

Favourite Rice, Noodle & Congee

不一般的

食谱中英对照

# 粥粉面饭

黄婉莹 编著 福建科学技术出版社

■摩登厨房系列■

传统创新俱备

色香味美显心思

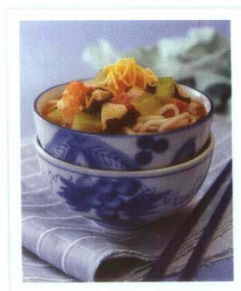


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## 出版说明

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

一碗煮得够火候的“丝苗白粥”，一口柔软而韧度适中的面食，一阵飘来的饭香，已令人食欲大开。用米、粉、面，再配合各地的材料、独特饮食风味及烹调法，便可炮制出色彩缤纷的粥粉面饭菜式来！

从粥粉面饭的烹调就可知道一个民族的饮食文化因不同地方而各有特色。一般而言，东南亚口味偏向香辣，香港也有不少嗜辣爱好者。在中式风味大致可分为南、北两派。北方以面食为主，烹煮时重浓稠；南方则以吃米饭为主，或以米制品作主食，如米粉、肠粉，而单是粥，就有不同做法！

我对粥粉面饭情有独钟。它不但可填饱肚子，烹调简易，更可利用异国材料，创作出无国界的菜式。这本菜谱共有五十个我喜爱的菜式，以简单的做法、精美的图片及时尚的摆设与大家一同分享。

黄婉莹

A bowl of silky smooth rice congee, a bite of noodle and the aroma of freshly steamed rice, what more can you ask for!

Cooking noodles, rice and congee can be very creative when combining authentic ingredients and exotic flavours with different methods of cooking!

Noodles, rice and congee are the staple food of many countries in Asia and they represent their cultures as much as the people themselves. Each region has their own specialities and their own unique and wonderful way of preparing them.

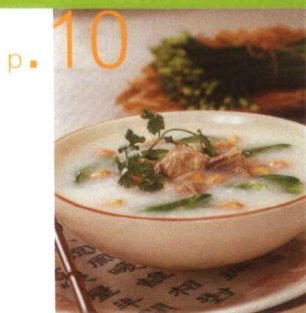
Southeast-asian style favours hot & spicy and they are always a perennial favourite here in Hong Kong. In a vast country like China, you will also discover wide range of cooking styles and methods. The northern regions prefer noodles which are cooked in rich sauces, whereas in the Southern regions, with rice as their staple food, products made from rice like vermicelli, rice noodles and congee are well loved and enjoyed by young and old alike.

Noodles, rice and congee have always been my favourites. They can be a substantial meal on their own and are easy to prepare. With the abundant varieties of fresh ingredients available here in Hong Kong, you can create a whole range of dishes from traditional to contemporary fusion to suit your palate. In this cookbook, I have put together 50 mouth-watering dishes in easy-to-follow recipes along with colour photographs illustrating the simplistic beauty of the food and the wonderful ways they are served.

So let's get started and enjoy!

*Annie Wong*

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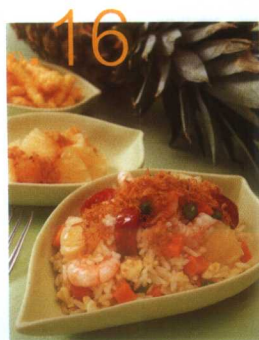
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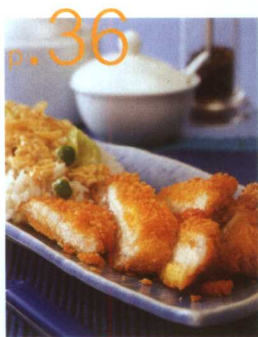


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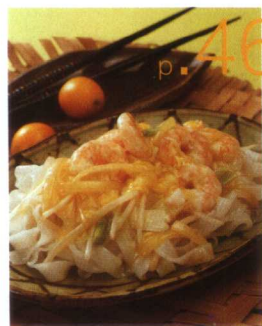
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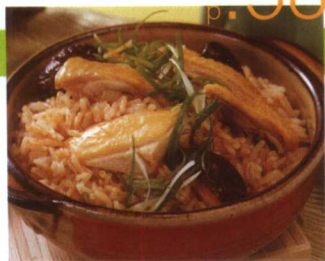
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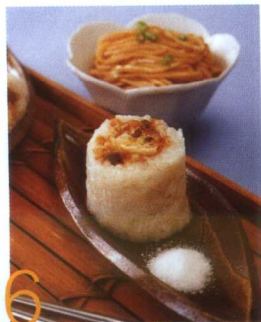
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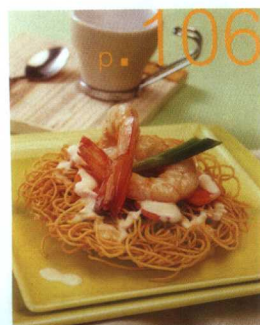
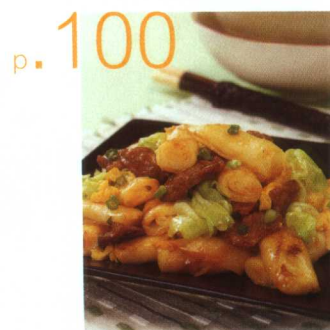
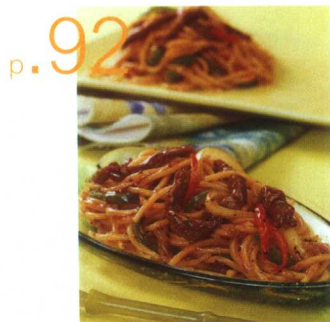


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# 丝瓜排骨粥

## Congee with Spareribs and Silky Squash

- 预备时间：20分钟
- 烹调时间：90分钟
- 份数：4人
- preparation time: 20min
- cooking time: 90min
- serves: 4

心得：

先把排骨放水内煲至出味，再放入米，可避免米被排骨压着而粘底。

**Tip:** First boil spareribs in water for flavour, then add rice to cook. This will prevent the rice from weighing down by the spareribs and getting stuck to the pot.



### 材料：

米100克，盐半茶匙，油1汤匙，水18杯  
花生60克，排骨(斩小块)480克  
姜8片，丝瓜400克，芫荽、葱(剁碎)各适量

### 调味料(粥)：

盐 0.75~1茶匙，胡椒粉少许

### Ingredients:

100g rice, 0.5 tsp salt, 1 tbsp oil  
18 cups water, 60g peanut  
480g spareribs, chopped into small cubes  
8 slices ginger  
400g silky squash  
a little coriander and spring onion, chopped

### Seasonings (congee):

0.75~1 tsp salt  
a little pepper

### 制法：

1. 米洗净，沥干，拌入盐、油，腌20分钟。
2. 排骨洗净，放滚水内氽水，取出，冲净，备用。
3. 水放煲内，加花生、排骨及4片姜煮滚，改用中火，盖好，煲30分钟。
4. 然后加米，以中火煲45分钟成粥。
5. 丝瓜刨去硬边，切块；烧2汤匙油，爆香4片姜，放入丝瓜炒香。
6. 把丝瓜放入粥内，续煲至丝瓜熟。
7. 拌入调味料，撒下芫荽、葱即成香滑清甜的明火粥。

### Method:

1. Rinse and drain rice, mix with salt and oil, set aside for 20 min.
2. Rinse spareribs, blanch in boiling water, remove and drain.
3. In a pot, bring water to the boil together with peanuts, 4 slices ginger and spareribs, cover and cook over medium heat for 30 min.
4. Add rice and continue to cook over medium heat for 45 min until congee consistency.
5. Peel off hard edges from silky squash, cut into bite-sized pieces. Sauté 4 slices ginger, add silky squash and fry for a while.
6. Transfer silky squash to the congee, continue to boil until silky squash is tender.
7. Season to taste, sprinkle in chopped coriander and spring onion. Serve.

# 干贝丝苗白粥

## Rice Congee with Conpoy

• 预备时间：20分钟

• 烹调时间：50分钟

• 份数：4人

• preparation time: 20min

• cooking time: 50min

• serves: 4

### 心得：

1.水要大滚后才放入米，这样可避免米粘底。

2.注意火候，以均匀中火煲45~50分钟即成香绵白粥。

**Tip:** 1.Add rice to fast boiling water, this will prevent the rice from sinking to the bottom and get burnt.

2.Boil congee for 45~50 min over a steady medium heat to obtain a silky consistency.



**材料：**

丝苗白米160克

盐半茶匙

油1汤匙

干贝3粒

水16杯

**Ingredients:**

160g rice

0.5 tsp salt

1 tbsp oil

3 pieces conpoy, soaked

16 cups water

**制法：**

1. 干贝略浸，撕碎；浸干贝的水可放入粥内。
2. 米洗净，沥干，拌入盐及油，腌20分钟。
3. 水放大煲内煮滚，放入米及干贝翻滚，改用中火，半盖，煲至白粥绵滑(45~50分钟)。
4. 食时可随意加盐。

**Method:**

1. Soak conpoy for a while, tear into shreds. Reserve water for boiling congee.
2. Rinse rice, drain, mix with salt and oil, set aside for 20 min.
3. Bring water to the boil, add rice and conpoy, bring back to the boil, adjust to medium heat, half-cover the pot and continue to cook until congee consistency (approx. 45~50 min).
4. Season with enough salt to taste.

# 香滑肉丸粥

## Congee with Meat Balls

- 预备时间：25分钟
- 烹调时间：60分钟
- 份数：4人
- preparation time: 25min
- cooking time: 60min
- serves: 4

### 心得：

水要逐渐加入绞猪肉内。加上适量的水分搅拌，可使肉丸有爽滑口感。

**Tip:** Add water gradually to the minced pork, stir well to obtain a firm and smooth texture.



### 材料：

米100克，盐半茶匙，油1汤匙  
小干贝40克，水16杯，姜、葱丝各适量

### 肉丸材料：

绞猪肉240克，葱菜(切碎)0.25杯  
冬菇(浸软及切碎)0.25杯，姜末1茶匙  
盐半茶匙，糖半茶匙，麻油、胡椒粉各少许  
生粉3汤匙，生抽1汤匙，水5~6汤匙

### Ingredients:

100g rice, 0.5 tsp salt, 1 tbsp oil, 40g mini conpoy  
16 cups water, a little shredded ginger and spring onion

### Meat balls ingredients:

240g minced pork, 0.25 cup chopped 'Chung Choi'  
0.25 cup Chinese mushroom, soaked and chopped  
1 tsp chopped ginger, 0.5 tsp salt, 0.5 tsp sugar  
a little sesame oil and pepper, 3 tbsp cornstarch  
1 tbsp light soya sauce, 5~6 tbsp water

### 制法：

1. 米洗净及沥干，拌入盐及油，腌20分钟。
2. 小干贝冲净；水放大煲内煮滚，放入米及干贝，翻滚后改用中火，半盖，煲45~50分钟至成粥。
3. 绞猪肉、切碎配料及调味料等放大碗内，搅至有黏性，冷藏半小时，便可捏成肉丸。
4. 粥煲好后，放下肉丸煮熟，下盐调味。
5. 食时撒些姜、葱丝更添鲜香。

### Method:

1. Rinse and drain rice, mix with salt and oil, set aside for 20 min.
2. Rinse mini conpoy; bring water to the boil in a pot, add rice and mini conpoy, bring back to the boil, adjust to medium heat, half-cover and cook until congee consistency (approx. 45~50 min).
3. In a mixing bowl, mix minced pork, chopped ingredients and seasonings together, stir well until sticky. Chill for 0.5 hr. Form into meatballs.
4. When congee is ready, add meatballs and cook, season to taste.
5. Sprinkle with shredded ginger and spring onion to serve.

# 菠萝肉松炒饭

## Pork Floss with Pineapple Rice

- 预备时间：15分钟
- 烹饪时间：15分钟
- 份数：2~3人
- preparation time: 15min
- cooking time: 15min
- serves: 2~3

心得：

选用泰式腊肠及泰式酸甜鸡酱更能突显地道风味。

**Tip:** Use Thai preserved sausage and Thai sweet and sour chicken sauce for an authentic taste.

