

佳节喜庆食谱

菜谱中英对照



Wonderful
Dishes for Festival

入厨乐系列 8

古善珍整理 福建科学技术出版社

入厨乐系列 8

佳节喜庆食谱

Wonderful Dishes for Festival

古善珍整理 福建科学技术出版社

著作权合同登记号：图字13-2002-23

原书名：佳节喜庆食谱

本书中文简体字版由香港万里机构出版有限公司授权福建科学技术出版社
在中国大陆地区出版、发行

图书在版编目(CIP)数据

佳节喜庆食谱／古善珍整理．—福州：福建科学技术出版社，2002.10

(入厨乐系列)

ISBN 7-5335-2054-8

I. 佳… II. 古… III. 节日—食谱—中国
V. TS972.182

中国版本图书馆CIP数据核字(2002)第066348号

书 名 佳节喜庆食谱

入厨乐系列

整 理 古善珍

出版发行 福建科学技术出版社

福州市东水路76号，邮编350001

www.fjstp.com

经 销 各地新华书店

印 刷 美雅印刷制版有限公司

开 本 787毫米×1092毫米 1/24

印 张 2.5

字 数 48千字

版 次 2002年10月第1版

印 次 2002年10月第1次印刷

印 数 1—8 000

书 号 ISBN 7-5335-2054-8/TS·198

定 价 8.00元

书中如有印装质量问题，可直接向本社调换

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前后，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

中国人对“吃”情有独钟，每逢喜庆节日，不论是春节、端午、中秋、冬至以及生日、小孩满月等，首选的节目总是大吃一顿。事实上，一家人共享天伦，或是三数好友围桌品尝美食、谈天说地，都会给人一种温馨的感觉。

要吃得好，当然可以上街到馆子去，但消费相对较高。倘能掌握做菜的技巧，花点时间在家中入厨制作佳肴，在获得家人朋友赞赏之余，更合乎经济的原则。

喜庆节日的菜式与一般家常菜相比，材料不外亦是鸡、鸭、鱼、肉、蔬菜等，但分量较丰，而制法也需花点心思，制作者更可以替菜肴起个吉祥的名字。

本书介绍的菜式，不再局限于传统的中式做法，部分更采用了西餐的技巧，如蜜运亨通（蜜运芝麻鸡）、金砖满堂（橙汁烩猪扒）、雄鸡报春（泰式香料浸鸡）等，亦有一些从外省菜中变化而来，如红袍加身（辣子鸡丁）、八面玲珑（龙须茄子）等，当然少不了广东人传统的节日喜庆菜肴，如发财好市（日本发菜蚝豉煲）、鲤跃龙门（姜葱红烧鲤）、金元滚滚（栗子鸡煲）等。这许多的菜式，可满足读者不同的需要，随各人的喜好而选择。有入厨经验的朋友也可从中找些灵感，改良创新一下，变化出新的菜式，那就更能体现出自己的一份心思和对家人的关怀了。

以往到了年节，许多人都喜欢做一些油角、煎堆的应节食物，用来自奉或送给亲戚朋友以表心意。随着时代的转变，这类食品都已是大批量生产，在超市、商场都能买到了。虽然如此，有些读者还是喜欢自己动手。所以在本书的附录中，亦介绍了这类年节点心小食的制法，供各位参考。

The Chinese people are deep in love with "eating". They will prepare abundant food first whenever Spring Festival, Dragon Boat Festival, Mid-Autumn Festival, Midwinter festival, birthday and even baby's one-month-day comes. In fact we can always feel warm and joy as chatting with family or good friends as tasting.

For good taste certainly you can go to restaurants but relatively expensive. If you are good at cooking, you can do that at home for your family. And this not only brings you great admiration as a reward but also accords with the rule of cheapness.

The same with the ones at the usual time, the dishes at festivals are made with chicken, duck, fish, meat and vegetable, too. You just need to increase their quantities and add some more ideas. And finally you can also give the dishes some lucky names.

Unlike Chinese traditional cooking, some dishes in the book are made in western ways, such as *Honeydew Balls with Sesame and Chicken*, *Pork Chops with Orange Juice* and *Chicken with Thai Spices*. Some are derived from other provinces, such as *Hot Chicken Dices* and *Eggplant with Rice Vermicelli*. And of course the famous Guang Dong dishes are indispensable, such as *Dried Black Moss with Oysters in Casserole*, *Braised Mud Carp with Ginger and Welsh Onion*, *Chestnut with Chicken in Casserole*, and so on. These recipes meet various needs and you can choose what you like. Experienced cook can also find a flash of inspiration and create new ones, which can show your special care for your family.

Many people used to make Sesame Dumplings or Crispy Dumplings for themselves or friends at festivals. With time passing by these kinds of food are volume-produced now and can be easily bought in supermarkets. Even though some people like cooking by themselves, therefore we recommend some recipes for reference.

CONTENTS

鸡肉类

三元开泰 (三杯鸡翼) Three Cups Chicken Wings	8
红袍加身 (辣子鸡丁) Hot Chicken Dices	10
八方运来 (八味鸡) Multitasted Chicken	12
雄鸡报春 (泰式香料浸鸡) Chicken with Thai Spices	14
丰衣足食 (香麻手撕鸡) Hand-torn Chicken with Sesame	16
喜气洋洋 (茄汁香蒜鸡) Baked Chicken with Tomato Soup	18
金元滚滚 (栗子鸡煲) Chestnut with Chicken in Casserole	20
蜜运亨通 (蜜运芝麻鸡) Honeydew Balls with Sesame and Chicken	22

猪牛类

名利双收 (酸甜排骨) Sweet and Sour Pork	24
鸿运当头 (红糟排骨) Pork Ribs with Red Wine Lees	26
大展鸿图 (叉烧酱烧排骨) Baked Pork Ribs with Roast Pork Sauce	28
金砖满堂 (橙汁烩猪扒) Pork Chops with Orange Juice	30
招财进宝 (腰果脆肝) Cashew Nuts with GIBLETS	32
满盘金钱 (香橙牛仔骨煲) Orange Flavoured Rib Steak in Casserole	34

水产类

鱼跃龙门(姜葱红烧鲤)	Braised Mud Carp with Ginger and Welsh Onion	36
发财好市(日本发菜蚝豉煲)	Dried Mozuku with Oysters in Casserole	38
开市旺财(沙茶旺菜煲)	Spiced Oysters in Casserole	40
百发百中(芦笋虾球)	Fried Prawns with Asparagus	42

汤羹

如鱼得水(生鱼蜜枣煲西洋菜)		
Large Snakehead Soup with Candied Dates and Watercress		44
雄霸天下(霸王花猪肚汤)	Pig Stomach Soup with Beancaper	46
福燕归来(胡萝卜燕窝羹)	Carrot and Bird's Nest Potage	48
乐豆花开(赤小豆鲫鱼汤)	Crucian Carp Soup with Red Beans	50

其他

福寿长生(香酥长生饼)	Crisp Peanut Cakes (Lempeye)	52
八面玲珑(龙须茄子)	Eggplant with Rice Vermicelli	54

附录

三元开泰 (三杯鸡翼)



20分钟



4人

Three Cups Chicken Wings

材料

鸡翼中段900克、白芝麻2汤匙、姜2片、盐半汤匙。

糖醋材料

洋醋、水、糖各1杯。

做法

1. 把糖醋用料及姜煲滚，待冷备用。
2. 白芝麻放入锅中，慢火炒香。
3. 鸡翼洗净，放入滚水中煮5分钟，取出洗净。
4. 水6杯煲滚，加盐，下鸡翼煲滚，慢火煲10分钟至熟，取出用清水冲去油脂，再用冷开水浸1小时，取起沥干水，放入糖醋中，置冰箱内12小时，上碟，进食时洒下芝麻即成。

Ingredients

900g middle sections of chicken wings
2 tablespoons white sesame
2 slices ginger
1/2 tablespoon salt

Sweet and Sour Sauce

1 cup each of distilled vinegar, water and sugar

Method

1. Bring sweet and sour sauce and ginger to boil and cool for use.
2. Fry sesame slowly in the wok.
3. Wash chicken wings clean, boil for 5 minutes, remove and wash clean.
4. Bring 6 cups of water to boil, add salt and boil chicken wings for 10 minutes until cooked. Take out, rinse grease off, soak in cold boiled water for 1 hour, take out, place in sweet and sour sauce, put in refrigerator for 12 hours and sow sesame over for serving.



红袍加身(辣子鸡丁)



15分钟



4人

Hot Chicken Dices

材料

鸡肉320克、熟马蹄肉10个(切粒)、蒜蓉、姜切细粒各1茶匙、葱3根(切碎)、豆瓣酱1汤匙、油2汤匙、酒1茶匙。

腌料

盐1/4茶匙、生粉1茶匙、蛋白1汤匙。

炆料

麻油、胡椒粉少许、糖2/3茶匙、生油、老抽各1茶匙、生粉2/3茶匙、水3汤匙。

做法

1. 鸡肉洗净，抹干水，切粒，加腌料腌20分钟，泡油。
2. 下油，爆姜、豆瓣酱、蒜蓉、马蹄，下鸡肉，洒入酒炒数下，勾芡，下葱兜匀上碟。

Ingredients

- 320g chicken
- 10 cooked skinned water chestnuts, cut into pieces
- 1 teaspoon each of chopped garlic and chopped ginger
- 3 spring onions, chopped
- 1 tablespoon broad bean paste
- 2 tablespoons oil
- 1 teaspoon wine

Marinade

- 1/4 teaspoon salt
- 1 teaspoon cornstarch
- 1 tablespoon egg white

Starching

- a dash each of sesame oil and pepper
- 2/3 teaspoon each of cornstarch and sugar
- 1 teaspoon each of light soy sauce and dark soy sauce
- 3 tablespoons water

Method

1. Wash chicken clean, wipe dry, cut into pellets marinate for 20 minutes and scald in oil.
2. Sauté ginger, broad bean paste, garlic and water chestnuts in oil, add chicken, sprinkle wine in, stir-fry a few times, starch, stir onions in and serve.



八方运来(八味鸡)

40分钟

4人

Multitasted Chicken

材料

鸡1只约900克。

调味料

生抽2汤匙，盐、麻油各½茶匙，糖1茶匙，花椒、八角茴香各8粒，陈皮¼个，姜4片。

做法

1. 鸡宰后洗净，去毛除内脏，洗净，氽水后取出，吹干。
2. 用砂锅烧热油2汤匙，爆香姜片，将鸡放入稍煎，加入全部调味料，再注入水平杯推匀，大火煮滚后，改慢火焖至汁液收干，取出，冷却后切块，排成鸡形上碟。

心得：八味鸡可用速冻鸡腿代替。但用鸡腿而氽水时，最好在滚水中加入姜、葱，以去除速冻鸡腿的异味。

Ingredients

1 chicken (900g)

Seasonings

2 tablespoons light soy sauce

½ teaspoon each of salt and sesame oil

1 teaspoon sugar

8 Szechuen peppercorn

8 star aniseeds

¼ dried tangerine peel

4 slices ginger

Method

1. Defeather and paunch the chicken clean, remove viscera, wash it clean, scald in boiling water, take out and blow dry in the air.
2. Heating 2 tablespoons of oil in an earthen pot, Sauté ginger slices, put the chicken into shallow-fry and turn over, add all seasonings, pour ½ cup of water into stir well, bring them to boil over high heat, reduce the fire to mild heat, braise them until the sauce is drying up, take the chicken out, cool it, cut into pieces and arrange them into the shape of a chicken for serving.

Practical tips: The chicken used for Multitasted Chicken can be replaced by fast-frozen chicken legs. But when using such legs, it is better to add ginger and spring onions into the boiling water for scalding so as to remove their exotic smell.



雄鸡报春(泰式香料浸鸡)

🕒 45分钟

🍴 4人

Chicken with Thai Spices

材料

光鸡1只、香茅2枝、南姜2大片、
芫荽2棵。

调味料

盐1汤匙、水12杯(或适量)。

汁材料

青柠榨汁2汤匙、蒜蓉1汤匙、泰国
甜辣椒酱及鱼露各3汤匙。

做法

1. 把汁用料拌匀，盛小碟上。
2. 芫荽洗净。
3. 香茅洗净，拍松，切短段。
4. 南姜洗净，拍松。
5. 把调味料煲滚，加入香茅、南姜、芫荽，放下鸡慢火浸煮35分钟至熟，取出，冷后涂油在皮上，切块上碟，配上汁吃。

Ingredients

- 1 defeathered and paunched chicken
- 2 sticks lemongrass
- 2 large slices galangal
- 2 stalks Chinese parsley

Seasonings

- 1 tablespoon salt
- 12 cups (or adequate amount) water

Spicing Sauce

- 2 tablespoons lime juice
- 1 tablespoon chopped garlic
- 3 tablespoons each of Thai sweet pepper sauce and fish sauce

Method

1. Mix sauce ingredients well and place in a saucer.
2. Wash celery clean.
3. Wash lemongrass clean, pound loose and cut into short lengths.
4. Wash galangal clean and pound loose.
5. Bring seasonings to boil, boil lemongrass, galangal and parsley and chicken slowly for 35 minutes until cooked, remove, apply oil onto skin, cut into pieces and serve with sauce.



丰衣足食(香麻手撕鸡)

🕒 40分钟

👤 4人

Hand-torn Chicken with Sesame

材料

鸡腿3只, 白芝麻2汤匙, 细米粉20克, 洋葱、青瓜各1个, 红椒1只。

腌洋葱料

糖2茶匙, 醋2汤匙, 盐1/4茶匙。

汁料

芝麻酱2汤匙, 辣椒油、糖、麻油、生抽、洋葱、冷开水各1茶匙, 盐、蒜蓉各1/2茶匙。

调味料

盐、姜汁各1茶匙, 酒2茶匙。

做法

1. 鸡腿解冻, 洗净沥干, 加入调味料拌匀, 腌20分钟, 然后蒸约25分钟, 取出冷却后, 起肉, 用手撕成细丝。
2. 洋葱切开四角, 用滚水淋过, 加腌洋葱料拌匀, 腌1小时, 取出切丝。
3. 芝麻用锅炒香, 汁料混合备用。
4. 青瓜开边, 去瓤切丝, 红椒去籽切丝。
5. 将蔬菜丝和鸡丝同放大碗中, 加混合的汁料拌匀。
6. 米粉炸脆上碟, 上放拌好鸡丝, 洒上芝麻即成。

心得: 洋葱1汤匙和水1汤匙调合, 其酸味相当于普通白米醋。

Ingredients

- 3 chicken legs (800g)
- 2 tablespoons white sesame
- 20g thin rice vermicelli
- 1 each of onion and cucumber
- 1 red chili

Onion Marinade

- 2 teaspoon sugar
- 2 tablespoons vinegar
- 1/4 teaspoon salt

Sauce Ingredients

- 2 tablespoons sesame paste
- 1 teaspoon each of tabasco sauce, sugar, sesame oil, light soy sauce, western vinegar and cold boiled water.
- 1/2 teaspoon each of salt and chopped garlic

Seasonings

- 1 teaspoon each of salt and ginger juice
- 2 teaspoons wine

Method

1. Thaw the chicken legs, wash them clean, drain, add seasonings to mix well and marinate them for 20 minutes; boil for 25 minutes until cooked, take them out to cool, pull meat off and tear it into thin shreds.
2. Cut onion into 4 angles, pour boiling water over, add onion marinade to mix well, marinate it for 1 hour, take it out and shred it.
3. Fry the sesame in a clean wok; mix sauce ingredients well for use.
4. Halve cucumber, remove pith from it and shred it; seed red chili and shred it.
5. Put the vegetables, shreds and chicken shreds together in a large bowl and add the mixed sauce to mix well.
6. Deep-fry rice vermicelli until crisp, place it in a plate, put the mixed chicken shreds on top and sow sesame over for serving.

Practical tips: Mixing 1 tablespoon of western vinegar with 1 tablespoon of water will give an equivalent sour taste to ordinary rice vinegar.