

Cook with Ease Recipes

食谱中英对照

快手佐餐菜

黄婉莹 编著 福建科学技术出版社

■摩登厨房系列■

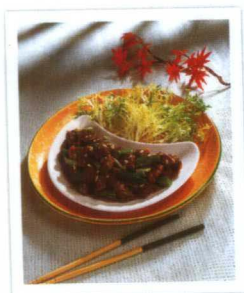
巧施妙法煮出好味道
半小时内开饭做得到



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出版说明

现代人生活节奏急速，但忙里偷闲，自己动手依书烹制各款精选美食，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，反映到香港家庭的餐桌上，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馐，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里有趣的一面。

前言 Preface

现代都市的女士们生活忙碌，工作之余又要照顾家庭。为使家人吃得健康，她们更要在百忙之中，下厨制作一些营养均衡的家常小菜。

有鉴于此，我编写了这本《快手佐餐菜》。书中提供了近 50 款制作简易、味道又好的小菜，分成蔬菜豆腐、鱼鲜水产、禽畜肉类等几个类别，务求菜式多元化。

在设计食谱时，考虑到都市人要以有限的时间，来获得健康而美味的菜肴，所以全部的小菜至多都只需 30 分钟就可以从预备工作到烹制完成和上碟。你只要从不同类别的菜谱中选择适当的搭配，就可组合出美味的菜单，而只要制作程序安排得好，要在半小时内开饭也是不难的。

用容易买到的材料和简便的烹调方法，轻轻松松就可烹制出可口小菜，让家人和朋友共同分享你的厨艺。要想让全家享用一顿自制的、营养均衡的午餐或晚餐，这本食谱便可助你一臂之力。

黄婉莹

The role of women in today's society is full of responsibilities, both at work and in the family. To ensure every member of the family is treated with a balanced diet, the daily meal should be well planned with healthy and nutritious food.

To prepare a meal amidst a busy schedule is not easy, that is why I have compiled this cookbook, which offers around 50 easy to cook ideas. The recipes cover a variety of ingredients, all locally available-vegetables, seafood, tofu products, different kinds of meat etc.

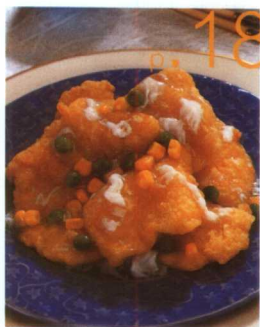
Each recipe will take roughly 30 minutes of preparation and cooking. One can choose from the many recipes to create a well-balanced meal.

With easily available ingredients and simple cooking methods, you can cook up a delicious meal for your family and friends to savor within minutes. I do recommend this cookbook as a handy guide to planning your meal.

Annie

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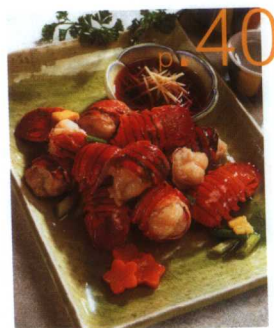


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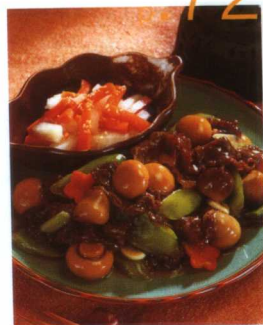
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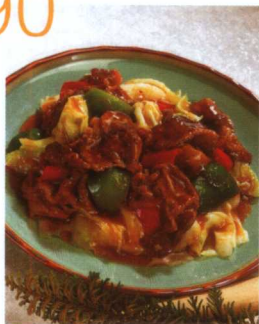
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赛螃蟹柳

Scrambled Egg White with Japanese Crab Stick

- 预备时间：15分钟
- 烹调时间：10分钟
- 份数：4人
- preparation time: 15min
- cooking time: 10min
- serves: 4

心得：

蛋清要炒成像蟹肉一样，火候及油量要掌握得好。

Tip: Fry egg white over low heat to set so as to resemble crab meat.



材料：

蛋6个(取蛋清)，蟹柳4条

蘑菇6朵，青豆1汤匙

蛋1个(取蛋黄)，镇江香醋2汤匙

调味料：

盐半茶匙，麻油及胡椒粉各少许

生粉1汤匙，水2汤匙

Ingredients:

6 egg white

4 Japanese crab sticks

6 button mushrooms

1 tbsp green peas

1 egg yolk

2 tbsp brown vinegar

Seasonings:

0.5 tsp salt

A little sesame oil and pepper

1 tbsp cornstarch

2 tbsp water

制法：

1. 蛋清与调味料轻轻拌匀。
2. 蘑菇及青豆飞水后沥干。
3. 蟹柳切成2.5厘米长段，撕碎；将蘑菇切成片，连同青豆加进蛋清内搅匀。
4. 烧热6汤匙油，倒入蛋清等材料，轻轻翻炒至熟，取出盛碟。
5. 中央加蛋黄，食用时与镇江醋拌匀。

Method:

1. Lightly beat egg white with seasonings.
2. Blanch button mushrooms and green peas, drain well.
3. Tear crab sticks into shreds and cut into 2.5 cm long; slice button mushroom, add all ingredients to egg white and mix well.
4. Heat 6 tbsp oil, pour in egg white mixture and fry lightly until set and resembles chunks of crab meat. Remove to a plate.
5. Add egg yolk to the centre of the scrambled egg white and serve with brown vinegar.

芙蓉豆苗

Scrambled Eggs with Pea Sprouts

- 预备时间：15分钟
- 烹调时间：15分钟
- 份数：4人
- preparation time: 15min
- cooking time: 15min
- serves: 4

心得：

豆苗需先炒熟，沥干水分才可放入蛋内，这样可避免煮熟后出水。

Tip: Fry and drain pea sprouts well to avoid too much moisture in the scrambled eggs.



材料：

豆苗160克

蒜蓉、金华腿蓉各1汤匙

蛋4个

调味料：

盐半茶匙

麻油及胡椒粉各少许

油1汤匙

Ingredients:

160g pea sprouts

1 tbsp each of chopped garlic and Chinese ham

4 eggs

Seasonings:

0.5 tsp salt

A little sesame oil and pepper

1 tbsp oil

制法：

1. 将豆苗洗净，沥干。
2. 将调味料加入蛋中打匀。
3. 烧热3汤匙油，爆炒豆苗，加入蒜蓉，并撒下盐及糖各半茶匙，取出，沥干。
4. 将豆苗放入蛋内，加腿蓉。
5. 再烧热2~3汤匙油，倒下所有材料快炒至呈金黄色后，上碟。

Method:

1. Wash, rinse and drain pea sprouts.
2. Beat eggs with seasonings.
3. Heat 3 tbsp oil, stir-fry pea sprouts, add chopped garlic and then sprinkle in 0.5 tsp each of salt and sugar. Mix well, remove and drain.
4. Add pea sprouts and chopped ham to beaten eggs.
5. Heat 2 to 3 tbsp oil until hot, add egg mixture and fry until set and golden in color. Serve.

香葱蛋饼

Spring Onion Egg Patties

- 预备时间：15分钟
- preparation time: 15min

- 烹调时间：15分钟
- cooking time: 15min

- 份数：4人
- serves: 4

心得：

用面粉及糯米粉做成的粉浆会较为软滑。

Tip: Batter made with flour and glutinous rice flour has a softer texture.



材料：

葱12根，蚝菇(秀珍菇)罐头1罐

蟹柳2条，竹签8条

粉浆：

面粉6汤匙，糯米粉2汤匙

盐半茶匙，蛋2个

水约半杯，胡椒粉少许

油1汤匙

Ingredients:

12 stalks spring onion

1 can oyster mushrooms

2 Japanese crab sticks

8 bamboo skewers

Batter:

6 tbsp plain flour

2 tbsp glutinous rice flour

0.5 tsp salt, 2 eggs

0.5 cup water, A little pepper

1 tbsp oil

制法：

1. 葱切成5厘米段；蚝菇切成5厘米长条；蟹柳切段。
2. 将面粉、糯米粉与盐筛好，加入已打好的蛋及适量水拌匀成软滑粉浆。
3. 用竹签串起葱、蚝菇及蟹柳。
4. 表面蘸粉浆，用中火，把竹串放油内煎至金黄色，即可上碟。

Method:

1. Cut spring onion into 5 cm sections; cut oyster mushrooms into 5cm strips; cut crab sticks into sections.
2. Sieve flour, glutinous rice flour and salt together, add beaten eggs and mix well with water to a smooth batter.
3. Skewer spring onion, oyster mushroom and crab sticks onto the bamboo skewers.
4. Coat each with batter and shallow fry in medium hot oil until golden in color. Remove and serve.

苦瓜肉碎烘蛋

Fried Eggs with Minced Pork and Bitter Melon

- 预备时间：15分钟
- 烹调时间：15分钟
- 份数：4人
- preparation time: 15min
- cooking time: 15min
- serves: 4

心得：

苦瓜经过盐腌及飞水，可减少苦涩味。

Tip: Excess bitter taste of bitter melon will be reduced after marinating with salt and blanching.

