

香 港 家 常 食 谱 精 选

巧制西式点心

麦志城编著

广西教育出版社·香港万里机构联合出版

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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，为现代家庭妇女提供了选购容易、制作简单和营养丰富的中外家庭食谱。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.

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火腿菠萝块面包件

HAM & PINEAPPLE CANAPÉ

材料：罐装火腿1件(厚约20厘米)，
罐装菠萝1大块，去边皮方包1大
块，沙律酱、洋芫荽各少许，油纸
唧(挤)袋1个。

做法：

(1) 把菠萝和方包切成均匀的八小
块，火腿切成和面包同样大小八
件。

(2) 把火腿块放在面包上，再放上
菠萝件。

(3) 沙律酱放挤袋内，挤在菠萝
上，再饰以芫荽即成。

Ingredients:

1 piece of canned ham (app.20cm thick)
1 piece of canned pineapple ring
1 slice of crustless whitebread
a little mayonnaise and parsley
1 greaseproof paper bag(for piping)
8 cocktail sticks

Method:

1. Cut the ham, pineapple ring and
whitebread into 8 equal squares.

2. Put a piece of ham and pineapple on
the bread and secure it with a cocktail
stick.

3. Put the mayonnaise in the piping bag
and pipe it onto the pineapple.

4. Garnish the canapé with parsley.



火腿露笋面包件

HAM ROLL WITH ASPARAGUS CANAPÉ

材料：罐装方形火腿4片(厚约2厘米)，去边皮方包1大块，罐装蜜桃 $\frac{1}{2}$ 片，罐装青露笋4条，沙律酱、牛油、洋芫荽各少许，油纸挤袋1个。

做法：

(1) 先把面包涂上牛油，均匀地分成八件。

(2) 每件火腿分别卷一条露笋，均匀地切成两条，每块面包上放一条。

(3) 将炒律酱放入挤袋内，在每件面包的同一位置挤上一小点沙律酱，再以少量芫荽、小桃粒装饰便成。

Ingredients:

4 pieced of canned ham (cut into square shape of app.2cm thick)
1 slice of crustless white bread
4 pieces of canned asparagus
 $\frac{1}{2}$ slice of canned peach (diced)
a little butter, mayonnaise and parsley
1 greaseproof paper bag(for piping)

Method:

1. Butter the bread and cut it into 8 equal pieces.

2. Roll each piece of ham with asparagus and cut it in half. Put each roll on the bread.

3. Garnish the canape with the peach, parsley and mayonnaise piping.



肠仔菠萝面包件

COCKTAIL SAUSAGE & PINEAPPLE CANAPÉ

材料：鸡尾肠8条，罐装菠萝8小块，去边皮方包1大块，牛油(或沙律酱)、洋芫荽各少许。

做法：

(1) 把面包均匀地切成八块，各涂上一层牛油(或沙律酱)。

(2) 每条鸡尾肠用热水焯过(或牛油煎香)，斜切成两段，相对摆在面包上，两者之间各放一块小菠萝，并用沙律酱和芫荽装饰即成。

Ingredients:

1 slice of crustless white bread
8 pieces of cocktail sausages
1 slice of canned pineapple(cut into 8 small pieces)
a little mayonnaise, butter and parsley
1 greaseproof paper bag(for piping)

Method:

1. Butter the bread and cut it into 8 equal pieces.
2. Slightly fry the sausages in a pan. Cut each sausage diagonally in half and put it on the bread.
3. Garnish the canapé with parsley, pineapple and mayonnaise piping.



沙乐美肠面包件

SALAMI SAUSAGE CANAPÉ

材料：沙乐美肠6片，小圆面包块6件(可把一大片方包用吸模吸成)，酿水杭(榄)12片，牛油、沙律酱、洋芫荽各少许，油纸挤袋1个。

做法：

(1) 将每块面包涂上一层牛油。

(2) 把每块沙乐美肠片一切两半，卷成两支喇叭，头尾相对(如图)放在一件小圆面包上。

(3) 把少许沙律酱放入挤袋内，挤在两喇叭之间，在喇叭内酿入水杭片，再饰以芫荽便成。

心得：沙乐美肠最好的是意大利出品，色泽则以暗红色为佳，以1/8厘米厚度为好。

Ingredients:

6 pieces of salami sausage

6 small pieces of white bread in round shape

12 thin slices of stuffed olives

a little butter, mayonnaise and parsley

Method:

1. Butter the bread.

2. Cut each piece of sausage in half and fold it into a cone. Put two sausage cones and olive slices on each piece of bread.

3. Garnish it with parsley and mayonnaise piping.

Hint: The best salami sausage is from Italy and should be dark-red in color. 2cm would be the ideal thickness for most dishes.



烧牛肉卷包件

ROAST BEEF WITH GHERKIN CANAPÉ

材料：烧牛肉(西冷牛肉)8片，甜青瓜8小条，去边皮麦包1大块，酿水杭8片，沙律酱、洋芫荽少许，油纸唧袋1个，鸡尾牙签8支。

做法：

(1) 把面包先分半，再各分成四件，涂上沙律酱。

(2) 把每片烧牛肉卷一条甜青瓜，头尾两端切齐，分别放在一块面包上。

(3) 在面包上放黑水杭，唧少许沙律酱，再加芫荽，插上鸡尾牙签便成。

心得：烧牛肉(冻)在超市有售，可选择半生、色泽较鲜艳的。

Ingredients:

8 thin slices of roast beef
8 stripes of gherkins
1 slice of crustless wheat bread
8 thin slices of black olive
a little mayonnaise, butter and parlsey
8 cocktail sticks
1 greaseproof paper bag(for piping)

Method:

1. Butter the bread and cut it into 8 equal pieces.

2. Roll each slice of roast beef with a stripe of gherkin, trim both ends and put it on the bread. Secrue it with a cocktail stick.

3. Garnish the canape with parsley and piping mayonnaise.

Hint: Roast beef is available in supermarkets. Pick those that is medium rare and bright in color.

