

中英对照 Chinese-English



GUANGDONG FLAVOROUS DISHES
CHAOZHOU DISHES

潮州菜

广东风味菜

李曾鹏展 著·广东科技出版社



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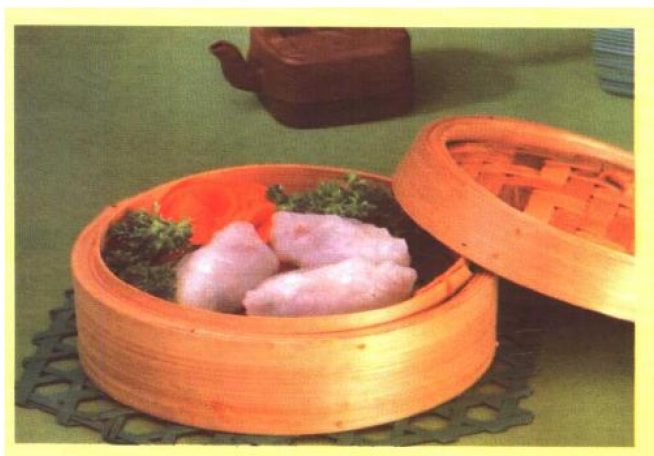
滚水——开水	些小——少量
焗——熟变软	黏——粘
捞匀——搅至均匀	埋芡——勾芡
鏟一刀——划一刀	镬——炒锅
罩篱——漏勺	雪柜——电冰箱
生抽——浅色酱油	老抽——深色酱油
古月粉——胡椒粉	泡打粉——发粉
矮瓜——茄子	薯仔——马铃薯
马蹄——荸荠	鸡髀——鸡大腿
饭焦——锅巴	菜苙——青菜去掉花及老梗

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写在潮州菜之前

潮州是粤东一座古城，因此，潮州菜可说是粤菜的一个菜系。可能是由于地理上的关系，潮州菜在烹调风味方面，受江浙菜与福建菜的影响，加上和潮州人的饮食爱好协调起来，形成了具有特色的烹饪流派——潮州菜。一个菜系的发展，除了历史悠久之外，还要有独特的烹调特色。

潮州菜的特色是：“重油”、“重色”、“重火候”，而且菜式多；因海产丰富，所以烹调海鲜更具特色；喜做甜菜，而且甜味特浓；其他菜式则清爽，偏甜别具风味。至于各种名菜的精调细作，也是值得称道的。素菜的烹调更讲究——一款款以蔬菜为主料的菜式，加入多种肉类烹调，然后去肉留菜，便是潮州菜烹饪素菜的特点。

近年来，潮州菜的独特风味，很受一般人欢迎，所以潮州酒家有如雨后春笋。我喜欢吃潮州菜，也喜欢煮潮州菜，而且还请教名师，不断学习、不断研究，把实践的经验累积起来，编写《潮州菜》一书，内容有：潮州翅、煨响螺、川椒鸡、卤水鹅、牛肉沙爹锅、芥菜炆排骨、潮州粉果、水晶包、马蹄片绿豆爽等。在配料与烹饪方法方面，特别保持传统特色，同时又能适合一般人口味，材料又易于购买。

希望《潮州菜》一书能带给您新口味，满足口福之欲。更希望旅居外地的潮州籍读者，藉着这本书，能尝试家乡菜的风味，因为家乡菜是最好吃的。我把这本书献给您，请接受我这份心意吧！

这本书介绍了六十款最具特色的食谱，中英对照，全部彩色精印。请各位给我意风，并请前辈多多指教。

李曾鹏展

川椒鸡

CHICKEN WITH SZECHUAN PEPPER

用料：

光鸡一只（重约二斤半，或用急冻鸡髀一斤四两代替），珍珠叶六两，葱二条切碎，川椒粉半汤匙（川椒不落油，白镬慢火炒香，舂碎后筛出粉末，便是川椒粉）。

腌料：

糖一茶匙，生抽二汤匙，盐半茶匙，姜汁半汤匙，老抽一汤匙，鸡蛋白一汤匙半，生粉一汤匙，油一汤匙（如用急冻鸡肉加鸡粉一茶匙）。

芡：

生粉 $\frac{1}{2}$ 茶匙，水三汤匙。

做法：

1. 鸡洗净抹干水，起肉切件，加腌料腌半小时，泡油。
2. 下油二汤匙，爆香葱、川椒粉，下鸡肉，溅酒半汤匙，炒匀埋芡，再炒数下上碟。
3. 珍珠叶洗净，把叶摘下，抹干水，放落滚油中炸脆伴边。

注：

珍珠叶又称鸭脚艾，因花朵白色一粒粒像珍珠，叶形像鸭掌，故名。在菜档有售，但不普遍，可用芥兰叶或虾片炸脆代替。

Ingredients:

1 chicken (3 $\frac{1}{3}$ lb) or 1 $\frac{2}{3}$ lb chicken thigh
 $\frac{1}{2}$ lb pearl leaves
 2 stalks diced spring onions
 $\frac{1}{2}$ tbsp Szechuan pepper powder (fry the pepper in low heat without oil, dice and get the powder)

Seasoning:

1 tsp sugar
 2 tbsp light soy
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tbsp ginger juice
 1 tbsp dark soy
 1 $\frac{1}{2}$ tbsp egg white
 1 tbsp cornflour
 1 tbsp oil (if frozen chicken is used, add 1 tsp chicken powder)

Sauce:

$\frac{1}{3}$ tsp cornflour
 3 tbsp water

Method:

1. Wash and wipe dry the chicken. Take out the meat and cut into pieces. Marinate with seasoning for $\frac{1}{2}$ hour. Saute.
2. Saute the spring onions and Szechuan pepper with 2 tbsp oil. Add in the chicken. Sizzle $\frac{1}{2}$ tbsp wine and mix well. Add sauce and stir for a while. Dish up.
3. Wash the leaves. Take them out and drain dry. Saute in oil until they become crispy.



方鱼蒸鸡

STEAMED CHICKEN WITH DRIED PLAICE

用料:

鸡半只（重约一斤四两），方鱼一条（重约一两半），芹菜二条去叶切碎（如无芹菜之季节，用葱代替），姜数小片。

腌料:

麻油、古月粉少许，盐 $\frac{3}{4}$ 茶匙，糖半茶匙，生抽一汤匙，酒一茶匙，生粉二茶匙，油一汤匙。

做法:

1. 大地鱼用毛巾抹干净，去皮去骨，把肉放在暖油中，用慢火炸香，捞起。冷后便脆，然后舂碎。
2. 鸡洗净，抹乾水斩件，加腌料捞匀，加姜又捞匀，盛碟上蒸熟，约蒸十二分钟，下大地鱼及芹菜再蒸一分钟，取出拌匀即成。

注:

方鱼又称大地鱼。

Ingredients:

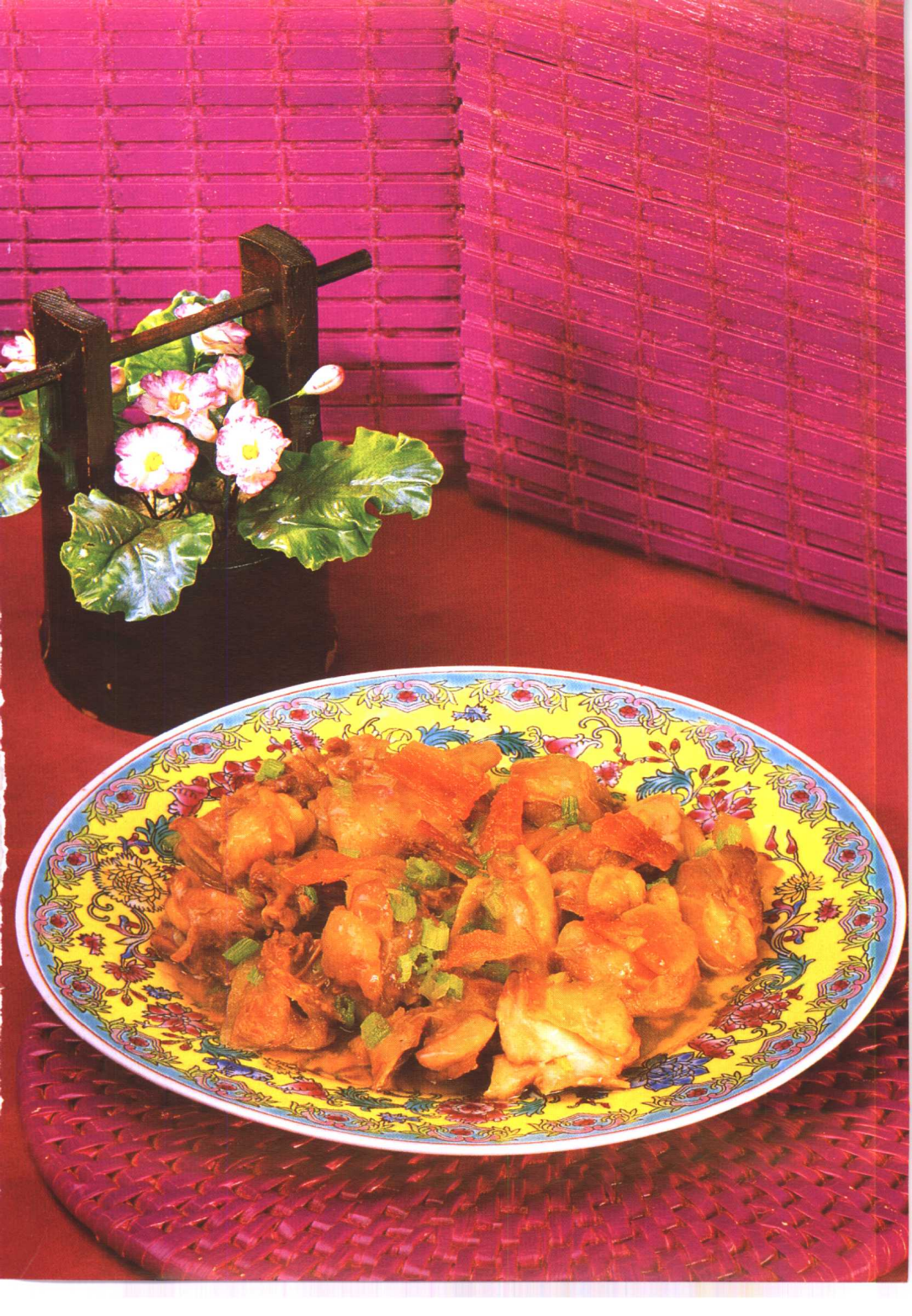
$\frac{1}{2}$ chicken (around 1 $\frac{2}{3}$ lb)
1 dried plaice (around 2 oz)
2 stalks of diced celery (or use spring onions when celery is not available)
several slices of ginger

Seasoning:

dash of sesame oil
pinch of pepper
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp sugar
1 tbsp light soy
1 tsp wine
2 tsp cornflour
1 tbsp oil

Method:

1. Dry the fish with towel. Remove the skin and bones. Fry the fish in low heat. Dish up and leave it to become crispy when it is cold. Dice the fish.
2. Wash the chicken. Dry and chop it into pieces. Mix with seasoning and ginger. Steam it for 12 minutes. Add the fish and celery and steam it for one more minute. Dish up.



银杏炒鸡球

STIR-FRIED CHICKEN BALLS WITH GINGKOS

用料:

鸡肉六两，菜苳六条，白果四两（白果又称银杏），姜、甘笋各数小片，冬菇三只，蒜蓉一茶匙。

腌料:

盐 $\frac{1}{4}$ 茶匙，鸡蛋白半汤匙，生粉半汤匙，油一汤匙，老抽 $\frac{3}{8}$ 茶匙。

调味:

麻油、古月粉少许，生抽半汤匙，上汤二汤匙，糖 $\frac{1}{4}$ 茶匙。

芡:

生粉半茶匙，水二汤匙。

做法:

1. 白果去壳，放落滚水中煮十分钟，取起去衣、去心，抹干水，放落将滚之油中，炸片刻捞起。
2. 白果加入上汤一杯（或用鸡精半粒，水一杯，糖 $\frac{1}{8}$ 茶匙，代替上汤），煮十分钟，使白果入味，捞起滴干水。
3. 冬菇浸软，揸干水去脚，大只切开边，蒸十分钟。
4. 鸡肉洗净抹干水，切件，加腌料腌十分钟，泡油。
5. 下油二汤匙，爆姜、冬菇，下鸡肉、蒜蓉、甘笋、白果炒匀，溅酒一茶匙，下调味不停炒动，直至汁将干，埋芡上碟。
6. 把菜苳灼熟伴边。

Ingredients:

$\frac{1}{2}$ lb chicken meat
6 stalks of vegetable shoots
 $\frac{1}{3}$ lb ginkgo
slices of ginger and carrot
3 mushrooms
1 tsp mashed garlic

Seasoning (1):

$\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tbsp egg white
 $\frac{1}{2}$ tbsp cornflour
1 tbsp oil
 $\frac{2}{3}$ tsp dark soy

Seasoning (2):

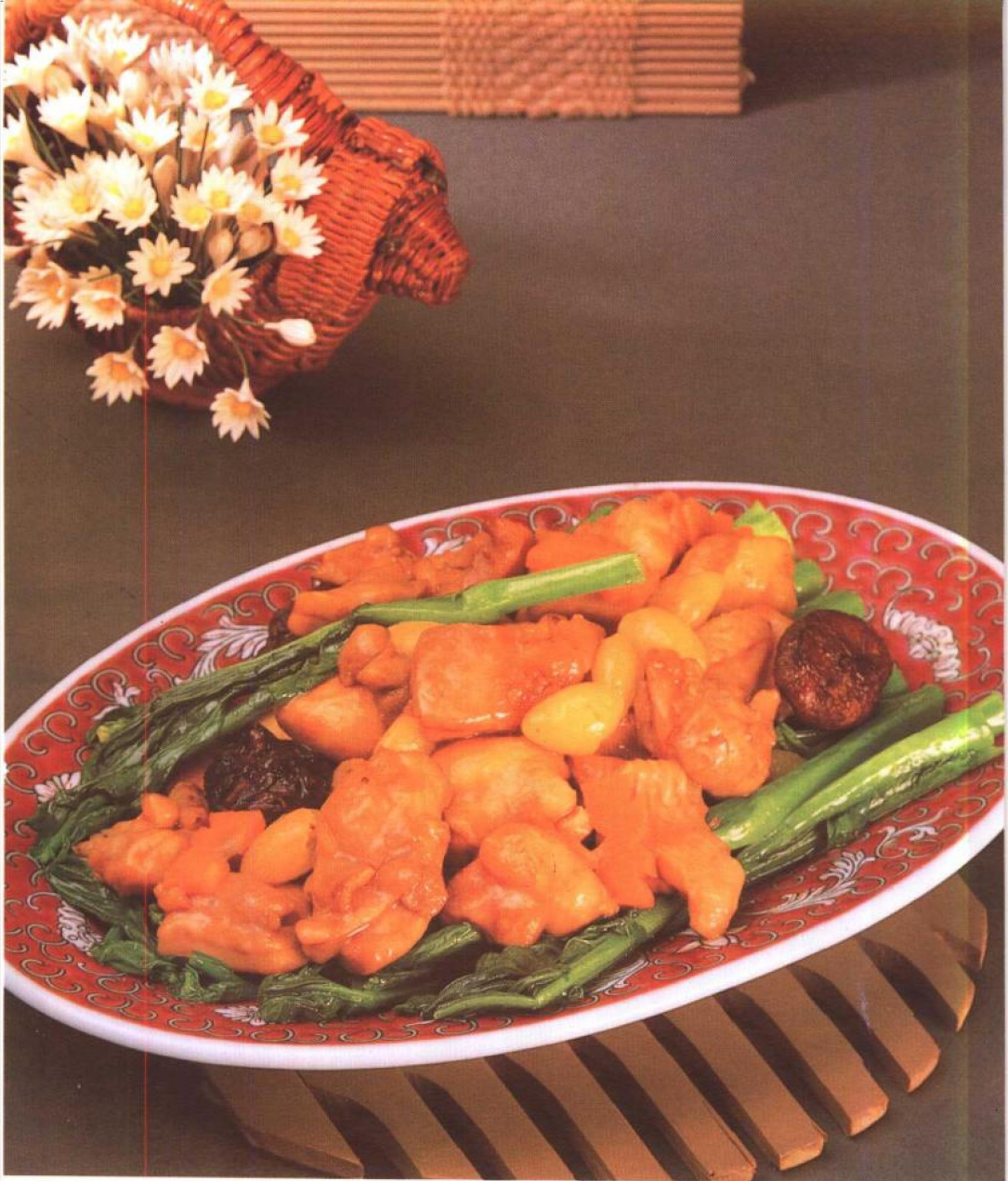
dash of sesame oil
pinch of pepper
 $\frac{1}{2}$ tbsp light soy
2 tbsp superior stock
 $\frac{1}{4}$ tsp sugar

Sauce:

$\frac{1}{2}$ tsp cornflour
2 tbsp water

Method:

1. Crack the shells of the ginkgos and boil for 10 minutes. Remove the central stalk, membrane and dry the ginkgos. Fry in oil and dish up.
2. Add a cup of superior stock (or $\frac{1}{2}$ piece of chicken cube, 1 cup of water, $\frac{1}{3}$ tsp sugar) to the ginkgos and boil for 10 minutes to make the ginkgos more tasty. Take out and drain dry.
3. Soak the mushrooms, dry them and trim off the stems. Slice the big mushrooms into pieces and steam for 10 minutes.



4. Wash and dry the chicken, chop into pieces and marinate with seasoning (1) for 10 minutes. Fry it with oil.
5. Add 2 tbsp oil. Fry the ginger and mushrooms. Add chicken, mashed garlic, carrot and ginkgos and fry for

a while. Sizzle 1 tsp wine and add seasoning (2). Stir and keep on frying until the liquid is about to dry up. Add sauce and dish up.
6. Boil the vegetable shoots in water and garnish around the dish.

笋尖炖鸡翼汤

STEWED CHICKEN WINGS WITH BAMBOO SHOOTS

用料：

新鲜鸡翼六只，新鲜冬笋肉或竹笋肉三两，火腿半两切片，鲜草菇四两，姜二片，葱一条。

调味：

上汤四杯或适量，酒一茶匙，姜汁半茶匙。

做法：

1. 冬笋肉放落滚水中，加入少许盐煲十五分钟（如用竹笋，水中再加入少许醋，可去竹笋的苦味，煲的时间应酌量加长）。取起笋用清水浸冷，切厚片。
2. 鸡翼洗净，放落滚水中，煮五分钟，取起洗净。
3. 草菇洗净，在底部剝一十字。
4. 水三杯、姜一片、葱一条煮滚，放下酒一茶匙及草菇煮五分钟，捞起，用清水洗一洗，抹干水。
5. 鸡翼、笋、姜一片放入炖盅内，把调味煲滚，也放入炖盅内，盖上炖盅盖，炖二小时。加入草菇、火腿再炖二十分钟，加入少许盐调味，原盅上台。

注：

如有夜香花，可把夜香花蒂摘去，用盐水洗净，放入已炖好的汤内更美味。

Ingredients:

6 fresh chicken wings

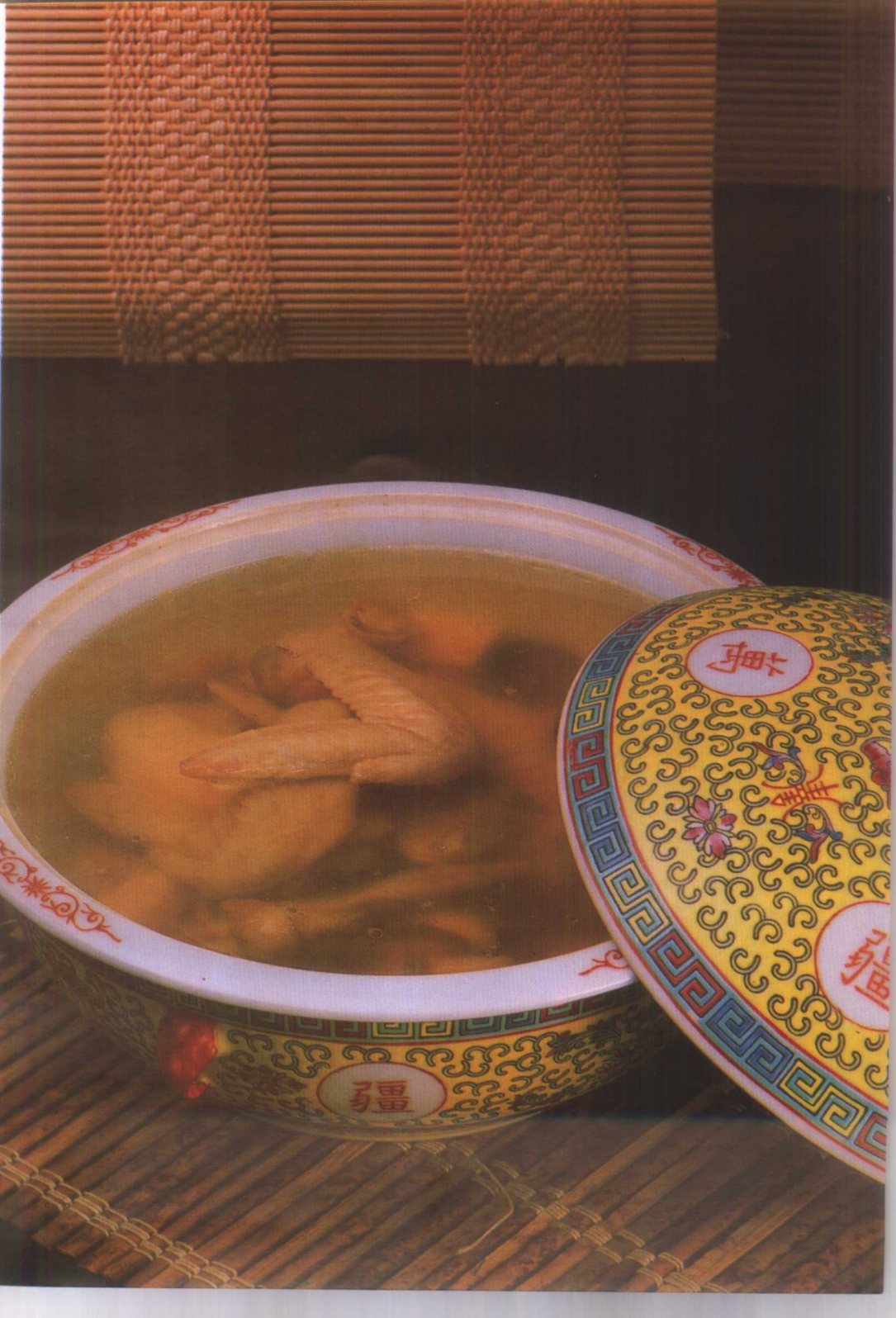
4 oz fresh bamboo shoots or winter bamboo shoots
 $\frac{2}{3}$ oz sliced ham
 $\frac{1}{3}$ lb fresh mushrooms
 2 slices of ginger
 1 stalk spring onion

Sauce:

4 cups or suitable amount of superior stock
 1 tsp wine
 $\frac{1}{2}$ tsp ginger juice

Method:

1. Add bamboo shoots to the boiling water. Add pinch of salt and boil for 15 minutes. (If fresh bamboo shoots are used, add some vinegar to the water to remove the bitter taste and lengthen the boiling time) Take out the bamboo shoots and soak in water. Cut them into pieces.
2. Wash the chicken wings and put them into boiling water. Boil for 5 minutes. Dish up and wash them.
3. Wash the mushrooms and cut a cross at the bottom part.
4. Add 3 cups of water, one slice of ginger and one stalk of spring onion and boil them. Add 1 tsp wine and mushrooms and boil for 5 minutes. Dish up, wash and dry them.
5. Add the chicken wings, bamboo shoots and 1 slice of ginger into the container for stewing. Boil the sauce, put it into the container and stew it for 2 hours. Add in mushrooms and ham and stew for 20 more minutes. Add pinch of salt and serve with the container.



5 鸡蓉素菜

VEGETABLES WITH MINCED CHICKEN

用料:

鸡肉六两剁幼，菠菜叶十二两（苋菜叶、番薯叶均可），火腿剁幼二汤匙。

腌料:

糖半茶匙，古月粉少许，生粉一茶匙，水 $\frac{3}{4}$ 杯。

菜叶调味:

上汤四杯，麻油、古月粉少许，盐 $\frac{1}{4}$ 茶匙，糖一茶匙。

菜叶芡:

粟粉四汤匙，水半杯。

鸡肉调味:

上汤二杯，盐 $\frac{1}{4}$ 茶匙。

鸡肉芡:

粟粉二汤匙半，水 $\frac{1}{2}$ 杯。

做法:

1. 水四杯煮滚，下菜叶煮约五分钟，捞起，用清水浸冷，揸干水剁至极幼。
2. 鸡肉加腌料捞匀，成稀糊。
3. 下油一汤匙，煮滚菜叶调味，下菜叶煮滚，埋芡，盛汤碗内。
4. 下油一汤匙，煮滚鸡肉调味，埋芡，芡滚下鸡肉煮熟，盛在菜叶之汤碗内，洒上火腿蓉。

Ingredients:

$\frac{1}{2}$ lb diced chicken meat
1 lb spinach leaves
2 tbsp diced ham

Seasoning:

$\frac{1}{2}$ tsp sugar
pinch of pepper
1 tsp cornflour
 $\frac{2}{3}$ cup of water

Seasoning for the vegetable leaves:

4 cups of superior stock
dash of sesame oil
pinch of pepper
 $\frac{1}{4}$ tsp salt
1 tsp sugar

Vegetable leaf sauce:

4 tbsp cornflour
 $\frac{1}{2}$ cup of water

Seasoning for the chicken:

2 cups of superior stock
 $\frac{1}{4}$ tsp salt

Sauce for the chicken:

$2\frac{1}{2}$ tbsp cornflour
 $\frac{1}{3}$ cup of water

Method:

1. Boil 4 cups of water. Add in vegetables and boil for 5 minutes. Take out and soak in water. Dry and dice the vegetables.
2. Add seasoning to the chicken and mix it to look like cream.
3. Add 1 tbsp oil. Boil the seasoning for vegetables. Boil the vegetables and add in sauce. Dish up.
4. Add in 1 tbsp oil. Boil the seasoning for chicken. Boil the sauce and add in chicken. Put in the bowl with vegetables. Sprinkle with diced ham.