

学做中国菜

Learn to Cook Chinese Dishes

菜蔬类
Vegetable



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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饕客而学做中国菜，就无须拜师学艺。中国主妇的厨艺最初几乎都是从她们的老祖母和母亲那里耳濡目染学来的；及至为人妻母之后，她们之中的一些有心人或借助菜谱潜心揣摩，或常与友邻切磋交流，制作出的菜饌有时竟然不逊于出自名店名厨之手的。当然，中国家庭中擅长烹饪的男士也比比皆是，而且饭店餐馆中的名厨以男性居多。

《学做中国菜》丛书的编撰者都是久在名店主厨的烹饪大师，为了使初学者易于入门，他们化繁为简，介绍了各种菜式的用料、刀法、制作步骤等。初学者只需按书中所列一一去做，无须多日便会由熟变巧、举一反三、厨艺大进。

《学做中国菜》丛书共9册，计有水产类、菜蔬类、禽蛋类、肉菜类、米面类、汤菜类、冷菜类、豆制品类、家宴类。本册为菜蔬类，介绍了40种家常食用的菜蔬的烹饪方法。

人类赖以维护机体健康、保持体内酸碱平衡、抵御疾病的多种维生素、矿物质和微量元素大都从所食的蔬菜瓜果中获取，如果菜蔬烹调得法、配搭合理则对人体健康大有裨益。

应市的蔬菜瓜果因季节的更易和地区的差异而不同。中国古代曾有“春食苗，夏食叶，秋食花果而冬食根”之说。如今，随着栽培技术的发展，蔬菜品种不断出新，各类菜蔬瓜果的生长也不再受季节的限制，供人们选择、调配的原料的品种更加丰富多样，烹制的菜品也可不拘陈法而有所创新。

菜蔬类各式菜的烹调方法虽然比较简易，但是，也必须精心烹制才能成为佳肴。首先，备料时应先洗后切，而且即切即炒，不宜搁置太久，这样烹炒出的菜不仅味鲜有光泽，而且可减少维生素和营养成分的损失。

烹调时，应根据原料的质地选择烹制方法。如绿叶类菜宜快炒以保持其鲜嫩甘脆；以果实、茎块入菜的，可用烧、焖、蒸、煮法，使其酥烂入味。此外，盐与调味品的添加应先后有序。

菜蔬的烹调方法主要是油烹水煮，而油温、水温皆依靠火候控制，因此，必须善于掌握火候。只有火候疾徐适当、时间长短相宜，烹制出的菜饌才会既保持各种原料独特的鲜美，又能使“甘、酸、苦、辛、咸”五味相济，色、香、味、形具佳。

Foreword

Zhu Xijun

You don't have to take classes 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 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.

This book in the *Learn to Cook Chinese Dishes* series has 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 nine volumes, covering freshwater and seafood dishes, meat dishes, vegetable dishes, courses made from soy beans, soups, cold dishes, pastries, dishes of eggs and poultry, and recipes for family feasts. This volume presents forty recipes of vegetarian dishes.

A great variety of vitamins, minerals and trace elements that humans rely on to maintain physical health and the balance of acid and alkaline in the body, as well as to resist attacks of diseases can be obtained from fruits and vegetables. If the way of cooking the vegetables is correct and the mix of different kinds of vegetables is right, then vegetable dishes are of great benefit to one's health.

The types of fruits and vegetables on the market often vary

from season to season and from region to region. There is an ancient Chinese saying: "Eat young shoots in spring, leaves in summer, fruits in autumn and roots in winter." Today, thanks to the development of new techniques for cultivation, new varieties of vegetables are emerging and the impact of seasons on the growth of vegetables has markedly decreased. The result is that there is a greater choice of vegetables to select as ingredients for cooking, more ways of combining different varieties of vegetables, and larger numbers of new cooking techniques.

Cooking of vegetables may seem easy, but only meticulous preparations lead to good dishes. First, vegetables should be washed before being cut and then, once cut, they should be immediately cooked. If left aside too long, the cut vegetables will lose much of their color and luster. More importantly, vitamins and nutritious elements will be lost in the process.

The way of cooking should be chosen according to the quality of the vegetables. For instance, green-leafed vegetables should be quick-fried to maintain their tenderness and crispiness. Ingredients taken from vegetable fruits and roots can be sauteed, simmered on low fire, steamed or boiled so that they will fully absorb the desired flavor of the dishes. Besides, a strict procedure for adding salt and other seasonings should be observed.

Stir-frying and boiling are the chief means for cooking vegetable dishes and the temperature of the oil or water is controlled by maintaining the right kind of fire. In short, vegetable cooking requires good control of the fire. Only with right fire and right time, can the dishes maintain the deliciousness and freshness of the vegetables, the balanced complement of "sweet, sour, bitter, spicy and salty" flavors and good combination of the color, aroma and flavor.

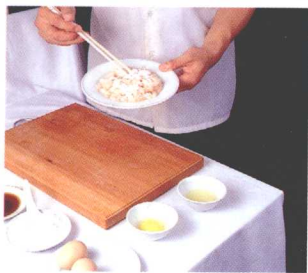
目 录

Contents

名词解释 Terms Used in Chinese Cooking	(1)	酥炸土豆条 Crispy Potato Chips	(32)
西红柿炒鸡蛋 Egg with Tomatoes	(8)	干烧土豆 Fried Potato Chunks	(34)
蘑菇菜心 Green Vegetables with Mushrooms	(10)	青椒土豆丝 Green Pepper and Potato Shreds	(36)
生煸酸辣卷心菜 Sour and Spicy Cabbage	(12)	蚝油生菜 Lettuce with Oyster Sauce	(38)
清炒苦瓜丝 Stir-fried Balsam Pear	(14)	青椒芦笋 Green Peppers with Asparagus	(40)
美味双耳 Black and White Fungi	(16)	炒素什锦 Mixed Vegetables	(42)
三丝芹菜 Celery with Three Shredded Vegetables	(18)	什锦素菜包 Assorted Vegetables Wrapped in Lettuce	(44)
油焖蘑菇玉米笋 Mushrooms with Baby Corn	(20)	蒜茸荷兰豆 Snow Peas with Mashed Garlic	(46)
炸五彩球 Colorful Vegetable Balls	(22)	烧茄子 Fried Eggplant	(48)
酿土豆馅青椒 Green Peppers Stuffed with Mashed Potatoes	(24)	虎皮青椒 Tiger-skin Green Peppers	(50)
蒜泥西兰花 Broccoli with Mashed Garlic	(26)	滑炒玉米笋 Stir-fried Baby Corn	(52)
烩花菜 Braised Cauliflower	(28)	炸茄盒 Fried Eggplant with Meat Stuffing	(54)
松仁玉米 Pine Nuts with Sweet Corn	(30)	洋葱炒肉片 Stir-fried Onions with Meat	(56)

奶油菜心		
Green Vegetables with Milk	(58)	
粉丝白菜		
Bean Threads with Chinese Cabbage	(60)	
双耳炒芹菜		
Double Fungi with Celery	(62)	
炸胡萝卜丝		
Deep-fried Carrot Shreds	(64)	
家常芹菜		
Home-style Stir-fried Celery	(66)	
金勾炒扁豆		
String Beans with Dried Shrimps	(68)	
酿冬瓜		
Crystal Wax Gourd	(70)	
青豆胡萝卜		
Carrots with Green Peas	(72)	
油焖茄子		
Braised Eggplant	(74)	
拔丝土豆		
Sugar-coated Potatoes	(76)	
青炒藕片		
Stir-fried Lotus Roots	(78)	
凉拌青椒黄瓜条		
Green Pepper Shreds with Cucumber (cold dish)	(80)	
焖扁豆		
Braised Green Beans	(82)	
椒盐藕饼		
Lotus Root Cake with Peppery Salt	(84)	
烹素三鲜		
Three Delights	(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.

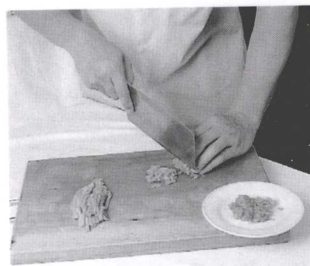


丝:丝有粗细之分,一般在0.2-0.4厘米左右。一般先将主料切成0.2-0.4厘米的薄片,再将这些薄片排成瓦楞状,排叠要整齐,左手按稳主料,不可滑动,用刀把主料切成丝。

Shredding (si): 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.

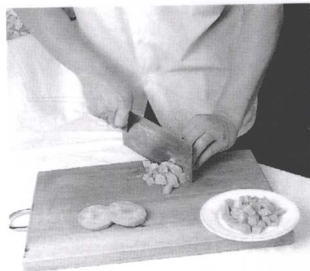
条: 条的成形方法, 是先把主料切成厚片, 再将片切成条, 条的粗细取决于片的厚薄。

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 (li): 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: 用排剁的方法把主料剁得比末还细。

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主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.

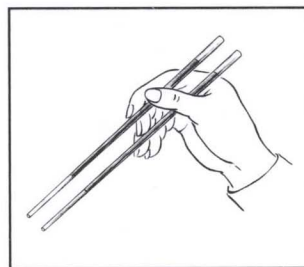
如何使用筷子

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。

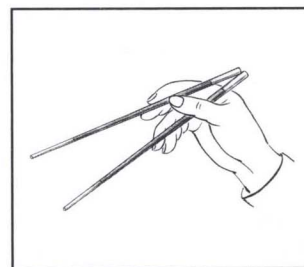
使用时须依靠拇指及食指、中指和无名指的连贯配合。方法是：首先把两根筷子拿在右手，用食指、中指及无名指在距筷子近上端处各夹一根筷子，再把拇指和食指合在一起，如图 1。用筷子取食时，把食指和中指夹的一根向上抬，另一根不动，使两根筷子张开。如图 2。夹取食物时，把食指和中指夹的筷子往下压，夹住食物，抬起筷子进食，如图 3。

How to Use Chopsticks

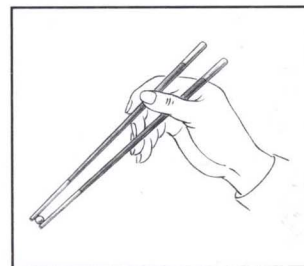
Chopsticks for eating Chinese food are usually made from wood, bamboo, animal bones or other materials. About 25 to 30



(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

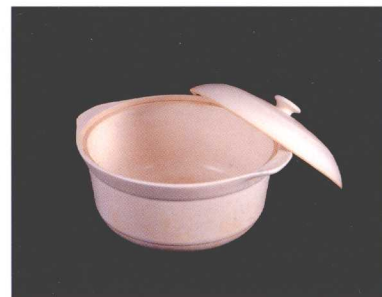
Steaming tray(*long ti*) Usually made of bamboo or wood, these often come in several tiers



炒锅
Skillet



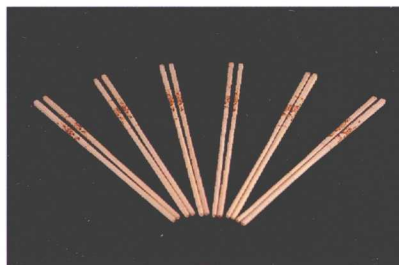
火锅
Hot-pot



砂锅
Earthen pot



汤勺 炒铲 漏勺
Soup spoon Shovel Perforated spoon



筷子
Chopsticks



菜(面)板
Chopping board

西红柿炒鸡蛋

主料：西红柿 300 克

辅料：鸡蛋 3 只

调料：油 50 克、盐 2 克、味精 1 克、清汤 20 克、糖 2 克

制作：①将西红柿洗净切成 2 厘米厚的块，鸡蛋打入碗里加盐 1 克、味精 0.5 克，搅匀。

②炒锅置旺火上烧热，加入油 20 克，待油热后倒入鸡

蛋，炒熟倒出。

③原锅置火上倒入油 30 克，烧热，将西红柿倒入煸炒 1 至 2 分钟，加入清汤、糖、盐 1 克、味精 0.5 克，倒入鸡蛋翻炒均匀，收浓汤汁出锅装盘即可。

特点：红黄相间

口味：酸甜

Egg with Tomatoes

Ingredients:

300 grams (0.66 lb) tomatoes

3 eggs

50 grams (3 1/2 tbsp) cooking oil

2 grams (1/3 tsp) salt

1 gram (1/4 tsp) MSG

20 grams (1 1/3 tbsp) water

2 grams (2/5 tsp) sugar

Directions:

1. Cut the tomatoes into pieces 2 cm (0.8 inch) thick. Whip the eggs in a bowl. Add 1 g (1/6 tsp) of salt, half of the MSG, and stir well.

2. Heat the wok. Add 20 g (1 1/2 tbsp) of cooking oil and heat the oil. Put in the eggs and scramble. Then take out the eggs and put them aside.

3. Put 30 g (2 tbsp) of oil in the wok and heat it. Add in the tomatoes and stir-fry for 1-2 minutes. Add the water, sugar, 1 g (1/6 tsp) of salt, and the remaining MSG. Add the scrambled eggs and mix well. When the soup thickens, take out and serve.

Features: Beautifully combined colors of red and yellow.

Taste: Sweet and sour.

西红柿炒鸡蛋
Egg with Tomatoes



蘑菇菜心

主料：青菜心 300 克

辅料：鲜蘑菇 150 克

调料：油 40 克、盐 2 克、味精 1 克、湿淀粉 5 克

制作：①将菜心和蘑菇洗净。

②炒锅置旺火上烧热，放入 30 克油，待油热后倒入菜心煸炒 1 分钟，放入清汤 30 克、盐 1 克、味精 0.6 克，烧

5 分钟至熟出锅装盘。

③原锅置火上，放入 10 克油烧热，倒入蘑菇煸炒 1 分钟，放入清汤 20 克、盐 1 克、味精 0.4 克，烧 3 分钟用湿淀粉勾芡，出锅倒在菜心上即成。

特点：色泽碧绿

口味：鲜嫩清淡

Green Vegetables with Mushrooms

Ingredients:

300 grams (0.66 lb) green vegetables (Chinese rape)

150 grams (0.33 lb) fresh mushrooms

40 grams (3 tbsp) cooking oil

2 grams (1/3 tsp) salt

1 gram (1/4 tsp) MSG

5 grams (1 tsp) mixture of cornstarch and water

Directions:

1. Wash the vegetables and mushrooms clean.

2. Keep the wok over a strong fire. Add 30 g (2 tbsp) of cooking oil. Heat the oil and stir-fry the vegetables for 1

minute. Add 30 g (2 tbsp) of water, 1 g (1/6 tsp) of salt, and half of the MSG. Stir-fry for 5 minutes. Put the vegetables on a plate.

3. Put the remaining 10 g of cooking oil in the wok. Heat it and put in the mushrooms. Stir-fry for 1 minute. Add 20 g (1 1/2 tbsp) of water, 1 g (1/6 tsp) of salt, the remaining MSG, and cook for 3 minutes. Stir the mixture of cornstarch and water well and sprinkle mixture on the mushrooms. Then put the mushrooms on the vegetables and serve.

Features: Tender and green.

Taste: Refreshing.