

香 港 家 常 食 谱 精 选

潮式家常食谱

萧杜洁玲著

广西教育出版社 · 香港万里机构联合出版

CHIU CHOW DISHES

中 英 对 照

20

CHINESE — ENGLISH



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发行中文简体字版。

著作权中介者：广西万达版权代理公司。

著作权合同登记号：广西图字：20-98-026 号

潮式家常食谱

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版面设计：万里机构制作部

出版者：广西教育出版社·香港万里机构

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发行者：广西新华书店

印刷者：美雅印刷制本有限公司

开 本：880×1130 1/32

印 张：3.25

版 次：1999年5月第1版第2次印刷

定 价：18元

书 号：ISBN 7-5435-2697-2/Z·43

出版说明

FOREWORD

烹饪是一种生活艺术，它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调和美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代的家庭妇女提供选购容易、制作简单和营养丰富等中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences, namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that they can appreciate the interesting side of the cooking world.

前言

潮州菜得以大行其道，实有赖潮菜烹饪的“精调细做”，味道隽美，而又具浓厚的家乡风味所致。此外，由于潮汕一带海产及物产皆非常丰富，所以菜肴品种特别多样化，深受人们的欢迎。见潮州菜蓬勃发展且备受重视与推崇，身为潮籍人士的我，也不免获得一份光荣，沾了万分喜悦。

生长于传统的潮州家庭，自幼耳濡目染，对潮州风味菜式非常熟悉，长大后又从教授烹饪的工作中得到启发，钻研符合更多人口味的改良潮州菜。出于对潮州菜的热爱，加上累积了十多年的教学心得，特别为读者们编写了这本《潮州菜》。

本书介绍的有地道的家乡潮州菜，也有颇受欢迎的改良潮州菜式，包括禽畜肉类、水产时蔬及传统美点小吃四十余款，定能助你烹调出美味的潮州菜，满足口福之欲。

萧杜洁玲

PREFACE

Popularity of Chiu Chow cuisine keeps growing due to its sophistication, delicacy and richness in authentic country flavour. Since Chiu Chow is very prosperous in seafood and agricultural products, it is specially remarkable for the large variety of dishes from extravagant entertaining dishes to economical family snacks. Knowing that Chiu Chow cuisine is so much appreciated, I being a Chiu-chow-nese, share the joy and pride as wall.

Being brought up in a traditional Chiu Chow family, I have gained lots of exposure to authentic Chiu Chow dishes. These background knowledge were further developed in my teaching that I have been studying into improved Chiu Chow dishes which will suit more of the taste and health consciousness of the modern people.

This book presents to you authentic Chiu Chow dishes as well as some improved ones. They include over 40 recipes on poultry and meat, seafood and vegetables, and traditional snacks. Hope you will try them and further discover the delicacy of Chiu Chow cuisine.

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*本书重量换算采用司马斤两计算，即1两=37.8克。为简便起见全书统一以“1两（约40克）”为准，换算之间或出现差额，读者可自行调整。又倘若要折换为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

卤水鹅

GOOSE IN SPICY SAUCE

材料：光鹅1只，粗盐3汤匙，芫荽1棵。

卤水汁料：水10杯，老抽1¼杯，片糖1块，南姜2两(约80克)，蒜头5瓣，八角4粒，花椒1茶匙。

蒜茸醋料：蒜茸、糖各1茶匙，汕头米醋4汤匙。

做法：

(1) 光鹅洗净抹干，加粗盐擦匀鹅身及腹腔，腌1小时。

(2) 卤水料煮滚，放入光鹅慢火煮熟，需时约1½小时。

(3) 卤水鹅凉透后切件上碟，淋上少许卤水汁。芫荽装饰，蒜茸醋拌食。

心得：

(1) 宜选购重约6斤(约3600克)之草鹅，肉质嫩而脂肪少。

(2) 卤水汁料亦可用于烹制潮州卤豆腐、卤蛋或卤掌翼等，味香浓，佐酒送饭皆宜。

Ingredients:

1 goose
3 tablespoons sea salt
1 sprig coriander
spicy sauce:
10 cups water
1¼ cups dark soya sauce
1 piece slab sugar
80g. galangal
5 cloves garlic
4 star aniseed
1 teaspoon Szechuen peppercorn

Garlic and Vinegar Dip:

1 teaspoon each of copped garlic and sugar
4 tablespoons Chiu Chow rice vinegar

Method:

1. Clean and dry goose. Rub salt over the skin and into the cavity. Marinate for 1 hour.

2. Boil spicy sauce and cook the goose in the sauce over gentle heat for about 1½ hours.

3. Cool the goose completely and cut into serving pieces. Pour over some spicy sauce and serve with the garlic and vinegar dip. Garnish with coriander.

Practical Tips:

1. Choose goose about 6 catties (3600 kg) in weight of which the meat is tender and gives little amount of fat.

2. Other foodstuffs such as bean curd, egg, goose feet and wings can also be cooked in the spicy sauce.



巧烧雁鹅

CRISPY SPICED GOOSE

料材：卤水鹅 $\frac{1}{2}$ 只，鸡蛋1只，粟粉适量，猪油或植物油2汤匙，白胡椒碎 $\frac{1}{4}$ 茶匙，三参酱适量。

做法：

(1) 卤水鹅起肉，蘸鸡蛋液后粘上千粉，放热油中炸至金黄色，切片后上碟。

(2) 烧热猪油或植物油，加入白胡椒碎，趁热淋在雁鹅片上。番茄片、番茺荳装饰，三参酱伴食。

心得：

(1) 炸鹅肉的油要热，炸的时间要短，才能炮制出外脆内嫩的雁鹅。

(2) 三参酱是潮州甜酸酱之一，潮州杂货店有售。

Ingredients:

$\frac{1}{2}$ spiced goose
1 egg, a little cornstarch
2 tablespoons lard or vegetable shortening
 $\frac{1}{4}$ teaspoon crushed white peppercorn
a little "Sam Sum Sauce"

Method:

1. Bone the spicy goose. Dip in beaten egg and coat with cornstarch. Deep-fry in hot oil until golden brown and then slice.

2. Heat lard or vegetable shortening, add crushed white peppercorn. Pour over the sliced goose and serve with Sam Sum Sauce. Garnish with tomatoes and parsley.

Practical Tips:

1. Deep-fry the goose only for a short while in really hot oil so that the meat will remain juicy and the skin will stay crispy.

2. "Sam Sum Sauce" is also known as Chiu Chow Sweet and sour sauce, available in Chiu Chow grocery stores.



川椒鸡

CHICKEN WITH SZECHUEN PEPPERCORN

材料：鸡肉8两(约320克)，珍珠叶2两(约80克)，葱白2条，川椒碎1茶匙，油2汤匙。

腌料：盐、糖各 $\frac{1}{2}$ 茶匙，粟粉、酒各1茶匙，蛋白1汤匙，胡椒粉、麻油各少许。

芡汁料：水3汤匙，糖 $\frac{1}{4}$ 茶匙，粟粉、老抽各1茶匙。

做法：

(1) 鸡肉切小块，加腌料拌匀，腌20分钟后泡油，沥干待用。

(2) 烧热油，爆香葱白及川椒碎，加鸡肉炒片刻，加芡汁料兜匀，上碟。

(3) 珍珠叶去梗，放滚油中炸脆，排放碟边即成。

心得：

(1) 自制川椒碎：川椒末，净锅炒香，将其放碎肉机内搅成碎粒即可。

(2) 珍珠叶可用芥兰叶代之。

Ingredients:

320g. boneless chicken meat
80g. pearl leaves
2 stalks spring onion (white sections)
1 teaspoon crushed Szechuen peppercorn
2 tablespoons oil

Marinade:

$\frac{1}{2}$ teaspoon each of salt and sugar
1 teaspoon each of cornstarch and wine
1 tablespoon egg white dash of pepper and sesame oil

Sauce:

3 tablespoons water
 $\frac{1}{4}$ teaspoon sugar
1 teaspoon each of cornstarch and dark soya sauce

Method:

1. Cut chicken meat in serving pieces, marinate for 20 minutes. Run in warm oil for a while, drain.

2. Heat oil to saute spring onion and crushed peppercorn. Add chicken and sauce. Toss well and dish.

3. Remove pearl leaves from stalks. Deep-fry in very hot oil until crispy. Arrange round the chicken to serve.

Practical Tips:

1. Preparation of crushed peppercorn: dry-fry peppercorn until fragrant, work in a blender for a while.

2. Pearl leaves can be substituted with Chinese kale leaves.



石榴鸡

STEAMED CHICKEN PARCELS

材料：鸡肉、虾肉各2两(约80克)，冬菇2朵，笋1两(约40克)，马蹄2粒，姜2片，芹菜(小)1棵。

蛋皮料：蛋白4只，粟粉1茶匙，水4汤匙。

腌料：盐 $\frac{1}{2}$ 茶匙，糖 $\frac{1}{3}$ 茶匙，粟粉2茶匙，大地鱼末1茶匙，猪油或植物油 $\frac{1}{2}$ 两(约20克)，胡椒粉、麻油各少许。

芡汁料：水 $\frac{1}{2}$ 杯，盐、糖各 $\frac{1}{4}$ 茶匙，粟粉 $\frac{1}{2}$ 茶匙。

做法：

(1) 蛋皮料同拌匀，放平底镬中煎成薄蛋皮8片，待用。见图1。

(2) 鸡肉及虾肉切细粒，冬菇、笋、马蹄及姜切碎，上述各料加腌料拌匀成馅料，放置10分钟。见图2。

(3) 芹菜用热水浸软后撕开成条，抹干备用。

(4) 蛋皮逐片包入馅料，用芹菜扎口，排放碟上，隔水蒸10分钟。见图3~4。

(5) 芡汁料煮滚，淋在石榴鸡上即成。

心得：

(1) 大地鱼末的制法，请参考附录第103页。

(2) 蛋白皮可用全蛋皮代替，制作更加容易。

Ingredients:

80g. each of chicken meat and shelled shrimps

2 Chinese mushrooms

40g. bamboo shoot

2 waterchestnuts

2 slices ginger

1 small sprig Chinese celery

Egg White Pancakes:

4 egg whites

1 teaspoon cornstarch

4 tablespoons water

Marinade:

$\frac{1}{2}$ teaspoon salt

$\frac{1}{3}$ teaspoon sugar

2 teaspoons cornstarch

1 teaspoon ground plaice

20g. lard or vegetable shortening

dash of pepper and sesame oil

Sauce:

$\frac{1}{2}$ cup water

$\frac{1}{4}$ teaspoon each of salt and sugar

$\frac{1}{2}$ teaspoon cornstarch

Method:

1. Mix ingredients well for egg white pancakes. Fry into eight thin pancakes. See Fig 1.

2. Dice chicken and shrimp finely. Chop mushroom, bamboo shoot, waterchestnut and ginger. Marinate the above ingredients for 10 minutes. See Fig. 2.

3. Soften Chinese celery in hot water. Tear into thin stripes and towel-dry.

4. Wrap filling into the pancakes and tie with the Chinese celery. Steam on a plate for 10 minutes. See Figs. 3-4.

5. Bring sauce to the boil and pour over the chicken parcels to serve.



1



2



3



4

Practical tips:

1.Preparation of ground plaice - Refer to the appendix (P.103).

2.It will be easier to handle egg pancakes than egg white pancakes. The substitution is optional.

豆酱焗鸡

CHICKEN IN BEAN SAUCE

材料：光鸡1只，姜4片，葱2条，
番芫荽1棵，油3汤匙。

腌料：酒、老抽各1汤匙，胡椒粉、麻油各少许。

芡汁料：水2杯，普宁豆酱4汤匙，
芝麻酱2汤匙，糖、酒各1汤匙，胡椒粉、麻油各少许。

做法：

(1) 光鸡洗净抹干，加腌料擦匀鸡身及腹腔，腌30分钟。

(2) 光鸡放热油中炸至金黄色，沥干待用。

(3) 烧热油，爆香姜、葱后加入芡汁料煮滚，放入光鸡焗约20分钟。

(4) 鸡斩件上碟，余汁用粟粉水埋芡淋在鸡上。番芫荽装饰。

心得：

(1) 普宁豆酱可于潮州杂货店购买，用时隔去豆酱渣。

(2) 豆酱焗乳鸽可按以上之配料及做法炮制。

Ingredients:

1 chicken
4 slices ginger
2 stalks spring onion
1 sprig parsley
3 tablespoons oil

Marinade:

1 tablespoon each of wine and dark soya sauce, dash of pepper and sesame oil

Sauce:

2 cups water
4 tablespoons Chiu Chow bean sauce
2 tablespoons sesame paste
1 tablespoon each of sugar and wine
dash of pepper and sesame oil

Method:

1. Clean and dry chicken. Rub marinade over the skin and inside the cavity. Leave to marinate for 30 minutes.

2. Deep-fry chicken in hot oil until golden brown. Drain.

3. Heat oil to sizzle ginger and spring onion. Add sauce ingredients to boil. Put in chicken and cook gently for 20 minutes.

4. Cut chicken into serving pieces. Thicken the remaining sauce with cornstarch solution. Pour over the chicken and garnish with parsley.

Practical Tips:

1. Chiu Chow bean sauce is available in Chiu Chow grocery stores. Strain before use.

2. The above ingredients and method of cooking can be applied into cooking with pigeons.