

極品美味

*Fine Banquet
with Dried Seafood*

鮑參翅肚



曾昭文 編著

萬里機構・飲食天地出版社出版

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極品美味：鮑參翅肚

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出版

萬里機構・飲食天地出版社
香港鰂魚涌英皇道1065號東達中心1305室

電話
傳真
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發行

香港聯合書刊物流有限公司
香港新界大埔汀蘭路36號中華商務印刷大廈3字樓

電話
傳真
電郵

承印

美雅印刷製本有限公司

出版日期

二〇〇八年二月第一次印刷

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Fine Banquet with Dried Seafood

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Publisher

Food Paradise Publishing Co., an imprintor Wan Li Book Co Ltd.
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Tel: 2564 7511
Fax: 2565 5539
<http://www.wanlibk.com>

Distributor

SUP Publishing logistics (HK) Ltd.
3/F., C & C Building, 36 Ting Lai Road, Tai Po, N. T., Hong Kong
Tel: 2150 2100
Fax: 2407 3062
E-mail: info@suplogistics.com.hk

Printer

Elegance Printing & Book Binding Co Ltd.

Publishing Date

First print in February 2008

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ISBN 978-962-14-3732-7

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Foreword

序言

自少便跟從父親經營鮑魚、海參、魚翅、魚肚和燕窩等高級食材買賣。眼見許多昔日的優質貨色越來越少，加工程序繁複，因為海水污染，漁民錯用採捕方法，導致貨源大大受損。從以前每斤售價由數百元飆升至近萬圓，也未必能買到心頭好，所以一些珍貴而屬優質貨，便會留作鎮店之寶，只供欣賞和收藏之用。

入行已久，多次應邀參觀鮑參翅肚的製造工場，對於產品貨源、揀選和貯存知識，略知一二，有幸被邀加入為“全國鮑翅燕肚參專家委員會”委員，協助監管和制定鮑參翅肚的品質標準，確保品質優良。由於家族以批發鮑參翅肚為主，所以與飲食業廚師關係密切，藉工作與廚師交流選貨和烹調心得，為了滿足他們而努力找尋優質貨色，我與曾昭文（“文哥”）認識多年，深知文哥擅長於把傳統食材創新演繹，讓平凡菜式變得不平凡，當知道他要為萬里機構撰寫《極品美味：鮑參翅肚》一書，便義不容辭地為他寫序。

祝願他的食譜書能一紙風行，反應熱烈。

I have been engaging in the high quality food ingredients business, like abalone, sea cucumber, sharks' fin, fish maw and birds' nest, etc., with my father since I was young. Good quality products are now getting fewer and fewer when compared with the Past, while the processing are becoming more complicated. These are due to water pollution and wrong hunting method of the fishermen, causing the resources being damaged. The prices have been rocketed from several hundred dollars per catty in the Past to nearly a ten-thousands dollars per catty now. Yet it may still not be the most wanted one. Thus, for precious and good quality items, they are usually kept as treasures of the shops, and for appreciation and collection only.

Having joined the business for long time, I have been invited to visit the production workshops of abalone, fish maw, shark's fin, etc. for many times. I am familiar with the products' sources, selection and storage. I am glad to be invited to join as member of China A.S.B.F.S. Professional Committee to facilitate in monitoring and setting the quality standard of abalone, sea cucumber, shark's fin and fish maw to ensure their good quality. With abalone and fish maw etc. wholesale as my family business, I get acquainted with the chefs and share the selection and cooking techniques with them. In order to satisfy them, I do my best to search for good quality items. I get known to Tsang Chiu Man (Brother Man) for years, and know him well for his proficiency in creative cooking with traditional ingredients, turning common food into fantastic dishes. When I am informed that he is going to write for Wan Li Book Co. Ltd. a book of "Fine Banquet with Dried Seafood", I have my pleasure to write the preface for him.

I look forward to his great success in this book.

鄭裕棠

Kwong Yu Tong

德祥號魚翅有限公司

Tack Cheong Ho Sharksfin Company Limited

Preface | 前言

富豪盛宴或是高級筵席總是少不了以鮑魚、海參、魚翅、花膠和燕窩作入饌材料，它們不但突顯食客的尊貴身份，也是對廚師們的烹調技術下戰書，沒有高超廚藝，十足把握，便不能揮灑自如地烹調出一道道令人垂涎的美味菜餚，所以每次烹調菜餚時，都是向自己的廚藝作挑戰。依稀記得，那天正在廚房忙得天昏地暗，突然接到編輯小姐邀約撰寫以鮑參翅肚為專題的食譜書，我一口答應，於是便把入行二十多年對鮑參翅肚的食譜，從抽屜中取出重新編寫，可說是字字艱辛，不過，卻又樂在其中。

鮑參翅肚屬於高檔材料，產量稀少，優質貨源難求，價錢高昂，所以烹調時必須步步為營，一旦失敗，除了浪費金錢，也會浪費材料，所以處理時特別小心，加上健康的飲食潮流，許多舊式做法，必須改良或棄掉，或是採用新鮮食材，掌握食材特質，搭配其他優質配料熬製的上湯醬汁，讓觀感變得時尚，不過仍能保持獨特風味，或是利用食材搭配令味道提升，引發出它們的獨特香味，讓菜餚變得色香味美，誘發食慾。

多謝鄭裕棠先生賜序，助手馬文駿在製作過程中協助，以及德祥號魚翅有限公司借出產品以供拍攝。

There are always abalones, sea cucumbers, sharks' fins, fish maws and birds' nests as ingredients in the feast for the rich or high class gathering. They are not only highlighting the elite identities of the consumers, but also challenging the culinary skills of the chefs. Without excellent skills and full confidence, it is impossible for these delicious delicacies to be served on table, so it is challenging to the chefs every time when these dishes are to be prepared. As I remember, it's a busy day in the kitchen when I was invited by Miss Editor to write a cookbook of abalone, sea cucumber, shark's fin and fish maw. I accepted without hesitation and took out the recipes of abalone, sea cucumber shark fin and fish maw from the drawer, which I have accumulated for more than twenty years, to re-write. Although it is a hard work, I enjoy in it.

Abalones, sea cucumbers, sharks' fins, fish maws are high class ingredients, with very small yields. Good quality sources are rare and expensive. Hence, it needs to be very careful when cooking, otherwise money and ingredients will be wasted. Besides, healthy diet is emphasized nowadays, many traditional cooking methods need to be amended or abandoned, and fresh ingredients need to be adopted. Thus, it is important to manipulate the ingredients' properties, and match with the stock and sauce prepared from other good quality ingredients, so as to bring dishes with fashionable appearance, as well as with unique taste being kept. Or, by making use of ingredients' match to enhance flavour and to initiate food's unique fragrance, the dishes will be wonderful in appearance, smell and taste and increase appetite.

Thanks to Mr. Kwong Yu Tong for his preface, assistant Alpha Ma's help in the production process, as well as Tack Cheong Ho Sharksfin Company Limited for lending us the ingredients for photo-taking.

曾昭文
Tsang Chiu Man

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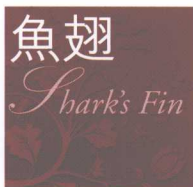
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Abalone

鮑魚

形態優美，質感細緻的鮑魚，味道鮮美清爽，含有獨特的香氣，無論薄切、厚塊或是原隻上碟，散發出陣陣扣人心弦的誘惑，總叫人忘不掉它的輕柔嫩滑質感，填滿濃濃的醬汁和鮑魚香味。

Finely textured abalones, in elegant shape, taste delicate and crispy, with unique fragrance. No matter they are in thin slices, thick lumps or whole pieces, the temptation of their tender texture are unforgettable, with your mouth filled with thick sauce and fragrance.



選購和處理方法

PURCHASING AND PROCESSING

購買鮑魚的訣竅 TIPS FOR PURCHASING ABALONE

乾鮑主要來自日本、南非、中東；罐裝來自南非、澳洲、紐西蘭、墨西哥；鮮鮑來自南非、澳洲。

Dried abalone mainly come from Japan, South Africa and Mid-East, while the canned one from South Africa, Australia, New Zealand and Mexico, and the fresh one from South Africa and Australia.

種類和特徵 TYPES AND CHARACTERISTICS



日本吉品鮑魚 產自日本皇冠品牌，來自日本岩首，形如元寶狀、肉身比較厚，有頭末兩端能清楚看到串線孔，頂部有幼繩紋壓紋，色澤褐色呈透明狀。裙邊的層次密度適中，鮑魚裙刺呈圓狀。產量少，加工程序比較繁複，價格偏高。烹煮後，它的質感脆軟具嚼口，鮮味較淡，屬於糖心鮑魚，中央部份具韌度而散發獨特香味。放在密封的玻璃瓶貯藏，到了一段時間後，可放在溫和太陽下略曬和疏氣，可延長鮑魚的貯存期。每斤分為20頭、25頭和30頭。

Japanese Yoshihama Abalones are products of a Japanese brand, the Crown, originating from Yoshihama. They are in yuan bao (shoe-shaped gold or silver ingot used as money in feudal China) shape and thick in body, with obvious holes for hanging string to go through on both ends and indentation of the thin string on top. The color is brown and transparent, with the edge's gradation being mediumly denser and stings in round shape. The price is high with small output and complicated processing procedures. They are soft and chewy in texture after cooked, lack of fresh smell, but with soft and sweet centres which are tenacious and have unique fragrance. After keeping in a sealed glass container for a certain period of time, you can bask and ventilate them under mild sunshine for a while, which can lengthen the shelf life of the abalones. They are classified into 20 pieces, 25 pieces and 30 pieces per catty.

日本禾麻鮑魚 形狀偏圓，肉身比較吉品乾鮑薄身，色澤深褐色，不會呈透明，裙邊的裙刺密度比吉品稀疏。一般分為15頭、20頭、30頭。烹煮後，它的質感軟滑，中央呈糖心而獨特鮮味。

Japanese Oma Abalones are flat and round in shape, with body thinner than Japanese Yoshihama Abalones. They are dark brown in color, not transparent, with the edge's stings being less denser than the Japanese Yoshihama Abalones. They are generally classified into 15 pieces, 20 pieces and 30 pieces per catty. After cooked, they become soft and smooth in texture. Lack of fresh smell, soft and sweet at the centre, and unique in freshness.



中東鮑魚 來自也門(葉門)、安曼等地，形狀有點像吉品鮑魚，肉身厚和薄皆有，呈元寶狀，不過首末兩端平直而不彎曲，褐色，裙邊的裙刺密度比較茂密，呈圓尖形。烹煮後，質感柔軟，中央呈糖心，有濃郁的獨特鮑魚味道。每斤分為10-100頭。

Mid-East Abalones originate from Yemen and Oman, with shape similar to the Japanese Yoshihama Abalones. They are brown in color, with comparably denser edge's stings in round and pointed shape. The bodies are either thick or thin, in

yuan bao shape, but flat and straight at both ends, instead of curved. The texture becomes soft after cooked, being sweet and soft at the centre, and rich in unique abalones' taste.

10-100 pieces per catty.



南非乾鮑魚 來自開普頓。形狀闊而厚身，呈深褐色。裙邊的裙刺茂密而呈尖形。烹煮後，質感軟中帶硬，味道不夠鮮味，不過尺碼比較大，豪氣十足。每斤分為1-22頭。

South African Dried Abalones come from Cape Town, being wide and thick in body, dark brown in color, with denser and pointed edge's stings. They are soft and somehow hard in texture after cooked, with taste being not fresh enough. However, they are big in size, and give others a generous impression.

1-22 pieces per catty.

註Remark

當鮑魚貯放時間太久，鮑魚的色澤會變深，表面出現一層如薄薄的鹽霜，可以放在溫和陽光下攤開略曬，再放回玻璃瓶貯放。

If the abalones are kept for too long, the color tone will turn dark, with a thin layer of salt being appeared on the surface. You can bask the abalones under mild sunshine, then put back into the glass container for storage.

澳洲罐裝鮑魚 來自南澳和西澳，味道鮮甜，沒有乾鮑那種獨特香味，它的質感軟滑，裙邊的裙刺也頗茂密。

每斤分為1-12頭。

Australian Canned Abalones originate from South Australia and West Australia, being fresh and sweet in taste, but without the unique fragrance of dried abalones. They are soft in texture and dense in edge's stings.

1-12 pieces per catty.



孔雀鮑魚 屬鮮貨，來自中國大連，外殼呈七彩斑紋，肉質表面也出現幻彩顏色，肉厚而帶細緻柔嫩質感，入口有點清爽鮮甜，味道濃淡得宜，每斤約有8-12頭，適合用陳年果皮清蒸，引發甜鮮味道。

Peacock Abalone is fresh aquatic food from DaLian, China. Its shell is of colorful pattern, so is the surface of its flesh. The flesh is thick, with delicate and tender texture. It tastes fresh and sweet, with appropriate flavor. There are about 8-12 pieces per catty. The preferable cooking method is steaming with old, dried citrus peel, which can induce the sweetness and freshness of the food.



澳洲黑邊鮑魚 屬鮮活貨，來自澳洲，鮑魚邊呈黑色，肉質鮮嫩、爽脆富彈性，口感佳，味道濃香而肉身肥厚，屬進口鮑魚的超大碼，每頭重量約為1-3斤不等，適合做新派中菜，如沙律、爆炒或冷盤。

Australian Blacklip Abalone is fresh alive aquatic food from Australia, with its edge in black color. Its flesh is fresh, crisp, elastic with nice food texture. The taste is thick and so is the body, which belongs to extra-large size among the other imported abalones. Each piece weighs about 1-3 catties. It is suitable for innovative Chinese dishes, like salad, quick stir-frying or cold dishes.

揀選貼士 TIPS FOR CHOICE

- 外型完整而無缺口 Complete in appearance, without any nicks
- 乾身而表面沒有帶一層薄鹽層 Dry, no salt layer on the surface
- 色澤鮮明 Bright in color
- 裙邊完整而沒有崩缺 Complete edge, with no notches
- 鮑魚的肉身厚而豐滿 Thick in body
- 肉柱堅挺 Firm at the stalk

教你煮糖心鮑魚 TEACH YOU HOW TO MAKE ABALONE WITH SOFT AND SWEET CENTRE

1. 先將乾鮑魚浸水約20小時(按需要增加/縮減時間)，飛水約10分鐘，把鹽份除掉，洗刷乾淨。
Soak the dried abalone for about 20 hours (extend or cut the time as needed), scald for about 10 minutes, remove the salt, scrub and rinse thoroughly.
2. 雞肉、豬腩肉(或豬排)和雞腳一同飛水，洗淨瀝乾。
Scald chicken meat, pork and chicken feet together, rinse thoroughly and drain to dry.
3. 將鮑魚、雞肉、豬腩肉和雞腳同置煲中，以能蓋過材料的水份為準，煲約8小時。
Put the abalone, chicken meat, pork and chicken feet into a pot, add water to cover all ingredients, double-boil for about 8 hours.
4. 趁熱將鮑魚撈起，讓它與空氣接觸2-3小時，鮑魚便會變成糖心色。
Take out the abalone when it is hot, let it contact with air for 2-3 hours, then the abalone's color will change to the one that has soft and sweet centre.

註REMARK

1. 乾鮑魚在第1次浸水時，可用熱水，容易浸軟鮑魚。
When soaking the abalones for the first time, you may use hot water. This will make the abalones easier to be softened.
2. 大裝鮑魚約浸2天，必須天天換水；細裝鮑魚則浸1夜便可。
Big abalones take about 2 days to soak and water need to be changed everyday; while for small abalones, soaking over-night will be okay.
3. 倘若水份被蒸發，必須再添加滾水(切勿用冷水降低溫度)，保持煮鮑魚的水份。
When cooking abalones, add boiling water to refill the water evaporated to keep the water level constant. Do not use cold water to refill, which will lower the temperature.
4. 煮鮑魚時忌鹽份，否則鮑魚會不軟滑，所以不能把鹽和帶有鹹味的材料放入同煲，必須待鮑魚變得軟後才可以加入鹽份。
Avoid salt when cooking abalones as salt will make the abalones not soft and smooth. Hence, do not add salt or salty ingredients into the same pot of abalones until the abalones have become tender.
5. 可用筷子插入鮑魚內，測試鮑魚的脆度。
Use a chopsticks to prick the abalones to test the softness.
6. 鮑魚可個別包裝，放在冰格冷藏，隨時方便使用。
Abalones can be individually packed and stored in freezer, to be taken out conveniently when use.



Cold Abalone

日本味噌 with Japanese Miso

凍鮑魚

份量 SERVINGS : 4-6 人 (persons)

時間 TIME : 3 小時 (hrs)

材料

澳洲黑邊鮑魚 1000克

味噌醬汁

赤味噌 100克
清酒 240毫升
味醂 100克
木魚精 20克
清水 300毫升
蜜糖 50克
豆瓣醬 20克
鮮露 50克

INGREDIENTS

Australian Blacklip Abalone 1000g

MISO (SOY BEAN PASTE) SAUCE

Red miso 100g
Sake 240ml
Mirin (sweet sake) 100g
Bonito powder 20g
Water 300ml
Honey 50g
Broad bean paste 20g
Seasoning sauce 50g

做法

1. 味噌醬汁拌勻，備用。
2. 鮑魚清洗乾淨，用清水蓋面，隔水以大火蒸2.5小時，取出略沖冷水，用竹籤插鬆（讓鮑魚鬆身），放在味噌醬汁醃6小時。
3. 取出鮑魚，切薄片享用。

COOKING METHOD

1. Mix the miso sauce well, set aside.
2. Rinse the abalone thoroughly, steam over high heat for 2.5 hours with the abalone completely under water, rinse briefly with cold water, poke the abalone with bamboo stick to make it loose, let stand in miso sauce for 6 hours.
3. Remove and serve in slices.

註 Remark 如果鮑魚未達所需腍度，再用滾水浸焗多1次。
If the abalone is not soft enough, soak in the boiling water for once more.



Cold Abalone

XO 醬汁 with XO Sauce

涼拌鮑魚

份量 SERVINGS : 4-6 人 (persons)

時間 TIME : 1 小時 (hr)

材料

南非珍珠鮑魚 600克
(約4-5隻)
沙律菜 適量 (伴碟)

XO醬汁

XO醬 40克
蠔油 30克
生抽 50毫升
糖 40克
麻油 少許

INGREDIENTS

South African Pearl Abalone 600g
(about 4-5 pcs)
Lettuce as needed (for garnishing)

XO SAUCE MIX

XO sauce 40g
Oyster sauce 30g
Soy sauce 50ml
Sugar 40g
Sesame oil a little

做法

1. XO醬汁拌勻，備用。
2. 鮑魚清洗乾淨，用清水蓋面，隔水以大火蒸45分鐘，取出沖冷，置冰箱中冷凍。
3. 吃時取出切粒，淋上XO醬汁，伴以沙律菜享用。

COOKING METHOD

1. Combine the XO sauce, mix well, set aside.
2. Rinse the abalone thoroughly, steam over high heat for 45 minutes with the abalone completely under water, take out the abalone and rinse with cold water, cool in refrigerator.
3. Dice, pour XO sauce on top, dress with lettuce to serve.



鴛鴦錦繡鮑魚撈

Abalone Mix

份量 SERVINGS : 4-6 人 (persons)

時間 TIME : 50 分鐘 (mins)

材料

南非鮑魚	2隻 (300克)
即食海蜇	200克
西瓜	100克
哈密瓜	100克
青瓜	100克
黃椒	100克
紅椒	1隻
蟹子	適量 (裝飾)
沙律菜	適量 (裝飾)

芥末蛋黃醬

沙律醬	100克
芥末醬	10克
煉奶	30克
檸檬	½ 隻 (榨汁)

INGREDIENTS

South African Abalone	2 pcs (300g)
Instant jellyfish	200g
Watermelon	100g
Cantaloupe Melon	100g
Cucumber	100g
Yellow pepper	100g
Red pepper	1 pc
Crab roe	as needed (for decoration)
Lettuce	as needed (for decoration)

MUSTARD MAYONNAISE

Mayonnaise	100g
Mustard paste	10g
Condensed milk	30g
Lemon	½ pc (Squeezed juice)

做法

1. 鮑魚先去殼，洗擦乾淨，以凍水浸過面，大火蒸45分鐘。
2. 取出鮑魚沖水，切絲備用。
3. 把西瓜、哈密瓜、青瓜、黃椒、紅椒等切絲，放碟旁。
4. 將芥末蛋黃醬汁材料拌勻，擠在碟旁。
5. 吃時把所有材料拌勻，便可享用。

COOKING METHOD

1. Remove the shell of the abalones, rinse thoroughly, put under cold water, steam over high heat for 45 minutes.
2. Take out the abalones, rinse with water, shred, set aside.
3. Shred the watermelon, Cantaloupe Melon, cucumber, yellow pepper, red pepper, etc., put on the side of a plate.
4. Stir the ingredients of the mustard yolk paste well, squeeze by the side of the plate.
5. Mix the ingredients when eats, serve fresh.