

名家烹饪系列

香港特色小吃



DISTINCTIVE SNACKS OF HONG KONG

海天出版社·香港万里机构



许陈粉玉编著



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《名家烹饪系列》出版说明

饮食是一种文化，烹饪是一门艺术，时至今日，这个看法已得到越来越多人的认同。

中国古书《吕氏春秋》内有“本味篇”，保存了世界上最古老的烹饪理论，提出了一份范围很广的食单，记述了商汤时代的天下美食。而被奉为饮食行业的祖师爷，当时的贤相和烹饪名家伊尹在内里更谈到烹饪之道：“鼎足之变，精妙微纤，口弗能言，志弗能喻。”说的是鼎中的变化，精妙而细微，语言难以表达，手里会做心里不一定能明白究竟是什么道理。伊尹指出，这种精妙的技艺，就好像天地之间的阴阳二气配合得那样巧妙，又仿佛四季推移一样，遵循着一定的规律，而有了这种技艺之后，才使佳肴做到久而不腐败，熟而不过烂，甜而不过头，酸而不强烈，咸而不涩嘴，辣而不过度，淡而不寡味，肥而不膩口。

随着科技的进步和人类知识水平的提高，过往的“志弗能喻”现今都可以找到答案，而要做出一手好菜式，只要勤学多练，掌握烹饪过程中的窍门，便大有成功的希望。我们看到，有很多享有盛名的烹饪名家，他们之所以能够成就辉煌，固然与先天的条件有关，也是本身努力钻研厨艺、认真探究烹饪学问的结果。为了使更多读者能分享烹饪之乐和更快地提高厨艺水平，少走弯路，我们特地邀约了香港及世界各地的烹饪名家，用精简的文字和详尽的图片解说来介绍其拿手食谱。至于材料的阐释、制作的窍门、食谱的有关知识和来龙去脉也一一述及，务使读者能够在最短的时间内吸取名家的经验，把自己的厨艺水平提升到新的境界。

出版这套《名家烹饪系列》丛书是我们的新尝试，欢迎读者多提意见，这不啻是本丛书出版得更好的重要依归。

《名家烹饪系列》编辑委员会

前言

小吃又称小食，是正餐以外的食品，与一般佐膳的菜式比较，有分量较少、取材广泛、食用方便和经济实惠的特色。

见诸文字记载的小吃品种，其实可以上溯到3000年前，不过“小吃”这个词，还是在宋朝时才出现，当时有一本名为“能改斋漫录”的书，里面便有“世俗例，以早晨小吃为点心”之句。发展至今，小吃已经不止作为果腹的食料，更能提供艺术欣赏和美的享受哩！

小吃的产生和流行，有一定的文化背景和历史条件，所以中国各地的小吃都各具特色，例如北方小吃



本书作者与学生合照

以面食为主，南方则多以米为基本原料，而具有岭南风味的广东小吃，却以花色繁多，做工精细而驰名。特别在昔日有“食在广州”之称的羊城，小吃种类尤其丰富多彩，就以猪肠粉为例，原是60年前广州流动摊贩上街叫卖的大众小吃，后来则发展到茶楼酒家都有供应，品种也从斋肠到虾肠、牛肉肠、叉烧肠等，配料和调料也极其讲究。

香港的饮食师承自广州，但青出于蓝而胜于蓝，如今更享有“食在香港”的美誉。香港中西文化交汇，在小吃制作上糅合了华洋特色的用料和制作手法，吃来更令人感到可喜。

香港的特色小吃可分做两大类：一类是民间节令小吃，这些小吃通常是在家里制作，用以应节的。因为以前的妇女大多不用上班，所以就有较多时间来做些小吃给家人、邻居和亲友品尝。如：萝卜糕、八宝糯米饭、猪脚姜蛋醋、茶泡等，都是主妇们于节令期间制作的小吃。另一类是街头小吃，这类小吃通常都是由小贩挑着担子，又或推着车子在街上聚集贩卖，好像鸡蛋糕仔、花生米通、白糖糕、钵仔糕、猪皮萝卜、碗仔翅等。

随着时代的演变，现今许多街头小吃都摇身一变成为茶楼酒家中的奉客佳品了。

不过，不少人都感到，在市面上吃到的许多小吃不是人工色素过多，就是味精太重，吃后总觉得口里干巴巴的，用料和制作过程也没有什么标准，要吃到好味和合乎卫生的小吃，似乎越来越难了。有见及此，我编写了这80个美味而保健的小吃食谱以飨同好，好让各位不用“偷师”也能把这些精彩的小吃搬到家里去。

有人说：“美食是很厉害的武器。”但我更认为，美食之中的小吃是更厉害的武器。因为无论大小朋友，都会吃得津津有味。说到制作方法，小吃也很平易近人，与烹制一般家庭菜式相比，小吃不需应用太多的材料配搭及太复杂的制作技巧，一般只要多试做几次，便不难成为这方面的“师傅”。况且通过亲手制作小吃，不但可以作为初入厨者学习厨艺的第一步，更可促成一家大小共享天伦之乐哩！既然如此，不妨就利用余暇，坐言起行，炮制出糅合你的心意的香港特色小吃来！如果各位读者在制作时碰上什么疑难问题，欢迎传真给我（传真号码26484732），我会尽力解答。

许陈粉玉

Preface

Chinese snacks offer to people, in addition to the staple meal of the day, a very large variety of mini-items of food made available readily and at only commonplace costs. The term made its first appearance in publications of the Sung Dynasty (960-1279A.D.) but the history of the Chinese snacks in fact dates back to well over 3000 years ago. Today, these food specialties are not only the pursuit of city gourmets but are also regarded as a contemporary cooking art.

Chinese snacks of different geographical regions tend to reflect their cultural and historical characteristics. Snacks of North China are mainly noodles and pasta, whereas rice-derived items prevail in South China. Guangdong Province, which lies south of Nanling Range, is well known for the rich variety and the delicacy of its snacks, hence went the saying "Ideal Eating Out in Guangzhou" (Guangzhou being the Provincial capital of Guangdong). The Steamed Rice Sheet Roll is a typical southern snack. Now offered in restaurants with the vegetarian, beef, shrimp and roast pork as its popular varieties, it actually originated from hawker stalls in the streets of Guangzhou about sixty years ago.

Although Hong Kong inherits her cuisine from Guangzhou, the meeting of the Eastern and Western cultures here has led to much improvement on the preparation and serving of the traditional snacks. It is why the city has already succeeded the title of Guangzhou to achieve "Ideal Eating Out in Hong Kong".

Generally speaking, there are two kinds of snacks. The festive foods are made and served at home by housewives for season's celebrities with family members, relatives and friends. Examples are the Turnip Puddings, Eight Treasures Rice Pudding, Assorted Pickles and the New Year Crispy.

The other kind is the hawker snacks. It carries a street culture. Cooked foods are tendered by the mobile hawkers include the Chinese Egg Puff, Peanut Rice Crispy, White Sugar Sponge, Clay-pot Puddings, Soya Pig's Skin and Turnips, "Shark's Fin" Soup made from mung bean thread and many others. It is interesting to note that many of these snacks have now already got a firm place in restaurant menus.

Chinese snacks have by all means been a part of our daily lives. However, modern people are more increasingly aware of the overuse of colourants and other food additives in restaurant foods. Nor are the ingredients and preparation procedure anyhow standardized. I have endeavoured to recommend these 80 recipes to all that intend to make and enjoy their own health-and-environmental-friendly Chinese snacks at home.

Indeed, if regular dishes of Chinese cuisine are fascinating, then, its snacks are even more so. The latter usually involve simpler kitchen work and ingredients, appeal to people of different age groups. Try out Chinese Snacks may well be your first step towards professional cooking. Before long, you may become a cookery expert!

Becky Hui

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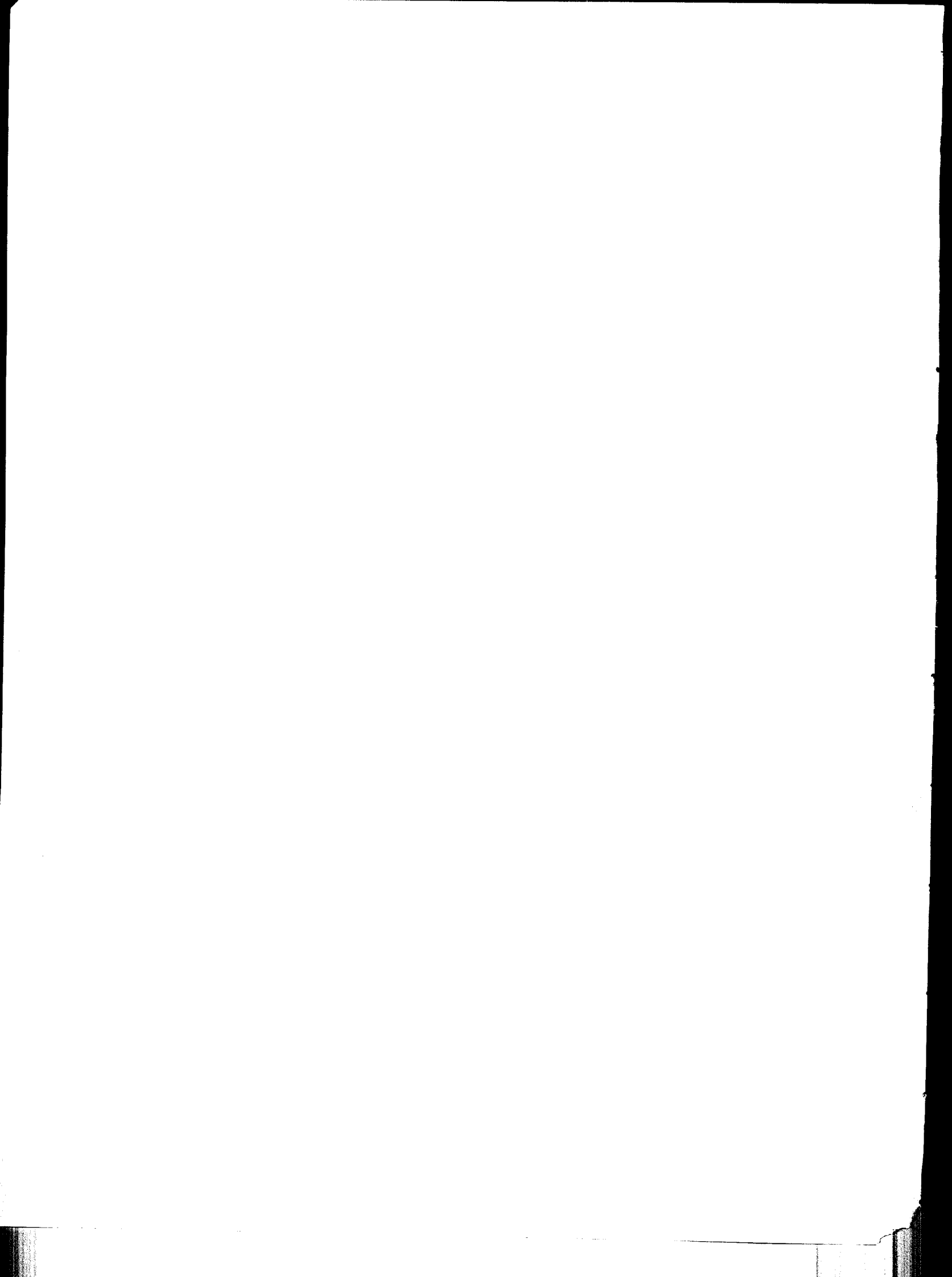
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Appendix



怀旧小食

SELECTIVE OLDIES

分量：3底
 制作时间：45分钟
 To make: 3 pieces
 Work Time: 45 minutes

鸡蛋糕仔



◆ 材料：

面粉100克，生粉25克，发粉1平茶匙，鸡蛋2只，砂糖100克，淡奶60毫升，清水125毫升。

◆ 制法：

1. 将面粉、生粉及发粉筛匀候用。
2. 用木匙将鸡蛋及砂糖拌匀，逐少加入淡奶及清水，拌匀后分次加入粉料中，不停搅拌成稀滑面浆，不可起粒。
3. 将鸡蛋仔模型底面两面烧

热，扫油后注入面浆至八分满，盖上盖，将模夹紧，反转，再置炉上，用中火底面各烧1~2分钟，直至鸡蛋糕仔离模及熟透。

4. 用叉将鸡蛋糕仔挑出，趁热进食。

● 心得：

新购回来的模型清洗干净后烧热，然后按以上制法做出鸡蛋糕仔。鸡蛋糕仔取出后弃之不要，重复二至三次，直至鸡蛋糕仔较易松离为止。

◆ Ingredients:

- 4 oz (100g) plain flour
- 1 oz (25g) tapioca starch
- 1 level teaspoon baking powder
- 2 eggs
- 4 oz (100g) castor sugar
- 2 oz (60ml) evaporated milk
- 4 oz (125ml) water

◆ Method:

1. Sieve plain flour, tapioca starch and baking powder together.
2. Beat egg and sugar well with a wooden spoon, gradually mix in milk and water, pour into sieved ingredients, mix to a smooth, lump-free batter.
3. Heat the egg puff mould on both sides, grease it and pour in batter to 80% full, cover, grip and turn the mould upside down, cook over medium heat for 1-2 minutes on each side until set.
4. Unmould egg puff with a fork, serve immediately.

● Practical Tip:

To treat a new iron mould, heat and grease after cleaning, prepare the batter, try 2-3 fries, discard egg puffs. Repeat until mould becomes smooth and egg puffs no longer stick.

水晶西米饼

◆ 材料：

西米100克·马蹄粉50克·砂糖50克·清水75毫升·豆沙50克·油½汤匙。

◆ 制法：

1. 西米置深碗内，加入浸过西米的沸水，加盖浸焗1小时，置笊箕内冲水以去粘性，沥干候用。

2. 马蹄粉加清水浸片刻，过滤加入西米中，加糖及油拌匀。

3. 挞模扫一层油，加入1汤匙西米浆，放入豆沙一小粒，再盖上1汤匙西米浆；用大火蒸约8~10分钟至西米呈透明状。

4. 离火，静候片刻，挑出西米饼供食。

● 心得：

西米须用大量沸水浸焗透彻，并间中搅拌，以免粘作一团。较大粒的西米可中途再换沸水浸焗。使用前将西米冲水沥干即可。

◆ Ingredients:

4 oz (100g) sago
2 oz (50g) waterchestnut flour
2 oz (50g) castor sugar
3 oz (75ml) water
2 oz (50g) red bean paste
½ tablespoon oil

◆ Method:

1. Pour sufficient boiling water in a deep bowl of sago, cover and soak for 1 hour. Drain in colander, rinse under tap water, drain well.
2. Soak waterchestnut flour in water for a while, sift into sago and mix in sugar and oil.
3. Grease tart moulds, add a tablespoonful of sago mixture, put into a small lump of red bean paste in each mould, top with another tablespoonful of sago mixture. Steam over high heat in 8-10 minutes or until sago turns to transparent.
4. Let cool, unmould and serve.

● Practical Tip:

Sago should be soaked in boiling water, stir occasionally to prevent sticky. For larger grains, soak into another bowl of boiling water after half an hour. Rinse and drain well before use.



分量：约20件

制作时间：20分钟

To make: about 20 dumplings

Work Time: 20 minutes

糖 不 甩

◆ 材料：

糯米粉275克，暖水1½杯，压碎的烘脆花生100克，砂糖75克。

◆ 糖水材料：

红糖100克，水½杯。

◆ 制法：

1. 将½杯水煮沸，加入红糖

煮成糖水。

2. 糯米粉用适量暖水拌匀，搓成一软粉团，再分搓成若干小粒，置大沸水内煮至浮起；将小粒捞起，再放入糖水内，慢火煮片刻，隔去糖水置碟上。

3. 趁热洒上花生碎及砂糖，即可供吃。

● 心得：

或可将整件搓好的粉团用大火隔水蒸至透明及熟透，再置煲内保温，食时才因所需分量剪成小块，趁热洒上砂糖及花生碎。

◆ Ingredients:

10 oz (275g) glutinous rice flour

1½ cup warm water

4 oz (100g) roasted peanuts, crushed

3 oz (75g) castor sugar

◆ Syrup Ingredients:

4 oz (100g) slab sugar

½ cup water

◆ Method:

1. Bring ½ cup of water to a boil, add in the slab sugar to make the syrup.

2. Add sufficient warm water to glutinous rice flour, mix and knead to a soft dough, roll and divide into small portions, shape into mini dumplings, cook in fast-boiling water till floating on top. Remove and put into syrup, simmer for a short while, drain and dish.

3. Sprinkle crushed peanuts and castor sugar on top of hot sugary dumplings to serve.

● Practical Tip:

The dough can be steamed over high heat until cooked. Keep warm in steamer. To serve, cut into small pieces and coat with castor sugar and crushed peanuts.



分量：20粒

制作时间：20分钟

To make: 20 dumplings

Work Time: 20 minutes

糯米糍

◆ 材料：

糯米粉275克·暖水1½杯·
豆沙150克·椰茸1杯。

◆ 制法：

1. 糯米粉与暖水拌匀·搓成
柔软粉团·分成20等份。

2. 豆沙搓长·切成20小粒。

3. 每份粉团搓圆按扁·包入
豆沙一粒·收口搓圆·放
入大沸水内煮至浮起。

4. 沥干水分趁热沾上椰茸·
即可食用。

● 心得：

糯米粉较其他粉类易受水·
粉团放久了很易变干·未使
用时最好用湿布或保鲜纸盖
好。包馅时·如发现糯米团
开始干裂·可将手稍为沾湿
重搓即可。

◆ Ingredients:

10 oz (275g) glutinous rice flour
1½ cup warm water
5 oz (150g) red bean paste
1 cup desiccated coconut

◆ Method:

1. Mix glutinous rice flour with warm water and knead to a soft dough. Divide into 20 equal portions.
2. Knead red bean paste slightly, divide into 20 small lumps.
3. Shape each piece of dough round, press slightly, wrap in a small lump of red bean paste, seal and shape back to a round. Cook dumplings in a large pot of boiling water until floating.
4. Drain and coat with desiccated coconut immediately. Serve hot.

● Practical Tip:

Dough made from glutinous rice flour tends to dry up easily, cover with a damp cloth or cling film when not in use. When dough tends to crack, damp and knead again.



分量：16个
 制作时间：20分钟
 To make: 16 pieces
 Work Time: 20 minutes

水晶饼



◆ 材料：

澄面粉*100克，生粉25克，糖75克，猪油2茶匙，滚水1杯，莲蓉/豆沙100克。

◆ 制法：

1. 将澄面粉及生粉混合，糖及猪油放沸水内煮溶，立刻冲入粉料中，拌至透明及呈团状，加盖焗片刻。
2. 倒出粉团，放台上搓至软滑，分成16小粒，搓圆按扁成水晶皮。

3. 莲蓉或豆沙分成16小粒，放在水晶皮上，收口搓圆按扁，放饼模内压实成形后倒出，置扫上油的碟或蒸笼内，大火蒸7分钟。

4. 趁热扫上熟油，即可享用。

● 心得：

水晶皮摆放太久会变硬，所以必须趁热食用。

* 澄面粉即无筋性面粉

◆ Ingredients:

4 oz (100g) ungluten flour
 1 oz (25g) tapioca starch
 3 oz (75g) castor sugar
 2 teaspoons lard
 1 cup boiling water
 4 oz (100g) red bean paste or lotus seed paste

◆ Method:

1. Mix ungluten flour and tapioca starch together. Bring sugar and lard to a boil, pour into flour mixture, stir immediately to cook the mixture and form a lump of dough. Cover for 1-2 minutes.
2. Knead dough until soft and smooth, divide into 16 small lumps, press into round crystal pastries.
3. Divide red bean paste or lotus seed paste into 16 small portions. Wrap into each piece of pastry, seal, shape and flatten. Mould to form patterns. Unmould and steam on a greased plate or a bamboo steamer with high heat for 7 minutes.
4. Brush with cooked oil when still hot to serve.

● Practical Tip:

It is better to knead and shape dough when it is still soft and hot.

分量：20小碗

制作时间：30分钟

To make: 20 pieces

Work Time: 30 minutes

钵仔糕

◆ 材料：

粘米粉100克，糯米粉½汤匙，澄面粉75克，砂糖（或红糖）100克，水2杯（500毫升），浸透红豆3汤匙，油少量，竹签数枝。

◆ 制法：

1. 红豆置沸水内用慢火煮透，沥干候用。

◆ Ingredients:

4 oz (100g) rice flour
½ tablespoon glutinous rice flour
2½ oz (75g) ungluten flour
4 oz (100g) castor sugar or slab sugar
2 cups (500ml) water
3 tablespoons soaked red beans
a little oil
a few bamboo skewers

◆ Method:

1. Simmer red beans in sufficient boiling water till soft and tender. Drain.
2. Sieve powdery ingredients, mix in ½ cup (125ml) water to form a thick paste.
3. Boil the remaining 1 ½ cups (375ml) water, add sugar to form syrup, pour into flour mixture, stir well to form a smooth batter.
4. Grease clay-pots, spoon in batter to nearly full, steam over high heat for about 20 minutes or until set. Unmould with bamboo skewers after several minutes. Serve hot.

◆ Practical Tip:

Keep stirring the flour mixture when pouring in the hot syrup. Consistency should just coat the wooden ladle.

2. 将粉料筛匀，用½杯（约125毫升）水拌匀成稠糊。

3. 将余下之1½杯水（375毫升）煮沸，加入砂糖或红糖煮溶，趁热撞入粉浆中，搅成滑粉浆。

4. 钵仔扫油，将粉浆倒入钵仔内至九分满，加入红豆，用大火蒸20分钟后取

出，稍候片刻才用竹签挑出即可。

● 心得：

热水撞入粉浆时，需不停用木勺搅匀，直至粉浆能“挂勺”，即浓度适中。

