

最畅销食谱
最新版



广西科学技术出版社

LISA YAM'S COOK BOOK
DIM SUM AND PASTRY

方任利莎 著

糕饼点

方太食谱





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.

方太食谱系列

1. 方太食谱·水煮美食
2. 方太食谱·减肥美食
3. 方太食谱·精打细算食谱
4. 方太食谱·单身贵族
5. 方太食谱·低胆固醇美食
6. 方太食谱·一煮两得
7. 方太食谱·糕饼点
8. 方太食谱·健康素食
9. 方太食谱·喜虾大笑
10. 方太食谱·鱼虾蟹
11. 方太食谱·鸡鸭鹅
12. 方太食谱·猪牛羊
13. 方太食谱·派对食谱
14. 方太食谱·鲜果谱
15. 方太食谱·甜品篇
16. 方太食谱·快趣食谱
17. 方太食谱·儿童食谱
18. 方太食谱·摩登素食
19. 方太食谱·扒类
20. 方太食谱·爱的食谱
21. 方太食谱·步步糕升
22. 方太食谱·富贵有鱼
23. 方太食谱·三式套餐
24. 方太食谱·丰衣粥食

ISBN 7-80619-926-8



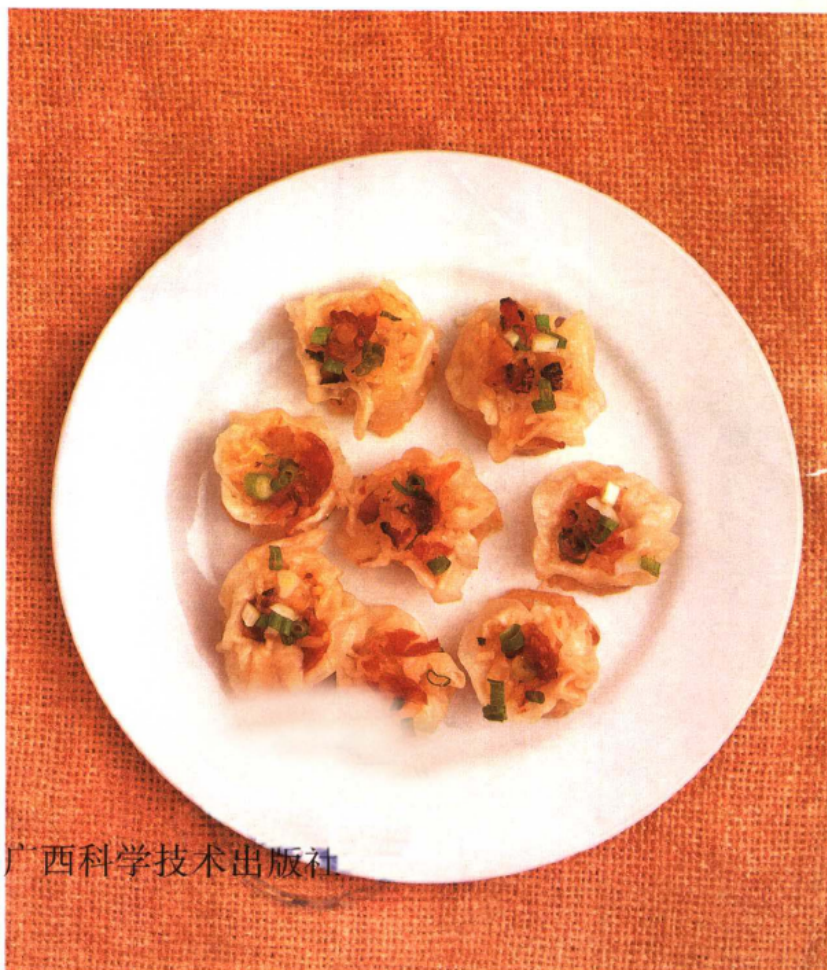
9 787806 199268 > ISBN 7-80619-926-8/TS · 86 定价:16.80 元

方太食谱

糕饼点

LISA YAM'S COOK BOOK

DIM SUM AND PASTRY



广西科学技术出版社

版权所有:明报出版社有限公司
原出版者:明窗出版社有限公司
中文简体版权所有:广西科学技术出版社
版权中介:中国图书进出口广州公司版权部
著作权合同登记号:桂图登字:20-2000-006

本书经中国图书进出口广州公司版权部代理,由香港明报出版社有限公司独家授权广西科学技术出版社在中国大陆地区独家出版发行中文简体字版

方太食谱
糕饼点

作者:方任利莎
摄影:于港民、陈国良
责任编辑:周华宇
责任校对:黄煜
责任印制:梁冰
封面设计:北大方正集团广西分公司彩色制版输出中心
出版:广西科学技术出版社
(南宁市东葛路66号 邮政编码 530022)
发行:广西新华书店
印制:柳州市印刷厂
(柳州市罗池路13号 邮政编码 545001)
出版日期:2000年5月第1版 2000年5月第1次印刷
开本:880×1140 1/24 印张4 字数47000
书号:ISBN 7-80619-926-8/TS·86
定价:16.80元
本书如有倒装缺页,请与承印厂调换

序

FOREWORD

我在已出版的 14 本食谱里，为大家介绍了数百款小菜，这其实只占中国传统饮食宝藏的极小部分，还有很多不同风味的美食值得向大家推荐，糕、饼、点便是其中别具一格的食物，因此这次也特别以糕、饼、点为题，编写成第 15 本食谱——《糕饼点》。

书中所列美点，主要都是精美的中式小食，其中包罗了南北美食精华，如南方的鲜虾饺，北方的生煎包、葱油饼鲜香美味一定能让你尽享口福。

此外书中还介绍了几款东南亚特色小食，如香蕉糕、椰丝卷等，让大家也尝尝另一种风味。

书中所有美点，外型精巧别致，馅料味道可口，既能欣赏，亦能果腹，实是一大享受！

不要以为炮制这些精美点心，要费很多功夫，其实熟能生巧，多做几次，便能掌握搓粉的技巧，弄出不同美食，而且在搓粉捏饼的过程中，更可发掘出无穷的乐趣。

方任利莎

目录

糕 PUDDINGS

腊味萝卜糕 TURNIP PUDDING	2
芋头糕 TARO PUDDING	4
炒宁波年糕 STIR - FRIED NINGBO GLUTINOUS RICE SLICES	6
红豆椰汁糕 SWEET RED BEAN PUDDING WITH COCONUT MILK	8
椰汁绿豆糕 SWEET GREEN BEAN PUDDING WITH COCONUT MILK	10
椰汁马蹄糕 SWEET WATER CHESTNUT PUDDING WITH COCONUT MILK	12
火腿水蒸蛋糕 STEAMED SPONGE WITH CHINESE HAM	14

饼 PATTIES

火腿萝卜丝饼 FRIED TURNIP SHREDS AND CHINESE HAM PATTIES	18
家乡烙饼 FRIED CHINESE HAM AND SPRING ONION PATTIES	20
葱油酥饼 FRIED SPRING ONION COILS	22
豆沙茶果 STEAMED RED BEAN PASTE PATTIES	24
芝麻豆沙酥饼 CRISPY RED BEAN PASTE PATTIES	26
水晶蒸饼 STEAMED CRYSTAL PATTIES	28
莲蓉油香饼 CRISPY LOTUS SEED PASTE PATTIES	30
栗蓉蒸饼 STEAMED CHESTNUT PASTE PATTIES	32
枣蓉酥 CRISPY DATE PASTE PATTIES	34
核桃酥饼 BAKED WALNUT PATTIES	36
棋子饼 BAKED PATTIES	38
香蕉热饼 BANANA HOT CAKES	40

点 DIM SUM

鲜虾饺 STEAMED PRAWN DUMPLINGS	44
威化百花条 FRIED SHRIMP PASTE ROLLS	46

蟹黄烧卖 STEAMED MINCED PORK AND SHRIMP DUMPLINGS	48
蒸饺 SHANGHAI STEAMED PRAWN DUMPLINGS	50
香菱蒸粉果 STEAMED SHRIMP RAVIOLIS WITH PARSLEY	52
吉列鸡丝卷 CHICKEN SHRED ROLLS CUTLET	54
糯米烧卖 STEAMED GLUTINOUS RICE AND PORK DUMPLINGS	56
上海菜肉馄饨 SHANGHAI PORK AND VEGETABLE RAVIOLIS	58
惹味咸煎堆 FRIED SAVOURY SESAME BALLS	60
南乳蛋散仔 CRISPY EGG SNAPS WITH REDDISH BEAN CHEESE FLAVOUR	60
酥炸莲藕丸 DEEP - FRIED LOTUS ROOT BALLS	60
椰丝糯米糍 COCONUT SNOWBALLS	60
家乡油果 CHAOZHOU DEEP - FRIED GLUTINOUS RICE TRIANGLES	60
印尼椰丝卷 INDONESIAN COCONUT ROLLS	70
椰丝小煎堆 SMALL SESAME BALLS WITH COCONUT FILLINGS	70
发财酥角 CRISPY TRIANGLES	70
香酥元宵 PAN - FRIED GLUTINOUS BALLS WITH RED BEAN PASTE	70
酥炸椰汁马蹄条 WATER CHESTNUT WITH COCONUT MILK FRITTERS	70
笑口枣 MINI SESAME BALLS	80
甜肠粉 SWEET RICE SHEET ROLLS	80
生煎包 FRIED PORK BUNS	80
鲜肉锅贴 PAN - FRIED PORK DUMPLINGS	80
素菜包 STEAMED VEGETARIAN BUNS	80
酥皮蛋黄麻蓉包 SESAME PASTE BUNS	80

糕

PUDDINGS



腊味萝卜糕

TURNIP PUDDING

材料: 萝卜(净肉计)800克,米粉150克,澄面4汤匙,腊肠2条,腊肉1条,虾米30克,干葱2粒(剁碎),炒香芝麻酌量,芫荽碎少许,清水约1杯。

调味料: 盐1½茶匙,胡椒粉少许。

做法:

- (1)腊肠、腊肉分别用热水洗净,切粒;萝卜洗净,沥干水分,切成粗丝,待用。
- (2)烧热2汤匙油,爆香虾米、腊肉粒和腊肠粒,上碟。
- (3)另烧热2汤匙油,爆香干葱碎,加入萝卜丝、调味料及适量清水,煮至萝卜软,离火,随即加入米粉及澄面,搅拌成一份半生熟粉浆,最后加入上项各配料再搅拌成萝卜粉浆料。
- (4)将萝卜粉浆料倒入已扫油的蒸糕盆内,以大火隔水蒸约45~60分钟至熟,取出,撒上炒香芝麻和芫荽,即可趁热食,或冻后切件煎香上桌供食。

Ingredients: 800g (1 lb 14 oz) turnip; 150g (6 oz) rice flour; 4 tbsp Tang flour; 2 preserved Chinese sausage; 1 preserved belly pork; 30g (2 oz) dried shrimps; 2 minced shallot; pinch of fried white sesame; a pick of minced parsley; 1 cup water

Seasonings: 1½ tsp salt; pinch of pepper

Method:

- (1) Rinse sausage and belly pork with hot water. Dice. Rinse turnip and shred.
- (2) Heat 2 tbsp oil and saute dried shrimps, diced sausage and pork. Dish up.
- (3) Heat 2 tbsp oil and saute shallot, add in turnip, seasonings and water. Boil until turnip is tender. Turn heat off. Add in rice flour and Tang flour. Stir well. Add in all ingredients.
- (4) Pour turnip paste in a pre-oiled cake dish. Steam over high heat for 45-60 minutes until done. Sprinkle with sesame and parsley. Serve hot (or served in fried slices after refrigeration).

Note: Water will come out when boiling turnip. Add water according to the thickness of the paste.



萝卜
Turnip



腊肠
Preserved Chinese sausages

注: 煮萝卜丝时,会有水分渗出,所以在加水之时,要看萝卜粉浆“稀稠”程度。



芋头糕

TARO PUDDING

材料: 芋头 450 克, 米粉 150 克, 腊肉 1 条, 腊肠 2 条, 虾米 30 克, 葱末 1 汤匙, 干葱 4 粒。

调味料: 盐 $1\frac{1}{2}$ 茶匙, 胡椒粉、五香粉各少许。

做法:

- (1) 芋头去皮洗净, 切成小粒; 腊肉、腊肠切成小粒; 虾米略浸; 干葱切片。
- (2) 烧热约 6 汤匙油, 将虾米、腊肉、腊肠、干葱片同爆香, 盛起一小半待用。
- (3) 将芋头粒放入余下的材料中, 加入调味料及 2 杯清水, 煮至滚起。
- (4) 米粉筛匀, 用 $1\frac{1}{2}$ 杯清水开成粉浆, 缓缓加入上项材料中, 拌煮成浓糊状, 放入已扫油的糕盘中。
- (5) 将剩余腊味料撒在上面, 隔水蒸约 1 小时, 撒上葱末即成。

Ingredients: 450g (1 lb) taro; 150g (6 oz) rice flour; 4 shallots; 2 preserved Chinese sausage; 1 preserved belly pork; 30g (2 oz) dried shrimps; 1 tbsp spring onion

Seasonings: $1\frac{1}{2}$ tsp salt; pinch of five spices powder and pepper

Method:

- (1) Skin taro and rinse. Dice. Dice also preserved sausage and belly pork. Soak dried shrimps. Slice shallots.
- (2) Heat 6 tbsp oil and saute dried shrimps, diced belly pork, preserved sausage and shallot slices. Dish up half portion.
- (3) Add diced taro in the remaining ingredients. Blend in seasonings and 2 cups water. Bring to boil.
- (4) Sieve rice flour and mix with $1\frac{1}{2}$ cup water to make batter. Gradually stir in stir-fried taro mix and stir until the paste thickens. Pour paste into a cake dish (brushed with oil).
- (5) Sprinkle the half portion of taro mix over the paste. Steam for 1 hour. Take out and sprinkle with diced spring onion. Serve.



腊肉
Preserved belly pork



炒宁波年糕

STIR-FRIED NINGBO GLUTINOUS RICE SLICES

材料: 宁波年糕 6 条, 绍菜或小棠菜 350 克, 瘦肉 150 克, 冬菇、笋肉、胡萝卜花各少许。

调味料: 生抽 2 茶匙, 胡椒粉少许, 生粉 $\frac{1}{2}$ 茶匙。

做法:

- (1) 年糕浸水后, 捞出切成斜片, 再浸入水中, 至炒时再捞出。
- (2) 洗干净菜, 切成粗条或小块; 瘦肉切片, 放入调味料拌匀, 用少许油炒熟; 冬菇浸软切成粗丝; 笋肉切片。
- (3) 用 2 汤匙油爆香冬菇、笋片, 放入菜及少许盐、水, 将菜煮至略软。
- (4) 将年糕、肉片、胡萝卜花一同加入菜中, 淋入生抽、麻油各少许, 炒拌均匀, 即可上碟供食。

Ingredients: 6 Ningbo rice fillets; 350g (12 oz) Tianjin cabbage or Shanghai cabbage; 150g (6 oz) lean pork; a pick of black mushrooms, skinned bamboo shoot and carrot slices

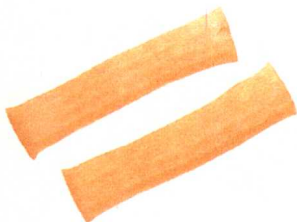
Seasonings: 2 tsp light soy; $\frac{1}{2}$ tsp cornflour; pinch of pepper

Method:

- (1) Soak rice fillets for a while. Take out and slant. Then re-soak in water.
- (2) Rinse cabbage and shred. Slice lean pork and marinate with seasonings. Saute with pinch of oil until done. Soak black mushrooms and then shred. Slice skinned bamboo shoot.
- (3) Saute black mushroom and bamboo shoot with 2 tbsp oil. Put in cabbage, pinch of salt and water. Stir-fry until cabbage is tender.
- (4) Put in rice slices, pork slices and carrot slices. Sprinkle with dash of light soy and sesame oil. Stir well. Dish up and serve.



小棠菜
Shanghai cabbages



宁波年糕
Ningbo glutinous rice fillets



红豆椰汁糕

SWEET RED BEAN PUDDING WITH COCONUT MILK

材料:米粉 100 克,澄面 30 克,红豆 60 克,糖 250 克,椰汁 $1\frac{1}{4}$ 杯,清水 3 杯,油 2 汤匙。

做法:

- (1)米粉与澄面同筛匀,放入大碗中,用椰汁开匀成粉浆,待用。
- (2)红豆用清水浸软,用少许清水将豆煮熟至酥软,即可倒出水分待用。
- (3)糖放入清水中,用煲煮至水滚糖溶。
- (4)将红豆放入糖水中,待滚起,冲入粉浆,搅成糊状,放入 2 汤匙粟米油,拌匀。
- (5)将糕盆扫油,倒入上项材料,隔水蒸约 1 小时,即可供食。

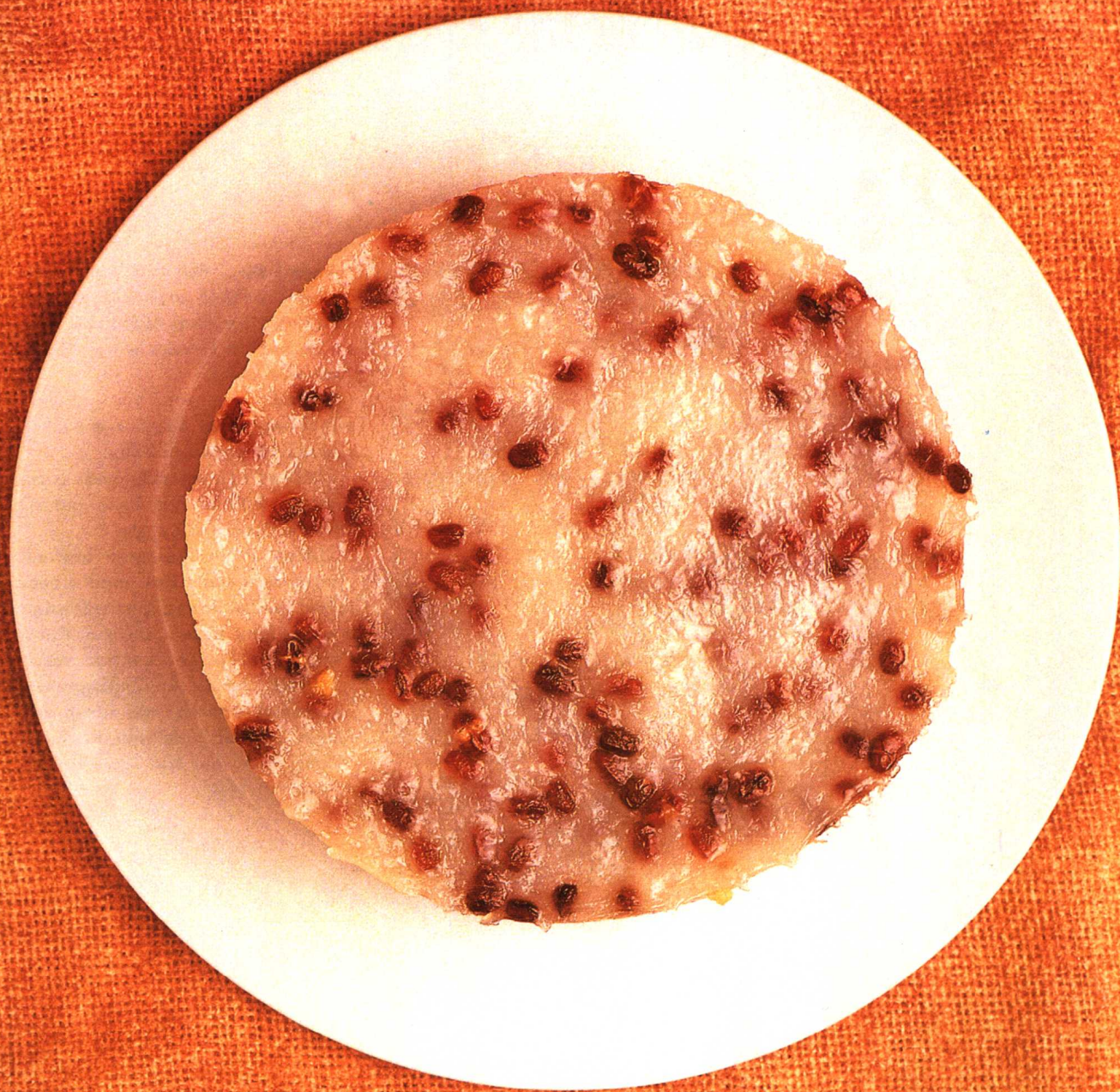
Ingredients: 100g (5 oz) rice flour; 30g (2 oz) Tang flour; 60g (4 oz) red beans; 250g (8 oz) sugar; $1\frac{1}{4}$ cups coconut milk; 3 cup water; 2 tbsp oil

Method:

- (1)In bowl sieve rice flour and Tang flour. Mix with coconut milk and stir into paste.
- (2)Soak red beans with water for a while. Then boil with water until done and tender. Drain.
- (3)Add sugar in water. Bring to boil and melt sugar.
- (4)Put in red beans. Bring to boil. Pour in coconut milk paste and stir until thickens. Stir in 2 tbsp oil.
- (5)Brush cake dish with oil and pour in red bean mixture. Steam for an hour. Take out and serve.



红豆
Red beans



椰汁绿豆糕

SWEET GREEN BEAN PUDDING WITH COCONUT MILK

材料: 绿豆 60 克, 冰糖 100 克, 猪油 (或粟米油) $\frac{1}{8}$ 杯, 米粉 100 克, 清水 $2\frac{1}{2}$ 杯, 鲜椰汁 $\frac{1}{2}$ 杯。

做法:

- (1) 洗净绿豆, 用清水略浸至发胀, 沥干水分待用。
- (2) 将鲜椰汁和 $\frac{1}{2}$ 杯清水调匀, 再开匀米粉, 成椰汁粉浆料。
- (3) 烧滚剩余的 2 杯水, 加入浸水发胀的绿豆, 煮至够酥烂, 放入冰糖, 煮溶后, 倒入猪油拌匀, 随即将椰汁粉浆加入, 再拌匀成绿豆糕浆料。
- (4) 置绿豆糕浆料于已涂油糕的盆内, 以大火隔水蒸约 45 分钟至熟, 取出待冷, 切件上碟, 即可供食。

Ingredients: 60g (4 oz) green beans; 100g (5 oz) rock sugar; $\frac{1}{8}$ cup lard (or corn oil); 100g (5 oz) rice flour; $2\frac{1}{2}$ cups water; $\frac{1}{2}$ cup coconut milk

Method:

- (1) Rinse green beans and soak in water until tender. Drain.
- (2) Blend coconut milk and $\frac{1}{2}$ cup water. Add in rice flour and stir into coconut milk paste.
- (3) Heat 2 cups of water and add in green beans. Boil until tender. Add in rock sugar, boil until sugar melts. Pour in lard and stir. Put in coconut milk paste and stir well.
- (4) Pour paste in baking tray (brushed with oil) and steam over high heat for 45 minutes until done. Take out and leave to cool. Slice and serve.



绿豆
Green beans

注: 或可将绿豆糕浆料倒入小碗内, 隔水蒸约 20 分钟至熟, 成“钵仔糕”状, 即成。

Note: You can pour the paste into small bowls and steam for 20 minutes. Serve separately.