

香 港 家 常 食 谱 精 选

强身健体美食

陈 东 著

广西教育出版社 · 香港万里机构联合出版

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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

强身健体美食

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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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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 7-5435-2685-9/Z·31

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

饮和食德，有助身心康泰；调和鼎鼐，可以强健养生。常言道：“药补不如食补”，远在千多年前，唐朝名医孙思邈在《千金要方·食治篇》就指出：“凡欲治病，先以食疗，既食疗不愈，后乃用药尔”，便已说明了这个道理。现今人们注重健康饮食，对食疗进补自然更为重视。但进补是一门学问，并非补品越多越浓便成，而是应懂得补品的药性，在合乎节令的原则下，选取恰当的分量和配搭，再配合好的厨艺，才能做出上佳的食疗菜式。

本书选取了近50个别出心裁、可口美味而精巧的滋补食谱，均具有材料简单而易找、制作步骤不太繁复的特色，符合现今城市人的生活节奏和实际要求。菜式介绍方面，力求通过深入浅出的文字描述配合精美的原料和成品图，将专业厨师的精湛厨艺和烹饪窍门普及到家庭读者中，但又避免了一般职业厨师的浓汤重味精的劣习。读者只要依法炮制，当可尽享口福而又收到食疗保健的真正效益。

制作食疗菜式要做得好，除了要具备一定厨艺外，多试多食多做多看多问，从而累积经验而达至得心应手的境界也很重要。通过这本书的出版，希望将个人的食疗心得与读者分享，若有未尽善处，尚请各位不吝赐教。

PREFACE

Eating and drinking well, with an emphasis on food harmony and balance can enhance one's general health conditions. There is a say in Chinese that "food nourishment is better than medicinal nourishment". Thousands of years ago, the famous Doctor Sung of the Tang dynasty had already remarked in his own medicinal journal, "as for curing, food should come before medicine". Nowadays, people are more concerned about their diets, and there is no surprise that food nourishment has become very popular. To get the most out of the nourishing dishes, one must opt for quality rather than quantity. The right amount and combination of ingredients, the seasonal affect of food, an understanding of the nature of food as well as good cooking techniques are equally important in creating good nourishing dishes.

There are 50 nourishing recipes in the book, all delicious, delicate and appealing. As the ingredients used are simple popular, and the cooking procedures are easy to follow, these recipes can easily fit into your busy and hectic lifestyle. All the recipes are accompanied by clear description, colour photographs as well as helpful tips and hints from renowned professional chef. All you have to do is to follow the instructions in the book, and the rest is yours to enjoy.

To achieve perfection in a recipe is not as hard as it seems. A good grasp of cooking technique is important. The experience from testing, retesting, tasting, judging and enquiring also help to perfect the dishes. I am glad to have this opportunity to share my experience with you, I do hope you find this book useful. Any opinion or comment from you is welcome.

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素太极羹

VEGETARIAN TAI CHI SOUP

材料：菠菜1斤(约600克)，水豆腐1件、草菇4两(约160克)、硷水少许。

素汤材料：黄豆2两(约80克)、黄芽白8两(约320克)、菠菜根和枝。

做法：

(1) 将黄芽白及菠菜洗净，黄芽白切段，菠菜摘出根和茎，与黄豆一起加15碗水同煮成素汤底。

(2) 菠菜叶用滚水加硷水烫熟，漂去硷味后挤干水分切碎，切去豆腐底面的硬皮，加水搅碎，草菇洗净出水，用油炒香。

(3) 将菠菜茸及一半素汤加入草菇内同煮，调味后埋芡，另外用余下的素汤煮豆腐茸，调味后埋芡，将两者如图盛好成太极羹。

Ingredients:

600g. spinach
1 piece soft beancurd
160g. straw mushroom
dash of lye

Soup Base:

80g. soya bean
320g. Tientsin cabbage
stem and root of spinach

Method:

1. To make the soup: Wash the spinach and Tientsin cabbage. Pick out the stems and the roots of the spinach, cut the cabbage into sections. Cook the vegetables and the soya beans with 15 bowls of water.

2. Add a little lye in water to blanch the spinach until softened. Put it under running water for a while, then dry and chop it. Cut out the hardened part of the beancurd, then mash it with a little water. Wash blanch and fry the mushroom.

3. Cook the spinach with half of the soup, season to taste and thicken with cornflour solution. Cook the mashed beancurd with the rest of the soup and finish it in the same way.



食疗功效：
润肠胃，健五脏

Healing Effect:
nourish the intestines and stomach, strengthen
the five parenchymatous viscera



蜜钱四宝南瓜

FOUR TREASURE PUMPKIN DESSERT

材料：南瓜1个、芋头、栗子各8两（约320克） 白果4两（约160克） 砂糖6两（约240克） 桂花糖、白芝麻各适量。

做法：

(1) 将南瓜洗净、开边去籽、加少许糖隔水蒸熟、栗子去衣、白果去壳开边去心、加水将栗子及白果煮软；芋头去皮，切粒。

(2) 用1杯清水将砂糖煮成糖胶、然后放入芋头和栗子以慢火同煮约20分钟、放入南瓜盅内、再加入桂花糖和白芝麻、即可食用。

心得：食用时可把南瓜切件上碟。

Ingredients:

1 pumpkin
320g taro
320g chestnut
160g. ginkgo
240g. sugar
adequate preserved osmanthus
adequate white sesame

Method:

1. Wash, half and seed the pumpkin, steam it with a little sugar over water. Shell the ginkgo and remove the core. Cook the ginkgo and chestnut with water until softened. Skin and dice the taro.

2. Melt the sugar with the same amount of water to make syrup, then put in the taro and chestnuts and cook over low heat for about 20 minutes, lastly, put it back in the pumpkin, add in the preserved osmanthus and the white sesame seeds, serve.

Practical Tips:

You can cut the pumpkin into pieces for serving.



食疗功效：
润肤养颜·防痕痒

Healing Effect:
nourish the skin, anti-itching



翠红三耳

STIR FRIED THREE FUNGUS

材料：云耳、雪耳各2两(约80克)，黄耳4两(约160克)，番茄、苋菜各8两(约320克)。

做法：

(1) 先将云耳、雪耳、黄耳浸软，切去硬耳脚后洗净，番茄切角、苋菜去根洗净。

(2) 用水将黄耳煮软，云耳和雪耳也用水略煮。

(3) 用少许油炒香番茄，再加入云耳、雪耳、黄耳同炆，后加入苋菜同煮片刻，调味后即成。

Ingredients:

80g. black fungus
80g. snow fungus
160g. yellow fungus
320g. tomatoes
320g. Chinese spinach

Method:

1. Soak the fungus in water, cut out the hard parts and clean them thoroughly. Cut the tomatoes into wedges, wash the Chinese spinach and cut out the roots.

2. Cook the yellow fungus with a little water until softened. Slightly cook the remaining fungus as well.

3. Fry the tomatoes with a little oil, then add in all the fungus. Lastly, add the Chinese spinach season to taste.



食疗功效：
健脏腑，滋阴，防衰老

Healing Effect:
strengthen the viscera, nourish the "yin" and anti-aging



佳偶天成

FRIED LOTUS ROOT SLICES WITH KALE & OLIVE

材料：莲藕12两(约480克)、芥兰菜梗8两(约320克)、潮州油橄榄菜2两(约80克)、红辣椒1只。

做法：

(1) 将莲藕洗净，刨皮切片，然后用淡盐水浸片刻。

(2) 用刀削去芥兰梗骨的外皮，切片，红椒切角，榄菜用水洗去黑油。

(3) 用红椒及榄菜起锅，炒香后加入莲藕片和芥兰骨同炒，炒熟后加盐调味，最后用生粉水埋芡即成。

Ingredients:

480g. lotus root
320g. kale (use only the stems)
80g. Chiu Chow preserved olive
1 red pepper

Method:

1. Wash peel and slice the lotus root, then soak it in salty water for a while.

2. Use only the stems of the kale, remove its hard outer layer with a small knife and cut it into pieces. Cut the red pepper into wedges; rinse the olives with water to remove any excess oil.

3. Stir-fry the red pepper and olive with a little oil, then stir in the lotus root slices and kale. When cooked, season with salt and thicken with cornflour solution.



食疗功效：
养颜、健胃、助吸收

Healing Effect:
nourish the skin, strengthen the stomach and
facilitate absorption

