

中国名菜精华

THE CREAM
OF FAMOUS CHINESE DISHES

上海华东大酒店 编



金盾出版社

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内 容 提 要

本书分山珍水产、家禽畜肉、素菜、点心等四类,介绍了120款由上海华东大酒店近些年来研制的中国名菜。其制作在继承传统烹饪技艺的同时,注重吸取现代烹调先进经验和技巧,展现时代风格,成为适合现代人口味的中国菜。每款菜点均由精美彩图配以简洁说明文字予以展示。本书适宜餐饮业人员、家庭阅读使用,也可供收藏欣赏。

图书在版编目(CIP)数据

中国名菜精华/上海华东大酒店编. - 北京:金盾出版社,1997.2

ISBN 7-5082-0371-2

I. 中… II. 上… III. 菜谱-中国 IV. TS972.1

金盾出版社出版、总发行

北京太平路5号(地铁万寿路站往南)

邮政编码:100036 电话:68214039 68218137

传真:68214032 电挂:0234

北京民族印刷厂印刷

各地新华书店经销

开本:787×1092 1/16 印张:8 字数:40千字

1997年2月第1版 1997年2月第1次印刷

印数:1—31000册 定价:30.00元

(凡购买金盾出版社的图书,如有缺页、
倒页、脱页者,本社发行部负责调换)

前 言

《中国名菜精华》所介绍的 120 款菜点,是上海华东大酒店厨师近些年来潜心研制的成果。它是在继承传统烹饪技艺的同时,吸取现代先进烹饪经验和先进工艺制作的,既继承了传统烹调技艺的精华,又注重展现时代风格,更讲求味觉和视觉的整体效果,使中国菜的色、香、味、形、器焕发出更加绚丽的光彩,适应了现代人在口味上和多方面的需求。

这些菜点在酒店广泛用于商务、庆典、生日、招待会等各种宴会,深受中外宾客的欢迎。书中的每一款菜点均以精美彩图和配文介绍,可供仿制,也可供欣赏。

本书菜点由范玉柱、周发祥、施金荣、徐燕芬、施建国、赵智敏制作。参加编务工作的还有李伟、谢建伟、卓放、许明、江莉等。《中国名菜精华》的出版,如果对挖掘、发展中国烹饪技艺,对丰富人们的饮食文化生活,对进行国际文化交流有所裨益,那将是我们的期望。在此,敬请各位美食家和广大读者,对本书不足或谬误之处,批评指正。

蒋永庆

Preface

The one-hundred-and-twenty-example dishes and pastries presented in this book, THE CREAM OF FAMOUS CHINESE DISHES, come from some of the achievements made by the chefs of East China Hotel in their recent years' studies and practice. It has carried on the cream of traditional cooking skills and collected the advanced cooking experience and techniques; in addition, more stress has been laid on the modern ideas and styles, more heed is being given to the entire effect on the senses of taste and sight. Thus, the Chinese food in the colour, flavour, taste, appearance and even container has become more gorgeous, which has fit the needs of modern people on tastes and other aspects.

Well received by our guests, these dishes and pastries have been extensively served in all kinds of dinners or banquets for business, celebration, birthday or reception purposes. Each dish or pastry in this book has been illustrated with a beautiful colour picture and written explanations, for readers either to enjoy or to imitate.

The dishes and pastries in this book are made by Fan Yu Zhu, Zhou Fa Xiang, Shi Jin Rong, Xu Yan Fen, Shi Jian Guo and Zhao Zhi Min. Participating in compiling and typing are Li Wei, Xie Jian Wei, Zhuo Fang, Xu Ming, Jiang Li and others. It will be our expectation if the publication of this book, THE CREAM OF FAMOUS CHINESE DISHES be of any benefit to the exploration and development of Chinese cooking skills, the enrichment of people's cultural life in food and drink, and the promotion of international communications of culture. Any of comments and suggestions on shortcomings or mistakes in this book given by the gourmets and readers will always be welcome.

Jiang Yong Qing

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主辅料: 中包翅 500 克, 香菇、鸡脯肉、火腿、猴菇、胡萝卜、黄瓜各适量, 小草鸡 1 只。

调料: 精制油、绍酒、盐、胡椒粉、味精、生粉、高汤、葱姜各适量。

制法:

1. 鱼翅漂洗干净, 加葱姜焯水捞出用纱布包好, 装入扣碗内。小草鸡斩块焯水洗去血水, 放入扣碗内, 加绍酒、胡椒粉、葱姜和少许盐上笼蒸 1 小时, 取出。

2. 香菇加绍酒卤一下, 切丝做鹰尾, 熟鸡

脯、火腿、猴菇做鹰身和头, 胡萝卜雕出嘴爪, 上笼稍蒸, 原汤加盐、味精, 用生粉勾芡, 淋上明油, 浇于其上。

3. 锅中加高汤、绍酒、胡椒粉、盐, 放入鱼翅焖烧至入味, 旺火收汁加味精、勾芡, 淋上明油, 用小勺盛出装鹰身上做鹰翅, 围上假山、云彩即可。

特点: 造型逼真, 鱼翅鲜香软滑, 富有营养。

Ingredients: 500g. shark's fin, dried mushrooms, chicken breast meat, mushrooms, carrots, cucumbers, 1 chicken.

Seasonings: Refined oil, Shaoxing wine, salt, pepper powder, gourmet powder, starch, scallion, ginger.

Making:

1. Clean shark's fin, quick-boil it with scallion and ginger, wrap in cloth, put in a bowl. Cut chicken into pieces and quick-boil it, then put in the bowl, steam with Shaoxing wine, pepper powder, scallion, ginger and a dash of salt for 1 hour.

2. Pickle dried mushrooms with wine, then make the hawk's tail with shredded mushrooms and the hawk's body with cooked chicken breast meat, ham and mushrooms, carve the hawk's mouth and claws with carrots, steam for a moment. Make thickening with salt, gourmet powder and wet starch, sprinkle boiled oil, then pour onto the dish.

3. Braise the shark's fin with fine stock, wine, pepper powder and salt till well-done, thicken with starch, sprinkle sesame oil, then take out to make the hawk's wings. Put on rockeries and clouds for decorations.

Specialty: Lifelike in shape; tender and tasty; rich in nutrition.



主辅料:甲鱼 600 克, 鸽蛋 10 只, 豆芽、黑芝麻、香菇、荷兰芹各适量。

调料:精制油、盐、味精、胡椒粉、绍酒、葱姜各适量, 鸡蛋 1 只(用蛋清)。

制法:

1. 甲鱼宰杀洗净, 刮去黑衣及外膜, 修去爪尖, 焯水漂净后加绍酒、胡椒粉、盐、味精、葱姜, 上笼蒸 15 分钟成熟。

2. 鸽蛋煮熟后剥去壳, 做鹤身, 插上豆芽做鹤颈, 香菇做翅及尾翼, 黑芝麻用蛋清粘附做眼。

3. 将鹤与荷兰芹间隔放在甲鱼四周, 放入蒸笼内蒸一下取出, 浇上热油即可。

特点:仙鹤、甲鱼象征长寿, 甲鱼味鲜美, 富有营养。



Ingredients: 600g. turtle, 10 pigeon eggs, bean sprouts, black sesame, dried mushrooms, Holland celery.

Seasonings: Refined oil, salt, gourmet powder, pepper powder, Shaoxing wine, scallion, ginger, 1 egg (egg white for use).

Making:

1. Quick-boil the cleaned turtle, steam with seasonings for about 15 minutes to well-done.

2. Shell the boiled pigeon eggs to make crane's body, make crane's neck with a bean sprout, make its wings and tail with dried mushrooms, and eyes with black sesame.

3. Put cranes and Holland celery around the turtle, steam for a moment, then pour hot oil on the dish.

Specialty: Crane and turtle symbolize longevity; delicious and nutrient.



主辅料:塘鲤鱼 10 条约 500 克, 目鱼 250 克, 松仁、胡萝卜、青椒各适量。

调料:精制油、盐、绍酒、味精、胡椒粉、高汤、生粉、麻油各适量。

制法:

1. 塘鲤鱼收拾净从背部剖开, 拆去龙骨, 成斗形, 开水烫一下, 放在盘四周。

2. 目鱼、胡萝卜、青椒切米粒状。

3. 锅烧热, 加油, 放入目鱼、胡萝卜、青椒米煸炒, 加绍酒、胡椒粉、盐、味精、少许高汤烧开后用湿生粉勾芡, 放入松仁, 淋上麻油, 装入塘鲤腹中, 上笼蒸 5 分钟取出, 另勾芡浇于鱼身。

4. 用胡萝卜雕假山, 安放盘中即可。

特点:塘鲤鱼如乌龙鱼肉鲜嫩, 松仁、目鱼香滑。此菜又名鱼中有鱼。

Ingredients: 500g. Tangli fish, 250g. cuttlefish, pine nuts, carrots, green peppers.

Seasonings: Refined oil, salt, Shaoxing wine, gourmet powder, pepper powder, starch, sesame oil.

Making:

1. Cut Tangli fish from the back, remove the back bone, put around the plate after quick-boiling.

2. Cut cuttlefish, carrots and green peppers into dices.

3. Heat oil and saute the diced cuttlefish, carrots and green peppers, thicken with seasonings and a dash of fine stock, add pine nuts, sprinkle sesame oil, then stuff them into Tangli fish, steam for about 5 minutes, make thickening and pour onto the dish.

4. Carve the rockery with carrots, put in the middle of the plate.

Specialty: Fresh and tender; in delicious flavour.



主辅料:珍珠鲍 1 听, 虾仁 100 克, 松仁、绿叶菜各适量。

调料:精制油、绍酒、盐、味精、胡椒粉、生粉各适量。

制法:

1. 虾仁斩成虾茸, 加绍酒、盐、胡椒粉搅拌均匀放于盘中做葵花盘, 插上松仁做葵花子, 四周用珍珠鲍插上做花边, 上笼蒸 5 分钟取出。

2. 绿叶菜烫一下做葵花叶。原汁滤出, 加盐、味精, 用湿生粉勾芡, 打明油浇于葵花上即可。

特点:造型逼真, 鲜香滑嫩。

Ingredients: 1 tin of pearl abalone, 100g. shelled shrimps, pine nuts, green vegetables.

Seasonings: Refined oil, Shaoxing wine, salt, gourmet powder, pepper powder, starch.

Making:

1. Mince the shelled shrimps, mix Shaoxing wine, salt and pepper powder with it, put the plate as sunflower plate, then insert pine nuts as sunflower seeds, put pearl abalone around it as petals, steam for about 5 minutes and take out.

2. Make sunflower leaves with scalded green vegetable, strain the soup and thicken with wet starch, salt and gourmet powder, pour sesame oil on the sunflower.

Specialty: Lifelike in shape; tender and tasty.

Ingredients: 500g. big yellow-eel, carrots, Holland celery, dried mushrooms, agar-agar, 1 egg (egg white for use).

Seasonings: Refined oil, Shaoxing wine, soy sauce, sugar, gourmet powder, starch, sesame oil, pepper powder, scallion, ginger.

Making:

1. Clean and pick intestines away from the eel, cut the eel into 5cm-long pieces, scald in the boiling water, then take out and clean again.
2. Heat a dash of oil, stir-fry the eel, add seasonings and fine stock until cooked, then thicken with gourmet powder and starch, pour sesame oil, place at the side of the plate.
3. Carve the pagoda and small bridge with the carrot, place them on the plate, garnish with dried mushrooms and Holland celery, beat the egg white until bubbling for decorations, melt the agar-agar and pour into the plate as lake water.

Specialty: Good-looking, in heavy fragrant flavour.

主辅料: 大黄鳝 500 克, 胡萝卜、荷兰芹、香菇、琼脂各适量, 鸡蛋 1 只(用蛋清)。

调料: 精制油、绍酒、老抽、糖、味精、生粉、麻油、胡椒粉、葱姜汁、高汤各适量。

制法:

1. 大黄鳝宰杀后去肠洗净, 斩成 5 厘米左右长的段, 又称马鞍桥。锅中放水烧开, 倒入黄鳝烫一下, 捞出洗净。

2. 锅烧热, 放少量油烧热, 倒入黄鳝炒一下, 加绍酒、老抽、糖、胡椒粉、葱姜汁和高汤, 烧至成熟, 加味精, 用生粉勾芡, 淋上麻油, 装入盘的一边。

3. 将胡萝卜刻成宝塔、小桥形, 安放盘中, 围上香菇、荷兰芹, 鸡蛋打雪花点缀, 另将琼脂化开, 浇于盘中做湖水即可。

特点: 造型优美如盆景, 黄鳝香浓入味。



主辅料: 大龙虾 1 只约 1500 克, 竹荪 50 克, 黄瓜、樱桃各适量。

调料: 精制油、绍酒、盐、味精、生粉、葱姜、高汤各适量, 鸡蛋 1 只(用蛋清)。

制法:

1. 龙虾拧下头, 挖出身肉。头尾加绍酒、葱姜, 上笼蒸熟。

2. 虾肉批成片, 加绍酒、盐、蛋清、生粉上浆。黄瓜切片。竹荪泡发后, 改成长段, 批开成大片状, 加盐、味精蒸熟。

3. 锅烧热, 加油烧至三四成熟, 倒入龙虾肉滑油至熟倒出沥去油。锅中加绍酒、葱姜汁、高汤、盐、味精, 用湿生粉勾芡, 倒入虾肉翻炒, 淋上明油装盘, 安上头尾, 黄瓜、樱桃围边。

4. 将蒸好的竹荪安放在两边, 另勾薄芡浇于其上即可。

特点: 竹荪如龙袍脱于两边, 虾肉鲜嫩滑润, 色泽洁白。

Ingredients: 1 big lobster (about 1500g), 50g. bamboo piths, cucumbers, cherries.

Seasonings: Refined oil, Shaoxing wine, salt, gourmet powder, starch, scallion, ginger, eggs (egg white for use).

Making:

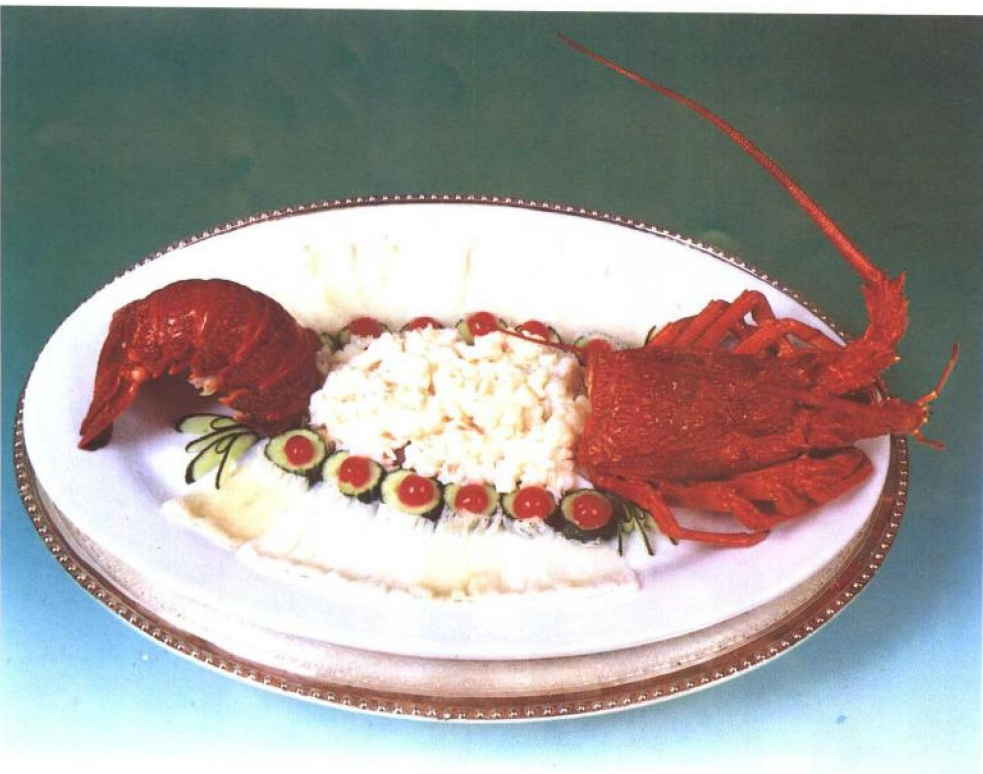
1. Remove the lobster's head and peel off the meat, steam the head and tail with wine, scallion, ginger till cooked.

2. Cut the lobster meat into slices, mix with wine, salt, egg white and starch, slice cucumbers, cut the bamboo piths into long pieces after soaking, then cut into large slices, steam with salt, gourmet powder till well-done.

3. Heat oil to half-done, stir-fry the lobster meat till cooked, take it out and remove the oil, make thickening with seasonings and fine stock, put the lobster meat in and stir it with boiled oil and then place it on the plate, lay the head and tail on, garnish with cucumbers and cherries.

4. Put the bamboo piths two sides, thicken with starch and pour onto the dish.

Specialty: Fresh and tender, pure white in colour.





主辅料:青鱼头 5 只, 绿叶菜少许。

调料:精制油、绍酒、糖、老抽、胡椒粉、味精、生粉、麻油、葱姜、高汤各适量, 红、绿樱桃各 1 颗。

制法:

1. 青鱼头从中斩开, 将鱼眼沿眼窝修成小圆形, 洗净血水。

2. 锅中放少许油, 放入鱼眼两面煎一下, 加绍酒、老抽、葱姜米、糖、胡椒粉和高汤, 烧至汤汁稠浓, 加味精、少许湿生粉晃动锅, 使芡汁紧包, 淋上麻油, 装入盘中, 绿叶菜围边, 樱桃点缀。

特点: 酱红色, 味鲜嫩、甜肥。

Ingredients: 5 black carp's heads, green vegetables.

Seasonings: Refined oil, Shaoxing wine, sugar, soy sauce, pepper powder, starch, sesame oil, scallion, ginger.

Making:

1. Cut the black carp's heads in half, trim off along the eyeholes to be round, cleaning.

2. Fry two sides of carp's cheeks, add wine, soy sauce, sugar, pepper powder and fine stock till well-done, thicken with gourmet powder and starch, pour sesame oil on, place on the plate, garnish with green vegetables.

Specialty: Dark reddish brown in colour, fresh and tender, sweet and fatty.



主辅料: 龙虾 1 只约 1000 克, 果子狸肉 250 克, 银杏 50 克, 青椒、香菇各少许。

调料: 精制油、绍酒、盐、胡椒粉、味精、生粉、麻油、葱姜、高汤各适量, 鸡蛋 4 只。

制法:

1. 龙虾拧下头, 挖出净肉, 批成薄片, 加绍酒、盐、味精、蛋清、生粉上浆。头尾加葱姜上笼蒸熟。果子狸肉去筋批成薄片, 加绍酒、盐、胡椒粉、味精、鸡蛋、生粉上浆。青椒、香菇切小片。

2. 锅烧热, 加油烧至三四成熟, 放入龙虾肉、果子狸肉滑油倒出。锅中留少许油, 放入葱姜、青椒、银杏、香菇煸炒, 加绍酒、盐、高汤, 倒入龙虾肉和果子狸肉, 烧开后加味精, 用生粉勾芡, 淋上麻油, 倒入煲内, 置火上烧滚, 放入盘中, 安上龙虾头尾即可。

特点: 味鲜嫩, 香浓。又名龙虎煲。

Ingredients: 1000g. lobster, 250g. guozili fox meat, 50g. ginkgoes, green peppers, dried mushrooms.

Seasonings: Refined oil, Shaoxing wine, salt, pepper powder, gourmet powder, starch, sesame oil, scallion, ginger, 4 eggs.

Making:

1. Remove head and peel off the meat from the lobster, cut the meat into flakes and mix with wine, salt, gourmet powder, egg white and starch, steam the lobster's head and tail to well-done, remove the tendons from guozili fox, get them thin sliced, mix with wine, salt, pepper powder, gourmet powder, egg and dry starch, slice green peppers and dried mushrooms.

2. Heat oil to half-done, stir-fry the lobster meat and guozili meat, take them out, heat oil and saute the scallion, ginger, ginkgoes, green pepper and mushrooms, mix with wine, salt, and stock, thicken with gourmet powder and starch after boiling, sprinkle sesame oil, then put into a casserole to boil, place the casserole on the plate, lay the lobster's head and tail on.

Specialty: Fresh and tender, in heavy fragrant flavour.