

# Special Chilli Dishes

食谱中英对照

# 辣得好滋味

蔡洁仪 编著 福建科学技术出版社

■摩登厨房系列■

刺激味蕾

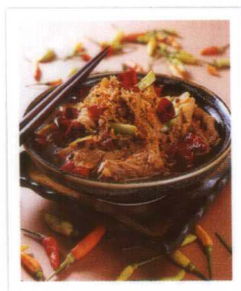
令人胃口大开的美食



■摩登厨房系列■

# 辣得好滋味

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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

### 吃辣也会上瘾

### *Eating Chili Food Can be Addictive*

从小到大，对五味（酸、苦、甘、辛、咸）中的辛味，爱得狂热又兴奋，每餐无辣不欢。偶与人谈辣食，也要兴奋上半天！每回外出用膳，辣菜乃首选，但是往往尽兴而去，败兴而回。不是餐馆做菜辣度不够，便是朋友们对菜肴摇头摆手，兴奋心情犹如浇上冷水，食得不过瘾。不过，偶遇嗜辣知音，可就眉飞色舞，吃得畅快！

为何我会钟情辣食？我爱辣食能刺激感官和食欲，胃口大开；我更爱它为我带来食后反应，令人兴奋，释放情绪。每当吃辣后，兴奋莫名，汗腺、泪腺会突然失控而决堤，随之而来的口水鼻涕，虽然控制不住，却十分过瘾。为了满足一时的口福之乐，却换来吃罢后的苦果——胃有点痛，然而痛楚不但不会让人感到辛苦，有时还会感到说不出的舒服，所以过不了几天，便又会心痒痒地想再吃。辣食的刺激感，真是难以用笔墨形容，只能亲身体验。

品尝辣食，亦有层次之分。初吃辣，会觉得舌头味蕾有点热和麻；当辣食落入喉头，感到有点灼烫呛喉或攻鼻；然而辣食跌入胃时，刺激胃壁和神经，于是小辣令人全身微烫，大辣则令人全身通红沸腾，大有热烘烘如着火之感，感觉有趣又兴奋，这亦是令人嗜辣上瘾的导火线。其实，辣可分为一触即发、慢半拍、小辣，以及有辣味而没有辣度等数种，概在不同菜式中表现出来。诸如，麻辣为四川风味，酸辣则夹云南食风，辛辣为湖南口味，鲜辣便以泰国挂头，咖喱辣为印度口味，辣味和辣度虽不同，却有异曲同工之妙，让人食得兴奋，辣得开心，往往食不停口，边食边抹汗，乐此不疲。

我对辣食的狂热，尽化入此书的四十八个食谱，现与读者分享个中的乐趣。全书以微辣、小辣、中辣和劲辣点明菜式辣度，并有川味的麻辣土豆鸡、云南风味的酸腌菜炒土豆丝、粤式狂辣的避风塘炒蟹等，以显示辣菜特色和辣度，可因应个人所需，把书中食谱辣度酌量调整。书中并载有辣食的相关资料，冀望加深读者对于辣的认识。

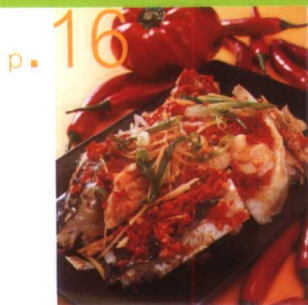
Ever since I was very young, of the five major tastes (sour, sweet, bitter, chili and salty), I love chili food most. I would eat it at every meal and even get excited when I talk to people about hot food. Every time I go out to eat I would choose to have spicy pungent dishes. Sadly, nine times out of ten I was disappointed. Either the restaurant food was not hot enough or my friends would prefer less spicy food. Once in a while I may be lucky enough to have a real good fiery piquant meal with friends who share my love of hot food.

Why do I like hot food? I find that hot food stimulates the appetite and after eating it releases my emotions and I feel really excited. During the meal my nose will run and tears run down my cheeks. I am out of control but satisfied at the same time. With my stomachaches slightly followed by a sense of relief. After a few days I will be longing for some chili food again. This sensation is difficult to express in words and can only be experienced personally.

There are different stages in sampling hot food. First the tongue feels hot and slightly numbed. Then there is a burning sensation going down the throat or nose. When the heat reaches the stomach, it stimulates the stomach lining and all the nerves. Mild chili food makes you feel warm and very hot food burns your whole body as if there is a roaring fire inside your body. There are different kinds of hot food, some burst in flavour as soon as you taste it, some come slowly while chewing and some are just spicy and not chili hot. These are represented in different types of Chinese dishes, for example, Sichuan dishes are hot and spicy, Vunnan dishes are sour and hot, Hunan is famous for bitter chili food. Thai dishes are hot and fresh tasting and India is famous for its curries. Although all these dishes are different they are unique in their tastes and it is such a pleasure to sample them all, sweating all the time while eating them.

My mad love for chili hot food is expressed in all the 48 recipes I have chosen for this book. I would like to share my enjoyment of hot food with you the readers. The dishes are divided into mild, medium and hot, including Sichuan Chicken and Potatoes with Hot Taste, Vunnan Stir-fried Potato Shreds with Pickled Mustard Cabbage and the fiery Cantonese Typhoon Shelter Style Stir-fried Crabs. You can adjust the hotness of the dishes by altering the amount of certain ingredients to suit personal taste. This book also includes information on chili food that enables readers to have a better understanding of the subject and enjoy the pleasure of having hot food.

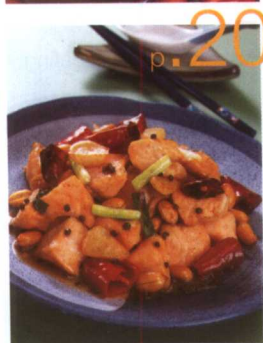
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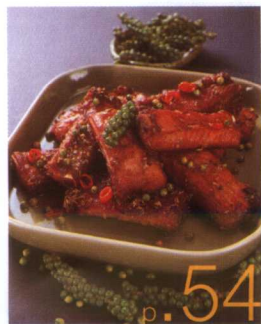
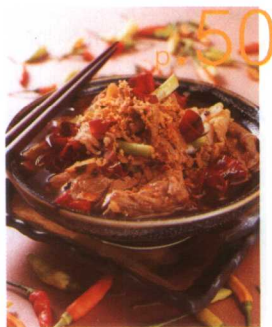
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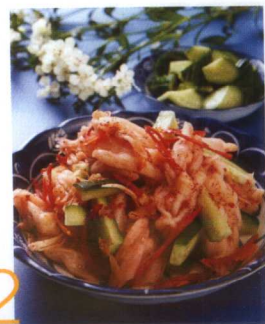
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## ） 辣椒漫谈 ）

辣椒(Chili)，又名番椒、辣茄、海椒、腊茄，属茄科植物辣椒(*Capsicum frutescens*. L)的果实，主要含水分、辣椒碱、香荚兰胺、抗坏血酸(即维生素C)、糖、蛋白质和无机盐等成分。此外，其含多种色素，如隐黄素、辣椒红素等，故可说是一种天然色素。



辣椒原产于热带美洲及西印度群岛，据说公元前便有栽培，变种较多，常见品种有指天椒、牛角椒和灯笼椒。辣味以指天椒为最浓，灯笼椒则最淡。哥伦布发现新大陆后，将辣椒带回西班牙，才逐渐广泛传到世界各地。



烹调佳肴，辣椒占有重要的地位，很多地方的特色菜，如非洲、中国四川、印度、墨西哥、南美、西班牙和泰国等，皆标榜辣味。为寻求刺激的老饕一族，以一尝辣味才甘心。然而辣椒含有高维生素C，不宜与胡萝卜、黄瓜、动物肝脏一起食用，因为胡萝卜中的抗坏血酸酶、黄瓜所含的维生素C分解酶和动物肝脏所含的铜铁离子均可破坏维生素C，降低其营养价值。

## 色彩缤纷的甜椒，你可曾为它心动？

甜椒(Capsicum)是辣椒家族成员之一，属温和派，不带辛辣味，大人小朋友皆可选它食用。其诱人食欲的绝招，就是以“艳色”诱惑你的肠胃。馋嘴一族！躲不掉它的“色”诱。



▼ **黄甜椒 (Yellow Pepper)**  
清丽脱俗。



▼ **橙红甜椒 (Red Orange Pepper)**  
热情奔放。



▼ **橙甜椒 (Orange Pepper)**  
爽朗俏皮。

▲ **紫甜椒 (Purple Pepper)**  
神秘高贵。



▼ **红甜椒 (Red Pepper)**  
红艳似火。

▲ **绿甜椒 (Green Pepper)**  
清纯可爱。





# 从辣椒形状、大小看辣度

辣椒的辛辣程度，一般而言，越尖越辣，尺寸越小其辛辣度也越强。这是由于辣椒种子因空间缩小，辣味种子的密度也增大，所以辣度相应地集中。



**青虎皮辣椒**

**(Light Green Banana Chilli)**

尖而肥长，身形略粗，诱发食欲。



**橙红甜椒 (Red Orange Pepper)**

肥肥矮矮，样子甜美，甜而不辣。



**橙红尖/牛角辣椒 (Red Poblano Orange)**

长而略尖，开始修身，辛辣渐成。



**橙指天椒 (Orange Inferno)**

细而修长，辣度吓人。



**雀眼辣椒 (Bird's Eye)**

体形娇小，辣度惊人。



# 辣椒的成熟过程

辣椒随着时间生长，趋向成熟，以不同颜色的转变来显示其成熟的程度，让我们做菜时，因应不同的菜肴需要，采选入馐。



绿辣椒  
(Green Than)



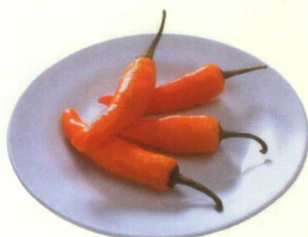
绿黄指天椒  
(Yellow Green Inferno)



黄绿指天椒  
(Green Yellow Inferno)



橙绿尖辣椒  
(Green Orange Chillier)



橙尖辣椒  
(Orange Jalapeno)



红尖辣椒  
(Red Large and Long Chillier)

# 双鱼闲谈

Two Fish with Two Tastes

• 8 - 10位 • 30分钟



**材料：**

桂花鱼2条，生粉适量，蒜泥1茶匙

**配料A：**

青椒20克(切丁)，辣椒20克(切丁)，菠萝40克(切丁)，干葱1粒(切碎)，松子仁40克(后下)

**配料B：**

瘦肉40克(切丝)，冬菇2只(切丝)，冬笋40克(切丝)，姜1片(切丝)，葱1条(切丝)

**调味料A：**

水60克，白醋1汤匙，黄糖30克，茄汁1.5汤匙，辣酱油汁1茶匙

山楂饼2片，鸡精0.5茶匙，生粉1茶匙

**调味料B：**

酱油1汤匙，蚝油1汤匙，盐0.25茶匙，鸡精1茶匙，糖0.5茶匙，生粉1.5茶匙，水0.5量杯

**Ingredients:**

2 mandarin fish, Cornflour, 1 tsp minced garlic

**Assistant Ingredients A:**

20 g diced green pepper, 20 g dried chili, 40 g diced pineapple

1 clove shallot, minced, 40 g pine nuts (add later)

**Assistant Ingredients B:**

40 g lean pork, shredded, 2 mushrooms, shredded, 40 g winter bamboo shoot, shredded

1 slice ginger, shredded, 1 sprig spring onion, shredded

**Seasonings A:**

60 g water, 1 tbsp white vinegar, 30 g brown sugar, 1.5 tbsp ketchup / tomato sauce

1 tsp worcestershire sauce, 2 slices haw cakes, 0.5 tsp chicken powder, 1 tsp cornflour

**Seasonings B:**

1 tbsp soy sauce, 1 tbsp oyster sauce, 0.25 tsp salt

1 tsp chicken powder, 0.5 tsp sugar, 1.5 tsp cornflour, 0.5 cup water

**制法：**

1. 鱼身两面用斜刀切出弧度刀纹(刀与鱼身的接触角度为45°)，当刀切入鱼身后，改用平刀推前。
2. 将鱼扑上生粉，放入滚油中炸成金黄脆身盛起，放于长碟中成双对状。
3. 烧油爆香配料A之干葱，随即加入余下配料炒匀，加入调味料A煮沸，最后加入松子仁，扒在其中一条鱼的面上。
4. 烧油爆香蒜泥，倒下配料B炒透，加入调味料B煮沸，淋在另一条鱼的面即成。

**Procedures:**

1. Make slits on each side of the fish (the angle between the knife and the fish is 45°). Cut the fish horizontally after inserting it.
2. Coat the fish with flour, then put into boiling oil and deep-fry, until golden brown and hard in body. Remove and transfer onto a long plate and shape them facing each other.
3. Saute the shallot, then add the remaining ingredients of Group A and stir well. Put the Seasonings A and bring to a boil, then add the pine nuts. Pour the mixture onto one of the two fish.
4. Saute the garlic, then put the Group B and stir-fry thoroughly. Add the Seasonings B to taste and bring to a boil. Finally, pour this mixture on the top of another fish. Serve warm.



# 剁椒鱼头

Steamed Mud Carp's Head with Chili

• 剁 • 4 - 6位 • 20分钟

