



中华美食【新派川菜】系列之三

1

# 特色凉菜



**CHINESE CUISINE**

New Sichuan Flavourous Dishes



CHINESE-ENGLISH 中英对照 COLD DISHES OF SICHUAN CHARACTERISTIC



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

Chinese Cuisine New Sichuan Flavourous Dishes



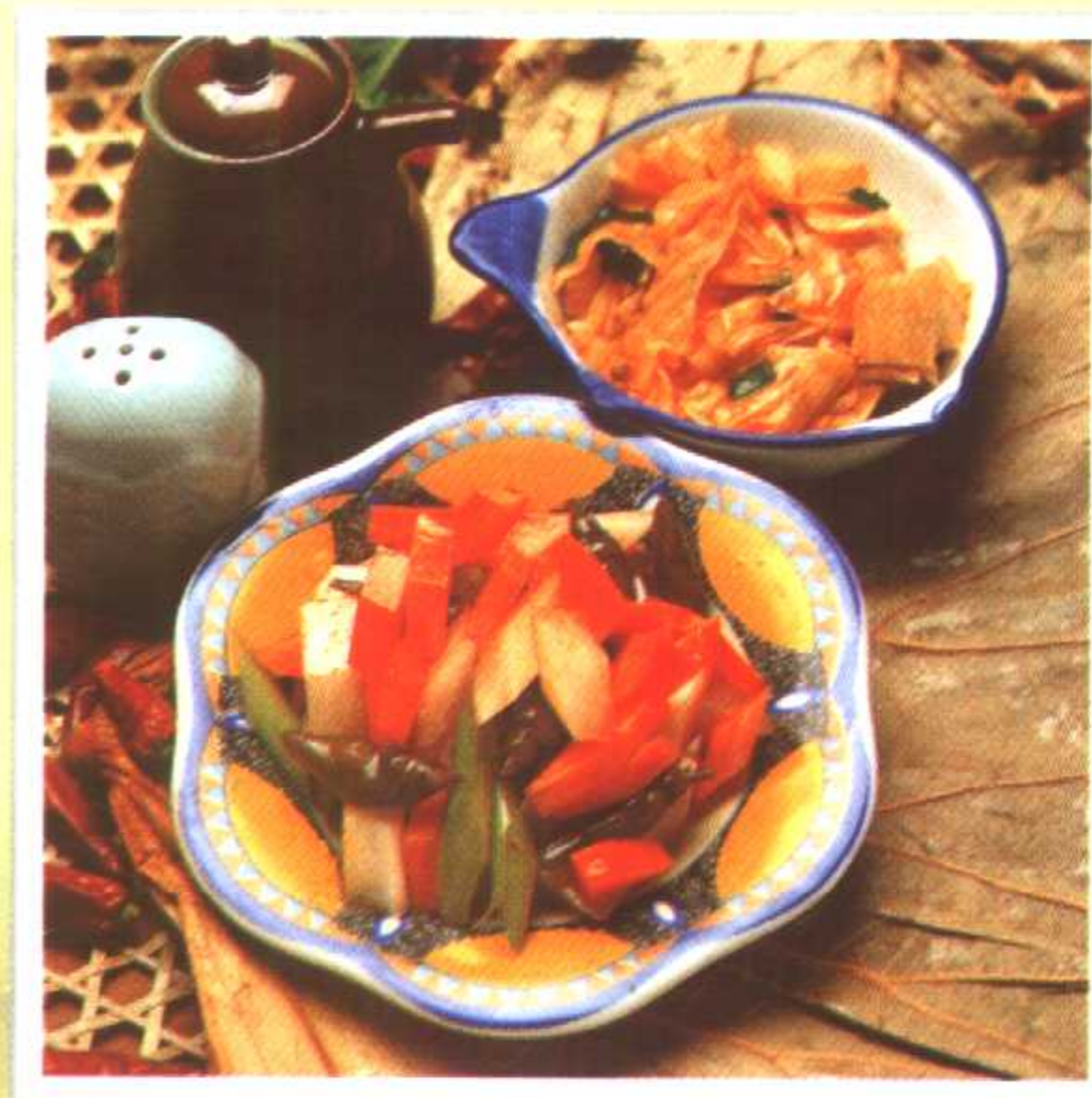
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## Cold Dishes of Sichuan Characteristic

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

特色凉菜 / 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.特... II.曹... III.凉菜—菜谱—四川省—汉、英 IV.TS972.121

中国版本图书馆CIP数据核字(2003)第038270号

**Chinese Cuisine** New Sichuan Flavourous Dishes



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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)

广东省深圳市宜发印刷厂印刷

(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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## 特 色 凉 菜

Cold Dishes of Sichuan Characteristic

## 红油皮扎丝

*Shredded Pigskin in Chilli Oil*

## 材 料

鲜猪肉皮 250g, 红油 25g, 白糖 10g, 葱白丝 50g,  
味精 1g, 盐 1g, 姜 25g, 葱 25g, 料酒 25g。

## 做 法

将鲜猪肉皮修去肥膘, 拈尽毛根, 切成大块, 入锅煮至熟透, 捞出压平, 修 6 厘米见方的块, 切银针丝, 上味装盘即成 (可用葱丝垫底)。



## Ingredients

250g fresh pork with pigskin. 25g chilli oil. 10g granulated sugar.  
50g shredded shallot stalk. 1g monosodium glutamate. 1g salt. 25g  
ginger. 25g shallot. 25g rice wine.

## Method

Take off pork fat from fresh pigskin. Trim off fur and cut into large pieces. Then bring in wok to boil, remove and press. Chop into 6cm chunks. Shred, season and dish up (or line plate with shredded shallot before serving).







## 特色凉菜

Cold Dishes of Sichuan Characteristic

# 五香猪尾

*Spiced Pigtails*

### 材料

净猪尾500g, 五香粉1袋, 葱片、姜片10g, 料酒20g, 盐1g, 白糖10g, 味精1g, 香油5g, 糖色50g, 鲜汤2000g。

### 做法

锅内放汤, 下猪尾、姜、葱、料酒、五香粉、盐、白糖、糖色烧沸, 移小火上保持微开, 待其煮烂后捞出晾凉, 斩成3厘米的节入盆内, 放原汁、味精、香油拌匀, 装盘即可。



### Ingredients

500g pigtails. 1 sachet of spices. 10g sliced shallot and sliced ginger. 20g rice wine. 1g salt. 10g granulated sugar. 1g monosodium glutamate. 5g sesame oil. 50g syrup. 2000g stock.

### Method

Pour stock into wok, add pigtails, sliced shallot, sliced ginger, rice wine, spices, salt, sugar and syrup. When boiled, reduce to gentle heat and bring to slight boil until soft and tender. Remove and let it cool. Cut pigtails into 3cm sections, put into a pot. Stir well with stock, monosodium glutamate and sesame oil. Place to a serving plate.







## 特 色 凉 菜

Cold Dishes of Sichuan Characteristic

## 翡翠黄喉

*Pig Main Artery with Balsam Pear*

## 材 料

猪黄喉 250g, 凉瓜 50g, 川盐 3g, 红油 30g, 蒜泥 10g, 白糖 3g, 酱油 10g, 味精 3g, 香油 5g。

## 做 法

黄喉切成骨牌片, 入沸水烫熟。凉瓜切凤尾形, 氽水。  
将黄喉、凉瓜与调料同拌即成。

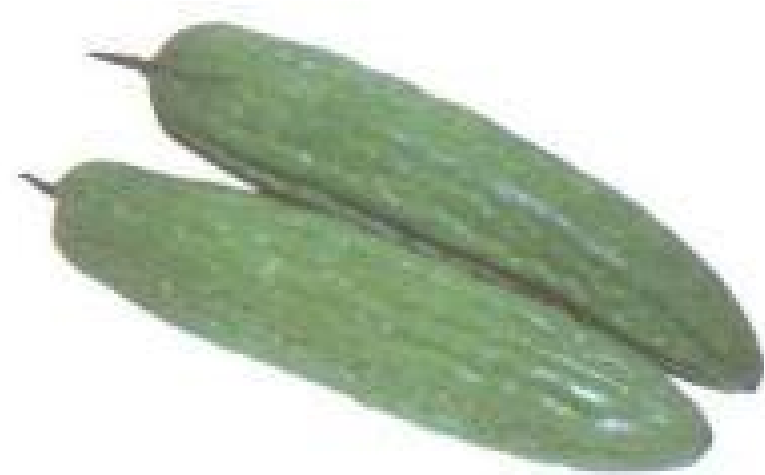


## Ingredients

250g pig main artery. 50g balsam pear. 3g salt. 30g chilli oil. 10g minced garlic. 3g granulated sugar. 10g soy sauce. 3g monosodium glutamate. 5g sesame oil.

## Method

Cut pig main artery into thick slices. Then blanch in boiling water and when done remove. Cut balsam pear in phoenix's tail shape. Blanch. Stir pig main artery and balsam pear together with seasonings. Serve.







## 特 色 凉 菜

Cold Dishes of Sichuan Characteristic

## 口水鹅肠

*Kou-shui Goose Intestine*

## 材 料

鲜鹅肠 200g, 香芹 30g, 香菜 50g, 姜末 5g, 蒜泥 10g, 葱花适量, 辣椒油 50g, 花椒油 10g, 酱油 5g, 保宁醋 5g, 芝麻酱 5g, 花生酱 5g, 熟黄豆粉 10g, 豆豉泥 5g, 川盐 3g, 白糖 3g, 香油 5g, 味精 3g, 熟芝麻 5g。

## 做 法

鹅肠洗净、去油, 入开水中氽熟。香芹、香菜切成段垫于盘底, 装入鹅肠, 将所有调料对成汁, 淋于鹅肠上, 撒上葱花、芝麻即可。



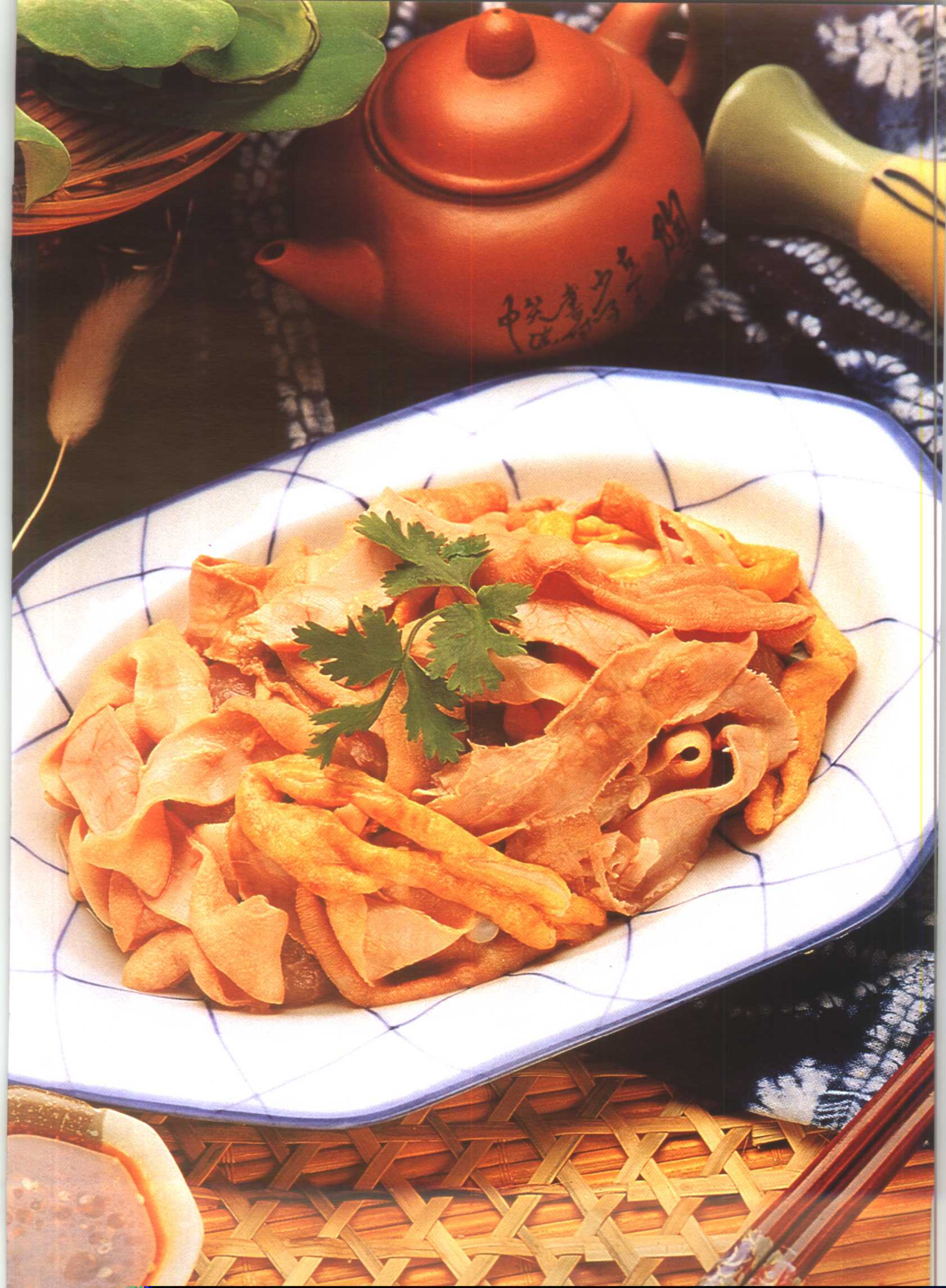
## Ingredients

200g fresh goose intestine. 30g celery. 50g coriander. 5g minced ginger. 10g minced garlic. Chopped scallion as needed. 50g chilli oil. 10g pricklyash peel oil. 5g soy sauce. 5g *Baoning* vinegar. 5g sesame paste. 5g peanut butter. 10g cooked soybean powder. 5g fermented soya beans sauce. 3g salt. 3g granulated sugar. 5g sesame oil. 3g monosodium glutamate. 5g cooked sesame seeds.

## Method

Remove grease from fresh goose intestine. Blanch in steaming water. Line a plate with sectioned celery and coriander, then lay goose intestine. Mix all seasonings to make sauce and drizzle on goose intestine. Sprinkle with chopped scallion and sesame seeds.







## 特 色 凉 菜

Cold Dishes of Sichuan Characteristic

## 五香熏鱼

*Spiced Fish*

## 材 料

净鲢鱼肉 1000g, 三柰、八角、桂皮、丁香、茴香各少许, 姜、葱少许, 盐 5g, 味精 5g, 鸡精 2g, 白糖 2g, 料酒 10g, 鲜汤适量。

## 做 法

鲢鱼肉切块, 用姜、葱、料酒码味后, 下油锅炸至金黄色待用。锅内加入鲜汤, 下香料, 调味, 下炸好的鱼, 烧至汁干味浓时起锅装盘即成。



## Ingredients

1000g grass carp. Some galanga resurrectionlily rhizome, aniseed, wilson cinnamon bark, cloves and fennel as needed. Ginger and shallot as needed. 5g salt. 5g monosodium glutamate. 2g chicken essence. 2g granulated sugar. 10g rice wine. Suitable amount of stock.

## Method

Cut grass carp into chunks. Marinate in ginger, shallot and rice wine. And then deep-fry with oil in wok until brown. Set aside. Pour in stock, add galanga resurrectionlily rhizome, aniseed, wilson cinnamon bark, cloves and fennel to taste, season. Put in fried fish and cook until liquid is dry and flavor is absorbed. Arrange on a plate and serve.







## 特色凉菜

Cold Dishes of Sichuan Characteristic

## 豆瓣拌鸭肠

*Duck Intestine Mixed with Thick Broad-bean Sauce*

## 材料

鸭肠 250g, 油酥豆瓣 20g, 豆豉泥 5g, 花椒粉 5g, 醋 5g, 味精 3g, 熟芝麻适量。

## 做法

将鲜鸭肠去油、洗净, 入沸水烫熟, 加入调料拌匀即可。



## Ingredients

250g duck intestine. 20g fried thick broad-bean sauce. 5g fermented soya beans sauce. 5g pricklyash peel powder. 5g vinegar. 3g monosodium glutamate. Cooked sesame seeds as needed.

## Method

Remove grease from duck intestine and rinse it. Blanch in boiling water, mix evenly with seasonings added. Serve.



