

DIY
自己动手

中华美食【新派川菜】系列之四 1



Chinese-English
中英对照

家禽美食

CHINESE CUISINE Poultry Cuisine
New Sichuan Flavoured Dishes





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



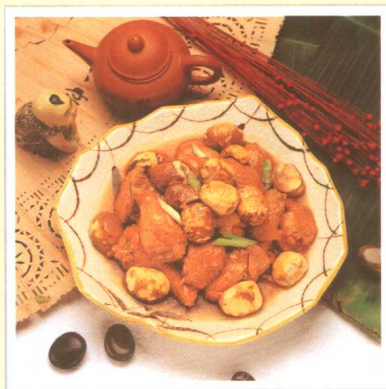
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北京工业大学出版社

图书在版编目(CIP)数据

家禽美食 / 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. 家... II. 曹... III. 荤菜—菜谱—四川省—汉、英 IV. TS972.125

中国版本图书馆CIP数据核字(2003)第038272号



中华美食
【新派川菜】系列之四 1
家禽美食

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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

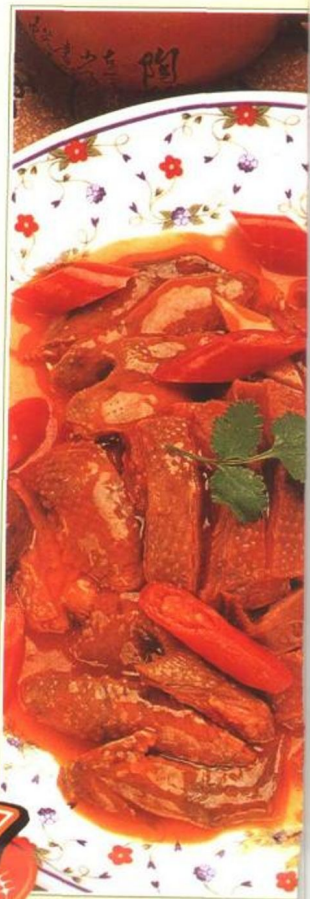
2003年8月第1版 2003年8月第1次印刷

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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富贵全鸭

Wealth and Rank Duck

材料

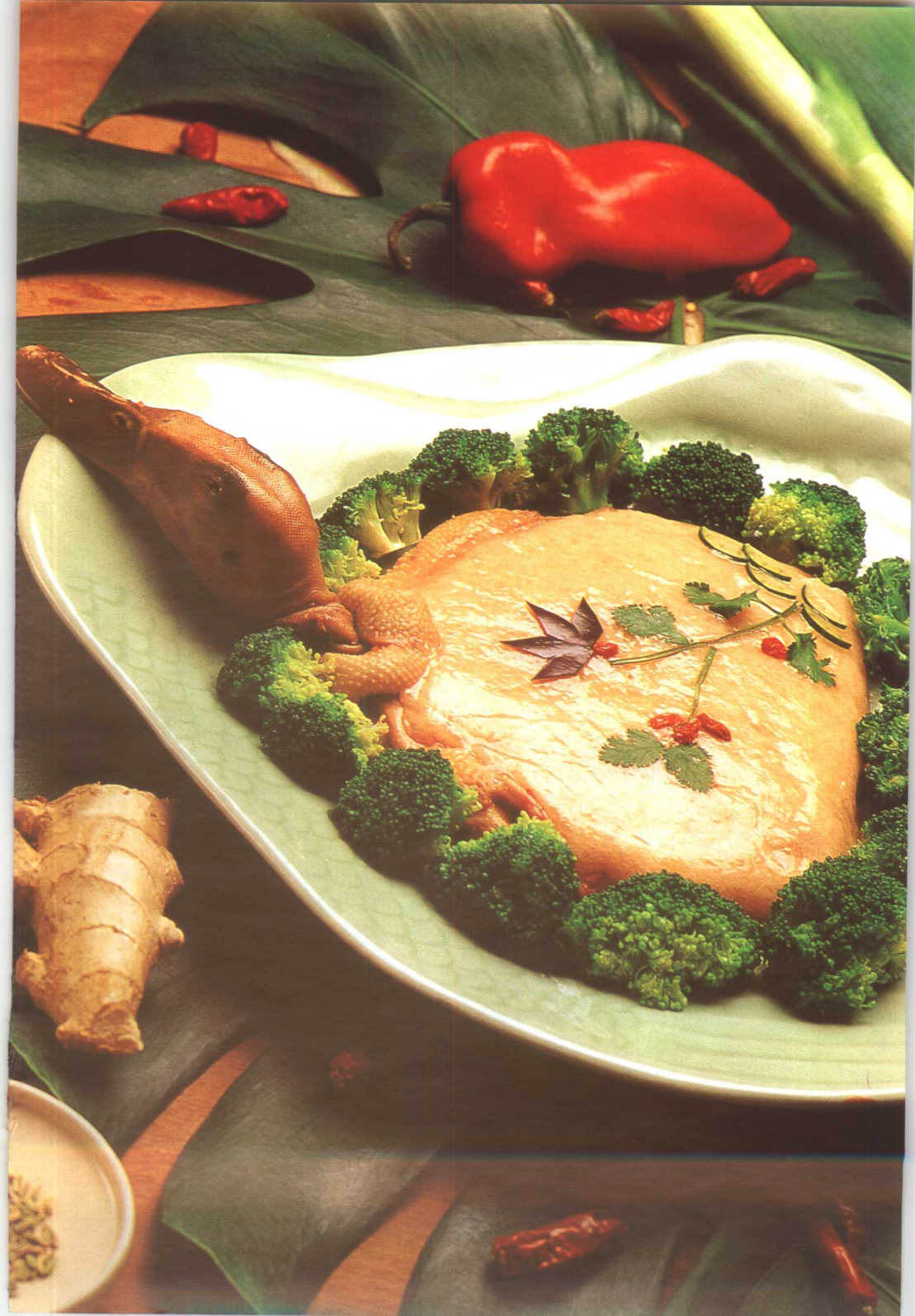
肥鸭1只, 水发海参75g, 干贝25g, 水发冬菇、冬笋、火腿各50g, 鱼籽200g, 水发鱼肚75g, 猪肥膘50g, 奶汤500g, 西兰花适量, 鸡蛋1个, 姜片、葱节各10g, 盐、味精、鸡精、胡椒粉、生粉少许。

Ingredients: 1 duck. 75g presoaked sea cucumber. 25g scallop. 50g presoaked winter mushroom. winter bamboo shoot, ham each. 200g mashed fish. 75g presoaked maws. 50g pork fat. 500g stock. Broccoli as needed. 1 egg. 10g sliced ginger and sectioned shallot each. Some salt, monosodium glutamate, chicken essence, pepper and starch as needed.

做法

鸡蛋破壳, 取蛋清待用。海参、冬菇、冬笋、火腿、鱼肚、猪肥膘切片。鱼籽加蛋清、生粉, 放入海参、干贝、冬菇、冬笋、火腿、鱼肚、猪肥膘同拌, 酿入鸭腹中, 肚腹朝上入笼蒸至鸭烂时取出, 在肚腹上刮一层薄籽(约0.8cm), 再嵌入事先构思好的图案, 续上笼将籽蒸熟取出。锅中下油烧至五成热, 下姜片、葱节爆香, 掺入奶汤, 熬味后去姜、葱, 调味, 勾入水淀粉扯薄芡, 淋于鸭身上, 西兰花汆熟围边。

Method: Crack egg, remain egg white. Slice sea cucumber, winter mushroom, winter bamboo shoot, ham, maws and pork fat. Add egg white and starch in mashed fish, then put in sea cucumber, scallop, winter mushroom, winter bamboo shoot, ham, maws and pork fat, stir. Stuff duck, steam duck with the abdomen up until soft and tender, remove. Scrape 0.8cm layer from duck's abdomen, and inlay prepared pattern, steam until cooked, remove. Heat oil until 50% hot, sauté sliced ginger and sectioned shallot until fragrant, pour in stock, stew when flavor is released, discard ginger and shallot. Season, stir in starch when slightly thickened. Dish up and pour the sauce on the duck. Line dish with blanched broccoli.



红烧鸭卷

Dry-stewed Duck Rolls

材料

猪网油 150g, 熟鸭脯肉 50g, 冬笋 50g, 火腿 50g, 菜心少许, 姜片, 蒜片少许, 盐、味精、鸡精、干生粉、水淀粉适量。

Ingredients: 150g net-shaped slice lard. 50g cooked duck breast. 50g winter bamboo shoot. 50g ham. Young cabbages as needed. Sliced ginger and sliced garlic as needed. Suitable amount of salt, monosodium glutamate, chicken essence, dry starch and starch mixture.



做法

将鸭脯肉切丝, 冬笋、火腿切丝, 用猪网油卷起, 扑上干生粉。净锅掺油烧至五成热, 下鸭卷炸至金黄色捞起, 定碗加汤调味, 上笼蒸耙取出, 翻扣入盘, 将原汁入锅勾芡, 淋于鸭卷上, 菜心余熟围边即成。

Method: Shred cooked duck breast, slice winter bamboo shoot and ham, then put them in net-shaped slice lard and roll up, coat with dry starch. Heat oil until 50% hot, fry duck rolls until golden and place to a bowl. After seasoning, steam them until soft and tender, then turn over onto a plate. Thicken with starch mixture, pour the sauce on the duck rolls. Line the plate with blanched young cabbages. Serve.





姜汁玛瑙鸭

Duck in Chilled Agar with Ginger Sauce



材料

卤鸭脯 200g、琼脂 5g、盐 3g、味精 3g、白糖、陈醋、姜汁、红油、麻油适量。

Ingredients: 200g pot-stewed duck breast. 5g agar. 3g salt. 3g monosodium glutamate. Suitable amount of granulated sugar, old vinegar, ginger sauce, chilli oil and sesame oil as needed.



做法

琼脂加水熬化。将鸭脯放入方形盆中，倒入琼脂，冻好后切片，拌上姜汁、陈醋、盐、味精、麻油、红油即成。

Method: Dissolve agar with water. Put pot-stewed duck breast in a cube-shaped basin, then pour in agar. Chill it and cut into slices, stir with ginger sauce, old vinegar, salt, monosodium glutamate, sesame oil and chilli oil. Ready to serve.





姜爆鸭丝

Stir-fried Shredded Duck with Ginger

材料

子姜 100g、卤鸭脯 100g、甜椒 50g、青蒜苗 50g、白糖、酱油适量。

Ingredients: 100g young ginger, 100g pot-stewed duck breast, 50g pimiento, 50g garlic sprout, Granulated sugar and soy sauce as needed.

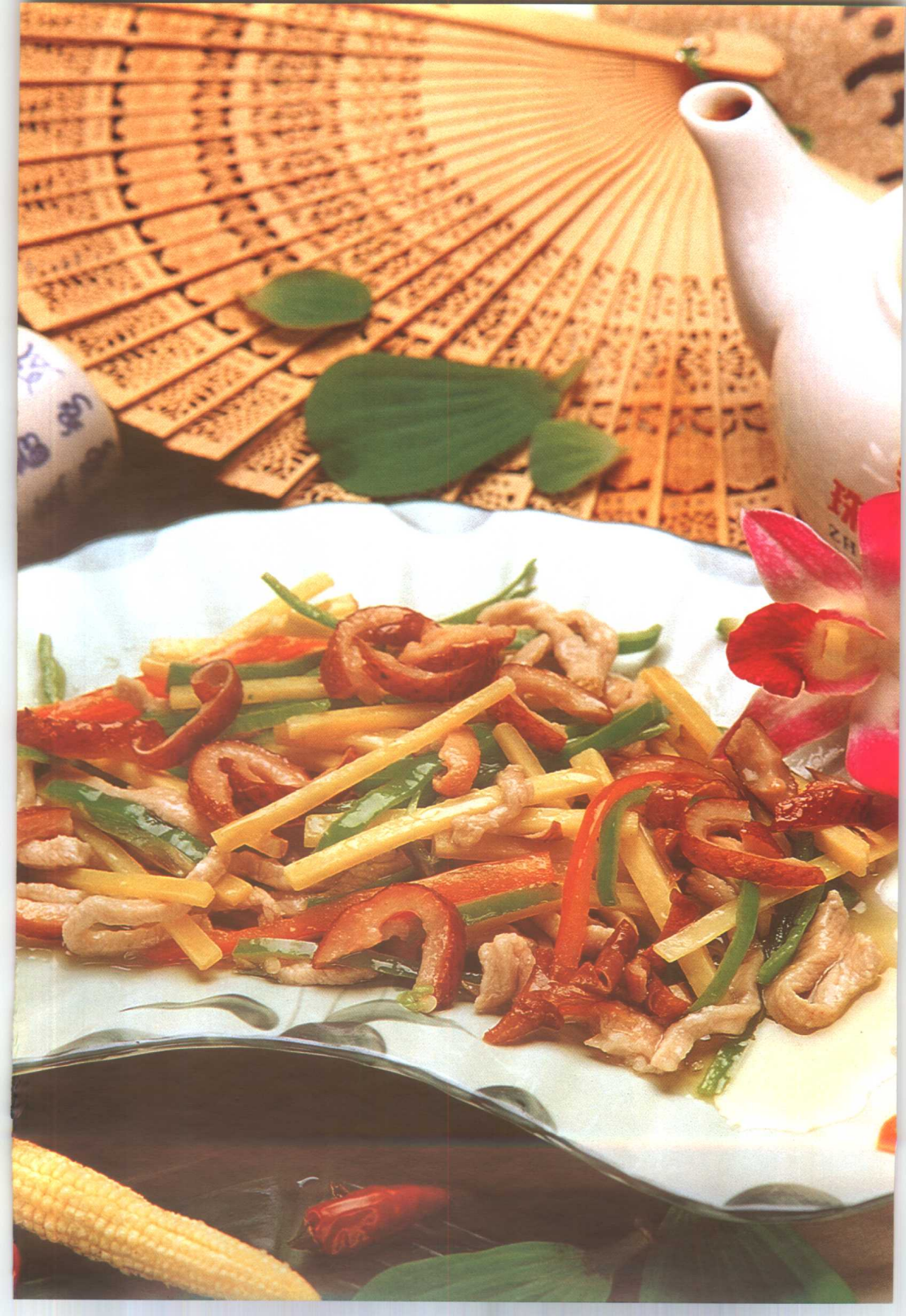


做法

子姜、鸭脯、甜椒均切丝。炒锅下油，先爆香鸭丝，续下姜丝、甜椒丝炒至断生，放入蒜苗、调味，起锅装盘即成。

Method: Shred young ginger, pot-stewed duck breast and pimiento separately. Heat oil, then sauté shredded duck first, add shredded ginger and pimiento, stir-fry until almost cooked. Put in garlic sprout, season and arrange on a plate to serve.







秘制鸭

Stir-fried Smoked Duck



材料

烟熏板鸭1只, 青椒、红椒各50g, 蒜苗20g, 白糖、味精、麻油、姜片、蒜片少许。

Ingredients: 1 smoked duck. 50g green pepper and red chilli each. 20g garlic sprout. Some granulated sugar, monosodium glutamate, sesame oil, sliced ginger and sliced garlic as needed.



做法

板鸭切块, 青椒、红椒切块。锅内烧油, 下姜片、蒜片、蒜苗炒香, 放鸭块、青椒、红椒炒至熟透, 调味, 起锅装盘即成。

Method: Chop smoked duck into pieces, cut green pepper and red chilli into chunks. Stir-fry sliced ginger, sliced garlic and garlic sprout when fragrant, then add duck pieces, green pepper and red chilli chunks, stir until done. Season, then place to a plate.







手抓鸭下巴

Fried Duck's Jaws Eaten by Grasping Way

材料

鸭下巴 8 个、青椒、红椒粒各 10g、姜、葱各 50g、盐、味精适量、料酒 25g。

Ingredients: 8 duck's jaws, 10g grated green pepper and red chilli each, 50g ginger and shallot each, Salt and monosodium glutamate as needed, 25g rice wine.



做法

鸭下巴用姜、葱、料酒、盐腌 1 小时，入油锅内炸至金黄色捞起。将青椒粒、红椒粒下锅炒香，调味，下炸好的鸭下巴，搅拌起锅装盘即成。

Method: Soak duck's jaws in ginger, shallot, rice wine and salt for an hour. Put in hot oil wok, fry until golden, then remove. Sauté green pepper and red chilli, season, and add fried duck's jaws. Stir. Dish up and serve.



