

培梅中菜譜

PEI MEI'S Chinese Cook Book

傅培梅編著



中西烹飪出版社印行

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序

中菜的烹飪技術，具有悠久的歷史，在國際上享有最高的聲譽，備受各國人士讚揚。

早在春秋時代，已有烹調藝術的研究。歷代有數十種有關飲食的書籍，記載食物製作的各種方法。如「食經」「王食批」「易牙遺意」「中饋錄」「食譜」等等。再經民間不斷改進與提高，不但技術精湛，而且風味絕美。由於中國幅員廣闊，各地自然條件不同，形成許多各有地方特色，各具不同風味的精美名菜。

例如京菜的烤鴨，久已世界馳名，淮揚菜濃淡適宜，製作精巧，尤以甜鹹點心最爲出色。廣東菜色最多，取料新穎奇異，調味有清有濃，深受中外人士歡迎，潮州菜以海鮮見長，以魚翅、燕窩最爲特色。福建以湯菜、炒菜著稱，爲海外華僑喜愛。近代由於南北文化交流，例如上海菜已有廣東菜參雜，京菜中也有川揚名菜了。

本書特將各地菜譜，系統地編印成書。爲方便中外人士，特用中英文詳細介紹了各種菜餚的用料及製作方法，是一部很有價值的菜譜。

編者

INTRODUCTION

The methods of Chinese cooking have very high reputation in the world and well appreciated by people of all nationalities.

Nearly 100 types of Chinese recipes are selected and listed in this book. All the names of the recipes, the ingredients and their proportions as well as the course of cooking are introduced both in Chinese and in English accompanied by colour illustrations for your reference.

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孔雀排翅

(台灣菜)

Shark's Fin as Peacock

(Regional dish-Taiwan)

材料：

- 魚翅半斤
- 薑蔥菜 3 兩
- 包心菜 2 兩
- 豆粉 1 大匙
- 味素 1 小匙
- 油雞 1 隻
- 鹹火腿 4 兩
- 蔥油 1 小匙
- 鹽 1 小匙
- 冬菇 3 兩
- 雞蛋 2 個
- 白糖 1 小匙
- 高湯 3 飯碗

調理法：

1. 大葉薑蔥菜 20 葉，剪成孔雀尾羽毛形如
2. 發魚翅：乾魚翅加水煮 1 小時，取出以刀刮去前端之沙，再入鍋煮 30 分鐘。
3. 2 個蛋打散，煎 2 張蛋皮，然後切成 3 公分直徑之心形（約 20 片），其餘切成絲狀。
4. 冬菇 3 朵剪成 1.5 公分直徑之心形。

做法：

1. 發好之魚翅掛於盆（橢圓形）中，淋入高湯 1 飯碗，並加 1 小匙蔥油、 $\frac{1}{2}$ 小匙糖、 $\frac{1}{2}$ 小匙鹽、 $\frac{1}{2}$ 小匙味素、1 片鹹火腿、4 隻雞腳入鍋煮 30 分鐘
2. 包心菜煮熟切段，加 1 小匙麵粉、 $\frac{1}{2}$ 小匙鹽、 $\frac{1}{2}$ 小匙味素拌勻擺在魚翅上面續煮 30 分鐘
3. 將薑蔥菜葉排於盤（橢圓形）之一端，蛋皮、香菇擺於葉子尾端，使成孔雀尾
4. 將蒸好之魚翅倒扣於盤上當孔雀身，蛋皮絲飾頭，其上擺雞頭、雞翅膜放在孔雀身旁，雞爪擺身上
5. 兩碗高湯調 $\frac{1}{2}$ 小匙鹽、 $\frac{1}{2}$ 小匙味素、 $\frac{1}{2}$ 小匙白糖，並用 1 大匙豆粉調 2 大匙水勾芡，淋於孔雀身上即成。

Ingredients:

- 10 oz. shark's fin
- 1 oiled chicken
- 1 oz. dried black mushrooms
- 4 oz. lettuce
- 5 oz. salted ham
- 2 eggs
- 3 oz. Chinese cabbage
- 1 t. sesame oil
- 1 t. white sugar
- 1 T. cornstarch
- 1 t. salt
- 1 t. M. S. G.
- 3 C. high soup stock

Directions:

1. Arrange 20 leaves of lettuce as peacock tail
2. Soak shark's fin with water to boil for 1 hour, remove and shave the sand in the front part, then boil again for 30 minutes
3. Beat each egg and sautéed as egg skins, then cut into heart-like (about 3 cm. diameter) 20 slices, shred the others.
4. Cut 3 dried black mushrooms into heart-like slices (about 1.5 cm. diameter)

Methods:

1. Arrange soaked shark's fin in the oval basin, pour 1 C. high soup stock, 1 t. sesame oil, $\frac{1}{2}$ t. sugar, $\frac{1}{2}$ t. salt, $\frac{1}{2}$ t. M. S. G. 1 salted ham and 4 chicken feet to steam for 30 minutes.
2. Boil Chinese cabbage and cut into sections. Add 1 t. flour, $\frac{1}{2}$ t. salt, $\frac{1}{2}$ t. M. S. G., then arrange over the shark's fin to steam again for 30 minutes.
3. Arrange the leaves of lettuce at the one end of the oval plate, egg skin and mushroom at the end of the leaves as the tail of peacock.
4. Put steamed shark's fin upside down the plate as the body of peacock, egg skin shreds as neck, chicken heat at the top, chicken wings at side and chicken feet on the body.
5. Boil 2 C. high soup stock, marinate with $\frac{1}{2}$ t. salt, $\frac{1}{2}$ t. M. S. G. $\frac{1}{2}$ t. white with white sugar and 1 T. cornstarch with 2 T. water as cornstarch sugar paste. Pour over peacock body and serve

材料：

- | | | | | |
|----------------------|-----------|----------------------|----------------------|-----------|
| • 蟹 2 只 | • 叉燒肉 3 兩 | • 燒雞 $\frac{1}{2}$ 隻 | • 滷豬肚 1 個 | • 鹹蛋 1 個 |
| • 鴨蛋 1 個 | • 皮蛋 1 個 | • 胡瓜 $\frac{1}{2}$ 條 | • 茄子 $\frac{1}{2}$ 條 | • 胡蘿蔔 2 片 |
| • 蘿蔔 $\frac{1}{2}$ 條 | • 高麗菜少許 | • 櫻桃數個 | • 西洋香葉 2 枝 | • 紅色素少許 |

調理法：

1. 蟹蒸熟，剝開蟹殼後剝成每塊帶蟹足之小塊（即 1 只剝成六塊）。
2. 燒雞切塊。
3. 叉燒肉、豬肚切片。
4. 胡瓜（不去皮）、茄子、胡蘿蔔少許切粗絲。
5. 胡瓜去籽留約 0.5 公分厚之綠皮，刻成椰樹。
6. 鹹蛋去殼置於抹油鑊碟上，蛋黃稍壓扁，蒸熟。
7. 蘿蔔雕刻成菊花形，用紅色素染紅。
8. 鴨蛋、皮蛋煮熟去殼刻花。

擺飾法：

1. 蟹肉排成蟹形，中間嵌入叉燒肉、燒雞、滷豬肚等，再將蟹殼覆蓋呈原蟹狀，2 只蟹以反方向排列。
2. 胡瓜、茄子、高麗菜、胡蘿蔔絲等擺呈屋式於盤之一端，屋邊用椰樹及西洋香葉、菊花彩飾。
3. 鹹蛋當月亮。
4. 鴨蛋、皮蛋分別裝飾在 2 只蟹之中間，並以蛋黃少許點綴。

Ingredients:

- | | | | |
|--------------------------|----------------------|-------------------------------|------------------------------------|
| • 2 crabs | • 4 oz. broiled pork | • $\frac{1}{2}$ roast chicken | • $\frac{1}{2}$ stewed pig stomach |
| • 1 salted egg | • 1 duck egg | • 1 limed egg | • $\frac{1}{2}$ cucumber |
| • $\frac{1}{2}$ eggplant | • 2 pieces carrot | • $\frac{1}{2}$ radish | • a dash cabbage |
| • some cherries | • 2 sprigs parsley | • a dash red pigment | |

Directions:

1. Steam crabs, remove the shell then cut the meat into 6 pieces, each piece with one leg
2. Slice roast chicken, broiled pork, and stewed pig stomach.
3. Shred cucumber, eggplant, and carrot.
4. Remove the seeds of cucumber carve a coca on the green peel.
5. Remove the shell of salted egg, steam in the plate which is brushed with oil press the yolk flat.
6. Carve radish into flower shapes, then vermillion it with red pigment.
7. Boil the duck egg, remove the shell of limed egg then carve both of eggs into flower shapes.

Settings and Decorations:

1. Arrange the crab meats as a crab put broiled pork, roast chicken, stewed pig stomach etc. in the center of the crab, covered with crab shell like the original shape. Put the other two crabs in the opposite direction.
2. Arrange cucumber, eggplant, cabbage, carrot shreds, etc. at the one end of the plate as the house, decorated with coca, parsley and flower shapes foods.
3. Put the salted egg as the moon in the sky.
4. Set the limed egg and duck egg between two crabs and decorated with a dash of yolk.

澄湖秋月 Romantic Appetizer Plate





八美和睦 (台灣菜)

The Eight Peaceful Beauties (Regional dish-Taiwan)

材料：

- 鹹肉粽 2 個
- 油雞胸肉 8 兩
- 豬肉油 4 兩
- 皮蛋 4 個
- 韭菜 10 兩
- 紅辣椒 4 個
- 鳳梨 1 個
- 豆粉 2 大匙
- 醋 2 大匙
- 西洋香菜少許
- 蒜茸花生 4 兩
- 鮑魚 2 兩
- 鹹蛋 6 個
- 鹹火腿 4 兩
- 包心白菜 1 斤
- 番茄 3 個
- 胡蘿蔔 1 條
- 鹽 1 大匙
- 蔥油 1 大匙
- 沙蝦 8 兩
- 豬心 4 兩
- 蘆筍罐頭 1 罐
- 蛋黃 2 個
- 黃瓜 1 條
- 生菜 1 棵
- 麵粉 4 大匙
- 白糖 3 大匙
- 紅色素少許

調理法：

1. 鹹蛋入冷水中煮開 2 分鐘，取出由尖端敲洞，將蛋黃擠出。
2. 取半斤韭菜搗汁後加 1 小匙糖，1 大匙蛋黃拌勻裝入鹹蛋中，並加入 1 個蝦仁。
3. 包心白菜取 1 切絲，放入蒸碗中，將 2 立放其上，大火蒸 6 分鐘，取出放去殼切圓片（約 1 公分厚）。
4. 沙蝦洗淨、燙熟、去頭。
5. 包心白菜切絲入開水中稍燙，撈出加鹽拌勻後擠去水分，然後加 2 大匙白糖、2 大匙醋，1 大匙蔥油拌勻，當菜斗（墊底材料）。
6. 鳳梨去心切片（韭菜 1 2 兩）去尖端，燙熟後分別打結。
7. 豬心切片（約 0.5 公分厚、4 公分寬、6 公分長），鹹火腿煮熟切片。
8. 1 個蛋黃加 4 大匙麵粉、1 小匙鹽、1 小匙糖拌成麵糊。
9. 豬肉油煮熟，沾紅色素水，再沾麵糊入鍋中炸熟，取出切片（約 4 公分長、3 公分寬）稱高麗肉。
10. 黃瓜洗淨，切成二半後再切二段，然後分別切連刀片，捲成花。
11. 油雞肉切塊（約 3 公分寬、5 公分長）。
12. 胡蘿蔔半條煮熟搗成泥。
13. 豆粉 2 大匙加少許清水煮成糊狀後加入 1 小匙鹽、1 小匙糖、1 小匙蔥油和胡蘿蔔泥拌勻。
14. 皮蛋去殼煮熟後切成圓片（約 2 公分厚）。
15. 鮑魚斜刀切成薄片（約 3 公分寬、6 公分長）。

擺飾法：

- 甲盤：鹹肉粽一個裝盤後插滿蒜茸花生，旁邊以紅辣椒、蔥、西洋香菜彩盤。
- 乙盤：另一個鹹肉粽裝盤後，插滿沙蝦。
- 丙盤：油雞肉排於盤中，旁邊擺少許菜斗，兩端並以番茄片、西洋香菜彩盤。
- 丁盤：盤中擺少許菜斗，上排相疊之鮑魚片，並以番茄、西洋香菜彩盤。
- 戊盤：盤中擺鳳梨片，韭菜結擺於兩端，豬心片再相疊排入，並以鳳梨片彩盤。
- 庚盤：③之蛋片排於圓盤上，胡蘿蔔泥以擠花器擠於蛋片中心，再以黃瓜、番茄、生菜彩盤。
- 辛盤：盤中擺少許菜斗，蘆筍排於菜斗上，以刺繡之胡蘿蔔泥蓋住，再用西洋香菜紅辣椒彩盤。
- 壬盤：皮蛋擺盤上，用西洋香菜彩盤。

附註：

1. 此為舊時台灣同胞喜宴之名菜。
2. 庚盤擺在正中央代表丈夫，其餘 8 盤緊繞旁邊代表 8 個太太和睦相處，取其吉祥也。

Ingredients:

- 2 salted rice cakes
- 10 oz shrimp
- 3 oz abalone
- 5 oz pork fat
- 1 can asparagus
- 5 oz salted ham
- 1 lb onion fragrant
- 1/2 cucumber
- 3 tomatoes
- 1/2 pineapple
- 4 T. flour
- 1 T. salt
- 2 T. vinegar
- red pigment (a little)
- 5 oz garlic peanuts
- 10 oz oiled chicken breast
- 5 oz pork heart
- 6 salted eggs
- 4 limes eggs
- 2 egg yolks
- 1 1/2 lb Chinese cabbage
- 4 hot red pepper
- 1 lettuce
- 1/2 carrot
- 2 T. cornstarch
- 3 T. white sugar
- 1 1/2 T. sesame oil
- parsley (a little)

Directions:

1. Boil salted egg with cold water for 2 minutes, remove the egg yolk from one end through the shell.
2. Put 10 oz onion fragrant chop and squeeze juice, marinate with 1 t. sugar, 1 T. egg yolk, mix well, then set into salted egg with one shrimp.
3. Shred Chinese cabbage, and put into steamed pot, then put the 2 step ingredients on it. Steam over high heat for 6 minutes. Remove and shell and cut the round shape.
4. Clean and scald shrimp then remove the head.
5. Shred and scald cabbage, remove then add salt to it, rinse and dry. Add 2 T. white sugar, 2 T. vinegar, 1 T. sesame oil then mix well as the bottom.
6. Divide pineapple, remove stem and slice, scald 2 oz onion fragrant then tied.
7. Slice pork heart (about 0.5 cm. thick, 4 cm. wide, 6 cm. long). Boil salted ham and slice.
8. Mix 1 egg yolk with 4 T. flour, 1/2 t. salt, and 1 t. sugar as paste.
9. Boil pork fat, dip in red pigment, then in flour paste. Fried it well in the pan. Remove and slice called Korea meat.
10. Clean cucumber, divide into two parts then cut into two sections curve into flower shape with connected slice.
11. Cut oiled chicken meat (about 3 cm. wide and 5 cm. long).
12. Boil and mash carrot.
13. Mix 2 T. cornstarch with little water to boil as paste, mix 1/2 t. salt, 1 t. sugar, 1 t. sesame oil and mashed carrot with it well.
14. Shell lime egg, then steam and cut into round shape (about 2 cm. thick).
15. Slice abalone slantwise (about 3 cm. wide, 6 cm. long).

Arrangements:

- A plate: Put one salted meat rice cake in the plate, sprinkle over garlic peanuts. Garnish with hot red pepper, scallion, and parsley.
- B plate: Put the other salted meat rice cake in the plate, sprinkle over shrimp.
- C plate: Arrange chicken meat at the center of the plate the ingredients of above 5 step around it. Garnish with tomato slices and parsley.
- D plate: Put the bottom vegetable in the plate abalone on it. Garnish with tomato and parsley.
- E plate: Arrange pineapple at the center of the plate, tied onion fragrant at the both ends pork heart slices on it. Garnish with pineapple slices.
- F plate: Arrange some bottom vegetable in the plate, Korea meat, salted ham slices on it. Garnish with tomato and parsley.
- G plate: Arrange egg slices (which has been stated at above the third step.) Squeeze mashed carrot in the center. Garnish with cucumber, tomato and lettuce.
- H plate: Arrange the bottom vegetable first asparagus on it. cover with mashed carrot, garnish with parsley and hot red pepper.
- I plate: Set limed eggs in the plate. Garnish with parsley.

Notes:

1. This dish is famous for ancient Taiwanese during party dinner.
2. Arrange G. plate in the center representing husband, the others around it as 8 wives to live together with their husband peacefully. It means happiness.

材料：

- | | | | | |
|-----------|-----------|-----------|------------|-------------|
| • 油雞肉 3 兩 | • 滷豬肝 3 兩 | • 滷豬舌 3 兩 | • 滷豬肚 3 兩 | • 墨魚 1 條 |
| • 明蝦 4 隻 | • 洋火腿 1 條 | • 高麗菜 5 片 | • 小黃瓜 3 條 | • 罐頭蘆筍 8 枝 |
| • 番茄 1 個 | • 胡蘿蔔 1 條 | • 櫻桃 1 個 | • 沙拉醬 1 小包 | • 西洋香菜 1 小紮 |
| • 紅辣椒 1 個 | | | | |

調理法：

1. 高麗菜切細絲。
2. 墨魚劃花刀，切成 4 公分寬 12 公分長之長方形，投入開水中燙熟，即成捲花狀。
3. 油雞、滷豬肚、滷豬舌、小黃瓜切 7 公分長 0.3 公分厚之薄片。另取少許油雞肉切 4 粗條，充當龍腿用。
4. 胡蘿蔔去皮、煮熟，切成 7 公分長 0.3 公分厚之花片。
5. 紅辣椒縱切成約 15 公分長之細絲，當龍鬚，另切兩片呈龍爪狀。
6. 明蝦 4 隻，投入開水中煮熟，去蝦頭及蝦殼，蝦肉切片。
7. 番茄切成 2 個小圓片及三個等腰三角形充當龍尾。
8. 滷豬肝、洋火腿切片。

擺飾法：

1. 高麗菜絲排於盤中央呈小丘狀。
2. 油雞、滷豬肝、胡蘿蔔、滷豬舌、小黃瓜依層次排列於①的中央部位，兩邊則以明蝦排滿，末端接墨魚花捲即成龍身，再取番茄飾龍尾。
3. 明蝦頭 4 個並列在龍身前端，中央部位夾一粗長條之小黃瓜，其上用滷豬肝片及洋火腿片覆蓋裝飾，櫻桃飾眼睛，兩邊以紅辣椒絲飾龍鬚。
4. 蘆筍、小黃瓜在適當位置排成龍足，油雞肉條及紅辣椒爪片擺呈前肢狀。
5. 沙拉醬擠線條於龍身上，西洋香菜擺飾於兩旁即成。

Ingredients:

- | | | | |
|----------------------------|----------------------------|---------------------------|----------------------------|
| • 4 oz. oiled chicken meat | • 4 oz. stewed pig liver | • 4 oz. stewed pig tongue | • 4 oz. stewed pig stomach |
| • 1 cuttlefish | • 6 shrimps | • 1 ham | • 5 leaves cabbage |
| • 3 small cucumbers | • 8 pieces asparagus (can) | • 1 tomato | • 1 carrot |
| • 1 cherry | • 1 parcel mayonnaise | • 1 sprig parsley | • 1 red pepper |

Directions:

1. Shred cabbage.
2. Score cuttlefish crisscross diagonally, cut in 4 × 12 centimeters rectangular shapes, boil in water and curl up as flower shapes.
3. Cut oiled chicken, stewed pig stomach, stewed pig tongue and cucumber into 7 × 0.3cm. slices. Cut a bit of oiled chicken meat to 4 slices as the legs of the dragon.
4. Remove the peel of radish and cook, then slice into 7 × 0.3cm. slices.
5. Cut red pepper lengthwise about 15 centimeters as the beard of the dragon, and keep other two as the paws of the dragon.
6. Boil shrimps in water. Remove the shell and the heads. Slice the meat.
7. Cut the tomato into 2 round slices and 3 isosceles triangles as the tail of the dragon.
8. Slice the stewed pig liver, ham in the flower shapes.

Settings and Decorations:

1. Put the cabbage shreds in the center of the plate as a hill-like.
2. Set the oiled chicken, stewed pig liver, radish, stewed tongue, cucumber in the center of the plate, shrimps aside the curled cuttlefish at the end that's the body of dragon. Put the tomato as the tail of the dragon.
3. Put the head of shrimps at the top of the dragon body, the center has a cucumber covered with stewed pig liver, and ham slices, cherries decorated as the eyes red pepper aside as beard.
4. Decorate with asparagus, cucumber as the feet of the dragon, shredded oiled chicken meat and red pepper as the front leg.
5. Garnish with mayonnaise on it, parsley around it.

附註：

墨魚亦稱花枝，宜從裡面劃花刀，劃花刀時，注意力量要平均，深度要一致，最好切至 $\frac{3}{4}$ 深處。

Note:

1. Score the cuttlefish from inside with the balance strength about $\frac{3}{4}$ depth.

龍王大拼盤

The Dragon-king Appetizer Plate



材料：

- 油鷄肉 5 兩
- 油豬肝 3 兩
- 臘腸 4 條
- 洋火腿 $\frac{1}{2}$ 條
- 海蜆皮 4 兩
- 明蝦 4 隻
- 墨魚 $\frac{1}{2}$ 隻
- 皮蛋 3 個
- 蘿蔔 1 條
- 櫻桃 數個
- 沙拉醬 1 小包
- 蒜頭 5 瓣
- 蔥油 1 大匙
- 醋 1 大匙
- 味素 $\frac{1}{2}$ 小匙
- 糖 $\frac{1}{2}$ 小匙
- 色素少許

Ingredients:

- 7 oz. oiled chicken meat
- $\frac{1}{2}$ lb. ham
- $\frac{1}{2}$ cuttlefish
- $\frac{1}{2}$ carrot
- 5 cloves garlic
- $\frac{1}{2}$ t. M. S. G.
- 4 oz. stewed pig liver
- $\frac{1}{2}$ lb. salted jellyfish
- 3 limed eggs
- some cherries
- 1 T. sesame oil
- $\frac{1}{2}$ t. sugar
- 4 sausages
- 4 prawns
- 1 radish
- 1 parcel mayonnaise
- 1 T. vinegar
- a dash pigment



四色冷盤

Four Colors Cold Dishes

調理法：

1. 海蜆皮用冷開水泡軟，切絲拌入蒜（切碎）、醋 1 大匙、味素 $\frac{1}{2}$ 小匙、糖 $\frac{1}{2}$ 小匙及蔥油 1 大匙。
2. 皮蛋去殼，每個切成四片。
3. 小黃瓜切斜片，泡鹽水片刻取出。
4. 油鷄肉切粗絲。
5. 臘腸蒸熟切斜片。
6. 明蝦蒸熟去殼，斜切成四片。
7. 油豬肝切片。
8. 洋火腿刻花切片。
9. 墨魚切花後煮熟再切片。
10. 鹹蛋去殼，蛋黃壓扁蒸熟取出。
11. 蘿蔔分別刻兩朵花，然後染色。
12. 胡蘿蔔刻花切片。

擺飾法：

- 甲盤：海蜆皮絲放在盤中間，傍邊以小黃瓜、櫻桃及皮蛋彩盤，即成一盤。
- 乙盤：油鷄、臘腸併排在一盤上，以胡蘿蔔、蘿蔔花、西洋香葉、櫻桃彩盤，為另一盤。
- 丙盤：洋火腿、墨魚排在一盤上，用西洋香葉、胡蘿蔔花彩盤，又為一盤。
- 丁盤：豬肝、明蝦同放一盤中，蝦肉塗上沙拉醬，用鹹蛋、小黃瓜、胡蘿蔔、西洋香葉彩盤，即成。

Directions

1. Soak salted jellyfish in cold boiled water to soften, marinate with chopped garlic, 1 T. vinegar, $\frac{1}{2}$ t. M. S. G., $\frac{1}{2}$ t. sugar and 1 T. sesame oil.
2. Remove the shells of limed eggs. Cut each into 4 slices.
3. Slice small cucumber slantwise. Soak in salted water then remove.
4. Shred oiled chicken meat.
5. Boil sausages then cut into slant slices.
6. Boil prawns and remove the shells then cut into 4 slant slices.
7. Slice stewed pig liver.
8. Score and slice ham.
9. Score cuttlefish and boil then slice.
10. Remove the shells of salted eggs, crush the yolk flat and steam.
11. Carve radish into two flowers and give the colors with pigment.
12. Score carrot into flower shapes then slice.

Settings and Decorations

- A Plate: Arrange the salted jellyfish in the center of the plate, decorated with small cucumber, cherries and limed eggs.
- B Plate: Arrange sausages in the center of the plate decorated with radish, flower shapes, carrot and parsley around it.
- C Plate: Arrange ham, cuttlefish in the center of the plate decorated with parsley and carrot around it.
- D Plate: Arrange prawns in the center of the plate, setting mayonnaise on it, decorated with salted eggs, small cucumber, carrot, parsley around it.

材料：

- 滷豬肝 3 兩
- 油雞肉 3 兩
- 香腸 2 條
- 墨魚(花枝) 1 隻
- 小黃瓜 1 條
- 花燈 1 組
- 滷豬肚 3 兩
- 烤鴨肉 3 兩
- 滷雞頭 2 個
- 胡蘿蔔 1 小條
- 西洋香菜 1 小束
- 叉燒肉 3 兩
- 洋火腿 3 兩
- 鹹蛋 2 個
- 高麗菜 3 片
- 蘿蔔 1 條

Ingredients:

- 4 oz. stewed pig liver
- 4 oz. broiled pork
- 4 oz. roast duck meat
- 2 sausages
- 2 salted eggs
- 1 carrot
- 1 small cucumber
- 1 radish
- 4 oz. stewed pig stomach
- 4 oz. oiled chicken meat
- 4 oz. ham
- 2 stewed chicken head
- 1 cuttlefish
- 3 leaves cabbage
- 1 sprig parsley
- 1 set of lantern

雙鳳朝陽

Two Phoenixes Flying to the Sun



調理法：

1. 滷豬肝、小黃瓜、滷豬肚、叉燒肉、油雞、烤鴨，各切12片，胡蘿蔔刻成7公分長之圓葉形花片。
2. 滷雞頭下墊蘿蔔，用牙籤固定之。
3. 墨魚切花後煮熟切片。
4. 香腸煮熟或炸熟後切斜片。
5. 胡蘿蔔、小黃瓜切0.5公分厚、4公分長之連刀薄片，稍泡鹽水後再用刀壓展成扇形。
6. 鹹蛋去殼，置抹油之盤碟內，蛋黃稍壓扁，蒸熟。
7. 胡蘿蔔及高麗菜切絲。

擺飾法：

1. 花燈擺在盤中，底以蘿蔔絲、高麗菜絲裝飾之。
2. 滷豬肝、胡蘿蔔、小黃瓜、叉燒肉、滷豬肚依次排列成鳳尾狀。
3. 油雞肉、烤鴨肉相間排列在鳳尾前端成鳳身。
4. 墨魚、香腸、洋火腿依次排在鳳身邊，當鳳翼。
5. 排上鳳頭，頸部用扇形小黃瓜、胡蘿蔔裝飾之。
6. 熟鹹蛋排在雙鳳中間飾太陽，蛋之周圍用西洋香菜裝飾。

Directions:

1. Slice stewed pig liver, cucumber, stewed pig stomach, broiled pork, oiled chicken meat and roast duck meat into 12 pieces. (each food)
2. Put the stewed chicken head on radish then fix it with toothpick.
3. Score cuttlefish, steam it then slice.
4. Boil or fry sausages then slice crosswise.
5. Slice the one end of cucumber and carrot into 0.5 cm. thick and 4 cm. long slices, soak in salt water then make it as the fan shapes.
6. Remove the shell of limed egg put in the brush-oiled plate and steam it.
7. Shred carrot and cabbage.

Settings and Decorations:

1. Arrange the lantern at the center of plate, decorated with carrot shreds and cabbage shreds at the bottom.
2. Arrange stewed pig liver, carrot, cucumber, broiled pork, and stewed pig stomach as the tails of the phoenixes.
3. Arrange apart between oiled chicken and roast duck before the tails as the bodies of the phoenix.
4. Set cuttlefish, sausage and ham beside the bodies as the wings.
5. Put the stewed chicken heads in front of the body decorated with fan shape cucumber, and carrot around the necks.
6. Arrange the salted eggs between the two phoenixes as the sun. Garnish with parsley around it.

賜喜雙發

(台灣菜)

Four Wonderful Plates (Regional dish-Taiwan)



材料：

- 鮮大蝦 6 兩
- 花枝(墨魚) 8 兩
- 嫩薑 1 斤
- 小黃瓜 2 條
- 胡椒 1 小匙
- 味素 1 小匙
- 熟雞肉 4 兩
- 紅辣椒 2 個
- 西洋香葉少許
- 鹽 3 小匙
- 馬鈴薯 1 個
- 蕃茄 1 個
- 四季豆 2 兩
- 沙茶醬 2 大匙
- 白糖 9 大匙
- 鹹火腿 6 兩
- 蘿葡 1 斤
- 四季豆 2 兩
- 沙茶醬 2 大匙
- 白糖 9 大匙
- 鹹油 1 大匙

調理法：

1. 黃瓜(2條)、蘿葡洗淨，連皮絞切薄片，加少許鹽醃漬片刻。
2. 嫩薑切段後對切成半，再分別連刀切成薄片，以開水稍燙後加 6 大匙白醋、6 大匙白砂糖醃漬片刻，即為泡薑。
3. 醃好之蘿葡擠去汁，分成二份，一份加入 2 大匙糖、2 大匙沙茶，1 大匙麻油拌勻。另一份加 3 大匙糖、3 大匙醋，少許紅色素拌勻。
4. 黃瓜 1 條切成薄片(約 3 公分寬、6 公分長)，以鹽醃漬。
5. 花枝去薄膜洗淨，畫 0.5 公分寬不切斷之長條線，入開水中煮熟，再斜刀切片(約 7 公分長、3 公分寬)。
6. 大蝦燙熟，留尾去殼，縱切二半，再斜刀切成 2 3 段。
7. 鹹火腿煮熟，一部份切長條(約 5 公分長、0.8 公分寬、0.5 公分厚)，另一部份切片(約 3 公分寬、5 公分長)。
8. 四季豆燙熟，縱切二半。
9. 以醃好之蘿葡片將火腿條與四季豆捲成筒狀並切成 2 段，刀口向上。
10. 以醃黃瓜片(7—8 片)，將火腿條捲筒狀(約 5 公分長)，再切成 2 段，刀口向上。
11. 蒸碗內鋪玻璃紙 1 張、墨魚、小黃瓜、鹹火腿片依次相疊排 2 排於碗底，再把剝好雞份鋪在上面。
12. 馬鈴薯半個去皮煮熟搗成泥，加 1 大匙高湯、1 小匙鹽、1 大匙糖、1 小匙胡椒拌勻。
13. 雞肉肉切斜刀塊(約 6 公分長、4 公分寬)。
14. 洋菜以滾開水洗淨，切段(約 7 公分長)，加 1 大匙沙茶醬、1 小匙鹽、1 小匙味素、1 大匙麻油、1 小匙糖、1 兩泡薑拌勻。

擺飾法：

- 甲盤：染色蘿葡鋪于盤底，上排大蝦，旁邊以少許泡薑和馬鈴薯泥、紅辣椒、西洋香葉彩盤。
- 乙盤：蘿葡與泡薑分別鋪在盤上，熟雞肉放在薑上，火腿片鋪在熟雞肉之間，再以少許切碎之染色蘿葡、蕃茄、西洋香葉彩盤。
- 丙盤：將甲倒扣在圓盤上，再將乙之蘿葡捲筒於盤邊，並以染色蘿葡、西洋香葉彩盤。
- 丁盤：將乙之洋菜放在圓盤上，再以丙之胡椒、蕃茄、紅辣椒、染色蘿葡、西洋香葉彩盤。

Ingredients:

- 8 oz prawns
- 8 oz salted ham
- 1 cucumber
- 2 hot red pepper
- 2 small cucumber
- 2 1/2 T. yakitori sauce
- 9 T. white sugar
- 5 oz chicken breast
- 10 oz cuttlefish
- 1 1/2 lb radish
- 1 tomato
- a little parsley
- 1/2 t. black pepper
- 1 1/2 T. sesame oil
- 1/2 potato
- 1 oz agar-agar
- 1 1/2 lb young ginger
- 3 oz string beans
- 9 T. vinegar
- 3 t. salt
- 1/2 t. M. S. G.

Directions:

1. Clean cucumber (1/2) and radish, slice lengthwise, coat with salt.
2. Cut young ginger into sections, divide each into two parts, then slice. Scald with boiled water, marinate with 6 T. white vinegar, and 6 T. white sugar to coat for a while as pickled ginger.
3. Squeeze the juice of coated radish, then divide into two parts. Add 2 T. sugar, 2 T. yakitori sauce, 1/2 T. sesame oil to the one part, 3 T. sugar, 3 T. vinegar and red pigment the other part.
4. Slice cucumber (1/2) (about 3 cm. wide, 6 cm. long) and coat with salt.
5. Clean and remove the membrane of cuttlefish, score it and scald in boiling water, then cut slantwise (about 7 cm. long, 3 cm. wide).
6. Scald prawns, remove the shell but remain its tail, divide lengthwise into two parts, then cut slantwise into 2, 3 sections.
7. Boil salted ham, cut one part into long piece (about 5 cm. long, 0.8 cm. wide, 0.5 cm. thick). Slice the other part (about 3 cm. wide, 5 cm. long).
8. Scald string beans, divide each into two parts.
9. Curl ham pieces and string beans with coat radish, then cut into two sections.
10. Curl ham with cucumber pieces then cut into two sections.
11. Put a piece cellophane on the steam pot. Arrange cuttlefish small cucumber, salted ham.
12. Peel half potato, then boil and mash, marinate with 1 T. high soup stock, 1/2 t. salt, 1 T. sugar and 1/2 t. black pepper.
13. Cut chicken breast slantwise (about 6 cm. long, 4 cm. wide).
14. Clean agar-agar with middle-boiled water and cut into sections (about 7 cm. long), marinate with 1/2 T. yakitori sauce, 1 t. salt, 1/2 t. M. S. G., 1 T. sesame oil, oil, 1/2 t. sugar and 1 oz. pickled ginger.

Arrangements:

- A plate: Arrange colored radish at the bottom of the plate, prawns on it. Garnish with pickled ginger, mashed potato, hot red pepper, and parsley.
- B plate: Put radish and pickled ginger on the plate, chicken breast on it. Set ham slices between chicken and radish. Garnish with chopped radish, tomato and parsley.
- C plate: Put the material which has stated at the 11 step of above directions, upside down the round plate the 9 step material around the plate. Garnish with colored radish and parsley.
- D plate: Put agar-agar at the center of plate. Garnish with cucumber, tomato, hot red pepper, colored radish and parsley.