



黃婉瑩 編著

萬里機構・飲食天地出版社出版

冰鮮的**美味**

Delectable



冰鮮的美味 Delectable Frozen Food

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Frozen
food

前言

我最享受逛街市。琳瑯滿目的食材，有如畫板上的油彩一樣，色彩繽紛，給人很多靈感及創意，令腦袋不斷在轉動……紅配黃的番茄炒蛋、橙與啡的南瓜炆排骨、七彩的、四寶的菜式，配搭無窮，變化萬千。營養師建議我們要吃不同顏色的蔬菜，不要偏食才可以攝取均衡營養。天然素材，無論顏色、形狀、質感、營養成份，都是適合設計一道心思菜式的基本條件，讓我營造出一道又一道色、香、味俱全的美味菜式。

現今，生活繁忙，家庭主婦與上班一族都不能日日逛“新鮮”魚檔和肉檔，選購活生生的海鮮和即日宰殺的豬、牛、羊。加上近年因為公共衛生的問題，雞、鴨、鵝等家禽大都改用冰鮮形式出售。有見及此，我特意到“冰鮮”店舖及超級市場走走看，了解了解這些另一種形態的食材。科技的進步使肉類及蔬菜雖然經過冷藏或冰鮮，仍保持百分百鮮美。因此，遠至挪威的三文魚、俄羅斯的比目魚、澳洲的青邊鮑魚、紐西蘭的青口（貽貝/青蠔）及羊排、美國的帶子（元貝）及生蠔，近自東南亞各地的海產，在香港市場上應有盡有，為我帶來更多創作的資源。包裝方面，冷藏品着重簡潔方便，使人一目了然，隨意挑選。大部份食材都是預先切好，並分成小家庭份量的包裝，方便應用。今時今日買餸成為新樂趣了。

經過多次探索，我挑選了40種冰鮮的食材，應用於45款菜式中，包括前菜和主菜，家常菜及宴客菜等。做法從淺入深。一眾喜愛烹飪的朋友，快來與我一起享受烹調的樂趣，然後與家人及朋友分享成果，大快朵頤吧！

黃婉瑩

PREFACE

I am fascinated by the wet markets in Hong Kong. The array of fresh produce mimics a colourful painting, inspiring and stimulating your senses and creativity... red with yellow like scrambled eggs with tomatoes, orange and brown like braised pumpkin with spareribs, a stream of "rainbow-coloured" dishes keep rolling through my mind. Dieticians often recommend the intake of different colour vegetables, varieties of meat and seafood for a balanced diet. Therefore, picking and choosing food of various colour, shape, textures and nutritional content is the key to designing a delectable yet nutritious meal.

With our busy lives, homemakers and working people may not be able to go to the market everyday for fresh seafoods or meat. Furthermore, poultries like chicken, duck and goose tend to be slaughtered and sold chilled due to environmental hygiene. As such, I made several visits to the cold food stalls and supermarkets. Thanks to modern technology in freezing and chilling, food can be stored as fresh as new; and with good transportation systems, we can get food from far and near.... salmon from Norway, halibuts from Russia, green-lip abalones from Australia, mussels and lamb from New Zealand, scallops and oysters from the States, as well as seafoods from neighbouring Asian countries.

The enormous range of foods and ingredients available in the Hong Kong market is a great source of inspiration for recipe creations. Thoughts are also put into chilled and frozen foods packaging. Most of the ingredients are pre-cut and packed into small family sized portions which are simple to choose and convenient to buy. So shopping nowadays can be a lot of fun!

After several rounds of shopping, I finally picked 40 kinds of frozen and chilled ingredients, with which I have composed 45 mouth-watering dishes, ranging from starters, main dishes for everyday meals as well as for entertaining menus. Cooking methods are progressive, suitable for all levels of food enthusiasts. So why not indulge yourselves in the joy of cooking and share the great food and fun with your family and friends.

Annie Wong



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前菜

Get any meal off to a great start with a selection of appetizing first courses

做好餐前的幾小碟，讓人對隨後的主菜產生憧憬……

..... yet many starter recipes are versatile enough to be adapted to other courses of a meal by simply altering the serving size or accompaniments.

……還可以把前菜的份量適當地加多或另選配菜炮製成主菜。



咖喱魷魚鬚及魚蛋

Curry Squid and
Fish Balls



預備時間：10分鐘 ■ 烹調時間：30分鐘 ■ 份量：4人

■ Preparation time : 10 mins

■ Cooking time : 30 mins

■ Serves : 4



材料：

水發魷魚鬚450克、炸魚蛋200克

咖喱醬汁料(A料)：

蒜蓉2茶匙、薑2茶匙、乾葱2湯匙、咖喱醬2湯匙

咖喱醬汁料(B料)：

水6杯、雞精1粒、鹽½茶匙、生抽1湯匙、糖3湯匙、檸檬葉2-3塊

Ingredients:

450g cured squid antennae
200g fried fish balls

Curry sauce(A):

2 tsp chopped garlic
2 tsp chopped ginger
2 tbsp chopped shallot
2 tbsp curry paste

Curry sauce(B):

6 cups water
1 chicken cube
½ tsp salt
1 tbsp light soy sauce
3 tbsp sugar
2-3 kaffir lime leaves

TIPS 貼士：

1. 煮魷魚鬚需用中慢火候，猛火會使魷魚鬚收縮而韌口。
2. 檸檬葉需切碎及撕碎才易出味。
1. Cook squid antennae over medium-low heat. High heat will cause them to shrink and become tough.
2. Tear or slit kaffir lime leaves to release its aroma fully.

做法：

1. 魷魚鬚沖洗乾淨，放半鍋滾水內拖水，取出，瀝乾。
2. 燒3湯匙油，爆香咖喱醬汁料(A)，加(B)煮滾，熬片刻至味濃，試味，便放入魚蛋。
3. 翻滾後再放入魷魚鬚，慢火煮15分鐘，離火浸至入味。

Method:

1. Rinse squid antennae, blanch for a while, remove and drain.
2. Heat 3 tablespoons oil, sauté sauce (A) until fragrant, add sauce (B) and bring to a boil, simmer for a while until flavour is rich, adjust taste, add fish balls and bring back to a boil.
3. Lastly add squid antennae, turn heat down and simmer for 15 minutes. Remove from heat and leave to soak until well flavoured.



水發魷魚鬚一般凍肉店有售，由乾魷魚加工泡發。自家亦可做到，把食用梳打粉開水，放入乾魷魚浸1-2天，需放雪櫃避免發霉。烹煮前用清水沖過數次，除去梳打粉味。

Cured squid antennae are available in cold food stores. Dried squid antennae can be prepared at home by soaking in a solution of bicarbonate of soda and water for 1-2 days. They should be kept in the fridge to prevent decaying. Rinse well before use.

鹽燒多春魚

Salt-grilled Capelins

預備時間：15分鐘 ■ 烹調時間：20分鐘 ■ 份量：4人

■ Preparation time : 15 mins

■ Cooking time : 20 mins

■ Serves : 4



材料：

多春魚200克、檸檬汁1湯匙、胡椒粉少許、幼海鹽1茶匙

Ingredients:

200g capelins
1 tbsp lemon juice
a few shakes pepper
1 tsp fine sea salt

TIPS 貼士：

- 多春魚的肚內有豐滿的魚卵，慢火燒烤，可避免魚卵的油過熱而爆裂。
- Clusters of roe are found in the abdomen of the capelin, grill gently to prevent overheating the fish oil and causes bursting.

做法：

1. 多春魚清理乾淨及抹乾，用檸檬汁抹過，灑上少許胡椒粉，再均勻搽上海鹽，醃5分鐘。
2. 多春魚排放鐵盆上，放中慢火烤爐內烤熟，不時翻轉，烤至均勻金黃香口。

Method:

1. Clean capelins, wipe dry, sprinkle with lemon juice, pepper and rub with sea salt. Set aside for 5 minutes.
2. Arrange capelins on a rack and grill under a low heat, turning occasionally until crispy and golden in colour.



恰當而簡單的調味最能顯出食物本身的原味。檸檬汁可助減低魚腥味，同時也增添清香味。多春魚以基本調味料醃好，放烤爐或燒烤時的炭爐慢火烤熟，至外脆而肉乾爽，甘香可口。

Simple marinade is the best. It will not overpower the true flavour of the ingredient, and at the same time enhancing it, like a squeeze of lemon juice to minimize fishy flavour. Grill marinated capelins gently under a grill or over a charcoal stove until they appear slightly crispy and dry.

芥末奶油焗青口

Grilled Mussels with
Mustard Dressing



預備時間：20分鐘 ■ 烹調時間：5-8分鐘 ■ 份量：2人

■ Preparation time : 20 mins

■ Cooking time : 5-8 mins

■ Serves : 2



材料：

有殼大青口8隻、鹽少許、胡椒粉少許、蒜蓉2茶匙、乾蔥蓉1湯匙、沙律醬4湯匙、芥末醬1茶匙、日式白麵包糠4湯匙

Ingredients:

8 large mussels with shell
a little salt
a few shakes pepper
2 tsp chopped garlic
1 tbsp chopped shallot
4 tbsp salad dressing
1 tsp mustard
4 tbsp Japanese white breadcrumbs

**TIPS 貼士：**

1. 醬料需把青口肉蓋好，否則突出的青口肉會被燒乾。
2. 日式白麵包糠較金黃麵包糠鬆脆。
1. Cover mussel meat completely with the dressing, otherwise it will get dry or burnt.
2. Japanese "panko" i.e. white breadcrumbs, is more desirable as they are lighter and crispier than golden breadcrumbs.

做法：

1. 有殼青口沖洗乾淨及抹乾，灑上少許鹽及胡椒粉。
2. 蒜蓉及乾蔥蓉拌勻，沙律醬及芥末醬拌勻。
3. 每隻青口上鋪上適量蒜蓉及乾蔥蓉，再用醬料蓋面，最後灑上日式白麵包糠。
4. 青口排放鐵盆上，放中慢火烤爐內焗熟及呈金黃香口的脆外層。

Method:

1. Clean and wipe dry mussels. Season with salt and pepper.
2. Mix chopped garlic and shallot, mix salad dressing with mustard.
3. Sprinkle mussels with a little salt and pepper, spread with mustard dressing. Lastly sprinkle breadcrumbs over to cover.
4. Arrange mussels on a rack, grill under medium-low heat until they are cooked with crispy crust.



芥末、蒜蓉及乾蔥蓉等配料味帶辛辣，於烹煮過程中溢出香味，最適合調配魚及貝殼類海產，例如蠔、螺和帶子等。

The sharp pungent taste of mustard, garlic and shallot is released during grilling, enhancing seafood like fish and shellfish (oyster, conch, scallop) that are cooked with it.

涼拌手撕燻雞

Cold Shredded
Smoked Chicken

預備時間：10分鐘 ■ 烹調時間：1小時20分鐘 ■ 份量：4人

■ Preparation time : 10 mins

■ Cooking time : 1 hr 20 mins

■ Serves : 4



材料：

雞髀1隻、溫室青瓜1-2個、新竹米粉50克、菜油1湯匙

滷水汁：

水5杯、生抽1杯、老抽¼杯、糖½杯、八角6粒、果皮½塊、薑4片

燻料：

茶葉4湯匙、片糖½塊(切碎)、飯3湯匙、錫紙1塊

Ingredients:

1 chicken leg
1-2 greenhouse cucumber
50g Taiwan sin-chu rice vermicelli
1 tbsp vegetable oil

Spicy soy sauce:

5 cups water
1 cup light soy sauce
¼ cup dark soy sauce
½ cup sugar
6 star anise
½ piece dry tangerine peel
4 slices ginger

Smoking ingredients:

4 tbsp tea leaves
½ slab brown sugar, chopped
3 tbsp cooked rice
1 piece foil paper

TIPS 貼士：

1. 滷水汁需熬至味濃香才放入雞髀，並以中慢火浸熟。雞髀肉厚，尤其是近骨關節的位置較為難熟透。視乎雞髀大細，按需要浸25-30分鐘。
 2. 新竹米粉是台灣特產，煮熟的米粉幼滑爽口，最適合用作涼拌。
1. Slowly cook spicy soy sauce until flavour intensifies before adding in chicken to cook. Chicken whole leg needs 25-30 minutes to cook through especially at the joint.
 2. Taiwan "Sin-chu" rice vermicelli has a crispy texture favourable to serve as cold starter.

做法：

1. 雞髀沖洗乾淨，拖水，瀝乾。
2. 滷水汁放煲內，中慢火煮20分鐘至味濃。放入雞髀，中慢火浸熟(約25分鐘)，取出。
3. 鑊內放錫紙，灑下茶葉、飯及片糖碎，燒至有煙。放入一個鐵架，把豉油雞髀放架上，蓋好，煙燻5-10分鐘至有煙燻味，取出，把肉撕成條。
4. 青瓜切幼條，新竹米粉放滾水內，加1茶匙鹽泡熟，取出瀝乾，拌入菜油。
5. 上碟時先放米粉及青瓜，雞絲放面，淋上少許滷水汁。

Method:

1. Rinse and blanch chicken leg, drain.
2. Place spicy soy sauce ingredients in a pot, bring to a boil and simmer for 20 minutes until well flavoured. Add chicken leg and simmer approximately for 25 minutes until cooked, remove.
3. Line the wok with foil paper, sprinkle with tea leaves, cooked rice and chopped brown sugar, heat until smoke appears. Place chicken leg on a metal rack and place in the wok, cover and smoke for 5-10 minutes until the smoking aroma is to your preference. Remove chicken leg and hand-shred meat into strips.
4. Cut cucumber into thin strips. Cook rice vermicelli in water with 1 teaspoon salt, remove and drain, toss with vegetable oil.
5. To serve: Arrange a layer of rice vermicelli and cucumber on the plate, then top with shredded chicken, drizzle a little spicy soy sauce to serve.



在家也可做到煙燻菜。一般選用乾茶葉，如香味較濃的普洱、紅茶；也可用茉莉花、玫瑰花等花茶，使花香味滲入食物內。鐵觀音、龍井等茶葉也具其特色。

Smoked dishes can be easily made at home. Dried tea leaves like "Pu-er" and "Black Tea" are commonly used for smoking because of their strong aroma. However, "Jasmine", "Rose", give food a floral touch, and "Iron Buddha", "Lonjin", add special character.