

巴蜀家常菜



中华美食 CHINESE-ENGLISH 中英对照
【新派川菜】系列之二

1



DIY
自己动手

CHINESE CUISINE
New Sichuan Flavourous Dishes

Home-cooked Sichuan Cuisine



中华美食
【新派川菜系列】

经典川菜
巧手烹制
创意厨艺
轻松上手

数百款巴蜀菜式，十八般烹调技艺，
给您带来百变川味享受。
中英文对照文字，精美图片，教您烹制
色、香、味、形、器俱佳之川菜。

CHINESE-ENGLISH 中英对照



1 传统四川名菜
创新江湖菜
渝北流行菜



巴蜀家常菜
四川小炒
山珍野味

2



特色凉菜
美味素菜
风味什锦川菜

3



家禽美食
河鲜美食
川式海鲜海味

4



大众菜
奇味菜
特色菜

5

DIY
自己动手

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Sichuan Cuisine

Chinese-English 中英对照

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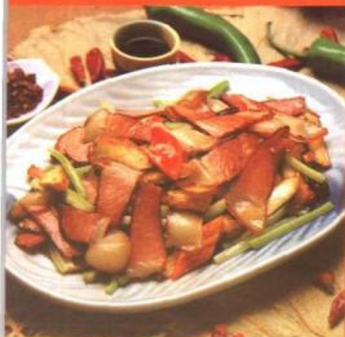


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巴蜀家常菜

Home-cooked Sichuan Cuisine



材料

腊肉 200g,
香芹段 50g,
豆干 50g,
干辣椒节、
花椒适量,
味精、盐适量。



香芹豆干炒腊肉

*Stir-fried Preserved Ham with Celery
and Pot-stewed Tofu*

做法

腊肉煮熟切片，入锅爆香，下豆干、干辣椒节、花椒，续下香芹炒至断生，调味，起锅装盘即成。



Ingredients

200g preserved ham.
50g sectioned celery.
50g pot-stewed Tofu.
Suitable amount of dried chilli (sectioned) and pricklyash peel.
Suitable amount of monosodium glutamate and salt as needed.

Method

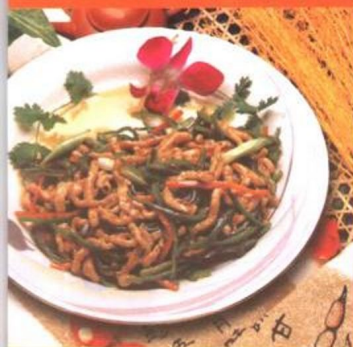
Stew preserved ham and slice into pieces. Stir-fry sliced preserved ham in wok, add pot-stewed tofu, sectioned dried chilli and pricklyash peel. Then add sectioned celery, stir-fry until nearly done, season and dish up.



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材料

净瘦肉 200g,
青椒 100g,
甜酱 5g,
姜丝少许,
盐、味精、鸡精、
水淀粉适量。



青椒肉丝

Stir-fried Shredded Pork with Green Pepper

做法

将肉切成二粗丝，码味；青椒切丝。炒锅下油，放姜丝炒香，下肉丝炒至散籽断生，放青椒丝，加入甜酱炒上色，调味，勾芡，起锅装盘即成。



Ingredients

200g lean pork. 100g green pepper.
5g sweet sauce. Shredded ginger as needed.
Suitable amount of salt, monosodium glutamate, chicken essence and starch mixture.

Method

Shred lean pork into thick shreds and marinate. Slice green pepper. Heat oil, stir-fry shredded ginger until fragrance is released, then add shredded lean pork, stir-fry evenly until almost done. Put in shredded green pepper and sweet sauce, stir well until color has changed. Season and thicken with starch mixture. Arrange on a plate and serve.

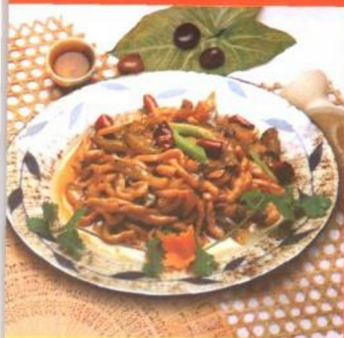


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材料

里脊肉 200g,
榨菜 2 包,
姜片、蒜片、
葱段少许,
盐、味精、鸡精、
香油、生粉适量。



榨菜肉丝

*Stir-fried Shredded Pork with Hot
Pickled Mustard Tuber*

做法

将里脊肉切成二粗丝，用盐、生粉腌好。锅内烧油，将肉丝拉一下倒出；掺水，把榨菜焯一下捞出。锅洗净，放少许油，下姜片、蒜片炒香，下肉丝、榨菜，调味，翻炒几下，淋香油，起锅装盘即成。

Ingredients

200g tenderloin. 2 sachets of hot pickled mustard tuber. Sliced ginger, sliced garlic and sectioned shallot as needed. Suitable amount of salt, monosodium glutamate, chicken essence, sesame oil and starch.



Method

Cut tenderloin into thick shreds, marinate in salt and starch. Run shredded tenderloin through hot oil quickly and remove. Pour water in wok, blanch hot pickled mustard tuber and remove. Clean wok, add suitable amount of oil, sauté sliced ginger and sliced garlic. Then put in tenderloin shreds and hot pickled mustard tuber, season and stir for a few seconds. Pour in sesame oil and place to a plate.



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材料

五花肉 400g,
香芋 200g,
姜米 5g,
盐 5g,
麦芽糖 10g,
味精、鸡精各 5g。



香芋夹沙肉

Steamed Streaky Pork and Taro

做法

将五花肉蒸熟，捞出擦干水分，皮上抹匀麦芽糖，下油锅炸至金黄色，晾凉待用。香芋去皮，切片待用，五花肉切片。将香芋和五花肉一起定碗调味，上笼蒸烂取出，翻扣于盘中即成。

Ingredients

400g streaky pork.
200g taro.
5g grated ginger.
5g salt.
10g maltose.
5g monosodium glutamate and chicken essence each.

Method

Steam streaky pork, remove and drain. Stir in maltose evenly, deep-fry until brown. Cool it for later use. Peel taro, chop into slices and set aside. Slice streaky pork. Put taro and streaky pork in a bowl, then season. Steam in a steamer until soft and tender. Remove and turn over onto a plate. Serve.



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山椒猪尾

Pickled Pigtaails with Wild Chilli Pepper

做法

猪尾洗净，下锅煮熟至肉离骨不烂，调味，捞起放入野山椒瓶中泡入味，取出斩块装盘即成。

材料

猪尾 400g,
野山椒 1 瓶,
盐 2g,
味精 5g,
鸡精 5g,
白糖 2g,
料酒 15g。



Ingredients

400g pigtaails.
1 bottle of wild chilli pepper.
2g salt.
5g monosodium glutamate.
5g chicken essence.
2g granulated sugar.
15g rice wine.

Method

Rinse pigtaails. Stew pigtaails until bones separated from meat but the pigtaails are not overripe. Season, transfer to a wild chilli pepper bottle until flavor is absorbed. Remove, cut into pieces and place to a plate.





材料

鸡蛋 5 个,
肉馅 300g,
泡红椒末 10g,
豆瓣 25g,
姜米、蒜米各 10g,
葱颗 5g,
味精 5g,
白糖 10g,
醋 15g,
水淀粉适量。



鱼香鹅黄肉

Stir-fried Meat Stuffed Egg Rolls in Fish Flavor

做法

将鸡蛋做成蛋皮，卷入肉馅做成佛手状，下油锅炸至金黄色，装盘。锅内下油，放泡椒末、姜米、蒜米炒香，加汤，调味，勾芡淋上即成。



Ingredients

5 eggs. 300g meat stuffing. 10g minced pickled chilli. 25g thick broad-bean sauce. 10g grated ginger and minced garlic each. 5g shallot. 5g monosodium glutamate. 10g granulated sugar. 15g vinegar. Suitable amount of starch mixture as needed.

Method

Make egg skin with eggs, stuff with meat stuffing to form finger citron shape, deep-fry in oil wok until golden. Dish up. Heat oil, stir-fry minced pickled chilli, grated ginger and minced garlic. Pour in stock, season, thicken with starch mixture. Pour the sauce on meat rolls and serve.



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材料

蒸好咸烧白 1 碗,
鸡蛋 6 个,
生粉 75g,
盐 2g,
鸡精 2g,
味精 5g。



软炸烧白

Fried Steamed Streaky Pork

做法

鸡蛋破壳，取蛋清待用。蛋清加入生粉、盐、味精、鸡精调成蛋泡生粉。将烧白肉裹上蛋泡生粉，下锅炸至金黄色，起锅装盘即成。

Ingredients

1 bowl of steamed salty streaky pork.
6 eggs.
75g starch.
2g salt.
2g chicken essence.
5g monosodium glutamate.

Method

Crack eggs, remove egg white for later use. Mix egg white with starch, salt, monosodium glutamate and chicken essence to make egg white starch. Coat steamed salty streaky pork with egg white starch, fry in oil wok until brown, then arrange on a plate.