



中华美食【新派川菜】系列之三

2

美味素菜



CHINESE CUISINE

New Sichuan Flavourous Dishes

CHINESE-ENGLISH 中英对照 DELICIOUS CUISINE VEGETARIAN

DIY
自己动手

Chinese Cuisine New Sichuan Flavourous Dishes



中华美食【新派川菜】系列之 2

美味素菜

Delicious Cuisine Vegetarian

Chinese-English 中英对照

曹辉其 编著



北京工业大学出版社

图书在版编目(CIP)数据

美味素菜 / 曹辉其编著. —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. 美... II. 曹... III. 素菜—菜谱—四川省—汉、英 IV. TS972.123

中国版本图书馆CIP数据核字(2003)第038279号

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**Delicious Cuisine
Vegetarian**

Chinese-English 中英对照

编著: 曹辉其

摄影: 洗建春 林德 杨虎山

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

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美味素菜

Delicious Cuisine Vegetarian

白油豆腐

Stewed Bean Curd

材料

豆腐 350g, 肉末 20g, 香菇 10g, 姜米、蒜米、葱少许, 味精 5g, 盐 5g, 水淀粉、清汤适量。

做法

豆腐改刀、出水; 香菇切粒待用。锅内烧油, 下姜米、蒜米煸香, 加清汤, 放入豆腐、香菇、肉末煮制, 调味, 勾芡, 起锅装盘即成。

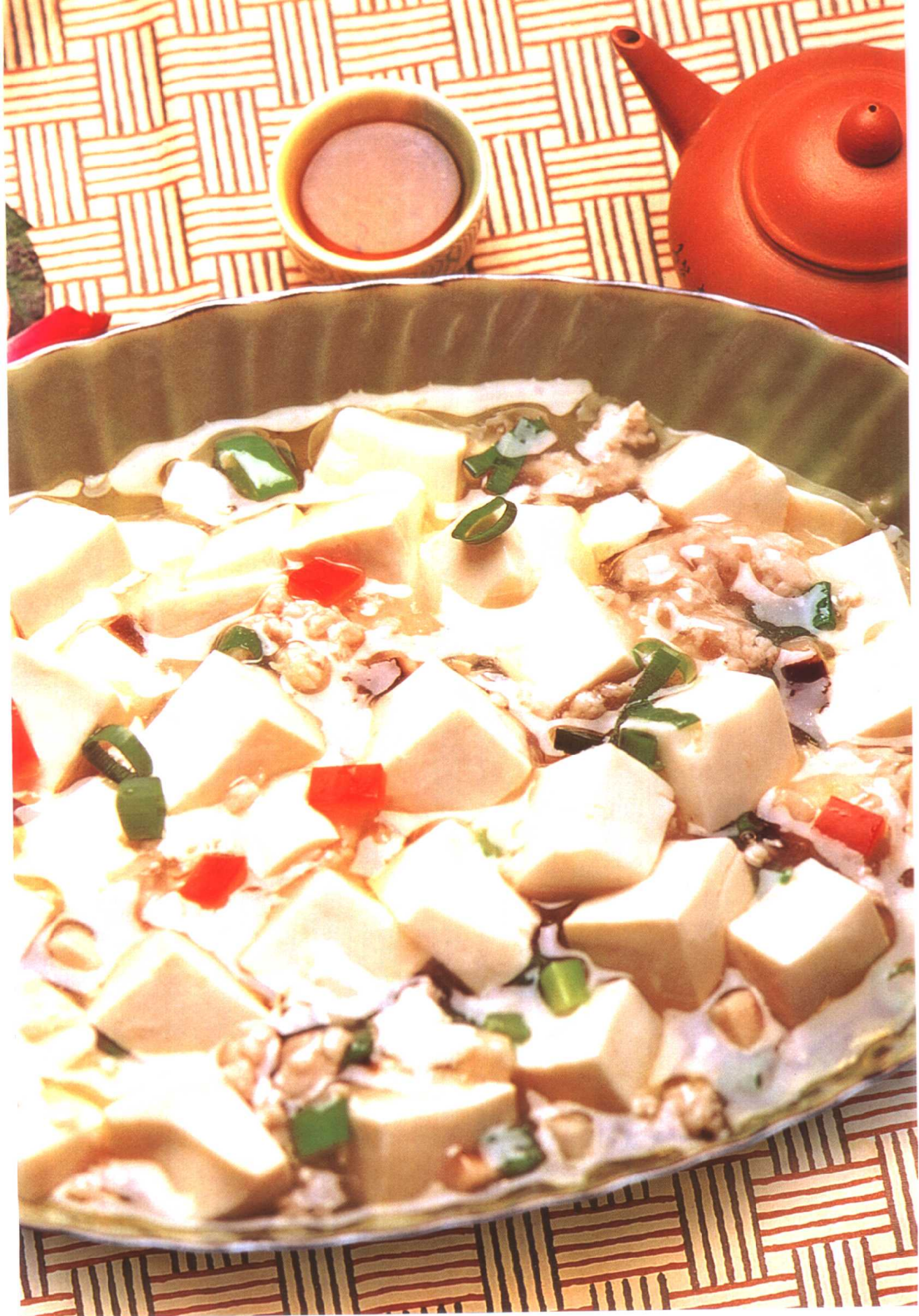


Ingredients

350g bean curd, 20g mashed pork, 10g mushroom, Grated ginger, minced garlic and shallot as needed, 5g monosodium glutamate, 5g salt, Starch mixture and stock as needed.

Method

Chop bean curd and blanch. Cut mushroom into cubes and set aside. Heat oil, Sauté grated ginger and minced garlic. Add stock, bean curd, mushroom and mashed pork, season, then thicken with starch mixture. Dish up to serve.





美味素菜

Delicious Cuisine Vegetarian

青椒玉米

Green Pepper and Corn

材料

玉米 250g, 青椒 100g, 红椒 10g, 盐 2g, 味精 5g。

做法

青椒、红椒切丁, 玉米过热水; 锅内掺入少许油, 将玉米、青椒、红椒下锅炒香, 调味, 起锅装盘即成。



Ingredients

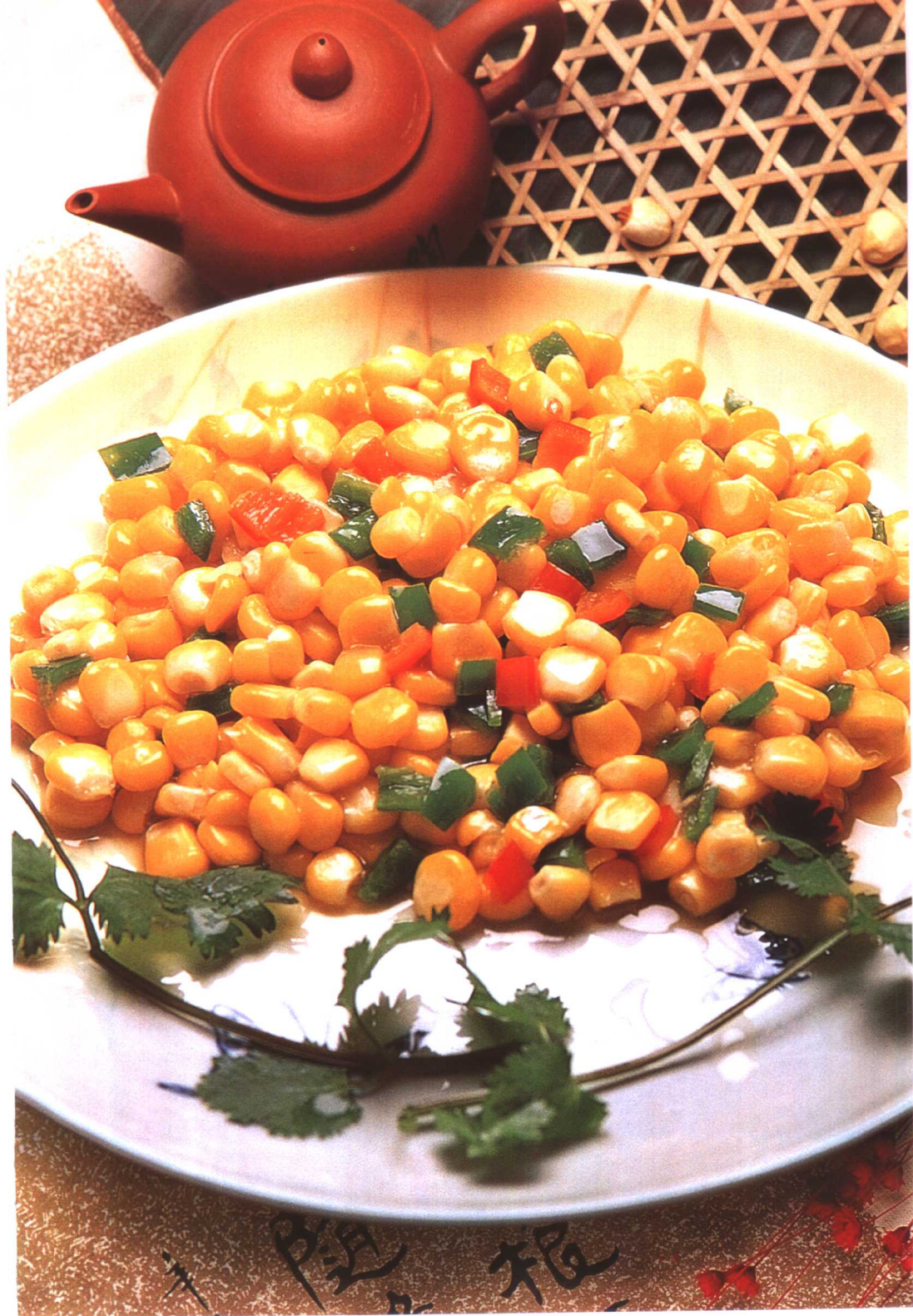
250g corn. 100g green pepper. 10g red chilli. 2g salt. 5g monosodium glutamate.



Method

Dice green pepper and red chilli. Run corn through hot water quickly. Pour in suitable amount of oil, stir-fry corn, green pepper and red chilli, season. Place to a plate.







美味素菜

Delicious Cuisine Vegetarian

炆炒瓜条

Dry-fried Cucumber

材料

青瓜 400g, 干辣椒节 10 节, 盐 5g, 味精 5g, 鸡精 2g。

做法

青瓜切条, 用水余熟, 捞起待用。锅内烧油, 下干辣椒节炸至变色, 下青瓜条翻炒, 调味, 起锅装盘即成。



Ingredients

400g cucumber. 10 sectioned dried chilli. 5g salt. 5g monosodium glutamate. 2g chicken essence.

Method



Cut cucumber into strips, blanch in boiling water until cooked, remove for later use. Heat oil, fry sectioned dried chilli until color changes. Stir-fry added cucumber, add seasonings to taste. Dish up to serve.







美味素菜

Delicious Cuisine Vegetarian

三色土豆泥

Tri-color Mashed Potato

土豆 1000g, 葡萄干 25g, 枸杞 25g, 松仁 25g, 白糖 50g。



将土豆蒸烂压茸, 再下锅与白糖一起炒翻沙, 起锅装盘, 撒上葡萄干、枸杞、松仁即成。



Ingredients

1000g potatoes. 25g currant. 25g medlar. 25g pine nut. 50g granulated sugar.



Method

Cook potatoes until soft and tender. Press finely, then put in wok, add granulated sugar, stir until mashed. Dish up. Sprinkle with currant, medlar and pine nut. Serve.





美味素菜

Delicious Cuisine Vegetarian

鱼香茄饼

Eggplant Pies in Fish Flavor

材料

茄子 300g, 猪后腿肉 300g, 香菇 20g, 竹笋 50g, 葱
 颗 100g, 泡红椒 20g, 姜米、蒜米 20g, 鸡蛋 2 个,
 白糖 20g, 醋 20g, 生粉 150g, 鲜汤、水淀粉适量。

做法

茄子去皮、切二刀一断的片; 后腿肉、香菇、竹笋切
 丝拌味, 放入茄片中做成茄饼。将鸡蛋、生粉调成蛋
 糊, 把茄饼放入蛋糊内裹匀, 下油锅炸至金黄色捞起
 装盘。另置锅一口, 放少许油, 下泡红椒煸至色红,
 续下姜米、蒜米煸香, 加汤, 下葱颗, 调味, 勾芡,
 起锅淋于茄饼上即成。



Ingredients

300g eggplant. 300g pork from pig's thigh. 20g mushroom. 50g bamboo shoot. 100g diced shallot. 20g pickled chilli. 20g grated ginger and minced garlic. 2 eggs. 20g granulated sugar. 20g vinegar. 150g starch. Suitable amount of stock and starch mixture.

Method

Peel eggplant, cut into slices in the shape of tongs. Shred pork from pig's thigh, mushroom and bamboo shoot. Marinate. Then stuff eggplant to make eggplant cake. Whisk egg and starch, wrap eggplant cake with egg starch evenly. Put in wok, deep-fry until golden in colour, then remove. Pour suitable oil in another wok, fry pickled chilli until the colour turns red. Add grated ginger, minced garlic, stock and diced shallot, season and thicken with starch water. Drizzle over eggplant cake and ready to serve.





美味素菜

Delicious Cuisine Vegetarian

软炸口蘑

Deep-fried Mushrooms



口蘑 20 个, 干生粉 10g, 面粉 20g, 鸡蛋清 75g, 盐 5g, 味精 2g, 白糖 5g, 香油 15g, 白醋 2g。



口蘑用盐、沸水出水后, 用冷水漂透, 搦干水分。鸡蛋清搅打成蛋泡后, 放入干生粉、面粉、盐、味精调成蛋泡生粉。将口蘑逐一裹一层蛋泡生粉后, 放入四成热油中炸至定形, 待全部炸完, 油温升至六成热时, 再入锅抢炸一下捞起, 装入盘中即成。



20 mushrooms. 10g dried starch. 20g wheat flour. 75g egg white. 5g salt. 2g monosodium glutamate. 5g granulated sugar. 15g sesame oil. 2g white vinegar.



Blanch mushrooms in salt boiling water, soak in cool water well and drain. Whisk egg white evenly until foamy, add dried starch, wheat flour, salt and monosodium glutamate to make egg starch. Wrap mushrooms with a layer of egg starch, deep-fry in 40% hot oil to make shape and remove. Refry in 60% hot oil then remove. Arrange on a plate to serve.







美味素菜

Delicious Cuisine Vegetarian

鱼香豌豆

Stir-fried Peas in Fish Flavor

材料

嫩豌豆 150g, 姜米、蒜米、泡椒末适量, 盐、味精、陈醋、白糖适量。

做法

将豌豆下锅炸至酥脆熟透装盘。锅内留油, 下泡椒末、姜米、蒜米炒香, 加汤, 调味, 制成鱼香汁。豌豆与鱼香汁味碟同上即可。



Ingredients

150g tender peas. Suitable amount of grated ginger, minced garlic and minced pickled chilli. Suitable amount of salt, monosodium glutamate, vinegar and granulated sugar.



Method

Deep-fry tender peas until crisp and dish up. Sauté minced pickled chilli, grated ginger and minced garlic with remaining oil, add stock, add seasonings to make fish flavor sauce. Serve tender peas with fish flavor sauce.