



名厨经典系列

# 艺术美食飨宴

刘冠麟 著



## Art of the Table

 中国轻工业出版社

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## 材料

黑巧克力——540 克  
鲜奶——430 克  
明胶——10 克  
打发鲜奶油——870 克  
覆盆子果酱——适量

## 做法

**1** 鲜奶煮开加入泡软的明胶片，再慢慢加入已切碎的黑巧克力，使巧克力软化，等巧克力降温至 40℃ 时，再加入打发鲜奶油轻轻拌匀后，倒入模内，冷冻成型。

**2** 将甜品置于盘内，以覆盆子果酱作装饰即可。

## Ingredients

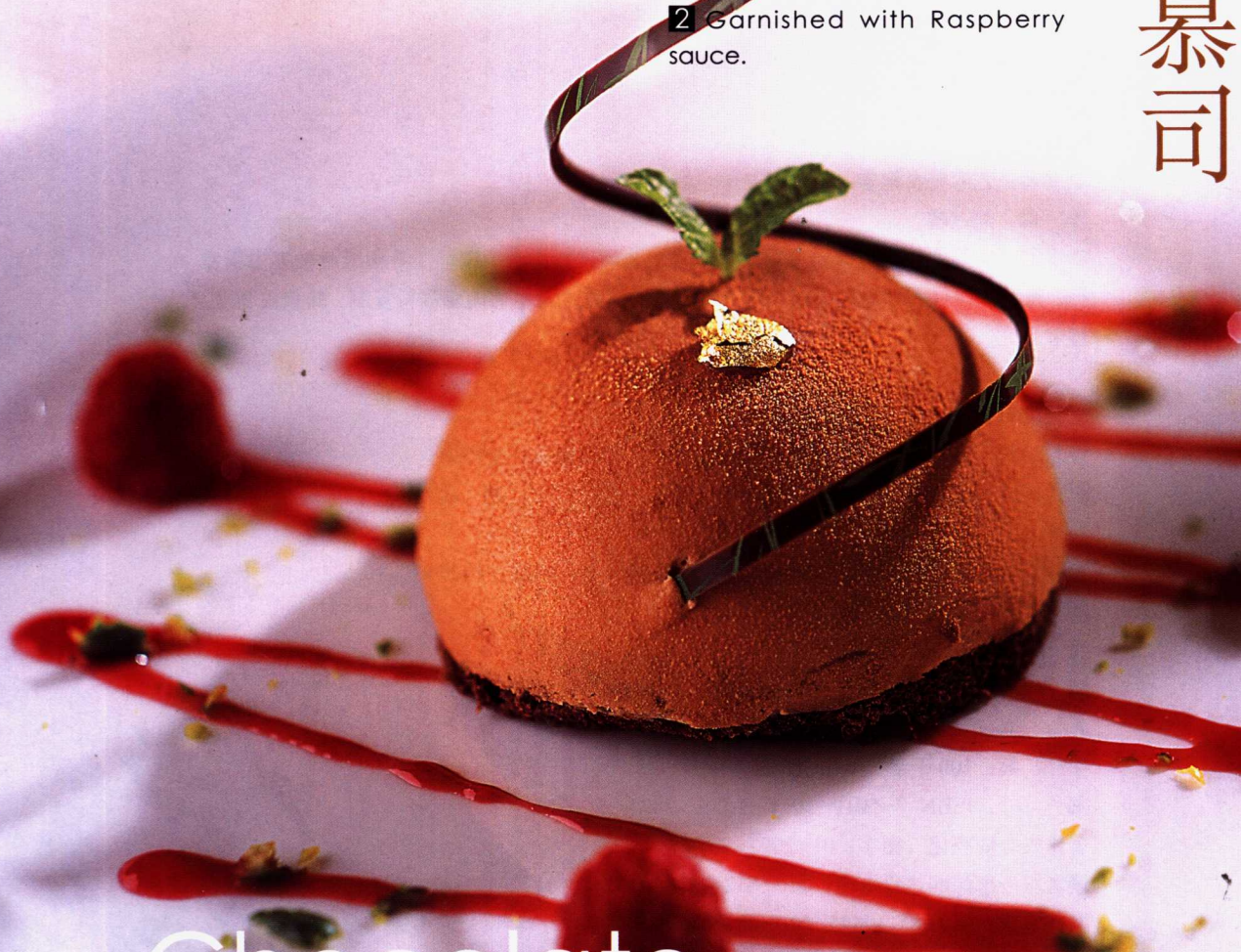
540g Dark chocolate  
430g Milk  
4ps Gelatine  
870g Whipped cream  
pinch Raspberry sauce

## Procedure

**1** Add soaked gelatine sheets into boiled milk. Gradually add chopped chocolate in and well blended. Leave it aside to allow the temperature drop to 40°C. Add UHT into the mixture and pour into the mold. Send to freezer to chilled in shape.

**2** Garnished with Raspberry sauce.

# 瑞士巧克力慕司



Chocolate  
Mousse





现代人

名厨经典系列

# 艺术美食飨宴

刘冠麟 著

Art of  
the table



中国轻工业出版社



## 我曾经在一个大型晚宴上说……

刘冠麟先生是台北远东国际大饭店的“大总管”，这一点都不夸张！

刘冠麟先生热爱生命，更热爱美食。他喜欢把美的东西组合在一起，他把法国菜的精美和细致融合在中国菜里，也把中国菜的切功和美味放进法国和意大利的美食里。过去，台北远东国际大饭店举办了无数场漂亮的晚宴，如去年的“乐之宴”和前年的“宫廷宴”，都是经他的双手把晚宴推到最高点，让客人不但享受到了美食，而且让感官也都活跃了起来。

在刘冠麟先生还没有踏进餐饮行业前，他是香港著名的电影制片工作者，他把制作电影的精神、美感带进这本《艺术美食飨宴》里，让他的读者在享受美食的同时，也可以感受到阅读的快乐，感觉就像在欣赏他的电影一样。

我诚心地恭喜刘冠麟先生，也欢迎读者朋友们来我们的香格里拉远东国际大饭店品尝他亲手烹制的美食。

远东企业集团董事长

徐旭東

*I once said in a gala dinner that ...*

Mr. Liu is our "Royal Butler", which is actually a fact !

Mr. Liu passionately loves life, but he actually loves gourmet more.

He enjoys creating beautiful dishes for our customers by mixing and matching the art of French and Chinese cuisine. He also utilizes the Chinese art of chopping and various delicacies into the French and Italian gourmet. For the past few years, he organized numerous beautiful banquets for us e.g. the Concert Dinner and Emperor's Banquet in years 2003 and 2002 respectively and through his hands, we not only enjoyed the gourmet but also let our senses run wild.

Prior to his Food & Beverage experience, Mr. Liu was a reputable movie producer in Hong Kong. He puts the spirit and beauty of producing movies into his "Art of the Table" and while we enjoy reading this book, we also could 'taste' the dishes with joy. I hope you enjoy reading this book as much as I do.

I sincerely congratulate Mr. Liu, and also welcome you to Shangri-La's Far Eastern Plaza Hotel to taste his dishes.

Bon Appetit !



Douglas Tong Hsu  
Chairman, and C.E.O.  
Far Eastern Group

## 认识冠麟兄真是三生有幸……

刘冠麟博士是位充满热忱的人，他将所有热情与心力投注于为人群服务，为佳肴醇酒鉴赏家及爱好者带来更丰富美丽的人生。他出生于讲究美食的家庭，童年时期父母就带领他遨游美食的世界。或许你已经知道他在进入餐饮业前，曾在香港做过电影制片工作者。为了成为专业的餐饮业者，冠麟兄放弃了多彩多姿的电影事业，在澳门的鱼翅餐厅学习厨艺。

经过多年的努力进修与工作，冠麟兄取得了美国服务管理博士学位。他将自己过去从事艺术工作的经历与美食相结合，相信他的家人、所有朋友、老饕和他的顾客都像我一样欣赏他的美食。

冠麟兄同时也担任法国蓝带美食协会副主席和法国名厨艺术协会副主席，协助我为蓝带美食协会甄选台湾名厨成为会员，对两地美食及人才交流贡献良多。

欣闻刘博士出版新作《艺术美食飨宴》，特以此短文为序，谨致诚挚祝贺之意。

法国蓝带美食协会会长

*Knowing Dr. Liu is one of  
the greatest things in my life ...*

古戴礼

Dr. Liu is a passionate person who devotes all his passion, mind and his efforts to creating a better life for people who enjoy good food, good wine, good spirits and good life. He was born as a gourmand and throughout his childhood, his parents guided him into the beautiful gourmet world. You may have known that Dr. Liu used to be a movie producer in Hong Kong before he entered into the food & beverage industry. In order to be a professional food & beverage person, Dr. Liu gave up his glamorous movie business and started his culinary learning in a shark's fin restaurant in Macau.

Throughout his hard study and work, Dr. Liu received his PhD degree in Service Industry Management from the America. He combines his beautiful experience with his dishes and I believe that his family, all of his friends, gourmands and his customers enjoy his food as much as I do.

Dr. Liu is also the Vice President of Commanderie des Cordons Bleus de France and les Disciples d'Auguste Escoffier. His efforts in assisting me in selecting the best chefs in Taiwan and to guide them to be a member of the Commanderie des Cordons Bleus de France is greatly appreciated by me and the French Government.

I wish Dr. Liu all the best and my hearty congratulations to his new book "Art of the Table".



President for Far East /Pacific Of la Commanderie des Cordons Bleus de France  
Cassam Gooljarry M.S.K.



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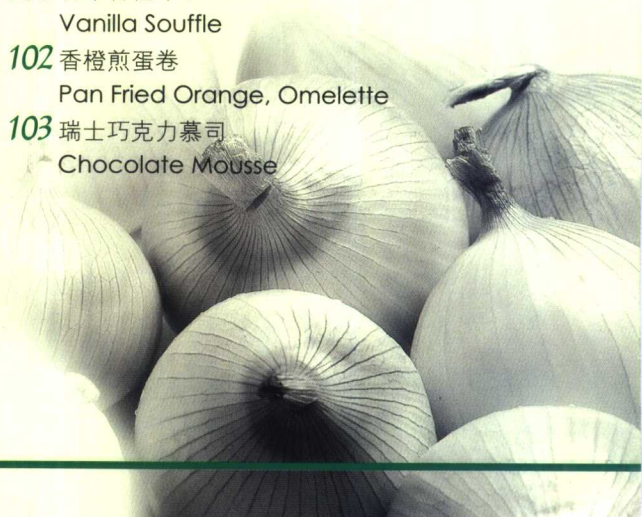


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Pacific **Lobster**  
and Soybean,  
**Tomato Salad**





# 前菜

Appetizer

## 材料

龙虾——2只  
番茄——2个  
新鲜毛豆仁——20克

## 调味料

明胶粉——30克  
罗勒——5克  
盐——少许  
意大利油醋——50克  
意大利橄榄酱——50克

## 做法

- 1 先将龙虾用清水煮熟，去壳切段，放进冰水镇备用。
- 2 新鲜毛豆仁用热水氽烫熟，捞起放入冰水备用。
- 3 番茄用热开水氽烫约3分钟，捞起放入冰水，捞出沥干水再去皮。
- 4 取1个番茄拍碎，与明胶粉、清水同煮约5分钟，盛出倒入餐盘，放进冰箱冷藏约20分钟，待结成冻后取出。
- 5 另外1个番茄切丁备用。
- 6 把放在冰水里的龙虾段捞起，与毛豆仁、番茄丁拌上意大利油醋、橄榄酱、盐摆放在番茄冻盘上，罗勒放在龙虾段上即可食用。

## Ingredients

2 Lobsters  
2 Tomatoes  
20g Fresh soybeans

## Seasonings

30g Gelatin  
5g Basil  
pinch Salt  
50g Italian oil vinegar  
50g Olive paste

## Procedure

- 1 Boil lobster till done; shell and cut into sections; soak in ice water.
- 2 Blanch fresh soybeans in boiling water till done; drain and soak in ice water.
- 3 Blanch tomatoes in boiling water for about 3 minutes; soak in ice water; drain and peel off the skin.
- 4 Smash one tomato and cook with water and gelatin for about 5 minutes. Store in the refrigerator for about 20 minutes till solidified.
- 5 Cut the other tomato into small dices.
- 6 Mix lobster, tomato, and soybean with salt, vinegar and olive paste; put on top of the tomato jelly; serve with basil.

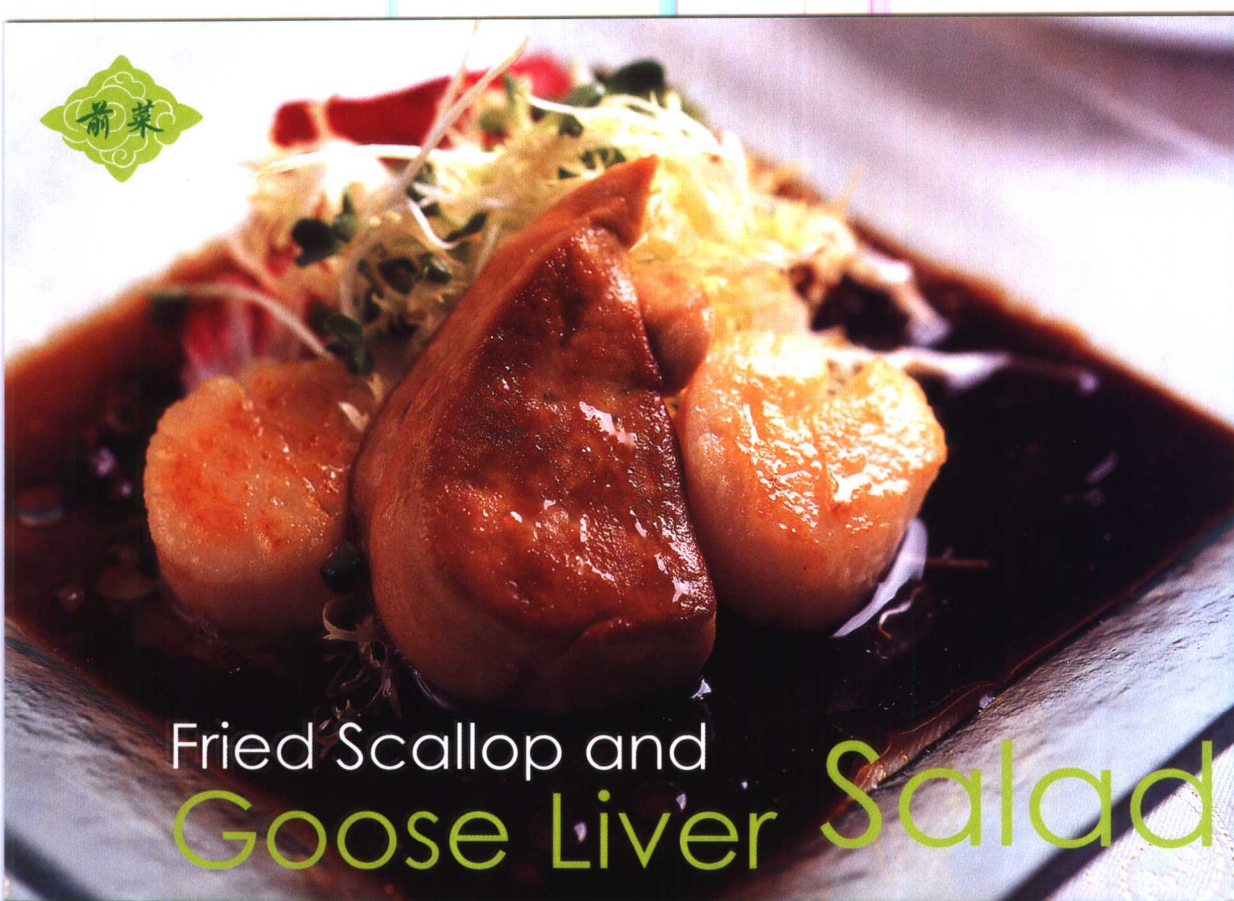
# 太平洋龙虾番茄冻毛豆沙拉

## 名厨手记

这是一道冷盘，味道酸酸甜甜的。若没有明胶粉，也可以用琼脂代替，但二者口感不同，琼脂冻的口感较脆，明胶冻较滑。

This is a cold appetizer. It tastes sweet and sour. You may use agaragar instead of gelatin, but the gelatin tastes smoother, while the agaragar is crispier.





# Fried Scallop and Goose Liver Salad

## 香煎干贝鹅肝沙拉

### 材料

鲜贝——— 8 个  
 鹅肝片——— 120 克  
 罗蔓生菜——— 160 克

### 调味料

意大利黑油醋——— 120 克  
 蜂蜜——— 少许  
 黑胡椒粉——— 少许  
 牛油——— 少许

### 做法

- 1 罗蔓生菜拌上部分黑油醋，摆放在餐盘上备用。
- 2 热锅加牛油，放入鲜贝与鹅肝片煎至半熟呈金黄色，盛出摆在罗蔓生菜上，淋上剩余油醋再淋少许蜂蜜，撒上少许黑胡椒粉即可食用。

### Ingredients

8 Scallops  
 120g Goose liver, 4 slices  
 160g Romaine lettuce

### Seasonings

120g Balsamic vinegar  
 1t. Honey  
 pinch Black pepper  
 and Butter

### Procedure

- 1 Put clean romaine lettuce which mix with segment balsamic vinegar on a plate.
- 2 Heat butter to fry goose liver and scallop till golden brown; put on top of lettuce. Splash remanent balsamic vinegar and honey on top; then, sprinkle black pepper. Serve.



### 名厨手记

这道菜制作方法很简单，鲜贝煎至半熟即可，煎全熟会太硬；鹅肝也不可以煎太久。

*This dish is very easy to make. The scallop and goose liver shouldn't be fried too long, or the texture will be too hard and tough.*



## 材料

新鲜扇贝——12个  
大蘑菇——12个  
熏鲑鱼片——4片  
鱼子酱——20克  
虾子酱——20克

## 调味料

意大利油醋——60克  
意大利橄榄酱——40克

## 做法

- 1 新鲜扇贝取肉去内脏，切成薄片备用；将熏鲑鱼片卷成玫瑰花形。
- 2 大蘑菇用开水氽烫至熟，切成薄片泡水备用。
- 3 扇贝片与蘑菇片拌上油醋，摆放在餐盘上，扇贝片上面放鱼子酱及虾子酱，再摆上熏鲑鱼片，淋少许橄榄酱，即可食用。

## Ingredients

12 Fresh scallops in shell  
12 Mushrooms  
4 Smoked salmon  
20g Caviar  
20g Shrimp roe

## Seasonings

60g Italian oil vinegar  
40g Olive paste

## Procedure

- 1 Remove intestine from fresh scallops; slice thinly. Use salmon slices to roll into a rose shape.
- 2 Blanch mushroom in boiling water till done; slice thinly; soak in ice water.
- 3 Mix mushroom, scallop and oil vinegar; put on a plate. Then, put caviar and shrimp roe on top. Arrange salmon slices on side of scallop; pour olive paste on. Serve.

# 玫瑰扇贝鱼子酱

## 名厨手记

这道菜扇贝是生食的，所以一定要买新鲜的扇贝来制作。

*This dish is served raw, so the scallop in the shell have to be very fresh.*

Scallop and Salmon,  
Caviar and  
Shrimp Roe



Shrimp, Foie Gras  
Rolls and Abalone







# 鹅肝 虾卷 冷 鲍鱼

## 材料

鹅肝酱	40 克
虾仁	40 克
新鲜鲍鱼	2 只 (约 400 克)
春卷皮	4 张
柳橙	2 个
罗蔓生菜	100 克
海蜇皮	80 克

## 调味料

橙汁	1 杯 (约 500 克)
盐	少许
香油	少许
橙酒	50 克
意大利油醋	80 克

## 做法

- 1 春卷皮 1 张铺平，放上适量鹅肝酱、虾仁，卷起投入热油锅，炸熟至呈金黄色取出备用，照此做出 4 个鹅肝酱春卷。
- 2 海蜇皮用盐及香油调好备用。
- 3 柳橙去皮切成小丁备用。
- 4 新鲜鲍鱼用热水氽烫，取肉去内脏，将橙汁、部分橙酒及清水放入锅内，用小火煮约 10 分钟，取出泡冰水约 10 分钟，取出切薄片备用。
- 5 罗蔓生菜淋上油醋放于餐盘内，将腌好的海蜇皮摆在罗蔓生菜上，再将切片鲍鱼摆在海蜇上，淋剩余橙酒，放上橙粒，摆上鹅肝酱春卷，即可食用。

## Ingredients

40g Foie gras
40g Shrimp (smashed)
2 Fresh abalone
4 pcs. Spring roll skin sheet
2 Orange
100g Romaine lettuce
80g Jellyfish

## Seasonings

500g Orange juice
pinch Salt
Salt, Sesame oil, season to taste
50g Grand marnier
80g Italian oil vinegar

## Procedure

- 1 Put foie gras on the spring roll skin sheet; then, put shrimp in the center, make rolls, and deep-fry in hot oil till golden brown; drain.
- 2 Mix soaked clean jellyfish with salt and sesame oil.
- 3 Peel orange and dice finely.
- 4 Blanch abalone in boiling water with Orange juice, a little Grand marnier and water for about 10 minutes; soak in ice water for about 10 minutes; take out and slice thinly.
- 5 Put lettuce on a plate; splash vinegar; put jellyfish on lettuce and arrange abalone on top. Splash remanent Grand Marnier; put minced orange and foie gras rolls on the plate. Serve.

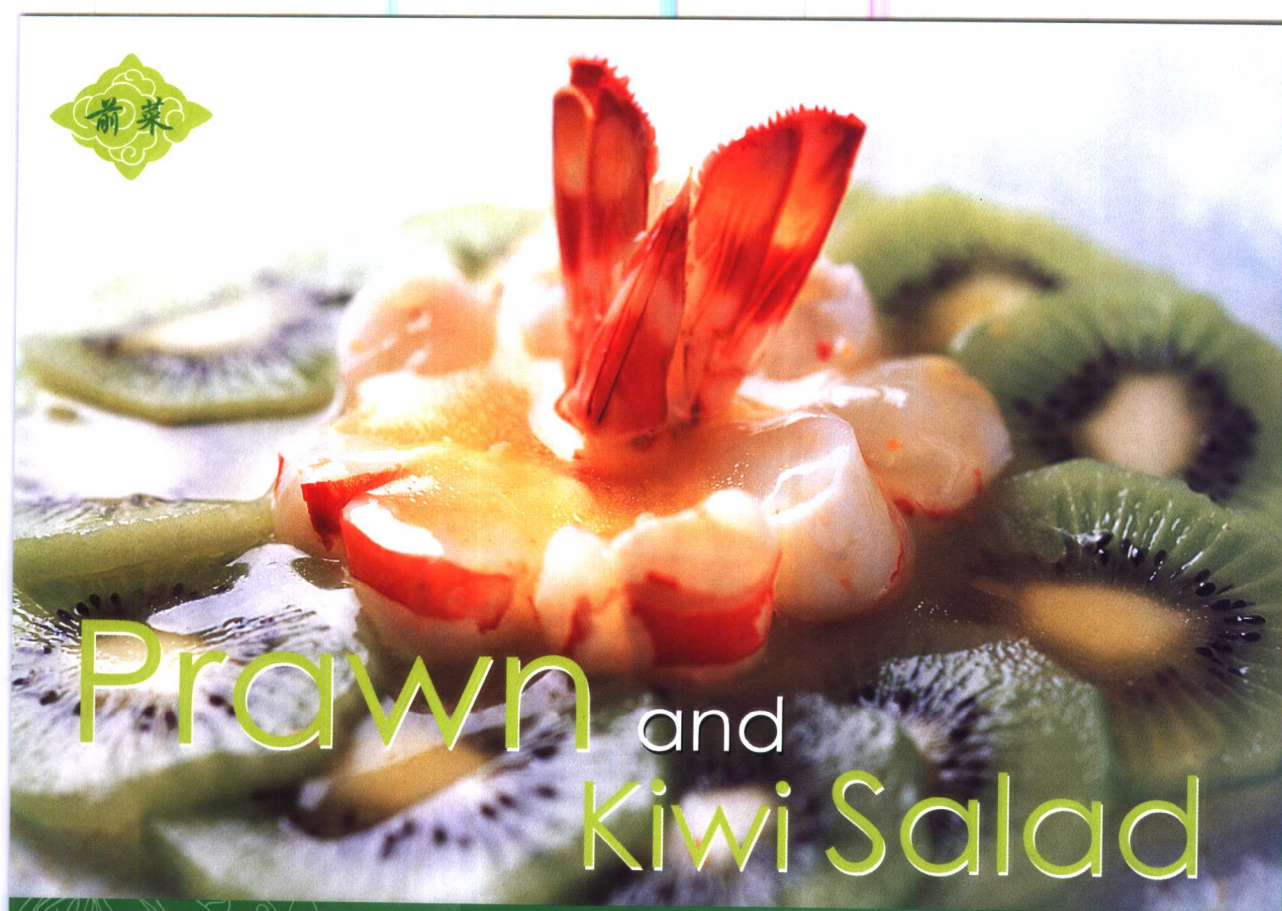


## 名厨手记

这是一道中式冷盘。橙酒是带有橙香的酒，Grand Marnier 即香橙白兰地。鲍鱼不能煮太久，稍微煮到有酒的味道就可以了。

*This is a Chinese-style appetizer. Grand Marnier has a unique orange flavor that makes the flavor delicious. Abalone cannot be cooked for too long; boil it only until it absorbs a little wine flavor, or else the abalone will be too tough.*





# Prawn and Kiwi Salad

## 猕猴桃明虾沙拉

### 材料

大明虾 ————— 4 只  
猕猴桃 ————— 4 个

### 调味料

猕猴桃汁 ————— 60 克  
牛油 ————— 少许

### 做法

- 1 大明虾用水煮熟，剥除虾壳、沙肠，浸冰水备用。
- 2 猕猴桃去皮切片摆放在餐盘上，取出大明虾切段，摆放于猕猴桃上。
- 3 猕猴桃汁与牛油同煮，淋在明虾上，即可食用。

### Ingredients

4 Prawns  
4 Kiwi

### Seasonings

60g Kiwi juice  
1T. Butter

### Procedure

- 1 Boil prawn till done, shell and remove sand vein, soak in icewater.
- 2 Peel kiwi, cut into slices and arrange them on a plate. Cut prawn into slices, put on top of kiwi.
- 3 Cook butter and kiwi juice, bring to a boil and pour on prawns. Serve.

### 名厨手记

大明虾冰镇过后，肉质才会好吃，切段成为圆柱形厚片，放在猕猴桃上，吃起来味道酸酸甜甜的。

*The texture of prawn tastes better if the prawn is stored in ice water first. Place the prawn (cut into round slices) on top of the kiwi; the sweet and sour taste is really delicious.*



# Golden Egg

## Raw Beef

### 金蛋生牛肉



#### 名厨手记

这是道生食菜，是具有日本风味的菜品。将上等牛肉切碎，拌上切碎的洋葱后，加入生鸡蛋。

\* 日本牛肉以产地命名，神户所产的牛肉称为“神户牛”，肉比较肥；松阪产的牛肉称为“松阪牛”，肉比较香；只要是日本所产出口的牛肉，都统称为“和牛”。这道菜用生牛肉、洋葱碎和生蛋黄，有些人可能不能接受，但偶尔换个口味也不错。

\* This is a Japanese-style raw dish. Mix the supreme degree beef (grounded) with minced onion and then add a raw egg on it.

\* The beef from Japan is named after the location where the cow is raised. The beef from Kobe, called Kobe beef. It is tender-fat in texture, while Matsuzaka beef is more tasty. All beef from Japan is called Ho-Niu. Some people cannot accept raw beef, but I think it is good to try this dish for a change.

#### 材料

牛柳肉	400 克
洋葱碎	80 克
鸡蛋黄	4 个

#### 做法

牛柳肉用刀剁碎，与洋葱碎混合均匀，放入一个圆形模具中，上面搁上一个生蛋黄，然后小心移去模具，即可食用。

#### Ingredients

400g Beef tenderloin  
80g Onion, minced  
4 Egg yolk

#### Procedure

Mince beef finely, mix with minced onion, put on a round mold, put egg yolk on top, and remove mold carefully. Serve.



# Lobster

Salad and Assorted

Fruits in White  
Wine Sauce

