



中华美食【新派川菜】系列之一 1

传统四川名菜



DIY
自己动手

CHINESE CUISINE
New Sichuan Flavourous Dishes
中英对照 CHINESE-ENGLISH

FAMOUS TRADITIONAL 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

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自己动手

Chinese Cuisine New Sichuan Flavourous Dishes



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传统四川名菜

Famous Traditional
Sichuan Cuisine

Chinese-English 中英对照

曹辉其 编著



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**Famous Traditional
Sichuan Cuisine**

Chinese-English 中英对照

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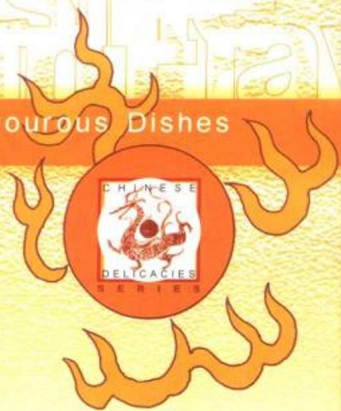
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Chinese Cuisine New Sichuan Flavourous Dishes

中华美食新派川菜

Famous Traditional Sichuan Cuisine 传统四川名菜



家常豆腐

Home Cooking Style Bean Curd

材料

腿尖肉 100g, 豆腐 200g, 郫县豆瓣 15g, 盐、味精、鸡精、陈醋少许。

做法

将豆腐切三角片，炸至两面黄待用；腿尖肉切小片。锅内放油，下豆瓣、姜片、蒜片煸香出色，掺汤，下豆腐、腿尖肉，调味，勾芡，起锅装盘即成。



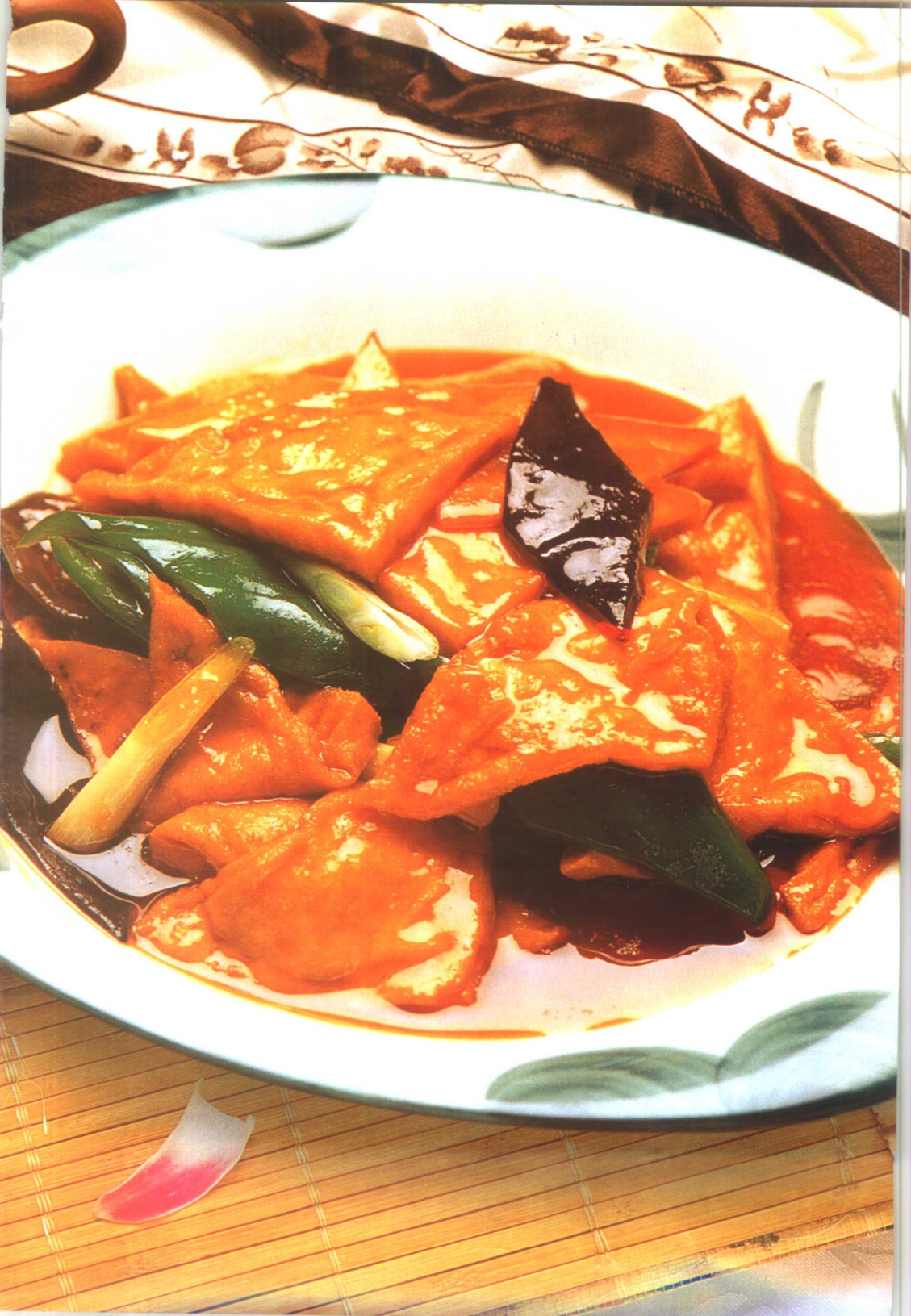
Ingredients

100g pork. 200g bean curd. 15g thick broad-bean sauce produced in Pi County. Salt, monosodium glutamate, chicken essence and vinegar as needed.



Method

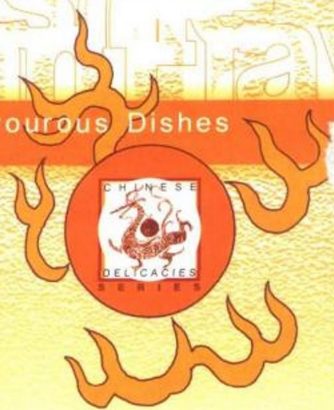
Cut bean curd into triangles, deep-fry until golden on both sides. Slice pork into small pieces. Add oil into wok, fry thick broad-bean sauce, sliced ginger and sliced garlic until flavor is released and color has changed. Pour in stock, add bean curd, pork pieces and seasonings, mix with starch mixture well. Dish up.



Chinese Cuisine New Sichuan Flavours Dishes

中华美食新派川菜

Famous Traditional Sichuan Cuisine 传统四川名菜



麻婆豆腐

Sichuan Style Sauteed Bean Curd



材料

嫩豆腐 250g, 牛肉 125g, 蒜苗 15g, 豆瓣 25g, 豆豉 5g, 姜米、蒜米 10g, 辣椒粉 5g, 花椒粉 0.5g, 盐 2g, 味精 0.5g, 水淀粉 10g, 鲜汤 100g, 混合油 100g, 料酒少许。

做法

将嫩豆腐切块, 用开水去涩味; 牛肉去筋剁成末, 蒜苗切段。锅内烧油至六成热, 下牛肉末煸酥, 加盐、豆瓣、辣椒粉、郫县豆瓣炒几下, 掺鲜汤, 下豆腐、蒜苗, 用中火烧几分钟, 再下蒜米、姜米、酱油烧片刻, 勾芡收汁, 汁浓亮油时盛碗内, 撒上花椒粉即成。



Ingredients

250g bean curd. 125g beef. 15g garlic bolt. 25g thick broad-bean sauce. 5g fermented soya beans. 10g grated ginger and minced garlic. 5g chilli powder. 0.5g pricklyash peel powder. 2g salt. 0.5g monosodium glutamate. 10g starch mixture. 100g stock. 100g mixed oil. Rice wine as needed.

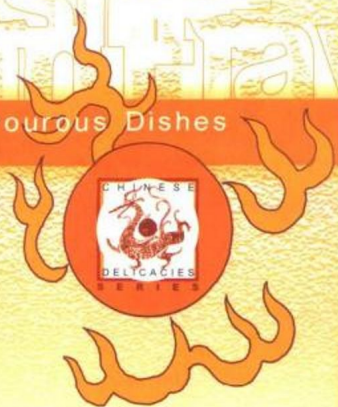
Method

Cut bean curd into chunks, blanch to remove acerbity. Discard fiber from beef and chop up finely. Section garlic bolt. Heat oil until 60% hot, lower chopped beef, dry-braise until crisp, add salt, fermented soya beans, chilli powder and thick broad-bean sauce. Pour in stock, bean curd and garlic bolt, braise over medium heat for a few minutes. Lower ginger, garlic and soy sauce. Stir in starch mixture to thicken, when liquid is thick, remove. Sprinkle with pricklyash peel powder.

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中华美食新派川菜

Famous Traditional Sichuan Cuisine 传统四川名菜



口袋豆腐

Bean Curd in Placket Shape

材料

嫩豆腐茸30g, 肉茸100g, 鱿鱼50g, 面粉40g, 鸡蛋2个, 小塘菜、西红柿适量, 盐、味精、鸡精、水淀粉、鲜汤适量。

做法

鱿鱼洗净、剖花待用; 西红柿切片煮熟; 小塘菜炒熟待用。豆腐茸加入肉茸、面粉、鸡蛋、盐拌匀, 炸成青果形捞起。锅内留油, 放鲜汤、豆腐、鱿鱼花, 调味, 勾芡, 起锅装盘, 西红柿、小塘菜围边即成。



Ingredients

30g minced bean curd. 100g mashed pork. 50g squid. 40g wheat flour. 2 eggs. Suitable amount of pakchoi cabbages and tomatoes as needed. Suitable amount of salt, monosodium glutamate, chicken essence, starch mixture and stock.

Method

Rinse squid, crimp and set aside. Slice tomatoes and blanch until cooked. Stir-fry pakchoi cabbages, set aside when done. Combine minced bean curd evenly with mashed pork, starch, egg and salt, and deep-fry in fructus canarii shape, remove. Leave oil in wok, then add stock, bean curd, crimped squid and all seasonings. Stir in starch mixture to thicken. Arrange on a plate lined with sliced tomato and pakchoi cabbages.

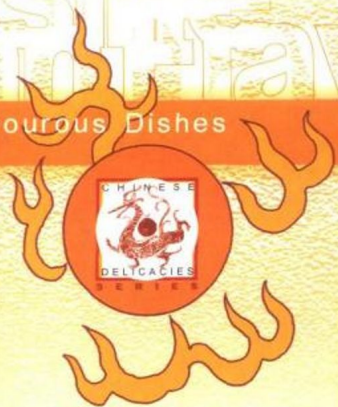




Chinese Cuisine New Sichuan Flavourous Dishes

中华美食新派川菜

Famous Traditional Sichuan Cuisine 传统四川名菜



蚂蚁上树

Mungbean Vermicelli with Mashed Pork



材料

银丝粉250g, 肉末50g, 香芹末50g, 豆瓣25g, 花椒3g, 盐、酱油、味精适量。

做法

银丝粉用水发好, 下锅煮至软捞起待用。锅内烧油, 炒香肉末、香芹末、豆瓣、花椒, 掺汤, 下粉丝, 调味, 烧至收汁, 起锅装盘即成。



Ingredients

250g mungbean vermicelli. 50g mashed pork.
50g minced celery. 25g thick broad-bean sauce. 3g pricklyash peel.
Suitable amount of salt, soy sauce, monosodium glutamate.



Method

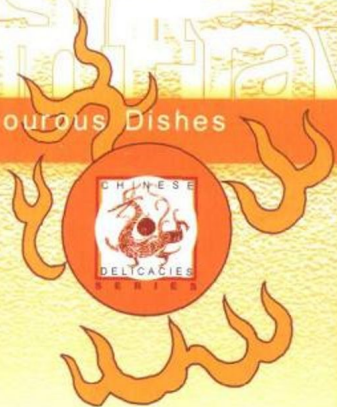
Soak mungbean vermicelli in water, cook until soft and tender, take out for later use. Heat oil, stir-fry mashed pork, minced celery, thick broad-bean sauce and pricklyash peel. Then add stock, mungbean vermicelli and seasonings. Dry-braise when liquid is dry, put in a serving plate.



Chinese Cuisine New Sichuan Flavourous Dishes

中华美食新派川菜

Famous Traditional Sichuan Cuisine 传统四川名菜



回锅肉

Twice Cooked Pork

材

带皮坐臀肉 300g, 蒜苗 (取青梗) 75g, 甜酱 15g, 郫县豆瓣 25g, 料酒、盐、味精、白糖适量。

做

肉切片, 下锅炒至卷缩, 呈“灯盏窝”状时烹入料酒, 下盐炒转, 放入豆瓣炒上色, 续下甜酱、味精、白糖炒匀, 再下蒜苗炒至断生, 起锅装盘即成。



Ingredients

300g pork with pigskin from pig's buttock, 75g garlic bolt (green stalk only), 15g sweet sauce, 25g thick broad-bean sauce produced in Pi County, Suitable amount of rice wine, salt, monosodium glutamate, granulated sugar.



Method

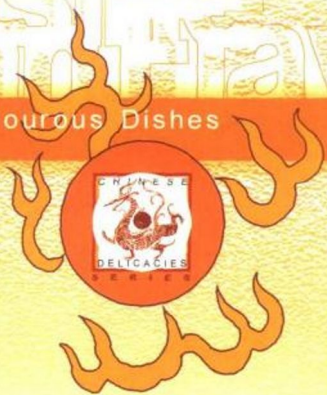
Slice pork, stir-fry in wok until crimped, pour in rice wine, add salt and stir well. Then add thick broad-bean sauce, mix to color. Pour in sweet sauce, monosodium glutamate and granulated sugar, stir well, and put in garlic bolt, stir-fry until almost done. Dish up to serve.



Chinese Cuisine New Sichuan Flavourous Dishes

中华美食新派川菜

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水煮肉片

Hot and Spicy Boiled Pork Fillet



材料

净瘦肉 250g, 青笋尖 150g, 豆瓣、辣椒粉、花椒、干辣椒末、姜米、蒜米适量, 盐、味精、鸡精、水淀粉、鲜汤适量。

做法

将肉切片, 码味。青笋尖炒熟打底待用。锅内烧油, 下姜米、蒜米、豆瓣、辣椒粉炒香, 加鲜汤, 放入肉片煮熟, 调味, 勾芡, 待收汁亮油时盛入有青笋尖的碗中, 撒上干辣椒末。锅内放少许油烧热, 淋在干辣椒末上, 再撒上花椒粉即成。



Ingredients

250g lean pork. 150g fresh asparagus lettuce. Suitable amount of thick broad-bean sauce, chilli powder, pricklyash peel, minced dried chilli, grated ginger, minced garlic. Salt, monosodium glutamate, chicken essence, starch mixture and stock as needed.

Method

Cut lean pork into fillets and marinate. Stir-fry fresh asparagus lettuce until done, remove to a bowl and set aside. Heat oil, stir-fry grated ginger, minced garlic, thick broad-bean sauce and chilli powder. Add stock and pork fillet, stew until cooked. Season and thicken with starch mixture, when liquid is dry and bright, put into the bowl, sprinkle with minced dried chilli. Heat a little oil in wok, pour into the bowl and then sprinkle with pricklyash peel powder.

