

香 港 家 常 食 谱 精 选

# 巧制精点美食

卢李惠芳编著

广西教育出版社 · 香港万里机构联合出版

**BEST FAMILY DISHES & DESSERTS**

中 英 对 照

9

CHINESE — ENGLISH



香 港 家 常 食 谱 精 选

# 巧制精点美食

BEST FAMILY DISHES & DESSERTS

中英对照

CHINESE ↔ ENGLISH

卢李惠芳编著

广西教育出版社 · 香港万里机构 联合出版



香 港 家 常 食 谱 精 选

# 巧制精点美食

BEST FAMILY DISHES & DESSERTS

中英对照

CHINESE ↔ ENGLISH

卢李惠芳编著

广西教育出版社 · 香港万里机构 联合出版

本书版权归香港万里机构出版有限公司所有。

Copyright © 1997 by Wan Li Book Co. Ltd 1997.

本书由著作权人授权广西教育出版社在中国大陆独家出版  
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

## 巧制精点美食

编著者：卢李惠芳

译者：刘淑坤

摄影：幸浩生

编辑：续瑜

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

地址：南宁市鲤湾路8号·香港九龙土瓜湾马坑涌道5B-5F地下1号

电话：(南宁) 5850219·(香港) 25647511

网址：www.gep.com.cn·http://www.wanlibk.com

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 7-5435-2680-8/Z·26

# 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 and 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

---

对于家庭主妇来说，弄制家常便饭并不是难事，但一日三餐要吃得好，令全家人都感到开心，却非多花点心思不可。一方面菜式要有变化，但又要合乎经济原则，尽量选用便宜的材料而做出美味可口的菜式来，这实际上是对“一家之煮”能力的一个考验。这本书便是提供了多款价廉物美菜式的制作资料，方便各位在“考试”中灵活选用而取得美满的成绩。

书中的菜式，除了大家熟悉的粤菜以外，还有京菜、川菜和江浙菜式等。它们中，有的历史悠久，有的制作别致，有的乡土味浓厚，都是闻名四海的佳品，但是当中用到的材料却又很容易在市面购到，价钱不贵，制作方法也简单，作为家常便饭菜式十分适宜。

举例来说，菜谱中的“奶油菜花”，用香浓的淡奶调配清甜的菜花，入口鲜爽味重，这是典型的京式做法。四川名菜“麻婆豆腐”，则是加入多种调料烹制而成，麻辣嫩滑，香气喷鼻，十分醒胃。一看见“西湖醋鱼”，就知道这款河鲜菜出自秀丽的杭州，酸甜、细腻的鱼肉吃在嘴里，又似蟹肉，胜似蟹肉。而清香糯软的广东名点萝卜糕、马蹄糕，则令人越吃越爱吃。

如今资讯发达，交流频繁，名菜系之间，互相吸取彼此长处，常常你中有我，我中有你。像新派的“醉乳鸽”、“酸辣汤”、“炸酱面”的做法，要严格分出属于哪个菜系，还真不容易。当然，菜式最重要是好吃，至于它属于什么菜系又何须斤斤计较呢！

本书收录的精点美食接近五十款，除了有完成品的彩图外，部分还附有制作步骤图，文内介绍的制作心得，是笔者入厨多年的一些经验，如有不妥之处，尚请各位读者不吝赐教。

## PREFACE

---

To most housewives, cooking a meal poses no problem for them. However, to prepare three meals a day, all balanced and delicious, and that requires some thoughts and calculation. The ability to cook varied, yet delectable dishes with the least dollar spent is really a challenge to all chefs. In this book, there are many exciting recipes which feature inexpensive but nutritious food, just feel free to experiment with these ingredients in your cooking.

Other than the traditional Chinese (Guangdong) dishes, included also are recipes of Peking, Szechuan and Jiangsu-Zhejiang cuisine. Some of these recipes have a long history, some are extensively prepared and some are full of regional surprises. The only thing that is common among them is popularity. Ingredients used in these recipes can be easily found in the market, what's more, they are very affordable and are easy to prepare. Isn't that good news to housewives?

Let us look at some of the dishes, in Cauliflower in Cream Sauce, the pairing of the rich evaporated milk with the sweetness of cauliflower is very typical of Peking cooking. On the other hand, the ever famous Szechuan dish, Ma Po Bean Curd, is made with many different seasonings; its silky texture, spicy flavor and hearty aroma make this one of the most appetizing dishes. Steamed Fish in Vinegar Sauce (Sai Woo Style) is a mouth-watering dish from the beautiful Hanchou. What about the ever smell-so-good Guangdong snacks such as Steamed Chinese Turnip Cake and Water Chestnut Cake? You just can't get enough of them! More recent dishes such as Drunken Pigeon, Sour Hot Soup and Noodles with Spicy Meat Sauce might have taken in the best of each dish to complement its own and it is just not that easy to distinguish the origin of every dish anymore. After all, what's important is the taste of the food, so why bother so much about their derivation then?

This book is made up of over 40 recipes, all of them are written in easy-to follow stages and are photographed in full color. The practical tips at the end of each recipe are some of my experiences of cooking which I would like to share with you. I hope you will enjoy the cooking and the food.

# 目 录

3	出版说明	Foreword
4	前言	Preface
	<b>蔬菜</b>	<b>Vegetables</b>
8	奶油菜花	Cauliflower in Cream Sauce
10	烤白菜	Baked Chinese Cabbage
12	冬菇菜胆	Sow Cabbage Hearts with Chinese Mushroom
14	酿辣椒	Stuffed Chili Pepper
16	凉拌茄子	Eggplant with Spicy Sauce
18	扒南瓜	Braised Pumpkin
20	红烧豆腐	Braised Deep-Fried Bean Curd with Assorted Vegetables
22	麻婆豆腐	Ma Po Bean Curd
24	榨菜肉片豆腐	Steamed Bean Curd with Pork And Szechuan Preserved Vegetable
26	八宝辣酱	Chili Eight Treasure Stir-Fry
	<b>肉、蛋类</b>	<b>Meat &amp; Egg</b>
28	榨菜肉末炒粉皮	Fried Rice Noodle Sheet with Minced Pork And Szechuan Preserved Vegetable
30	焗叉烧	Barbecued Pork
32	梅子蒸排骨	Steamed Spareribs with Plums
34	豉椒牛肉	Fried Beef with Peppers and Black Bean Sauce
36	沙爹牛肉	Fried Beef with Satay Sauce
38	洋葱牛肉饼	Pan-Fried Hamburger Steak
40	菠萝牛仔骨	Spicy Beef Ribs
42	腐皮牛肉卷	Steamed Beef Roll
44	冬菇蒸鸡	Steamed Chicken with Chinese Mushroom
46	红炆鸡腿	Brasied Chicken Leg
48	醉乳鸽	Drunken Pigeon
50	椒盐鸭	Steamed Salty Duck
52	金针云耳蒸田鸡	Steamed Frogs with Golden Lilies & Cloud Fungus
54	韭菜炒蛋	Scrambled Egg with Chinese Chives



# CONTENTS

56	鱼香烘蛋	Minced Pork Over Egg Crepe
58	蒸三色蛋	Steamed Assorted Eggs
60	瑶柱蒸滑蛋	Steamed Egg with Dried Scallop
<b>水产</b>		<b>Aquatic Food</b>
62	蒸鲑鱼腩	Steamed Fish with Mandarin Peel
64	西湖醋鱼	Steamed fish with Vinegar Sauce(Sai Woo Style)
66	火腿生鱼卷	Fish and Ham Roll
68	菇肉桂花鱼	Steamed Fish with Shredded Pork and Chinese Mushroom
70	焗烤桂花鱼	Baked Mandarin Fish in Foil
72	鲛鱼球粉丝煲	Fish Ball and Vermicelli Hot Pot
74	麒麟鱼肚	Steamed Fish Stomach with Chinese Ham and Mushroom
76	串烧白鳝	White Eel Skewers
78	京葱炆海参	Braised Sea Cucumber with Chinese Leeks
<b>汤羹</b>		<b>Soup</b>
80	津菜肉丸汤	Meat Ball and Cabbage Soup
82	酸辣汤	Sour Hot Soup
84	菠菜羹	Minced Spinach Soup
<b>面点</b>		<b>Noodles &amp; Snacks</b>
86	鲜肉云吞	Mixed Meat Wonton(Chinese Dumplings)
88	炸酱面	Noodles with Spicy Meat Sauce
90	萝卜糕	Steamed Chinese Turnip Cake
92	马蹄糕	Steamed Water Chesnut Cake
94	芋头糕	Steamed Taro Cake
96	紫菜寿司卷	Sushi Roll
98	西米布甸	Sago Pudding
100	银耳炖雪梨	Chinese Pear with White Fungus Dessert
102	冰糖炖木瓜	Papaya Sweet with White Fungus And Almonds

# 奶油菜花

## CAULIFLOWER IN CREAM SAUCE

份量：3 ~ 4 人    SERVES: 3 ~ 4

材料：椰菜花1个(重10两,约400克)、金华火腿茸、面粉各1汤匙、生油3汤匙、拍扁蒜头1粒、淡奶 $\frac{1}{4}$ 杯、盐、糖、胡椒粉各少许。

做法：

(1) 椰菜花去叶，投入淡盐水中浸片刻，洗净，用烧滚的油盐水焯熟，捞出沥干。

(2) 烧热油二汤匙，爆香蒜头弃去，以慢火加入面粉用勺慢慢搅动，边搅边加入淡奶煮成糊状，放入盐、糖、胡椒粉成奶油芡。

(3) 将椰菜花放在碟上，淋上奶油芡，撒上金华火腿，即可供食。

心得：煮奶油芡要用慢火，边煮边用勺慢慢搅动，这样可避免奶油芡起焦及煮成团粒。

### Ingredients:

1 head of cauliflower, about 400g  
1 tbsp chopped Chinese ham  
1 tbsp plain flour  
1 clove of garlic, crushed  
3 tbsp oil  
 $\frac{1}{4}$  cup evaporated milk  
pinch of salt, sugar and pepper

### Method:

1. Remove the leaves of the cauliflower, cut it into florets and soak in salty water for a while. Drain and wash, then blanch the cauliflower in hot water with a little salt and oil. Drain well.

2. Heat 2 tbsp of oil to sauté the garlic, discard the garlic when its flavor has been extracted. Turn the heat down, add the flour and gradually stir in the evaporated milk. Add a little salt, sugar and pepper to make a cream sauce.

3. Arrange the cauliflower on a plate, pour the cream sauce on top and sprinkle with chopped Chinese ham.

**Practical Tips:** When preparing cream sauce, use low heat and stir constantly. This will prevent the sauce from getting burnt and avoid the formation of lumps.



# 烤白菜

## BAKED CHINESE CABBAGE

份量：6~7人 SERVES：6~7

材料：大白菜1斤8两(约900克)，瘦肉2两(约80克)，牛油2汤匙，淡奶、洋葱条各 $\frac{1}{2}$ 杯，生油4汤匙，面粉3汤匙，拍扁姜2片，盐、糖、胡椒粉各少许。

调味料：盐1茶匙，糖 $\frac{1}{4}$ 茶匙，水少许。

腌料：生油1茶匙，糖、生粉、胡椒粉各少许。

做法：

(1) 将大白菜洗净，切成段；瘦肉洗净切片，加入腌料腌片刻。

(2) 烧热油二汤匙，爆香姜片，放入大白菜兜炒后加入调味料略煮，铲起放入深锅内，待用。

(3) 洗净镬后，烧热油二汤匙，爆香洋葱，放入肉片兜炒至八成熟，铲起，放进盛大白菜的深锅内。

(4) 将牛油以慢火融化后，加入面粉，用勺慢慢搅动，边搅边加入淡奶，煮成糊状，放入盐、糖、胡椒粉成奶油茨。

(5) 将奶油茨淋上大白菜面，放进微波炉或焗炉内，以高火烤至面呈金黄色即可。

心得：融牛油时要用慢火，否则牛油容易烧焦。

### Ingredients:

900g Chinese cabbage

80g lean pork, sliced

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

$\frac{1}{2}$  cup evaporated milk

2 slices of ginger, crushed

3 tbsp plain flour

2 tbsp butter

4 tbsp oil

pinch of salt, sugar and pepper

### Seasoning for the cabbage:

1 tsp salt

$\frac{3}{4}$  tsp sugar

a little water

### Marinade:

1 tsp light soy sauce

a little sugar, corn flour and pepper

### Method:

1. Wash the cabbage, cut it into pieces. Wash, slice and marinate the pork.

2. Heat 2 tbsp of oil to sauté the ginger, put in the cabbage, then add the seasoning and cook for a while. Transfer the cabbage into a baking dish.

3. Clean the wok. Heat 2 tbsp of oil to sauté the onion, then add the pork slices and stir-fry until they are almost cooked. Put the pork together with the cabbage in the dish.

4. Melt the butter over low heat, add the flour and gradually stir in the evaporated milk. Add a little salt, sugar and pepper to make a cream sauce.

5. Pour the cream sauce on top of the cabbage, then bake it in an oven or a microwave oven over high heat until it is golden brown.

**Practical Tips:** Always melt butter over low heat or it will be burnt.







# 冬菇菜胆

## SOW CABBAGE HEARTS WITH CHINESE MUSHROOM

份量：4~5人    SERVES: 4~5

材料：厚身花菇12朵(约60克)，青梗白菜8两(约300克)，生油5汤匙，盐 $\frac{1}{2}$ 茶匙。

腌料：姜汁、绍酒、糖、生粉各少许。

芡汁：清鸡汤2汤匙，生粉、麻油各1茶匙，蚝油2茶匙，盐适量。

做法：

(1) 冬菇洗净，放入大碗内，用半杯水浸透后去蒂，加入腌料捞匀，浸冬菇水保留。

(2) 青梗白菜(小棠菜)修去老梗及黄叶使成菜胆，直剖为两半。

(3) 煮滚水三杯，加入油一汤匙，盐半茶匙，放入白菜焯熟，捞起，沥干水，成放射形排在圆碟上，叶向着碟中央。

(4) 烧热四汤匙油，用蒜片起锅，放入水一杯和冬菇、浸冬菇水及糖半茶匙，以慢火炆二十分钟，拌匀芡汁埋芡，铲起冬菇排在菜胆之中央即成。

心得：浸冬菇时，可用有盖的器皿盖着，既保存冬菇的香味不散，吃时又特别鲜香。

### Ingredients:

12 Chinese mushrooms, about 60g  
320g sow cabbage  
5 tbsp oil  
 $\frac{1}{2}$  tsp salt

### Marinade:

a little sugar, corn flour, ginger juice and Shaoxiang wine,

### Thickening:

2 tbsp chicken stock  
1 tsp each of corn flour and sesame oil  
2 tsp oyster sauce  
pinch of salt

### Method:

1. Wash the mushrooms, soak them in a large bowl with  $\frac{1}{2}$  cup of water. Cut out the mushroom stalks and save the juice, then add the marinade to the mushrooms, stir well.

2. Remove the wilted and tough cabbage leaves to get the "heart" of the cabbage. Cut the cabbage lengthwise in half.

3. Bring 3 cups of water to a boil, add in 1 tbsp of oil and  $\frac{1}{2}$  tsp of salt to blanch the cabbage. Drain well, then arrange the vegetables on a plate, with the leaves facing the center of the plate.

4. Heat 4 tbsp of oil to sauté the garlic, then add in 1 cup of water,  $\frac{1}{2}$  tsp of sugar with the mushrooms and the juice. Cook over low heat for 20 minutes. Stir in the thickening, then arrange the mushrooms in the center of the plate with the cabbage.

**Practical Tips:** Always cover the mushrooms when soaking them to retain the flavor.



# 酿辣椒

## STUFFED CHILI PEPPER

份量：3~4人    SERVES: 3~4

材料：搅烂鲑鱼肉3两（约120克），青、红尖嘴辣椒各3只，葱粒1汤匙，生油3汤匙，生粉少许。

腌料：盐  $\frac{1}{2}$ 茶匙，生粉  $\frac{1}{2}$ 汤匙，麻油、胡椒粉各少许。

做法：

（1）青、红椒洗净，分别剖为两半，去子，抹干，用少许生粉涂匀内部，待用。

（2）鲑鱼肉略用水冲干净，沥干水，加入葱粒及腌料搅至起胶，分别酿入各椒内候用。

（3）烧热三汤匙油，先放入酿有鱼肉的那面煎熟，再反过来煎椒面即可。

心得：

（1）青、红椒洗净后再剖为两半，可减少内部的水分，吃起来才香。

（2）先在椒内涂匀生粉，再酿入鲑鱼肉，可使肉粘紧在辣椒上，不易松脱。

### Ingredients:

120g minced fish  
3 each of red and green chili pepper  
1 tbsp chopped green onion  
3 tbsp oil  
a little corn flour

### Marinade:

$\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tbsp corn flour  
a little sesame oil and pepper

### Method:

1. Wash the peppers, cut them lengthwise in half and remove the seeds, pat dry. Apply a thin coat of corn flour to the inside of the peppers and set aside.

2. Wash the fish fillet, pat dry and mince it. Add in the chopped green onion and the marinade and stir until it becomes sticky. Stuffed the minced fish in the peppers.

3. Heat 3 tbsp of oil to fry the peppers, stuffed side facing down, until the fish is cooked. Then flip it over to cook the other side.

### Practical Tips:

1. Wash your peppers before cutting them so that they won't take up extra moisture.

2. The thin coat of corn flour helps the minced fish to stick well onto the peppers.





主要材料  
Ingredients



(1) 红椒去子  
Cut the red pepper in half



(2) 涂匀生粉  
Lightly coat the interior of the pepper with corn flour



(3) 酿入鲮鱼胶  
Stuff the minced fish in the pepper