

李會鵬長食譜

健康素食

(第二輯)

VEGETARIAN DISHES

中英對照 Chinese-English



健康素食



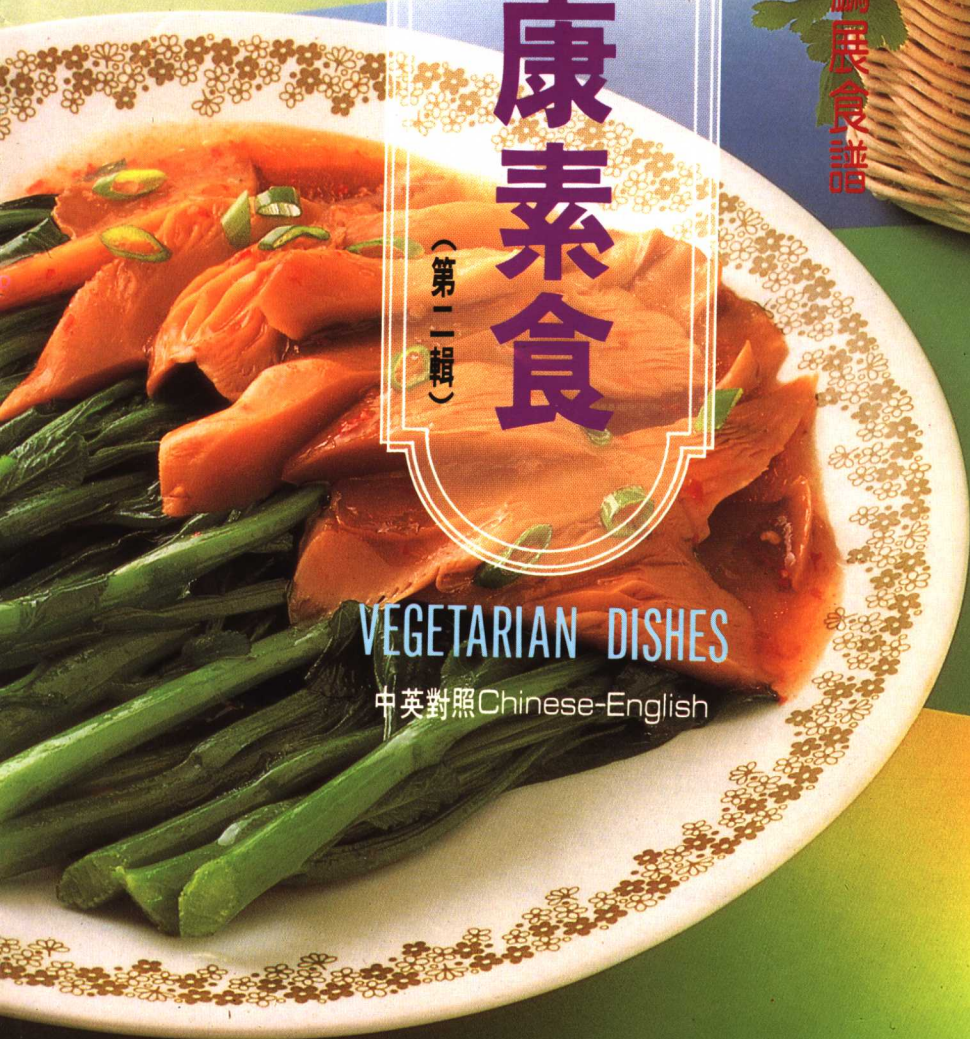
李會鵬展食譜

健康素食

(第二輯)

VEGETARIAN DISHES

中英對照 Chinese-English





健康素食 (第二輯)

作者：李曾鳴展

發行人：朱寶龍

行政總編輯：徐肖男

出版：龍吟文化事業股份有限公司

社址：台北市民生東路3段113巷25弄29號1F

聯絡地址：台北市內湖區新明路174巷15號10F

電話：7911197・7918621

電傳：出版部／編輯部 7955824

營業部／發行部 7955825

郵撥：0017944-1

總經銷：知道出版有限公司

電話／(02)9395450 傳真／(02)9381823

中華民國81年12月第1版第1刷

行政院新聞局局版臺業字第5283號

本公司法律顧問：蕭雄淋律師

李永然律師

版權所有・翻印必究

ISBN 957-689-020-9

本書禁止出租，否則進行法律訴訟

Printed in Taiwan

© Publications (Holdings) Limited. 1987



李會鵬展，廣東客家人，原居新界，家族多年前經營餅店，母親為烹飪高手，屢為當地即將移民子弟傳授烹飪技術，因此李太自幼便深得乃母真傳，並透過多年實踐，深懂箇中竅門。

廿多年前，在香港西區婦女福利會主席力邀下，李太便開始了其教授烹飪的生涯。此後李太更在著名烹飪學校授課至今，門下有不少家政老師，以及教育學院講師，堪稱桃李滿天下。

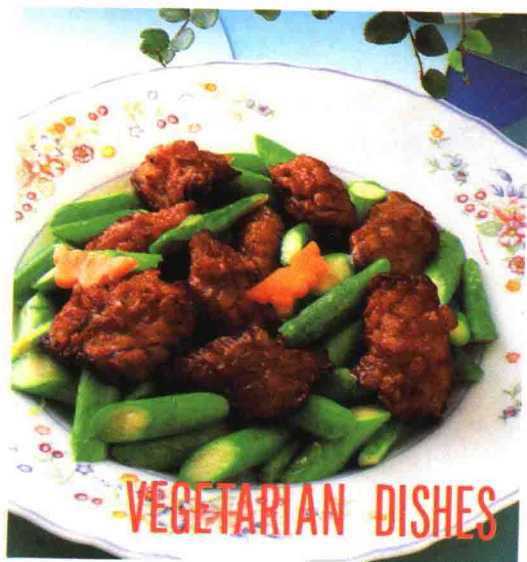
李太除了在電台及電視台主持節目，為多本雜誌撰寫專欄外，還致力於烹飪著作，已出版的凡三四十本。李太曾為多項調味品及家庭電器擔任顧問，提出改良配方，並編寫有關食譜。

李會鵬展女士雖已積聚多年烹飪經驗，但仍力學不倦，除了每星期必抽空試驗新菜式，創出新口味外，並隨酒樓師傅切磋學習，不斷鑽研。她對烹飪工作，永不言倦。

● 第二輯

健康素食

李曾鵬展食譜



希代書版集團

龍吟文化事業

Qwrt1102



序

近年來健康素食盛行。在營養過剩的文明病流行的今天，素食可以說是健康之道之一。

注意健康飲食的人，都會強調營養均衡食物的重要性，而穀類食物、水果、蔬菜、乳品才是正常飲食的主體，人們可從這些食物中，均衡地攝取營養。

本書以營養均衡、美味、創意為原則，設計了六十款食譜，在口味方面老少皆宜，烹調方法簡單。每款食譜在「提示」一項都寫出了烹飪技巧的關鍵，使讀者更能掌握竅門，輕輕鬆鬆地煮出稱心滿意的美食，增加入廚的樂趣。

在食譜中經常都會用上湯。上湯是用多種材料煲熬成鮮甜濃縮的湯水，用以烹煮清淡的原料，增添蔬菜的濃鮮味；但，這是口感而已，用水烹調更能帶出原料的真味，味雖清淡，但也有其風味。

為了宗教的教規，當然要用素上湯，黃豆、大豆芽菜、紅棗、冬菇、薑都是煲製素上湯的好材料。為了健康或偶然轉口味而食素的話，也可以用葷上湯烹煮，新鮮的肉類、火腿、薑都是煲製葷上湯的主要材料，如要方便，不妨用罐裝的湯。

李曾鵬展

一九九二年八月

目錄

素菜常用材料

炒 STIR-FRY

西芹炒素蝦仁(西芹炒麩筋)	Stir-fried Vegetarian Shrimps with Celery (Stir-fried Gluten Rolls with Celery)	6
川辣素腎球(川辣磨菇)	Hot Vegetarian Kidney Balls Sichuan Style (Hot Button Mushrooms Sichuan Style)	8
鮮露筍炒素腰花(鮮露筍炒冬菇)	Stir-fried Vegetarian Kidney Flowers with Fresh Asparagus (Stir-fried Black Mushrooms with Fresh Asparagus)	10
豉椒素鷄(豉椒百頁卷)	Vegetarian Chicken with Salted Black Beans and Pepper (Bean Curd Rolls with Salted Black Beans and Pepper)	12
宮保豆腐	Diced Bean Curd Sichuan Style	14
機菜鮮冬菇炒藕片	Stir-fried Lotus Root Slices with Fresh Black Mushrooms and Minced Black Olive Mix	16
辣豆醬	Chilli Bean Curd Paste	18
鮮百合炒甜豆	Stir-fried Sweet Peas with Fresh Lily Bulbs	20

燜、煮 BRAISE

柱侯素牛腩(柱侯醬燜麩筋)	Vegetarian Beef Soft Plate with Chu-hau Sauce (Stewed Gluten Rolls with Chu-hau Sauce)	22
金針雲耳燜素排骨(燜麩筋)	Stewed Vegetarian Spare Ribs with Dried Lily Flower and Dried Black Fungus (Stewed Gluten Rolls)	24
冬筍燜炸麩筋	Stewed Fried Gluten Rolls with Winter Bamboo	26
醬爆子薑	Saute Young Ginger with Bean Paste	28
香茄煮鮮菇	Braised Fresh Mushrooms with Eggplant	30
清水煮矮瓜	Braised Eggplant with Water	32
香翠勝瓜	Fragrant and Green Silk Gourd	34
香醬煮柚皮	Braised Chinese Grapefruit Skin with Bean Paste	36
麻醬香蕉皮	Banana Skin with Sesame Paste	38
豆腐青提紅咖喱	Bean Curd and Green Grapes in Red Curry Sauce	40
豆瓣蒜茸煮蠔菇	Braised Oyster Mushrooms with hot Bean Paste and Garlic	42
冬菜煮鮮冬菇	Braised Fresh Black Mushrooms with Fermented Vegetable(Tung-choi)	44
青豆汁菜花	Braised Cauliflower with Green Peas	46
酸忌廉白菌	Button Mushrooms in Sour Cream	48

煎、炸 FRY AND DEEP-FRY

黑椒素魚扒(黑椒豆腐乾)	Vegetarian Fish Fillet with Black Pepper (Dried Bean Curd with Black Pepper)	50
素鴨(草菇甜竹卷)	Vegetarian Duck (Sweet Bean Curd Rolls with Grass Mushrooms)	52
香酥鷄脾(香酥荔茸卷)	Fried Drumsticks (Deep Fried Taro Paste Rolls)	54
吉列素豬扒(炸麩筋)	Deep Fried Vegetarian Pork Chops (Fried Gluten Rolls)	56
醒胃素排骨(芋頭釀油條)	Vegetarian Spare Ribs (Fried Twisted Cruller with Taro)	58
香炸紫菜卷	Deep Fried Nori Rolls	60

糖醋脆素鰻 (糖醋炸冬菇)	Sweet and Sour Crisp Vegetarian Eel (Sweet and Sour Fried Black Mushrooms)	62
豉汁素鰻 (豉汁紫菜卷)	Vegetarian Eel with Salted Black Bean Sauce (Nori Rolls with Salted Black Bean Sauce)	64
炸腐球	Deep Fried Bean Curd Balls	66
荔茸炸釀冬菇	Deep Fried Stuffed Mushrooms with Mashed Taro	68
紅蘿蔔粟米炸餅	Deep Fried Carrot and Corn Cakes	70
香蕉卷	Banana Rolls	72
扒、蒸 STEW AND STEAM		
冬菇栗子扒時蔬	Stewed Black Mushrooms and Chestnut with Seasonal Vegetables	74
素瑤柱扒蔬菜 (冬菇腳扒蔬菜)	Vegetarian Conpoy with Vegetables (Black Mushroom Stalks with Vegetables)	76
鴛鴦蔬菜	Dual Vegetables	78
金菇爛糊津白	Braised Golden Mushrooms with Tientsin Cabbage	80
五香鷄塊 (五香腐皮)	Five-flavoured Spicy Chicken Fillet (Five-flavoured Spicy Dried Bean Curd Skin)	82
素香腸 (南乳腐皮卷)	Vegetarian Sausages (Dried Bean Curd Skin Rolls with Preserved Red Taro Curd)	84
玉液瓊漿盞	Corn and Cabbage Cups	86
粉皮	Green Bean Sheets	88
粟米包裹	Sweet Corn Pockets	90
椰香番薯糕	Coconut-flavoured Sweet Potato Cake	92
焗 BAKE		
芝士焗鮮冬菇	Baked Fresh Black Mushrooms with Cheese	94
雜菜煲	Mixed Vegetables Pot	96
辣菜卷	Hot Vegetable Rolls	98
釀焗合掌瓜	Baked Stuffed Chayote	100
杏仁焗四季豆	Baked Green Beans with Almonds	102
薯茸焗磨菇蔬菜	Baked Button Mushrooms and Vegetables with Duchess Potato	104
焗薯片	Baked Potato Slices	106
芝士角	Cheese Calizzo	108
雜菜焗豆	Baked Beans with Mixed Vegetables	110
菠菜薄餅	Spinach Pancakes	112
咖喱汁多層閩麪	Lasagne in Curry Sauce	114
其他 OTHERS		
佛跳牆	Monks Jump over the Wall (Mixed Vegetables in a Covered Porcelain Pot)	116
竹笙金菇羹	Bamboo Fungus and Golden Mushrooms Soup	118
鹵老豆腐	Braised Bean Curd in Spicy Sauce	120
海帶金菇拌粉皮	Green Bean Sheets with Seaweed and Golden Mushrooms	122
豆沙律	Bean Salad	124

西芹炒素蝦仁 (西芹炒麩筋)

炒

STIR-FRY

Stir-fried Vegetarian Shrimps with Celery
(Stir-fried Gluten Rolls with Celery)

川料：

西芹六兩，紅蘿蔔一隻，薑六小片，
麩筋四兩

粉糊用料：

生粉三湯匙，鹽 $\frac{1}{3}$ 茶匙

調味：

麻油、胡椒粉少許，糖 $\frac{1}{3}$ 茶匙，鹽 $\frac{1}{3}$
茶匙，水二湯匙

獻：

生粉半茶匙，水二湯匙

做法：

1. 紅蘿蔔去皮洗淨，把半隻切粗粒，放入滾水中煮五分鐘，撈起，瀝乾水。
2. 餘下之紅蘿蔔磨成茸，榨出紅蘿蔔汁約一湯匙半。
3. 粉糊用料放入碗內，加入紅蘿蔔汁拌勻，便成粉糊。
4. 西芹批去筋，洗淨，切粗粒。
5. 麩筋放入滾水中煮十分鐘，撈起，冷後抹乾水，切長形粗粒，沾滿粉糊，放入滾水中煮至粉糊熟，撈起，用清水浸冷，取起瀝乾水，即成素蝦仁。
6. 燒熱鑊，下油三湯匙，放下薑、西芹、紅蘿蔔炒數下，加入素蝦仁炒勻，下調味炒數下，埋獻上碟。

提示：

1. 粉糊用料之生粉不可用其他粉取代，因生粉膠質重，呈透明，熟後入口滑而爽口，正合此菜要求。
2. 粉糊加入紅蘿蔔汁後，要拌成極濃厚之粉糊；麩筋沾上粉糊後用手捏一捏，使麩筋緊貼粉糊，立即放入滾水中煮，這樣才能達到理想效果。

西芹＝洋芹 麩筋＝麩腸 生粉＝太白粉
糊＝漿 鑊＝炒鍋 埋獻＝勾芡
滾水＝開水

Ingredients:

8 oz celery, 1 carrot, 6 small slices ginger, $5\frac{1}{3}$ oz gluten rolls

Paste ingredients:

3 tbsp mung bean flour, $\frac{1}{3}$ tsp salt

Seasonings:

Dash of sesame oil and pepper, $\frac{1}{3}$ tsp sugar, $\frac{1}{4}$ tsp salt, 2 tbsp water

Thickenings:

$\frac{1}{2}$ tsp mung bean flour, 2 tbsp water

Method:

1. Peel off the skin and wash carrot. Cut half of it into thick dices. Put into boiling water and simmer for 5 minutes. Drain.
2. Grind the other half into mash and squeeze $1\frac{1}{2}$ tbsp carrot juice.
3. Put paste ingredients into a bowl and add carrot juice. Stir well.
4. Remove the strains and wash celery. Cut into thick dices.
5. Cook gluten rolls in boiling water for 10 minutes. Drain well and let it cool. Wipe dry. Then cut into rectangular thick dices. Coat with paste and cook in boiling water until paste is done. Drain and cool in cold water. Drain well and these become vegetarian shrimps.
6. Put 3 tbsp oil into a pre-heated wok. Add ginger, celery, carrot and stir. Then put in vegetarian shrimps and stir. Add seasonings, stir and finally add thickenings. Dish and serve.

Hints:

1. The mung bean flour for paste cannot be replaced by any other ingredients. It makes sticky and transparent paste which, when done, is smooth and so meets the requirement of the dish.
2. To obtain a desirable result, stir carrot juice well into the paste to make a very thick paste. When coating the gluten rolls, use both hands to press the rolls a bit so that the two can stick closely to each other. Cook the rolls in boiling water immediately.



川辣素腎球

(川辣磨菇)

Hot Vegetarian Kidney Balls Sichuan Style
(Hot Button Mushrooms Sichuan Style)

用料：

磨菇一罐，西芹六兩，蒜茸一茶匙，
薑切幼粒一茶匙，豆瓣醬二茶匙，茄
汁一湯匙半

調味：

糖 $\frac{3}{4}$ 茶匙，鹽 $\frac{1}{3}$ 茶匙，上湯或水半杯

獻：

生粉一茶匙，水二湯匙

做法：

1. 西芹批去筋，洗淨切小段。
2. 磨菇開罐後洗一洗，抹乾水，在菇面剗花。
3. 燒熱鑊，放下適量之油，燒至將滾，放下磨菇炸約半分鐘，撈起。
4. 鑊中留下一湯匙油，下西芹炒數下，下水一湯匙，炒熟鑊起。
5. 下油三湯匙，下薑、蒜茸炒香，加入豆瓣醬、茄汁炒香，下磨菇炒數下，加入調味煮滾，再煮四分鐘，下西芹拌勻，埋獻上碟。

提示：

做此菜要選購大粒的磨菇，保留磨菇梗，要抹乾水才剗花，並剗深些，菇邊必須剗開，依照以上幾點，磨菇煮後便會張開如球形。

磨菇＝洋菇 西芹＝洋芹 蒜茸＝蒜泥
茄汁＝番茄汁 生粉＝太白粉 鑊＝炒

鍋 埋獻＝勾芡

Ingredients:

1 can button mushrooms, 8 oz celery,
1 tsp chopped garlic, 1 tsp finely diced
ginger, 2 tsp hot bean paste, $1\frac{1}{2}$ tbsp
ketchup

Seasonings:

$\frac{3}{4}$ tsp sugar, $\frac{1}{3}$ tsp salt, $\frac{1}{2}$ cup stock
or water

Thickenings:

1 tsp mung bean flour, 2 tbsp water

Method:

1. Remove strains and wash celery. Cut into sections.
 2. Wash the button mushrooms. Wipe dry and carve some ridges on the top surface.
 3. Put some oil into a pre-heated wok and continue to heat until nearly boiled. Add mushrooms and fry for $\frac{1}{2}$ minute. Drain.
 4. Leave 1 tbsp oil in the wok. Add celery and stir. Add 1 tbsp water and stir until the celery is done. Dish up.
 5. Put 2 tbsp oil into the wok. Stir in ginger and garlic mash. Add hot bean paste, ketchup and stir. Put in mushrooms and add seasonings. When it boils, cook for 4 more minutes before putting in celery. Stir well and finally add thickenings. Serve.
- ### Hints:
- Use large button mushrooms and keep the stalks. Dry thoroughly before carving. Ridges must be deep. The brims of the mushrooms must also be carved. The cooked mushrooms will spread widely like a ball if the above procedures are followed.



鮮露筍炒素腰花

(鮮露筍炒冬菇)

Stir-fried Vegetarian Kidney Flowers with Fresh Asparagus
(Stir-fried Black Mushrooms with Fresh Asparagus)

用料：

冬菇十二隻，鮮露筍半磅，紅蘿蔔八片，蒜茸一茶匙，薑一片

煨冬菇調味：

上湯一杯，鹽 $\frac{1}{4}$ 茶匙，糖 $\frac{1}{4}$ 茶匙

調味：

薑汁一茶匙，酒一茶匙，鹽 $\frac{1}{4}$ 茶匙，糖 $\frac{1}{4}$ 茶匙，麻油、胡椒粉少許，上湯四湯匙

獻：

生粉 $\frac{3}{8}$ 茶匙，水二湯匙

做法：

1. 鮮露筍取嫩部分，洗淨切小段，放入滾水中煮半分鐘，撈起浸於清水中，冷後取起，瀝乾水。
2. 冬菇用清水浸軟，約需一小時，取起抹乾水，剪去菇梗，在底面剗十字花紋，捲成筒形，用牙籤串連使其定形，沾上少許生粉，用手掃一掃，放入將滾之油中炸至黃色撈起，即是素腰花。
3. 鑊中留下一湯匙油，爆香薑，放下煨冬菇調味煮滾，下素腰花煮約三至五分鐘，撈起，讓汁瀝乾，除去牙籤。
4. 下油二湯匙，放下素腰花、蒜茸炒數下，加入鮮露筍、紅蘿蔔，下調味炒數下，埋獻上碟。

提示：

1. 做此菜要選較大朵、厚身的冬菇。
2. 冬菇要徹底抹乾水，同時要保持完整。剗花後，將炸時才可沾上生粉，然後用手一掃而過，立即放入油鑊中炸，這樣花紋便突出了。

冬菇=香菇 露筍=蘆筍 蒜茸=蒜泥
麻油=香油 滾水=開水 埋獻=勾芡
鑊=炒鍋

Ingredients:

12 black mushrooms, $\frac{1}{2}$ lb fresh asparagus, 8 slices carrot, 1 tsp chopped garlic, 1 slice ginger

Marinade for mushrooms:

1 cup stock, $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp sugar

Seasonings:

1 tsp ginger juice, 1 tsp wine, $\frac{1}{4}$ tsp salt, $\frac{1}{8}$ tsp sugar, dash of sesame oil and pepper, 4 tbsp stock

Thickenings:

$\frac{3}{8}$ tsp mung bean flour, 2 tbsp water

Method:

1. Take the green part of the asparagus. Wash and cut into small sections. Simmer in boiling water for $\frac{1}{2}$ minute. Allow to cool in cold water. Drain.
2. Soak black mushrooms in water to soften (about 1 hour). Drain and pat dry. Remove the stalks. Carve a cross on the bottom, roll and fix shape with toothpicks. Coat with mung bean flour and use your hand to wipe away excess flour. Deep-fry in nearly boiled oil until they turn brown. Drain and vegetarian kidney flower is done.
3. Leave 1 tbsp oil in the wok and saute ginger. Add marinade for mushrooms and boil. Add vegetarian kidney flowers and cook for 3 to 5 minutes. Drain and drip dry. Take away toothpicks.
4. Put 2 tbsp oil. Stir-fry vegetarian kidney flowers and garlic. Add asparagus, carrot. Stir-fry with seasonings. Add thickenings and serve.

Hints:

1. Choose large and thick black mushrooms.
2. Mushrooms must be completely drained and pat dry. They must be kept as whole pieces. Only coat with mung bean flour just before deep-frying. Remove the excess flour by wiping the surface once with hand. Then fry immediately. The carving will then stand out.



豉椒素鷄

(豉椒百頁卷)

Vegetarian Chicken with Salted Black Beans and Pepper

(Bean Curd Rolls with Salted Black Beans and Pepper)

用料：

素鷄二條，青西椒一隻切件，紅辣椒二隻切件，蒜茸一茶匙，豆豉一湯匙，冬菇三隻，薑三小片

調味：

麻油、胡椒粉少許，糖半茶匙，鹽 $\frac{1}{3}$ 茶匙，生抽半湯匙，老抽半茶匙，上湯或水 $\frac{1}{2}$ 杯

獻：

生粉半茶匙，水二湯匙

做法

1. 冬菇剪去菇梗，洗淨，用清水浸軟，約需一小時，擠乾水，切片。
2. 豆豉洗淨。
3. 素鷄洗一洗，抹乾水，切厚件。
4. 下油二湯匙，放下青西椒、紅辣椒炒數下，下水一湯匙，炒兩下鑊起。
5. 下油二湯匙，放下薑、蒜茸、豆豉炒香，下冬菇、素鷄拌勻，加入調味慢火煮約五分鐘，下青、紅椒拌勻，埋獻上碟。

提示：

煮時要用鑊鏟拌煮，以免鑊鏟。

蒜茸＝蒜泥 冬菇＝香菇 麻油＝香油
生抽＝淺色醬油 老抽＝深色醬油 生

粉＝太白粉 鑊鏟＝黏鍋底 埋獻＝勾芡

Ingredients:

2 rolls vegetarian chicken, 1 green pepper (cut into pieces), 2 red chilli (cut into pieces), 1 tsp chopped garlic, 1 tbsp salted black beans, 3 black mushrooms, 3 small slices ginger

Seasonings:

Dash of sesame oil and pepper, $\frac{1}{2}$ tsp sugar, $\frac{1}{3}$ tsp salt, $\frac{1}{2}$ tbsp light soy sauce, $\frac{1}{2}$ tsp dark soy sauce, $\frac{1}{2}$ cup stock or water

Thickenings:

$\frac{1}{2}$ tsp mung bean flour, 2 tbsp water

Method:

1. Remove stalks of mushrooms. Wash and soak mushrooms in water to soften (about 1 hour). Squeeze dry and slice.
2. Wash salted black beans.
3. Wash vegetarian chicken and pat dry. Cut into thick slices.
4. Saute green pepper and red chilli with 2 tbsp oil. Add 1 tbsp water and stir. Dish up.
5. Saute ginger, garlic, salted black beans with 2 tbsp oil. Add mushrooms and vegetarian chicken. Stir well. Add seasonings and cook over low heat for about 5 minutes. Add green pepper and red chilli. Stir well. Add thickenings and serve.

Hints:

Use spatula to stir the ingredients well to avoid them sticking to the wok.