肉75克，搅碎鲢鱼肉150克，青色雪菜75克，豆腐卜115~150克，蒜蓉1粒，上汤(或水)约1½杯。

### 鱼蓉腌料

水2汤匙，盐½茶匙，生粉½汤匙，麻油、胡椒粉各少许。

### 腌料

水1汤匙，生抽、生粉各½茶匙，麻油少许。

### 调味料

生抽½茶匙，糖1½茶匙，麻油、胡椒粉各少许。

### 做法

1. 碎肉加入腌料拌匀；鲢鱼肉碎加入鱼蓉腌料，拌匀成馅料。备用。
2. 豆腐卜略冲净，一剖为二，并分别酿入适量馅料，备用。
3. 雪菜切去部分叶，浸洗净，搾干水分，切细粒，备用。
4. 烧热油2汤匙，爆香蒜蓉，放入碎肉和雪菜粒，炒至散，淋酒，并注入上汤(或水)煮至滚，将处理好的豆腐卜放入，上盖煮至材料熟及入味，加入调味料，即可盛出食用。

### Ingredients

75g minced pork  
150g minced dace fillets  
75g green potherb mustard  
115~150g bean curd puffs  
1 clove garlic, minced  
1½ cup stock (or water)

### Marinade for minced dace

2 cup water  
⅓ tsp salt  
½ tsp cornstarch  
a little each of sesame oil and pepper

### Marinade

1 tbsp water  
½ tsp each of light soy sauce and cornstarch  
a little sesame oil

### Seasonings

½ tsp light soy sauce  
1½ tsp sugar  
a little each of sesame oil and pepper

### Method

1. Put in marinade to the minced pork and stir well. Add the marinade for dace to the fish, stir well and make into the stuffing. Set aside.
2. Rinse the bean curd puffs and cut in halves. Fill each half with some stuffing. Set aside.
3. Remove some leaves from the green potherb mustard. Rinse and drain well. Then finely dice it. Set aside.
4. Heat 2 tbsp of oil to sauté the minced garlic. Put in the pork and the mustard and stir-fry for a while. Sprinkle with the wine and pour in the stock (or water). When boiling, put the stuffed bean curd puffs in. Cover to cook until the ingredients are cooked and fragrant. Add the seasonings and stir well to serve.



# 红酒煎牛肝

推荐组合



雪菜肉蓉煮豆卜



白鲫鱼煲佛手瓜汤

Shallow-fried Ox Liver with Red Wine

## 材料

牛肝225~300克，洋葱 $\frac{1}{2}$ 个(切丝)，干葱片1粒，葱粒少许，红酒 $\frac{3}{8}$ 杯。

## 腌料

生抽1汤匙，生粉1茶匙，黑胡椒粉少许。

## 调味料

生抽 $\frac{1}{2}$ 汤匙，糖 $\frac{1}{2}$ 茶匙，盐、麻油、胡椒粉各少许。

## 做法

1. 牛肝洗净，抹干，切薄片，放入腌料拌匀，备用。
2. 烧热油3~4汤匙，用半煎炸方式，将牛肝煎香两面，捞出，备用。
3. 余下热油，爆香干葱片和洋葱丝，将牛肝回锅，注入红酒和调味料，盖煮片刻至材料熟，入味及汁浓，即可盛上碟，并洒上葱粒饰面，即成。

## Ingredients

225~300g ox liver  
 $\frac{1}{2}$  onion, shredded  
1 shallot, sliced  
a little chopped spring onion  
 $\frac{3}{8}$  cup red wine

## Marinade

1 tbsp light soy sauce  
1 tsp cornstarch  
pinch of black pepper

## Seasonings

$\frac{1}{2}$  tbsp light soy sauce  
 $\frac{1}{2}$  tsp sugar  
a little each of salt, sesame oil and pepper

## Method

1. Wash the ox liver, pat dry and cut into thin pieces. Then add the marinade and stir well. Set aside.
2. Heat 3~4 tbsp of oil in a wok, shallow-fry the ox liver until its both sides are fragrant. Remove and set aside.
3. Sauté the shallot and the onion with the remaining hot oil. Return the ox liver into the wok and pour in the red wine and the seasonings. Cover to cook for a while until the ingredients are cooked and fragrant and the sauce is thickened. Scoop out the ox liver and arrange on a plate. Finally, sprinkle the chopped spring onion on top, serve.



# 白鲫鱼煲佛手瓜汤

推荐组合

雪菜肉丝煮萝卜

红酒煎牛肝

Crucian Carp Soup with Chayote

## 材料

白鲫鱼1条(重380~450克), 佛手瓜  
450~530克, 姜2片。

## 腌料

盐1/4茶匙, 胡椒粉少许。

## 调味料

盐适量。

## 做法

1. 佛手瓜去皮及籽, 洗净, 切块, 备用。
2. 白鲫鱼去鳞, 切开洗净, 抹干, 放入腌料拌匀, 备用。
3. 用少许热油, 爆香姜片, 放入鲫鱼, 煎香两面, 淋少许酒, 并注入适量滚水(或清水), 加入佛手瓜, 滚片刻至材料熟及汤浓, 以适量盐调味, 即可盛上桌食用。

## Ingredients

1 crucian carp (380~450g)  
450~530g chayote  
2 slices ginger

## Marinade

1/4 tsp salt  
pinch of pepper

## Seasoning

salt to taste

## Method

1. Peel and seed the chayote. Wash and cut into pieces. Set aside.
2. Scale the crucian carp and remove its gill. Wash and pat dry. Then add the marinade and stir well. Set aside.
3. Heat a little of oil to sauté the ginger slices. Put in the carp, shallow-fry until both sides are fragrant. Sprinkle with a little wine and add some boiling water (or cold water) and the chayote. Bring to a boil and then continue to cook until the ingredients are tender and the sauce is thickened. Finally, season with salt to serve.



# 八角丝瓜烩骨髓

推荐组合



萝卜清煮牛腩



胡萝卜杏仁炖猪腰汤

## Simmered Beef Marrow with Angled Loofah

### 材料

八角丝瓜约225克、急冻牛骨髓1盒(190~225克)、秀珍菇 $\frac{1}{3}$ 盒、姜2片、蒜片1粒、胡萝卜数片。

### 调味料

上汤(或水) $\frac{3}{8}$ 杯、盐、生粉各 $\frac{1}{4}$ 茶匙、糖、蚝油各1茶匙、生抽1汤匙、麻油、胡椒粉各少许。

### 做法

1. 牛骨髓解冻余水后，洗净，切段；秀珍菇洗净，备用。
2. 八角丝瓜削去表面硬皮，洗净，切成滚刀块，用少许油盐炒至身软及熟，捞出，备用。
3. 另烧热油2汤匙，爆香姜和蒜片，放入秀珍菇爆炒透，喷酒，并注入调味料和牛骨髓，烩煮片刻至材料熟、入味及汁浓，加入八角丝瓜和胡萝卜兜炒匀，即可上碟供食。

### Ingredients

225g angled loofah  
1 box frozen beef marrow (190~225g)  
 $\frac{1}{3}$  box Xiuzhen mushrooms  
2 slices ginger  
1 clove garlic, sliced  
a few slices carrot

### Seasonings

$\frac{3}{8}$  cup stock (or water)  
 $\frac{1}{4}$  tsp each of salt and flour  
1 tsp each of sugar and oyster sauce  
1 tbsp light soy sauce  
a little each of sesame oil and pepper

### Method

1. Defrost the beef marrow and blanch. Wash and cut into sections. Wash the Xiuzhen mushrooms. Set aside.
2. Peel and wash the angled loofah. Keep rotating it while cutting it into pieces. Stir-fry in a little water with oil and salt until tender and cooked. Remove and set aside.
3. Heat another 2 tbsp of oil to sauté the ginger and garlic. Put in the Xiuzhen mushrooms and stir-fry thoroughly. Sprinkle with the wine, put in the seasonings and the beef marrow. Cook for a while until the ingredients are cooked and fragrant and the sauce is thickened. Finally, put in the angled loofah and carrot, and stir well to serve.







# 萝卜清煮牛腩

推荐组合



八角丝瓜蛤蜊汤 胡萝卜杏仁烧猪腰汤



## Stewed Flank Beef with Chinese Turnip

### 材料

牛腩约600克重，白萝卜300~380克，  
姜2~3片，葱粒少许，蒜片适量。

### 调味料

盐、胡椒粉各适量。

### 做法

1. 白萝卜削皮，洗净，切成骨牌状块，备用。
2. 牛腩成块出透水后，洗净，再用适量滚水，加入蒜片、姜片各1½片，将牛腩烧至七八成熟，捞出，切块，而烧牛腩汤水备用。
3. 用少许热油，爆香姜片、蒜片，放入牛腩和白萝卜略炒，洒酒，并注入熟牛腩汤，煮滚后，改用文火，盖上盖子煮至材料够熟及汁料略为减少，加入调味料，即可盛上碟，洒上葱粒饰面，即成。

### Ingredients

600g flank beef  
300~380g Chinese turnip  
2~3 slices ginger  
pinch of chopped spring onion  
sliced garlic

### Seasonings

salt and pepper to taste

### Method

1. Peel and wash the Chinese turnip. Then cut into thin slices. Set aside.
2. Blanch the flank beef and wash. Then cook in some boiling water with 1½ slices each of garlic and ginger until the flank beef is moderately cooked. Remove and cut into pieces. Save the sauce.
3. Heat a little of oil to sauté the remaining ginger and garlic. Put in the flank beef and the Chinese turnip and stir-fry lightly. Sprinkle with the wine and pour in the saved sauce to cover the ingredients' top. Turn the heat down when the sauce boils. Cover to cook until the ingredients are tender and the sauce reduces slightly. Add the seasonings and stir well. Then scoop out the ingredients onto a plate and sprinkle with the chopped spring onion on top. Serve hot.