

香 港 家 常 食 谱 精 选

# 超值营养食谱

谭吴威凤编著

广西教育出版社 · 香港万里机构联合出版

HEALTHY MONEY-SAVING MEALS

中 英 对 照

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## 超值营养食谱

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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

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精打细算是一种美德。

精打细算并不是吝啬、而是稍费心思，令到用最少的金钱，换取最大的享受，每次花费都是物有所值，毫不浪费。

一般人认为在衣食住行方面，贵的一定比便宜的好，其实不能一概而言。作为消费者，应先找出其中的原因。例如一件贵的衣服，可能是因为出图产数量少，买到的人视之为身份象征，衣服本身可能成本并不太高。反过来说，一件便宜的货品，可能是成本低，公司开支不大，故以一般价钱出售已是有利可图。谈到食物，原理亦一样。贵的材料并不一定味美营养高，便宜的也不一定比贵的差。举个最简单的例子，大家都知道，价钱便宜的豆腐，含丰富的蛋白质、钙质等，在制造豆腐的过程中，再加入少许石膏，还能除湿热，助消化。而餐餐山珍海味，营养不均衡、营养过量，反而会导至疾病丛生。无可否认，在配搭方面，使用价廉物美的材料是会费心思的，但确能制成色香味俱全、营养丰富的好菜式。

本书所介绍的近五十款精心研究的菜谱，所选材料非常廉宜，完全符合精打细算的要求。所用营养全面、有利健康，味道尽量以清淡取胜，更有创新的搭配，可令胃口大增。借着此书，希望能给大家更多的选择及烹饪灵感。

## PREFACE

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Careful financial planning is an art which can enhance our quality of life and enrich family life as a whole.

There is a great difference between being stingy and careful financial planning. The latter is to spend a little time in working out our expenditure so as to make most use of the money available. In other words nothing is wasted and we get our money's worth every time. As living standards are forever rising, to be able to reach this goal is definitely a great achievement.

Most people believe that in all aspects of life better means more expensive. This is true to a certain extent only. As a consumer we should first find out the reasons why a certain product demands such a high price. A piece of clothing can cost a lot because of its limited quantity available rather than the actual high cost in production and it is bought as a symbol of status. On the other hand a cheap article is so priced because the overheads are low and there is already quite a wide profit margin. The same principles apply to food. Using expensive ingredients do not guarantee a nutritious and delicious dish whereas ordinary ones can sometimes achieve that purpose. Beancurd is a very good example. Although it is cheap it is high in protein and calcium. A small portion of plaster de Paris is used to set beancurd and this is very good for our digestion and removing excess water from our bodies. These good qualities are sometimes missing from expensive seafood and meat and too much rich food can lead to unhealthy consequences. Using ordinary ingredients to produce delicious food which smells and looks just as good requires slightly more effort but is well worth the time spent.

There are around fifty well planned recipes in this book which illustrates the above mentioned theories. All ingredients used meet the healthy and nutritious standards and none of them is expensive. Cooking methods are simple and the dishes are light and tasty. There are also new combination of ingredients which may inspire you to create more dishes of your own. Happy Cooking!

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### 附注：

本书重量换算用司马斤两计算，即1斤=16两=600克；如要折算为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

# 大蒜煮萝卜

## BRAISED LEEKS WITH TURNIP

**材料：**白萝卜12两(约480克)、青蒜8两(约320克)、油豆腐8块、水1杯、生油、生抽各适量。

### 做法：

(1) 萝卜去皮切大件，余水留用；青蒜洗净，去外叶后切段；油豆腐切开。

(2) 烧热二汤匙油，烧香青蒜段，放入萝卜件加清水，加盖，用慢火煮约十分钟。

(3) 将油豆腐放入再煮约五分钟，用少许生抽调味。

### 心得：

(1) 青蒜除味香外，也含大量维他命A及B，能治高血压，用来做菜一定要煮至熟透。

(2) 白萝卜有天然的鲜甜味，但也有辣味，应余后才煮。

(3) 「余水」即是放入沸水中略煮即捞起。

### Ingredients:

480 g. white turnip  
320 g. leeks  
8 pcs. beancurd puffs  
1 cup water  
Oil and light soya sauce to taste

### Method:

1. Peel turnip and cut into large pieces; blanch in boiling water and set aside. Wash and trim leeks and cut into sections. Cut beancurd puffs in halves.

2. Heat 2 tablespoons of oil and fry leek sections. Add turnip pieces and water. Cover and simmer for 10 minutes.

3. Place beancurd puffs in wok and cook for a further 5 minutes. Season with a little light soya sauce.

### Helpful Hints:

1. Besides tasting good, leeks contain a high quantity of Vitamins A and B and helps to control high blood pressure. Make sure they are well cooked before serving.

2. White turnip has a natural sweet flavour as well as a sharp bitter taste which can be removed by blanching in water before cooking.

3. Blanching means placing the ingredient in boiling water for a short while and drain.



# 雪里蕻炆薯仔

## POTATO PIECES AND SNOW CABBAGE

**材料：**薯仔10两(约400克)，青色雪里蕻4两(约160克)，红椒1只，糖1茶匙，油2汤匙，水约1杯，盐适量。

**做法：**

(1) 薯仔去皮切大件，用油略炸后沥干。

(2) 雪里蕻用清水冲洗干净，再浸片刻捞起沥干水，与红椒切粒。

(3) 烧热二汤匙油，炒香雪里蕻粒，放入薯仔，加入一杯水，加盖，以慢火煮约五分钟至熟，用糖及盐调味，放入红椒粒略炒即可。

**心得：**

(1) 这菜式虽然用料简单，但味道非常鲜美。

(2) 薯仔含维生素A、B和大量淀粉质、蛋白质，能充饥、降血压。煮时可放多些油，否则入口太干涩。薯仔先炸后煮，不易烂。

(3) 不喜嗜辣者，可免用红椒。

### **Ingredients:**

400 g. potatoes  
160 g. green snow cabbage(potherb mustard)  
1 chilli  
1 tsp. sugar  
2 tbsp. oil  
About 1 cup water  
Salt to season

### **Method:**

1. Peel potatoes and cut into large pieces. Deep fry for a short while and drain.

2. Wash and slightly soak green snow cabbage. Drain and chop finely with chilli.

3. Heat 2 tablespoons of oil and fry chopped green snow cabbage. Add potato pieces and 1 cup of water. Cover and simmer for about 5 minutes until potatoes are cooked. Season with salt and sugar. Lastly add chopped chilli. Mix well and serve.

### **Helpful Hints:**

1. Although very basic ingredients are used for this dish, it is surprisingly tasty.

2. Potatoes contain Vitamins A, B and are rich in carbohydrates and protein. They are also filling and can help in controlling high blood pressure. Use slightly more oil during cooking will prevent the potatoes from tasting too dry. In order to stop them from breaking up during the simmering process, deep fry the potatoes first.

3. Omit the chilli if the hot taste is not required.





# 炒素鳝

## FRIED VEGETARIAN EELS

**材料：**浸软冬菇10只，银芽2两(约80克)，红萝卜丝、芹菜丝各少许。

**芡汁料：**生抽、水各1汤匙，蚝油1茶匙，糖、麻油、生粉各少许。

**做法：**

(1) 冬菇去蒂抹干水，切丝成素鳝丝，用生粉拌匀，用猛火炸至金黄脆身。

(2) 烧热一汤匙油，炒香银芽、红萝卜丝及西芹丝，将冬菇丝回锅炒匀，最后倒入芡汁料炒匀即成。

**心得：**也可用剪刀沿冬菇外边向内剪成素鳝丝。冬菇先炸后煮，更易吸味。

### **Ingredients:**

10 soaked Chinese black mushrooms  
80 g. silver sprouts  
Some shredded carrots and celery

### **Sauce:**

1 tbsp. each of light soya sauce & water  
1 tsp. oyster sauce  
Dash of sugar, sesame oil and cornflour

### **Method:**

1. Squeeze dry mushrooms and remove stems. Cut into shreds to resemble shredded eels. Dust with a little cornflour and deep fry in hot oil until crispy and golden brown.

2. Heat 1 tablespoon of oil and fry silver sprouts, shredded carrot and celery. Return mushrooms to wok and continue frying for a short while. Lastly add sauce and mix well.

### **Helpful Hints:**

When cutting mushrooms use a pair of scissors and cut along the edge of the mushroom following the rim. Fried mushrooms absorb sauce easier than uncooked ones.





# 菜蔬素鲍鱼

## ABALONE WITH FRESH GREENS VEGETARIAN STYLE

**材料：**时菜12两(约480克)，熟面筋3个(重8两，约320克)。

**汤汁料：**上汤1杯、蚝油1汤匙，盐、糖各 $\frac{1}{2}$ 茶匙，麻油、胡椒粉各少许，老抽1茶匙。

**芡汁料：**生粉1汤匙，开水2汤匙。

**做法：**

(1) 时菜摘洗干净，用盐、油滚水焯熟，置碟中。

(2) 面筋洗净切薄片，氽水后沥干水，用少许油略炒，倒入汤汁料煮滚，慢慢放入芡汁料煮稠，淋在时菜上，趁热吃。

**心得：**面筋烹调前先氽水，味会更清。面筋煮好后，仍放汤汁料中浸约三十分钟，吃时再煮滚埋芡，会更入味。

### **Ingredients:**

480 g. fresh vegetables

3 cooked gluten balls (about 320 g.)

### **Sauce:**

1 cup stock

1 tbsp. oyster sauce

$\frac{1}{2}$  tsp. each of salt & sugar

Dash of sesame oil & pepper

1 tsp. dark soya sauce

### **Thickening Sauce:**

1 tbsp. cornflour mixed with 2 Tbsp. water

### **Method:**

1. Wash and trim vegetables and cook in boiling water with a little salt and oil added for flavour. Drain well and place on serving plate.

2. Wash gluten balls and cut into thin slices. Blanch in boiling water and drain well. Fry in a little oil and add sauce. Bring the sauce to the boil and gradually add cornflour solution. When sauce thickens, pour on top of vegetables and serve.

### **Helpful Hints:**

For better flavour blanch gluten balls before frying. If the gluten ball slices are left in the boiled sauce for about thirty minutes and then reheat before serving and thickening the taste will be greatly improved.



