

# 营养美味素菜



入厨系列 4

入厨系列4

Ca

Protein

B<sub>1</sub>

# 营养美味素菜

Mg

Delicious Vegetarian Recipes

D

Mineral

C

Fibre

A

Carbohydrates

Vitamin

E

Fe

B<sub>12</sub>

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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

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，即从以往的以大鱼大肉为主转变为要求吃得清淡一点。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，从卖相到滋味都不太吸引人。但我认为这只是错觉而已。其实素菜是否好味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意见。在本书——《营养美味素菜》和另一本配套的《家常简易素菜》书中，我一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，样样俱全，希冀与各位喜欢素食的朋友分享。这些素菜，既好味又有营养，作为自己动手下厨，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，而是选来自世界各地不同的材料，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，它们除了含较少的脂肪外，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提供给各位一些食素新概念，使你们吃得更开心，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 book *“Deliciously Vegetarian”* & *“Vegetarian Meals make Easy”* 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



# 芹香豆干

Celery and Spicy Tofu Julienne



30分钟



3~4人

## 材料

五香豆干2块，冬菇(浸软)4朵，胡萝卜、西芹和中芹各80克，炒香芝麻1茶匙。

## 调味料

生抽2茶匙，麻油1茶匙，盐和糖各1/2茶匙。

## 做法

1. 将五香豆干用水冲净，切细丝。
2. 将冬菇浸软后，蒸5分钟，待凉后切细丝。
3. 将胡萝卜及两款芹菜冲净，切细丝，放热水内氽水半分钟，即取出，过冷水，备用。豆干丝放热水内，氽水半分钟取出。
4. 将全部材料放大碗内，与调味料拌匀。
5. 置冰箱冷冻半小时。食用时洒上炒香芝麻即成冷菜。

心得：西芹爽甜，中芹香口，两款芹菜齐用，更添美味。

## Ingredients

- 2 pc spicy tofu
- 4 Chinese mushroom, soaked
- 80g each of carrot, celery and Chinese celery
- 1 tsp fried sesame seed

## Seasonings

- 2 tsp light soya sauce
- 1 tsp sesame oil
- 1/2 tsp each of salt and sugar

## Method

1. Rinse spicy tofu, cut into julienne.
2. Soak Chinese mushroom, steam for 5 min, cool and cut into julienne.
3. Rinse and cut carrot, celery and Chinese celery into julienne, blanch in hot water for 1/2 min, remove at once, rinse with fresh water and set aside. Blanch spicy tofu julienne in hot water for 1/2 min, remove.
4. Place all ingredients in a bowl, mix with seasonings.
5. Chill in fridge for 1/2 hr. Sprinkle with fried sesame seeds and serve.

Practical tips: A combination of celery and Chinese celery gives crispness and flavour respectively.



# 麻香青瓜素海蜇



20分钟



3~4人

Sesame Flavoured Cucumber and Japanese Yam Paste Noodle

## 材料

温室青瓜2个，日式魔芋条1包，白芝麻1茶匙。

## 调味料

(A) 麻油2茶匙，盐 $\frac{1}{2}$ 茶匙。

(B) 生抽2汤匙，麻油2茶匙。

## 做法

1. 将青瓜冲洗干净，直切开半，用刀拍松，再切块。
2. 将青瓜与调味料(A)拌匀，腌片刻。
3. 将粗条魔芋冲净沥干，与调味料(B)拌匀腌片刻。
4. 将芝麻放干锅内，用慢火炒香，取出备用。
5. 将青瓜及魔芋沥去水分，拌匀盛放在碟内，洒上炒香芝麻。

心得：温室青瓜个子细小，皮薄肉脆，最适宜做凉拌。

## Ingredients

- 2 organic cucumber
- 1 pack yam paste noodle
- 1 tsp white sesame seed

## Seasonings

- (A) 2 tsp sesame oil  
 $\frac{1}{2}$  tsp salt
- (B) 2 tbsp light soya sauce  
2 tsp sesame oil

## Method

1. Rinse cucumber, cut in half lengthways, lightly crush with the chopper, then cut into bite-sized pieces.
2. Mix cucumber with seasonings (A) set aside.
3. Rinse yam paste noodle and drain, mix with seasonings (B) and set aside.
4. Fry sesame seeds in a dry wok over low heat until fragrant, remove.
5. Drain cucumber and yam paste noodle, mix well and arrange on a plate, sprinkle with fried sesame seeds and serve.

Practical tips: Fresh and crisp organic cucumber is deal for salad.





# 色拉伴千层

Mille Feuille with Fruit Salad



40分钟



4人

## 材料

豆腐皮1块。

## 调味料

水 $\frac{1}{2}$ 杯，生抽2汤匙，老抽 $\frac{1}{2}$ 汤匙，  
麻油1茶匙，糖1茶匙。

## 杂果色拉

梨、苹果、猕猴桃、柑、提子共2  
杯，色拉酱 $\frac{1}{2}$ 杯，淡奶2~3汤匙，  
糖1汤匙。

## 做法

1. 将豆腐皮剪去硬边，用湿布抹净，剪成两块。
2. 将调味料拌匀，均匀扫于豆腐皮上。
3. 将豆腐皮叠好，折成长条形，用叉刺孔，转至扫油碟上，蒸10分钟。取出待凉。
4. 烧 $\frac{1}{4}$ 锅油，放下豆腐皮，用中火炸至金黄香脆，取出滤净油分，切块。
5. 将杂果切粒与色拉酱、淡奶及糖拌匀。
6. 先将杂果色拉盛碟，豆腐皮块排放上面，即可品尝。

心得：豆腐皮折时包入了空气，用叉刺孔以助疏气，炸时会较均匀。

## Ingredients

1 pc soya sheet

## Seasonings

$\frac{1}{2}$  cup water

2 tbsp light soya sauce

$\frac{1}{2}$  tsp dark soya sauce

1 tsp sesame oil

1 tsp sugar

## Fruit salad

2 cups pear, apple, kiwi fruit, mandarin  
orange, grape

$\frac{1}{2}$  cup salad dressing

2~3 tbsp evaporated milk

1 tbsp sugar

## Method

1. Trim off the hard edges from soya sheet, wipe clean with a damp towel, cut in half.
2. Mix seasonings thoroughly, brush evenly over the soya sheets.
3. Pile and fold soya sheet into a rectangle, prick holes with a fork, transfer to a greased plate and steam for 10 min. Cool and leave to dry.
4. Heat  $\frac{1}{4}$  wok oil, deep-fry soya sheet in medium hot oil until golden and crispy, remove and drain off excess oil. Then cut into strips.
5. Cut fruits into cubes, mix with salad dressing, evaporated milk and sugar to taste.
6. Place fruit salad on a serving plate and arrange crispy soya sheet on top.

Practical tips: Prick holes to release air from the soya sheet rectangle so that it will remain flat after deep-frying.



# 白云藕片佛手瓜



40分钟



4人

Sweet and Sour Pickled Lotus Root and Chayote

## 材料

莲藕1节 (160克)，佛手瓜1个 (160克)。

## 糖醋料

白醋精1杯 (250毫升)，糖1杯 (250毫升)，盐 $\frac{1}{2}$ 茶匙，红椒 (切片) 1只。

## 做法

1. 将糖醋料放大碗内，拌至糖全部溶化。
2. 将莲藕与佛手瓜冲净去皮，切薄片。
3. 烧半锅水，将莲藕与佛手瓜片分别放滚水内氽水 $\frac{1}{2}$ 分钟，即取出，洗净及沥干。
4. 将莲藕与佛手瓜片放入糖醋料内，加红椒，腌泡1天，冷冻享用更为可口。

心得：白醋可分为米醋及醋精，后者酸度较浓，要拌入同等分量的糖来调和。

## Ingredients

- 1 section (160g) lotus root
- 1 (160g) chayote

## Pickling solution

- 1 cup (250ml) white vinegar
- 1 cup (250ml) sugar
- $\frac{1}{2}$  tsp salt
- 1 red chilli, sliced

## Method

1. Place pickling solution in a bowl, stir well until sugar has dissolved.
2. Peel and rinse lotus root and chayote, slice thinly.
3. Bring half wok of water to the boil, blanch lotus root and chayote separately for  $\frac{1}{2}$  min, remove, rinse and leave to dry.
4. Soak lotus root and chayote in pickling solution, add chilli and set aside for 1 day. Serve chilled.

*Practical tips: Rice vinegar is milder compare to distilled white vinegar. Use same quantity of sugar to vinegar to get the sweet and sour taste.*





# 卷心菜丝春卷



40分钟



8条

## Crispy Spring Rolls with Cabbage

### 材料

春卷皮8张，卷心菜160克，胡萝卜40克，冬菇(浸软)2朵，木耳(浸软)6只，面粉浆适量。

### 调味料

生抽2茶匙，盐 $\frac{1}{2}$ 茶匙，麻油 $\frac{1}{2}$ 茶匙，糖1茶匙，生粉1茶匙，水3汤匙。

### 做法

1. 将春卷皮用布盖好备用。
2. 将卷心菜、胡萝卜及冬菇切丝；将木耳除去硬边，切碎。
3. 烧2汤匙油，爆炒以上材料，拌入调味料成馅料，待凉。
4. 将馅料等分为8份。
5. 每块春卷皮包卷1份馅料，用面粉浆埋口。
6. 烧半锅油，放下春卷，以中火炸至金黄香脆，取出滤净油分，便可上碟。

心得：速冻春卷皮厚薄均匀，方便易用。面粉浆是用适量水与面粉拌成粉浆，用于将春卷皮封口。卷心菜丝春卷皮脆滑软，爽口不腻。

### Ingredients

8 pc spring roll wrappings  
160g cabbage  
40g carrot  
2 Chinese mushroom, soaked  
6 pc cloud fungus, soaked  
A little flour paste

### Seasonings

2 tsp light soya sauce  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp sesame oil  
1 tsp sugar  
1 tsp cornstarch  
3 tbsp water

### Method

1. Cover spring roll wrappings to prevent drying.
2. Shred cabbage, carrot and Chinese mushroom; trim cloud fungus and chop roughly.
3. Heat 2 tbsp oil, stir-fry vegetables and stir in seasonings, remove to cool.
4. Divide filling into 8 portions.
5. Wrap each portion with a piece of wrapping, fold to form spring roll, seal opening with flour paste.
6. Heat  $\frac{1}{2}$  wok of oil, deep-fry spring rolls in medium hot oil until golden and crispy. Remove, drain and serve.

Practical tips: Frozen spring roll wrappings have even thickness and are handy to use. Blend a little flour and water together to a paste, use it for sealing the spring rolls. This vegetarian spring roll is juicy inside with a crispy wrapping.