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私房菜

Kitty Choi's
Private Kitchen Cuisine

蔡潔儀編著

萬里機構・飲食天地出版社出版



蔡潔儀私房菜 Kitty Choi's Private Kitchen Cuisine

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前言 Preface



“私房菜”是十多二十年前本港一些烹飪界前輩所開創的一個飲食新潮流。其賣點當然是以名廚親自下廚的拿手菜式，食客大部份是慕名而來的。“私房菜”這個名堂，彷彿已成為專業和品質的保證。

時至今天，私房菜的定義，隨着樓上食館如雨後春筍的誕生而有所改變。很多美其名說是私房菜，其實只是開設在私人地方的樓上食肆。

從小便熱愛烹飪的我，最期望實現的理想，是能為一些真正識飲識食、會說真心話的朋友親自下廚，讓他們也分享我烹飪的樂趣。

自從加入烹飪行列，一直以培訓烹飪人才為己任。開設導師培訓班，成功地訓練了一些可以交棒的接班人。遺憾的是過去的校舍地方有限，在教導學生時，總覺得欠缺了很多東西。正因如此，當我再重新創辦烹飪學校時，便考慮到預留空間，騰出一些地方以作私房菜訓練班之用。一者可以實現我的理想，二者可以給我的學生多一個實習的機會。我的私房菜，便是由此創立起來。

在我的角度來說，“私房菜”就是把我自己所學所聞的烹飪技術，融匯自我對烹飪的熱情加以創作，親自炮製出包含個人風格以供同好欣賞的佳餚美饌，這便是私房菜。

我的私房菜與別不同的地方，不在於食譜的改革創新，而是要求整個食製都由基本的元素做起。調味、醬料、酒與食材都要有個人風格。買回來的調料，便是大眾化口味，做不到我的要求。要達到如此水平，惟有自己親手做。

飲食文化有創新的需要，否則停滯不前，便不會有進步。但懷舊的菜式，亦有其歷久不衰的保留價值，為着保留傳統，我把自製素材，融入懷舊名饌之內，好讓有緣人產生共鳴，亦讓年輕人瞭解過去。

蔡潔儀

2008年·春

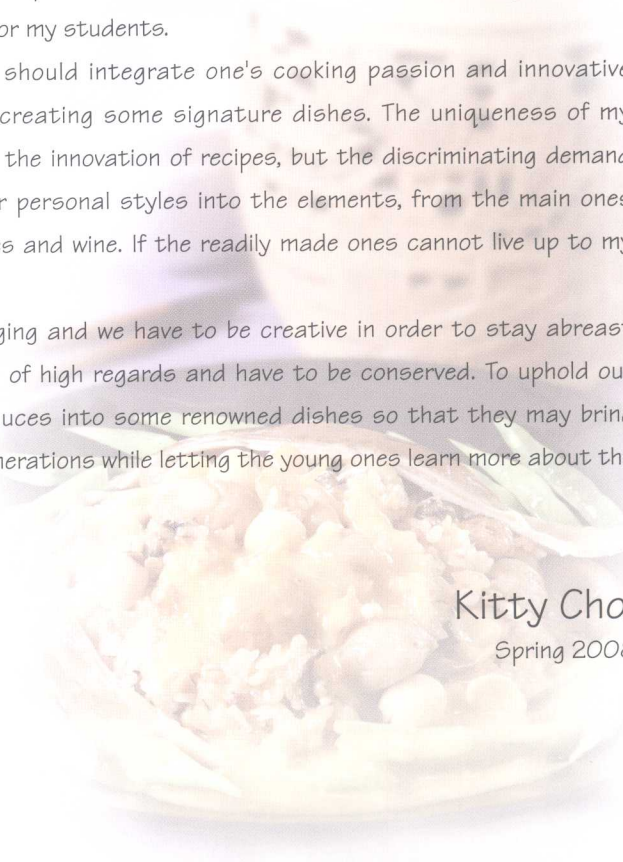
"Private Kitchen Cuisine"(speakeasies) was introduced by some culinary experts about two decades ago. They make use of their specialties as a feature selling point to attract customers. Over the years, this term has become synonymous with professional and quality assurance of exquisite delicacies.

Nowadays, with small dining places in apartments spread like wild fire, its use has been abused. Many of such eateries, which claim themselves to be "private kitchen", are in reality just offering ordinary cuisines in a private area.

Having discovered my passion for cooking at a very young age, I have always dreamt of sharing my pleasure of cooking with my truthful friends who appreciate good food. Ever since the beginning of my cookery career, I have been dedicated to training culinary talents by hosting cookery classes for trainers and have successfully trained up many good cooks in the course. However, due to limited space in my old cookery centre, it was not fully equipped to demonstrate a wide variety of foods. In the light of this, I specially reserved some areas for teaching private kitchen cuisine when I opened a new school years ago. Through this kitchen, I can experiment with new methods of cooking while providing a better learning and practicing environment for my students.

I think that "private kitchen cuisine" should integrate one's cooking passion and innovative ideas with various cooking techniques in creating some signature dishes. The uniqueness of my private kitchen dishes does not come from the innovation of recipes, but the discriminating demand on basic ingredients. We have to infuse our personal styles into the elements, from the main ones down to complements like seasoning, sauces and wine. If the readily made ones cannot live up to my expectations, I will prepare them by myself.

I agree that eating cultures are changing and we have to be creative in order to stay abreast of the trend. However, some old dishes are of high regards and have to be conserved. To uphold our culinary heritage, I blend my homemade sauces into some renowned dishes so that they may bring back some sweet memories for the older generations while letting the young ones learn more about the past.



Kitty Choi

Spring 2008

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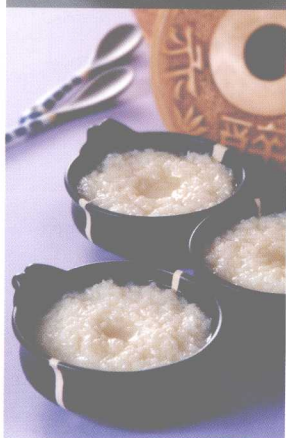
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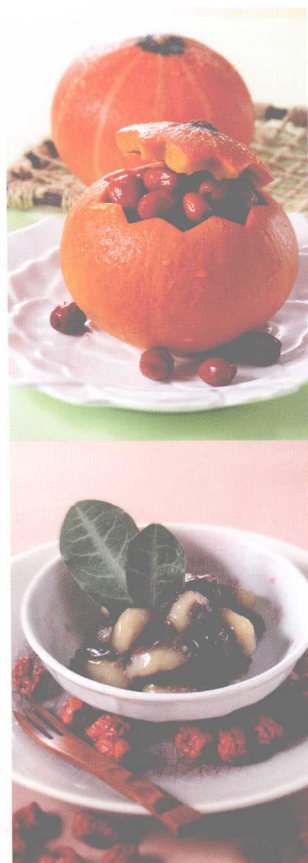
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調味醬及酒

SEASONING AND WINE

自製調味品、醬料及釀酒

調味、醬料、料酒等，是烹調時不可缺少的基本元素，主料縱然是上佳素材，如果沒有它的輔助，也難發揮得盡善盡美。

昔日的小家庭，生活比較簡單，常用的醬料和醃菜等，很多人都喜歡自己親手做。一般家庭大多設備簡陋，沒有雪櫃儲存，做好的醬料都放在紗櫃內，可能當時的空氣沒那麼混濁，而且四季分明，只要在合適的氣候時才製作，物料放在紗櫃內也不易變壞。雖然現今市售的品牌及種類多如天上星宿，但自家製作，不含防腐劑，食得健康及安心，濃淡調配，任隨君意，把入廚也變成樂事。因此，醬料、原材料等的製作技能，對醉心廚藝人士而言，是有一定的學習價值。

在這裏，我會介紹製作兩款醬料（攪鼓醬和自製南乳）和釀製四種酒（甜酒釀、客家糯米酒、檸檬酒、菩提酒）。為免用得太久而變壞，做好的醬料要貼上製作日期，也不要大量製作，應用完再做，便不會浪費。

甜酒釀除了可以做甜品和日常小菜外，餘下的酒釀，還可以用來搓包子及做點心。不只是上海人的珍品，很多廣東人也十分愛用。

客家糯米酒的製作，與甜酒釀差不多，味美而實用，並兼備補身功效，可用作婦女懷孕補身及分娩後煮雞酒之用。



釀製檸檬酒的靈感來自我的外太婆，老人家愛用玉冰燒，加入去了核的切片檸檬浸酒。當年買酒不用上街，會有酒販擔着盛酒的擔子上門兜售。小時候不懂事，以為是檸檬糖水，幾個小孩偷偷把糖水拿來喝，弄得面紅耳赤，才知出事，還要接受處分，吃個“籐條燜豬肉”呢！時至今天，我仍不是個愛酒之人，但我喜歡用美酒製作食物，“美酒佳餚”這個詞彙，看來不只在歡宴時合用，只要懂得活用美酒，平凡的物料也可變成佳餚。

第一次看到人家釀製菩提酒的時候，年紀長大了一點，不再胡亂拿來喝。那時舊居清拆，舉家遷往九龍，鄰居有一位黃太太，她的丈夫是船員，一去最少也得一年半載才回家。每當黃先生休假回家時，黃太都會親自釀製丈夫至愛的菩提酒以示歡迎。我亦因此而學會了，得益不少。

欖鼓醬是一款甚受歡迎的醬料，因為可以煮苦瓜、蒸魚、燜雞等等，用途廣泛，而且食味一流，自製一點作日常使用，方便衛生兼可變家中廚神，很有自豪感。

南乳的製作比較繁複，因為要等到它發酵至起大霉菌，時間是要配合得很好，在黃梅時節才做，較為適合（此書拍攝時間未能配合，天氣較乾燥，所以霉菌出得很少，做得不大理想）。南乳是常用的物料，做菜製餅都合用，如香脆可口的雞仔餅、新年煮的齋菜、南乳花生燜豬尾、南乳豬肉燜蓮藕等，很多菜式都用得着，所以一般家庭，如懂得做的，都愛做一點放在家中。

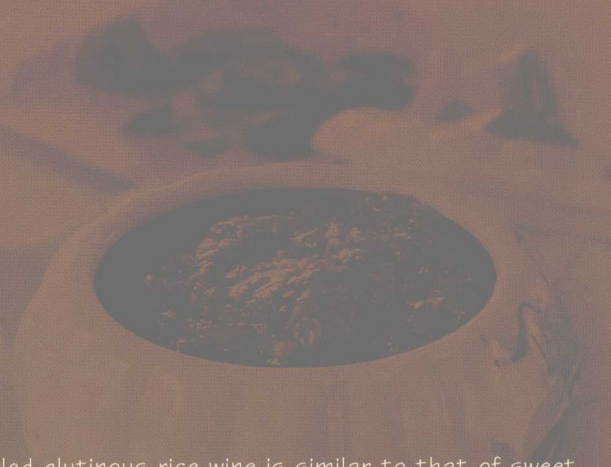
Homemade seasoning, sauces and wine

Seasoning, sauces and wine are essential elements in cooking. Without them, even a dish of superb main ingredients will be less than perfect.

In the old days, life was simpler and people liked to make some preserved sauces and pickled vegetables at home. The air conditions were better then and four seasons were distinctive. People would make sauces in the right weather and then keep them well in cupboards for later use. Although there are now numerous ready-to-use sauces available in the market, they cannot be compared with the homemade ones, which contain no preservatives and are tailored to individual tastes. Therefore, the techniques to process sauces and basic ingredients are useful to culinary lovers.

In this section, I will tell you how to make two sauces and four wines. Including sweet glutinous rice wine, Hakka-styled glutinous rice wine, lemon wine and grape wine, as well as olive and black bean sauce and fermented red bean curds. We must label the finished products with their producing date for reference. Besides, you should not make too much at a time. Or, the sauce may go rotten over time and be wasted.

Sweet glutinous rice wine can be used to make desserts and dishes while the residual fermented glutinous rice can be used to make buns and dim-sum. It is a favourite of both Shanghai and Guangdong people.

A bowl of glutinous rice wine with a small bowl of dark food on top.

The making of Hakka-styled glutinous rice wine is similar to that of sweet glutinous rice wine. It is not only tasty but also nutritive to expectant mothers. What's more, it can even be used to cook chicken wine for ladies after labour.

The idea of brewing lemon wine came from my great grandmother who loved to soak slices of cored lemon in Chinese white wine. When I was a kid, I stole some from her to try, thinking that it was sweet lemon juice. Unfortunately, I became drunk and was punished. From then on, I have not been into drinking and just like to use wine for cooking, turning ordinary food into fine dishes.

I learnt the making of grape wine from my neighbour, Mrs Wong, when I was older. Her husband was a sailor who came home every half a year or so. Therefore, whenever Wong was back, his wife would make his favourite grape wine specially for him.

Amongst various sauces, olive and black bean sauce is one of the most popular ones due to its versatile usage. It can be added to braised bitter melon, steamed fish and stewed chicken. It is easy to make and can help touching up the dishes.

On the other hand, the making of fermented red bean curds is more complicated. It has to be processed in humid weather to facilitate the fermentation of bean curds. It is commonly used in cooking and making biscuits, such as crunchy chicken biscuits, vegetarian dishes for Chinese New Year, stewed pig tails with peanuts, stewed pork with lotus roots, and many others.

甜酒釀

Sweet Rice Wine

時間：2小時

份量：1-2斤

Processing Time: 2 hours

Servings: 600g - 1200g





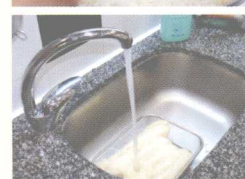
INGREDIENTS

600g glutinous rice
1 pc Chinese yeast cake
¼ cup boiling water
1 pc thin white cloth
1 pc cellophane



PROCEDURES

- 1 Wash glutinous rice thoroughly, fill in water until it is slightly above the rice and leave the rice to soak overnight, and then strain. Grind Chinese yeast cake and then divide it into 5 portions.
- 2 Line white cloth on a steamer, spread glutinous rice on it evenly, and then steam it on high heat for about an hour until cooked.
- 3 Toss the rice with chopsticks, add in boiling water and mix well, and then steam for another 20 minutes.
- 4 Put all the rice into a sieve and rinse it with tap water (but not cold boiled water). When rice is loosened, strain it for a short while and then add in 4/5 of fine ground yeast cake immediately and stir thoroughly.
- 5 Spread the rice gently in a clean clay pot or bowl, and then sprinkle the remaining yeast cake on top. Make a hole in its centre with a rolling pin, and then seal tightly. Place it in a warm area for about 3 to 4 days. When wine seeps into the hole and a fragrant smell comes out, it is ready to serve.



材料

糯米1斤(600克)
酒餅1粒
滾水¼杯
薄白布1塊
玻璃紙1張

做法

- 1 糯米洗淨，以過面清水浸過夜，瀝乾。酒餅壓碎分成5份。
- 2 將濕白布墊在蒸籠內，平均放上糯米，以大火和大滾水蒸約1小時至熟。
- 3 用筷子翻動，加入滾水拌勻，再蒸約20分鐘。
- 4 將糯米飯倒在笊箕中，以清水沖淨（不能用冷開水），待飯粒散開，略瀝乾，立即加入4/5酒餅拌勻。
- 5 把飯輕輕鋪入已清潔的粗砂或瓦煲，把餘下的酒餅灑面，再以輾棍在中間位置開一洞，蓋密，置溫暖處約3-4天。飯洞呈酒液和有香味溢出，即可。

註：如放進冰箱，可持久不變。

NOTE: Store the wine in a refrigerator for a lasting shelf life.

客家糯米酒

Hakka-styled Glutinous Rice Wine

時間：2小時

份量：2-3斤

Processing Time: 2 hours

Servings: 1200g - 1800g





INGREDIENTS

1200g glutinous rice

2 Chinese yeast cakes (finely ground)

PROCEDURES

- 1 Add water to glutinous rice until the water level is slightly above rice and leave it to soak overnight. Wash it thoroughly and then strain slightly.
- 2 Line a wet white cloth on steamer, put in glutinous rice, and then steam on high heat for about 40 minutes.
- 3 Place the rice into a sieve, and then rinse with tap water to make it less sticky but warm. Divide the lukewarm glutinous rice and yeast cake into 8 portions.
- 4 Place one portion of rice in a clean bowl, sprinkle a portion of yeast cake on top, and then some warm water (about 2 tbsp). Repeat this process until all rice and fine ground yeast cake have been put in.
- 5 Seal the bowl tightly with cloth, cover it with a lid, wrap it with thick clothes or cloth to keep it warm, and then leave it in a warm place unmoved for 7 days to let it brew. You may even leave it for 3 months for more wine. Then filter out the residual fermented glutinous rice, leave it for a longer period, and a golden sweet wine is made.

NOTE: You can buy Chinese yeast cake in Chinese wineries or liquor stores. It is light brown in a round cake shape. Not the ball-like yeast cake which sold in Shanghainese grocery stores.

材料

糯米2斤(1200克)

酒餅2個(研碎)

做法

- 1 米用過面清水浸過夜，洗淨，略為瀝乾。
- 2 將濕布墊在蒸籠內，放下糯米，以大火蒸熟約40分鐘。
- 3 把糯米飯倒在隔篩上，略沖（減黏性），仍帶餘溫，並與酒餅均分成8份。
- 4 將一份糯米飯置已清潔的盆中，灑上一份酒餅，再灑些溫水（約2湯匙），重複至完為止。
- 5 用布包密盆口，加蓋後置放在溫暖處，以厚衣服或厚布蓋着，保持溫暖，不能移動，待7日成酒。（需要多些酒液，可放置3個月，隔去酒糟，再待些日子便可。）

註：酒餅可在買酒之地方轉讓，顏色及形狀像茶仔，並不是南貨店所售賣的丸狀。

檸檬酒

Lemon Wine

時間：15分鐘

份量：1公升

Processing Time: 15 minutes

Servings: 1 liter





INGREDIENTS

4 lemons
500g Chinese white liquor
220g rock sugar

PROCEDURES

- 1 Remove the seeds of 2 lemons and then cut into slices.
- 2 Squeeze out the juice of the remaining 2 lemons. Break the rock sugar into small pieces.
- 3 Place the lemon slices and juice in a wide-mouth glass bottle, add in rock sugar.
- 4 Fill in Chinese white liquor slowly, cover the bottle with a cling wrap and a lid securely, leave it for about 1 week to let the rock sugar dissolve, and the wine is made.

NOTE: This lemon wine can be served as a refreshing drink with 7-Up (Sprite) or soda water and ice cubes.

材料

檸檬4個
玉冰燒500克
冰糖 $5\frac{1}{2}$ 兩(220克)

做法

- 1 把2個檸檬去核、切片。
- 2 餘下2個榨汁；冰糖舂碎。
- 3 檸檬片放入玻璃瓶中，注入檸檬汁，然後加入冰糖。
- 4 將玉冰燒慢慢注入，用保鮮紙封住瓶口，加蓋封好，待冰糖自動溶解，約1星期後才可取用。

註：可取適量檸檬酒，再加些七喜或梳打汽水及冰塊飲用，非常可口。

