

最畅销食谱
最新版



广西科学技术出版社

鲜果谱

方太食谱

LISA YAM'S COOK BOOK
FRESH FRUIT RECIPES

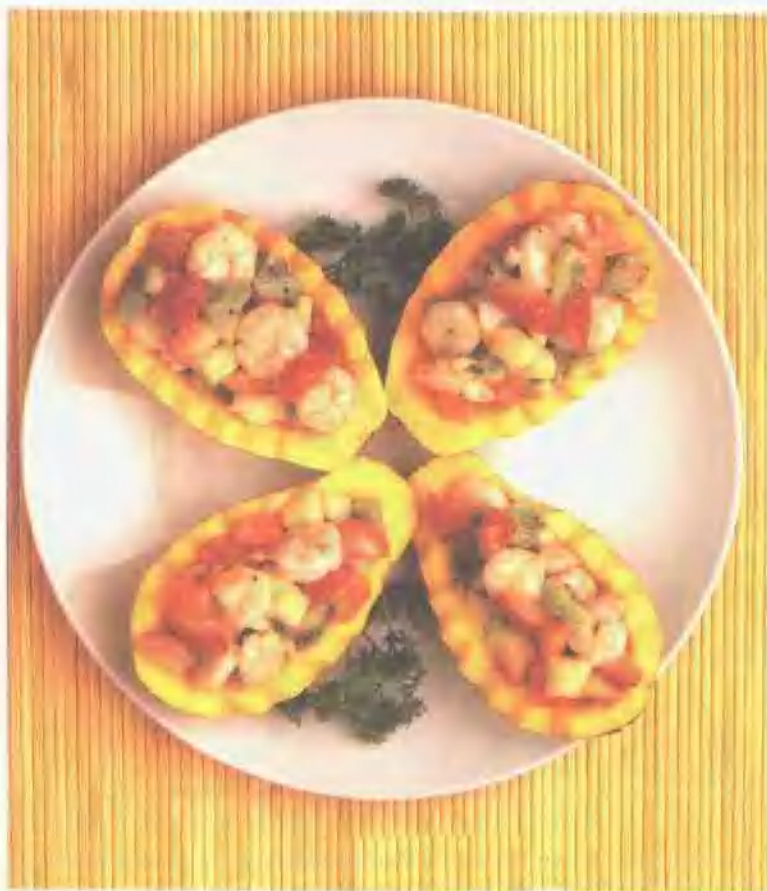
方任利莎 著



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鲜果谱

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序

FOREWORD

近来很多读者都要求我设计一本以水果为材料的食谱，这可能与近年的健康饮食潮流有关。但是，说真的，以鲜果入饌而又要做得好滋味并不容易，不是想像中的随意将某种鲜果配上任何一种材料，炒成一碟，就算完成大作，这样是不会有好效果的。

以鲜果入饌，除了要考虑鲜果与材料的味道是否配合外，还要注意所用的烹调方法能否保留鲜果的本质和本味，而且不能喧宾夺主。此外，葱、蒜等配料亦要用得恰当，否则会弄巧成拙。如果能将鲜果菜式做得好，不但能给你的家人一新口味，大饱口福，更重要的，是能为他们提供有益于健康的好菜式。

在《鲜果谱》中，我选用的鲜果比较多样化，是我花了数月时间逐步尝试，并不断修正而写成的食谱，希望我的介绍能被大家接受和欣赏。

其实，任何食谱都可以给你提示，帮助你构思新菜式。我很希望从这本书中，我们可以不受时间与空间的限制，一齐学习烹饪，更愿你们从中得到欢乐与美食。祝福大家！

方任利莎



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第一辑：海鲜

SEAFOOD



啤梨炒虾球

FRIED SHRIMP BALLS WITH PEAR SLICES

材料:中虾 450 克,啤梨 2 个,青灯笼椒 1 个,胡萝卜花,姜片各少许

腌料:盐 $\frac{1}{4}$ 茶匙,胡椒粉,生粉各少许

芡汁料:盐 $\frac{1}{4}$ 茶匙,糖 $\frac{1}{4}$ 茶匙,水 2 汤匙,生粉 $\frac{1}{4}$ 茶匙

做法:

- (1)中虾剥壳洗净,挑肠,切成双飞件,放入腌料拌匀,泡油待用。
- (2)啤梨去皮切成块,用稀盐水略浸,待用;青椒切成块。
- (3)烧热约 1 ½ 汤匙油,爆炒姜片,胡萝卜花,青椒及啤梨块。
- (4)将虾球,芡汁加入上项材料中同炒拌均匀,即可上碟供食。

Ingredients: 450g (1 lb) medium-size shrimps; 2 pears; 1 green bell pepper; a pick of carrot (cut into shape) and ginger slices

Seasonings: $\frac{1}{4}$ tsp salt; a pinch of pepper and cornflour

Sauce: $\frac{1}{4}$ tsp salt; $\frac{1}{4}$ tsp sugar; 2 tbsp water and $\frac{1}{4}$ tsp cornflour

Method:

- (1) Remove the shell and bowels of the shrimps and slice along back into two halves. Marinate with seasonings. Soak in hot oil for a while, take out and leave for further use.
- (2) Peel pears and cut into pieces. Soak briefly in dilute salt water and leave for further use. Cut green bell pepper into pieces.
- (3) Heat about 1 ½ tbsp oil and saute ginger slices, carrot, green bell pepper and pear pieces.
- (4) Add shrimp balls and sauce. Fry and stir well. Dish up and serve.



中虾
Shrimp



柠汁煎虾饼

FRIED SHRIMP PIE WITH LEMON JUICE

材料:虾仁 450 克, 马蹄 4 个, 柠檬 1 个, 芫荽少许

腌料:盐 $\frac{1}{4}$ 茶匙, 胡椒粉, 生粉各少许

调味料:鲜柠汁 3 汤匙, 糖 $\frac{1}{2}$ 汤匙, 盐 $\frac{1}{4}$ 茶匙, 水 1 汤匙; 生粉水少许埋芡

做法:

- (1) 虾仁挑肠, 洗净, 抹干水分, 拍烂打成虾胶
- (2) 马蹄去皮, 拍扁剁碎, 略去水分, 与腌料同放入虾胶中。
- (3) 柠檬皮磨蓉取半茶匙, 加入虾胶中一同搅拌均匀
- (4) 将上项材料分成等份, 做成虾饼, 半煎炸至熟, 上碟
- (5) 将调味料煮匀, 放入柠檬丝少许, 淋在虾饼面上, 以芫荽饰面。

Ingredients: 450g (1 lb) shelled shrimps; 4 water chestnuts; 1 lemon; a pinch of parsley

Seasonings: $\frac{1}{4}$ tsp salt; a pinch of pepper and cornflour

Sauce: 3 tbsp lemon juice; $\frac{1}{2}$ tbsp sugar; $\frac{1}{4}$ tsp salt; 1 tbsp water, some cornflour solution to make sauce

Method:

- (1) Remove bowels from shelled shrimps and wash thoroughly. Wipe dry, press to paste.
- (2) Peel water chestnuts, press and mash. Drain water and put into shrimp paste with seasonings.
- (3) Add $\frac{1}{2}$ tsp mashed lemon peel into shrimp paste and stir well.
- (4) Divide paste into equal portions and deep fry to cooked. Dish up.
- (5) Cook sauce and add lemon peel shreds. Pour sauce over shrimp pie. Place parsley on top. Serve



柠檬蓉
Mashed lemon peel



虾仁
Shelled shrimp



木瓜沙律

PAPAYA SALAD

材料:夏威夷小木瓜 2 个, 中虾仁 150 克, 青苹果 1 个, 草莓数粒, 奇异果 1 个

调味料:沙律酱 4 汤匙, 炼奶 2 茶匙(随意), 盐 1/4 茶匙

做法:

(1) 木瓜略冲净, 抹干, 直剖为两等份, 取出瓜肉切粒, 果壳留用

(2) 青苹果去皮和心, 和草莓同用开水冲净, 再用稀盐水略浸, 与奇异果一同切粒, 待用

(3) 虾仁挑肠, 洗净, 抹干, 并洒上少许精盐和胡椒粉略腌, 焯熟, 捞出吸干水分, 备用

(4) 置虾仁及上项各鲜果粒于一深碗内, 加入调味料拌匀, 分别放回瓜壳内, 即可供食

Ingredients: 2 Hawaii papaya, 150g (5 oz) shelled shrimp, 1 green apple, a few strawberries, 1 kiwi fruit

Seasonings: 4 tbsp salad sauce, 2 tsp condensed milk (if desired), 1/4 tsp salt

Method:

(1) Wash papaya and wipe dry. Cut along into two halves. Take out meat and dice. Leave the shell for further use.

(2) Peel the green apple and remove core. Wash strawberries with water and soak briefly in dilute salt water. Dice strawberries and kiwi fruit and leave for further use.

(3) Wash and remove bowels of shelled shrimps. Wipe dry and sprinkle a pinch of fine salt and pepper. Marinate for a while. Scald till cooked. Take out and drain dry. Leave for further use.

(4) Place shrimps and all fruit dices in a clean bowl, add seasonings and stir well. Put the ingredients into the papaya shell. Serve.



虾仁
Shelled shrimp



夏威夷木瓜
Hawaii papaya



鲜果咖喱烩龙虾

CURRY BRAISED LOBSTER WITH FRUITS

材料: 龙虾仔 2 只约重 900 克, 黑提、红提、青提各 50 杯, 咖喱粉 3 茶匙, 干葱 2 粒切片

调味料: 盐 2 茶匙, 胡椒粉少许, 水 2 杯, 淡奶 1/2 杯

做法:

(1) 龙虾放尿剖净后用清水洗净, 斩成大块, 扑上少许干粉, 放入热油中泡熟, 取出, 沥干油分, 待用。

(2) 烧热 2 汤匙油, 爆香干葱, 咖喱粉, 放入调味料及提子同煮至滚起, 加入淡奶拌匀至汁浓。

(3) 将龙虾块加入上项汁料中略烩片刻, 即可上碟供食。

Ingredients: 2 lobsters about 900g (2 lb); 1/5 cup each of black grapes, red grapes and green grapes; 3 tsp curry powder; 2 shallots (sliced)

Seasonings: 3/4 tsp salt; a pinch of pepper; 2/3 cup water; 1/2 cup evaporated milk (to be added last)

Method:

(1) Shell the lobsters, wash thoroughly, and cut into large pieces. Dust with some cornflour and soak in hot oil till cooked. Take out and drain oil. Leave for further use.

(2) Saute shallot and curry powder with 2 tbsp hot oil. Add seasonings and grapes. Cook to boil, add evaporated milk, stir well till sauce thicken.

(3) Add lobster to sauce and cook for a while. Dish up and serve.



龙虾仔
Baby lobster



黑提
Black grape



鲜果通粉沙律

FRUIT SALAD WITH MACARONI

材料:长条通心粉约 115 克, 中虾 230 克, 木瓜 1 块约 230 克, 奇异果 2 个, 杞果肉、橙肉各适量, 嫩西芹 1 块

汁料:鲜柠汁 1 汤匙, 椰浆 2 汤匙, 沙律酱 1 汤匙, 盐 $\frac{1}{4}$ 茶匙, 牛奶约 $\frac{1}{2}$ 杯

做法:

- (1) 将通心粉放入滚水中煮软, 用清水(冷开水)冲净后沥干, 拌入少许生油待用
- (2) 虾去壳挑肠, 放入稀盐水中焯熟, 捞起, 沥干水分待用
- (3) 将所有水果去皮, 切成小块, 西芹切块, 放入通心粉拌匀, 上碟
- (4) 汁料混合拌匀, 食用时淋于面上即成

Ingredients: 115g (4 oz) long macaroni; 230g (8 oz) medium-sized shrimps; 1 piece papaya; 2 kiwi fruit; some mango and orange; 1 celery

Sauce: 1 tbsp fresh lemon juice; 2 tbsp coconut milk; 1 tbsp salad dressing; $\frac{1}{4}$ tsp salt; $\frac{1}{2}$ cup milk

Method:

- (1) Cook macaroni in boiling water till soft, wash with cold boiled water, drain dry. Mix well with some vegetable oil and leave for further use.
- (2) Remove shell and bowels of shrimps and blanch in dilute salt water. Take out to drain dry and leave for further use.
- (3) Peel all fruits and cut into small pieces. Cut celery into small pieces. Add macaroni and stir well, dish up.
- (4) Stir sauce well and pour over surface of dish. Serve.



奇异果
Kiwi fruit



木瓜
Papaya

