家常微波菜谱

1.

梁淑荽 / 著

江西科学技术出版社

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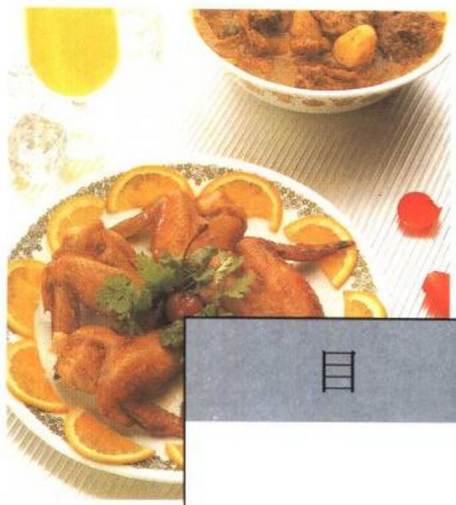

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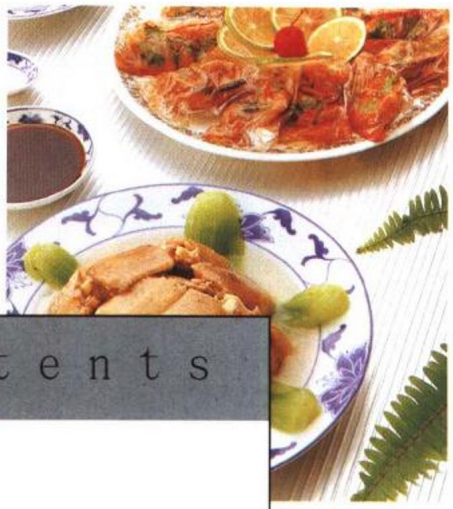

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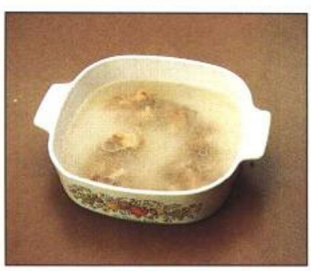
烹调的技巧

TECHNIQUES IN COOKING

熬高汤

制作高汤在烹饪过程中是非常重要的，当我们使用普通炉具熬煮高汤时，都是先将水放入锅内煮滚，再将鸡骨或排骨放入川烫一下，将骨头的血水去除，然后将水倒掉，重新加水熬煮，这样煮出来的高汤才不会混浊，但是既麻烦又不经济。

用微波炉就简便多了，首先将鸡骨或排骨放在碗内，加盖，以强火煮5分钟，取出，加入适量的水，加盖以强火煮10分钟，再以中火(火力5)炖煮约20分钟，即可熬出洁白的高汤。

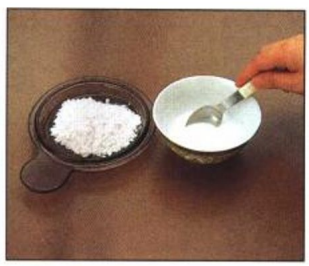


Making Stock

A good stock is essential in chinese cooking. Making stock in normal utensils takes a long time and not economical. Its much simplier using microwave oven. First place bones in the bowl. Cover and cook on high heat for 5 mins. Add sufficent water, cover and cook on high heat for 10 mins., turn to medium heat (power 5) and cook for another 20 mins. The stock is pure and milky.

勾芡及调制浓汤

若想要勾芡1杯汤汁，所使用的太白粉(或玉米粉)约1大匙，首先将太白粉调入1大匙的冷开水，当汤汁煮滚时，迅速将调水的太白粉拌入至粘稠状，浓稀则由太白粉的多寡来控制，搅拌时，要以汤匙的底部轻轻搅拌，因太白粉很容易凝固在器皿底部。

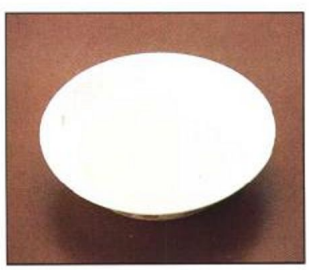


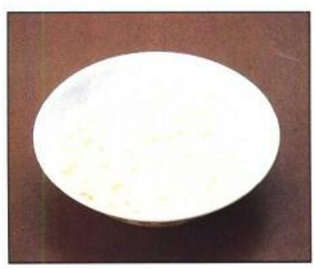
Thickening Soup

To thicken one cup of soup need one tablespoon full of cornflour with 1 tablespoon full of cold water. When soup begins to boil, stir in the cornflour mixture immediately. The thickness of the soup depend on the amount of cornflour used.

煮干饭

米2杯洗净，加入2杯水，浸泡约30分钟，加盖，以强火煮15分钟(700瓦电力12分)，煮时中途搅拌一次，煮熟后焖10分钟再开盖。



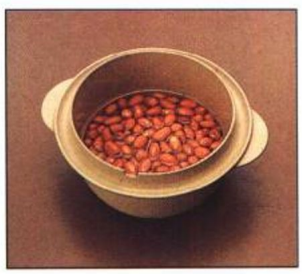
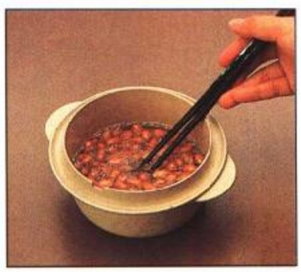


Cooking Rice

Wash 2 cups of rice, add in 2 cups of water, soak for about 30 mins. Cover and cook on high heat for 15 mins. (700 watt. microwave oven takes about 12 mins.), stir once during cooking. Let stand for 10 mins. before open cover.

炸花生

花生放在耐热碗内，倒入油盖满花生，先以强火煮5分钟(700瓦电力4分)，取出拌匀再炸5分钟，煮好后立刻拿出沥干油，煮时不需加盖。

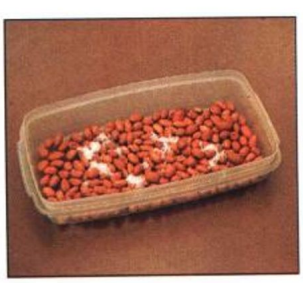
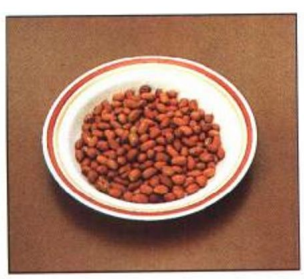



Deep Fried Peanuts

Place same amount of peanuts and oil in heat-resisting bowl, do not cover. Cook on high heat for 5 mins. (700 watt. oven takes about 4 mins.) Stir once and fry for further 5 mins. Drain immediately after cooking.

炒盐酥花生

花生1杯，平铺在耐热盘上，撒上盐，以强火煮5分钟(700瓦电力4分)，取出拌匀再煮3分钟(700瓦电力2分15秒)。

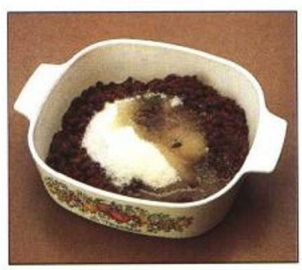
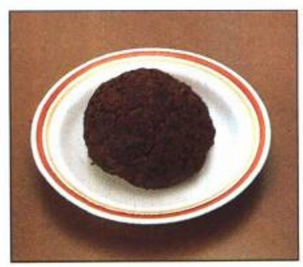



Salted Crispy Peanuts

Spread out one cup of peanuts onto a plate. Sprinkle with salt. Cook on high heat for 5 mins. (700 watt. oven takes 4 mins.) Stir once and cook further for another 3 mins. (700 watt. oven takes 2 mins. and 15 sec.)

豆沙制作

将红豆浸泡约6小时，以强火煮10分钟，再转弱火(火力5)煮20分钟(若要节约时间，可以压力锅先行煮烂)，将煮好之豆沙压烂成泥状，加入糖200克及猪油40克，搅拌均匀，放入微波炉内，不需加盖，以强火煮20分钟，中途搅拌3~4次。

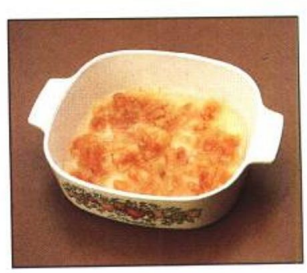
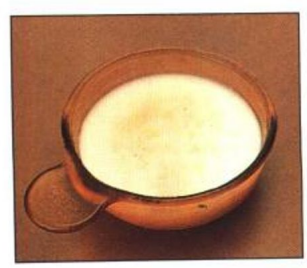
Making Beanpaste

Soak red beans in water for about 6 hours. Cook on high heat for 10 mins. Lower down to minimum heat (power 5) to cook for 20 mins. (To save time, you can cook them in pressure cooker first). Mash the cooked bean, add 200gm sugar and 40gm oil, mix well and cook in high heat for 20 mins. Stir 3–4 times during cooking.

炸猪油

600克肥油切小块，放入3~4粒小红葱头，加盖，以强火煮20分钟，中途需搅拌2次。

使用微波炉炸好之猪油，冰过后洁白如雪，效果奇佳。

Fried Pork Lard

Cut 600gm pork lard into cubes. Add 3–4 shallots. Cover and cook on high heat for 20 mins. Stir twice during cooking. Pork lard that has been cooked in microwave oven are white in colour after refrigerated.

红枣炖鸡

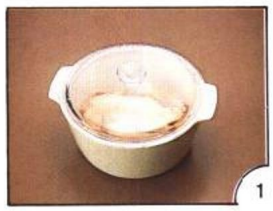
DOUBLE-BOIL CHICKEN WITH DATES

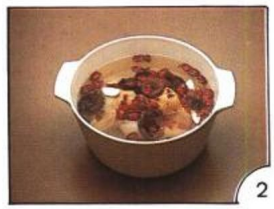
材料：

乌骨鸡 1 只、红枣 1 杯
龙眼干 2 大匙、枸杞 2 大匙
淮山 10 克、盐 1 茶匙

作法：

1. 乌骨鸡洗净，放在适用的器皿内，加盖，以强火煮 6 分钟（图 1）
2. 取出倒入热水 6 杯及所有材料（图 2），加盖，以强火煮 10 分钟，再转中火（火力 5），继续炖煮 30 分钟。





Ingredients:

1 black chicken
1 cup red dates
2 T. dried longan
2 T. medlar seeds
10gm wai-san
1 t. salt

Method:

1. Wash the chicken, place in a container. Cover and cook on high heat for 6 mins. (fig. 1)
2. Pour in 6 cups of hot water and all the ingredients (fig. 2). Cover and cook on high heat for 10 mins. Lower to medium heat (power 5) and continue to cook for further 30 mins.

百花鸡蓉

STEAMED MINCED CHICKEN BREAST

材料：

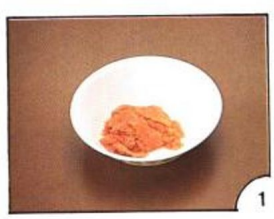
鸡胸肉 300 克、荸荠 5 个
香菇 3 朵、红萝卜 ¼ 根
葱 1 根、蛋白 3 个
虾仁 200 克

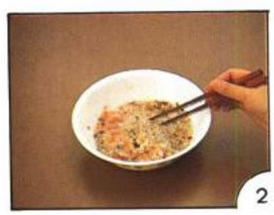
① { 姜水 1 茶匙、胡椒 ¼ 茶匙
　 盐 ½ 茶匙、玉米粉 2 大匙

② { 高汤 ½ 杯、水 1 杯
　 玉米粉 1 茶匙、盐 ¼ 茶匙

作法：

1. 香菇用水泡软去蒂，剁碎；荸荠去皮剁碎；红萝卜和葱切碎。
2. 鸡肉去除白筋，剁成泥状（图 1）；虾仁剁成泥。
3. 鸡肉拌入虾泥、香菇末、红萝卜末、荸荠、葱末及蛋白，再拌入①料（图②），若觉得太干，可加少许水搅拌。
4. 小碟抹油，拌好的鸡肉放入碟内（图 3），包上胶膜，放入微波炉内，以中火（火力 7）煮 5 分钟。
5. ②料放入微波炉内，以强火煮 3 分钟，取出快速拌匀，淋在鸡肉上。





Ingredients:

300gm minced chicken breast
5 water chestnuts, ¼ carrots
3 pieces of chinese mushroom
1 stalk spring onion
3 egg white, 200gm shrimp

① { 1 t. ginger juice , ½ t. salt
　 ¼ t. pepper, 2 T. cornflour

② { ½ cup stock, 1 cup water
　 1 t. cornflour, ¼ t. salt

Method:

1. Chop mushroom that has been soften in water. Skin water chestnuts and chop. Chop carrots and spring onion as well.
2. Remove tough tissues of chicken. Minced chicken and shrimps (fig. 1).
3. Mix together minced chicken, shrimps, chopped mushroom, carrot, water chestnuts, spring onion and egg white. Mix well before add in ① (fig. 2). Should you find the mixture to dry add a little water.
4. Rub plate with oil, place chicken mixture onto it (fig. 3). Cover with cling wrap and cook on medium heat (power 7) for 5 mins.
5. Cook ② on high heat for 3 mins. Remove and stir well before pour over chicken.

咖哩鸡 CURRY CHICKEN

材料：

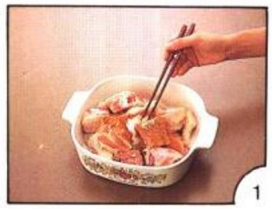
煮鸡用咖哩粉 85 克
鸡 1 只、盐 1 大匙
糖 1 大匙、椰子粉 1 包
马铃薯 300 克、洋葱 1 个

作法：

1. 鸡切块，用盐、糖及 1 大匙咖哩粉拌匀，腌 30 分钟(图 1)。
2. 洋葱切片；马铃薯切滚刀块；椰子粉与 600 克水拌匀。
3. 油 5 大匙，放入洋葱片，以强火煮 8 分钟至软。加入剩余的咖哩粉拌匀，以强火煮 4 分钟。取出加入 300 克水拌匀，再煮 4 分钟，再拌入½椰浆(图 2)，煮时加盖，以强火煮 4 分钟。再加入 300 克水，再煮 4 分钟。
4. 放入马铃薯及鸡块，加盖，以强火煮 10 分钟。取出加入剩余椰浆，改中火(火力 6)再煮 20 分钟，煮至鸡肉变软。

Ingredients:

85gm curry powder for chicken
1 whole chicken
1 T. salt
1 T. sugar
1 packet coconut powder
300gm potatoes
1 onion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Method:

1. Cut chicken into required pieces. Marinate with salt, sugar and 1 T. curry powder for 30 mins. (fig. 1)
2. Slice the onion. Cut potatoes into pieces. Mix coconut powder with 600gm water, leave aside.
3. Cook 5 T. of oil together with onion on high heat for 8 mins. Mix in balance of curry powder. Cook on high heat for 4 mins. Remove and add in 300gm of water. Mix well and cook again for 4 mins. Add in half of the coconut water (fig. 2). Cook for further 4 mins. under cover. Add another 300gm water and continue cooking for 4 more mins.
4. Add in potatoes and chicken, cover and cook on high heat for 10 mins. Remove and add in the balance of the coconut water. Lower to medium heat (power 6), cook for 20 mins. Cook till chicken meat is tender.

蜜味鸡翼 CHICKEN WINGS WITH HONEY

材料：

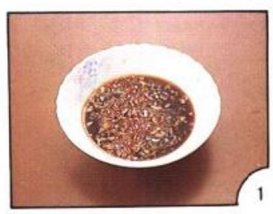
鸡翅 10 只
① 酸梅酱 3 大匙、油 2 大匙
蜂蜜 1 大匙、蒜茸 1 大匙
酒½茶匙、酱油 1 大匙
红葱头 1 大匙、盐½茶匙

作法：

1. ①料放入小碗内拌匀，以中火(火力 7)，煮约 2 分钟(图 1)，至呈透明状。
2. 煮好的①料，刷在鸡翅上，腌约 30 分钟。
3. 鸡翅排在微波炉专用架上，肉多部分朝外排列(图 2)；以强火煮 5 分钟，再覆盖蜡纸(图 3)，以中火(火力 7)煮 5 分钟。

Ingredients:

10 chicken wings
① 3 T. plum sauce
1 T. soya sauce
1 T. honey, ½ t. salt
1 T. minced garlic
½ t. wine, 1 T. oil
1 T. chopped shallots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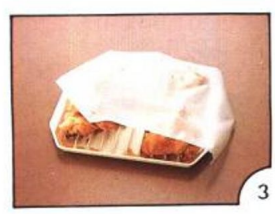
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Method:

1. Place ① in a bowl and mix well. Cook on medium heat (power 7) for 2 mins. (fig. 1) till transparent.
2. Brush cooked sauce on chicken wings and marinate for 30 mins.
3. Place chicken wings on microwave rack (fig. 2). Cook on high heat for 5 mins. cover with wax paper. (fig. 3) Lower heat to medium (power 7) and cook for 5 more mins.

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纸包鸡 PAPER-WRAPPED CHICKEN

材料：

鸡腿 3 只、香菇丝半杯
辣椒 3 只切丝、芫荽适量
玻璃纸(20 厘米 × 20 厘米)10 张
①{蚝油 2 大匙、酱油 1 大匙
麻油 1 茶匙、酒 1 茶匙
姜水 1 茶匙、糖 1 大匙
辣椒酱 2 大匙、葱 2 根

作法：

1. 鸡腿去骨洗净，切小块，拌入①料，腌约 30 分钟(图 1)。
2. 将香菇、芫荽、辣椒丝放在玻璃纸中心，再把鸡肉放上，将玻璃纸包密(图 2)。
3. 把包好的鸡肉，平放在微波炉的玻璃转盘上(图 3)，以强火煮 4 分钟即可。

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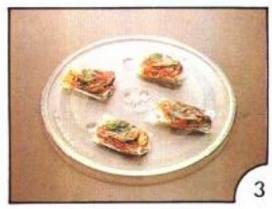
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Ingredients:

3 chicken drum sticks
½ cup shredded black mushroom
3 pieces shredded chilli
some chinese parsley
10 cellophane paper (20x20cm)
①{2 T. oyster sauce
1 T. soya sauce
1 t. sesame oil, 1 t. wine
1 t. ginger water
1 T. sugar, 2 T. chilli sauce
2 stalks spring onion

Method:

1. Debone chicken drumsticks. Cut into small pieces marinate with ① for 30 mins. (fig. 1)
2. Place mushroom, chinese parsley, shredded chilli and chicken on cellophane paper, wrap tightly (fig. 2).
3. Place packets on rotating plate (fig. 3), and cook on high heat for 4 mins.

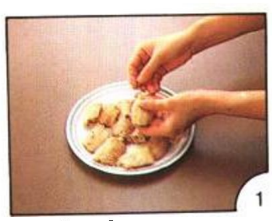
龙凤串翅 CHICKEN WING STUFFED WITH BAMBOO SHOOT

材料：

鸡翅膀 12 只、笋 1 支
火腿 100 克、盐½茶匙
酒¼茶匙、玉米粉 1 大匙
水½杯
①{姜 3 片、葱 2 根
酒¼茶匙

作法：

1. 鸡翅膀放碗内，放上①料，包上胶膜，以强火煮 5 分钟，待鸡翅膀稍凉，将鸡翅及关节处剁除，并将鸡骨取出(图 1)。
2. 笋与火腿切成与鸡翅膀同长的粗条状，然后将其穿入翅膀的骨头洞内(图 2)。
3. 取一中形汤碗，将鸡翅正面朝下，排在碗底及四周，中间处以翅尖填平碗内面，放入水、酒及盐，包上胶膜，以中火煮 15 分钟。
4. 汤汁加调水的玉米粉拌匀，包上胶膜，以强火煮 1 分钟，取出拌匀。
5. 蒸好的鸡翅倒扣在盘中，四周摆上青菜，淋上汤汁即可。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Ingredients:

12 chicken wings
1 bamboo shoot
100gm ham
½ t. salt
¼ t. wine
1 T. cornflour
½ cup water
①{3 slices of ginger
2 stalks of spring onion
¼ t. wine

Method:

1. Place chicken wings together with ①. Cover with cling wrap. Cook on high heat for 5 mins. Leave to cool, remove centre bone (fig. 1).
2. Cut bamboo shoot and ham into the same length with chicken wing, stuff into the pocket (fig. 2).
3. Place chicken wings in a middle size bowl, line neatly at the bottom and side of bowl, fill up the centre with the tip of the chicken wing. Add water, wine and salt, cover with cling wrap and cook on meduim heat for 15 mins.
4. Mix the gravy from steaming the chicken wings with cornflour mixture. Cover with cling wrap and cook on high heat for 1 min. Remove and ir well.
5. Transfer steamed chicken wings to plate. Decorate the side of plat with green vegetables, pour gravy over.

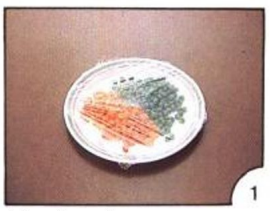
五彩鸡冻 COLOURFUL JELLY CHICKEN

材料：

鸡胸肉 300 克、香菇 3 朵
冷冻青豆 1 杯、火腿丁 1 杯
红萝卜丁½杯、洋菜粉 10 克
①{盐¼茶匙、胡椒粉少许
玉米粉 1 茶匙、油 1 大匙
②{高汤 2 杯、盐 1 茶匙
麻油¼茶匙

作法：

1. 香菇用水泡软去蒂切丁，拌入少许水，以强火煮 3 分钟。
2. 红萝卜丁及青豆包上胶膜(图 1)，以强火煮 2 分钟。
3. 鸡肉切丁(图 2)拌上①料，包上胶膜，以强火煮 4 分钟。
4. 洋菜粉调上¼杯水，包上胶膜，以强火煮½分钟。取出，加入②料及香菇(图 3)，包上胶膜，以强火煮 4 分钟。
5. 洋菜液拌入鸡丁、青豆、红萝卜丁、火腿丁，倒入抹油的模型内，放入冰箱，冷藏至凝固。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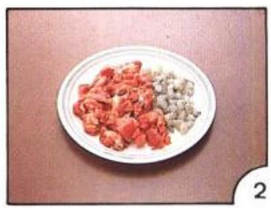
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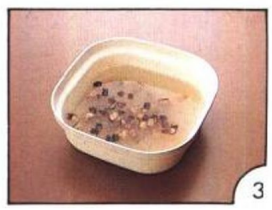
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Ingredients:

300gm chicken breast
3 pieces of black mushroom
1 cup green peas
1 cup diced ham
½ cup diced carrots
10gm agar-agar powder
①{¼ t. salt, dash of pepper
1 t. cornflour, 1 T. oil
②{2 cups stock, 1 t. salt
¼ t. sesame oil

Method:

1. Soften mushroom in water. Remove stem and dice it. Mix with a little water and cook on high heat for 3 mins.
2. Cover diced carrots and green peas with cling wrap (fig. 1). Cook on high heat for 2 mins.
3. Dice the chicken (fig. 2) and mix with ①, cover with cling wrap and cook on high heat for 4 mins.
4. Mix agar-agar powder with ¼ cup of water. Cover with cling wrap and cook on high heat for ½ min. Remove and add in ② together with mushroom (fig. 3). Cover with cling wrap again and cook on high heat for 4 mins.
5. Mix agar-agar mixture with diced chicken, green peas, diced carrots, diced ham pour into greased tin, leave in the refrigerator till set.

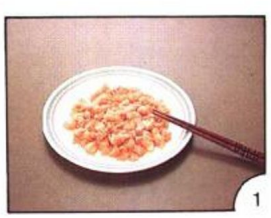
石榴鸡 POMEGRANATE CHICKEN

材料：

鸡腿 2 只、虾仁 300 克
香菇 3 朵、红萝卜丝½杯
芹菜 2 根、葱 2 根
笋丝 1 杯、金针 15 根
高汤 3 大匙、盐½茶匙
玻璃纸(20 厘米 × 20 厘米)15 张
①{蛋白 1 只、胡椒¼茶匙
盐½茶匙、麻油¼茶匙

作法：

1. 鸡腿去骨切丁(图 1)；虾仁切丁；香菇泡软切丝；葱切丝。
2. 鸡肉与①料拌匀，再加入所有配料拌匀(图 2)。
3. 金针用水泡软，鸡肉用玻璃纸包好成石榴状(图 3)，再用金针绑好。
4. 放在微波炉的玻璃转盘上，以强火煮约 4 分钟。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Ingredients:

2 pieces of chicken drumsticks
300gm shrimps
3 pieces of black mushroom
½ cup shredded carrots
2 stalks of celery
2 stalks of spring onion
1 cup shredded bamboo shoot
15 stalks edible tiger lily flower
3 T. stock, ½ t. salt
15 cellophane paper (20×20cm)
①{1 egg white, ¼ t. pepper
½ t. salt, ¼ t. sesame oil

Method:

1. Debone chicken drumsticks (fig. 1). Dice shrimps and chicken, soften mushroom in water and cut into strips, shred spring onion.
2. Mix chicken with ①, and follow by all the ingredients (fig. 2).
3. Soak dried edible tiger lily flower in water till soft. Wrap chicken in cellophane paper and make into the shape of pomegranate (fig. 3). Tie with dried edible tiger lily flower.
4. Place on microwave oven's rotating plate. Cook on high heat for 4 mins.

盐水鸡 SALTED CHICKEN

材料：

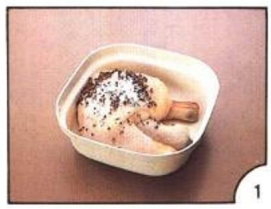
鸡腿 3 只、花椒 3 大匙
盐 1½ 大匙

Ingredinets:

3 chicken drum sticks
3 T. wildpepper
1½ T. salt

作法：

1. 鸡腿洗净，擦干水分。
2. 花椒、盐以干锅小火炒香。
3. 花椒盐涂抹在鸡腿上（图 1），腌 8 小时以上。
4. 将花椒洗掉，鸡腿以竹签插刺（图 2），放在盘内，加盖，以强火煮 10 分钟，待凉切片。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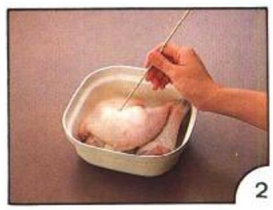
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Method:

1. Wash chicken drumsticks and pat dry.
2. Dry fry wildpepper and salt over slow heat till fragrance.
3. Rub wildpepper and salt mixture over chicken (fig. 1), marinate above 8 hours.
4. Clean wildpepper prick chicken with bamboo skewer (fig. 2), place on plate cover and cook on high heat for 10 mins. Leave cool and slice before serve.

红烧鸡翼 BRAISED CHICKEN WINGS

材料：

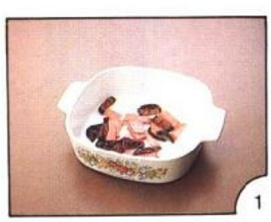
鸡翅 8 只、香菇 5 朵
火腿数片、笋 1 支
玉米粉 1 茶匙
① 高汤 2 杯、水 1 杯
酱油 3 大匙、糖 1 大匙
胡椒¼茶匙、盐¼茶匙
麻油¼茶匙

Ingredients:

8 chicken wings
5 black mushroom
few slices of ham
1 piece of bamboo shoot
1 t. cornflour
① 2 cups stock, 1 cup water
3 T. soya sauce, 1 T. sugar
¼ t. pepper, ¼ t. salt
¼ t. sesame oil

作法：

1. 香菇用水泡软去蒂，笋切薄片。
2. 香菇放入锅中，加 3 大匙油，并放入火腿片（图 1），以强火煮 5 分钟。
3. 取出放入鸡翅及笋片和①料拌匀（图 2）。以强火煮 10 分钟。取出翻转拌匀，以中火（火力 6）再煮 10 分钟。
4. 待煮好后，将鸡翅取出，剩余的汤汁迅速调入调水的玉米粉，待粘稠，再淋在鸡翅上。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Method:

1. Soften mushroom in water, remove stem. Cut bamboo shoot into thin slices.
2. Place mushroom into pot together with 3 T. of oil. Add ham (fig. 1). Cook on high heat for 5 mins.
3. Add chicken wings, bamboo shoot and ① (fig. 2). Mix well and cook on high heat for 10 mins. Stir and cook on medium heat (power 6) for another 10 mins.
4. Remove cooked chicken wings. Stir in cornflour mixture into gravy, when thicken, pour over chicken wings.

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