

DIY  
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中华美食【新派川菜】系列之四 2



Chinese-English  
中英对照

# 河鲜美食

**CHINESE CUISINE** River Food Cuisine  
New Sichuan Flavoursome Dishes



Chinese Cuisine New Sichuan Flavourous Dishes



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## River Food Cuisine

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

河鲜美食 / 曹辉其等著. —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. 河... II. 曹... III. 水产品—菜谱—四川省—汉、英 IV. TS972.126

中国版本图书馆CIP数据核字(2003)第038271号



中华美食

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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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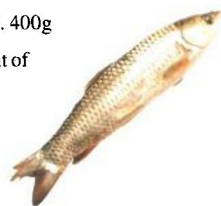


## 火焰蟠龙鱼

*Flaming Fish in Dragon Shape*

鲩鱼 1 条，粉丝 100g，糖醋汁 400g，高度白酒 50g，盐、味精、干生粉适量。

**Ingredients:** 1 grass carp, 100g mungbean vermicelli, 400g sweet and sour juice, 50g distilled spirit. Suitable amount of salt, monosodium glutamate and dry starch as needed.



鲩鱼洗净，剖蟠龙花刀，连头一起码味，扑上干生粉，摆在抄瓢里，下油锅炸至金黄色捞起。粉丝下锅炸炮，捞起打底。将炸好的鱼放在粉丝上，淋上糖醋汁，倒入白酒，点燃即成。

**Method:** Rinse grass carp, crimp in dragon shape, marinate in seasonings totally, coat with dry starch, then arrange in colander. Deep-fry in oil wok until brown and take out. Fry mungbean vermicelli well, remove and line on a plate. Put fried carp on mungbean vermicelli. Pour sweet and sour juice on carp, drizzle on distilled spirit, light up and serve.







## 香菇焖鱼头

*Braised Fish Heads with Mushrooms*

鱼头 2 个，水发香菇适量，姜片、葱段少许，盐 3g，味精 3g，胡椒粉 3g。

**Ingredients:** 2 fish heads. Suitable amount of presoaked mushrooms, sliced ginger and sectioned shallot as needed. 3g salt. 3g monosodium glutamate. 3g pepper.



鱼头洗净，下锅稍炸捞起待用。炒锅烧油，下姜片、葱段爆香，掺汤，下鱼头、香菇，同焖至熟，调味，收汁，起锅装盘即可。

**Method:** Wash fish heads. Put in oil wok, fry slightly and set aside for later use. Heat oil, sauté sliced ginger and sectioned shallot. Add stock, put in fish heads and mushrooms, stew until cooked, season, cook until liquid is thick. Arrange on a serving plate.











### 糖醋菊花鱼

*Sweet and Sour Fish in Chrysanthemum Shape*

鲤鱼 1 尾约 1500g、白糖 35g、醋 20g。

**Ingredients:** 1 tail of carp (of about 1500g). 35g granulated sugar. 20g vinegar.



鲤鱼洗净，剖成菊花状，下油锅炸至金黄色，装盘。将白糖、醋炒制成糖醋汁，挂在鱼上即成。

**Method:** Wash carp, crimp in chrysanthemum shape, fry in oil wok until golden, then dish up. Mix granulated sugar and vinegar into sweet and sour sauce, pour on fish and serve.







## 黄焖鱼头

*Braised Fish Heads*

大鱼头 1000g, 火腿、兰片、冬菇各 20g, 盐、味精、鸡精、胡椒粉、水淀粉适量。



**Ingredients:** 1000g big fish heads, 20g ham, sliced bamboo shoot and winter mushroom each. Suitable amount of salt, monosodium glutamate, chicken essence, pepper, starch mixture as needed.

鱼头洗净, 下锅稍炸倒出。将鱼头和火腿、兰片、冬菇一起焖至熟透, 调味, 勾芡, 起锅装盘即成。

**Method:** Wash fish heads, fry slightly in wok and take out. Braise fish heads, ham, sliced bamboo shoot and winter mushroom until well-cooked. Add seasonings to taste and thicken with starch mixture. Place to a plate and serve.









## 干烧鲈鱼

*Dry-stewed Perch*



鲈鱼 1 条、肥瘦肉粒 10g、郫县豆瓣 40g、蒜、姜各 10g、葱粒少许、盐、味精、鸡精适量。

**Ingredients:** 1 tail of perch, 10g diced half-lean pork, 40g thick broad-bean sauce produced in *Pi* County, 10g garlic and ginger each, Diced shallot as needed, Suitable amount of salt, monosodium glutamate and chicken essence as needed.



鲈鱼洗净。将鲈鱼下油锅中炸至紧皮捞起，下豆瓣煸出色、香，掺汤，下鲈鱼，调味，烧至收汁亮油时起锅装盘，汁挂于鱼上即成。

**Method:** Wash perch. Fry perch in oil wok until skin has crinkled, remove. Stir-fry thick broad-bean sauce until flavor is released and color has changed. Add in stock, then put in perch and seasonings, dry-stew until liquid is dry and bright, dish up, drizzle sauce on top of perch. Ready to serve.











## 绣球鱼丸

*Assorted Fish Balls*

净鱼肉 500g, 火腿、发菜、西兰花适量, 鸡蛋 1 个, 花生油、盐、味精、鸡精、胡椒粉、料酒适量。

**Ingredients:** 500g fish. Suitable amount of ham, fat choy and broccoli. 1 egg. Suitable amount of peanut oil, salt, monosodium glutamate, chicken essence, pepper and rice wine as needed.



将鱼肉用刀背捶成茸, 加入调味料打成鱼胶。将火腿切成丝, 和发菜放在一盘内。用手将鱼胶挤成大小一致的鱼丸, 再将发菜丝和火腿丝粘在鱼丸上面, 装入小碗。将粘上火腿、发菜的鱼丸上笼用火蒸熟取出, 将原汁倒入锅内勾玻璃芡, 浇于鱼丸上。西兰花余熟围边即成。

**Method:** Mince fish with the back of chopper, add in seasonings and beat into fish paste. Shred ham, put in a plate together with fat choy. Squeeze fish paste into same size fish balls by hand, and coat with a layer of fat choy and shredded ham, put in a bowl. Steam until cooked, then remove. Pour steamed stock in wok and stir in starch mixture until transparent and thick, pour on fish balls. Serve with garnished blanched broccoli.





### 松鼠鱼

*Sweet and Sour Carp in Squirrel Shape*

鲩鱼 1 条约 1000g, 白糖 20g, 醋 15g, 生粉适量。

**Ingredients:** 1 tail of grass carp (of about 1000g). 20g granulated sugar. 15g vinegar. Starch as needed.



鲩鱼洗净, 将鱼肉剞十字花刀, 裹生粉, 下油锅炸至金黄色起锅装盘。将白糖、醋下锅制成糖醋汁, 挂于鱼上即成。

**Method:** Wash and crimp grass carp in cross shape. Coat carp with starch, fry in oil wok until brown, dish up. Mix granulated sugar and vinegar to form sweet and sour sauce, drizzle on carp and ready to serve.

