

European Cooking for the Chinese Kitchen

食谱 **中英** 对照

意法美食

黄福基 编著 福建科学技术出版社

■ 摩登厨房系列 ■



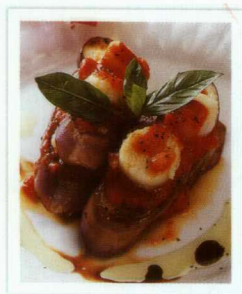
以海鲜蔬菜为主料的
欧陆菜式

35.46

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出版说明

现代人生活节奏急速，但忙里偷闲，自己动手依书炮制各款精选美食，既是一种调剂，也给家庭增添了温馨，值得提倡。

物料的充裕和中西文化融会的文化背景，反映到现代家庭的餐桌上，就形成了选料广泛、做法多变、中西合璧、别具一格的现代家常菜特色。

虽然饮食潮流与口味会不断发生变化，厨房设备和用具也日新月异，但烹饪作为一种生活艺术，从操作过程来说不外分为选料、加工、切配、烹调 and 美化装饰等五个环节，只要配合得好，便可产生一道道色香味形俱佳的精彩美馔，有关食谱也能经受得起时间的考验。

摩登厨房系列针对读者的需要，分门别类为现代城市人精选食谱，它们均具有物料购买容易、制作过程简单、美味可口而又营养丰富的特色。

我们希望这套丛书能引领读者熟悉现今的入厨操作，对煮食过程有更进一步的认识，从而领会到烹饪世界有趣的一面。

前言 Preface

菜中传爱

Expressing Love Through Food

意法菜肴，充满热情浪漫之风，色泽诱人，富艺术之美，乃厨师与进食者心灵交流的最美乐章。它以迷人色彩和食材装饰而表现出自然美，更富立体感，讲求食味和餐具搭配，塑造成美食图画，诱发食欲，是令食客着迷，让厨师疯狂寻梦的宝藏！

我踏入厨师之列，乃机缘巧合，伤感中带点无奈！回想往事，不觉眼泛泪光。当时父亲心脏病突发，求医无术，家庭顿失依靠，经济陷入困境。“少年不知愁滋味”的我（仍是香港的一名中三学生），即时告别年少轻狂的生活，忘掉哀伤，毅然肩负起家庭重担。日间上学，夜间便到酒楼当厨杂，生活苦不堪言。每回往传菜小窗口外张望，眼见食客大快朵颐时，往往成为自身抱怨不幸的由头，上天对我真不公平？那时对烹饪，谈不上兴趣，只为餬口！日复一日，年复一年，光阴虚度。某日，一位老外厨师唤醒我的愚昧无知，改变我的愤世嫉俗态度，使我在烹饪学问上积极进取。

老外厨师曾谆谆告诫说：“你虽勤奋，但欠缺积极进取的人生目标，这样只会蹉跎岁月，裹足不前，发展不大。”为了证实我的无知，他从冰柜取出一条牛柳，考我其来源地和食用方法。封袋上的“NZ”代号，让我哑口无言，羞愧至极，亦因此沉淀不驯傲气，引发我对烹饪寻根究底的求学态度。回忆昔日情景，仿佛昨天。如今老外样子模糊了，其一席话，却永留脑海，更成为我教导学生、助手和下属的金石良言。

为了追寻理想和深造厨艺，我曾参加不同的厨艺比赛，亦曾到日本工作，更先后任职各大酒店西餐部，观摩厨艺，追求美食创意和灵感，现为饮食顾问。闲时，我会到香港的家政中心授课，除了与人分享个中乐趣，更教导学生们要用心做菜，认知美食真谛，并用菜传爱，把难于直表的言语，化作美食爱语，让他人感受你的诚意和关怀。

全书精选四十八款意法美食，内容丰富，透过菜式造型、颜色搭配、用料选材，引发读者对西式菜肴的认识。附有食材介绍，让你对书中的材料和应用有更深的认知，做起菜来更得心应手，水到渠成。

Italian and French cuisines are very appealing to the eye and palate, at the same time stimulating the appetite. As starters to a meal, they act as an initial bondage of the efforts of the chef and the diner. These are colourful dishes, full of natural ingredients bursting in taste. Set on attractive crockery, they form a truly magnificent work of art that fascinates the diner and realizes the dreams of creative chefs.

I became a chef quite by accident. Remembering my past brings tears to my eyes. At that time my father had a heart attack and left us with no security. I was then a Form 3 student and the burden of supporting the family rested on my shoulders. I went to school during the day and at night did odd jobs in a restaurant. Times were hard then. Every time I watched the people in the restaurant enjoying their food I wondered why life was so unfair to me. I was not interested in cooking. Day after day I was just wasting my life away. One day an foreign chef pointed out my errors, woke me up to the real world and since then I had a goal in life and started to learn whatever I could about cooking.

That day, the foreign chef said to me, "Hi, boy, although you work very hard you have no ambition. You are just wasting your time. Carry on like this and you will not succeed in life." To prove my ignorance, he took a fillet of beef out of the freezer and asked me about its origin and methods of cooking. There was the characters "NZ" on the wrapper. I did not know its meaning or the answers to his questions. I felt ashamed and since then I was always hungry for information and tried to learn everything I could lay my hands on. All this seemed just like yesterday. Although my memory of the foreign chef's face is fading, I will always remember his words. They have become my motto when I teach my assistants and students.

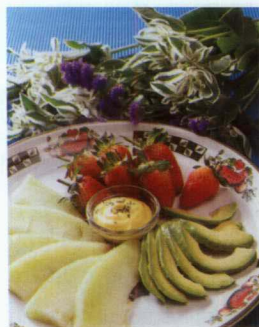
To improve my skills and to aim for perfect recipes, I entered various cooking competitions. I have been to Japan and worked in western kitchens of major hotels to become more creative and inspiring in my work. After years of hard work I am now a food consultant. When I am free, I undertake demonstrations at cooking schools. Besides teaching people how to cook, I like to show them the real meaning of good food and to show feelings through the dishes they have created. At times when it is hard to express yourself through words, I try to relate to them through food. Let your loved ones feel your care and sincerity.

In this book I have chosen 48 Italian and French dishes for my selected favour. Using different ingredients, combinations and cooking methods, I hope to stimulate the reader's interest in trying them. There is also an introduction to the ingredients used, so as to give a better understanding of the recipes and thus make it easier when trying out the dishes.

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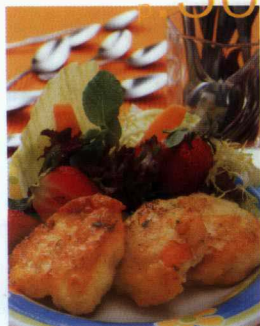
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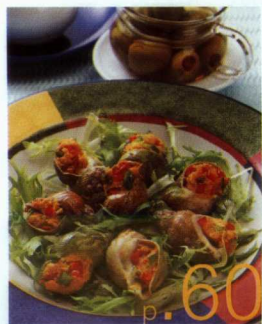
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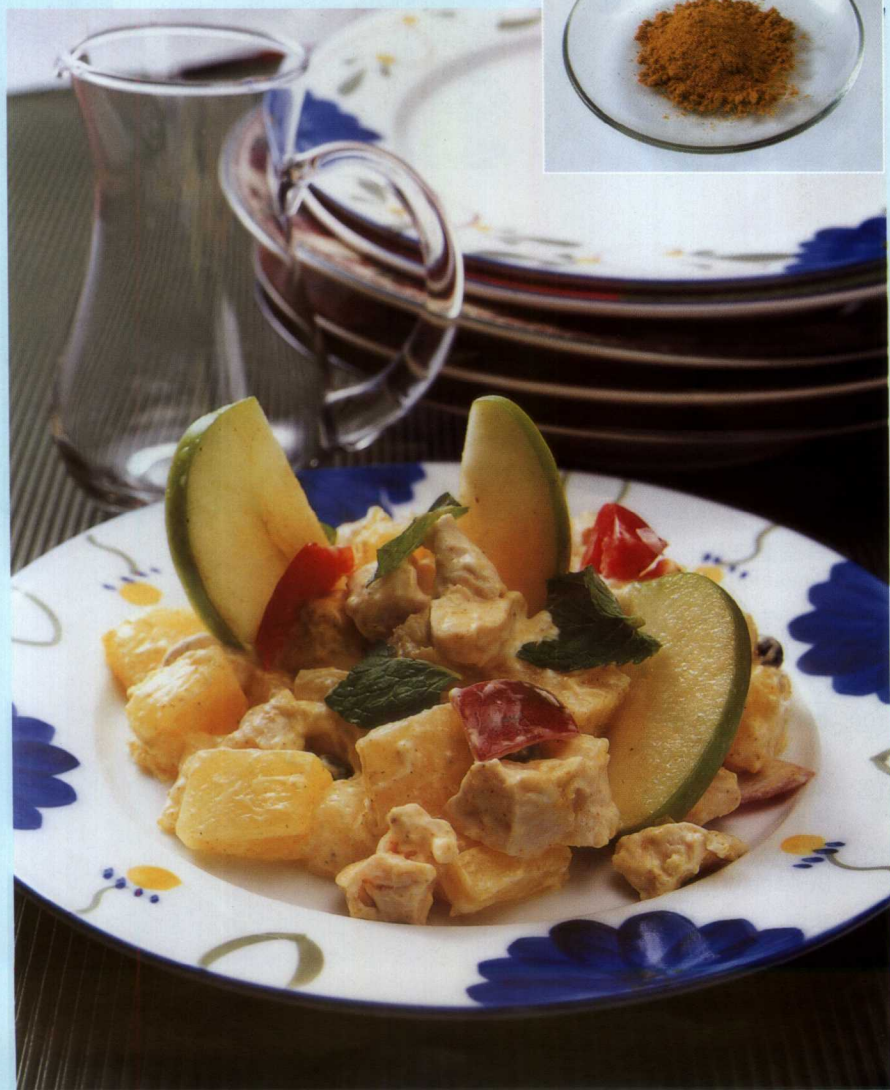


搅、拌 Stir and Mix

菠萝鸡丁提子色拉

Chicken Salad with Pineapple and Raisin

• 2~4位 • 20分钟



材料：

鲜菠萝粒300克，青苹果粒300克，鸡胸肉250克
提子干100克，甜洋葱粒100克

甜咖喱色拉汁：

蛋黄2个，英式芥末酱0.5茶匙
菜油220毫升，柠檬汁40毫升

调味料：

咖喱粉1茶匙，糖1茶匙，盐0.125茶匙

Ingredients:

300g fresh pineapple, diced
300g green apple, diced
250g chicken breast, 100g raisin
100g sweet onions, diced

Curry Mayonnaise:

2 egg yolks, 0.5 teaspoon Britain mustard
220 ml vegetable oil, 40 ml lemon juice

Seasonings:

1 teaspoon curry powder
1 teaspoon sugar, 0.125 teaspoon salt

制法：

1. 鸡胸肉洗净，用沸水加少许盐煮至全熟。冷却后，切丁。其他材料冷藏。
2. 蛋黄加入芥末酱一起搅拌，加入少许柠檬汁及菜油打匀，分3次加入其余柠檬汁及菜油打透，加入调味料搅匀。
3. 将已冷藏的材料和鸡丁一起倒进甜咖喱色拉汁内，拌匀即成。

Method:

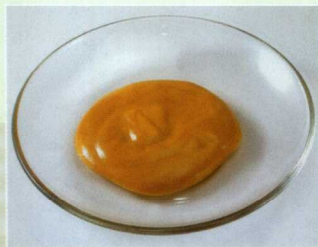
1. Wash chicken breast and boil in hot water with little salt until it is completely done.
2. Whisk the yolks and mustard slightly, then add lemon juice and vegetable oil by 3 times. Season it.
3. Combine the chilled ingredients with the curry mayonnaise. Serve.

熏鸭胸青苹果色拉

Smoked Duck Breast and Green Apple

• 2~4位

• 20分钟



材料：

法国熏鸭胸肉200克，青苹果1个，核桃30克
青瓜300克，牛油生菜300克

蛋黄酱汁：

蛋黄1个，芥末0.25茶匙，柠檬汁1茶匙
菜油或橄榄油120毫升

调味料：

盐0.25茶匙，糖0.5茶匙

Ingredients:

200g French smoked duck breast
1 green apple
30g walnut, 300g cucumber
300g butter lettuce

Mayonnaise:

1 egg yolk, 0.25 teaspoon mustard
1 teaspoon lemon juice
120 ml vegetable oil or olive oil

Seasonings:

0.25 teaspoon salt, 0.5 teaspoon sugar

制法：

1. 将熏鸭胸表层较厚脂肪切去，切薄片。青瓜及青苹果去核和去心，切成相等薄片。
2. 核桃放入烤炉以80℃慢火烤约10~12分钟，冷却，备用。
3. 蛋黄和芥末混合，加入三分之一分量的柠檬汁搅透，把其余柠檬汁及菜油分三次加入，打透，加入调味料拌匀，即成。
4. 牛油生菜洗净和弄干，放于碟上，鸭胸片、青瓜片及青苹果片置于中央，撒上核桃，伴以蛋黄酱汁。

Method:

1. Cuts off duck breast is fat and then slice it. Shred the cucumber and green apple.
2. Bake the walnuts at 80℃ in a oven for 10~12 minutes, then let it cool.
3. Combine the egg yolk, mustard and one third lemon juice with a whisk. Then add vegetable oil and the remaining lemon juice in 3 times until thickened. Add seasonings and mix well.
4. Wash the butter lettuce and drain. Place it in a plate. Then arrange the duck breast, sliced cucumber and apple at the centre of the plate. Top with the walnuts. Serve with mayonnaise.

熏肉西芹土豆色拉

Bacon Salad with Celery and Potato

• 2~4位 • 30分钟

心得：

蒸馏水可令酱汁软滑，可适量加在酱汁中。

Tip: Distilled water can soften the sauce. So you can add some to dressing if you like.



材料：

熏猪肉片100克，西芹300克，马铃薯500克

青葱20克，甜洋葱碎200克

色拉汁：

蛋黄2个，柠檬汁40毫升，菜油200毫升

法国芥末酱2茶匙，蒸馏水30毫升

调味料：

盐0.125茶匙，糖0.5茶匙

Ingredients:

100g bacon, 300g celery

500g potato, 20g spring onion

200g sweet red onion, chopped

Salad Dressing:

2 egg yolks, 40 ml lemon juice, 200 ml vegetable oil

2 teaspoon French mustard,

30 ml distilled water

Seasonings:

0.125 teaspoon salt, 0.5 teaspoon sugar

制法：

1. 西芹洗净去根，焯熟后过冷水，切粒。马铃薯连皮煮至软，去皮和切方粒。
2. 熏肉切碎用煎锅炒香，备用。
3. 青葱及甜洋葱切碎，加入西芹粒、熏肉碎及马铃薯粒混合一起。
4. 蛋黄打起，加入芥末酱及柠檬汁，再加入菜油。最后，倒入蒸馏水打透，加入调味料拌匀。
5. 把所有材料与色拉汁混合拌匀，冷冻，便可食用。

Method:

1. Cut off the roots of celery and wash. Blanch, then soak in cold water for a while. Dice it. Cook potatoes with skin until soft. Peel and cut into small cubes.
2. Chop bacon and fry it in a saucepan. Set aside.
3. Whisk the egg yolks and combine mustard with lemon juice, olive oil and the distilled water. Season it.
4. Mix the salad dressing into the ingredients. Serve after being refrigerated.

烧青瓜杂椒色拉

Grilled Zucchini and Bell Pepper Salad

• 2~4位

• 20分钟

