



中 华 美 食
【新派川菜】系列之五
New Sichuan Flavours Dishes

2

Chinese-English 中英对照

奇 味 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 家常美食
河鲜美食
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 **2**

奇味菜

Peculiar Flavourous Dishes

Chinese-English 中英对照

巴蜀 编著



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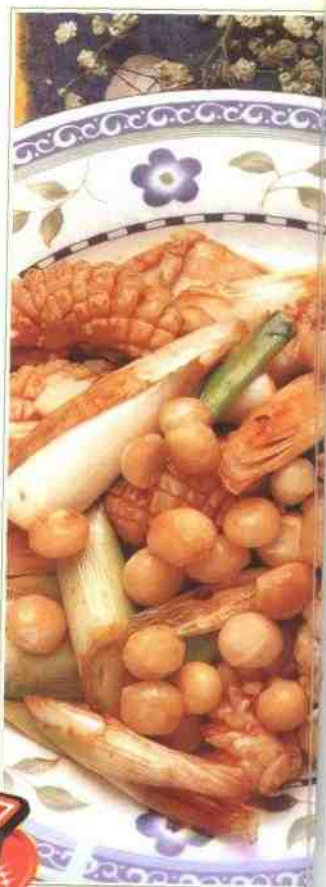
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中华美食

新派川菜

奇味菜

Chinese Cuisine New Sichuan Flavourous Dishes Peculiar Flavourous Dishes

老人头菌烧乌鸡

Dry-stewed Black Chicken with Laorentou Mushrooms

材料



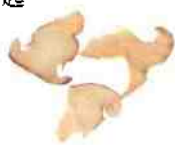
老人头菌 200g, 乌鸡 200g, 姜片、蒜片、葱节、青椒片、红椒片少许, 盐、味精、鸡精、鲜汤、水淀粉、料酒适量。

Ingredients

200g *Laorentou* mushrooms. 200g black chicken. Sliced ginger, sliced garlic, sectioned shallot, sliced green pepper and red chilli as needed. Suitable amount of salt, monosodium glutamate, chicken essence, stock, starch mixture and rice wine.

做法

乌鸡宰杀、洗净, 斩块码味, 老人头菌切片, 余水待用。炒锅下油, 放入乌鸡煮至断生倒出。净锅放少许油, 放入姜、蒜片、葱节、青椒片、红椒片炒香, 下老人头菌、乌鸡, 加少许料酒, 调味, 勾芡, 起锅装盘即成。



Method

Rinse black chicken and chop up. Marinate. Slice and blanch *Laorentou* mushrooms. Heat oil, cook black chicken until nearly done, remove. Pour oil in wok, stir-fry sliced ginger, sliced garlic, sectioned shallot, sliced green pepper and red chilli. Add *Laorentou* mushrooms, black chicken and suitable amount of rice wine, season and thicken with starch mixture. Dish up.





中华美食

新派川菜

奇味菜

Chinese Cuisine New Sichuan Flavourous Dishes Peculiar Flavourous Dishes

孜然鱼柳

Deep-fried Fish Fillet with Spice



材料

鱼柳 150g, 芹菜 50g, 辣椒粉 10g,
花椒粉 5g, 孜然粉 5g, 盐
3g, 鸡粉 3g, 姜、葱、
料酒适量。



Ingredients

150g fish fillet, 50g celery, 10g chilli powder,
5g pricklyash peel powder, 5g cummin
powder, 3g salt, 3g chicken powder, Suitable
amount of ginger, shallot and rice wine as
needed.

Ingredients

芹菜切节; 鱼柳切厚条, 用盐、姜、
葱、料酒腌后, 下锅
炸至金黄色倒出。锅
内留油, 放鱼柳、芹
菜节炒至断生,
调味, 起锅装
盘即成。



Method

Section celery. Cut fish fillet into thick
strips. After marinating in salt, ginger,
shallot and rice wine, deep-fry fish fillet
in oil wok until brown. Sauté fish fillet
and sectioned celery with remaining oil
until almost done. Season and transfer
to serving plate.





中华美食

新派川菜

奇味菜

Chinese Cuisine New Sichuan Flavours Dishes Peculiar Flavours Dishes

大蒜香菇烧肥肠

Dry-stewed Pork Large Intestine with Garlic and Mushroom

材料

肥肠头 500g, 香菇 100g, 炸大蒜 50g, 豆瓣、盐、酱油、味精、水淀粉适量。



材料

500g pork large intestine, 100g mushroom, 50g fried garlic. Suitable amount of thick broad-bean sauce, salt, soy sauce, monosodium glutamate and starch mixture.

做法

肥肠切块, 用开水氽去血水。锅内烧油, 放入肥肠爆香, 下豆瓣煸至出味, 掺汤, 加香菇、炸大蒜烧至熟, 勾芡收汁, 起锅装盘即成。



材料

Cut pork large intestine into chunks. Blanch them in boiling water to remove blood. Heat oil, sauté pork large intestine, then dry-stew thick broad-bean sauce until flavor is released. Add mushroom and fried garlic, cook until done. Stir in starch mixture to thicken when liquid is dry. Dish up to serve.





中华美食

新派川菜

奇味菜

Chinese Cuisine New Sichuan Flavours Dishes Peculiar Flavours Dishes

香辣牛肉花

Hot and Spicy Stir-fried Beef Balls



材料

牛肉丸 300g, 干辣椒 100g, 花椒 5g, 姜米、蒜米各 5g, 葱少许, 芝麻少许, 盐 5g, 鸡精、味精各 5g。



Ingredients

300g beef balls, 100g dried chilli, 5g pricklyash peel, 5g grated ginger and minced garlic each, Shallot as needed, Sesame seeds as needed, 5g salt, 5g chicken essence, 5g monosodium glutamate.

做法

将牛肉丸切花待用。锅内下油, 下姜米、蒜米炒香, 放入牛肉丸花、干辣椒、花椒炒熟, 调味, 放葱, 起锅装盘, 撒上芝麻即成。



Method

Crimp beef balls and set aside. Heat oil, stir-fry grated ginger and minced garlic. Add beef balls, dried chilli and pricklyash peel, fry until well-done. Season. Put in shallot. Then remove to a serving plate, sprinkle with sesame seeds.

菜根有

隨緣煨

己年夏月





中华美食

新派川菜

奇味菜

Chinese Cuisine New Sichuan Flavourous Dishes Peculiar Flavourous Dishes

香辣肥肠

Hot and Spicy Fried Pork Large Intestine



材料

肥肠400g、干辣椒、花椒、料酒、姜片、蒜片、去皮花生、白芝麻、葱段、盐、味精、鸡精、白糖、香油适量。



材料

400g pork large intestine. Suitable amount of dried chilli, pricklyash peel, rice wine, sliced ginger, sliced garlic, peanut (peel off), white sesame seeds, sectioned shallot, salt, monosodium glutamate, chicken essence, granulated sugar and sesame oil as needed.

做法

肥肠加入姜、葱、料酒、盐煲熟，取出晾凉，切成菱形状。锅内烧油至七成热，倒入煮熟的肥肠炸成金黄色，倒出待用。锅内留少许油，下姜片、蒜片、干辣椒、花椒炒香，倒入肥肠一同炒入味，然后放入去皮花生、淋香油，起锅装盘，撒上芝麻即成。



Method

Stew pork large intestine with ginger, shallot, rice wine and salt, take out for cooling, cut into diamond shape. Heat oil until 70°C hot, put in cooked pork intestine, fry until golden, remove. Leave oil in wok, sauté sliced ginger, garlic, dried chilli and pricklyash peel, then stir-fry with pork large intestine until flavor is absorbed, put in peanut, pour in sesame oil, dish up and serve with sprinkling sesame seeds.





中华美食 新派川菜 奇味菜

Chinese Cuisine New Sichuan Flavours Dishes Peculiar Flavours Dishes

泡椒黄骨鱼

Dry-braised Yellow Croaker with Pickled Chilli



材料

黄骨鱼 300g, 泡椒 100g, 香芹 50g, 姜片、蒜片、葱节少许, 盐、味精、鸡精、胡椒粉、料酒适量。



材料

300g yellow croaker, 100g pickled chilli, 50g celery. A little of sliced ginger, sliced garlic and sectioned shallot as needed. Suitable amount of salt, monosodium glutamate, chicken essence, pepper and rice wine.

材料

黄骨鱼宰杀、洗净。炒锅下油烧热, 放入姜片、蒜片、泡椒炒香出色, 烹料酒, 下黄骨鱼, 加汤烧至断生、调味, 装盘即成。



Method

Rinse yellow croaker. Heat oil, sauté sliced ginger, sliced garlic and pickled chilli until well-flavored and colored. Pour in rice wine, yellow croaker, add stock, dry-braise until nearly cooked. Season and dish up.

