

广东特色美食

滋补养颜甜品

李晋鹏展 著 广东科技出版社



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GUANGDONG STYLE SNACK

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GUANGDONG DESSERTS AND SNACKS

李曾鹏展 著



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写在《滋补养颜甜品》之前



甜品和小食在日常生活中，虽然不似主食般重要，但也是不可缺少的。它的品种丰富多姿，制作千变万化，而且随着季节的变化而应时更换品种，以适应人们的口味要求。

在春暖花开的季节，贺节糕点、油器这些传统的小食品种，便会相继上市；但在烈日当空的夏天，各种冻品充斥市场；而在金风送爽的秋天，滋润的甜品又是旺市的时候；在腊梅怒放的冬天，热腾腾的炖品和小食，为人们驱寒送暖，滋补养颜。

这些甜品和小食，深受人们的

喜爱。市面上虽然有甜品和小食供应，但又那及自己烹制方便呢！制作小食和甜品并不困难，最重要的就是有兴趣、有耐性，加上李太准确的材料分量，以及从经验中得来的技巧，还有大家对李太的信心，只要依照食谱炮制，相信不致令大家失望的。

这本书共有六十款品种，制作方法有煲、炖、煮、煎、炸、蒸、焗、烘及其他。有传统的：如多种汤圆、软滑萝卜糕、脆皮糯米鸡；也有创新的品种：如莲子糕、杂果雪蛤膏；更有精致的：如杏汁燕窝炖万寿果、化皮莲蓉枣、家乡鲜虾

片；还有大众化的：如大发松糕、甜汤粉。做法以通俗文字介绍，详细写明其中窍门，所以很易明白。

烹饪是一门厨艺，制作甜品和小食除了须要厨艺外，还显示出一份心思呢！当儿女喜悦地欣赏您的制成品，心中不但甜丝丝的，还有一份成功感。

李曾鹏展

百年好合(百合红豆沙)

SWEET RED BEAN PASTE WITH
LILY BULBS

用料:

红豆半斤, 糖半斤, 陈皮¼个
(浸软刮去囊), 马蹄粉一汤匙半
(或用粟粉取代), 百合二两

做法:

1. 百合用清水浸至发大, 约浸一小时, 放入滚水中煮五分钟, 捞起用清水洗一洗。
2. 百合放入滚水中煮焗, 约煮半小时, 捞起; 或把百合盛于碟中, 加入少许水蒸焗。
3. 马蹄粉(或粟粉)加水半杯搅匀。
4. 红豆洗净, 用清水三杯浸三小时。
5. 把水四杯放入锅内, 放下陈皮及浸红豆之水烧滚, 放下红豆煮滚, 慢火煮焗, 约需二小时。待稍冷, 把红豆盛于筛内, 擦出豆沙, 豆壳不要。
6. 陈皮剁细(和红豆一起煮之陈皮)。
7. 把陈皮、豆沙及煮红豆之水烧滚(此时应有五杯半豆沙及水), 加入糖及百合煮滚, 下马蹄粉水拌匀, 煮滚即成。

注:

1. 如觉得擦豆沙麻烦, 可以不擦, 连豆壳吃也可以, 只是不够幼细。
2. 煮百合和红豆的时间长短不

同, 所以分开煮较佳。

马蹄粉 = 荸荠粉; 粟粉 = 玉米粉; 焗 = 软透

Ingredients:

¾ lb red beans
¾ lb sugar
¼ dried tangerine peel, soak until softened and clean
1½ tbsp water chestnut flour or cornflour
2¾ oz dried lily bulbs

Method:

1. Soak lily bulbs in water for 1 hour. Par-boil in boiling water for 5 minutes. Rinse with cold water.
2. Cook lily bulbs in boiling water for ½ hour or steam on plate with some water until softened.
3. Mix water chestnut flour with ½ cup of water. Blend well.
4. Rinse and soak red beans in 3 cups of water for 3 hours.
5. Boil up 4 cups of water with dried tangerine peel and red bean solution. Add red beans and bring to boil. Simmer for about 2 hours until softened. Cool and rub through a sieve to get smooth red bean paste. Discard red bean shells.
6. Mince the cooked dried tangerine peel.
7. Boil up tangerine peel, red bean paste and solution with about 5½ cups of water. Add in sugar and lily bulbs. Bring to boil. Add in water chestnut flour thickening. Mix well and bring to boil. Serve.

*

1. Rubbing red beans through a sieve is an optional step. It can be omitted but the red bean paste will be more rough.
2. Lily bulbs and red beans are cooked separately as the cooking time is not the same.



莲子窝蛋茶

LOTUS SEED TEA WITH POACHED EGG

用料：

莲子四两，鸡蛋六只或适量，冰糖七两春碎（或用沙糖 1¼ 杯取代），梳打粉一茶匙，洋醋一汤匙

做法：

1. 水三杯烧滚，放下梳打粉，下莲子煮五至十分钟，取起，擦去莲衣洗净，放入滚水中煮五分钟，使除去梳打粉味，捞起。
2. 水五杯半烧滚，下莲子煮烩，约煮二十分钟，下冰糖煮至糖溶而又滚便可。
3. 水三至四杯烧滚，放下洋醋烧滚。
4. 鸡蛋打开盛碗中，然后轻轻倒入滚水中。因为有醋的关系，蛋白会包裹着蛋黄。捞起窝蛋，放入滚水中浸一浸，使去醋味，沥干水。
5. 把窝蛋放入碗中，加入适量之莲子糖水即成。

注：

读者可能觉得做窝蛋手续过繁，但这却是技巧。简单的，可以把鸡蛋打开放入糖水中煮熟，这样糖水不够清，蛋熟后也不完整。

不过这只是视觉的享受，但对味道却没有影响。

炒 = 软透

Ingredients:

- ⅓ lb lotus seeds
- 6 eggs
- 9⅓ oz crushed rock sugar or 1¼ cups granulated sugar
- 1 tsp bicarbonate of soda
- 1 tbsp white vinegar

Method:

1. Boil up 3 cups of water. Add in bicarbonate of soda and lotus seeds. Cook for 5 to 10 minutes. Rub off skin of lotus seeds. Rinse and parboil in boiling water for 5 minutes to remove the soda flavour. Drain well.
2. Boil up 5½ cups of water. Add lotus seeds. Cook for about 20 minutes until softened. Add rock sugar. Cook until sugar is dissolved and boiled.
3. Boil up 3 to 4 cups of water. Add white vinegar and bring to boil.
4. Break an egg in a bowl. Pour it in boiling vinegar water slightly. Egg white will wrap the yolk as it sets. Remove from water and dip in boiling water to remove the sour flavour. Drain well.
5. Dish poached egg on serving bowl. Pour in some lotus seed tea and serve.

* This sweet tea can also be served with beaten egg cooked in lotus seed tea. It is easier to prepare in that way. This will only affect the appearance but not the taste.



鸡蛋腐竹糖水

SWEET TEA WITH BEAN
CURD STICK AND EGG

用料：

干腐竹二两，鸡蛋六只或酌量，
糖 $\frac{3}{4}$ 杯，姜一小片

做法：

1. 鸡蛋蒸熟，约蒸十五分钟，用清水浸冷，去壳。
2. 腐竹放入滚水中浸二十分钟，浸至变赤白色，捞起沥干水。
3. 水五杯烧滚，放下腐竹及姜，盖上盖，烧滚，用中慢火煮至腐竹溶化，加入鸡蛋及糖，再煮滚即成。

腐竹 = 干腐衣

Ingredients:

2 $\frac{2}{3}$ oz dried bean curd stick
6 eggs
 $\frac{3}{4}$ cup sugar
1 small slice ginger

Method:

1. Steam eggs for 15 minutes until cooked. Soak in cold water and remove shells.
2. Soak bean curd stick in boiling water for 20 minutes until it turns to creamy white colour. Drain well.
3. Boil up 5 cups of water. Add in bean curd stick and ginger. Bring to boil, covered. Then cook over medium low heat until bean curd stick is dissolved. Add in hard-boiled eggs and sugar. Bring to boil and serve.



桑寄生蛋茶

SWEET HERB TEA WITH EGG

用料:

桑寄生一两 (中药店有售), 鸡蛋二只或酌量, 糖半杯或适量

做法:

1. 桑寄生洗净。
2. 桑寄生放入锅内, 加入清水四杯及鸡蛋慢火煮滚, 再煮二十分钟, 此时鸡蛋已熟。
3. 取起鸡蛋, 用清水浸冷, 去壳。
4. 把鸡蛋放回锅内, 用最慢火再煮四十分钟, 捞起桑寄生不要, 下糖煮滚即可。

注:

此甜品有补益肝肾、强壮筋骨、养血驱风的功效。

Ingredients:

1 1/3 oz parasitic plant leaf (available in Chinese drugstores)
2 eggs
1/2 cup sugar (or suitable amount)

Method:

1. Wash parasitic plant leaf.
2. Boil up parasitic plant leaf and eggs with 4 cups of water over low heat. Then simmer for further 20 minutes until eggs are cooked.
3. Soak hard-boiled eggs in cold water. Remove shells.
4. Put eggs back to tea solution. Cook over the lowest heat for further 40 minutes. Discard parasitic plant leaf. Add in sugar and bring to boil. Serve.

*

This dessert is good for improving function of liver, kidneys and strengthening the bones, as well as expelling wind from the system and nourishing blood.



银杏栗蓉露

CREAMY CHESTNUT AND GINKGO TEA

用料:

栗子肉六两，糖 $\frac{3}{4}$ 杯，白果四两，粟粉二汤匙

做法:

1. 白果去壳，放入滾水中煮五分钟，取起去衣去心，洗净沥干水。
2. 栗子肉放入滾水中煮炆，约煮三十分钟，取起压碎，放入磨碎机内，加水一杯磨细。
3. 粟粉加水五汤匙拌匀。
4. 水三杯半烧滚，放下糖及白果煮滚，慢火煮十五分钟，加入磨细的栗蓉煮滚，下粟粉水拌匀，煮滚即成。

银杏 = 白果；粟粉 = 玉米粉；炆 = 软透

Ingredients:

- $\frac{1}{2}$ lb chestnut flesh
- $\frac{3}{4}$ cup sugar
- $\frac{1}{3}$ lb ginkgoes
- 2 tbsps cornflour

Method:

1. Shell and cook ginkgoes in boiling water for 5 minutes. Remove skin and cores. Wash and drain well.
2. Parboil chestnut flesh in boiling water for about $\frac{1}{2}$ hour until softened. Then press to puree or blend finely with 1 cup of water in a blender.
3. Mix cornflour with 5 tbsps of water. Blend well.
4. Boil up $3\frac{1}{2}$ cups of water. Add in sugar and ginkgoes. Bring to boil and simmer for further 15 minutes over low heat. Add in creamy chestnut and bring to boil. Serve.

