

香 港 家 常 食 谱 精 选

家乡风味汤羹

江李沁霞编著

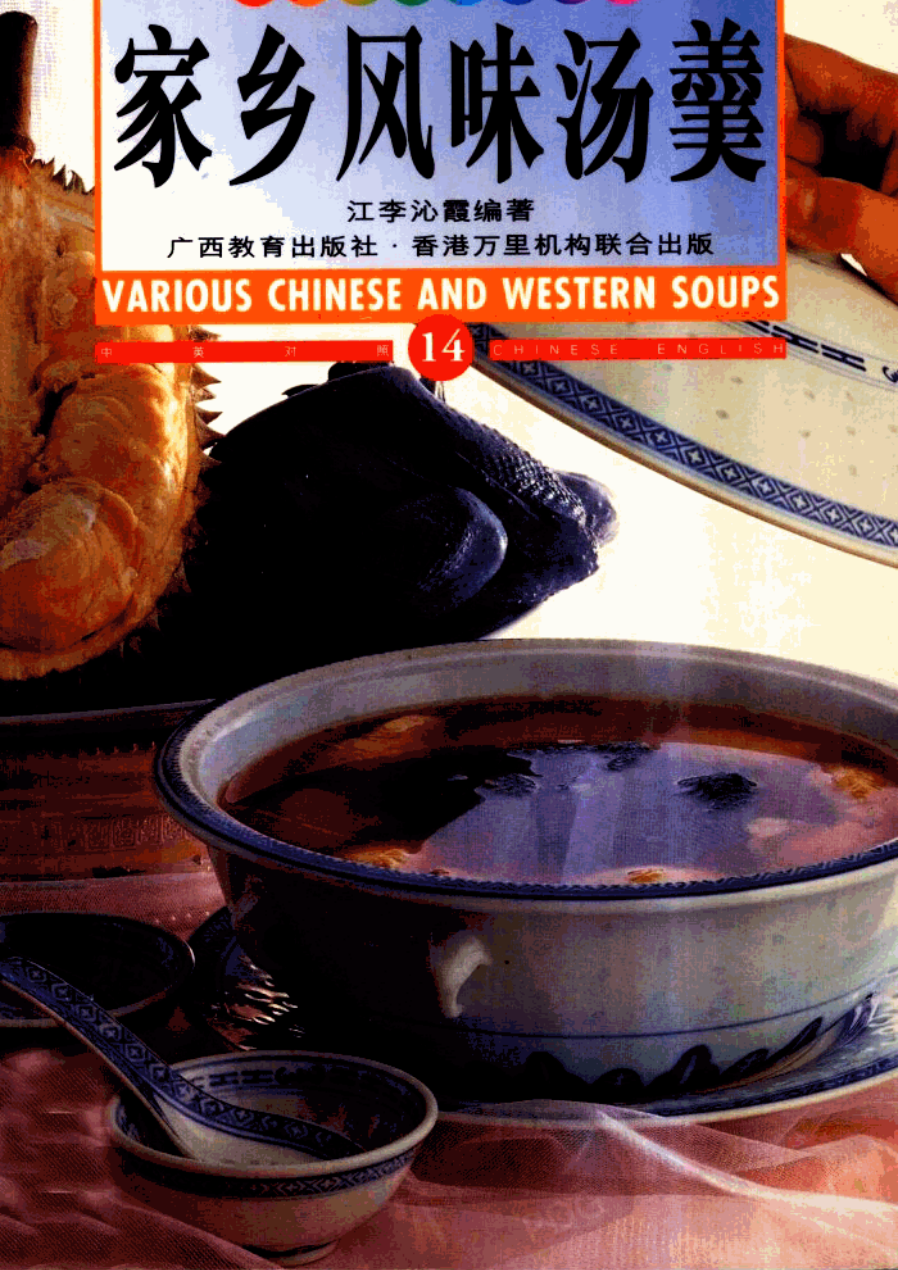
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VARIOUS CHINESE AND WESTERN SOUPS

中 英 对 照

14

CHINESE ENGLISH



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编著者：江李沁霞

译 者：薛 鹰

摄 影：麦 路

编 辑：续 瑜

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地址：南宁市鲤湾路8号·香港九龙土瓜湾马坑涌道5B-5F地下1号

电话：(南宁) 5850219·(香港) 25647511

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出版说明

FOREWORD

烹饪是一种生活艺术，它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调和美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代的家庭妇女提供选购容易、制作简单和营养丰富等中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences, namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that they can appreciate the interesting side of the cooking world.

前言

各具特色的中外汤羹

汤羹饱含水分和各类食品配料，不仅能湿润口腔、除燥解渴，还能刺激胃壁，增强消化吸收，甚至能调理肠胃，防病健身。难怪许多人无汤不欢、或宁可食无菜，不可食无汤。饮汤煲汤，已成为人们饮食中的一个重要内容。

因气候、地理和物产的不同，中外汤羹各具特色。

西式汤羹量少物精，一般分为清汤、忌廉汤、茸汤和冻汤四种。“清汤”中含有蛋白，利用蛋白的缠结能力，将蔬菜或肉粒包裹在内，令下面的汤清澈透底。“忌廉汤”质地浓厚畅滑，含有牛油和面粉炒成之混和物，用炸面包粒或克力架饼干伴食。“茸汤”的制作先要炒香配料，然后与主料、汤汁一同放搅拌机内搅拌成茸，隔渣再煮沸，也会再加入鲜忌廉同食。“冻汤”中材料不会加以烹煮，只将物料、酱料混合搅拌加以雪冻即成，最宜盛夏享用。西式汤羹中较出名的如法国的洋葱汤、俄罗斯的双料清汤、德国的吉卜赛汤、意大利的牛尾汤和西班牙的冻汤等。

位于亚洲东南部的热带国家，盛产香料、水果和海产，汤羹用料也离不开这些物品，而且味偏辛辣、浓烈，如泰国的酸辣虾汤（冬荫功汤）、印尼的梭多牛肉汤、越南的椰青炖乳鸽和椰汁虾汤等。人们服食后，大汗淋漓，湿热俱消。另外，韩国人则喜欢蛇羹汤，日本人喜饮米索汤（面豉汤）、海藻汤等等，取其有驱寒、活络之功。

中国地大物博，各省各地区都有风味十足的汤羹。东北三省的酸菜白肉汤、浙江的西湖莼菜汤、安徽省的瓦罐鸡汤、四川省的肝膏汤……不计其数，均受当地人士的欢迎。

本书介绍近五十种中外特色汤羹，图文对照，详列用料及制法。读者依法炮制，在品尝滋补靓汤、大快朵颐之余，更可领略不同食制的地方风味，倍添生活情趣呢！

PREFACE

VARIOUS CHINESE AND WESTERN SOUPS

Making with water and various foodstuffs and ingredients, not only soup can moisten the mouth, remove dryness and quench thirst, but also stimulate the walls of the stomach to strengthen digestion and absorption and can even regulate the stomach and intestines, prevent diseases and strengthen the body. No wonder many people are not happy without any soup or would rather have their meals without dishes than without soup. Drinking and cooking soup have become an important component in people's daily life.

Due to the differences in climate, topography and products, the soups from different regions are of distinctive features.

Less in amount but fine in ingredients, the western-styled soup is generally divided into the four kinds of clear soup, cream soup, puree soup and chilled soup. The "clear soup" contains egg whites which wrap vegetable or meat in with the sticking ability to make the soup to be clear down to the bottom. The "cream soup" is thick and smooth in texture, contains the mixture fried of butter and flour and have it with small pieces of fried bread or crackers. The preparation of the "puree soup" is to fry the accessory ingredients first and then blend them together with main ingredients and soup in the blender until mashed, filter the dregs away, bring the soup to boil and it is allowed to take the soup with fresh cream. The ingredients of the "chilled soup" will not be cooked, and the ingredients and sauce will be chilled after they are mixed and stirred up. It is most suitable for serving in hot summer. Rather famous western soup includes French onion soup, Russian consomme double on sherry, German Gypsy soup, Italian oxtail soup and Spanish gazpacho.

The tropical countries in Southeast Asia abound in spices, fruits and seafood. The soup cannot be done without these ingredients. It is on the sharp and strong side in taste, such as Thai sour and hot shrimp soup, Indonesian soto beef soup, Vietnamese young chickens stewed with young coconut and shrimp soup with coconut milk. After taking such soup, people will be dripping with sweat with damp and heat all removed. In addition, Koreans like snake potage, while Japanese prefer miso soup, marine alga soup, etc. in consideration of the effects of expelling the cold and causing the muscles and joints to relax.

Endowed with a vast territory and abundant resources, every province or region of China has its own soup of full flavours. There is a numerous variety of soup which is popular with the local people.

This book gives an introduction to nearly 50 recipes of soup of Chinese and foreign styles with pictures listing the ingredients in detail and methods. While tasting the nutritive soup and satisfying the appetite, one can add interest to his or her life with different local flavours.

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附注：

本书重量换算用司马斤两计算，即1斤=16两=600克；如要折算为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

腌笃鲜汤

FRESH AND SALTED PORK SOUP

材料：熟五花腩肉、咸猪腿肉各5两（约200克）、冬笋片3两（约120克）、葱段少许、黄酒1½茶匙、上汤5杯、盐1茶匙、白菜12两（约480克）。

做法：

(1) 熟五花腩、咸猪腿肉洗净，分别切块。

(2) 把上汤倒入砂锅中煮沸，加入酒、葱段。倒入笋片、切块的五花腩肉和咸猪腿肉，大火煮沸后再慢火煮至猪肉软（软熟），约需一小时，取出五花腩肉及咸猪腿肉，下白菜煮软。

(3) 把肉放回砂锅中再煮沸，撇去浮沫，取去葱段，即可上桌供食。

心得：

(1) 此乃上海名菜，“腌”指咸肉，“鲜”指鲜肉，“笃”也就是烧的意思。

(2) 做此菜配料通常要用笋，故又称“笋腌烧”。冬笋因含草酸较多，故宜先水煮后再烹调。做法是：去壳洗净，放于沸水中，下少许盐煮十分钟取起，用清水浸冷后再切块。

(3) 咸猪腿肉可在上海南货店购得。

Ingredients:

200 g. each of cooked flank pork and salted leg pork
120 g. winter bamboo slices
a few scallion lengths
1½ teaspoons yellow wine
5 cups fine stock
1 teaspoon salt
480 g. Tientsin cabbage

Method:

1. Wash pork clean and cut it separately into pieces.

2. Bring fine stock to boil in an earthen pot, add wine and scallion lengths, dump bamboo shoot slices and pork pieces in, bring to boil over high heat, simmer over slow heat for 1 hour until the pork is tenderly cooked, take pork out and place cabbage in to boil until cooked.

3. Return pork into pot to bring to boil, skim, take scallion out and serve.

Gist:

1. This is a famous dish of Shanghai origin, made of fresh and salted pork by simmering.

2. Bamboo shoot is usually made as an accessory ingredient. As the bamboo shoot contains more oxalic acid, it is boiled before cooking. The method is as follows: Shell it, wash it clean, put it in boiling water, boil it with a dash of salt for 10 minutes, take it out, soak it in fresh water and cut it into pieces.

3. The salted leg pork can be bought from a Shanghai goods shop.



肝膏汤

CHICKEN LIVER SOUP

材料：鸡肝8两(约320克)、鸡蛋5只、上汤5杯、麻油少许、火腿茸8钱(约32克)。

调味料：盐1茶匙、酒½茶匙、胡椒粉少许。

做法：

(1) 鸡肝洗净，剔去筋，切成茸，放入筛内过滤，把粗的筋、粒拣去不要。

(2) 半杯上汤加入鸡肝细茸、蛋白5只、蛋黄1只拌匀，再加入调味料徐徐搅拌均匀。

(3) 取干净汤碗一个，碗内涂匀麻油，倒入鸡茸鸡蛋浆，放入蒸笼内蒸约15分钟至凝结成块。

(4) 取干净大汤碗一个，将鸡茸鸡蛋浆块平放入，加入煮热的上汤，撒上火腿茸即成。

心得：

(1) 此乃四川名菜，昔日国画大师张大千便最爱此菜。

(2) 本汤的材料成本不贵，但剔除肝脏粗筋粒的工序却颇为花功夫，所以一般食肆很少有供应，最宜趁假日空闲在家中自制。

Ingredients:

320 g. chicken livers
5 eggs
5 cups fine stock
a dash of sesame oil
32 g. chopped ham

Seasonings:

1 teaspoon salt
½ teaspoon wine
a dash of pepper

Method:

1. Wash livers clean, pick away veins, chop livers. Filter with a sieve and discard coarse veins and grains.

2. Add chopped livers, 5 egg whites and 1 yolk into ½ cup of fine stock to mix well and add seasonings slowly to stir well.

3. Apply sesame oil evenly onto a clean soup bowl, pour egg liver paste and steam it for 15 minutes until coagulated.

4. Lay the coagulated egg liver mixture in a clean large soup bowl, add heated fine stock and sow chopped ham for serving.

Gist:

1. This is a famous dish of Sichuan origin and Chang Ta Chien, the late Chinese painting master, likes the dish best.

2. The ingredients of this soup are not expensive, but it takes a lot of time and efforts to discard coarse veins and grains from the livers. Therefore this soup is seldom available in general restaurants and it is most advisable to do it for yourself at home on holidays.



酸辣汤

HOT AND SOUR SOUP

材料：鸡血（鸡红）1两（约40克）、鸡汤4杯、湿发海参、熟鸡丝（或火腿）、水发鱿鱼、冬菇、鱼肚、熟瘦肉丝共3两（约120克）、鸡蛋1只、豆腐1两（约40克）、生粉、葱花、醋、生抽（酱油）、麻油、盐、胡椒粉各少许。

做法：

(1) 将豆腐、鸡血、鱼肚、冬菇、海参、鱿鱼等切长丝，与熟鸡丝、熟瘦肉丝一同放入瓦锅内，加鸡汤、盐、生抽煮沸，用生粉勾芡。

(2) 熄火后随即加入1只已打匀的鸡蛋。

(3) 把胡椒粉、醋、葱花、麻油等酸辣料放入碗内，冲入原汤即成。

心得：

此汤酸辣适口，开胃。肉类及各种海味干货用量可随意，少用几种也成。浸发方法可参考本书后面附录部分。

Ingredients:

40 g. chicken blood

4 cups chicken broth

120 g. in total of wet raised sea cucumber, cooked chicken shreds (or ham), water raised squid, black mushrooms, fish maw and cooked lean pork shreds

1 egg

40 g. beancurd

a dash each of tapioca starch, chopped onions, vinegar, light soy sauce, sesame oil, salt and pepper

Method:

1. Cut beancurd, chicken blood, fish maw, black mushrooms, sea cucumber and squid into long shreds, place them in a casserole together with cooked chicken and pork shreds, add chicken broth, salt and light soy sauce to bring to boil and starch.

2. Put out the fire and add beaten egg.

3. Place pepper, vinegar, onions, sesame oil and other hot and sour seasonings in a bowl and pour the soup in for serving.

Gist:

This soup is hot and sour as well as palatable and appetizing. The amounts of meat and dried seafood can be at will and it is allowed to use a less variety of them. The soaking and raising method can be referred to in the appendices at the end of the book.



竹笙鸡汤

CHICKEN SOUP WITH BAMBOO FUNGI

材料：瘦光鸡1只、湿发竹笋2两(约80克)、花旗参5钱(约20克)、红枣4粒、鲜草菇2两(约80克)、姜2片、甘笋(红萝卜)片少许、菜心4条。

做法：

(1) 鸡去脚去肺，洗净，放沸水中煮十分钟取出，用清水洗净。

(2) 红枣去核；草菇洗净，在菇脚划一十字，用姜葱余水(用沸水煮)、过冷河(用凉水冲过)；菜心去花，留下嫩茎(鲜嫩的部份)。

(3) 水煮沸，下鸡、参片、红枣、姜，大火煮沸后转用慢火煮两小时，下竹笙续煮半小时，最后加入菜茎、草菇、甘笋片，煮沸即熄火，下盐调味即成。

心得：

(1) 用竹丝鸡、山鸡或毛鸡，补益功效更佳。

(2) 竹笙(即竹荪)质脆爽，但本身寡淡无味，与鸡同煮，可吸收鸡汤美味。它有降血压及降胆固醇功效，以往为名贵菇类，只用于宴席，现今已能用人工栽培，产量大增而价钱下降，家庭菜式亦可使用，浸发方法见本书后面附录。

Ingredients:

1 defeathered and paunched lean chicken
40 g. wet raised bamboo fungi (dictyophora)
20 g. American ginseng
4 red dates
40 g. fresh straw mushrooms
2 slices ginger
a few slices each of carrot and turnip
4 stalks rape

Method:

1. Remove feet and lungs from chicken, wash it clean, boil it for 10 minutes, take it out and rinse it clean.

2. Core dates; wash straw mushrooms, carve a crisscross on the stalk of each, scald them with ginger and onions in boiling water and cool them in cold water; remove flowers from rape and leave the fresh parts for use.

3. Bring water to boil, put chicken, ginseng slices, red dates and ginger, bring to boil over high heat, turn to slow heat to simmer for 2 hours, add bamboo fungi to simmer for 1/2 hour, add rape, straw mushrooms and carrot, bring to boil, put out the fire and salt the soup for serving.

Gist:

1. It will give a better nourishing effect to use a silky fowl, a pheasant or a native chicken.

2. The bamboo fungi are crisp and refreshing in texture, but they themselves are light and tasteless. Boiled with chicken, they can absorb the delicious taste of the chicken broth. It has the effects of reducing blood pressure and cholesterol. In



the past, they fell under famous and precious mushrooms and were only used in feasts. As they can be artificially cultivated, a big increase has been made in their production,

resulting in the falling of their prices. They can now be used in household dishes. The method to soak and raise them can be seen in the appendices to the book.

柠檬鸭汤

DUCK SOUP WITH LEMON

材料：宰后洗净的光鸭1只(重约3斤、即1.8千克)、咸柠檬(大)1个、菜心4条、酒1汤匙。

做法：

(1) 光鸭洗净，去脚去肺去尾，内腔用酒抹匀，氽水后再用清水洗净。

(2) 菜心去花，留嫩茎备用。

(3) 锅中注满清水，分量要能浸过鸭面，煮沸后放入光鸭及咸柠檬，大火煮沸后改慢火煮约2小时至鸭肉软透。

(4) 菜茎灼至断生(放沸水中煮八成熟)，加入汤中，以盐调味即成。

心得：

咸柠檬宜选用完整而表皮无损的，否则汤中有苦涩味。

Ingredients:

1 defeathered and paunched duck (1.92 kg.)

1 (large) salted lemon

4 stalks rape

1 tablespoon wine

Method:

1. Wash duck clean, remove feet, lungs and tail, apply wine onto the internal cavity, scald it in boiling water and rinse it.

2. Remove flowers from rape and leave tender parts for use.

3. Fill the wok with water to flood duck, bring to boil, put duck and lemon in to bring to boil over high heat, turn to slow heat to simmer for 2 hours until duck is tenderly cooked.

4. Scald rape until 80% cooked, add it into the soup and salt them for serving.

Gist:

It is advisable to select a whole salted lemon with the peel not damaged, or it will taste bitter.