

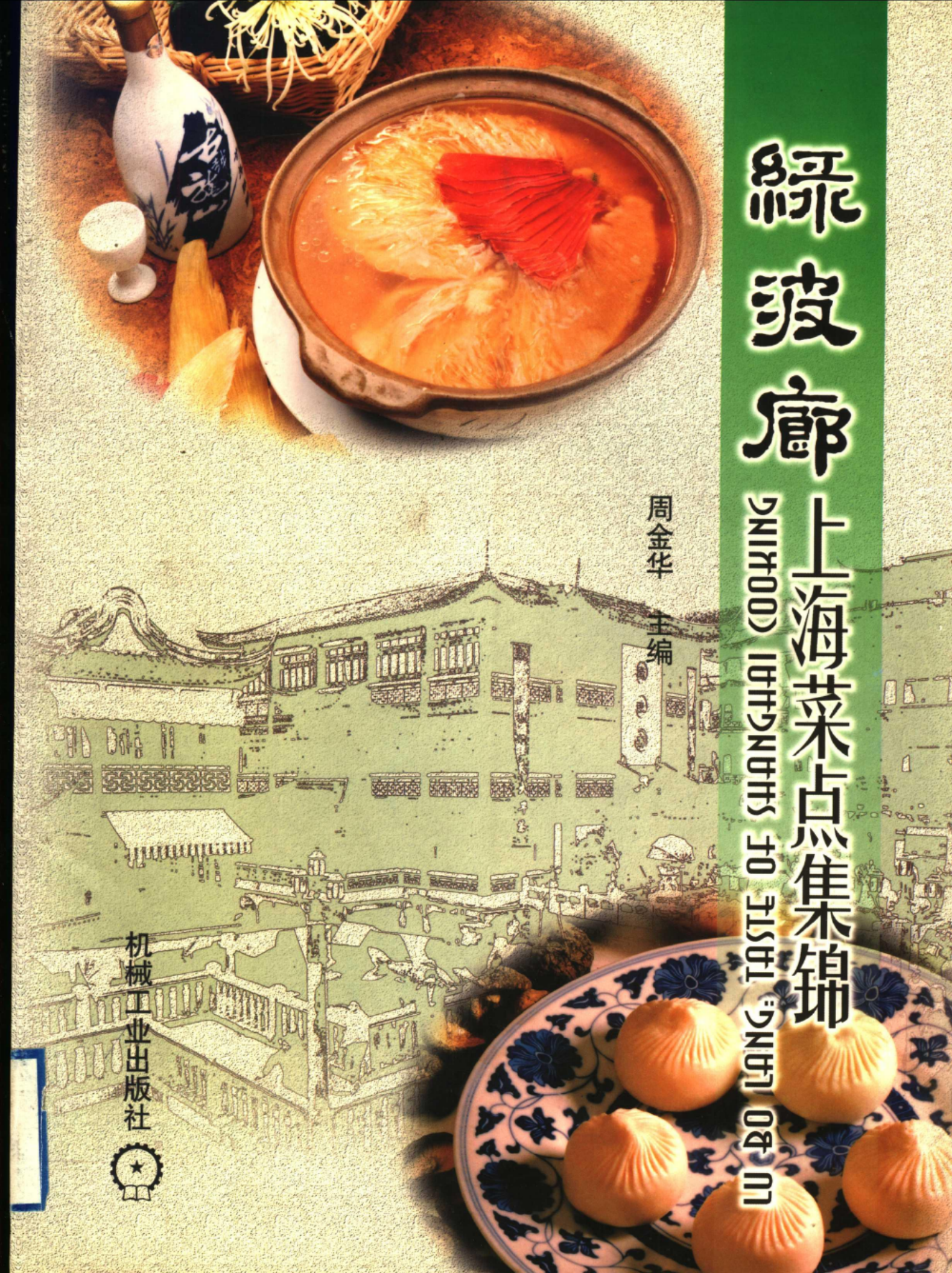
# 綠波廊

## 上海菜点集錦

周金華

主編

机械工业出版社





綠

波

廊

上海菜点集錦

SHANGHAI POINTS COLLECTION

周金华 主编

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菜肴类  
MENU









**原料:** 河虾、姜末、葱花、绍酒、精盐、味精、糖、精制油。

**制法:** 锅内放入精制油，加温至八成热，将剪去虾须并洗净的河虾，倒入油锅内炸爆，用漏勺捞起沥干油。锅倒去油，放入姜末、绍酒、精盐、糖、味精稠浓汤汁，将炸过的河虾下锅翻炒均匀，撒上葱花出锅即成。

**特点:** 壳红肉嫩，咸鲜带甜。

**Ingredients:**

River shrimp, ginger powder, chopped scallion, rice wine, refined salt, MSG, sugar, refined oil.

**Procedure:**

Pour the refined oil into a wok, heat it up moderately to eight tenth of heat, then fry the trimmed and clean shrimps in the wok, use a colander to scoop them out from the oil and drain off. Pour out the oil of the wok, add in the ginger powder, rice wine, refined salt, sugar and MSG to form the thick soup, after that, stir-fry the cooked shrimps even, finally, scatter the chopped scallion on them and serve.

**Characteristics:**

Red shell and tender meat, fresh, salty with a little sweet.





**原料：**墨鱼脯、酱油、糖、味精、绍酒、葱、姜、茴香、桂皮。

**制法：**墨鱼脯加绍酒焯水，沥干。锅内放少量油烧热，放入葱花、姜片、茴香、桂皮，爆出香味，投入墨鱼脯，加酱油、糖、适量水，烧至酱红色，稠浓汤汁，加入味精出锅即成。

**特点：**色泽酱红，肉质硬香，甜中带咸。

**Ingredients:**

Cuttlefish's breast meat, soy sauce, sugar, MSG, rice wine, scallion, ginger, aniseed, Chinese cinnamon.

**Procedure:**

Scald the cuttlefish's breast meat with the rice wine and drain off the water. Pour a small amount of oil into a pan and heat, afterwards, put into the chopped scallion, ginger slices, Chinese cinnamon, aniseed to quick-fry them until a special scent is smelled, put in the prepared cuttlefish's fresh meat, then add into the soy sauce, sugar and a moderate amount of water. Roast the cuttlefish until it appears a dark reddish brown color. Finally, thicken the soup, add in the MSG and serve.

**Characteristics:**

Dark reddish brown color, delicious meat, sweet and salty.





**原料：**上等海蜇皮、精盐、味精、胡椒粉、葱、精制油。

**制法：**海蜇皮放在清水中反复浸漂，洗净，切成丝，挤干水分，加盐、味精、胡椒粉拌匀，葱切成末，放在海蜇上，精制油熬热，浇在葱花上拌匀即成。

**特点：**海蜇脆嫩，咸鲜爽口。

**Ingredients:**

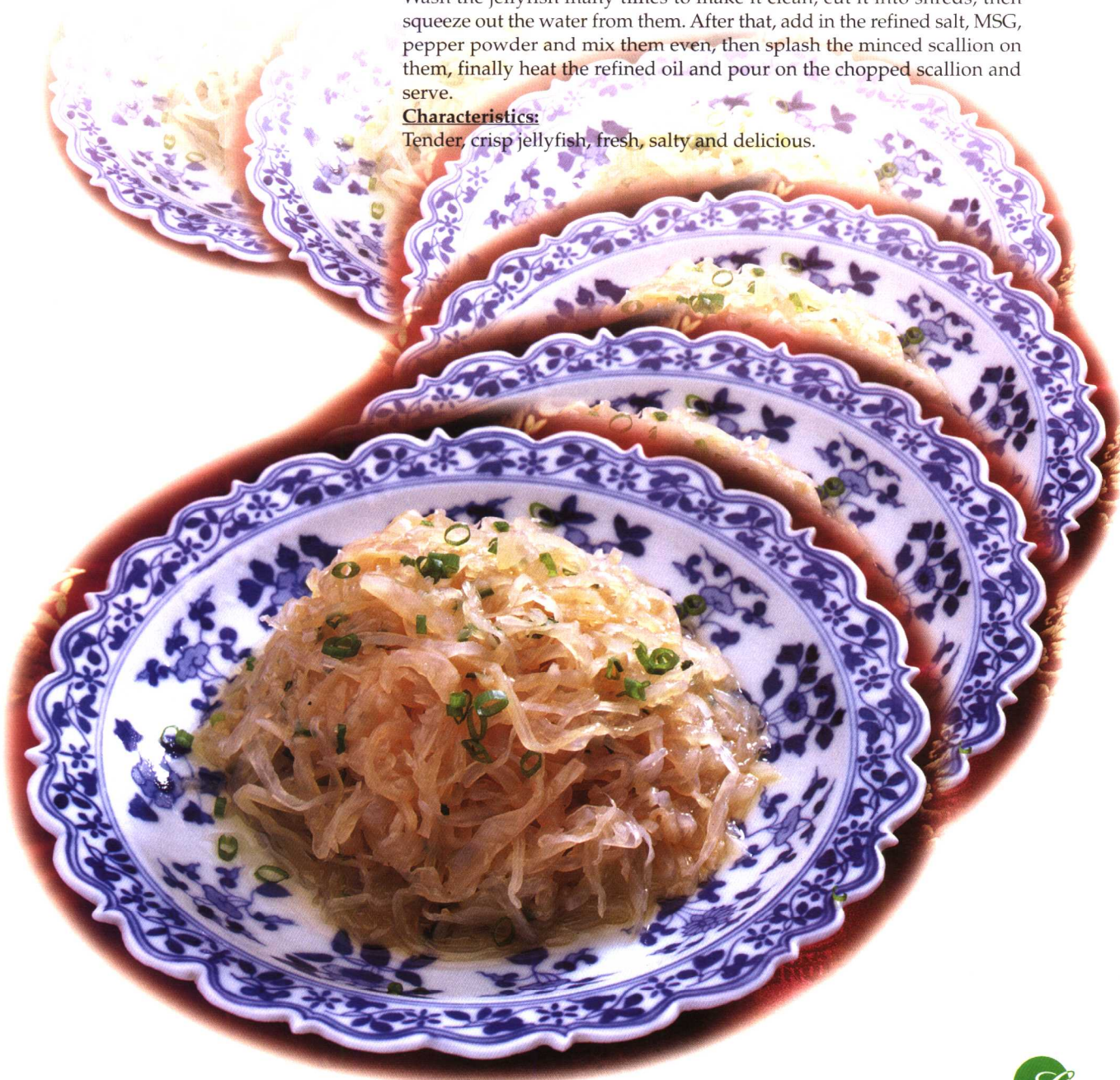
Superior jellyfish, refined salt, MSG, pepper powder, scallion, refined oil.

**Procedure:**

Wash the jellyfish many times to make it clean, cut it into shreds, then squeeze out the water from them. After that, add in the refined salt, MSG, pepper powder and mix them even, then splash the minced scallion on them, finally heat the refined oil and pour on the chopped scallion and serve.

**Characteristics:**

Tender, crisp jellyfish, fresh, salty and delicious.







**原料：**青鱼中段、酱油、糖、葱、姜、茴香、桂皮、五香粉、精制油。

**制法：**洗净青鱼，剖两片切成块，加绍酒、酱油略腌渍，放入八成热的油锅炸至上色断生。锅中留少许油，放入葱节、姜片、茴香、桂皮煸出香味，加入酱油、糖、味精、适量水稠浓汤汁，倒入炸过的鱼块翻拌均匀，撒上五香粉即成。

**特点：**肉质鲜嫩，咸中带甜。

**Ingredients:**

The middle section of the black carp, soy sauce, sugar, scallion, ginger, aniseed, Chinese cinnamon, powder of five spices, refined oil.

**Procedure:**

Wash the black carp clean, flake it into two slices and cut it into pieces, cure them briefly in the rice wine and the soy sauce, then throw them into the heated oil (to eight tenth of heat) of the wok to be fried to the extent that it appears a distinct color. Leave some oil in the wok, add the scallion pieces, ginger slices, aniseed, Chinese cinnamon, stir-fry them briefly until a special kind of scent is smelled, then add in the soy sauce, sugar, MSG, an appropriate amount of water to form the thick soup, finally throw the fried fish pieces into the soup and mix them even, and scatter the powder of five spices, serve.

**Characteristics:**

Fresh, tender meat, sweet and salty.



**原料：**拆骨蹄膀、精盐、味精、花椒、葱、姜。

**制法：**拆骨蹄膀放入精盐、味精、花椒、葱姜汁反复擦透，腌渍一天。用白布将腌渍过的蹄膀卷扎成圆筒形，放入蒸箱内，蒸熟冷却后切片装盆即成。

**特点：**肉质香肥，口味咸鲜。

**Ingredients:**

Pig's shank, boned, refined salt, MSG, Chinese prickly ash, scallion, ginger.

**Procedure:**

Rub the boned pig's shank with refined salt, prickly ash, juice of scallion and ginger added thoroughly and repeatedly, cure it for one day. Then use the white cloth to truss the cured pig's shank to be tube-shaped, put it into a steamer, after it is cooked and cooled off, cut it into pieces and arrange it in a plate.

**Characteristics:**

Delicious meat, fresh, salty.





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DRIED EEL

**原料：**海鳗、精盐、花椒、葱、姜、绍酒。

**制法：**从海鳗背部去掉内脏，用布擦干净，撒上精盐、花椒擦均匀，腌渍一天，用竹片撑开，吊在通风处，风干三四天，斩成段，放在盘内，放入葱节、姜片、绍酒，蒸熟。取出趁热去掉皮骨，冷却后撕碎装盆。

**特点：**肉质干香，口味咸鲜。

**Ingredients:**

Eel, refined salt, Chinese prickly ash, scallion, ginger, rice wine.

**Procedure:**

Remove the viscera of the eel, then clean it with cloth, scatter the refined salt, Chinese prickly ash on it, making them well-distributed, after that, cure the eel for a day, use the bamboo clapper to prop up the eel open, then hang it in a well-ventilated place for 3~4 days, cut it into sections, arrange it in a plate and put the scallion, ginger slices, rice wine on it for steaming. Shortly after steaming remove the skin and the bones, finally tear it into shreds and arrange them in a plate.

**Characteristics:**

Delicious dried meat, fresh, salty.