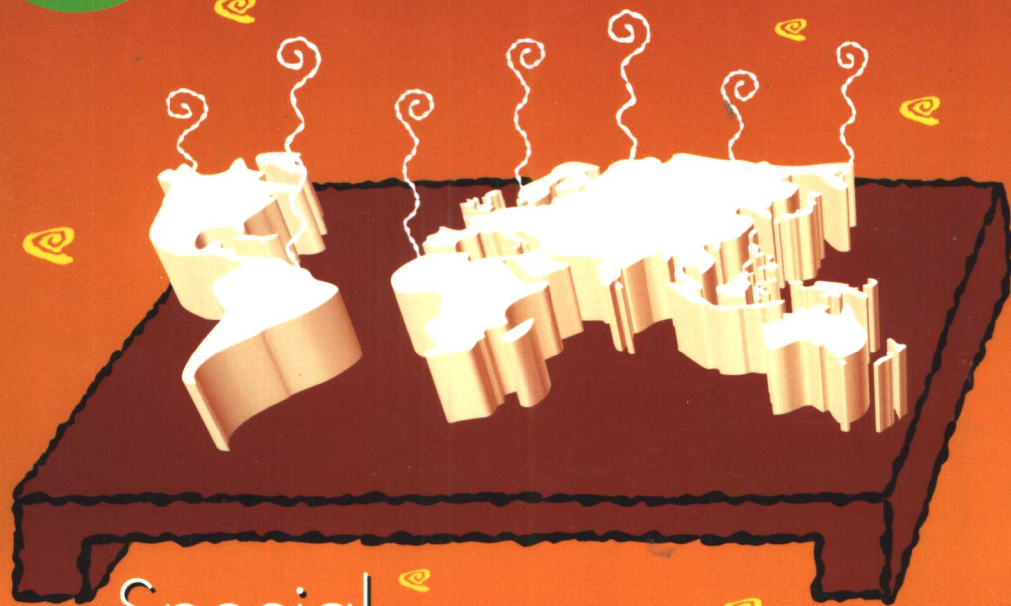


# 美味豆腐食谱

菜谱中英对照



Special  
Beancurd  
Recipes

入厨乐系列 5

古善珍整理 福建科学技术出版社

入厨系列 5

# 美味豆腐食谱

Special Beancurd Recipes

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：世界豆腐食谱

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

美味豆腐食谱／古善珍整理．—福州：福建科学技术出版社，2002.10

(入厨乐系列)

ISBN 7-5335-2050-5

I.美… II.古… III.豆腐—菜谱  
V.TS972.123

中国版本图书馆CIP数据核字(2002)第066901号

书 名 美味豆腐食谱  
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.fjsip.com

经 销 各地新华书店

印 刷 美雅印刷制本有限公司

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 7-5335-2050-5/TS·194

定 价 8.00元

书中如有印装质量问题，可直接向本社调换

# 前言 FOREWORD

中国饮食文化博大精深，各大菜系各有所长，有趣的是，虽然名称叫法或许不同，但各个菜系中都必定有以豆腐及腐竹之类的豆制品为主料的菜肴，而且备受重视。

豆腐传到世界各国以后，它的食用方法变得更为丰富多样，本书便收录了东南亚及西式的豆腐食谱，可供各位读者参考仿制。

豆腐的发明历史起码也有2000年了，关于它的起源传说很多，最为流行的一种说法是汉朝淮南王刘安炼丹不成，反而错有错着，发明了豆腐这种食物。

豆腐白如纯玉，细若凝脂，其味清淡中带鲜美，吃起来适口清爽，久食不腻，不但适于各种烹调方法，而且老少皆宜。难怪西方人士在食了中国的豆腐之后都赞不绝口，称它为“中华第一美食”，可见其确有独特之处。

后世人在普通的豆腐身上不断开发，又制出了诸如实豆腐、布包豆腐、油炸豆腐、豆腐干等等的花样，使豆腐的品样更加多元化了。各种豆腐根据质地的差异适用于不同的烹调方法，实豆腐可用来煎、炸、酿、焗等；布包豆腐适于蒸、酿；油炸豆腐可炆可酿……

豆腐及各种豆制品的制作都离不开黄豆，黄豆富含蛋白质，营养丰富，素有“绿色肉食”之称。用它制出的食品当然也同样含有丰富的营养成分，而且由于改变了黄豆的质地，口感更佳，确是健康又美味的食品。

书中介绍的菜式从油炸到蒸，从汤羹到甜品，款款俱备，而且中西式的做法兼而有之，样式和做法应能给读者更多的选择。

古善珍

# 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。



The culture of Chinese diet is deep and wide. Every series of dishes has its own strong point and amusingly must contain an emphasized one made with beancurd or beancurd sheets and the like.

After being spread all over the world, beancurd is made in many ways. There is a most popular saying, that is Liu An, King South Huai in Han Dynasty, wrongly invented beancurd by chance instead of elixir.

Beancurd, as white and glossy as jade, is light and tasty and is fit for both the aged and young. That's why many western people are full of praise at it and call it "the Most Delicious Food in China", in which you can see its unique character.

After several generations of further creating on beancurd, the new styles, such as pressed beancurd, wrapped beancurd, deep-fried beancurd, dried beancurd and etc., make beancurd family more changeful. The beancurd with different texture must be cooked in different ways. For example: pressed beancurd can be used to fry, deep-fry, stuff and bake; wrapped beancurd can be used to steam and stuff; deep-fried beancurd can be used to stew and stuff...

Beancurd and all kinds of bean products come from soya-bean, which contains rich protein and is viewed "green meat" for its nourishment. Soya-bean production certainly has the same nutrition as soya-bean does but has more delicious taste.

Recipes recommended here vary from fried ones to steamed ones and include soup, dessert and multiform food both in Chinese ways and western ways, which offer more choices for readers.

---

# 目录 CONTENTS

## 浓味菜式

8

印尼炸豆腐 Indonesian Deep-fried Beancurd

8

泰式炸豆腐 Thai Style Deep-fried Beancurd

10

脆炸豆腐球 Crispy Beancurd Balls

12

雪里蕻豆腐 Beancurd with Potherb Mustard

14

锦卤豆腐 Variegated Beancurd

16

腐竹羊煲 Lamb Briskets with Bean Sticks in Casserole

18

鱼蓉豆腐煲 Beancurds with Minced Dace in Casserole

20

茄子豆腐煲 Eggplant and Beancurd Casserole

22

## 淡味菜式

24

大白菜豆腐卷 Peking Cabbage Rolls

24

鸡丝百页 Steamed Chicken Rolls

26

豆腐牛柳卷 Beancurd & Beef Fillet Rolls

28

乳酪豆腐焗蛋 Beancurd & Cheese Cake

30

煎酿鱼蓉豆腐 Beancurd Stuffed with Fish Colloid

32

## 豆腐小食

34

豆腐春卷 Beancurd Rolls

34

豆腐琼脂糕 Beancurd & Agar-Agar Pudding	36
豆浆鲜虾云吞 Shrimp Raviolis in Soybean Milk	38
椰汁豆腐花 Beanjelly with Coconut Milk	40
豆腐煎蛋 Beancurd Omelette	42
香柠豆腐布丁 Beancurd Pudding in Lemon Flavour	44

## 汤羹类 46

咸鱼头豆腐菜干汤 Dried Cabbage Soup with Salted Fish Head	46
酸辣豆腐汤 Hot and Sour Beancurd Soup	48
金枪鱼蓉豆腐汤 Beancurd Soup with Mashed Tuna	50
半月沉江 Half Moons Sinking in The River	52

## 豆制品烹调须知 54

## 形形色色的豆腐和豆制品 56

## 豆腐和油豆腐的处理 58



# 印尼炸豆腐

Indonesian Deep-fried Beancurd



20分钟



4人

## 材料

实豆腐2块，朝天椒6只，生菜适量。

## 拌食汁料

甜酱油8汤匙，酸柑1个，清水3汤匙，盐 $\frac{1}{2}$ 茶匙。

## 做法

1. 豆腐冲洗净，抹干水分，切成方块。
2. 烧热锅，下油，待油冒烟下豆腐，炸成金黄色，捞出放碟上；生菜洗净切丝伴碟边。
3. 朝天椒切粒，与甜酱油、清水、盐、酸柑汁同煮滚，盛于碗中蘸食。

心得：炸豆腐，锅必须干净，待油烧至冒烟才下豆腐，炸出来的豆腐才不易破裂。

## Ingredients

2 bricks solid beancurd  
6 cayenne peppers  
adequate lettuce

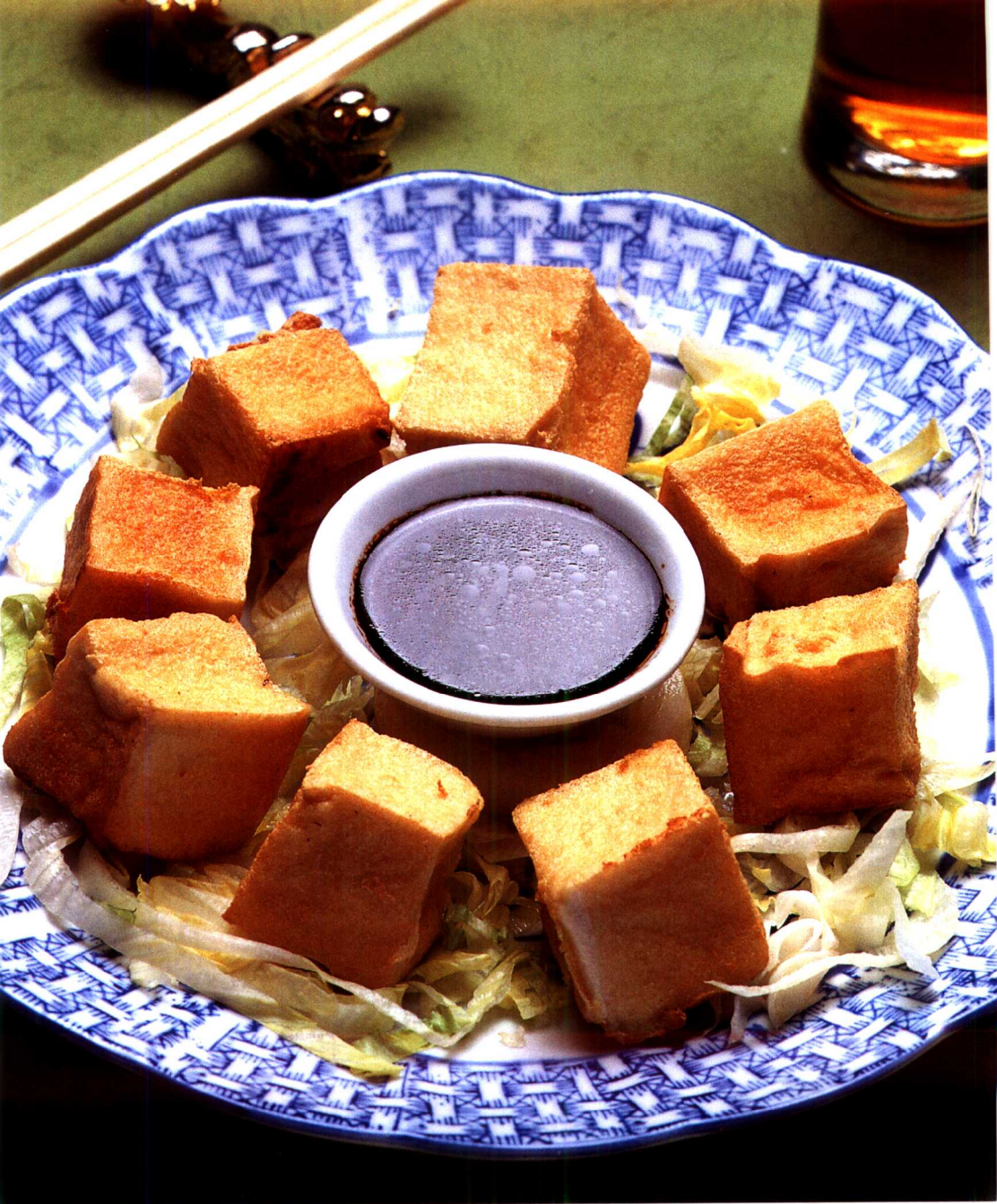
## Sauce

8 tablespoons sweet soy sauce  
1 kaffir lime  
3 tablespoons water  
 $\frac{1}{2}$  teaspoon salt

## Method

1. Rinse the beancurd clean, wipe it dry and cut it into cubes.
2. Heating the wok and pouring oil in, put the beancurd in when the oil is smoking to deep-fry until golden yellow, scoop it out to place in a plate, wash lettuce and shred it to garnish on the rim.
3. Cut cayenne peppers into pellets, boil them with sweet soy sauce, water, salt and kaffir lime juice and place the sauce in a bowl for dipping the beancurd.

*Practical tips: The wok must be clean for deep-frying the beancurd and putting it is when the oil is smoking can prevent the deep-fried beancurd from breaking.*



# 泰式炸豆腐



20分钟



4人

Thai Style Deep-fried Beancurd

## 材料

实豆腐3块，脆花生80克，油适量。

## 酸甜汁料

水¼杯，糖1汤匙，青柠汁2茶匙，红椒粒1茶匙。

## 做法

1. 酸甜汁煮法：水煮滚后放入糖，慢火煮成浆状，加入青柠汁、红椒粒即成。
2. 脆花生用刀压至细碎。
3. 实豆腐用盐¼茶匙抹匀，压去水分，切条，放入滚油中，大火炸至金黄色，捞出，去油。
4. 炸豆腐上碟，洒上花生，拌或蘸酸甜汁进食。

心得：青柠汁可用柠檬汁代替。花生放入锅中慢火炒香，除去花生衣，即成脆花生。

## Ingredients

3 pieces solid beancurd  
80g crisp fried peanuts  
600g oil

## Sweet and Sour Sauce

¼ cup water  
1 tablespoon sugar  
2 teaspoons lime juice  
1 teaspoon red pepper pellets

## Method

1. Boiling sweet and sour sauce. Bring water to boil, add sugar to boil over slow heat into paste and add lime juice and red pepper.
2. Press and crush crisp fried peanuts with the back of the knife.
3. Rub salt evenly onto the beancurd, press water away, cut it into sticks. Deep-fry them in boiling oil over high heat until golden yellow, scoop them out and drain.
4. Dish the beancurd up, sow peanuts over and eat it by mixing with or dipping in sweet and sour sauce.

*Practical tips: The lime juice can be replaced by lemon juice. The crisp fried peanuts are made by frying them in the wok over slow heat and then skinning them.*





# 脆炸豆腐球

Crispy Beancurd Balls



20分钟



4人

## 材料

布包豆腐3块(去水)，瘦肉120克，  
金华火腿蓉、葱粒各1汤匙。

## 腌料

盐1/3茶匙，酒1/2茶匙，面粉1汤匙。

## 做法

1. 豆腐捣烂，以疏孔筛滤过，瘦肉剁成蓉，与豆腐同放入大碗中，加入火腿蓉、腌料，搅匀，加葱粒，再拌匀成馅料。
2. 烧滚油4杯，用匙羹将豆腐料弄成球状，放入滚油中，改用中火炸至金黄色，上碟。
3. 以花椒盐或辣酱油拌食。

心得：在豆腐馅料内，加入少许酒，可除去瘦肉腥味。

## Ingredients

3 cakes board beancurd (water removed)  
120g lean pork  
1 tablespoon each of chopped Jinhua  
ham and diced spring onion

## Marinade

1/3 teaspoon salt  
1/2 teaspoon wine  
1 tablespoon flour

## Method

1. Mash the beancurd, sift with a fine sieve; mince the lean pork, put it together with the beancurd in a big bowl, add chopped ham and marinade, mix well, add diced spring onion and mix well to form a stuffing.
2. Heating 4 cups of oil, spoon the beancurd ingredients into ball shapes, deep-fry in boiling oil, change to medium heat, deep-fry till golden brown, transfer to a plate.
3. Serve with wild pepper salt and Worcester sauce.

*Practical tips: Sprinkle the beancurd stuffing with a little wine to remove the foul smell.*



# 雪里蕻豆腐



15分钟



4人

Beancurd with Potherb Mustard

## 材料

盒装豆腐1盒，雪里蕻160克，红辣椒蓉1茶匙。

## 调味料

素上汤1杯，盐 $\frac{1}{2}$ 茶匙，糖 $\frac{1}{4}$ 茶匙，胡椒粉、麻油各少许。

## 做法

1. 雪里蕻用水浸片刻，洗净后挤干水分，切粗粒，煮熟，去汁。
2. 豆腐切粒，用调味料浸着放冰箱内约2小时，取出，沥干水分放碟上，再以雪里蕻围边，撒下红辣椒蓉，即成。

心得：雪里蕻切粗粒后，用糖1茶匙煮片刻，味道更可口。  
素上汤：用大豆芽640克，干草菇、冬菇蒂各40克，姜2片，水5杯，中火煲1小时即成。

## Ingredients

- 1 box beancurd
- 160g potherb mustard
- 1 teaspoon chopped red chilis

## Seasonings

- 1 cup fine vegetarian stock
- $\frac{1}{2}$  teaspoon salt
- a dash each of pepper and sesame oil
- $\frac{1}{4}$  teaspoon sugar

## Method

1. Soak the mustard in water for a while, wash it clean, squeeze water away, chop it, boil it and drain.
2. Chop the beancurd, put it in the refrigerator by soaking in seasonings for 2 hours, take it out, drain, dish it up, garnish it around with mustard and sow chilis over for serving.

*Practical tips: Chop the potherb mustard and boil it with 1 teaspoon sugar for a while so as to make it more palatable. The fine vegetarian stock is made by boiling 640g bean sprouts, 40g each of dried straw mushrooms and black mushroom stalks, 2 slices ginger and 1.28 kg water over medium heat for 1 hour.*





# 锦卤豆腐

Variegated Beancurd



25分钟



4人

## 材料

实豆腐2块，菠萝2块，洋葱、青椒、红椒各1/2个，蒜蓉1茶匙。

## 糖醋料

洋醋、茄汁、糖各2汤匙，水1杯。

## 芡汁料

生粉1茶匙，水2汤匙，盐1/2茶匙。

## 做法

1. 实豆腐去水，一开八块炸脆上碟。
2. 菠萝、洋葱、青椒、红椒全部切小块。
3. 烧热油1汤匙，将洋葱、青椒、红椒炒熟，盛起待用。
4. 烧热油1汤匙爆香蒜蓉，调入糖醋料煮滚，洋葱及青、红椒回锅，加入菠萝，拌匀芡汁料勾芡，舀起拌食。

心得：洋醋色白，酸味较浓，中国醋色微黄，酸味不及洋醋。

## Ingredients

- 2 cakes pressed beancurd
- 2 pieces pineapple
- 1/2 pieces each of onion, green pepper and red pepper
- 1 teaspoon mashed garlic

## Sweet & Sour Sauce

- 2 tablespoons each of distilled vinegar
- ketchup and sugar
- 1 cup water

## Cornstarch Solution

- 1 teaspoon cornstarch
- 2 tablespoons water
- 1/2 teaspoon salt

## Method

1. Strain water off the beancurd, cut up into 8 pieces and then deep-fry till crispy, transfer to a plate.
2. Section the pineapple, onion, green pepper and red pepper.
3. Heating 1 tablespoon of oil, stir-fry the onion, green pepper and red pepper till done, scoop out and set aside.
4. Heating 1 tablespoon of oil, sauté the mashed garlic, pour in the sweet and sour sauce, bring to the boil, return the onion, green pepper and red pepper, add pineapple, stir in the well mixed cornstarch solution, scoop out as accompaniment.

Practical tips: Distilled vinegar is white in colour and more sour in taste while Chinese vinegar is light brown in colour and less sour.