



色香味美

*Delicacy of
Indian Cuisine*

印度菜

Manju Singh 編著

萬里機構 · 飲食天地出版社出版



色香味美印度菜	Delicacy of Indian Cuisine
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出版者 萬里機構・飲食天地出版社 香港鯉魚涌英皇道1065號東達中心1305室 電話 傳真 網址	Publisher Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd. Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong. Tel: 2564 7511 Fax: 2565 5539 Web Site: http://www.wanlibk.com
發行者 香港聯合書刊物流有限公司 香港新界大埔汀麗路36號中華商務印刷大廈3字樓 電話 傳真 電郵	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
承印者 美雅印刷製本有限公司	Printer Elegance Printing & Book Binding Co Ltd.
出版日期 二〇〇八年二月第一次印刷	Publishing Date First printing in February 2008
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	ISBN 978-962-14-3595-8

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So far as I am able to judge, nothing has been left undone, either by man or nature, to make India the most extraordinary country that the sun visits on his rounds. Nothing seems to have been forgotten, nothing overlooked."



首先，多謝曾購買《吃得有品味 —— 印度菜：品嘗與烹製》的讀者，希望再次獲得你們的欣賞。由於首本書的成功，我有幸再次執筆編寫第二本書 —— 《色香味美印度菜》，我敢說這書的內容將會更精采。

接着，我要多謝那些支持和鼓勵我編寫此書的人，沒有他們的協助，必定困難重重。

多謝丈夫與我並肩作戰，給予指導和支援，讓書順利完成。在此特別多謝Chandan Mandral協助準備、拍攝安排，沒有他的幫忙，也難於成事。最後，再次多謝攝影師幸浩生先生的高超攝影技術和專業意見，以及編輯郭麗眉小姐的協助和引領，讓這書在充滿歡愉的情況下，順利誕生。

星文珠

Firstly I would like to thank all those people who read my first book (Enjoy Indian cooking). I hope you enjoyed it. After a great success of my first book it is a great honour for me to once again have a chance to write my second book on Indian cooking (Delicacy of Indian Cuisine). And of course I can assure that it will be interesting as much as my last book.

I would like to thank all those people who supported me and encouraged me to write this book, without their help it could have been very difficult.

First of all I would like thank my husband who worked so hard with me and gave me so much guide and support to make this book possible. My special thanks to Chef Chandan Mandral who helped me for preparing and arranging the food for the photo shoot, without his help it was too difficult for me. Last but not the least I would like to thank Mr. Johnny Han my photographer for his professional photographic advice.

I would like to thank my editor Ms. Cecilia Kwok, whose professional expertise and long experience with the food helped me bring all of the work to the final and a joyful stages.

Manju Singh

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迷人香料

INDIAN SPICY



芫荽籽 Coriander seeds

它是咖喱醬和咖喱粉的主流味道，多與羊肉或豬肉搭配，也會作醃漬物和調味。

Coriander seeds are often applied in curry paste or curry powder for which is a leading item of flavour. The perfect matching of food is lamb or pork and it sometimes used in pickles and marinades of dish.



藏紅花 Saffron

它是香料中的黃金，含香氣、辛辣而帶點苦澀，主要用作調色和增加味道，飯、糕餅、麵包和湯都是匹配的食物。

Saffron is the most expensive spice in the world. It is aromatic, pungent and slight bitter. The main purposes are clouring and flavouring in rice, cake, bread and soup with excellent result.



黑胡椒粒 Black peppercorns

它是典型亞洲香料，味道濃郁，主要用作調味，法國菜會廣泛運用。

It is typical Asian spicy with strong flavour. The main usage is for seasoning and is used widely for French cooking.



黑芥末籽 Black mustard

它是芥菜的種籽，味道濃烈而帶點微辣，用作引發食物的味道。

It is seeds of mustard (a kind of cabbage) with strong flavour and slight hot. Mostly the mustard is used for hooking flavour from other food.



芹菜籽 Celery seeds

它含有甜香味道，味道像百里香，常被用於海產中，以增加香氣。

It has rich sweet-scented, smells like thyme. Mostly used in seafood to enrich aroma.



芝麻 Sesame seeds

它經烘香後含有特別味道，多用作灑面和裝飾，亞洲人會把它磨粉做甜品。

When it is baked, the sole aroma will be issued. People like to sprinkle it on top of dish or decoration. Sometimes Asian blend the sesame to make desserts.



小茴香 Cumin seeds

它是印度和東南亞菜的常用辣味香料，味道帶香、辛辣和有點苦，多與大茴香一併使用。

It is popular spicy spice in the Indian cuisine and South-east Asia. The cumin seeds have pungent, hot and somewhere bitter taste.



青小豆蔻仁 Green cardamom

小豆蔻仁味道濃郁，帶有一種獨特的香味。

Cardamom has a strong unique taste with an intensely aromatic fragrance.



黑豆蔻筴 Black cardamon pods

它的特質和用法與青小豆蔻相類似，只是顏色不同，味道濃一點吧！

Its feature and usage are the same as the green cardamon. The only difference is the colour and the flavour which is a bit of stronger.



泡椒 Dried chili

它的味道集中帶點辛辣，不同形態的乾辣椒，辛辣度也有不同，主要用作陪襯和提味。

Its flavour is concentrated with a bit of hot. Different shapes of dried chilli represents variable degree of hot. The main purpose is for decoration and enriching flavour.



肉豆蔻 Blades of mace

它是豆蔻的網狀外層，味道與豆蔻類似。

It is outer net-like covering of nutmeg and its flavour is similar with nutmeg.



香葉、肉桂、草果

Bay leaves, Cinnamon, Whole nutmeg

香葉是月桂樹葉，味道甜香，多與肉菜、牛奶布甸、湯、燜和甜白汁。

Bay leave is leaves of laurel with sweet flavour. It is a good match of meat dish, milk pudding, soup, stewed cuisine and sweet white sauce

肉桂的味道甜香，適合作甜品、烘焙、飯、魚、雞或火腿等食物。

Cinnamon has sweet scent and flavour and is used for desserts, bakery, rice, fish, chicken and ham cuisines.

草果來自印尼，味道含杏梅味。

Whole nutmeg is a native spice of Indonesia and is encased in a fleshy apricot-like fruit.



咖喱葉 Fresh curry leaves

它原植於東南亞，含咖喱味道。在南印度的素菜和海產會常用這種香料。

It is native of South-east Asia and contains curry flavour. The curry leaves are also used throughout southern India in vegetarian and seafood dishes.

印式甜酸調味料

CHUTNEYS

印式甜酸調味料是舉世知名的印度佐料，它的理念廣泛流佈開去，以及按照本土需要而作變化使用。“Chutney”來自中印度的 Chatni，意即“強烈香料”，它被形容為佐料，一般組合會是鮮果粒、醋、辛香料和糖煮成的糖漬粗粒。大部份的印式甜酸調味料偏向辛辣，不過自家煮時可調節。

傳統的甜酸調味料會與咖喱一同供應。甜和辛辣會混合一起，再伴以濃郁的肉類如野味，不過同時地會配以牛肉、豬肉和雞肉同煮。甜酸調味料與芝士濾煮變成甜食，抹塗在梳打餅上、早餐多士或硬麵包圈享用。

這裏有過百種，可能會有過千種以不同材料搭配而

成的甜酸調味料。大部份的甜酸調味料以水果作基本，不過一些不帶甜味的蔬菜也可做調味料。只要你懂得基本運作理念，成千上萬的調味料便可製造出來。選取實肉、未成熟的水果如青芒果、香蕉、桃、蘋果、油桃和杏梅。大黃、實肉或未熟的番茄都是適合做調味料的食材。軟水果味道細緻美味，諸如紅桑子、草莓和其他可做果醬的水果皆不適合選取，因為它們會喪失風味。乾果類也可以入饌成為良好的調味料食材，因為它們仍能保持質感，但是辛辣的味道卻被糖和香料而抵消了。

探索追源，酸甜調味料源自印度。在 17 世紀時，輾轉傳到西歐，歐洲人再生產時稱這些酸甜調味

Although chutney is most widely known as a condiment originating in India, the concept has spread worldwide and mutated to suit local needs as most foods do. The term chutney comes from the East Indian chatni, meaning "strongly spiced," and is described as a condiment which usually consists of a mixture of chopped fruits, vinegar, spices and sugar cooked into a chunky spread. Most chutneys are on the spicy-hot side, but it's easy to adjust the heat factor if you make it on your own.

Chutneys are traditionally served with curried foods. The sweet and tart flavor combined with a touch of spice compliments strong-flavored meats such as wild game, but also works well with beef, pork and chicken. Chutney perks up cheeses and sweeter versions make a fabulous spread for crackers and breakfast toast or bagels.

There are hundreds, if not thousands, of possible combinations of ingredients for chutney. Most chutneys have a fruit base, but many non-sweet vegetables can also be used. Once you get the basic concept down, you can experiment with any number of fruits and/or vegetables. Use firm-fleshed, under-ripe fruits such as green mangos, bananas, peaches, apples, nectarines and apricots. Rhubarb and firm or under-ripe tomatoes are also good candidates. Soft fruits with delicate flavors such as raspberries, strawberries and others will cook down into more of a smooth jam and their flavor will be lost. Dried fruits work particularly well in chutneys since they retain their texture, yet contribute a tart flavor offset by the sugar and spices

Originating in India, chutney was imported from India to Western Europe in the 17th century. European reproductions of chutney were often

料為“mangoed”。水果和蔬菜類，他們最愛用芒果造這些調味料，“Chutney”於北印度的Hindi解作“壓碎”的意思。從文字解讀為“造酸甜調味料”，所以製造該調味料的生產過程時，必須利用石頭把材料壓碎弄在一起。

相似於果醬和啫喱一般，酸甜調味料可以弄成粗粒或幼滑狀。在印度，辣味甜酸調味料常與咖喱，冷盤和蔬菜一同享用。甜酸調味料是麵包或梳打餅和芝士的歡愉組合，一般會用作小吃或小餐點的作用。

一般常用的酸甜調味料除了芒果，還有青檸檬、蘋果、桃、布林、杏梅、番茄、檸檬和椰子。

輔助的香料則有丁香、蒜頭、胡荽葉、芥末、肉桂、薑、紅椒粉、甜椒、墨西哥辣椒、酸子（羅望子）和薄荷。按照個人喜好，可以揀選一些材料來變化味道和風格。

本土印度人會享用新鮮的酸甜調味料，但是有些酸甜調味料也變得西化了。例如大規模生產或是在附近的西式超級市場購買便算了。在英、美國家，酸甜調味料作為佐料已很普及，它便如果醬和美味可口的茄汁，隨餐附上。這些酸甜調料會以正式晚餐的夢幻佐料，又或是隨意的野餐墨西哥脆片或梳打餅的輔食料，無論任何場合，酸甜調味料都十分美味，甜或酸都是不錯的選擇。

called "mangoed". (In fruits and vegetables, one of the most common fruits used in the making of chutney is the mango.) The word chutney is derived from the East Indian word "Chatni". The Hindi word for "to crush" literally means "to make chutney." This signifies the process by which chutney is made; often the ingredients are crushed together with a stone.

Like jams and jellies, chutney can be chunky or smooth. In India, spicy chutney is usually served with curry and often with cold meats and vegetables. Sweet chutney is a pleasant addition to bread or crackers and cheese, and can serve as a snack or small meal.

Some more popular ingredients for chutney, in addition to mangoes, are limes, apples, peaches, plums, apricots, tomatoes, lemons and even coconuts. Additional spices may include

cloves, garlic, cilantro, mustard, cinnamon, ginger, cayenne pepper, jalapenos, tamarind and mint. Chutney is so diverse that it can be made with only a few of these ingredients or several, to make a variety of flavors and styles.

Chutney is usually eaten fresh in its native India, but as chutney has been westernized, like many things, it is mass-produced and can be bought in nearly any supermarket in the western world. In the United States and Britain, offering chutney as a condiment is becoming nearly as popular as jam, relish and even ketchup. Chutney can be served at a formal dinner as a condiment for a fancy meal, or at a casual picnic with tortilla chips or crackers. Whatever the occasion, chutney is a tasty, sweet and sour treat that is sure to please.



1 芒果甜酸醬

AAM KE CHUTNEY (MANGO CHUTNEY)

材料：

青黃芒果1千克
肉桂4條
香葉4片
白胡椒10克
青豆蔻仁10粒
糖 $\frac{1}{2}$ 千克
青檸檬汁50毫升
鹽5克
水100毫升

Ingredients:

1kg mango green-yellow
4 cinnamon sticks
4 bay leaves
10 gm white pepper (cracked)
10 green cardamom seed
 $\frac{1}{2}$ kg sugar
50 ml lemon juice
5 gm salt
100 ml water

做法：

1. 芒果清洗乾淨、去皮和切成小丁粒。
2. 熱水放煲內，加入所有材料煮20分鐘，離火，待涼。
3. 加入芒果煮滾，用小火煮20分鐘，離火，待涼。
4. 放入密封瓶，置冰箱中冷藏。

Preparation:

1. Wash mango, peel and cut into small dice.
2. Put hot water in a saucepan and add all the ingredients. Bring to boil, add sugar, reduce the heat and cook for 20 minutes.
3. Add the mango and bring to boil. Reduce heat and cook for 20 minutes. Remove from the heat and keep cool.
4. Keep in the air-tight jar and keep in the refrigerator.

2

薄荷醬

PUDINA CHUTNEY (MINT SAUCE)

“Pudina chutney”在印度稱為薄荷醬。在炎夏時，享用蔬菜角、椰菜麵包、薯仔餡餅和其他油炸小吃，蘸薄荷醬同吃，可說是透心涼了。所以印度小吃是不能少了它的份兒。這處的薄荷醬是家常做法，簡單又令人回味無窮。

Pudina chutney as it is called in India “green mint chutney”. This is a very cooling in the hot summer and is usually eaten with the Indian snacks like samosa, pakora, alu tikki and other fried snacks, no Indian snacks is complete without this chutney. Here is my typically home-style simple delicious mouth watering recipe.

材料：

薄荷葉100克（洗淨和去葉）
芫荽葉50克
青辣椒5隻
洋蔥（中）1個
青芒果（中）1個
薑10克
檸檬汁50毫升
鹽適量（調味）

Ingredients:

100 gm mint leaf (wash and remove the leaf)
50 gm coriander leaf
5 green chilli
1 medium onion
1 green medium mango
10 gm ginger
50 ml lemon juice
Salt to taste

做法：

1. 所有材料洗淨，放入攪拌機，加點冰水攪成幼滑醬汁。
2. 放在密封瓶，並置於冰箱中冷藏。

Preperation:

1. Wash all the ingredients and blend to a smooth paste using a little ice water.
2. Keep in the refrigerator in airtight cantanner.

3 酸子醬

IMLI KI CHUTNEY (TAMARIND CHUTNEY)

酸子醬（羅望子醬）是全印度最普遍的醬汁。

Tamarind chutneys is very popular in all over the India.

材料：

酸子50克
糖100克
薑粉10克
辣椒粉10克
鹽適量（調味）

Ingredients:

50 gm tamarind
100 gm sugar
10 gm ginger powder
10 gm chilli powder
Salt to taste

做法：

1. 酸子與200毫升水浸1小時，壓爛和濾汁。
2. 加入其餘材料煮滾，調低火力，以極慢火煮30分鐘。
3. 離火，待涼，置冰箱中冷藏。

Preparation:

1. Soak the tamarind in 200 ml water for 1 hour. Mash the tamarind and strain.
2. Add the all the remaning ingredients and bring to boil. Reduce the heat and cook at very low fire for 30 minutes.
3. Remove from the fire and allow to cool. Keep in a refrigerator.

4 椰子甜酸醬

NARIYAL CHUTNEY (COCONUT CHUTNEY)

材料：

新鮮椰蓉100克
薑1塊（去皮）
辣椒4隻
油20毫升
檸檬汁20毫升
烘香bengal gram10克
芥末籽10克
新鮮芫荽葉10克（中國）
咖喱葉4片
鹽適量（調味）

Ingredients:

100 gm fresh grated coconuts
1 ginger (peeled)
4 green chillies
20ml oil
20 ml lemon juice
10 gm roasted bengal gram
10 gm mustard seeds
10 gm fresh coriander leaf (Chinese)
4 curry leaves
Salt to taste



做法：

1. 把椰子、烘香bengal gram、青辣椒、薑和芫荽葉加水磨成幼滑醬汁，放入做調味醬的器皿內。
2. 下油以中火加熱，加入芥末籽和咖喱葉，炒至芥末籽呈金黃色，放入椰子醬內，加鹽和檸檬汁調味。
3. 放入密封瓶內，置冰箱貯藏。享用前置室溫待暖。

Preperation:

1. Grind the coconut, roasted bengal gram, green chillies, ginger and coriander leaves to a fine paste using a little water. Pour the chutney into a bowl.
2. Heat the oil in a pan at medium heat. Add the mustared seed and curry leaves to fry till the seed turns golden to pour it on the chutney. Add the salt and lemon juice to the chutney.
3. Keep in the air-tight utensil and transfer to a refrigerator. Serve at room temperature.

5 青瓜乳酪汁

RAITA (YOGHURT WITH CUCUMBER JUICE)

**材料：**

乳酪400克
青瓜400克
薄荷葉10克（切幼）
小茴香籽10克（烘香，切粒）
糖10克
鹽5克

Ingredients:

400gm plain yoghurt
400gm cucumbers
10gm mint leaves (fine chopped)
10gm cumin seed (roast on the hot pan and ground)
10gm sugar
5gm salt

做法：

1. 青瓜洗淨、磨蓉、瀝乾。
2. 乳酪打至幼滑，加入其他材料拌勻。
3. 置冰箱中冷凍備用。

Preperation:

1. Wash and grate the cucumber. Take out the water.
2. Whisk the yoghurt and mix all the things together.
3. Keep in the refrigerator.