

# 家常简易素菜

菜谱中英对照



Vegetarian Make Easy  
Meals

入厨乐原系列 3

黄婉莹编著 福建科学技术出版社

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Vegetarian Meals Make Easy

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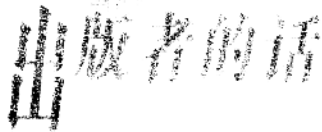
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厨房是一个奇妙的世界，烹饪过程中既充满乐趣，亦蕴藏不少学问。

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

现代社会物质丰裕，城市人注意身体健康，饮食习惯也随之而更改，即从过往以大鱼大肉为主转变为要求吃得清淡一些。许多人在设计每日食谱时，都会考虑一两款素菜或以蔬菜豆制品为主的菜式。

素菜一向给人的印象都较平淡，从外观到滋味都不太吸引人。但我认为这个只是错觉而已。其实是香味美关键在于用料搭配和烹制手法，这方面我希望能提供大家一些参考。在本书和另一本配套的《营养美味素菜》书中，我共提供了四十多款素菜的菜谱，由家常小菜至款客菜式，还有甜品及粥粉面饭，样样俱备，希冀与各位喜欢素食的朋友分享。这些素菜，既味美又有营养，或自己动手下厨，或嘱咐佣人制作，都很容易取得成功。

当大家翻阅本书的时候，都会发现如今的素菜已由传统风味演变为多姿多彩，以迎合现代人的口味。在用料方面也扩展不少，不再局限于传统的三菇六耳，而是选用来自世界各地的材料，取其新鲜、时令，能烹调出色香味俱全的菜式。

素菜的材料多是各种蔬菜、豆类及面粉制成的食品，它们除了含较少脂肪外，还含有丰富的纤维素，因而有助消化和瘦身。蔬菜是多种维生素及矿物质的来源，豆制品则可代替肉类蛋白质，恰当的搭配及食用，对人体必有一定的好处。

希望这本食谱的菜式能带来素食新概念，认读者吃得更开心，食得更健康。

黄婉莹

People in Hong Kong are becoming more health conscious nowadays and are placing more thought on their diets. Out of the many dishes in their daily meal, there is usually one to two vegetarian dishes or dishes that are cooked with soya products.

Due to a lack of awareness of the wide variety and wonderful flavours possible with vegetarian ingredients, most people are on a whole not that impressed with vegetarian dishes. To me, I think otherwise. That is why I have compiled this cookbook and *"Deliciously Vegetarian"* with almost fifty vegetarian recipes, ranging from simple everyday dishes to those suitable for entertaining, with desserts, congee, noodles and rice as well. All the dishes are simple to follow, easy to prepare at home, and I assure you will be mouth-watering success.

Vegetarian dishes have evolved from the traditional way of cooking to a more contemporary style that has kept pace with trends and tastes. We are lucky here to have fresh ingredients supplied from all over the world because the golden rule is to cook with the freshest for taste, flavour and presentation.

Vegetables, soya products and products made from wheat flour are low in fat, but have high fibre content. Vegetables are also a good source of vitamins and minerals, while soya products are rich with the protein normally provided from meat.

A well balanced diet will ensure you good health. Last but not least, I hope this cookbook will give you some new ideas for exciting vegetarian dishes. May I wish you all the best of food and health!

Huang Wanying

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## 素菜用料的营养成分



# 素丝嫩豆腐



25分钟



2~3人

## Soft Tofu with Shredded Vegetables

### 材料

嫩豆腐1盒，榨菜2汤匙，冬菇（浸透）2汤匙，胡萝卜2汤匙，茼蒿½汤匙，葱1汤匙，炸脆花生碎2汤匙。

### 调味料(杂菜)

生抽、老抽及糖各½汤匙。

### 献汁

素食蚝油2汤匙，老抽1汤匙，麻油1茶匙，糖1茶匙，冷开水1汤匙。

### 做法

1. 豆腐轻轻取出，用温水冲过，隔净后切块，排放碟内。
2. 将榨菜、冬菇及胡萝卜切细丝，拌入调味料蒸5~8分钟。
3. 汁料拌匀，淋于豆腐块上，再放上已调味的杂菜丝，洒上切碎茼蒿、葱及花生，可作头盆。

心得：盒装豆腐可用温水冲过，若用散装豆腐最好先蒸3~4分钟。

### Ingredients

- 1 pkt soft tofu
- 2 tbsp Sichuan preserved cabbage
- 2 tbsp Chinese mushroom, soaked
- 2 tbsp carrot
- ½ tbsp chopped coriander
- 1 tbsp chopped spring onion
- 2 tbsp chopped fried peanuts

### Seasonings (shredded vegetables)

- ½ tbsp each of light soya sauce, dark soya sauce and sugar

### Sauce

- 2 tbsp vegetarian oyster sauce
- 1 tbsp dark soya sauce
- 1 tsp sesame oil
- 1 tsp sugar
- 1 tbsp cool boiled water

### Method

1. Gently remove soft tofu from the packet, rinse with warm water, drain and cut into pieces, arrange on a plate.
2. Finely shred Sichuan preserved cabbage, Chinese mushroom and carrot, mix with seasonings and steam for 8~10 minutes.
3. Mix sauce thoroughly, pour over tofu and place shredded vegetables on top. Sprinkle with chopped coriander, spring onion and fried peanuts to serve.

Practical tips: Rinse packet tofu to serve. If using fresh tofu from the market, it is advisable to steam 3~4min before serving.



# 毛豆笋尖烧烤麸



40分钟



4人

Braised Gluten with Soya Bean Kernel and Bamboo Shoot

## 材料

烤麸300克，笋尖80克，毛豆仁1/4杯，冬菇（浸软）6朵，姜4片，葱1根，绍酒2汤匙。

## 酱汁

水2杯，素食蚝油1/2汤匙，老抽1/2汤匙，麻油1/2汤匙，红糖（剁碎）2汤匙，生粉（拌水）1茶匙。

## 做法

1. 烤麸冲净，撕成小块，放滚水内余水至软身，取出，榨干备用。
2. 笋尖余水后切薄片，毛豆仁余水，冬菇对半切开。
3. 烧3~4汤匙油，爆香姜葱，加烤麸兜炒，溅酒，加笋尖及冬菇拌匀。倒入献汁，盖好焖至入味。
4. 加毛豆仁续煮3~5分钟。
5. 最后拌入生粉水勾芡。上碟时多洒上些麻油。

心得：烤麸是用面粉发酵制成，先用滚水余，可去除酸味。一般餐馆做法，是将它泡油，以增加滑度。

## Ingredients

300g gluten  
80g bamboo shoot  
1/4 cup soya bean kernel  
6 Chinese mushroom, soaked  
4 slices of ginger  
1 stalk of spring onion  
2 tbsp Shaoshing wine

## Sauce

2 cups water  
1 1/2 tbsp vegetarian oyster sauce  
1 1/2 tbsp dark soya sauce  
1/2 tbsp sesame oil  
2 tbsp slab sugar, chopped  
1 tsp cornstarch, mixed with water  
1 tbsp cool boiled water

## Method

1. Rinse gluten, tear into smaller pieces, parboil in boiling water until soft, remove, drain and squeeze dry.
2. Blanch bamboo shoot and slice thinly; blanch soya bean kernel, cut Chinese mushrooms in half.
3. Heat 3~4 tbsp oil, sauté ginger and spring onion until fragrant, add gluten and fry for a while, sprinkle Shaoshing wine and add bamboo shoot and Chinese mushrooms mixing well. Add sauce, cover and braise until well flavoured.
4. Add soya bean kernel and braise for 3~5 min.
5. Lastly stir in cornstarch mixture to thicken. Transfer to a plate and add a dash of sesame oil before serving.

*Practical tips: Gluten is made with yeast. Blanch gluten to reduce the yeasty smell. Restaurants even deep-fry gluten to enhance its texture.*



# 三丝碗仔翅



35分钟



4人

## Vegetarian Sharksfin

### 材料

魔芋丝4份，素火腿(切丝)1/3杯，冬菇(浸透及切丝)1/3杯，笋肉(切丝)1/3杯，豆芽1杯，素上汤4杯。

### 调味料(汤)

盐1/2茶匙，糖1茶匙，麻油及胡椒粉少许，老抽(调色用)适量。

### 生粉水

生粉2汤匙，水4汤匙。

### 做法

1. 魔芋丝冲净，切段；笋肉氽水后切丝，素火腿及冬菇切丝。
2. 烧1/2汤匙油，放下豆芽煸炒，随即取出，备用。
3. 素上汤煮滚，放下所有材料，加调味料及生粉水拌匀翻滚。
4. 最后拌入适量老抽调色。
5. 食时伴以豆芽。

心得：魔芋丝较粉丝爽口，不易发涨及煮烂，外观与口感更似鱼翅。

### Ingredients

- 4 pc Konnyaku
- 1/3 cup vegetarian ham, shredded
- 1/3 cup Chinese mushroom, shredded
- 1/3 cup bamboo shoot, shredded
- 1 cup silver sprout
- 4 cups vegetarian stock

### Seasonings (stock)

- 1/2 tsp salt
- 1 tsp sugar
- A little sesame oil and pepper
- Dark soya sauce a little for colour

### Thickening

- 2 tbsp cornstarch
- 4 tbsp water

### Method

1. Rinse Konnyaki, cut into sections; parboil bamboo shoot and shred finely, shred vegetarian ham and Chinese mushrooms finely, set aside.
2. Heat 1/2 tbsp oil, sauté silver sprout over high heat, remove at once, and set aside for serving.
3. Bring vegetarian stock to the boil, lower ingredients to the boiling stock, season to taste and stir in thickening, bring back to the boil.
4. Add dashes of dark soya sauce for colour.
5. Serve hot with silver sprouts.

Practical tips: Konnyaki does not absorb moisture ready, it will not become mushy when cooked. Its texture is more like sharksfin.



## Assorted Winter Melon Puree Soup

### 材料

冬瓜600克，草菇(切粒)¼杯，丝瓜(切丁)¼杯，胡萝卜(切丁)¼杯，素虾仁80克，葱菜1片，姜1片，素上汤3杯。

### 调味料(羹)

盐½茶匙，糖½茶匙，胡椒粉少许，生粉1汤匙。

### 做法

1. 冬瓜切去皮及瓜瓤，冲净后刨成蓉。
2. 素上汤与葱菜、姜及冬瓜蓉煮10分钟，取出葱菜及姜片。
3. 草菇、丝瓜及胡萝卜丁与素虾仁放汤内煮滚。
4. 拌入调味料煮成羹便可供吃。

心得：葱菜是泡菜的一种，味道咸香，最适宜熬汤。

### Ingredients

600g winter melon  
¼ cup straw mushroom, diced  
¼ cup silky squash, diced  
¼ cup carrot, diced  
80g mock shrimp meat  
1 slice of preserved cabbage head  
1 slice of ginger  
3 cups vegetarian stock

### Seasonings (stock)

½ tsp salt  
½ tsp sugar  
A little pepper  
1 tbsp cornstarch

### Method

1. Peel and scrape off seeds from winter melon, rinse and grate finely.
2. Bring vegetarian stock to the boil together with preserved cabbage head, ginger and grated winter melon, simmer for 10 min. Remove preserved cabbage head and ginger.
3. Add diced straw mushrooms, silky squash, carrot and mock shrimp meat to stock and bring to the boil.
4. Stir in seasonings and cook until thickened. Serve hot.

Practical tips: Preserved cabbage head is salty and is best use for flavouring soup.





# 金菇鲜竹羹

🕒 30分钟

👤 4人

## Enoki Mushroom with Fresh Soya Bean Stick Soup

### 材料

鲜腐竹(切丝) 3/4杯, 金针菇120克,  
胡萝卜(切丁) 1/4杯, 芥兰茎(切片) 1/4  
杯, 草菇(切碎) 1/4杯, 素高汤4杯。

### 调味料(羹)

盐1茶匙, 糖1茶匙, 胡椒粉少许,  
生粉2汤匙。

### 做法

1. 鲜腐竹冲净, 切细丝, 与素高汤齐煲10分钟至软身。
2. 金针菇切去根部, 冲净后, 切1厘米段。
3. 胡萝卜切丁, 芥兰茎切片及草菇切碎, 余水备用。
4. 将所有材料放素高汤内煮5分钟。
5. 最后拌入调味料煮成羹便成。

心得: 金针菇以白色及顶部菇粒完整, 挺身的为新鲜。

### Ingredients

3/4 cup fresh soya bean stick, shredded  
120g Enoki mushroom  
1/4 cup carrot, diced  
1/4 cup Chinese kale stalk  
1/4 cup straw mushroom, roughly chopped  
4 cups vegetarian stock

### Seasonings (stock)

1/2 tsp salt  
1 tsp sugar  
A little pepper  
2 tbsp cornstarch

### Method

1. Rinse and finely shred fresh soya bean stick. Add to vegetarian stock and boil for 10 min until soft.
2. Trim Enoki mushrooms, rinse and cut into 1 cm sections.
3. Dice carrot, slice Chinese kale stalks and roughly chop straw mushrooms. Blanch and set aside.
4. Add all ingredients to the boiling stock and cook for 5 min.
5. Stir in seasonings and cook until thickened. Serve.

Practical tips: Choose Enoki mushroom with firm white head and stalk.