

入厨乐系列 7

美人养颜食谱

Recipes for Health and Beauty

古善珍整理 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

爱美之心人皆有之，女士对此当然更为重视。

要保持身体健康和容颜娇美，关键之道有四：一是有规律的生活，二是有足够的运动，三是懂得调理的方法，四是营养均衡的饮食。前三者暂且不论，但说到最后一点，却可说是本书的编写方向。我们希望通过介绍多个有特色的食谱，方便各位读者依法在家炮制，与家人分享诱人食欲又富营养的菜式，如此便可以在大快朵颐之余，更能从美食中吸取均衡营养，最终达到保持身体健康的目的。

中国营养学会在《中国居民膳食指南》中指出多种健康饮食的原则，包括多吃蔬菜、水果和薯类；多吃清淡少盐的饮食；经常吃适当的鱼、禽、蛋、瘦肉，少食肥肉和荤油等。所以在本书中，我们介绍的菜式也是以蔬食为主，因为这种低脂肪、低胆固醇的饮食对身体健康和皮肤的保养确有很大的好处。常吃蔬菜有助清理肠胃、净化血液，有助排泄功能，身体内积聚的废物和毒素少了，自然能做到容光焕发。此外，绿黄色的蔬菜中含有的胡萝卜素，能滋润肌肤，预防干燥保持皮肤亮泽，也是维持肌肤健康不能欠缺的成分。

读者可能会留意到，在书中的个别菜式是有辣味的，有人会提出质疑，这是否会对皮肤有影响。其实辣味的食物有兴奋神经的作用，能刺激汗腺及排水机能，有利于排出毒素，使皮肤有光泽。所以，适当地食用一些辣味的食物，对皮肤的保健也是有好处的。

In many cultures beauty seems to be strongly associated with the feminine.

To keep healthy and pretty, there are four key points: regular life, enough sport, good care and balanced nutrition. Other than the former three points, the last one is the main heading of this book. With our characteristic recipes you can cook yourself at home and share cates with your family. So you not only enjoy delicious food and nourishment but also keep healthy.

The Chinese Nourishment Society pointed out in Chinese Diet Guide that healthy eating rules include: more vegetables, fruit, potato; light food; moderate fish, chicken, eggs, muscle and a little fat. Accordingly in this book we mainly introduce vegetable dishes because the low-fat and low-cholesterol vegetable is beneficial to your body and skin. It can make your bowel, stomach and blood purified and the toxin in your body decreased, which leads to your beauty. Besides, the carotene in green vegetable, as indispensable component, can moisten skin, keep water and make face shine.

Readers may notice that some of the dishes are a little hot and suspect they may be bad for skin. In fact hot food can stimulate nerves and sweat glands and detox through sweating. So moderate hot food really does good.

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几种材料的处理

茄子乳酪夹

Eggplant and Cheese Sandwiches



20分钟



4人

材料

茄子320克，乳酪1包，生粉 $\frac{1}{2}$ 杯，油适量。

调味料

盐 $\frac{1}{4}$ 茶匙。

脆浆料

自发粉2汤匙，生粉1茶匙，水3汤匙，油1汤匙。

做法

1. 脆浆料拌匀成稀浆备用。
2. 茄子洗净抹干，横切约 $1\frac{1}{2}$ 厘米厚片，每片中间一刀，但要相连勿断，酿入乳酪半片，扑上生粉，沾满脆浆后，放入大热油中，炸至金黄色即成。

心得：选购软身的茄子，肉质较为嫩滑。

Ingredients

320g eggplants
1 pack cheese (250g)
 $\frac{1}{2}$ cup cornstarch
600g oil

Seasonings

$\frac{1}{4}$ teaspoon salt

Crisping Paste

2 tablespoons self-raising flour
1 teaspoon cornstarch
3 tablespoons water
1 tablespoon oil

Method

1. Make thin crisping paste by mixing ingredients well for use.
2. Wash the eggplants well, wipe them dry, cut them crossly into slices $1\frac{1}{2}$ cm thick, cut each slice open in the middle, but still connected, stuff $\frac{1}{2}$ slice cheese in, daub cornstarch on, coat them with crisping paste and deep-fry them in oil boiled very hot until golden yellow for serving.

Practical tips: Select soft eggplants, which are more easily chewed.



糖醋大白菜



20分钟



4人

Sweet and Sour Tientsin Cabbage

材料

大白菜320克，辣椒2只，薄荷叶少许，子姜丝2汤匙，番茄(切片)2个。

调味料

盐 $\frac{1}{2}$ 茶匙，糖2汤匙，茄汁2汤匙，白醋1汤匙，麻油1茶匙，花椒少许。

做法

1. 大白菜除去老叶，洗净，取梗部纵切成约6厘米长丝，然后用滚水汆一下，取出沥干水分，辣椒去籽切粒，子姜刮皮切丝。
2. 烧热一汤匙油，爆香辣椒，取出，与调味料混合。
3. 大白菜加调味汁，拌匀，冷冻，食时才加子姜丝拌匀，饰以薄荷叶和番茄片便成。

心得：辣椒爆炒过，可减少辣味。大白菜选用黄带绿色的，较鲜甜。此菜可以预先做多一点放冰箱冷冻备用。

Ingredients

320g Tientsin cabbage
2 chilis
a dash of mint leaves
2 tablespoons ginger stem shreds
2 tomatoes, sliced

Seasonings

$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
2 tablespoons tomato sauce
1 tablespoon vinegar
1 teaspoon sesame oil
a dash of zanthoxylum

Method

1. Remove old leaves from the Tientsin cabbage, wash and cut its stems longitudinally into 6cm shreds, scald in boiling water for a while, take them out and drain; seed chilis; peel ginger stem and shred it.
2. Heating 1 tablespoon of oil, sauté chilis, take them out for use.
3. Add seasoning sauce to the Tientsin cabbage and ginger to mix well, freeze it, garnish with tomatoes slices and mint leaves.

Practical tips: Sauting chilis can reduce its hotness. The greenish Tientsin cabbage is fresher and sweeter. More of this dish can be made beforehand and frozen in the refrigerator for use.



麻辣青瓜

Hot and Spicy Cucumber



15分钟



4人

材料

青瓜1个，虾米40克，辣椒1只，蒜头2粒。

调味料

盐1茶匙，糖1½茶匙，麻油1茶匙，花椒粉½汤匙。

做法

1. 青瓜连皮洗净，抹干切片，下盐少许拌匀，腌半小时，倒去汁液。
2. 虾米除去碎壳，用温水稍浸，取出用刀剁成粗粒。
3. 辣椒去籽斜切，蒜头去衣，用刀背拍碎。
4. 将调味料与辣椒、蒜蓉同放碗内拌匀，放下虾米和青瓜再拌匀，置冰箱内冷冻，进食时可淋上少许麻油。

心得：青瓜整个连皮，用粗盐擦匀瓜身，稍腌，然后洗切，可保持其翠绿色。虾米要选色泽鲜明、完整、干爽无异味的才新鲜。

Ingredients

- 1 cucumber
- 40g dried small shrimps
- 1 red chili
- 2 cloves garlic

Seasonings

- 1 teaspoon salt
- 1½ teaspoons sugar
- 1 teaspoon sesame oil
- ½ tablespoon zanthoxylum powder

Method

1. Wash the cucumber with skin, wipe it dry, cut it into sticks, add a dash of salt to mix well and salt for ½ hour and pour sauce away.
2. Remove broken shells from the dried small shrimps, soak in warm water for a while, take them out and chop into coarse pellets.
3. Seed chili and cut it slantingly; skin garlic and pound it with the back of the knife.
4. Put seasonings with red chili and chopped garlic in a bowl to mix well, put dried small shrimps and cucumber in to mix well again, freeze them in the refrigerator and sprinkle a dash of sesame oil over for serving.

Practical tips: Rub the cucumber with skin on evenly with coarse salt to leave it still for a while and then wash and cut it so as to maintain its jade green. It is recommended to select the fresh dried small shrimps which are bright in lustre, whole in shape, dry and crisp without any foreign taste.



榨菜拌茄子



20分钟



4人

Eggplants with Pickled Mustard Root

材料

榨菜1个约80克，茄子640克，白芝麻2汤匙。

调味料

蒜蓉、糖各1茶匙，生抽1汤匙，盐1/2茶匙，麻油1汤匙。

做法

1. 茄子切去头尾少许，洗净切段，大火隔水蒸15分钟，加入调味料拌匀。
2. 白芝麻用白锅炒香。
3. 榨菜用滚水洗净，切细丝，铺在茄子上，再洒上白芝麻。

心得：茄子切开与空气接触，产生氧化作用后会变成铁锈色，在未煮用前，宜浸在冷水中。

Ingredients

1 pickled mustard root (80g)
640g eggplants
2 tablespoons white sesame

Seasonings

1 teaspoon each of chopped garlic and sugar
1 tablespoon light soy sauce
1/2 teaspoon salt
1 tablespoon sesame oil

Method

1. Cut a little off the head and tail of each eggplant, wash them and cut into lengths, steam them above water over high heat for 15 minutes, add seasonings to mix well.
2. Fry white sesame in a wok.
3. Wash the pickled mustard root clean with boiled water, cut it into thin shreds, spread them over the eggplants and sow white sesame over for serving.

Practical tips: A cut of eggplant will turn rust-coloured due to the oxidation in touch with the air, so it is recommended to soak it in cold water before cooking.



雀巢美果双菇



40分钟



4人

Kernels and Mushrooms in Bird's Nest

材料

面条240克，炸腰果、夏威夷果仁、马蹄和冬笋各20克，西芹80克，胡萝卜40克，冬菇4只，姜数片，油2汤匙。

芡料

素上汤2汤匙，盐、糖各1/4茶匙，生粉1茶匙，胡椒粉、麻油各少许。

做法

1. 面条用少许盐、生粉拌匀，放入炸雀巢用的“兜”内炸成雀巢。
2. 马蹄、冬笋、西芹和胡萝卜均切角块，余后备用。冬菇浸软、去蒂。
3. 烧热油爆香姜片，下冬菇兜炒至熟，才放入蔬菜炒匀，埋芡兜炒几下，加入腰果、夏威夷果仁，放入雀巢内即成。

心得：炒雀巢时，先将“兜”炸热，再排放面条，慢火炸至定型。

Ingredients

240g noodles
20g each of cashew nuts, Hawaiian kernels, skinned water chestnuts, skinned winter bamboo shoot
80g celery
40g carrot
4 black mushrooms
a few slices ginger
2 tablespoons oil

Starch Solution

2 tablespoons fine vegetarian stock
1/4 teaspoon each of salt and sugar
1 teaspoon cornstarch
a dash each of pepper and sesame oil

Method

1. Noodles mix with a dash of salt and cornstarch and deep-fry it in a bird's nest deep-frying net-container.
2. Cut water chestnuts, bamboo shoot, celery and carrot into angles and scald them in boiling water for use; soak black mushrooms until soft and remove stalks.
3. Heating oil, sauté ginger, stir-fry both mushrooms, put vegetables and gluten in to stir-fry, starch to stir some more times, add both kernels and serve them in the bird's nest.

Practical tips: When deep-frying the bird's nest, heat the net-container first, then lay the noodles in and deep-fry them over slow heat until formed.

