

广东风味菜

四菜一汤

李曾鹏展 著·广东科技出版社



FLAVOROUS DISHES

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(二) 文内多用广东方言,为方便读者,列举数例与普通话对照如下:

猪脬——猪肝

镬——铁锅

梳打——苏打

献汁——芡汁

焗——焦

广东风味菜

GUANGDONG FLAVOROUS DISHES

四菜一汤



黎惠娥著

广东科技出版社

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自序

当我年幼的时候，家父已开始经营食店的生意，因此我便可以时常走到厨房中东跑西望，目的是想看看有什么好吃的东西，可以大饱口福；同时亦因为食的缘故，使我逐渐走入这个厨房中工作。数年的厨房工作，使我开始感到有点枯燥，于是我便开始尝试利用空闲的时间，到一些烹饪中心教授烹饪，与此期间，亦开始参加一些公开的烹饪比赛。在这段颇长的日子中，我领悟到很多烹饪的窍门和乐趣，亦认识了很多朋友，更获得前辈们的指导和宝贵意见，使我对烹饪产生更浓厚的兴趣。

促使我构思这本书的概念，是来自我一班好的学生和朋友，她们时常说，在家做一道精美的菜式不难，但要做一套有水准的菜式来款待客人就不容易。有见及此，我便搜集多年来教学的食

谱，经整理后编排出多款不同种类的宴客套餐，希望能给予爱好烹饪的朋友一些实际的帮助。

这本书提供的套餐是足够六个人的分量，并配合不同节令编写出合时的菜式，内容并包括多款精美的甜品、烹调过程中难度较高的步骤照片及较难买到的材料介绍。菜谱编写成处理及烹调两种程序，只要在请客时预先做好处理的工夫，在进食前便可尽量减少在厨房里逗留的时间，很快的做出几味精美的小菜来招待客人，令朋友有宾至如归之感。

《家常宴客套餐》（编者注：本书原名）是我初次的著作，在此谨希望各位读者及前辈们不吝指正，并感谢所有参与出版这本书的工作人员及博益出版社。祝各位健康快乐！

黎惠娥

材料篇

蜜糖豆



蜜糖豆在美国和日本出产，在超级市场及大的街市有售。蜜糖豆形状近似荷豆，但较荷豆饱满，色泽清翠，味爽脆嫩滑，以没有干菱及无斑点的为佳。

Honey pea is produced both in the U.S. and Japan, available in supermarkets and sizable food stalls in Hong Kong. It resembles pea in shape except that it is more plump. It is fresh green in colour; crisp, smooth in texture and tastes young. Good choices are those without dessication, shrinkage or spots.

鸡子/鸡腰



鸡腰在“生鸡”近背部位，每只生鸡只得两粒，含有丰富荷尔蒙，最适合男女补身之用。

Chicken testicles are near the back of roosters. There are only two testicles per rooster; they are rich in hormones and hence tonic for both men and women.

柚皮



柚皮是一种季节性的食物，形状椭圆，颜色青翠，并经由国内加工，除去苦涩味，每年的六至八月间，可在大的菜档中买到。

Pomelo peel is a seasonal food which is oval-shaped, green in colour and pre-treated in China to have the bitter taste removed. It is available in large food stalls.

竹笙



竹笙是一种无味、瘦而爽口的菌类植物，多生长于桂州等地方，是寄生于大竹林中的植物。可在进食前一天用清水浸透，并要时常换水使洁白。

Bamboo-fungi is a tasteless, slender and tender-crisp fungi mostly grown in Guizhou and other places. It is a kind of fungi grown in bamboo forests. It should be soaked in water one day before serving. The water for soaking should be changed from time to time to keep clean.

起肉鸭掌



鱼翅



大地鱼



小墨鱼



起肉鸭掌可在冻肉公司及鸡鸭档出售，价钱未算太贵，但要用碱水或梳打粉腌过，才不会韧。腌过的鸭掌用清水漂洗后略为出水，便可作爇、炒、蒸等多种用途。

Duck webs without bones are available in frozen food companies and poultry stalls at not too expensive prices. It has to be blanched in alkaline water or soda to avoid tasting tough in texture. After rinsing duck webs with water and blanching for a short time, the webs can be used for multi-purposes such as stewing, stir-frying and steaming.

散翅中以海虎的翅质最好，其次是骨翼、五羊、牙拣等。拣翅时要选质黄而翅头细的，才会发到高品质的翅。

There are many kinds of shark's fin. Fine grade shark's fin is yellowish with small fin-tips.

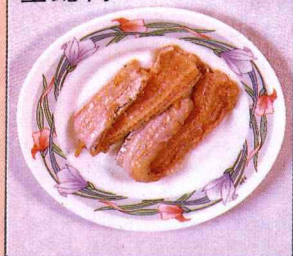
左口鱼晒干后便成“大地鱼”，多用作熬汤或煨煮之用，在香港及台湾均有出产。将大地鱼烘香后煎出的汤味道香浓，但注意勿烘得过炆，否则煎出来的汤会有苦涩味。

Great earth fish is dried plaice. It is available in Hong Kong and Taiwan. It is mainly used for soups or stewing. Soup made out of roast plaice is rich and fragrant, but over-roasting will give bitterly taste to the soup.

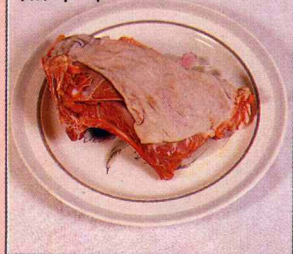
在日本的超级市场里，可以购买到一些已烹调好的八爪鱼仔，价钱颇贵，但现在可在冻肉公司里买到由日本急冻来的小墨鱼，只卖数拾元一斤。小墨鱼出水时要煮至熟，否则很易标水及霉。

In Japanese supermarkets, there are seasoned young octopus on sale at fairly high prices. But now, frozen small octopus are available in frozen food companies for a few ten dollars a catty. The octopus has to be cooked by blanching.

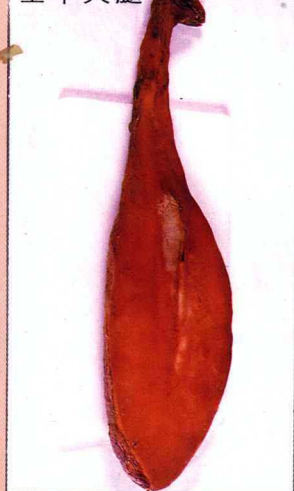
生蛇肉



黑草羊



金华火腿



炒蛇丝或蛇片是用生蛇肉做的，购买时要说明“生蛇肉”，肉质较韧，要加入少许食用梳打粉腌过，洗净后才可伴入其他配料同炒。

Stir-fried snake shreds or slices are made from raw snake meat. Should specify “raw snake meat” at the time of purchase. It is tough in texture, hence should be marinated with tenderizer. Snake meat can be stir-fried with other ingredients after having been thoroughly rinsed.

羊肉是一种滋补暖胃的食物，分为黑草羊和白草羊两种。黑草羊的骚味较白草羊少。白草羊烹调时要用萝卜、马蹄等材料除去骚味，但两者的食疗功效是相同的。

Mutton is a tonic and stomach-warming food in 2 categories: black mutton and white mutton. The former has less “raw” meat taste. White mutton has to be cooked with ingredients such as turnip and water chestnut to get rid of the “raw” taste. These two kinds of mutton have exactly the same tonic value.

金华火腿每只以五六斤重及肉质鲜红为上品，以浙江出产的品质较好。一般的清洗方法可用少许梳打匀和热水擦洗火腿，再用清水洗净，并放入热水或上汤中浸熟，需时约个半小时。待冻后切成数份，放入雪柜，可储藏很久的时间。用火腿熬出来的水亦是上汤之一，可随意用作煮馐(菜)或炖汤之用。

Prime Yunnan ham is 5-6 catties of weight and reddish in colour. Fine quality ones mostly come from Zhejiang city. The common cleaning method is to mix soda water and hot water and rub it onto the ham, then rinse with water and soak in hot water or superior stock for about half an hour until done. When ham is cool, cut into several portions and refrigerate; it can then be kept for a long time. The water from cooking the ham is also a kind of superior stock suitable for cooking or making soup.

三蛇壳



蛇的产地来源很多，以国内的品种较佳。蛇的食法很多，但以炖汤的食疗补益最大。购买时要说明是用作炖汤的，俗称“三蛇壳”。饭铲头、金脚带、过树榕称为三蛇，加入三索线、白花蛇便称为五蛇。

Snake has numerous origins, the better ones come from China. Snake can be cooked in many ways, but double-boiling with soup gives the highest tonic value. Should specify "three snakes bones" meaning for making soup, at the time of purchase.

上汤 SUPERIOR STOCK

材料：

老鸡 1 斤，上骨 ½ 斤，瘦肉 ½ 斤，金华火腿 4 两，清水 8 杯

Ingredients:

1 ½ lb chicken, ½ lb pork bones,
½ lb lean pork, ¼ lb Yunnan ham,
8 cups water

处理及烹调：

1. 老鸡洗净斩大件，与上骨、瘦肉同放入热水中煮 8 分钟，捞出洗净。
2. 清水煲滚，将所有材料放入（不须加盖），转用慢火。
3. 将汤保持微滚，熬约 4~5 小时。
4. 把清洁白布放入笊箕内，将汤滤过，沥去汤面油即成上汤。

■“上汤”是中菜的百搭，能令煮出来的菜式更味美。酒楼所做的上汤分为数类：“顶汤”是用来做炖翅、会燕窝等名贵菜式，做法是将上汤再加入鸡、

瘦肉、火腿再炖成浓汤；“头汤”即是“上汤”，是用来做汤羹、会翅、打芡的；“二汤”是用头汤的渣滓加水再熬数小时，适合煮面、炖汤之用。

- 家庭是很少熬上汤做汤羹或煲菜的，其实熬好的上汤只须保存得法，便可储较长的时间。炖翅最好熬上汤来做，比用鸡煲翅做出来更好味。
- 食谱内调味料所写的上汤是不含盐分的。市面出售的清汤多已加入调味，如用来代替上汤，要试味后酌量将菜谱内的盐分减少，以免太咸。



Preparation & Cooking:

1. Wash chicken and chop into big pieces. Cook chicken, bones and lean pork in hot boiling water for 8 minutes.
2. Boil water and put in all ingredients over low heat, uncovered.
3. Simmer soup for 4-5 hours; over low

temperature at which bubbles form slowly and collapse just below the surface.

4. Put a clean white cloth in a strainer. After the soup is filtered and its oily surface removed, it may be served as the superior stock or used to prepare other dishes.



湖泉青翠

碧绿海皇羹

GREEN SEAFOOD SOUP

蒜蓉干烧鸽

FRIED PIGEONS IN GARLIC SAUCE

冬蓉白玉卷

WINTER MELON ROLL-UPS

烟肉蜜豆炒脆鲩

STIR-FRIED BACON, HONEY PEAS AND

GRASS CARP

葡汁银丝虾

STEWED PRAWNS IN PORTUGUESE

SAUCE





碧绿海皇羹

GREEN SEAFOOD SOUP

材料：

苋菜或菠菜 5 两，虾仔肉 3 两，带子 4 两，蟹柳 4 条，冬笋 2 两

腌料：

生粉 2 茶匙，古月粉、麻油各少许

调味：

上汤 $4\frac{1}{2}$ 杯，盐 $1\frac{1}{2}$ 茶匙，生抽 1 茶匙，糖 $\frac{1}{2}$ 茶匙，古月粉、麻油各少许，油 1 汤匙

生粉芡：

生粉 3 汤匙，清水 $\frac{1}{4}$ 杯

Ingredients:

7 oz spinach, 4 oz shrimp meat,
 $\frac{1}{3}$ lb scallops, 4 crab fillets,
3 oz bamboo shoots

Marinade:

2 tsp cornflour, dash of pepper,
dash of sesame oil

Seasoning:

$4\frac{1}{2}$ cups superior stock, $1\frac{1}{2}$ tsp salt,
1 tsp light soy sauce, $\frac{1}{2}$ tsp sugar,
dash of pepper, dash of sesame oil

Cornflour sauce:

3 tbsp cornflour, $\frac{1}{4}$ cup water

处理：

1. 菠菜洗净，用滚水出水至软，捞起过冻；用搅拌器磨成蓉。
2. 冬笋切细片，洗净。
3. 带子、虾仔洗净，切成大粒。
4. 将每条蟹柳分切成两份，撕成细条。

烹调：

1. 将带子、虾仔、腌料同拌匀。
2. 上汤、调味、菠菜蓉同煮热，再放入冬笋、虾仔、带子、蟹柳。
3. 将生粉水拌匀，倒入上项材料中，埋成薄芡便可上碟。

■“碧绿海皇羹”是用菠菜汁煮成的汤羹，营养丰富，颜色翠绿，是一款充满大自然色彩的汤羹。

Preparation:

1. Blanch spinach in boiling water until softened. Rinse with cold water. Grind in blender until minced.
2. Cut bamboo shoots into small pieces.
3. Cut scallops and shrimps into small cubes.

Cooking:

1. Marinate scallops and shrimps.
2. Bring superior stock, seasoning and minced spinach to boil. Add bamboo shoots, shrimps, scallops and crab fillets.
3. Stir cornflour sauce into the above mixture. Ready to serve when soup slightly thickens.



蒜蓉干烧鸽

FRIED PIGEONS IN GARLIC SAUCE

材料：

乳鸽 2 只，干葱蓉 2 粒，蒜蓉 2 粒，牛油 2 汤匙，卤水汁 $\frac{1}{4}$ 杯

烧汁：

鲜酱油 2 汤匙，清水 2 汤匙，糖 1 茶匙

Ingredients:

2 pigeons, 2 cloves shallot, minced,
2 cloves garlic, minced, 2 tbsp butter,
 $\frac{1}{4}$ cup spiced sauce

Sauce:

2 tbsp seasoning sauce, 2 tbsp water
1 tsp sugar

处理：

将清水 $1\frac{1}{2}$ 杯、卤水汁煮滚；放入洗净乳鸽，慢火浸 20 分钟，捞起。

烹调：

1. 将乳鸽放入热油内炸 5 分钟，捞起沥干油分。
2. 用慢火爆香牛油、干葱蓉、蒜蓉，放入乳鸽回镬，再放入拌匀的烧汁。
3. 将乳鸽转动至收干汁液；取出斩件上碟。

■“蒜蓉干烧鸽”加入少许西式的做法，制作看来似乎很复杂，但味道却很好，是一款适合宴客的佳肴。

Preparation:

Boil $1\frac{1}{2}$ cups of water and spiced sauce. Simmer pigeons over low heat for 20 minutes. Take out.

Cooking:

1. Deep-fry pigeons in hot oil for 5 minutes. Drain well.
2. Saute butter, shallot and garlic over low heat. Return pigeons to wok. Add sauce ingredients and mix well.
3. Turn pigeons during cooking until sauce dries up. Chop pigeons into pieces and dish up.