



中华美食
【新派川菜】系列之五

New Sichuan Flavourous Dishes

Chinese-English 中英对照

3

特色菜

DIY
自己动手



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



2 巴蜀家常菜
四川小炒
山珍野味



3 特色凉菜
美味素菜
风味什锦川菜



4 家禽美食
海鲜美食
川式海鲜海味



5 大众菜
奇味菜
特色菜

DIY
自己动手

Chinese Cuisine New Sichuan Flavourous Dishes



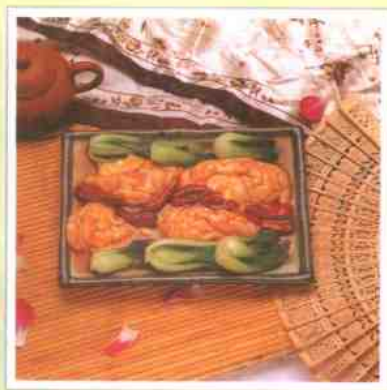
中华美食【新派川菜】系列之五 **3**

特色菜

Dishes of Sichuan
Characteristic

Chinese-English 中英对照

巴蜀 编著



北京工业大学出版社

图书在版编目(CIP)数据

特色菜 / 巴蜀编著. —北京: 北京工业大学出版社, 2003.8

(中华美食: 新派川菜系列)

ISBN 7-5639-0898-6

I. 特... II. 巴... III. 菜谱—四川省—汉、英

IV. TS972.182.71

中国版本图书馆CIP数据核字(2003)第038283号



中华美食

【新派川菜】系列之五 3

特色菜

编 著: 巴蜀

摄 影: 林德 杨虎山 洗建春

责任编辑: 曾淑花

装帧设计: 区 洋

广州市天富恒广告有限公司策划

北京工业大学出版社出版发行

(地址: 北京市朝阳区平乐园100号 邮编: 100022)

广东省深圳市宣发印刷厂印刷

(地址: 广东省深圳市泥岗西路泥岗村 邮编: 518029)

850×1168毫米 大32开 3印张 50千字

2003年8月第1版 2003年8月第1次印刷

印数: 1-10000册

书号: ISBN 7-5639-0898-6/T·160

全套定价: 232.50元

版权所有, 翻印必究





Contents

目录



- | | | | |
|----|---------|----|-----------|
| 4 | 姬菇王烧肚条 | 50 | 拌鱼香鱿鱼丝 |
| 6 | 松茸菌烧牛鞭 | 52 | 山椒凤爪 |
| 8 | 板栗菌烧乌鸡 | 54 | 红油豆干 |
| 10 | 老人头菌烧水鱼 | 56 | 酸辣脑花羹 |
| 12 | 拔丝香蕉 | 58 | 火烧白云 |
| 14 | 香葱土豆泥 | 60 | 椒盐青蛙 |
| 16 | 莲子泥 | 62 | 原粒豆豉干煸黄骨鱼 |
| 18 | 豉椒生炒牛仔骨 | 64 | 豉汁蒸生鱼金菇卷 |
| 20 | 水晶鸭脯 | 66 | 鸡腿菇炒鹿柳 |
| 22 | 泡椒鸭舌 | 68 | 酥炸甘香白饭鱼 |
| 24 | 干烧凤翅 | 70 | 大鱼食小鱼 |
| 26 | 竹筒粉蒸鸡 | 72 | 椒盐多春鱼 |
| 28 | 川式什锦鸽子煲 | 74 | 浓辣海鲜豆腐煲 |
| 30 | 山椒鱼条 | 76 | 鱼香带子豆腐煲 |
| 32 | 鱼香炒蛋 | 78 | 京酱蹄筋煲 |
| 34 | 酸辣汤 | 80 | 酸辣排骨茄子煲 |
| 36 | 锅仔过桥灼肥羊 | 82 | 铁板辣汁花甲 |
| 38 | 菠萝炒鸡丁 | 84 | 铁板川汁炆牛蛙 |
| 40 | 银丝酸菜鳝鱼汤 | 86 | 什锦煮锅巴 |
| 42 | 侧耳根拌鸡丝 | 88 | 青瓜醋拌海蜇 |
| 44 | 铁板串烧鸡柳 | 90 | 生蒜拌青瓜 |
| 46 | 凉拌芹菜鱼皮 | 92 | 凉拌海蜇荔枝鸡 |
| 48 | 酸辣番茄煮鸭 | 94 | 脆肠三仙卷 |



中华美食 新派川菜 特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

姬菇王烧肚条

Dry-stewed Pork Tripe with Jiguwang Mushrooms

材料

姬菇王 200g, 肚条 200g, 香菇 15g,
玉兰片 15g, 姜片、蒜片各 5g, 青椒、
红椒少许, 葱少许, 盐
5g, 鸡精 5g, 味精 5g,
胡椒粉 5g。

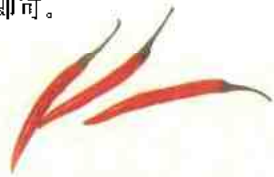


Ingredients

200g *Jiguwang* mushrooms, 200g pork tripe strips, 15g mushroom, 15g sliced bamboo shoot, 5g sliced ginger and sliced garlic each, Green pepper and red chilli as needed, Shallot as needed, 5g salt, 5g chicken essence, 5g monosodium glutamate, 5g pepper.

做法

姬菇王切片, 氽水, 香菇切片。锅内烧油, 放姜片、蒜片炒香, 下姬菇王、肚条、香菇、玉兰片同烧至熟, 调味, 起锅装盘即可。



Method

Slice *Jiguwang* mushrooms, blanch them in boiling water. Slice mushroom. Heat oil, sauté sliced ginger and sliced garlic, then put *Jiguwang* mushrooms, pork tripe strips, mushroom, sliced bamboo shoot in wok, cook until done. Add flavorings, transfer to a plate and serve.





中华美食

新派川菜

特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

松茸菌烧牛鞭

Braised Ox Penis with Pine Mushrooms

材料

松茸菌 200g, 牛鞭 200g, 小塘菜 20g, 盐 2g, 鸡精、味精各 5g, 胡椒粉 5g, 料酒 15g, 白糖 2g, 生粉 20g。

Ingredients

200g Pine mushrooms, 200g ox penis, 20g pakchoi cabbages, 2g salt, 5g chicken essence, 5g monosodium glutamate, 5g pepper, 15g rice wine, 2g granulated sugar, 20g starch.

做法

将发好的松茸菌、牛鞭氽水待用。锅内下油，下松茸菌和牛鞭，烧至汁干味浓，调味，勾芡，起锅装盘，小塘菜炒熟围边即成。



材料

Blanch presoaked Pine mushrooms and ox penis and set aside. Put Pine mushrooms and ox penis in oil wok, cook until liquid is dry and flavor is well absorbed. Then add seasonings, stir in starch mixture to thicken. Remove to a plate lined with stewed pakchoi cabbages around.





中华美食

新派川菜

特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

板栗菌烧乌鸡

Stewed Black Chicken with Banli Mushrooms

材料

板栗菌 200g, 乌鸡 150g, 小塘菜数棵, 红椒 2~3 片, 姜片、蒜片、葱节少许, 盐、味精、鸡精、水淀粉、鲜汤适量。



Ingredients

200g *Banli* mushrooms. 150g black chicken. Several pakchoi cabbages. 2~3 pieces of red chilli. Some sliced ginger, sliced garlic and sectioned shallot as needed. Suitable amount of salt, monosodium glutamate, chicken essence, starch mixture and stock.

做法

板栗菌改刀切片, 余水后待用; 乌鸡宰杀、洗净, 斩块码味, 过油走锅。净锅放油, 下姜片、蒜片、葱节炒香后, 放入乌鸡、板栗菌, 调味, 勾芡, 起锅装盘, 小塘菜煮熟围边即成。



材料

Slice *Banli* mushrooms, blanch them in steaming water for later use. Rinse black chicken, then chop into pieces, season and run through hot oil quickly, remove. Heat oil, sauté sliced ginger, sliced garlic and sectioned shallot, put in black chicken and *Banli* mushrooms. Add all seasonings to taste, stir in starch mixture to thicken and arrange on a serving plate lined with pakchoi cabbages.





中华美食

新派川菜

特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

老人头菌烧水鱼

Stewed Chinese Tortoise with Laorentou Mushrooms

材料

水鱼1只，老人头菌200g，火腿片适量，姜片、蒜片、葱节少许，盐、味精、鸡精、蚝油、老抽、胡椒粉、料酒、鲜汤适量。



材料

1 Chinese tortoise, 200g *Laorentou* mushrooms. Sliced ham as needed. Some sliced ginger, sliced garlic and sectioned shallot as needed. Suitable amount of salt, monosodium glutamate, chicken essence, oyster sauce, dark soy sauce, pepper, rice wine and stock.

做法

水鱼宰杀、洗净、砍块、氽水；老人头菌切片，飞水。炒锅烧油，放姜片、蒜片、葱节炒香，下水鱼、老人头菌，加鲜汤烧至熟透，调味、勾芡，起锅装盘即成。



Method

Chop Chinese tortoise into pieces and quick-boil. Slice *Laorentou* mushrooms, run through boiling water quickly. Heat oil, sauté sliced ginger, sliced garlic and sectioned shallot. Then add Chinese tortoise, *Laorentou* mushrooms and stock, stew until done. Marinate, stir in starch mixture and arrange on a serving plate.





中华美食

新派川菜

特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

拔丝香蕉

Hot Candied Banana

材料

香蕉 750g, 白糖 200g, 蛋泡粉 200g。



Ingredients

750g bananas, 200g granulated sugar, 200g egg starch.

做法

将香蕉切块, 裹蛋泡粉下油锅炸至金黄色捞起待用。将白糖下锅加水熬至拔丝状, 下炸好的香蕉裹匀, 起锅装盘即成。

材料

Cut bananas into cubes, wrap with egg starch, and put into oil wok to fry until golden, then remove for later use. Add granulated sugar and water until caramelized, then coat fried banana with caramelized sugar evenly. Arrange on a plate.







中华美食 **新派川菜** 特色菜

Chinese Cuisine New Sichuan Flavourous Dishes Dishes of Sichuan Characteristic

香葱土豆泥

Mashed Potato with Chopped Shallot

材料

土豆 30g、盐、味精、香葱花适量。

材料

30g potatoes. Suitable amount of salt, monosodium glutamate and chopped shallot as needed.



做法

土豆去皮蒸熟，捣烂入锅炒翻沙，加配料即成。



材料

Peel potatoes and steam until cooked. Mash well, then put in wok, stir evenly. Add seasonings to taste. Ready to serve.

