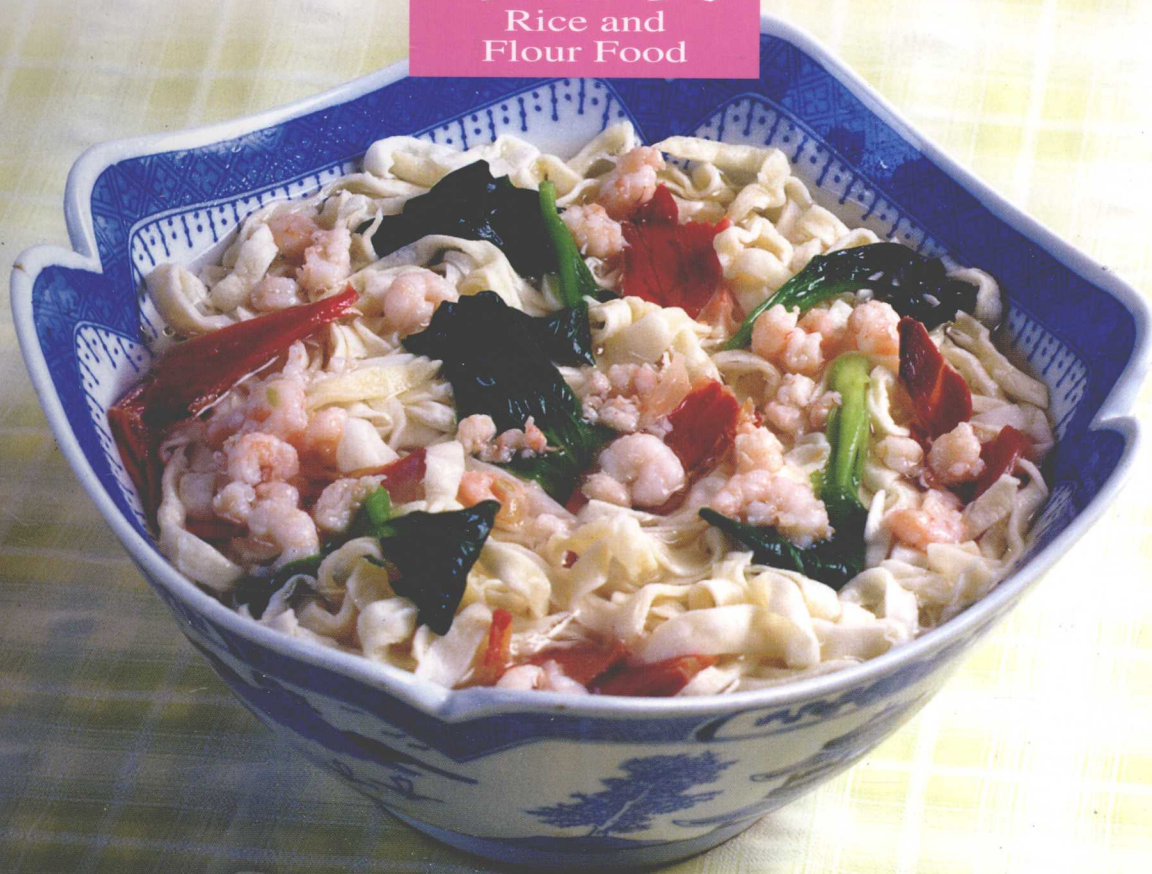


学做中国菜

Learn to Cook Chinese Dishes

米面类

Rice and
Flour Food



外文出版社 FOREIGN LANGUAGES PRESS

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—Rice and Flour Food**

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前言

朱熙钧

倘若不是想成为专业厨师，只是为了自家享用和饗客而学做中国菜，是无须拜师学艺的。中国主妇的厨艺几乎都是从她们的老祖母和母亲那里耳濡目染学来的；待到为人妻母之后，她们之中的一些有心人再借助菜谱加以揣摩，或与友邻切磋交流，制作出的菜饌有时竟然不逊于名店名厨的。当然，在中国的家庭中，擅长烹饪的男子也不在少数，而且饭店、餐馆中的名厨以男性居多。

这套《学做中国菜》丛书的编撰者都是烹饪大师，为了使初学者易于入门，他们以简明的文字介绍了每菜式的用料、刀法、制作步骤等。读者只须按照所列一一去做，无须多日便会熟能生巧，举一反三，厨艺大进。

《学做中国菜》系列丛书共九册，包括水产类、肉菜类、菜蔬类、豆品类、汤菜类、冷菜类、米面类、禽蛋类和家宴类。本册为《学做中国菜》系列丛书之一，汇集了制作米面食品的方法四十种。

米面食品是中国人每餐都不可少的，它们同各种菜饌巧妙搭配，既丰富了饮食品种又符合膳食平衡原理。一块面团或米粉团，配以蔬菜瓜果，可以花样翻新制作出无数种不同口感、味道和形状的米面食品，这也是中国食品与西餐的又一个不同之处。

面粉或米粉加水揉成面团，就成为点心坯料。其中用冷水调制的面团，质地比较硬实，有韧性，入口爽滑，如水饺皮、馄饨皮等。用沸水调制的面团，质地松软，适宜作皮薄馅多的蒸饺、烧麦、锅贴等。用

温水调制的面团，质地软硬适度，富有可塑性，适宜做各种花色饺子。水浆是用较多的水调制的面浆，适用于制成春卷皮子、油墩子皮等，包上馅后，用煎、炸、烤等方法烹制。

发酵面团是酵母菌在一定温度下，使面团产生空洞，变成膨松、柔软、多孔的酵面团。可制成大包、小笼包、花卷、油饼等。有时还可用酒酿发酵，其制品更富于酒香。

油酥面团是用水、油调制的面团，虽未经发酵，但也是膨松、面皮层次分明、色泽美观、口味香酥的制品。如葱油酥饼、千层油糕等。

米粉面团是用米磨成粉制成的坯料。米有糯米、粳米之分，其软、硬、松、糯各有同，又有干磨、水磨之分，因而品种较多，一般分糕、团、粉三种。特点是软糯韧滑，松香爽口。而用来直接做成的点心，如粽子、糖粥、八宝饭、粢饭糕团等更是大众所喜爱的饭点。

咸味馅心一般用肉、禽、鱼类调制，甜味的则用豆类、糖、水果、干果等。可根据各自的口味爱好加以选择、创造。

点心一般都要经过加工，如包入馅心（包括馅心的专门制作），捏成型后，再经蒸、煮。当然也可煎、炸、烤等等。

用蔬菜、水果、干果、杂粮作原料制作的点心，一般是甜点，清香而富有田园风味。如白糖莲心粥、桔肉丸子、桂花糖藕、糖油山芋等等。

Foreword

Zhu Xijun

You don't have to take lessons from a professional teacher to learn the art of Chinese cooking if all you want to do is to entertain your friends or cook for your family. Almost without exception, Chinese women learn this skill by watching and working together with their mothers or grandmothers. After they become wives or mothers themselves, the most diligent among them will try to improve their techniques by consulting cook books and exchanging experiences with their neighbors. In this way they eventually become as skilled as the best chefs in established restaurants. It should be noted, of course, that most of the well-known chefs in famous restaurants are men because many men in Chinese homes are just as good at the art of cooking as their wives.

Books in the *Learn to Cook Chinese Dishes* series have been compiled by master chefs. They have used simple explanations to introduce the ingredients, the ways of cutting, and the cooking procedures for each Chinese recipe. Readers who follow the directions will before long become skilled in the art of Chinese cooking. The entire set consists of ten volumes, covering freshwater and seafood dishes, meat dishes, vegetable dishes, courses made from soy beans, soups, cold dishes, pastries, dishes of eggs and poultry, food carving techniques, and recipes for special feasts. This particular volume presents more than forty different foods made with wheat and rice flour.

Food made of flour and rice is indispensable for a Chinese meal. Such food, when nicely combined with other dishes, not only makes more variety for a meal but also conforms to the rules of a balanced diet. A piece of dough made either of wheat or rice flour, together with vegetable dishes, can create food in countless varieties of tastes and shapes.

When wheat or rice flour is mixed with water, you have the basis for a pastry food. Flour mixed with cold water is usually hard, has a strong elastic texture and is slippery in the mouth. Such dough is suitable for boiled dumpling and wonton wrappings. Flour mixed with hot water is soft and very doughy, which is good for making steamed and fried dumplings. Flour mixed with lukewarm water is neither too hard nor too soft but easy to shape and therefore suitable for making dumplings with varied patterns where the wrappings are sealed. Floury paste, made of flour and a lot of water, is suitable

for making wrappings for spring rolls or other foods to be deep-fried.

Risen dough, because it is soft and has many holes, is good for making steamed stuffed buns with various kinds of fillings, or for making rolls as well as deep-fried pancakes. Adding some fermented glutinous rice when making the dough rise gives the food the aroma of liquor.

Flour can also be mixed with water and oil which, though not risen, becomes puffy and when cooked, the dough produces many layers and has a fluffy and fragrant taste, as in the case of pancakes with scallions and multi-layer cakes.

Rice can be ground into flour and then mixed with water. Usually there are two varieties of rice flour: the sticky type made from glutinous rice and the dry type made from common rice. The grinding process also varies from that with water and that without. The result is different degrees of softness, fluffy nature and stickiness. And each type, in turn, produces several varieties of foods, but chiefly there are three categories: sticky cake, sticky ball and noodles.

Rice flour is known for being slippery and soft to the bite. It can be used to make pastries, sweet porridge, eight-treasure rice and sticky cakes. The fillings inside the wheat or rice flour wrappings can be salty as in the case of meat, fish and poultry, or sweet. The latter type is usually made from beans, sugar, fresh or dried fruits.

Whether to have salty or sweet fillings is left to the choice of the cook.

Pastries require different processes, from making the wrappings, putting in the filling (including preparing the fillings), shaping and then steaming. Alternatively, the cook can also adopt the methods of deep-fry, slight-fry or baking.

Pastries made from vegetables, fresh and dried fruits and varieties of grains are usually sweet and have an idyllic taste. These foods include porridge of sugar with lotus seeds, boiled sweet dumplings, sweet lotus roots and deep-fried sweet potatoes mixed with sugar.

目 录

Contents

名词解释

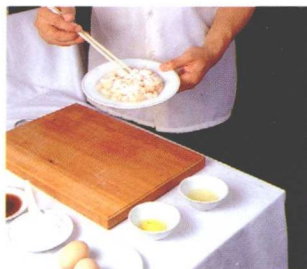
Terms Used in Chinese Cooking	(1)
素菜蒸饺	
Steamed Dumpling with Vegetable Filling	(8)
三鲜蒸饺	
Steamed Dumpling with Pork and Shrimp	(10)
淀粉虾饺	
Steamed Dumpling with Shrimp	(12)
虾肉烧麦	
Steamed Dumpling with Wrapping Folds at the Top ...	(14)
鲜肉包子	
Steamed Dumpling with Pork Stuffing	(16)
油炸鲜肉包	
Fried Dumpling with Pork Stuffing	(18)
鲜肉汤包	
Steamed Dumpling with Minced Meat and Gravy	(20)
鲜肉水饺	
Boiled Dumpling with Meat Filling	(22)
红油水饺	
Boiled Dumpling with Chili Oil	(24)
鲜肉锅贴	
Slightly Fried Dumpling with Pork	(26)
咖喱饺子	
Curry Dumpling	(28)
三丝馄饨	
Three-shred Wonton	(30)
鲜肉煎饼	
Slightly Fried Pancake with Meat Filling	(32)

千层油糕

Multi-layer Roll	(34)
葱油酥饼	
Deep-fried Cake with Scallion	(36)
葱油花卷	
Steamed Roll with Scallion	(38)
开花馒头	
Flowery Steamed Bun	(40)
鸡蛋大饼	
Pancake with Egg	(42)
三丝春卷	
Three-shred Spring Roll	(44)
肉丝炒面	
Fried Noodles with Shredded Meat	(46)
三丝冷拌面	
Three-shred Cold Noodles	(48)
三鲜伊府面	
Three-flavor Noodles	(50)
什锦炒饭	
Fried-Rice with Mixed Meat and Vegetables	(52)
香肠菜饭	
Rice with Vegetable and Sausage	(54)
粢毛团	
Steamed Double Rice Flour Sweet Dumpling	(56)
香炸粢饭	
Deep-fried Salty Rice with Sausage	(58)
油煎南瓜饼	
Deep-fried Pumpkin Cake	(60)

淀粉印糕		
Molded Sweet Roll	(62)	
萨其玛		
Manchu-style Candied Fritter	(64)	
绿豆粒糕		
Green Bean Cake	(66)	
蜂糕		
Honeycomb Cake	(68)	
松糕		
Soft Rice Flour Cake	(70)	
鸽蛋圆子		
Pigeon Egg-shaped Sweet Dumpling	(72)	
豆沙汤圆		
Bean Paste Dumpling in Soup	(74)	
桔肉丸子		
Glutinous Ball with Orange Flavor	(76)	
脆皮芝麻卷		
Crispy Sesame Roll	(78)	
粽子		
Pyramid-shaped Rice Dumpling Wrapped in		
Reed Plant Leaves	(80)	
杏仁豆腐		
Almond Junket	(82)	
家常巧果		
Deep-fried Flour Strip with Bean Curd	(84)	
八宝糯米饭		
Eight-treasure Rice Pudding	(86)	
计量换算表		
A comparison of the weight systems and a conversion		
table for measuring Chinese cooking ingredients	(88)	

名词解释 Terms Used in Chinese Cooking



上浆: 猪肉丝、猪肉片、牛肉丝、牛肉片、羊肉丝、羊肉片、鸡肉片在烹制前都要上浆。上浆大多用于滑溜、滑炒、清炒、酱爆等烹调方法。上浆好坏, 直接影响烹调出菜肴的质量。上浆就是把切好的肉, 用水冲洗净,

放入盐、料酒、淀粉(有时也放鸡蛋), 拌匀后, 向一个方向搅拌, 感到有劲为止。

Coating (*shangjiang*): Shreds and slices of pork, beef, mutton and chicken have to be coated before they are cooked in such ways as slippery-frying, quick-frying and stir-frying. And how the meat is coated has a direct bearing on the quality of the cooked dish. The coating process involves first washing the cut meat, then adding in salt, cooking wine, and cornstarch(sometimes eggs are also used) and stirring well in the same direction until you feel it is a bit sticky.

刀工 Cutting techniques:

直刀法: 就是指刀同砧板垂直的刀法, 分切、剁、砍, 切是一般用于无骨的主料, 剁是将无骨的主料制成茸的一种刀法, 砍通常用于加工带骨的或硬的主料。

Straight-cutting: Holding the knife perpendicularly over the chopping board to cut, chop and heavy-cut the main ingredient. Cutting is applied to boneless meat ingredients, chopping is done to turn boneless ingredients into pulp or paste and heavy-cutting is used when preparing meat with bones or other hard ingredients.

平刀法: 是刀面与砧板平行的一种刀法, 分推刀、拉刀。推刀就是把刀从刀尖一直推到刀根, 拉刀就是把刀从刀根拉到刀尖。平切就是把刀一切到底。

Horizontal-cutting: Holding the knife flat against the chopping

board to push it or pull it through the ingredients. Pushing means to push the knife through the ingredients from the knife's tip through to its end while pulling involves going through the ingredients from the end to the tip of the knife.

斜刀法: 刀面同砧板面成小于90度夹角的刀法。

Slashing: To cut by holding the knife in an angle smaller than 90 degrees from the surface of the chopping board.

花刀: 是在主料表面用横、竖两种刀法的不同变化, 切(不断)出花纹, 经加热后, 主料卷曲成各种形状的刀法, 有菊花形花刀, 麦穗刀, 鳞毛形花刀等。

Mixed cutting: To cut straight and then cross with sideways cuts to produce varied patterns. When heated, the ingredients cut in this way will roll up into different forms such as chrysanthemums, wheat ears and scales, according to the ways they are cut.



片: 用切或片的方法将原料加工成薄片。质地硬的原料用切, 质地软的用片的方法加工成薄片。

Slicing (*pian*): By either cutting or slicing to turn the ingredients into thin slices. Hard ingredients require

cutting while soft ingredients require slicing.



丝: 丝有粗细之分, 一般在0.2-0.4厘米左右。一般先将主料切成0.2-0.4厘米的薄片, 再将这些薄片排成瓦楞状, 排叠要整齐, 左手按稳主料, 不可滑动, 用刀把主料切成丝。

Shredding (sì): The thickness of shreds usually varies between 0.2 (0±0.8 in) and 0.4 cm (0±1.6 in). First, either chunks of meat or vegetables are cut into thin slices of 0.2 to 0.4 cm in thickness. The slices are then arranged neatly like roof tiles. Pressed steadily underneath the left hand of the chef, the slices are finally cut into shreds.

条: 条的成形方法, 是先把主料切成厚片, 再将片切成条, 条的粗细取决于片的厚薄。

Strapping (tiao): Main raw materials are cut into thick slices that are cut again into straps the size of which is decided by the thickness of the slices.



粒: 粒比丁小些一般在0.3厘米见方, 切的方法同丁相同。

Grain-sized dicing (lì): Cut in the same way as diced pieces, they are simply much smaller in size. The most common size is 0.3 cm (0.12 in) each side.



丁: 先将主料切成厚片, 再将厚片切成条, 然后再切成丁。丁有大小之分, 大丁在2厘米见方, 小丁在1厘米见方。

Dicing (ding): Main raw materials are cut into thick

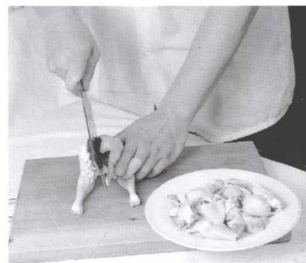
slices that are cut into straps. In turn, the straps are reduced to diced pieces that may be as large as 2 cm (0.8 in) on each side or as small as 1 cm (0.39 in) on each side.

末: 末比粒还小, 将丁或粒剁碎就可以了。

Mincing (mo): Ground ingredients are even smaller than grain-sized dices. Usually the diced pieces are chopped into mince.

茸: 用排剥的方法把主料剥得比末还细。

Chopping to make a pulp (rong): To chop the materials, knife cut after knife cut into pieces even finer than minced materials.



块: 块是采用切、砍、剁等刀法加工而成的。块分菱形块、方块、长方块、滚刀块等。

Cutting into chunks (kuai): Chunks are the result of perpendicular and sideways cutting as well as chopping.

The chunks come in many shapes such as diamonds, squares and rectangles.

炸: 是旺火加热, 以食油为传热介质烹调方法, 特点是火旺用油量多。

Deep-frying (zha): Heat the cooking oil over a hot fire and deep-fry the materials. This process is characterized by a hot fire and a large amount of oil.

炒: 炒是将加工成丁、丝、条、球等小型主料投入油锅中, 在旺火上急速翻炒成熟的一种烹调方法。炒分滑炒、熟炒、干炒等几种。滑炒是经过粗加工的小型主料先经上浆, 再用少量油在旺火上急速翻炒, 最后以湿淀粉勾芡的方法, 叫滑炒。熟炒是把经过初步加工后的半成品, 改切成片或块, 不上浆, 用旺火烧锅热油, 放入半成品翻炒, 再加佐料而成。煸炒和干炒是把主料煨一下, 在热油锅急火炒至退水后, 加佐料, 起锅。

Stir-frying (*chao*): Put processed materials in the shape of diced pieces, shreds, straps, or balls into the heated oil and quickly stir them over a hot fire. There are several different ways of stir-frying. *Hua chao* (stir-frying with batter), for example, requires that the ingredients are put in a batter and then quickly stirred in a small quantity of oil over a hot fire. The final process is to apply the mixture of cornstarch and water. *Shu chao* (stir-frying precooked food) does not require that the materials be put into some kind of batter. Simply put the precooked materials into the wok and use a hot fire before adding spicing agents. *Bian chao* and *gan chao* (raw stir-frying) calls for the simmering of main ingredients, then quick-stir-frying over a hot fire until the juice is fully absorbed. Now add spicing agents and the dish is ready to serve.

溜:溜是先将主料用炸的方法加热成熟,然后把调制好的卤汁浇淋于主料上,或将主料投入卤汁中搅拌的一种烹调方法。

Slippery-frying(*liu*): First deep-fry the main ingredient and then top it with sauce or mix the main ingredient in the sauce.

爆:爆是将脆性主料投入适量的油锅中,用旺火高油温快速加热的一种烹调方法。

Quick-fry over high heat (*bao*): Put crispy materials into the wok with medium amount of oil and quickly stir the materials over high heat.

隔水炖:隔水加热使主料成熟的方法,叫做隔水炖。

Steaming in a container (*ge shui dun*): Put the main ingredient into a bowl or similar container and cook it in a steamer.

烧:烧是经过炸、煎、煸炒或水煮的主料,再用葱姜炆锅后,倒入翻炒,然后加适量汤水和调味品,用旺火烧开,中小火烧透入味,改用旺火使卤汁稠浓的一种烹调方法。

Stewing over medium, then high heat (*shao*): After putting

scallions and ginger into the wok, put in the main materials that have been deep-fried, or stir-fried or boiled and stirred. Then add water and seasoning materials to cook over a hot fire until the ingredients boil. Turn the fire to medium or low to allow full absorption of the sauce into the ingredients before turning the fire hot again to thicken the sauce.

扒:扒是将经过初步熟处理的主料整齐地排放在锅内,加汤汁和调味品,用旺火烧开,小火烧透入味,出锅前,原汁勾芡的一种烹调方法。

Stewing and adding thickening (*pa*): Neatly arrange the main ingredient that has already been cooked, add water and flavoring materials and cook over a hot fire until it boils. Turn the fire to low to allow full absorption of the flavor. Thicken the sauce with the mixture of water and cornstarch before bringing the dish out of the wok to serve.

煮:煮是将主料放入多量的汤汁或水中,先用旺火煮沸,再用中小火烧熟的一种烹调方法。

Boiling (*zhu*): Put main materials of the dish into the wok with an adequate amount of water and cook it over a hot fire to the boiling point. Then continue to cook after turning the fire to low or medium.

烩:将加工成片、丝、条、丁等料的多种主料放在一起,炆锅翻炒后,用旺火制成半汤半菜的菜肴,这种烹调方法就是烩。

Precooking and then stewing (*hui*): First heat the oil in the wok, put in scallions and ginger and then put several kinds of main ingredients that have been cut into slices, shreds, chunks or dices to cook over a hot fire so as to create a dish of half soup and half vegetables and meat.

煎:煎是以少量油布遍锅底、用小火将主料煎熟使两面呈黄

色的烹调方法。

Sauteing (jian): Put a small amount of oil into the wok and use a low fire to cook the main ingredient until it is golden brown on both sides.

蒸: 蒸是以蒸汽的热力使经过调味的原料成熟或酥烂入味的烹调方法。

Steaming (zheng): Cook the materials that have already been prepared with flavoring agents by using hot steam.

拔丝: 拔丝又叫拉丝,是将经过油炸的小型主料,挂上能拔出丝来的糖浆的一种烹调方法。

Crisp frying with syrup (ba si): Put small-size ingredients that have already been deep-fried into sugar syrup heated in the wok. When diners pick up the materials, long sugar threads are created.

焯水: 就是把经过初加工的主料,放在水锅中加热至沸(主要为去腥味或异味),原料出水后供烹调菜肴之用。焯水分冷水锅和热水锅。冷水锅就是主料与冷水同时下锅,水沸取出,适用于腥气重血量多的主料如牛肉、羊肉等。热水锅就是先将锅中水加热至沸,再将主料下锅,翻滚后再取出主料。适用于腥气小,血污少的主料如鸡、鸭、猪肉和蔬菜。

Quick boiling (chao): Put main ingredients into the pot and heat the water to boiling point (in order to remove fishy or other undesirable smells). Then cook the boiled ingredients. The quick-boiling process includes cold water boiling and hot water boiling. The former requires putting the ingredients into the pot together with the cold water and then taking them out when the water boils. This process is often applied to such materials as beef and mutton, which contain a fishy smell and a lot of blood. The latter calls for heating the water in the pot to boiling point before putting the ingredients in. This is applicable to materials like chicken, duck, pork and vegetables that have a much weaker fishy smell and less blood.

油温表

油温类型	俗 称	油温特点
温油锅	四成 70°C-100°C	无青烟, 无响声, 油面平静。
热油锅	五、六成热 110°C-170°C	微有青烟, 油四周向内翻动。
旺油锅	七、八成热 180°C-220°C	有青烟, 油面仍较平静, 用勺搅动有响声。

Temperatures of cooking oil:

Category	Temperature	Features
Luke-warm	70°C-100°C 158°F-212°F	Smokeless, soundless, calm oil surface
Hot oil	110°C-170°C 230°F-338°F	Slight smoke, oil stirs from the side to the center of the wok
Very hot oil	180°C-220°C 356°F-428°F	Smokes, the surface remains calm and when stirred, sizzling sound is heard.

花椒: 花椒是花椒树的果实,以籽小,壳厚紫色为好。味香麻,烹调肉类的调料。



Prickly ash (hua jiao): Seeds from prickly ash trees, which are small and light purple in color. They have a slight effect of numbness on the tongue. Used to cook dishes with meat.

椒盐: 味香麻,是炸菜蘸食的调味品。把花椒和盐按1:

3的比例在锅中,微火炒成焦黄,磨成细末,即成。

Pepper salt (jiao yan): This mixture is made by stirring one portion of peppercorns and three portions of salt in the wok until they

turn crispy yellowish in color and release their fragrance. Then finely grind the mixture into powder. It serves as a seasoning for deep-fried dishes.

味精: 根据个人口味, 也可不放味精, 而使用适量的鸡精。

Monosodium glutamate and chicken bouillon: Though MSG is essential in traditional Chinese cooking, for many who do not find it agreeable, chicken bouillon can be used instead.



茴香: 小茴香是茴香菜的籽, 呈灰色, 似稻粒, 有浓郁的香味。

Fennel seeds (*hui xiang*): Seeds of fennel plants, grey in color and similar to unhusked rice grains in shape, have a hot flavor.



大茴香: 又名八角、大料, 形如星状, 味甜浓, 烹调肉类的调料。

Star anise (*da hui xiang*): In the shape of stars, they have a strong and sweet flavor. Mostly used in cooking meat dishes.

糟: 制作料酒剩下的酒糟经过加工就成为烹调用的糟, 糟具有同料酒同样的调味作用。

Steaming with distillers' grains sauce (*zao*): Distillers' grains, which are left over from liquor making, are processed into a spicy agent for cooking that has the same function as the cooking wine.

五香料: 大料、茴香、桂皮、甘草、丁香(丁香花蕾)五种香料



混合为五香料, 研成粉为五香粉。

Five Spices (*wu xiang liao*): A mixture of powdered star anise, fennel seed, cinnamon bark, licorice root and clove buds. Also referred to as the "five-powdered spices".



桂皮: 是桂树的皮, 外皮粗糙呈现褐色。

Cinnamon (*gui pi*): The bark of cinnamon trees, brown in color.

料酒: 常用料酒是用糯米等粮食酿制成的, 料酒, 在烹调菜肴过程中起去腥、增香的作用, 特别是烹制水产或肉类时少不了它。如没有料酒, 可用适量的啤酒或白兰地代替, 但没有料酒好。

Cooking wine (*liao jiu*): Cooking wine, brewed from grain, is applied to remove the fishy smell and increase the aroma of the dish. It is particularly essential when cooking dishes with aquatic ingredients and meat. While cooking wine is most desirable, in its absence, beer and brandy can be used.

勾芡: 勾芡就是在菜肴接近成熟时, 将调好的湿淀粉加入锅内, 搅拌均匀, 使卤汁稠浓。增加卤汁对主料的附着力的一种方法。

Thickening with mixture of cornstarch and water (*gou qian*): When the dish is nearly cooked, put a previously prepared mixture

of cornstarch and water into the dish and stir well so as to thicken the sauce or broth. This process promotes the flavored sauce to stay with the main materials of the dish.

勾芡作用: 1、增加菜肴汤汁的粘性和浓度。2、增加菜肴的光泽。

Major functions of this process: (1) Increase the stickiness and thickness of the sauce of the dish. (2) Making the dish look more shiny.

勾芡关键: 1、勾芡必须在菜肴即将成熟时候进行。2、勾芡时锅中汤汁不可太多或太少。3、必须在菜肴的口味、颜色已经调准后进行。4、勾芡时锅中油不宜太多。

Key for using this process: (1) This process must be conducted when the cooking of the dish is nearly complete. (2) The sauce in the wok must not be too much or too little when this thickening technique is applied. (3) This process can only be done after all efforts for flavoring and coloring of the dish are completed. (4) When doing the thickening process, the wok should not have too much oil in it.

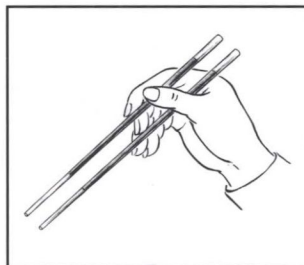
如何使用筷子

吃中式饭菜一般使用筷子。筷子是用木或竹、骨及其它材料制成长 25-30 厘米、上方（各边为 8 毫米）下圆（直径为 3-5 毫米）的二根小棍。

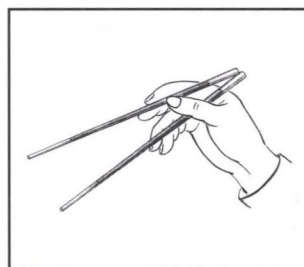
使用时须依靠拇指及食指、中指和无名指的连贯配合。方法是：首先把两根筷子拿在右手，用食指、中指及无名指在距筷子近上端处各夹一根筷子，再把拇指和食指合在一起，如图 1。用筷子取食时，把食指和中指夹的一根向上抬，另一根不动，使两根筷子张开。如图 2。夹取食物时，把食指和中指夹的筷子往下压，夹住食物，抬起筷子进食，如图 3。

How to Use Chopsticks

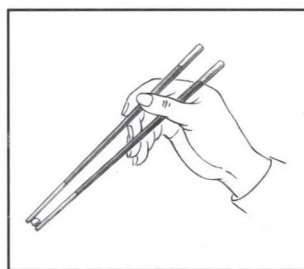
Chopsticks for eating Chinese food are usually made from wood, bamboo, animal bones or other materials. About 25 to 30



(1)



(2)



(3)

centimeters long, their top is square, about 0.8 square centimeter, and the low end round with a diameter of 3 to 5 millimeters.

The correct way of using the chopsticks requires concerted efforts of the thumb, index finger, middle finger and third finger. Hold the pair of chopsticks in the right hand, using the index finger, middle and third fingers to keep the chopsticks steady near their top and then push them open by moving the thumb and index finger. (See Drawing 1)

To pick things up with chopsticks, lift upward one of the two chopsticks with the index and middle fingers while keeping the other one where it is so as to separate the two. (See Drawing 2)

Once the chopsticks have picked up the food, press one of the chopsticks with the thumb and index finger and raise the pair. (See Drawing 3)



笼屉 蒸锅

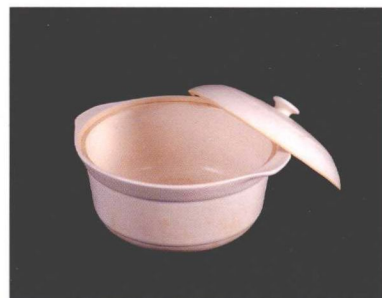
Steaming tray(Long ti) Usually made of bamboo or wood,these often come in several tiers



炒锅
Skillet



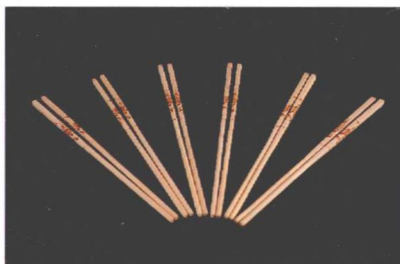
火锅
Hot-pot



砂锅
Earthen pot



汤勺 炒铲 漏勺
Soup spoon Shovel Perforated spoon



筷子
Chopsticks



菜(面)板
Chopping board

素菜蒸饺

主料：面粉 500 克。

辅料：青菜 500 克、香菇末 50 克、榨菜末 50 克、海米末 50 克

调料：盐 5 克、味精 2 克、糖 3 克、麻油 15 克

制法：①青菜用水焯过，剁成末，滤干水，加香菇末、榨菜末、海米末、盐、味精、糖、麻油拌匀，即成馅心。

Steamed Dumpling with Vegetable Filling

Ingredients:

500 grams (1.1 lb) wheat flour

500 grams (1.1 lb) green vegetables (rape)

50 grams (0.11 lb) mushrooms

50 grams (0.11 lb) hot pickled tuber mustard (chopped)

50 grams (0.11 lb) dried shrimps (chopped)

5 grams (5/6 tsp) salt

2 grams (1/2 tsp) MSG

3 grams (2/3 tsp) sugar

15 grams (1 tbsp) sesame oil

Directions:

1. Quick boil the rape vegetable, chopped into fine pieces, squeeze out the juice, add chopped mushrooms, chopped hot

②面粉加开水 150 克拌匀，揉透，搓成圆条后，摘成每只 15 克的坯子，再擀成圆形皮子，包入馅心，对折，捏成月牙形，上笼，待上气后，蒸 10 分钟，即可。

特点：鲜而不腻

口味：咸鲜

pickled tuber mustard, chopped dried shrimps, also put in salt, MSG, sugar and sesame oil and mix well.

2. Add 150 g (10 tbsp) of hot water into the flour, mix, roll and shape into something like a roller. Reduce it into pieces each 15 g (1/2 oz) in weight and press into a round wrapping. Now put in the filling, fold the wrapping and press the edge to create a crescent shape. Put the dumplings on a steamer tray and when the water boils, steam for 10 minutes and they are ready.

Features: Fresh but not greasy.

Taste: Salty and delicious.



素菜蒸饺
Steamed Dumpling with Vegetable Filling

三鲜蒸饺

主料：面粉 500 克

辅料：猪肉末 250 克、虾仁 100 克

调料：酱油 20 克、糖 5 克、盐 5 克、味精 2 克、麻油 5 克、葱花 10 克、姜末 3 克、料酒 10 克

制法：①虾仁加 2 克盐、1 克味精、5 克麻油、5 克葱花拌匀待用。

②肉末加入剩余的调料拌匀后，再加 50 克水，用力顺一个方向搅拌直至有韧劲，即成馅心。

③面粉加沸水 150 克，拌匀揉透，稍凉后，搓成圆条，摘成每只 15 克的坯子，揪扁，擀成圆形皮子，放上馅心，对折，将中间和两端捏紧，使其间形成两个孔，并于孔内塞入虾仁，即成蒸饺生坯。

④锅中放水 2500 克烧沸后，上笼蒸 15 分钟即可。

特点：外形美观，味清鲜

口味：咸鲜

Steamed Dumpling with Pork and Shrimp

Ingredients:

500 grams (1.1 lb) wheat flour

250 grams (0.55 lb) minced pork

100 grams (0.22 lb) shelled shrimp (either sea or freshwater)

20 grams (1 tbsp) soy sauce

5 grams (1 tsp) sugar

5 grams (5/6 tsp) salt

2 grams (1/2 tsp) MSG

5 grams (1 tsp) sesame oil

10 grams (1/3 oz) finely cut scallions

3 grams (1/10 oz) chopped ginger

10 grams (2 tsp) cooking wine

Directions:

1. Mix the shelled shrimps well with 2 g (1/3 tsp) of salt, 1 g (1/4 tsp) of MSG, 5 g (1 tsp) of sesame oil and 5 g (1/6 oz) of finely cut scallions and put aside.

2. Mix the minced pork with remaining ingredients. Add 50 g (3 tbsp) of cold water and quickly stir in one direction till you feel the sense of elasticity.

3. Mix the flour with 150 g (10 tbsp) of boiling water. Wait until the dough cools down, roll it into a long strip, divide into small pieces each weighing 15 g (1/2 oz). Press the pieces into wrappings, put the filling in, fold and seal but leave two small openings, one at each end. Insert shrimp into the opening.

4. Put 2500 g (5 cups) into a steamer and bring the water to boiling point. Put in the dumplings and steam for 15 minutes.

Features: Beautiful to look at and refreshingly delicious in the mouth.

Taste: Salty and tasty.