

Chinese Guangdong Cuisine

中国



粤菜

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Curry Beancurd

Soup with Quail's Eggs And Lotus Seeds



原料

鹌鹑蛋 12 只, 净新鲜莲子 150 克, 嫩菜选 2 条, 芫荽叶 12 片, 火腿茸 1 汤匙, 上汤 750 克, 胡椒粉 1/8 茶匙, 精盐 2.5 茶匙, 味精 2 茶匙。

做法

1. 先将鹌鹑蛋去壳, 放在涂了油的小碟里, 每只蛋各贴上 1 片芫荽叶, 撒上火腿茸, 放入笼内蒸熟, 然后将蛋褪出来。
2. 将鲜莲子滚过, 捞起, 放在玻璃锅中, 把鹌鹑蛋排放在面上, 再将菜选焯熟, 分放在鹌鹑蛋的两旁。
3. 把镬洗净, 在镬中注入上汤, 用精盐和味精调味, 撒上胡椒粉, 当微滚时, 倒入玻璃锅里。

Ingredients

12 quail's eggs, 150g fresh lotus seeds (peeled), 2 pieces of chinese vegetable, 12 coriander leaves, 1 tbsp ham (crushed), 750g superior stock, 1/8 tsp pepper powder, 2.5 tsp salt, 2 tsp garment powder.

Method

1. Rub a little oil in 12 little plates. Break the quail eggs, and put in the 12 plates. Put a coriander leave on the surface of egg. Sprinkle ham. Steam the eggs to cooked. Take the eggs out of plates.
2. Scald the lotus seeds in boiling water. Put them in a glass pot. Put eggs on the seeds. Scald the vegetable to cooked, put on both sides of lotus seeds.
3. Fill a wok with superior stock. Season with salt, garment powder and pepper power. Cool for some minutes. Pour the stock into the pot.





春笋鳝鱼煲

Casserole of Eel with Spring Bamboo Shoots



原料

大黄鳝1条, 春笋、咸肉各50克, 姜丝、黄酒、盐、味精、菜油、胡椒粉各1茶匙。

做法

1. 鳝鱼剖一字花刀切成约3cm长段, 春笋成滚刀块, 咸肉切成约3cm长条。
2. 菜油置炒锅, 五成油温时投入鳝段略炸。
3. 春笋焯水后, 与咸肉、鳝段同入煲内, 加盐、黄酒、姜丝、胡椒粉及水, 文火煲至酥熟, 加入味精。

Ingredients

1 mud eel, 50g spring bamboo shoots, 50g bacon, 1 tsp ginger slice, 1 tsp rice wine, 1 tsp salt, 1 tsp gourmet powder, 1 tsp rap oil, 1 tsp pepper powder.

Method

1. Rinse and fillet eel, cut into 3cm section. Cur spring bamboo shoots in hob section, cut bacon in 3cm slice.
2. Put rap oil in frying pan, put eel sections in wok of approximately 80 hot oil and fry it slightly, remove.
3. Drain spring bamboo shoots, then put it in casserole with bacon and eel sections. Add salt, rice wine, ginger slice, pepper powder and water in it, cook them under slow fire until well-done. Add gourmet powder.



大地鸡粒豆腐

Casse Role of Chicken, Beancurd



原料

豆腐8小块, 鸡肉200克, 炸好大地鱼末1汤匙, 鸡蛋清1汤匙, 青蒜粒1.5汤匙, 上汤200克, 精盐5茶匙, 味精5茶匙, 鸡精5茶匙, 麻油2茶匙, 胡椒糊1/2茶匙, 湿淀粉2.5汤匙, 生油750克。

做法

1. 豆腐切成小方块, 旺火烧沸二汤加入精盐, 下豆腐滚过。
2. 大地鱼碾成幼米状, 鸡肉切丁用精盐、味精、蛋清、湿淀粉拌匀。
3. 旺火烧镬下油, 将鸡丁泡油至仅熟, 倒起用疏壳沥干油分。利用余油炒过青蒜, 入绍油, 下上汤、精盐、味精、鸡精、豆腐、鸡粒略熟, 用湿淀粉勾薄芡, 淋下生油1.5汤匙后便可上煲。
4. 撒上大地鱼末, 加热到沸便可上席。

Ingredients

8 pieces of bean curd, 200g chicken chopped, 1 tbsp fried fish, 1 tbsp egg white, 1.5 tbsp garlic bolt (chopped), 200g thin stock, 5 tsp salt, 5 tsp chicken powder, 2 tsp sesame oil, 1/2 tsp pepper powder, 2.5 tbsp wet starch, 750g oil.

Method

1. Chop the bean curd. Boil thin stock, add salt, scald bean curd in it.
2. Crush up the fish. Mix the chicken with salt, garment powder, egg white, wet starch.
3. Add oil to hot wok. fry the chicken to just cooked. Pour in a slatted spoon to drain. Fry the garlic with oil. Stir shaoxing wine, salt, garment powder, chicken powder, bean curd, chicken to just cooked. Add wet starch and oil. Transfer the mixture into an earthen pot.
4. Sprinkle the crushed fish. Simmer it until boilig.

脆球豆腐

Crispy Beancurd Balls



原料

布包豆腐3块(去水), 瘦肉约130克, 金华火腿茸、葱粒各1汤匙。

腌料

盐1/3茶匙, 酒1/2茶匙, 面粉1汤匙。

做法

1. 豆腐捣烂, 以疏孔筛滤过, 瘦肉剁成蓉, 与豆腐同放入大碗中, 加入火腿茸、腌料, 搅匀, 加葱粒, 再拌匀成馅料。
2. 烧滚油4杯, 用匙将豆腐料弄成球状, 放入滚油中, 改中火炸至金黄色, 上碟。
3. 以花椒盐或辣酱油伴食。

Ingredients

3 cakes board beancurd, water removed
120g lean pork, 1 tbsp each of hopped
Jinhua ham and diced welsh onion.

Method

1. Mash the beancurd, sift with a fine sieve, mince the lean pork, put it together with the beancurd in a big bowl, add chopped ham and marinade, mix well, add diced welsh onion and mix well to from a stuffing.
2. Heating 4 cups of oil, spoon the beancurd ingredients into ball shapes, deep fry in boiling oil, change to medium heat, deep fry till golden brown, transfer to a plate.
3. Serve with wild pepper salt and Worcester sauce.





豉汁凤尾虾

Prawns with Sweet and Sour Blackbean Sauce



原料

对虾400克，西芹1棵，洋葱1/2个，红椒1只，蒜茸、豆豉各2茶匙。

腌料

盐1/2茶匙，麻油及胡椒粉各少许，淀粉1茶匙，蛋白1汤匙。

芡汁

水4汤匙，白醋、糖各1汤匙，盐1/4茶匙，生抽1茶匙，淀粉1/2茶匙。

做法

1. 对虾去壳留尾部，去黑肠，用盐及淀粉洗净抹干，拌入腌料待5分钟。
2. 红椒、西芹及洋葱切角。
3. 西芹、洋葱用1汤匙油爆炒，取出。
4. 再烧热2汤匙油，爆炒虾球至熟，取出。
5. 将剩余的油爆香蒜茸及豆豉，然后将所有材料回镬，埋芡搅匀，上碟。

Ingredients

400g prawns, 1 stalk celery, 1/2 onion, 1 chili, 2 tsp each of chopped garlic and preserved blackbean.

Marinade

1/2 tsp salt, A little sesame oil and pepper, 1 tsp cornflour, 1 tbsp egg white.

Sauce

4 tbsp water, 1 tbsp each of white vinegar and sugar, 1/4 tsp salt, 1 tsp light soya sauce, 1/2 tsp cornflour.

Method

1. Shell prawns leaving tail shell intact, remove black intestine of prawns, rub with salt and cornflour, rinse well and wipe dry, mix with marinade and leave for 5 minutes.
2. Cut chili, celery and onion into triangles.
3. Heat 1 tbsp oil, stir fry celery and onion, remove.
4. Heat 2 tbsp oil, fry prawns until cooked, remove.
5. Saute garlic and preserved blackbean in remaining oil until fragrant, return all ingredients to wok and fry together. Remove and serve.

双吃虾

Prawns with Two Kinds of Sauce



原料

大虾6~8只, 淀粉1汤匙, 黄瓜数片, 生菜丝少许。

酱汁料①

砂糖、醋、葱末各1汤匙, 芝麻1/2茶匙, 胡椒粉、麻油各少许。

酱汁料②

蛋黄酱、蚝油、醋、番茄酱各1/2汤匙, 盐1/8茶匙, 胡椒粉少许。

做法

1. 虾去壳除肠, 从背部划开成双飞状。
2. 在木圆棒上抹上淀粉, 轻轻把虾逐一碾薄。
3. 把虾放入滚水内汆熟, 即取出过冷开水, 沥干后上碟。
4. 黄瓜片、生菜丝伴碟, 两款酱汁分别调匀, 供蘸食。

Ingredients

6-8 prawns, 1 tbsp cornstarch, several cucumber slices, a few lettuce shreds.

Sauce (1)

1 tbsp each of sugar, vinegar and chopped spring onion, 1/2 tsp sesame, a dash of pepper and sesame oil.

Sauce (2)

1/2 tbsp each of mayonnaise, oyster sauce, vinegar and tomato catsup, 1/8 tsp salt, a dash of pepper.

Method

1. Shell the prawns, remove intestines from them, cut their backs open with the bottoms still linked.
2. Apply a dash of cornstarch onto a rod and roll the prawns thin gently.
3. Bringing water to boil, put the pressed prawns into scald until cooked, take out, cool in cold water and drain and dish.
4. Garnish with cucumber and lettuce shreds. Mix sauce (1) and (2) well separately for dipping the prawns when eating.



Braised Sliced Abalone with Broccoli



Ingredients

250g abalone, 400g broccoli, 1 mushroom (wet), 1 cup light stock, 1 tbsp oyster sauce, 2 tsp soy sauce in dark colour, 1 tsp pepper, 1 tsp sesame oil, 3 tsp gourmet powder, 2 tsp sugar, 1.5 tbsp Shaoxing rice wine, 1.5 tbsp wet starch, 2 tsp salt.

Method

1. cut the unnecessary part off, and slice the rest of the abalone into pieces of 2mm thick.
2. Heat oil in the wok with strong fire, add Shaoxing rice wine and light stock, salt. Stew the abalone slices, then take out to let it dry.
3. Heat oil in the wok, add Shaoxing rice wine, broccoli, salt, gourmet powder, sugar until boiling, add wet corn-starch and cooking oil, and keep in the wok.
4. Heat oil in the wok, add Shaoxing rice wine, light stock, abalone, dark soy sauce, oyster sauce, gourmet powder, sugar, pepper and wet starch, blend with sesame oil, and sprinkle into the prepared wok of broccoli.

原料

海蝗鲍 250 克，西兰花 400 克，湿冬菇 1 个，淡上汤 1 杯，蚝油 1 汤匙，深色酱油 2 茶匙，胡椒粉 1 茶匙，麻油 1 茶匙，味精 3 茶匙，白糖 2 茶匙，黄酒 1.5 汤匙，湿淀粉 1.5 汤匙，精盐 2 茶匙。

做法

1. 将鲍去枕及边，片成 2 毫米厚的薄片备用。
2. 武火烧锅下油，渍入黄酒、淡上汤，放入精盐。把鲍鱼片焗过，捞起滤干水分。
3. 烧镬落油，渍黄酒，放入西兰花，下精盐、味精、白糖滚开后，湿淀粉勾芡加尾油，放在玻璃窝中待用。
4. 用生油起镬，渍绍酒，下淡上汤，放入鲍鱼。调入深色酱油、蚝油、味精、白糖、胡椒粉和湿淀粉，打芡加麻油拌匀，盖在已排好西兰花的窝中便成。





鲍贝煲火腿

Casserole of Clam with Ham



原料

千仁结、鲍贝各50克，火腿、冬笋各30克，葱、盐、黄酒、胡椒粉、味精各1茶匙，高汤6杯。

做法

1. 火腿切片，冬笋切滚刀块。
2. 千仁结、鲍贝、冬笋焯水后，与火腿片一起入煲，加高汤、黄酒、盐、胡椒粉，文火煲至入味，加味精，撒入葱花。

Ingredients

50g bean curd knot, 50g clam, 30g ham, 30g winter bamboo shoots, 1 tsp spring onion, 1 tsp salt, 1 tsp rice wine, 1 tsp pepper powder, 1 tsp gourmet powder, 6 cups thin soup.

Method

1. Slice ham, cut winter bamboo shoots in hob section.
2. Parboil and drain bean curd knot, clam and winter bamboo shoots, then put them in casserole with ham slice. Add thin soup, rice wine, salt and pepper powder, cook them under slow fire until well-flavored. Lastly add gourmet powder and chopped spring onion.

Spring Vegetable Stir-fry



原料

花生油1茶匙, 蒜1瓣 切片, 姜块2.5厘米切细末, 小胡萝卜115克, 小南瓜115克, 玉米笋115克, 法国菜豆115克, 去两头豌豆荚115克, 嫩芦笋115克, 切成7.5厘米段, 樱桃西红柿115克。

调料

酸橙2个榨汁, 蜂蜜1茶匙, 酱油1茶匙, 香油3茶匙。

做法

1. 锅内加花生油烧热。
2. 加姜、蒜大火煸炒1分钟。
3. 加入小胡萝卜、小南瓜、玉米笋、法国菜豆炒3~4分钟。
4. 加入豌豆荚、芦笋、葱及樱桃西红柿炒1~2分钟。
5. 将调料调好, 倒入锅中。
6. 拌匀后加盖煮2~3分钟, 至蔬菜仍脆嫩时出锅。

Ingredients

1 tbsp peanut oil, 1 garlic clove sliced, 2.5 cm piece of fresh ginger root, finely chopped, 115 g baby carrots, 115g patty pan squash, 115g baby sweetcorn, 115g French beans, topped and tailed, 115g sugar snap peas, topped and tailed, 115 g young asparagus, cut into 7.5 cm pieces, 115g cherry tomatoes.

For the dressing

juice of 2 limes, 1 tbsp runny honey, 1 tbsp soy sauce, 3 tsp sesame oil.

Method

1. Heat the peanut oil in a wok or large frying pan.
2. Add the garlic and ginger and stir-fry over a high heat for 1 minute.
3. Add the carrots, patty pan squash, sweetcorn and beans and stir fry for another 3-4 minutes.
4. Add the sugar-snap peas, asparagus, spring onions and cherry tomatoes and stir-fry for a further 1-2 minutes.
5. Mix the dressing ingredients together and add to the pan.
6. Stir well then cover the pan. Cook for 2-3 minutes more until the vegetables are just tender but still crisp.

炒银鱼

Ried Ilverfish



原料

银芽约160克，方形紫菜1张，日本银鱼仔约80克，姜1片，甘笋丝少许。

芡汁料

盐1/2茶匙，糖1/4茶匙，水1汤匙。

做法

1. 银芽洗净，放入滚水中氽一余，迅速取起，沥干水分。
2. 紫菜剪成细丝，放入慢火滚油中炸脆。
3. 银鱼用水略洗，放入慢火滚油中炸至金黄色，沥干油分。
4. 烧热油1汤匙，爆香姜片弃去，下银芽、芡汁料、银鱼，迅速兜匀上碟，洒入炸紫菜、甘笋丝便成。

Ingredients

160g mung bean sprouts, 1 square sheet of laver, 80g Japanese silverfish, 1 slice ginger, some carrot shreds.

Thickening

1/2 tsp salt, 1/4 tsp sugar, 1 tbsp water.

Method

1. Clean the mung bean sprouts, blanch in boiling water, scoop out immediately, drain.
2. Scissor the laver into shreds, deepfry in boiling oil till golden brown.
3. Clean the silverfish briefly, deepfry in boiling oil over low heat till golden brown, strain oil off.
4. Heating 1 tbsp of oil, saut the ginger, remove, add the bean sprouts, thickening and silverfish, stir fry well and quickly transfer to a plate, sow in the deepfried laver and coriander to serve.





炒海三鲜

Three Sea Flavours Stir-fry

原料

带子大扇贝4个，硬鱼肉如扁鲨或鳕鱼肉225克，斑节对虾115克，鱼汤300毫升，植物油1茶匙，蒜2瓣压碎切末，姜5厘米，切细，丝葱8根，切成4厘米段，干白酒2茶匙，淀粉3茶匙，冷水1茶匙，盐和白胡椒粉，上菜时准备面条或米饭。

做法

1. 扇贝去子，平剖成两片，鱼肉切大块，虾去壳、去肠线。
2. 鱼汤烧开，加入海鲜，慢火煮1~2分钟，直至虾变粉色，鱼和扇贝仍硬。捞出海鲜，锅内留5汤匙汤。
3. 在不粘锅内加油烧热。煸炒葱、姜、蒜。
4. 加入海鲜和酒。炒1分钟，加入剩余的汤，煮2分钟。
5. 淀粉加水调成糊，倒入锅中，搅拌直到汤汁变浓。
6. 用盐和胡椒调味。上菜时配面条或米饭。

Ingredients

4 large scallops, with the corals, 225g firm white fish fillet, such as monkfish or cod, 115g raw tiger prawns, 300 ml fish stock, 1 tbsp vegetable oil, 2 garlic cloves, coarsely chopped, 5 cm/2 in piece of fresh root ginger, thinly sliced, 8 spring onions, cut into 4cm pieces, 2 tbsp dry white wine, 3 tsp cornflour, 1 tbsp cold water, salt and ground white pepper, noodles or rice, to serve.

Method

1. Separate the corals and slice each scallop in half horizontally. Cut the fish fillet into bite size chunks, Peel and devein the prawns.
2. Bring the fish stock to the boil in a saucepan, Add the seafood, lower the heat and poach gently for 1~2 minutes until the fish, scallops and corals are just firm and the prawns have turned pink. Drain the seafood, reserving about 5 tbsp of the stock.
3. Heat the oil in a non stick frying pan or wok over a high heat until very hot. Stir fry the garlic, ginger and spring onions for a few seconds.
4. Add the seafood and wine. Stir fry for 1 minute, then add the reserved stock and simmer for 2 minutes.
5. Mix the cornflour to a paste with the water. Add the mixture to the pan or wok and cook, stirring gently just until the sauce thickens.
6. Season the stir fry with salt and pepper to taste. Serve at once, with noodles or rice.





炒三脆

Fried Three Crisps



原料

西芹、酸菜各100克，水菱肉50克，盐、味精、鸡精各1茶匙，色拉油1汤匙。

做法

1. 西芹、酸菜、水菱肉略加煸炒后，加盐、味精、鸡精。
2. 淋上少许水，点芡出锅。

Ingredients

100g celery, 100g pickled Chinese cabbage, 50g water caltrop, 1 tsp salt, 1 tsp gourmet powder, 1 tsp chicken extract, 1 tbsp salad oil.

Method

1. Fry water caltrop with celery and pickled Chinese cabbage for a while, add salt, gourmet powder and chicken extract.
2. Then sprinkle a little water. Serve.