



中 华 美 食

【新派川菜】系列之五

New Sichuan Flavourous Dishes

Chinese-English 中英对照

1

大 众 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



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



家常美食
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

Chinese Cuisine New Sichuan Dishes



中华美食【新派川菜】系列之五 1

大众菜

Sichuan Dishes
in A Popular Style

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

大众菜 / 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. 大... 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038282号



中华美食 【新派川菜】系列之五 1 大 众 菜

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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

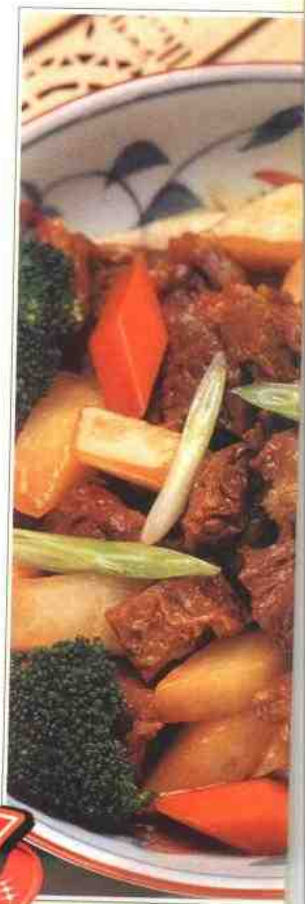
2003年8月第1版 2003年8月第1次印刷

印数: 1-10000册

书号: ISBN 7-5639-0898-6/J·160

全套定价: 232.50元

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泡椒腰心舌

Stir-fried Pig Kidney, Pig Heart and Pig Tongue with Pickled Chilli



材料

猪腰、猪心、猪舌各100g, 泡椒、西芹适量、姜片、蒜片、葱节适量、盐、味精、鸡精、白糖、水淀粉适量。



Ingredients

100g pig kidney, pig heart and pig tongue each. Suitable amount of pickled chilli and celery. Suitable amount of sliced ginger, sliced garlic and sectioned shallot. Suitable amount of salt, monosodium glutamate, chicken essence, granulated sugar and starch mixture as needed.

做法

猪腰、猪心、猪舌切片, 码味、滑散待用; 泡椒、西芹切节。炒锅下油, 放泡椒、姜片、蒜片、葱节炒香, 放猪腰、猪心、猪舌、西芹炒至断生, 调味, 勾芡, 起锅装碗即成。



Method

Slice pig kidney, pig heart and pig tongue. Marinate in seasonings and stir in wok quickly. Section pickled chilli and celery. Heat oil, stir-fry sectioned pickled chilli, sliced ginger, sliced garlic and sectioned shallot until fragrant. Put in pig kidney, pig heart, pig tongue and celery, stir-fry together until nearly done. Add seasonings to taste, thicken with starch mixture. Dish up to serve.





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方便面鳝丝

Braised Shredded Eel with Instant Noodles

材料

方便面1包, 鳝鱼丝250g, 豆瓣75g, 姜米、蒜米各5g, 葱少许, 鲜汤适量, 鸡精、味精5g, 醋2g, 生粉20g。



Ingredients

1 sachet of instant noodles, 250g shredded eel, 75g thick broad-bean sauce, 5g minced ginger and garlic each, Shallot as needed. Suitable amount of stock, 5g chicken essence and monosodium glutamate, 2g vinegar, 20g starch.

做法

将方便面泡好装盘待用。锅内下油, 将豆瓣、姜米、蒜米煸香, 加入鲜汤, 下鳝丝煮熟, 调味, 起锅装盘, 将调料对成味汁淋在面上即成。



Method

Cook instant noodles till done and remove to a plate for later use. Heat oil, dry-braise thick broad-bean sauce, minced ginger and garlic until fragrant. Pour in stock, add shredded eel and stew. Add all seasonings to taste. Place it to the plate. Mix seasonings to make sauce, pour on the top of noodles and eel and serve.





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水煮粉肠

Hot and Spicy Boiled Pig Small Intestine



材料

猪粉肠 250g, 生菜、蒜苗、香芹适量, 豆瓣、花椒、花椒粉、干辣椒、辣椒粉、姜米、蒜米适量, 盐、味精、鸡精、水淀粉、鲜汤适量。



Ingredients

250g pig small intestine. Suitable amount of lettuce, garlic bolt and celery. Suitable amount of thick broad-bean sauce, pricklyash peel, pricklyash peel powder, dried chilli, chilli powder, grated ginger and minced garlic. Suitable amount of salt, monosodium glutamate, chicken essence, starch mixture and stock as needed.

做法

粉肠煮熟, 切节待用。生菜、香芹、蒜苗下锅炒熟, 放在碗底。锅内下油, 放豆瓣、姜米、蒜米炒香, 加鲜汤, 放粉肠煮熟透, 调味, 勾芡, 起锅装碗。锅内留油, 下干辣椒、花椒炸香, 淋在上面, 撒上花椒粉即成。



Method

Cook pig small intestine till done and section for later use. Stir-fry lettuce, celery and garlic bolt until cooked, line at the bottom of a bowl. Heat oil, sauté thick broad-bean sauce, grated ginger and minced garlic. Pour in stock, pig small intestine, stew until done. Season, thicken with starch mixture and dish up. Fry dried chilli and pricklyash peel with remaining oil until fragrant. Drizzle on top and sprinkle with pricklyash peel powder. Serve.





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萝卜烧牛腩

Braised Beef Brisket with Radish



材料

牛腩500g, 白萝卜150g, 胡萝卜50g, 郫县豆瓣3g, 干辣椒节10g, 姜片、蒜片适量、盐、味精、鸡精适量。



Ingredients

500g beef brisket, 150g radish, 50g carrot, 3g thick broad-bean sauce produced in Pi County, 10g dried chilli (sectioned). Suitable amount of sliced ginger and sliced garlic. Suitable amount of salt, monosodium glutamate and chicken essence as needed

做法

将牛腩入沸水中余熟捞起, 切成2厘米见方的块, 下油将豆瓣、老姜煸出味, 放入牛腩炒上色, 掺入余牛腩原水, 下干辣椒、胡萝卜、白萝卜, 移小火烧至牛腩巴软时, 起锅装盘。



Method

Blanch beef brisket in boiling water then remove. Cut into 2cm × 2cm chunks. Dry-braise thick broad-bean sauce and ginger until flavor is released. Then add beef brisket, stir-fry until color has changed. Pour in blanched beef brisket stock, dried chilli, carrot and radish, braise over gentle heat until beef brisket soft and tender, dish up to serve.





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火爆肚头

Stir-fried Pork Tripe

材料

猪肚头 300g、木耳、斑竹笋、青椒片、红椒片适量，姜片、蒜片、葱节适量、盐、味精、鸡精、胡椒粉、水淀粉、香油适量。



Ingredients

300g pork tripe. Suitable amount of dried edible fungus, wild mottled bamboo shoot, sliced green pepper and red chilli. Suitable amount of sliced ginger, sliced garlic, sectioned shallot. Suitable amount of salt, monosodium glutamate, chicken essence, pepper, starch mixture and sesame oil as needed.

做法

猪肚头切十字花刀、木耳、斑竹笋切菱形块。炒锅下油烧热，放姜片、蒜片、葱节炒香，加入肚头、木耳、斑竹笋炒断生，调味、勾芡即成。



Method

Crimp pork tripe. Cut dried edible fungus and wild mottled bamboo shoot into pieces in diamond shape. Heat oil, stir-fry sliced ginger, sliced garlic and sectioned shallot until fragrant. Pour in pork tripe, dried edible fungus along with wild mottled bamboo shoot, stir-fry until almost done. Add seasonings. Thicken with starch mixture. Serve.





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银丝鸭块

Duck with Mungbean Vermicelli

材料

鸭500g, 银丝粉100g, 豆瓣30g, 姜、葱适量, 盐、味精、鲜汤适量。



Ingredients

500g duck. 100g mungbean vermicelli. 30g thick broad-bean sauce. Ginger and shallot as needed. Suitable amount of salt, monosodium glutamate and stock.

做法

鸭洗净, 切块待用; 银丝粉下油锅炸后放入盘内垫底。锅内下油, 煸香豆瓣、姜、葱、炒汤, 放入鸭块烧制, 调味, 收汁起锅, 放银丝粉上。



Method

Slaughter duck and rinse it, then chop into pieces. Fry mungbean vermicelli in oil wok and lay on a plate. Heat oil again, stir-fry thick broad-bean sauce, ginger and shallot until fragrant. And put in stock and duck pieces, add all seasonings, cook until liquid is dry, then place to the mungbean vermicelli-lined plate.

