

Nutritional Edible Mushrooms Recipes

食谱中英对照

# 菇菌珍味菜

宁淑霞 编著 福建科学技术出版社

■摩登厨房系列■

解析食用菇菌特色  
阐述制作美食技巧



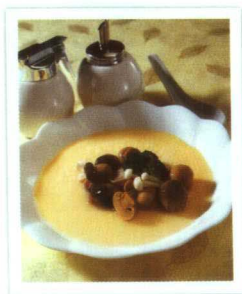
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## 出版说明

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。



### 食用菇菌益处多

#### *Introduction of Mushrooms*

菇类也就是生物学上所称之“食用真菌”，在许多国家均有出产，其中以意大利、法国、中国和日本等地产量最多。现今许多菇类的人工培植方法已逐步被研究出来，因而产量渐多，价格亦相应调低，加上潮流时兴吃得自然健康，故菇菌类日渐受到大众喜爱。

食用菇菌不仅鲜美可口，其营养和食疗价值也受人注目。科学家指出，它的热量和胆固醇特低，几乎没有脂肪，还含有多种维生素和矿物质，且本身的蛋白质及水溶性纤维比一般蔬果更高出数倍。近年，医学界发现食用菇菌有助强化免疫系统，降低胆固醇、甘油三酯及血糖，更有防治高血压、心血管病、癌症和伤风感冒等病症的作用，所以它能赢得“营养食品”和“保健食品”等美誉。不过，肾病患者不宜多吃，因为食用菇菌往往含较多钾质，容易增加肾脏负担。此外，痛风患者亦应避免进食菇菌，因为它含较多嘌呤，会加重关节疼痛。

综观而言，现代人在纤体瘦身的浪潮中，大部分只顾减少食量，却忽略均衡营养的重要，也不明白纤体的基本原理，因而弄巧成拙。其实瘦身饮食最重要的是低脂、高纤维和营养足。品种繁多的食用菇菌，正符合以上三大条件，加上营养多样化，遂成为瘦身食物中的理想选择。

食用菇菌种类繁多，各具独特效用，可作主、配料来配合不同烹调方法，本书先介绍多种菇类的特点，继而阐释以三十多种干、鲜菌做成四十多款佳肴的具体方法，读者只要依法炮制，当可做出美味佳肴，与家人好友分享成功的喜悦。

宁淑霞

Some fungi are edible mushrooms, which are produced in many countries. Of these, there are four countries with the highest yield, that is, Italy, France, China and Japan. Actually, the production is being increased after advanced cultivation technology developed. They are accepted and liked by many people, and the price is being lowered.

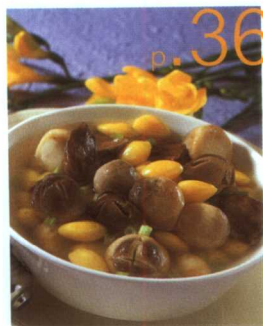
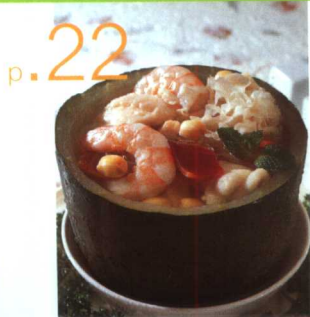
Edible mushrooms are delicious. Their nutritional and medical values are so important. They have very low calories and cholesterol, almost no fat, but they are rich in protein which is several times more than in vegetables and fruits, soluble fibre which makes one feel full, and also vitamins and minerals. Recently, it is discovered by the medical field that they can reinforce the human immune system, lower cholesterol, triglycerides and blood sugar levels, prevent and treat hypertension, cardiovascular disease, carcinoma and influenza, etc. Therefore, they have the names as "Nutritious Food" and "Healthy Food" for eating. Renal patients should take less, since edible mushrooms have high potassium, which will increase the workload of the kidneys. Gouty arthritis patients should avoid them because they have much purine that can increase the pain in joints.

Nowadays, keeping fit is very popular. Most people only decrease the food intake but ignore the nutrition. Low fat, high fibre and enough nutrients diet are very important for slimmers. The edible mushrooms have all these above components. In order to have healthy slim figure, one should have balanced diet and regular physical exercises.

There are assorted mushrooms with special flavors and medical functions, and also they act as major or minor ingredient in the cooking with multiple methods. Indeed, this book gives brief introduction of more than 10 kinds of mushrooms and adopts over 30 types of mushrooms (dry and fresh included) in daily recipes. I hope everybody can obtain some general mushroom knowledge and enjoy the recipes.

*Ling Suk Ha*

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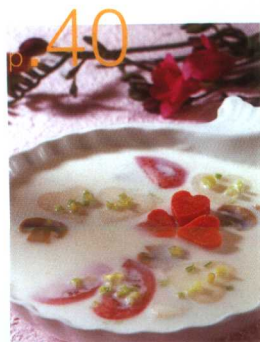


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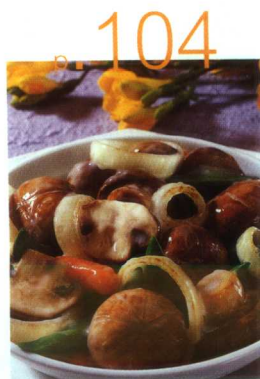
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\* 1 量杯 = 250 毫升



# 特色食用菇菌 *Edible Mushrooms Description*

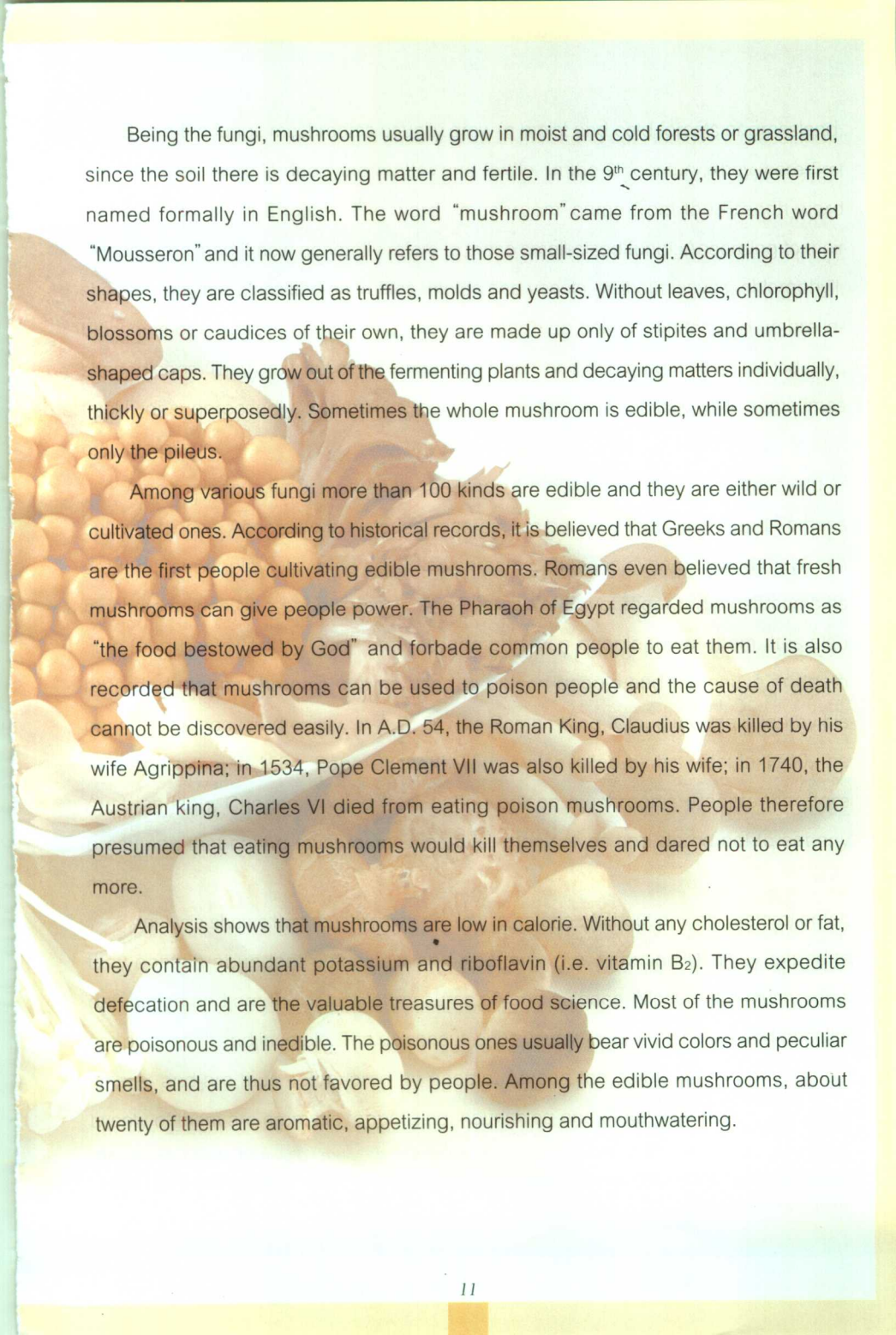
俗称“菇”的食用真菌，一般生长于湿冷林区或草地，因为那些地方的腐殖土壤往往比较肥沃。在公元9世纪，菇类的正式英文名字“Mushroom”第一次出现，这个词其实源自法文“Mousseron”，亦即小型菇类之意。

食用真菌按其形态可分为块状、狗牙形和雨伞状等。从生物学角度上说，这都是一些只有菇柄和伞形菇帽，本身没有叶、叶绿素、花朵和茎的生物，生长形式既有独立，也有丛生或叠生。至于食用部分，则视品种不同而异，有的全朵可吃，有的只有菇帽部分有食用价值。

从目前已发现的5 000多种真菌中，有100多种可供食用，其中多为野生，但也有人工培植的。翻看历史，希腊人与罗马人应该是第一代食用菌的栽植者，罗马人更认为新鲜菇菌能给予人们力量。埃及法老王则把菇菌视作“上天恩赐的食物”，不准人民享用。但史书上也有记载以菌类作为一种毒物，令受害人中毒死亡而不易被查证的故事。如公元54年罗马皇帝克劳德及1534年教皇克莱门特七世的死亡事件，都被推断为食用了妻子提供的毒菌所致。1740年奥地利国王查理六世亦因食用毒菌死亡，一时人心惶惶，对食用菇类敬而远之。

据现今科学分析，菇菌类食物属低热量、无胆固醇、无脂肪和无盐的食物，含大量钾、核黄素(即维生素B<sub>2</sub>)，更有通利大便的作用，是很好的食物素材。当然，食用菇菌要懂得选择，有毒的固然不能食用，而一些食味平淡无奇的亦不会受欢迎。至于另外一些香气袭人、味道醇厚、营养丰富的食用菇菌，就正是本书所述的范围。





Being the fungi, mushrooms usually grow in moist and cold forests or grassland, since the soil there is decaying matter and fertile. In the 9<sup>th</sup> century, they were first named formally in English. The word "mushroom" came from the French word "Mousseron" and it now generally refers to those small-sized fungi. According to their shapes, they are classified as truffles, molds and yeasts. Without leaves, chlorophyll, blossoms or caudices of their own, they are made up only of stipites and umbrella-shaped caps. They grow out of the fermenting plants and decaying matters individually, thickly or superposedly. Sometimes the whole mushroom is edible, while sometimes only the pileus.

Among various fungi more than 100 kinds are edible and they are either wild or cultivated ones. According to historical records, it is believed that Greeks and Romans are the first people cultivating edible mushrooms. Romans even believed that fresh mushrooms can give people power. The Pharaoh of Egypt regarded mushrooms as "the food bestowed by God" and forbade common people to eat them. It is also recorded that mushrooms can be used to poison people and the cause of death cannot be discovered easily. In A.D. 54, the Roman King, Claudius was killed by his wife Agrippina; in 1534, Pope Clement VII was also killed by his wife; in 1740, the Austrian king, Charles VI died from eating poison mushrooms. People therefore presumed that eating mushrooms would kill themselves and dared not to eat any more.

Analysis shows that mushrooms are low in calorie. Without any cholesterol or fat, they contain abundant potassium and riboflavin (i.e. vitamin B<sub>2</sub>). They expedite defecation and are the valuable treasures of food science. Most of the mushrooms are poisonous and inedible. The poisonous ones usually bear vivid colors and peculiar smells, and are thus not favored by people. Among the edible mushrooms, about twenty of them are aromatic, appetizing, nourishing and mouthwatering.

## 特色菇类介绍

### Edible Mushrooms

## 杏鲍菇

Almond Oyster Mushroom / Phoenix Mushroom, *Pleurotus cryngi*

又名凤尾菇，属侧耳科，蚝菇家族一员，产于南欧、北美、中国内地和台湾省。由于肉质似鲍鱼鲜嫩、洁白厚实，还具杏仁香味，所以赢得“杏鲍菇”的雅号。由于其含蛋白质高达25%，更有防衰老和减肥功效，故属于爱美人士的理想食物。



As a member of the oyster mushroom family, they mainly grow in South Europe, North America and China. Because this kind of mushroom, with its lily and lush pulp tastes as delicious as oyster and smells as fragrant as almond, it has gained the aesthetic fame of "Almond Oyster Mushroom". It is known that as high as 25% of its composition is protein. It can also help people retain vigor and reduce weight. Therefore, it is the ideal food for those pursuing beauty.

## 啡蘑菇

Brown Button Mushroom, *Agaricus bisporus*

别名啡洋菇，属蘑菇科，为双孢蘑菇的变种，褐色，产于澳大利亚和法国。喜生长于林地、草地、田野、公园或道旁，现多为养殖菇，肉厚质美，可作色拉、烧烤、炸、炒或酱汁之用。



This kind of brown mushroom is the double-cell spore. They grow in Australia and France, mainly in forests, grasslands, fields and parks, and at roadside. Now mostly they are cultivated. Being pulpy and palatable, they can be used to make salad, or for barbecue and sauce. Furthermore, they can be deep-fried or stir-fried.



## 茶树菇

*Brown Swordbelt, Agrocybe aegerita (Briganti) Singer*

本名柳松菇，又称茶薪菇、柱状田头菇、杨树菇，由于具食疗价值，故中国民间有“神菇”之称。它属伞菌绣伞科，产于日本、德国和中国，是一种高蛋白、低脂肪食物，含人体所需17种氨基酸、10多种矿物质微量元素、抗癌多糖，并含有活性元素，也称“美容菇”。



Brown Swordbelt, because of its dietetic value, in the folk of China called “magical mushroom” subordinates to the toadstool. It grows in Japan, Germany and China, and it is rich in protein, low in fat, having 17 kinds of amino acid that are necessary to human's physical health, several kinds of mineral microelement, anticancer amylase, and active elements. It is also called “beautifying mushroom”.

## 鸡髀菇

*Drumstick Mushroom, Coprinus comatus*

又名鸡腿菇或腿蘑，即毛头鬼伞，为鬼伞科真菌，菌帽直径3~5厘米，高达9~11厘米，圆柱形，因其状如鸡腿，鲜如鸡肉而得名。多在春至秋季的田野、林缘、道旁生长，富含蛋白质、氨基酸和多种矿物质元素。有报告称此菇不宜与酒类共享，否则容易产生毒素云云。



Drumstick Mushroom, with the pileus ranging from 3-5 cm in diameter and 9-11 cm in height, cylinder-formed, got its name from its drumstick shape and chicken-like taste. It mainly grows in field, edge of forest, park and hutch from spring to autumn. It is rich in protein, amino acid and many kinds of mineral elements. Not suitable to eat with wine since it is easy to produce toxin.

## 金针菇

Golden Mushroom / Winter Mushroom, *Flammulina velutipes*

别名金菇，由于它有长柄和细小白帽，所以又叫“金丝菇”（Velvet shank）。原产于中国北方针叶林地。事实上，早在元代已有文字详细食用记载，20世纪中叶引入日本作人工栽种，70年代引植往中国台湾省，均以瓶栽为主，所以如今在市面上所见多为一捆捆集结而生的样子。



Golden Mushroom/Winter Mushroom, because of its four-inch stalk and tiny white cap, is also called “Velvet shank”. Originally it grows wildly in taiga in the north of China. In fact, early in Yuan dynasty, there was written record of eating golden mushrooms. In the 1950s, it was introduced into Japan for artificial cultivation and in the 1970s, it was introduced to China’s Taiwan province. It is mainly implanted in bottles, therefore, in markets it is usually seen in bundles.

## 舞菇

Maitake Mushroom / Sitting-len Mushroom / Hen of the Wood, *Grifola frondosa*

正名为灰树花，又名舞茸。据说由于舞茸太稀有、有极佳食疗作用，所以人们寻得其踪迹后，往往兴奋得要跳



“舞”来助兴，因而得名云云。它属多孔科，生长于日本东北部，含多糖，能帮助调节免疫系统，现中国也有栽种。值得一提的是，在日本封建时代，舞茸身价等同白银，所以被誉为“菇中之王”。

It is said that because maitake mushroom is too rare, when people find it, they are always so excited that they often dance to add to the fun. Therefore, it got its name. It is subordinate to *Grifola frondosa* species, and grows in the Northeast part of Japan, containing polysaccharide that can help adjust immune system. Now it is also implanted in China. It is worth mentioning that in the feudal times in Japan, maitake mushroom was as valuable as silver, so it was also honored as “the King of Mushrooms”.

## 猴头菇

Monkey-head Mushroom / Monkey-head Fungus, *Hericium erinacum*

因外形像猴头而得名，别名猴头菌、阴阳蘑、刺猬菌、对脸菌、白发菇和僧帽菇，日本人爱称作狮子茸或狮子菇。属猴头菌

科，产于中国黑龙江和云南

一带，昔日与燕窝、熊掌和鱼翅并列为“中国四大珍味”，有“山珍猴头，海味燕窝”的说法。不过随着现今人工栽植的发展，它已变为常见的食用菌了。



Monkey-head Mushroom/Monkey-head Fungus, it got its name because its shape is like monkey head. The Japanese also call it Lion's Mane or Lion Mushroom. It grows in the areas of China's Heilongjiang and Yunnan province. It is also said that monkey-head mushroom, shark's fin, bear's paw and bird's nest are together called "China's Four Delicacies".

## 滑子菇

Nameko Mushroom / Kabutori Mushroom / Viscid Mushroom, *Pholiota nameko*

正名为光滑环锈伞，别名滑菇、株采菇，特性为菇伞至菇柄整体仿佛被一层黏膜裹上，加上在烹调时黏液不断排出，滑滑溜溜，因而得名。属球盖菇科，生长于中国广西、西藏，日本为主要的消费市场。由于以胶瓶栽培，丛生、小而圆滑，故有“珍珠菇”的雅号。



Nameko Mushroom/Kabutori Mushroom/Viscid Mushroom, its peculiarity is that both the cap and the stalk look like coated by a layer of mucous membrane and when cooked, mucus continues discharging from it and it becomes greasy, so it got its name. It is subordinate to *Pholiota nameko* species. It grows in Guangxi and Tibet of China, and Japan is the major sale market. Because it is implanted in pile in plastic bottle, it is small, round and smooth.



## 猪肚菇

Pork Belly Mushroom, *Pseudoclitocybe cyathiformis*

正名为假灰杯伞，属白蘑科，菌帽直径3~7厘米，形如杯状或浅漏斗状，棕灰色，夏秋季生长于林中地或腐朽木上，散生或群生。主要生产地分布于中国吉林、四川、内蒙古和西藏。

Pork Belly Mushroom is subordinate to *Pseudoclitocybe cyathiformis* species. The pileus ranges from 3-7cm in diameter, and its shape is like a cup or a shallow filler and in brown-grey. They grow in summer and autumn in field of forest or on rotten wood, individually or together. The main produce places are Jilin, Sichuan, Inner Mongolia and Tibet of China.



## 烧烤大蘑菇

Flat Mushroom / Portabello Mushroom, *Agaricus bisporus*

又名打开的菇 (Open Mushroom)，属蘑菇科，直径有6~20厘米不等，为最大的食用菌类，亦是味道最强的养殖菌，产自澳大利亚，适合作菌排、酸菜食用。

Flat Mushroom/Portabello Mushroom is also called "Open Mushroom", subordinate to mushroom family. Its diameter ranges from 6cm to 20 cm. It is the biggest fungus, and is also the most gamy cultivated fungus. It grows in Australia, and is suitable for mushroom steak and pickles.

