

名家烹饪系列

方太菜谱

# 超市·菜料·烹饪



RECIPES FOR SUPERMARKET INGREDIENTS



海天出版社·香港万里机构

方任利莎 著



菜谱中、英、菲文对照 All recipes are translated in Chinese, English and Tagalog

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# 前言

**如**今很多大型的超级市场都销售生活所需的各种货物，如衣着、饰物、食品、肉菜等，将人们习惯的分散购物方式改变为集中购物方式，无形中加速了人们的消费欲望，促进人们生活水平的提高。

而作为家庭主妇，以前买菜就一定要去市场，但那些地方既肮脏，路面又湿滑，不能穿得太光鲜豪华，遇着下雨天就更麻烦，去一趟市场回来变成一只“酱鸭”，令不少主妇大皱眉头。

若在六七十年代说去逛一个有冷气、光亮洁净的市场，一定会被说成是痴人说梦话。但近年，这梦想却逐渐地实现了，最显著的就是百货公司内的超级市场及大型连锁经营的超级市场了。这些超市的特点是货品种类繁多，特别为上班一族准备了不少半成品食物，例如：洗切好的肉类、腌制好的小菜、各样的蔬菜、生猛的海鲜，甚至更有烹调好而又包装成盒的菜式出售，无论自己想不想烹调，都会有一顿满意的“住家饭”吃。

这种设计，很适合大都市的紧张节奏，富有时代感。我也很喜欢去逛这些大型的超市，地方大，货品多，干净明亮，环境舒适，而且固定了营业时间，受时间限制的上班一族可以心中有数，没有了下班后匆忙赶到菜场时才发觉没有菜买的狼狈。虽然菜场的价格或许便宜一些，但超市的货品种类繁多，甚至常常引进外地的新材料，所以只要肯花心思，懂得灵活运用各类材料，不要预先想着做什么菜，去到超市内慢慢计划，就不会有“大失预算”的感觉了。或许逛超市时你会被新的材料吸引，触发起要做新式菜肴的兴趣呢！





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# 葱烧北海道三文鱼

Green-Onion Flavoured Hokkaido Salmon Fillet  
Laman ng Hokkaido Salmon na Lasang Sibuyas

材料：急冻北海道三文鱼排1盒(2件)，姜2~3片，葱段2条量。

腌料：柠檬汁 ½ 茶匙，绍酒 1 茶匙，盐 ¼ 茶匙，胡椒粉少许，生粉适量。

调味料：水 ¼ 杯，生抽(酱油) 1½ 汤匙，糖 1½ 茶匙，麻油、胡椒粉各少许。

做法：

- ① 三文鱼排去鳞，洗净后沥干，放腌料腌匀，并扑上干生粉少许，放入大热油内炸至酥脆及熟，即捞起，沥干油分，待用。
- ② 烧热油 2 汤匙，爆香姜片 and 葱段，喷少许酒，并加入调味料，以文火煮至材料起泡时，放入炸脆之三文鱼排，快手兜拌炒匀，使鱼排沾上汁液，即可盛上碟，趁热供食。

## Ingredients:

1 pack frozen Hokkaido salmon fillet (2 pieces); 2-3 slices ginger; 2 green onions, cut into sections.

## Marinade:

½ tsp lemon juice; 1 tsp Shaoxiang wine; ¼ tsp salt; a little pepper; some corn flour.

## Seasonings:

¼ cup water; 1½ tbsp light soy sauce; 1½ tsp sugar; a little pepper and sesame oil.

## Method:

- ① Thoroughly scale the salmon fillets, wash and pat dry. Put in the marinade and dust with a little corn flour. Slide the fish into a wok of hot oil and deep-fry until crispy and done. Remove and place on absorbent paper.
- ② Heat 2 tbsp of oil to sauté the ginger slices and green onion, sprinkle wine, add the seasonings and cook over medium heat. When the mixture starts to bubble, put in the salmon fillets and stir-fry quickly until they are thoroughly coated with the sauce. Serve immediately.

## Mag Sangkap:

1 paketeng frozen na laman ng Hokkaido Salmon (2 piraso), 2-3 hiwang luya, 2 tangkay dahon ng sibuyas (hiniwa), kaunting arina.

## Pangbabad:

½ kutsarita katas ng limon, 1 kutsarita alak, ¼ kutsarita asin, kaunting paminta.

## Panimpla:

¼ tasa tubig, ½ kutsara toyo, 1½ kutsarita asukal, kaunting paminta at sesame oil.

## Paraan ng Pagluto:

- ① Linisin ang laman ng salmon, hugasan at patuyuin. Ilagay sa pangbabad pagkatapos pahiran ng kaunting arina. Iprito ang isda hanggang mamula-mula at malutong. Hanguin at ilagay sa plato na may papel.
- ② Igisa ang luya at dahon ng sibuyas. Lagyan ng alak at ibuhos ang panimpla. Lutu in sandali. Kapag Kumulo na ilahok ang laman ng salmon at haluin kaagad, Ihain na mainit.



北海道三文鱼  
Hokkaido Salmon Fillet  
Laman Ng Hokkaido Salmon





# 特式蒸三文鱼

Steamed Specialty Salmon

Pinasingawang Espesyal na Salmon

材料：冰鲜三文鱼2件，杂菜粒 ½ 杯，淡奶\* ¼ 杯，蘑菇片约2汤匙，干葱片少许。  
腌料：盐 ½ 茶匙，酒 ½ 汤匙，胡椒粉少许。  
调味料：盐 ½ 茶匙，糖 ½ 茶匙，水 ½ 杯，胡椒粉少许。

芡料：生粉及水各少许，拌匀。

做法：

- ① 三文鱼去鳞，洗净后沥干水分，放入腌料拌匀，用大火隔水蒸约5分钟取出，待用。
- ② 烧热油约 1½ 汤匙，爆香干葱片，放入蘑菇片、杂菜粒、调味料，煮至滚起。
- ③ 将淡奶加入上项材料中，用少许生粉水勾薄芡，淋上三文鱼面，即可趁热供食。

\* 淡奶：又称花奶，用于菜式增香，或与咖啡、奶茶调匀同饮。

#### Ingredients:

2 slices salmon fillet; ½ cup mixed vegetables; ¼ cup evaporated milk; 2 tbsp mushroom slices; a little shallot, sliced.

#### Marinade:

½ tsp salt; ½ tbsp wine; a little pepper.

#### Seasonings:

½ tsp salt; ½ tsp sugar; ½ cup water; a little pepper.

#### Thickening:

a little corn flour solution.

#### Method:

- ① Scale the salmon fillet, wash and pat dry, put in the marinade and mix well. Steam the fish over high heat for about 5 minutes, remove and set aside.
- ② Heat 1½ tbsp of oil to sauté the shallot, then add the mushrooms, mixed vegetables and the seasonings, keep cooking until the mixture comes to a boil.
- ③ Put in the evaporated milk, thicken with a little corn flour solution. Pour the sauce over the fish and serve hot.

#### Mag Sangkap:

2 Hiniwang laman ng salmon, ¼ tasa halo-halong gulay, ¼ tasa gatas na eaporada, 2 kutsara hiniwang kabute, kaunting hiniwang sibuyas tagalog.

#### Pangbabad:

½ kutsarita asin, ½ kutsara alak, kaunting paminta.

#### Panimpla:

½ kutsarita asin, ½ kutsarita asukal, ½ tasa tubig, kaunting paminta.

#### Pampalapot:

tinunaw na arina.

#### Paraan ng Pagluluto:

- ① Linisin ang laman ng salmon, hugasan at patuyuin. Ilagay sa pangbabad at haluin. Pasingawan ang isda ng 5 minutos. Hanguin at itabi.
- ② Igisa ang sibuyas tagalog, isunod ang kabute at halo-halong gulay. Ibhos ang panimpla. Pakuluin.
- ③ Ilahok ang gatas na eaporada, palapotin ng tinunaw na arina. Ibhos ang sarsa sa isda. Ihain na mainit.



冰鲜三文鱼  
Salmon Fillet  
Hiniwang Laman Ng Salmon



羊角豆  
Okra  
Okra





# 咖喱三文鱼头

Curry Salmon Head Karing Ulo ng Salmon

**材料：**冰鲜三文鱼头 ¼ 盒，洋葱 ¼ 个，羊角豆\* 少许，罐头菠萝 2 片，指天椒 3~4 个，咖喱粉 1 汤匙，鲜椰汁 ½ 杯，蒜茸 ¼ 茶匙，干葱头 1 粒。

**腌料：**柠檬汁 ½ 汤匙，盐 ¼ 茶匙，胡椒粉少许。

**调味料：**盐 ½ 茶匙，糖 ½ 茶匙，生抽 ¼ 茶匙，麻油、绍酒各少许，水 ¼~1 杯。

**做法：**

- ① 三文鱼头洗净沥干，放入腌料拌匀，并扑上干生粉少许，放入热油内，炸至金黄色，捞起，沥干油分，待用。
- ② 羊角豆去头尾，洗净，斜切成段；指天椒洗净；洋葱去皮，洗净切粗丝；菠萝切件，留用。
- ③ 烧热油 2 汤匙，加入洋葱丝炒至香，放入干葱片、蒜茸和咖喱粉爆香，加入羊角豆和指天椒略爆炒，将鱼头回锅，烹酒，加入余下调味料、菠萝和椰汁，以中小火烩煮片刻至材料熟，入味及汁浓，即可盛上碟，热食。

\* 羊角豆 (见第 8 页) 即贵妇手指，亦称为潺茄。

**Ingredients:**

1 pack of frozen salmon head; ¼ onion; a little okra; 2 slices canned pineapple; 3-4 hot chilli; 1 tbsp curry powder; ½ cup fresh coconut milk; ¼ tsp minced garlic; 1 shallot, sliced.

**Marinade:**

½ tbsp lemon juice; ¼ tsp salt; a little pepper.

**Seasonings:**

½ tsp salt; ½ tsp sugar; ¼ tsp light soy sauce; a little sesame oil and Shaoxiang wine; ¼-1 cup water.

**Method:**

- ① Rinse the salmon head, pat dry, add the marinade and mix well. Lightly dust the fish head with corn flour, then deep-fry in very hot oil until it turns golden yellow. Remove and place on absorbent paper.
- ② Cut out both ends of the okra, wash and cut into wedges; wash the hot chilli; peel and thickly shred the onion; slice the pineapple.
- ③ Heat 2 tbsp of oil to stir-fry the onion until fragrant, then add the shallot slices, minced garlic and curry powder, when the mixture becomes fragrant, put in the okra and hot chilli, then return the fish head to the wok, sprinkle wine, add other seasonings, pineapple and coconut milk. Keep cooking over medium to low heat until the food is cooked, is well flavoured and the sauce is reduced. Transfer to a serving plate and serve hot.

**Mag Sangkap:**

1 paketeng frozen na ulo ng salmon, ¼ sibuyas, kaunting okra, 2 hiwang de-latang pina, 3-4 piraso maanghang na sili, 1 kutsara curry powder, ½ tasa sariwang gata ng niyog, ¼ kutsarita tinadtad na bawang, 1 sibuyas tagalog (hiniwa).

**Pangbabad:**

½ kutsara katas ng lemon, ¼ kutsarita asin, kaunting paminta.

**Panimpla:**

½ kutsarita asin, ½ kutsarita asuka, ¼ kutsarita toyo, kaunting sesame oil at alak, ¼-1 tasang tubig.

**Paraan ng Pagluluto:**

- ① Hugasan ang ulo ng salmon, patuyuin pagkatapos ilagay sa pangbabad. Haluin. Pahiran ng arina ang ulo ng isda, iprito hanggang mamula-mula. Hanguin at ilagay sa papel na pangsipsip sa mantika.
- ② Linisin ang okra, hugasan at hiwa-hiwain ng pahalang. Hungasan ang pulang sili, balatan at hiwain ng makapal ang sibuyas. Hiwa-hiwain ang pina.
- ③ Igisa ang sibuyas, isunod ang hiniwang sibuyas tagalog, tinadtad na bawang at curry powder. Kapag may mabango na ilahok ang okra, pulang sili at ang ulo ng isda. Lagyan ng alak at ibuhos ang panimpla, pina at ang gata ng niyog. Lutuin hanggang lumambot ang mga sangkap, lumasa at lumapot ang sabaw nito. Hanguin at ilagay ito sa plato. Ihain na mainit.





# 酥炸三文鱼头

Deep-Fried Salmon Head

Pinitirong Ulo ng Salmon

材料：冰鲜三文鱼头1盒(半个鱼头)，姜茸、蒜茸各 1/2 茶匙，红椒粒少许。

腌料：柠檬汁 1/2 汤匙，盐(或花椒盐) 1/2 茶匙，糖 1/4 茶匙，麻油、胡椒粉各少许。

做法：

- ① 三文鱼头洗净，沥干，斩件，放入蒜茸、姜茸和腌料拌匀，约腌 30 分钟，待用。
- ② 将腌透的三文鱼头，扑上干生粉少许，随即放入大热油内，炸至表面金黄，酥脆，捞出沥干油分，上碟，撒上红椒粒饰面即成。

### Ingredients:

1 pack of frozen salmon head (1/2 head); 1/2 tsp each of minced ginger and garlic; a little diced red pepper; some corn flour.

### Marinade:

1/2 tbsp lemon juice; 1/2 tsp salt (or Szechuan pepper salt); 1/4 tsp sugar; a little sesame oil and pepper.

### Method:

- ① Rinse the salmon head, pat dry and chop into pieces. Add in the minced garlic, ginger and the marinade, mix well and let stand for about 30 minutes.
- ② Lightly dust the well-marinated fish head with corn flour, then deep-fry it in very hot oil until it turns golden yellow, is crispy and is done. Remove and place it on absorbent paper. Transfer to a serving plate and sprinkle with diced red pepper. Serve.

### Mag Sangkap:

1 paketeng frozen na ulo ng salmon (kalahating ulo), tig-isang 1/2 kutsarita tinadtad na luya at bawang, kaunting hiniwang pulang sili, kaunting arina.

### Pangbabad:

1/2 kutsara katas ng lemon, 1/2 kutsarita asin (okaya'y Szechuan na pamintang asin), 1/4 kutsarita asukal, kaunting sesame oil at paminta.

### Paraan ng Pagluluto:

- ① Hugasan ang ulo ng salmon pagkatapos hiwa-hiwain. Ilahok ang tinadtad na bawang, luya at pangbabad. Haluin at hayaan ito ng 30 minutos.
- ② Pahiran ng arina ang naibabad na ulo ng salmon. Iprito hanggang mamula-mula at malutong. Hanguin at ilagay sa pangsipsip na papel. Pagkatapos ilipat ito sa plato at budburan ng hiniwang pulang sili. Ihain.



三文鱼头  
Salmon Head  
Ulo Ng Salmon (Kalahating Ulo)











# 南非鲨鱼骨汤

Sopas na mga Buto ng Pating at Damo ng Chinese  
Shark Bone Soup with Chinese Herbs

材料：急冻南非鲨鱼骨1盒，淮山、芡实各40克，杞子2汤匙，排骨250~300克，姜3片，葱段少许。

调味料：盐适量。

做法：

- 1 分别将淮山、芡实及杞子三种药材洗净，沥干留用。
- 2 鲨鱼骨解冻后，用1片姜及葱段煮水，把鲨鱼骨放入滚焗一下，洗净；排骨斩件，过沸水后洗净待用。
- 3 烧滚适量清水后，放入所有材料，以中小火煮至材料酥软及汤浓，以适量盐调味，即可盛出，趁热饮用。

### Ingredients:

1 box frozen South African shark bone; 40g each of radix dioscorea and gordon euryale 2 tsp lycium Chinese miller (dried fruit of matrimony); 250g-300g spare ribs; 3 slices ginger; some green onions, cut into sections.

### Seasoning:

Some salt.

### Method:

- 1 Rinse the radix dioscorea, gordon euryale and lycium Chinese miller respectively, pat dry and set aside.
- 2 Defrost the shark bones, blanch them with one slice of ginger and some green onion, then wash again. Chop the spare ribs into pieces, blanch, wash and set aside.
- 3 Bring a pot of water to a boil, then put in all the ingredients and cook over medium to low heat until the ingredients are tender. Add salt to taste and serve hot.

### Mga Sangkap:

1 paketeng frozen na mga buto ng South African na pating, tig 10 gramo ng radix dioscorea at gordon euryale, 2 kutsara lycium chinese miller (pinatuyong prutas ng matrimony) 250-300 gramo tadyang, 3 hiwang luya, kaunting dahon ng sibuyas (hiniwa).

### Panimpla:

kaunting asin.

### Paraan ng Pagluluto:

- 1 Hugasan ang radix dioscorea, gordon euryale at lycium chinese miller. Patuyuin at itabi.
- 2 Defrost ang mag buto ng pating, banlian ng 1 hiwang luya at kaunting dahon ng sibuyas. Hugasan ulit. Hiwa-hiwain ang tadyang, banlian pagkatapos hugasan.
- 3 Magpakulo ng tubig, ilagay lahat ang mga sangkap, hinaan ang apoy at lutuin hanggang lumambot ang mga sangkap. Timplahan ng kaunting asin at ihain na mainit.



南非鲨鱼骨  
South African Shark Bone  
Mga Buto Ng South African Na Pating



秋刀鱼  
Nama Samma  
Nama Samma





# 川汁秋刀鱼

Nama Samma in Szechuan Sauce  
Nama Samma sa Sarsang Szechuan



**材料：**急冻秋刀鱼1盒(约3条)、蒜茸、干葱茸各1粒量、姜茸、红椒粒各1茶匙、辣豆瓣酱½汤匙。

**腌料：**姜汁、绍酒各1茶匙、盐½茶匙、胡椒粉少许。

**调味料：**糖½茶匙、生抽¼汤匙、镇江香醋½汤匙、麻油、胡椒粉、绍酒各少许、水约¾杯。

**芡料：**生粉及水各少许，拌匀。

**做法：**

- ❶ 秋刀鱼解冻后，剖洗干净、沥干，放入腌料拌匀，备用。
- ❷ 将腌透的秋刀鱼扑上干生粉少许，随即放入大热油内炸至微金黄酥脆，即捞起沥干油分，保暖候用。
- ❸ 烧热油约½汤匙，爆香干葱茸、姜茸、蒜茸、红椒粒及辣豆瓣酱，泼少许酒，并放入余下调味料炒匀，用生粉水勾薄芡，淋上秋刀鱼面，趁热上桌。

**Ingredients:**

1 pack of frozen Nama Samma (about 3 heads); 1 each of garlic and shallot, minced; 1 tsp each of minced ginger and diced red pepper; ½ tbsp chilli bean paste.

**Marinade:**

1 tsp each of ginger juice and Shaoxiang wine; ½ tsp salt; a little pepper.

**Seasonings:**

½ tsp sugar; ¼ tbsp light soy sauce; ½ tbsp Chinkiang vinegar; a little sesame oil, pepper and Shaoxiang wine; ¾ cup water.

**Thickening:**

a little corn flour solution.

**Method:**

- ❶ Defrost the fish, clean and pat dry, add in the marinade, stir well and set aside.
- ❷ Lightly dust the fish with corn flour, then slide them into a wok of very hot oil and deep-fry until they are golden yellow, crispy and done. Remove and place on absorbent paper, keep warm and set aside.
- ❸ Heat about ½ tbsp of oil to saute the shallot, ginger, garlic, red pepper and chilli bean paste, sprinkle a little wine and add the rest of the seasonings, mix well. Thickens the sauce with a little corn flour solution and pour it over the fish, serve hot immediately.

**Mga Sangkap:**

1 paketeng frozen na Nama Samma (mga 3 ulo), tig-isang pirasong tinadtad na bawang at sibuyas tagalog, tis-isang kutsarita tinadtad na luya at pulang sili, ½ kutsara maanghang na bean paste.

**Pangbabad:**

tig-isang kutsaritang katas ng luya at alak, ½ kutsarita asin, kaunting paminta.

**Panimpla:**

½ kutsarita asukal, ¼ kutsara toyo, ½ kutsara chinkiang na suka, kaunting sesame oil, paminta at alak, ¾ tasa tubig.

**Pampalapot:**

kaunting tinunaw na arina.

**Paraan ng Paglututo:**

- ❶ Idefrost ang isda, linisin at patuyuin. Ilagay sa pangbabad at haluin. Itabi.
- ❷ Pahiran ng arina ang isda pagkatapos iprito hanggang mamula-mula at malutong. Hanguin at ilagay sa may pangsipsip na papel.
- ❸ Igisa ang sibuyas tagalog, luya, bawang, pulang sili at maanghang na bean paste. Lagyan ng kaunting alak at ibuhos ang panimpla. Haluin. Palapotin ng tinunaw na arina. Iuhos ang sarsa sa isda. Hanguin at ihain na mainit.





# 头菜冬菇蒸鳕鱼

Pinasingawang Cod na may Kabuting Chinese at Pinatuyong Gulay  
Steamed Cod with Chinese Mushrooms and Dried Vegetable Chip

材料：急冻银鳕鱼排1件(约重230~300克)，大头菜1小片，冬菇2~3个，姜丝2片量，葱粒适量，葱段1条量。

腌料：姜汁、绍酒、盐及糖各少许。

调味料：绍酒1茶匙，生粉1/2茶匙，盐、胡椒粉各少许。

做法：

- ❶ 冬菇浸软后去蒂，洗净，加入少许姜汁、绍酒、盐、糖拌匀，略腌片刻；头菜略浸，洗净后切丝，随意加入少许糖腌匀，待用。
- ❷ 银鳕鱼解冻，去鳞，洗净后沥干；将调味料拌匀，涂匀鱼身两面，略腌；碟上放葱段，再放上腌好的鳕鱼，撒上姜丝、头菜丝和冬菇丝，以大火隔水蒸至材料熟，取出，撒上葱粒，并淋入适量滚油及少许生抽，即可趁热供食。

### Ingredients:

1 frozen cod fillet (about 230g-300g); 1 small slice of dried vegetable chip; 2-3 Chinese mushrooms; 2 slices ginger, shred; some chopped green onion; 1 green onion, cut into sections.

### Marinate:

a little ginger juice, Shaoxiang wine, salt and sugar.

### Seasonings:

1 tsp Shaoxiang wine; 1/2 tsp corn flour; a little salt and pepper.

### Method:

- ❶ Soak the mushrooms in water until tender, cut out the stems and wash, marinate with a little ginger juice, Shaoxiang wine, salt and sugar, mix well and let stand; slightly soak dried vegetable chip, wash and shred, marinate with a little sugar and set aside.
- ❷ Defrost and scale the cod, wash and pat dry. Mix the seasonings well, rub it evenly on both sides of the fish and let stand. Put the green onion stalks on a plate, place the cod fillet on top and sprinkle with the shredded ginger, dried vegetable chip and mushrooms. Steam the fish over high heat until it is done. Remove from heat, sprinkle with chopped green onion, pour in some hot oil with a little light soy sauce, serve hot immediately.

### Mga Sangkap:

1 frozen na laman ng cod (230-300gramo), 1 maliit na hiwang pinatuyong gulay, 2-3 pirasong kabuting chinese, 2 hiniwang luya (hiwang manipis), kaunting tinadtod na dahon ng sibuyas, 1 tangkay ng dahon ng sibuyas (hiniwa).

### Pangbabad:

kaunting katas ng luya, alak, asin at asukal.

### Panimpla:

1kutsarita alak, 1/2 kutsarita arina, kaunting asin at paminta.

### Paraan ng Pagluluto:

- ❶ Ibadad ang kabute hanggang lumambot, alisin ang tangkay at hugasan. Ibadad sa kaunting katas ng luya, alak asin at asukal. Haluin na maigi. Ibadad sandali ang pinatuyong gulay, hugasan at hiwa-hiwain. Haluan ng kaunting asukal.
- ❷ Idefrost at linisin ang cod, hugasan at patuyuin. Paghaluin ang mga panimpla. Ipahid ito sa isda. Iilagay ang dahon ng sibuyas sa plato, ipatong dito ang laman ng cod, budburan ng kabute. Pasing awan ang isda hanggang maluto. Hanguin at budburan ng tinadtad na dahon ng sibuyas mainit na mantika at toyo. Ihain na mainit.



鳕鱼排  
Cod Fillet  
Laman Ng Cod











# 鲜果鱼柳块

Stir-Fried Fish Fillet with Fresh Fruit

Qinisang Laman ng Isda na may Sariwang Prutas

材料：冰鲜鱼柳2件(约重300克)、奇异果(猕猴桃)1个、鲜草莓4~5粒、鲜橙汁½杯、鸡蛋1只。

腌料：盐½茶匙、酒½汤匙、胡椒粉少许。

调味料：盐½茶匙、糖½汤匙、白醋1茶匙、水¼杯。

芡料：生粉及水各少许，拌匀。

做法：

- ① 鱼柳洗净，沥干水分，切成大件，放入腌料拌匀，略腌片刻，待用。
- ② 将鸡蛋打匀，加入鱼柳中，并加入适量干生粉拌匀成浆状，放入热油中炸成鱼块，沥干油分，上碟待用。
- ③ 奇异果、草莓同切成小粒，待用。
- ④ 烧热油少许，放入调味料及橙汁至滚起，用生粉水勾薄芡，放入鲜果粒拌匀，淋上鱼块面即可趁热供食。

#### Ingredients:

2 slices of frozen fish fillet (about 300g); 1 kiwi fruit; 4-5 strawberries; ½ cup freshly squeezed orange juice; 1 egg.

#### Marinade:

½ tsp salt; ½ tbsp wine; a little pepper.

#### Seasonings:

½ tsp salt; ½ tbsp sugar; 1 tsp white vinegar; ¼ cup water.

#### Thickening:

a little corn flour solution.

#### Method:

- ① Rinse the fish fillet, pat dry and cut into large pieces, add in the marinade, stir well and let stand.
- ② Beat the egg and add it to the fish, lightly dust the fish with corn flour and then deep-fry in hot oil. Remove from heat, place on absorbent paper and set aside.
- ③ Cut the kiwi fruit and strawberries into small pieces and set aside.
- ④ Heat a little oil, add the seasonings and the orange juice, when the mixture boils, thickens with a little corn flour solution. Finally, add the fruits in, stir well and pour the sauce over the fish. Serve immediately.

#### Mag Sangkap:

2 hiniwang frozen na laman ng isda (mga 300 gramo), 1 prutas na kiwi, 4-5 pirasong presa, ½ tasang katas ng kahel, 1 itlog.

#### Pangbabad:

½ kutsarita asin, ½ kutsara alak kaunting paminta.

#### Panimpla:

¼ kutsarita asin, ½ kutsara asukal, 1 kutsarita puting suka, ¼ tasa tubig.

#### Pampalapot:

tinunaw na arina.

#### Paraan ng Pagluluto:

- ① Hugasan ang laman ng isda at hiwain ng malalaki, ilagay sa pangbabad at haluin.
- ② Batihin ang itlog at ilahok sa isda, pahiran ng arina at iprito.
- ③ Hiwa-hiwain ang prutas na kiwi at presa. Itabi.
- ④ Igisa ang panimpla at katas ng kahel. Pagkulo palapotin ng tinunaw na arina. Ilahok ang mga prutas at haluin. Ibhos ang sarsa sa isda. Ihain kaagad.



冰鲜鱼柳  
Frozen Fish Fillet  
Frozen Na Laman Ng Isda

