

尚锦西餐系列2

尚锦文化

五星级西餐



张正忠 林丽娟 著



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张正忠·林丽娟 著

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主 菜

Entree



西班牙酒煮牛菲力

Beef Fillet Poached in Consommé
Served on a Tomato
and Madeira Sauce

4
人份

[材料]

番茄·····	455克
番茄酱·····	1茶匙
菲力牛肉(每片110克)·····	4片
无盐奶油·····	84克
牛肉清汤·····	1升
马爹利葡萄酒·····	50毫升
盐·····	少许
胡椒·····	少许
松露(切丝)·····	1颗

[Ingredients]

455g fresh tomatoes
1 teaspoon tomato puree
4x110g pieces of beef fillet
84g unsalted butter
1 liter beef consomme
50mL Madeira
salt and pepper
1 truffle, cut into julienne strips

[做法]

- ① 将番茄洗净后切碎，放入果汁机中，加入番茄酱打成汁，过筛后，倒入酱汁锅中煮2分钟。
- ② 取28克的奶油加热，放入牛肉，将两面煎至奶油封住表面，然后放入热的牛肉清汤中，烫至喜爱的熟度，取出。锅中去除油脂，淋下葡萄酒煮滚。
- ③ 倒入120毫升的牛肉清汤，煮至浓稠，然后放入28克的奶油，摇动锅子煮成酱汁备用。
- ④ 把番茄汁加热，再加入60毫升的清汤和28克的奶油，以盐、胡椒调味。
- ⑤ 把做法④调好味的番茄汁分别舀入4个盘子中，放上做法②的牛肉，淋上做法③的酱汁，并在盘边撒上松露丝即可。

[Methods]

- ① Wash the tomatoes, then chop roughly and blend in a liquidizer with the tomato puree. Pass through a sieve and cook for 2 minutes in a saucepan.
- ② Seal the beef fillets in a saucepan with 28g of the butter, then poach them in the hot consomme until cooked to your liking. Remove the fat from the pan and deglaze with the Madeira.
- ③ Add 120mL of the beef consomme to saucepan and boil until the sauce reduces to syrup, then swirl in 28g of the butter to complete sauce.
- ④ Reheat the tomato coulis, add 60mL of the beef consomme and 28g of butter. Check the seasoning.
- ⑤ Divide the coulis between 4 plates, place a piece of beef fillet on each, coat with the sauce and arrange the strips of truffle around the beef.

Serves

4



主菜

005



烤火鸡肉卷

Stuffed Turkey Thighs

2
人份

[材料]

火鸡大腿…………… 2.5千克
 芒果(取果肉、切条状)…………… 1/2颗
 芹菜头(或西芹, 过水后切条状)…………… 56克
 法香(切碎)…………… 7克
 褐色面包粉…………… 14克
 盐…………… 少许
 胡椒…………… 少许
 火鸡高汤…………… 500毫升
 番红花丝…………… 少许
 蒜苗丝…………… 少许
 土豆、胡萝卜、小豆蔻(打成配菜泥)…………… 约20克

[做法]

- ① 刮取火鸡大腿肉。将肉摊开来, 用擀面棍压平, 去肌腱, 放芒果和芹菜头在火鸡腿中央。法香、面包粉、盐、胡椒和适量高汤混合均匀成馅料。
- ② 将馅料分成两份, 铺放在芒果和芹菜头的上面, 再将肉紧紧卷起, 用棉绳将四周绑紧, 把两个肉卷放到一个耐烤的锡箔烤袋中, 进烤箱烘烤, 约以190℃烤35分钟。
- ③ 取出火鸡卷, 把烤出的汁倒入火鸡高汤中, 煮到剩下一半量时, 加入番红花丝, 再煮至浓稠。
- ④ 取下棉绳, 把火鸡卷切成5~6片, 排到预热的餐盘中, 淋上酱汁, 附上蒜苗丝和土豆、胡萝卜、小豆蔻打成的配菜泥。

[Ingredients]

2 thighs from a 2 1/2kg turkey
 1/2 mango, peeled and cut into strips
 56g celeriac or celery, blanched and cut into strips
 7g chopped parsley
 14g brown bread crumbs
 salt and pepper
 1/2 liter turkey stock
 A few strands of saffron
 julienne of leeks
 puree of sweet potatoes, carrots and cardamom

[Methods]

- ① Cut a slit down the length of each turkey thigh and carefully remove the bone, scraping all the flesh away. Flatten the deboned thighs with a rolling pin. Remove any sinews. Lay the mango and celeriac down the middle of the thigh. Mix the parsley, breadcrumbs and seasoning. Add stock until stuffing is moist.
- ② Divide the stuffing between the 2 boned thighs and press it down over the mango and celeriac. Roll up each piece of meat and tie round in 4 places with kitchen string. Place the 2 rolls in a roasting bag, seal and place in a preheated oven at 190°C for 35 minutes.
- ③ Remove from the roasting bag, pouring the cooking juices into the turkey stock. Reduce the stock by half and strain on to the saffron. Reduce further until syrupy.
- ④ To serve: remove the string from the turkey rolls and slice each into 5 or 6 rounds. Arrange on heated dinner plates with the sauce, a julienne of leeks and a little potato, carrot and cardamom puree.





香烤坚果鹌鹑

Roasted Chestnut Quail
with Mandarin and
Date Sauce

4
人份

[材料]

鹌鹑.....8只
不甜的栗子泥.....115g
意式Ricotta(瑞柯达)软质乳酪..28g
洋葱(磨碎).....28g
奶油.....60g
榛果油.....1/4杯
柑橘.....4个
香橙干邑甜酒.....3大匙
加州梅.....200g
干白葡萄酒.....1/2杯

[Ingredients]

8 quails
115g unsweetened chestnut puree
28g ricotta cheese
28g grated onion
60g butter
1/4 cup hazelnut oil
4 mandarines oranges
3 tablespoons grand mariner liqueur
200g date
1/2 cup dry white wine

[做法]

- ① 用湿布将鹌鹑擦过，腹部切一开口备用，将栗子泥和软质乳酪搅打到柔细，混入磨碎的洋葱，塞进鹌鹑中，用牙签或竹签固定，以棉绳捆绑起来，进大锅中使用加热的奶油和榛果油，以中火煎鹌鹑，煎到呈金黄色。
- ② 把鹌鹑连同锅中酱汁放到烤盘中，进180℃烤箱烤20分钟烤熟，烤时要不断地把滴下的汁液再淋到鹌鹑上。
- ③ 制作酱汁，将柑橘去皮后放在温水中浸泡，以便剥掉白色的部分，同时要去籽，接着在搅拌机中，将柑橘瓣和香橙干邑甜酒2大匙打成泥状，备用。
- ④ 加州梅、干白葡萄酒、香橙干邑甜酒1大匙在深锅中煮沸后，改转小火慢煮约10分钟，煮到加州梅变柔软。
- ⑤ 取出做法②的烤鹌鹑，保留1/4杯的烤汁并加以过滤。鹌鹑去棉绳，切半盛盘，在做酱汁时应保温。把柑橘泥和烤汁放在小锅中加热。加州梅切半，去籽。淋上酱汁，并用加州梅装饰即可。

Serves

4

[Methods]

- ① Wipe quail with damp paper towels. Beat the chestnut puree and ricotta together until smooth, stir in grated onion. Spoon the chestnut mixture into cavities of the quail; secure each with small skewers and truss. Heat butter and oil in large frying pan, and fry the quail over medium heat until golden brown.
- ② Place quail in a roasting dish with the pan drippings and roast in a moderate oven, 180°C, for about 20 minutes, or until cooked. During cooking time, baste quail frequently with pan drippings.
- ③ While quail is cooking, prepare the sauce. Peel and segment the mandarin oranges. Rinse segments under warm water to remove white pith; remove seeds. Puree the orange segments with 2 tablespoons of Grand Marine in a blender -you need 1 1/4 cups puree.
- ④ Place dates, white wine and extra Grand Marnier in saucepan, bring to the boil, reduce heat and simmer, uncovered, for about 10 minutes, or until dates have softened.
- ⑤ Remove quail from roasting pan; reserve 1/4 cup of pan drippings and strain. Remove string from quail and, if desired, cut quail in halves and arrange on serving plates. Keep warm while heating sauce. Place mandarin puree in saucepan with reserved pan drippings and stir until heated through. Remove dates from their liquid, halve and remove stones. Spoon mandarin sauce evenly around quail and garnish with dates.



主菜

009

橘汁熏烤羊肋排

Smoked Lamb Chops with
Orange Sauce

4
人份



[材料]

熏羊架(每1份可切成6片)……2份
罐装浓缩肉汁……………1杯
柳橙汁……………1杯
柳橙……………2个
罗勒……………少许
注: 6片连在一起未分割的羊排称
羊架。

[Ingredients]

2 well-trimmed smoked racks of
lamb, 6 cutlets each
1 cup demi-glaze
1 cup fresh orange juice
2 oranges
fresh basil, to garnish

[做法]

- ① 先将烤箱以230℃预热, 羊架放在烤盘中烤15~20分钟。
- ② 将浓缩肉汁和柳橙汁入锅, 煮沸后浓缩至原先2/3的量。
- ③ 将柳橙皮取下, 切成如火柴棒大小的细丝, 放入滚水中煮1分钟后沥干。
- ④ 剥好柳橙, 剥净白膜。再一片片的分开, 剥净外膜只留果肉。将羊架从烤箱中取出, 分切成羊排, 盛大盘中, 把柳橙皮丝加入做法②的酱汁中, 一起再煮沸, 淋在羊排上。
- ⑤ 最后用柳橙果肉和罗勒作装饰, 建议用蒸过的西兰花和土豆球作配菜。

Serves

4

[Methods]

- ① It is sometimes possible to buy ready-smoked racks from specialty butchers or food shops. Preheat oven to 230°C. Place smoked racks in a roasting pan and roast for 15-20 minutes.
- ② Place demi-glaze and orange juice in a saucepan and boil until reduced by two-thirds.
- ③ Peel oranges very thinly, removing only the zest. Cut zest into fine matchstick-size slivers and drop into boiling water for 1 minute; drain.
- ④ Peel oranges completely, removing outer membrane, and cut between membranes to produce skinless segments. Remove racks from oven and slice into cutlets. Arrange on a heated serving platter. Add julienne of rind and butter to demi-glaze mixture, bring back to the boil and spoon over cutlets (do not cover the eye of the meat).
- ⑤ Garnish with orange segments and fresh basil. Suggested accompaniments are steamed broccoli and pommes dauphine.



主菜

011



蒜味罗勒羊排

Lamb Chops with
Garlic and Basil Puree

6
人份

[材料]

蒜	2头
水	1升
酸奶油(室温回温)	1茶匙
罗勒叶	18片
盐	少许
研磨白胡椒	少许
羊排	6片
橄榄油	1大匙

[做法]

- ① 将蒜分瓣，去除头尾，外皮去掉，每粒直切成两半，放入滚水中煮5分钟后过滤，重复此动作3次，每次都得重新换水。
- ② 用调理机将蒜打成蓉泥状，加入酸奶油，打到柔细，再加入罗勒搅打均匀，用盐、白胡椒调味。
- ③ 先把烤肉架加热，并将羊排刷上橄榄油，以盐和白胡椒调味，将羊排烤到自己想要的熟度，再将做法②的蒜泥在肉块上抹匀，烧烤到蒜泥成金黄色即可。

Serves

6

[Ingredients]

2 large garlic heads
1 liter water
1 tablespoon sour cream, room temperature
18 basil leaves
salt and freshly ground white pepper
6 thick cut lamb chops, trimmed
1 tablespoon olive oil

[Methods]

- ① Separate garlic cloves and remove peels.
Halve cloves lengthwise; discard green or yellow shoots. Bring water to boil. Add garlic and boil 5 minutes. Drain. Repeat blanching process 3 times, changing water each time.
- ② Puree garlic in processor. Add creme fraiche and blend until smooth. Add basil and blend evenly just to incorporate. Season puree with salt and pepper.
- ③ Preheat broiler. Brush chops with oil. Season with salt and pepper. Broil to desired degree of doneness. Spread each chop with 2 tablespoons puree. Broil until puree begins to brown. Serve chops immediately.



主菜

013

香料枣汁肥鸭

4
人份

Duck with Green Peppercorn
and Plum Sauce



[材料]

澄清奶油	28克
鸭胸(切半、去皮骨)	685克
鲜奶油	450毫升
青胡椒粒	1.5茶匙
红酒醋	120毫升
黑醋栗糖浆	120毫升
去籽加州梅(每颗切成8片)	125克
白兰地	60毫升
盐	少许
研磨胡椒	少许
法香碎	10克

Serves

4

[Ingredients]

28g clarified butter
685g duck breast halves skinned
and boned
450mL whipping cream
1 1/2 teaspoons green pepper-
corns, drained
120mL red wine vinegar
120mL cassis syrup
125g plums, pitted and cut into 8
wedges each
60mL brandy
salt and freshly ground pepper
10g minced parsley

[做法]

- 1 奶油放入平底锅中，中大火加热，煎鸭胸至三分熟，并不时翻转，8分钟后移入盘，封上锡箔纸保温备用。
- 2 将平底锅中的油倒掉，再倒入鲜奶油煮滚，不停搅拌，使其浓缩，时间5~8分钟。
- 3 将红酒醋和60毫升黑醋栗糖浆倒入小锅中，煮5~8分钟，让其浓缩。将加州梅，剩下的60毫升黑醋栗糖浆和白兰地放在中型锅中，以中火煮5~10分钟，直到液体变得有点像糖浆即可，注意不可烧焦。
- 4 将醋汁加入做法2中，以盐和胡椒调味，淋在餐盘上。
- 5 将做法1的鸭胸切成薄片，排成扇形，放在酱汁上。以加州梅片装饰，撒上法香碎点缀即可。

[Methods]

- 1 Heat butter in heavy large skillet over medium-high heat. Add duck and cook until medium-rare, turning frequently, for about 8 minutes. Transfer to plate. Tent with foil to keep warm.
- 2 Discard fat in skillet. Add cream and green peppercorns to skillet. Boil until cream is reduced to 180mL, stirring occasionally, 5 to 8 minutes.
- 3 Meanwhile, boil vinegar with 60mL cassis syrup in heavy small saucepan until reduced to 60mL, stirring occasionally, 5 to 8 minutes. Combine plums with remaining 60mL cassis syrup and brandy in heavy medium skillet. Cook over medium heat until liquid thickens and becomes syrupy, stirring occasionally, 5 to 10 minutes; do not caramelize.
- 4 Add vinegar mixture to cream. Season sauce with salt and freshly ground pepper.
- 5 Slice duck breasts very thinly. Spoon some sauce onto each plate. Arrange duck slices in fan pattern atop sauce. Garnish with plums. Sprinkle with parsley. Serve immediately.



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