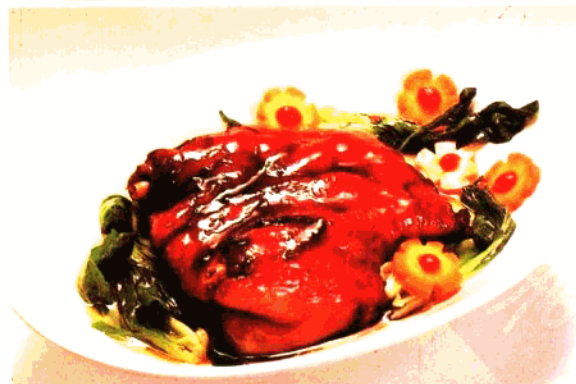


《东方美食大系》丛书

A SERIES OF
DELICIOUS
eastern food

川菜荟萃

the quintessence of dishes in Sichuan style



汉英对照 繁简对照

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THE QUINTESSENCE OF DISHES
IN SICHUAN STYLE

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《东方美食大系》丛书 序 言

人类曾经夏巢冬穴,人类曾经茹毛饮血。但是,随着数千年乃至上万年漫长岁月的逝去,人类创造了灿烂的文明成果。其中,饮食文化是一株长青之树,是一束不谢之花。

东方,是人类文明的发祥地。东方各民族创造过人类历史上最为丰富多彩的文化遗产,东方食文化更是斑斓绚丽,不可替代。因此,《东方美食大系》丛书的出版,对发掘东方文化宝库,加强东西方文化交流,提高人类生存质量,促进世界和平发展都具有重要意义。

二十世纪初,东方伟人孙中山先生曾经说过:“烹调之术本于文明而生,非深孕乎文明之种族,则辨味不清;辨味不清,则烹调之术不妙。中国烹调之妙,亦是表明进化之深也。”他还说:“中国不独食品发明之多,烹调方法之美,为各国所不及;而中国人之饮食习尚暗合于科学卫生,尤为各国一般人所望尘莫及也。”中国食文化是奇树一棵,花美天下。它将色、形、香、味、滋、养六者融为一体,使人们得到了视觉、触觉、味觉的综合享受,构成了以美味为核心、以养身为目的的中国烹饪特色。它选料严谨,刀工精细,造型逼真,色彩鲜艳,拼配巧妙,食医结合,有着无可争辩的历史地位。因此,《东方美食大系》丛书又以中国名厨、名菜为主,比较全面、集中、成体系地介绍了中华民族优秀食文化的丰硕成果。

不同民族、不同国家和地区的食文化历来是在互为补充、取长补短中共同提高的。因此,《东方美食大系》丛书有选择地介绍了亚洲其它国家及地区的饮食文化,相信这会对加强合作与交流,为传播优秀食文化,同享食文化的研究成果以重要补益。

原中华人民共和国人大委员长万里先生在一次食文化会议中指出:“研究食文化是一项庞大复杂的系统工程……,动员多学科的专家密切配合,共同研究……,运用现代饮食科学对传统食文化发掘整理,研究提高,提倡科学的食方、食风、食俗,推进饮食科学化,提高全民族的健康水平。”这是对食文化历史和未来的真知灼见,这是对弘扬东方民族文化的鼓动与号召。《东方美食大系》丛书的出版发行无疑是响应这一号召的良好开端,因此,有志于烹饪技艺研究的烹饪工作者和烹饪文化研究的中外社会各界,让我们携手团结,共同砥砺、切磋,使东方美食之花开遍世界,让东方文明成果香溢天下。

Preface

Humanity once came out in summer and slept in winter with the Life of a savage. With the Lapse of Long Long time, humanity has created bright and glorious civilized results, among which the food culture likes a tree of long life and a bunch of flowers without withering.

Orient is the birth place of human civilization. The oriental nationalities created the most rich and colourful cultural heritage in human history, the oriental food culture was more gorgeous and unreplaced. The publication of *«Oriental Delicious Food System» Series of Books* is importance for excavating the treasury of oriental culture, strengthening the culture exchange between the eastern and western, improving the quility of human existence and promoting the development of world peace.

Sun Zhongshan, a great man in chinese history once said: "Cook artistry comes out of civilization. It is only a civilized nation that can enjoy good dishes and without good dishes, the cook aritstry can't be created perfectly. Chinese unique cook artistry indicated this deep evolution enough." He also said: "China not only has so many inventions in food and excellent styles in cook that other countries can not catch up with but also has healthful habits in eating that fall other countries far behind." Chinese food culture integrates colour, appearance, smell, taste, nourishing, nutrient, and forms the chinese cook characteristic which centre on flavours and aim at keeping in good health. It has unarguable historial status because of materials selected meticulously, cutting carefully, lifelike shape, beautiful colour, placing ingeniously and eating combined with medical. Therefore, *«Oriental Delicious Food System» Series of Books* comprehensively introduced the great successes of chinese food culture according to the famous dish made by famous chef in famous restaurent. "

The food culture in different districts always replenishes each other and adopt the long one to makeup the short and go ahead together. Therefore, *«Oriental Delicious Food System» Series of Books* introduced selectedly the food cultures in Asia and other districts. We belive it is of important help to strengthen corperation and exchange, to spread excellent food culture and enjoy the researched fruits of food culture in common.

At a food culture conference, Wan Li, the former chairman of NPC pointed out: "It is a huge and complicated system engeneering to research food culture ..., mobilizing more scientists in diffrent areas to research in close coordination ..., excavating, sorting out, studying and improving traditional food culture with moden food science, recommending scientific method, style and custom of foods and building up the whole national health." It is high perspicacity for the history and future of food culture. It is the agitate and call to develop the oriental national culture. The publication of *«Oriental Delicious Food System» Series of Books* is undoubtedly a good beginning to respond to this call. Consequently, the cooking workers and personalities of various circles at home and abroad who are determined to study cooking artistry and cooking culture should make concerted effects and learn each other.

Let the flowers of oriental delicious food blossom all over the world.

Let the positive results of oriental civilization spread all over the world.

美食,人类进步
的里程碑。

李德生

delicious food is a milestone
in human progress.

Li Desheng

题 词：李德生 Inscription: Li Desheng



鮮花海鮮

用 料: 鮮花一朵、魷魚、海參、蝦肉、鮮貝、熟雞塊、魚片、冬筍、鹽、味精、胡椒粉、姜末、料酒、水澱粉等調料

制 做: 鮮花入杯中倒扣在盤中間，魷魚、海參、蝦肉、鮮貝、熟雞塊、魚片、冬筍用沸水焯一下撈出，碼放在鮮花周圍，湯勺內放入高湯、鹽、味精、胡椒粉、姜末、料酒，燒開淋入水澱粉勾芡澆在菜上即可。

特 色: 色澤鮮艷、清淡、美觀

鮮花海鮮

用 料: 鮮花一朵、魷魚、海參、蝦肉、鮮貝、熟雞塊、魚片、冬筍、鹽、味精、胡椒粉、姜末、料酒、水澱粉等調料

制 做: 鮮花入杯中倒扣在盤中間，魷魚、海參、蝦肉、鮮貝、熟雞塊、魚片、冬筍用沸水焯一下撈出，碼放在鮮花周圍，湯勺內放入高湯、鹽、味精、胡椒粉、姜末、料酒，燒開淋入水澱粉勾芡澆在菜上即可。

特 色: 色澤鮮艷、清淡、美觀

SEAFOOD WITH FLOWER

STUFFS: a flower, squid, sea cucumber, prawn meat, scallop, cooked chicken lumps, fish slices, dried bamboo shoot and seasonings.

MAKING PROGRAM: 1. place the flower in the center of a plate.

2. cut and scald the squid, sea cucumber, prawns meat, scallop, cooked chicken lumps, fish slices, bamboo shoot slices in boiling water.

3. place them around the flower.

4. boil sauce with seasonings and thicken with wet starch.

5. pour the sauce on the plate.

SPECIALTY: in beautiful colour and delicate flavour.

DA QIAN CHICKEN

STUFFS: chicken leg cutlets, dried chilli, soybean paste, seasonings.

MAKING PROGRAM: 1. fry the chicken cutlets in hot oil into golden yellow colour, then dredge up.

2. stir fry soyeane paste, then put in soy sauce, sugar, gourmet powder, cooking wine, soup, dried chilli, fried chicken cutlets to simmer till flavoured.

3. thicken with wet starch, then place on a plate.

SPECIALTY: fresh, tender, fragrant, slight hot.



大千仔鸡

原料: 鸡腿肉块, 干辣椒, 豆瓣酱, 糖, 料酒, 味精, 酱油, 葱节, 姜末, 水淀粉。

制做: 油锅烧热下入鸡腿肉块炸至金黄色捞出。炒勺加油烧热入豆瓣酱、酱油、糖、味精、料酒、汤干辣椒、鸡腿块, 调入味烧透。用水淀粉勾芡, 装盘。

特色: 鲜嫩香, 微辣适口。

大千仔雞

原料: 雞腿肉塊, 干辣椒, 豆瓣醬, 糖, 料酒, 味精, 醬油, 葱節, 姜末, 水澱粉。

制做: 油鍋燒熱下入雞腿肉塊炸至金紅色撈出。炒勺加油燒熱入豆瓣醬、醬油、糖、味精、料酒、湯干辣椒、雞腿塊, 調入味燒透。用水澱粉勾芡, 裝盤。

特色: 鮮嫩香, 微辣適口。



糖醋脆皮鱼

fried crisp fish with
sweet and sour





口袋豆腐

用料: 豆苗、豆腐、冬笋、奶汤、料酒、调料

制做: 豆腐切长方块炸至金黄色。开水加碱面将炸好的豆腐泡至皮软、内部成末状，加清水泡去碱味。奶汤烧开加豆腐、冬笋片、调料、豆苗，淋鸡油，倒入碗中即成。

特色: 鲜嫩、适口

口袋豆腐

用料: 豆苗、豆腐、冬笋、奶汤、料酒、调料

制做: 豆腐切长方块炸至金黄色。开水加碱面将炸好的豆腐泡至皮软、内部成末状，加清水泡去碱味。奶汤烧开加豆腐、冬笋片、调料、豆苗，淋鸡油，倒入碗中即成。

特色: 鲜嫩、适口

BEAN CURD IN POCKET

STUFFS: bean sprout, bean curd, bamboo shoot, milk soup, cooking wine.

MAKING PROGRAM: 1. cut the bean curd into rectangular slices and fry into golden yellow colour.

2. soak the fried bean curd in boiling water with soda till the surface turning soft and inside mashed.

3. clean off the soda in clear water.

4. boil the milk soup, then put the bean curd, bamboo shoot slices, bean sprout and seasonings.

5. sprinkle some chicken oil in, then pour in a bowl.

SPECIALTY: fresh and tender.



网油虾卷

用料: 虾肉 400 克, 网油 400 克, 荸荠 100 克, 调料

制 做: 虾肉, 荸荠切薄片, 用盐、味精、胡椒粉、料酒、葱、姜将虾片、荸荠拌匀稍腌, 加蛋清糊成馅。将网油铺平, 抹蛋清糊, 置于网油一侧, 卷成圆形卷, 之后沾干淀粉, 炸至金黄色捞出。切斜角块整齐装盘, 围生菜叶即可。餐时, 佐椒盐。

特 色: 酥、脆、鲜、嫩、香。

网油蝦卷

用 料: 蝦肉 400 克, 網油 400 克, 荸薺 100 克, 調料

制 做: 蝦肉, 荸薺切薄片, 用鹽、味精、胡椒粉、料酒、葱、姜將蝦片、荸薺拌勻稍腌, 加蛋清糊成餡。將網油鋪平, 抹蛋清糊, 置于網油一側, 卷成圓形卷, 之後沾干澱粉, 炸至金黃色撈出。切斜角塊整齊裝盤, 圍生菜葉即可。餐時, 佐椒鹽。

特 色: 酥、脆、鮮、嫩、香。

SHRIMP ROLLS

STUFFS : shrimp meat 400g, reticular oil 400g.

MAKING PROGRAM: 1. cut the shrimp meat and water chestnut into thin slices.

2. pickle the shrimp slices and water chestnut slices with salt, gourmet powder, pepper powder, cooking-wine, scallion and ginger, then mix with egg-white into filling.

3. spread out the reticular oil, get the filling on, then roll it in round.

4. dress with dried starch and fry into golden yellow colour.

5. cut them into tilted lumps.

6. place regularly the lumps on a plate, put some cos lettuce around them.

7. season some spiced salt when eating.

SPECIALTY: crisp, fresh, tender and fragrant.



QUICK STIR FRIED OX STOMACH

STUFFS: fresh ox stomach 400g, coriander 100g.

MAKING PROGRAM: 1. cut the coriander into segments and place on a plate.

2. quick boil the stomach in boiling water.

3. stir fry scallion, segments, garlic slices, the stomach, salt, gourmet powder, cooking wine, then put some vinegar, pepper powder in.

4. pour them on the coriander and sprinkle some sesame oil on.

5. fry wild pepper, dried chilli into purplish red colour, then place on the plate.

热炆百叶

用料:鲜牛百叶 400 克、香菜 100 克、调料

制做:净香菜切段置盘中。百叶在开水中氽透捞出。炒勺留底油加葱段、蒜片、百叶、盐、味精、料酒,翻片刻加醋、胡椒粉起锅倒在香菜上,淋香油。另将花椒、干辣椒炸至枣红色,置百叶上即成。

特色:香辣、脆嫩、清新、爽口。

熱炆百葉

用料:鮮牛百葉 400 克、香菜 100 克、調料

制做:淨香菜切段置盤中。百葉在開水中氽透撈出。炒勺留底油加葱段、蒜片、百葉、鹽、味精、料酒,翻片刻加醋、胡椒粉起鍋倒在香菜上,淋香油。另將花椒、干辣椒炸至棗紅色,置百葉上即成。

特色:香辣、脆嫩、清新、爽口。



干煸牛肉絲

原 料:牛肉, 芹菜, 姜絲, 豆瓣醬, 辣椒粉, 味精, 料酒, 醋, 糖。

制 做:牛肉切絲, 上旺火煸炒, 起爆時加姜絲、豆瓣醬、辣椒粉略炒至油變紅, 加料酒、味精、白糖、芹菜翻炒幾下, 淋少許醋, 裝盤, 撒花椒粉即成。

特 色:麻辣, 酥, 脆鮮香。

干煸牛肉絲

原 料:牛肉, 芹菜, 姜絲, 豆瓣醬, 辣椒粉, 味精, 料酒, 醋, 糖。

制 做:牛肉切絲, 上旺火煸炒, 起爆時加姜絲、豆瓣醬、辣椒粉略炒至油變紅, 加料酒、味精、白糖、芹菜翻炒幾下, 淋少許醋, 裝盤, 撒花椒粉即成。

特 色:麻辣, 酥, 脆鮮香。

SAUTE OF JERKED BEEF AND CHILLI

STUFFS: beef, celery, seasonings.

MAKING PROGRAM: 1. cut te beef into shreds and stir fry on strong fire with shredded ginger, soybean paste, chilli pepper.

2. when the oil in the pan turns into red colour, cook with cooking wine, gourmet powder, sugar and celery.

3. sprinkle some vinegar and wild pepper powder, then place on a plate.

SPECIALTY: cayenne, crisp and fragrant.

煎仔鸡

原 料:鸡脯肉 400 克,整笋片,泡辣椒,料酒,白糖,胡椒粉,酱油,味精,葱,姜,蒜,鸡蛋,红油,水淀粉。

制 做:鸡脯肉切片加盐、料酒、拌匀,用蛋清浆好,兑酱油,料酒,味精,糖,胡椒粉,葱花成汁。鸡脯肉入热油划透捞出。锅留底油加辣椒、姜末、蒜末、略炒,倒入鸡脯肉、冬笋、烹入汁翻炒一二,淋红油装盘即成。

特 色:鲜嫩,微辣。

煎仔雞

原 料:雞脯肉 400 克,整筍片,泡辣椒,料酒,白糖,胡椒粉,醬油,味精,葱,姜,蒜,雞蛋,紅油,水澱粉。

制 做:雞脯肉切片加鹽、料酒、拌勻,用蛋清漿好,兌醬油,料酒,味精,糖,胡椒粉,蔥花成汁。雞脯肉入熱油劃透撈出。鍋留底油加辣椒、姜末、蒜末、略炒,倒入雞脯肉、冬筍、烹入汁翻炒一二,淋紅油裝盤即成。

特 色:鮮嫩,微辣。



FRIED CHICKEN

STUFFS: chicken breast meat 400g, bamboo shoot slice, pickled chilli, seasonings.

MAKING PROGRAM: 1. cut the chicken meat into slices and mix with salt, cooking - wine, egg - white evenly.

2. make thickening with soysauce, cooking - wine, gourmet powder, sugar, pepper powder, minced scallion.

3. stir fry the meat slices in hot oil and dredge up.

4. stir fry chilli, minced ginger and scallion, and pour the meat slices, bamboo shoot in.

5. pour the thickening and sprinkle some chilli oil.

SPECIALTY: fresh and tender, slight hot.



CHICKEN WINGS IN BROWN SAUCE

STUFFS: chicken wings, mushroom, dried bamboo shoot, seasonings.

MAKING PROGRAM: 1. fry the chicken wings slightly and drag up.
2. boil the clear soup with mushroom, bamboo shoot, sugar, gourmet powder, cooking-wine, scallion, ginger, salt and soy sauce
3. put the chicken wings into the soup to simmer till well-done.
4. concentrate the soup and thicken with wet starch.

SPECIALTY: in bright red colour, in heavy flavour.

红烧鸡翅

用 料: 鸡翅、香菇、冬笋、糖、酱油、味精、料酒、盐、葱、姜、水淀粉等调料

制 做: 鸡翅用油略炸捞出,勺内放入清汤加香菇、冬笋、糖、味精、料酒、葱、姜、料酒、盐、酱油、烧开倒入鸡翅微火煨熟,淋水淀粉收汁即成。

特 色: 色泽红亮,味浓肉烂。

紅燒鷄翅

用 料: 鷄翅、香菇、冬笋、糖、醬油、味精、料酒、鹽、葱、姜、水澱粉等調料

制 做: 鷄翅用油略炸撈出,勺內放入清湯加香菇、冬笋、糖、味精、料酒、葱、姜、料酒、鹽、醬油、燒開倒入鷄翅微火煨熟,淋水澱粉收汁即成。

特 色: 色澤紅亮,味濃肉爛。

FRESH SCALLOP WITH CASHOW

STUFFS: fresh scallop 400g, cashow 150g.

MAKING PROGRAM: 1. feed the fresh scallop with egg-white, cooking-wine, gourmet powder, pepper powder, wet starch and oil.

2. stir fry the fresh scallop in luke-warm oil and pour the seasoned sauce and cashow in, then turn over in the pan.

3. sprinkle some sesame oil.

SPECIALTY: fresh, fragrant and tender.



腰果鮮貝

用 料: 鮮貝 400 克、腰果 150 克、調料

制 做: 鮮貝加蛋清、料酒、味精、胡椒粉,水澱粉、油喂制。鍋油燒 5 成熱,鮮貝入鍋加兌好的汁及腰果,顛鍋、淋明油即可。

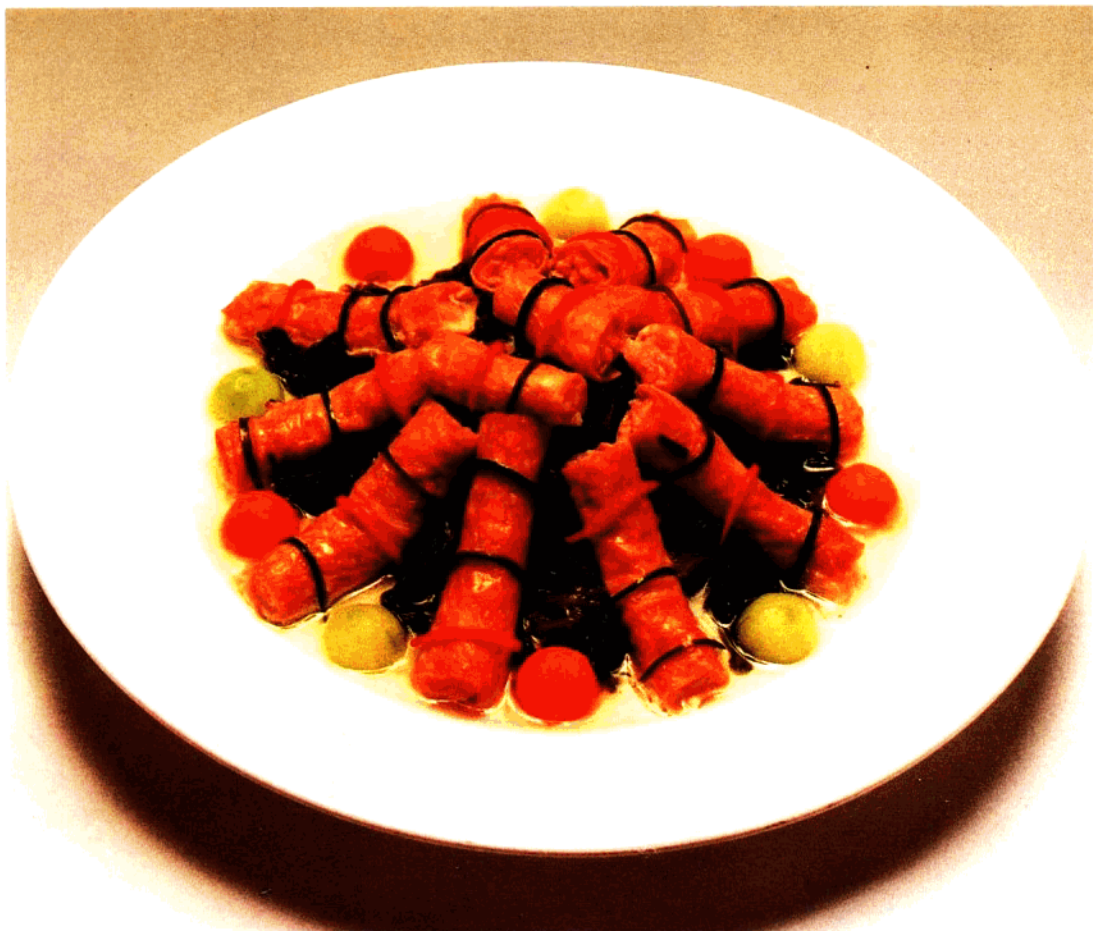
特 色: 鮮香、滑嫩。

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酸菜肉卷

用料:猪肉末、泡酸菜、腐皮、鸡蛋、调料

制做:猪肉末加调料制成肉馅,用腐皮卷成肉卷,蒸熟。泡酸菜切丝调味蒸熟置盘中。肉卷整齐码好,后将清汤调味烧开浇入汤盘中。

特色:香脆、鲜、清淡适口。

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特色:香脆、鲜、清淡适口。

MEAT ROLLS WITH PICKLED CABBAGE IN CLEAR SOUP

STUFFS: minced pork meat, pickled cabbage, dried bean curd skin, eggs.

MAKING PROGRAM: 1. mix the minced meat with seasonings into filling.

2. wrap up the filling with the dried bean curd skin and make into the meat rolls to steam till well-done.

3. cut the pickled cabbage into shreds and steam with seasoning.

4. place the cooked pickled cabbage on a plate and pile the meat rolls up.

5. boil clear soup with seasoning and pour on the plate.

SPECIALTY: in delicate fragrant flavour, fresh and crisp.

FISH ROLLS LIKE A FLOWER BASKET

STUFFS: fresh pork meat 500g.

MAKING PROGRAM: 1. cut the fish into thin flakes.

2. chop the pork meat into minced meat, then mix with gourmet powder, salt, ginger, egg, starch evenly.

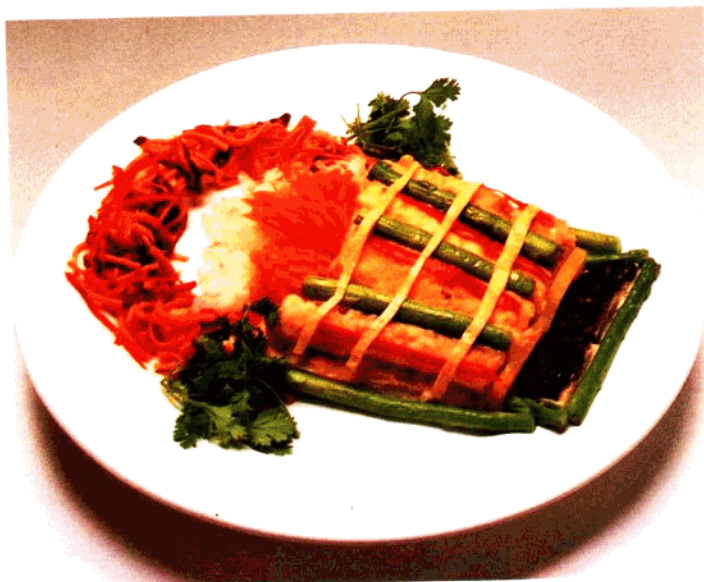
3. warp the minced meat with the fish flakes then seal with eggwhite.

4. stir-fry the fish rolls in a oil pan.

5. make the fish rolls like a flower basket.

6. place pickled chilli, mushroom, shredded ham on the flower basket, then pour the thickened sauce on it.

SPECIALTY: in fresh fragrant flavour and beautiful shape.



花篮

用料:鲜鱼肉 500 克、调料

制做:鱼肉片薄片;猪肉剁馅、加味精、盐、姜、鸡蛋、淀粉拌匀;鱼片卷馅、蛋清糊封口。下油锅划透捞出。鱼卷拼呈花篮状,泡辣椒、香菇、火腿丝,置花篮上,勾二流芡淋在花篮上即可。

特色:口味鲜香、形态美观。

花篮

用料:鲜鱼肉 500 克、调料

制做:鱼肉片薄片;猪肉剁馅、加味精、盐、姜、鸡蛋、淀粉拌匀;鱼片卷馅、蛋清糊封口。下油锅划透捞出。鱼卷拼呈花篮状,泡辣椒、香菇、火腿丝,置花篮上,勾二流芡淋在花篮上即可。

特色:口味鲜香、形态美观。

甜烧白

**braised fat meat
with sweet sauce**

