

最畅销食谱
最新版



广西科学技术出版社

方太食谱 爱的食谱

Lisa Yam's Cook Book
Recipes of Love

方任利莎 著





作者简介

方任利莎女士原籍江苏宜兴,现龄 50 余。幼年随家到港定居,婚后一直以“主妇”为职,直至最小的女儿上了小学,才开展她的事业——开办烹饪中心,教授厨艺。1984 年至今,她在亚洲电视先后主持“午间小叙”及“方太生活广场”,向观众示范讲解烹饪技艺,大获好评。她又频频亮相于新加坡电视台,传授烹饪技巧,并获邀任该国烹饪大赛评判。方太主编的《方太任利莎世界》杂志,深受读者欢迎。

方太掌“家厨”经验丰富,又曾正式拜师学艺,加上 10 多年的教授心得,很能理解“生手”主妇遇到的入厨困难,以及“熟手”主妇常有的搭配问题,编写食谱及示范讲解烹调方法时,往往能指出煎、炒、煮、炸……的诀窍,使主妇烹调时更得心应手。

ABOUT THE AUTHOR

Mrs Fong, Lisa Yam, started her career by opening up a cooking centre teaching the art of cookery. In 1984, she was invited by ATV to host a cookery programme. Since then, she has received favourable comments for her well-presented demonstration on screen. She also makes frequent appearance on Singapore television imparting cooking techniques.

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序

很多情侣都认为，要到餐厅吃“烛光晚餐”才够浪漫，才能博取对方的欢心。其实，我认为在家里来个二人世界的“烛光晚餐”，更加情意绵绵；在没有旁人的骚扰下，在荧荧烛光下进餐，倍添一份温馨，彼此可尽诉心中情。

如果不喜欢西式的“烛光晚餐”，亦可来个中式的。各位有情人，不妨在喜庆的节日或值得纪念的日子里，如情人节、生日、结婚纪念日、圣诞节等等；甚至在平常的日子里给爱侣一个惊喜，尝试一下我为你们撰写的“爱的食谱”吧，必有意外的收获。

《爱的食谱》共分为两部分：第一部分为七款西式套餐，每一款均包括汤、主菜和甜品；第二部分为八款中式套餐，每一款包括主菜和汤，以迎合不同口味，不同年龄的人士。

这本书不光是为了年轻的情侣、夫妇而写，而且也要献给年纪较大的夫妇，希望能给他们平淡的生活增添乐趣，不要因为大家已是老夫老妻而使生活变得乏味沉闷。搞些新花样能增进互相间的感情。

希望我这本食谱能令有情人终成眷属，已婚的夫妇感情大增。

祝福大家！

方任利莎

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第一辑

西式套餐

Set Menu in Western Style



西班牙营养冻汤

Caldo Espanol (Spanish Cold Soup)

材料: 番茄二个约重 230 克, 黄瓜一小条约重 150 克, 红椒半个, 橄榄油半茶匙, 脱脂清汤一杯。

调味料: 白醋一茶匙, 糖半茶匙, 盐、胡椒粉各少许。

做法:

- (1) 洗净番茄, 切块除籽; 黄瓜去皮, 剖开后除去籽, 切成块状; 红椒除籽切小块。
- (2) 将切成块的材料放入搅拌机中, 加入清汤、橄榄油、调味料同搅至极细。
- (3) 用筛将上项材料过滤三次, 使汤全无渣粒。
- (4) 将上项汤料放入冰箱冷冻 2~3 小时, 即可取出食用。

Ingredients: 2 tomatoes (about 230g / 8oz); 1 small cucumber about 150g (5oz); $\frac{1}{2}$ red bell pepper; $\frac{1}{2}$ tsp olive oil; 1 cup fat-free superior stock

Seasonings: 1 tsp white vinegar; $\frac{1}{2}$ tsp sugar; pinch of salt and pepper

Method:

- (1) Wash tomato. Remove the seeds and cut into pieces. Peel cucumber. Cut into 2 halves. Remove the pulp and cut into pieces. Cut also the red bell pepper into small pieces.
- (2) Put tomato and cucumber into a blender. Add in superior stock, olive oil and seasonings. Blenderize until smooth.
- (3) Filter the mixture for 3 times till no residues left.
- (4) Refrigerate the soup for 2 to 3 hours to serve chilled.



黄瓜
Cucumber



番茄
Tomato



芥辣油醋三文鱼

Salmon in Oil and Vinegar Sauce

材料: 三文鱼鱼生约重 265 克, 蒜蓉、干葱蓉、姜蓉各约一茶匙, 葱丝少许, 蛋黄一个。

油醋料: 日本米醋 30 克, 橄榄油 $\frac{1}{4}$ 杯, 芥末酱、盐各少许。

调味料: 日式鱼生酱油二茶匙, 黑椒粒少许。

做法:

- (1) 将三文鱼鱼生切成丁状, 放入调味料、蒜蓉、姜蓉、干葱蓉拌匀略腌, 待用。
- (2) 将腌透的材料放上碟, 用葱丝伴边。
- (3) 将蛋黄与油醋料混合打匀, 做成油醋汁淋上鱼面或碟边即成。

注: 可与烤面包或薄脆饼干同食。

Ingredients: 265g salmon sashimi; 1 tsp mashed garlic; 1 tsp mashed shallot; 1 tsp mashed ginger; some shredded spring onion; 1 egg yolk

Oil and Vinegar Sauce: 1 oz Japanese rice vinegar; $\frac{1}{4}$ cup olive oil; some mustard paste and salt

Seasonings: 2 tsp sashimi sauce; a pick of whole black pepper

Method:

- (1) Cut salmon into small cube. Add in seasonings and marinate with mashed garlic, shallot and ginger.
- (2) Lay the marinated salmon on a plate. Garnish with shredded spring onion.
- (3) Mix the egg yolk with oil and vinegar sauce and beat well. Pour the mixture over or beside the salmon. Serve.

Note: The dish can be served together with toasts or crackers.



三文鱼鱼生
salmon sashimi



鲜奶鸡蛋布甸

Egg Pudding

材料：鲜奶 $1\frac{1}{2}$ 杯，鸡蛋二个，糖 $\frac{1}{3}$ 杯。

做法：

- (1) 将糖加入鲜奶中，用小火煮至糖溶及鲜奶即将沸腾。
- (2) 打散鸡蛋，将热奶逐渐冲入拌匀(可用搅拌机搅匀后过滤)。
- (3) 将上项材料注入耐热器皿中，再坐放在盛满热水的盘中。
- (4) 将上项材料放入焗炉用 160°C 温度焗 40 分钟，取出，略凉后即可食用。

Ingredients: $1\frac{1}{2}$ cups fresh milk; 2 eggs; $\frac{1}{3}$ cup sugar

Method:

- (1) Add sugar in the milk. Cook over low heat until sugar dissolved and the milk is about to boil.
- (2) Beat the eggs. Slowly stir in the hot milk (or use a blender and filter afterward).
- (3) Pour the mixture into a steaming pot. Lay the pot in a baking tray filled with hot water.
- (4) Put the tray together with the pot into the oven and baked at 160°C for 40 minutes. Take out to cool off. Serve.



番茄奶油汤

Cream of Tomato Soup

材料：番茄四个，洋葱粒、西芹粒各一汤匙，面粉一茶匙，牛油少许，茄膏一汤匙，鲜奶油适量，清鸡汤约 2¼ 杯，番荳碎少许。

调味料：盐、胡椒粉各少许。

做法：

- (1) 番茄去皮和籽，洗净，沥干，切粒留用。
- (2) 烧热少许牛油和菜油，先将洋葱粒和西芹粒炒香，放入面粉、番茄粒和茄膏炒匀，并慢慢注入清鸡汤拌煮至沸腾，改用文火煮片刻至材料够酥软，待用。
- (3) 将上项材料放入搅拌机内打成蓉，隔渣后放回煲内加热，加入调味料拌煮匀，熄火，拌入鲜奶油，撒上番荳碎即成。

Ingredients: 4 tomatoes; 1 tbsp diced onion; 1 tbsp diced celery; 1 tsp flour; some butter; 1 tbsp tomato paste; some whipped cream; 2¼ cups chicken broth; some minced parsley

Seasonings: pinch of salt and pepper

Method:

- (1) Remove the skin and seeds of tomatoes. Wash and drain. Dice.
- (2) Heat butter together with vegetable oil. Add in diced onion and celery. Fry briefly. Put in flour, diced tomato and tomato paste and stir well. Slowly stir in chicken broth and bring to the boil. Then turn to low heat till ingredients are tender.
- (3) Mash the above ingredients with a blender and blenderize until smooth. Filter. Put it back into the saucepan and reheat. Add in seasonings and stir well. Turn off the heat. Stir in whipped cream. Sprinkle with minced parsley. Serve.



番荳
Parsley

