

香 港 家 常 菜 系 列

# 健美素菜

戴麗嫦著

飲食天地出版社出版

中英對照

*Vegetarian  
Recipes For  
Improving Health*



# 健美素食

VEGETARIAN RECIPES FOR  
IMPROVING HEALTH

· 中英對照 ·  
Chinese

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## 健美素菜

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## KEEPLIT VEGETARIAN RECIPES

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# 出版說明

## FOREWORD

萬里機構出版飲食類圖書歷史悠久，亦積累了一定經驗，其中的「香港家常菜系列」近年出版以來，由於取材較新，且能結合現代生活節奏，因此深受讀者歡迎。這套書當中不少經得住考驗，多次加印以應市。同時，這也說明了，這批書達到了精裝的層次，讀者喜歡保存下來，經常欣賞、使用，故我們因勢利導，為這批書多出版一個精裝的珍藏本。今後，「香港家常菜系列」還會在原來的基礎上，精益求精，進一步加強了內容的新書，也會同時出版精裝，歸入「珍藏本，家常菜系列」，以饗讀者。

都市人生活緊張，但忙裏偷閒，自己依書動手炮製家常美食，既是一種調劑，也可增添家庭的溫馨，值得提倡，這亦是「珍藏本，家常菜系列」的出版宗旨。

Wan Li Book Co Ltd has a long history in publishing cookery books, among which Hong Kong Homely Recipes Series are always the best sellers for the quality and modern content and have been reprinted many times. Now, for meeting readers' needs and best use of these cookery books, we publish them in deluxe edition in addition to the original ones of paperback. However, much more other cookery books will be published to enrich this series.

The same as in the past, from Hong Kong Homely Recipes Series you will learn to cook delicious food yourself for the family dinner table and find the cookery interesting. That is to say, you may enjoy the cooking and unwind yourself after a hectic day.

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# 素菜烹調須知

素食，有稱蔬食，在中國古已有之，是佛門中人及其善信日常的飲食法。據在祭祀或舉行隆重典禮前進行齋戒，可藉以清心潔身，並示莊敬。

素食也隨著社會發展，尤其近年在營養學家和素食主義者大力提倡推崇下，已引起城市家庭的廣泛注意和重視。這種低脂肪、低膽固醇的飲食是保持身體健康的重要條件之一，常吃素菜有助清理腸胃、淨化血液，具抗衰老的功效。近年醫學界還發現，在許多綠黃色蔬菜和菇類中含有抗癌成分，常吃有益。所以經常吃素蔚成風氣，家庭烹調素菜也成時尚。

烹調素菜時，以下幾點是必須留意的：

**食材的選擇** 除了鮮蔬水果之外，菇類是不可缺少的，包括香菇、草菇、蘑菇和金菇；木耳、銀耳；豆類和豆製品如豆腐、腐皮、百頁、枝竹、麵筋、油麵筋也派用場。硬殼果仁也是素饌之材料。摩登的素食人士把牛奶、牛油、芝士及雞蛋（未受精

的）也納入素材。至於葱、薑、蒜、薤和興渠等，則為佛門中人及其善信所禁食，而雞蛋、淡菜亦不在食用之列。

**調味料的選擇** 由於素菜材料味道清淡，烹調時較重調味的配伍。常用的調味料除有南乳、腐乳、醬油（生抽和老抽）、糖、醋、鹽外，還有豆豉、麵豉醬、豆醬、花生醬、番茄膏、番茄汁、葡汁、果汁、忌廉汁，素味粉和素上湯等。

**營養的搭配** 許多人或會錯覺地以為素食不能為人們提供足夠的營養和能量，長期食素會影響健康。事實上，每人一天必需的養分如糖類、蛋白質、礦物質鈣、鐵、磷、碘等元素，各種維他命和脂肪均可在素材中獲得。只要配搭均衡，不偏食，便不難攝取到足夠的營養。在烹製食品時，應盡量以不同色澤的材料配伍，如綠、黃、紅、棕、白、黑等色，這也是預防偏食之訣。

## INFORMATIONS OF COOKING VEGETARIAN FOODS

Vegetarian diet, also known as vegetable dish, has existed in China since ancient time. This is a daily diet for the followers and believers of Buddhism. It is said that people can purify themselves and show their respect by fasting before the sacrifices or grand ceremonies.

Vegetarian meal has developed with the pace of society. Under the advocacy and encouragement of the nutritionists and vegetarians in recent years, it has aroused great attention towards vegetarian foods from the cities. Having this low-fat and low-cholesterol diet is one of the essentials for maintaining good health. If you take this kind of foods constantly, you can have your stomach, bowels and blood purified and prevent senile decay. Lately, the medical world discovered that many green and yellow vegetables and mushrooms contain anti-carcinogenic substances. So they are beneficial to health if eaten regularly. Under such circumstances, it is popular and vogue to go vegetarian and cook vegetarian meal.

To cook vegetarian diet, you should note the following points:

**Choice of vegetarian ingredients:** Fresh vegetables and fruits, mushrooms, such as dried black mushroom, straw mushroom, white mushroom and golden mushroom, dried fungus, dried white fungus, pulses and their products, like beancurd, dried beancurd skim, beancurd leaf and dried beancurd stick, gluten, fried gluten puff and nuts are all vital vegetarian ingredients. Modern veg-

etarians add milk, butter, cheese and chicken egg (unfertilized) to a vegetarian diet. But the followers and believers of Buddhism are forbidden to eat shallot, leek, garlic, Chinese bulbous onion, ferula, chicken egg and dried mussel.

**Choice of seasonings:** As vegetarian foods have light flavour, seasonings play an important role in the cooking. The common seasonings are preserved taro curd, preserved beancurd, soy sauce (including light soy sauce and dark soy sauce), sugar, vinegar, salt, salted black bean, bean sauce, peanut butter, tomato paste, tomato sauce, Portuguese sauce, fruit juice, cream sauce, vegetarian monosodium glutamate and vegetarian broth.

**Nutritious match:** Many people do not believe that vegetarian diet can provide them with adequate nutrients and energy. They think that taking this kind of meal regularly will have side effects on their health. However, the nutrients, like carbohydrates, proteins, minerals (including calcium, iron, phosphorus and iodine), vitamins and fats, needed for the body in a day, in fact, can be obtained from the vegetarian foods, provided that you have a balanced diet and do not have a partiality for particular kinds of foods. To meet these requirements, you should have a good match of vegetarian ingredients of different colours, such as green, yellow, red, brown, white and black, when cooking.

# Beancurd with Potherb Mustard

## 雪裏蕻豆腐

**材 料：**盒裝豆腐1盒，雪裏蕻4兩（約160克），紅辣椒茸1茶匙。

**調味料：**素上湯1杯，鹽 $\frac{1}{2}$ 茶匙，糖 $\frac{1}{2}$ 茶匙，胡椒粉、麻油各少許。

**做 法：**①雪裏蕻用水浸片刻，洗淨後揸乾水分，切細粒，煮熟，去汁。

②豆腐切粒，用調味料浸着放冰箱內約二小時，取出，瀝乾水分放碟上，再以雪裏蕻圍邊，撒下紅辣椒茸，即成。

**心 得：**雪裏蕻切細粒後，用糖1茶匙煮片刻，味道更可口。

**素上湯：**用大豆芽1斤（約640克），乾草菇、冬菇蒂各1兩（約40克），薑2片，水2斤（約1.28公斤），中火煲1小時即成。

### Ingredients:

1 box beancurd  
160 g. potherb mustard  
1 teaspoon chopped red chilis

### Seasonings:

1 cup fine vegetarian stock  
 $\frac{1}{2}$  teaspoon salt  
a dash each of pepper and sesame oil  
 $\frac{1}{4}$  teaspoon sugar

### Method:

1. Soak the mustard in water for a while, wash it clean, squeeze water away, chop it, boil it and drain.
2. Chop the beancurd, put it in the refrigerator by soaking in seasonings for 2 hours, take it out, drain, dish it up, garnish it around with mustard and sow chilis over for serving.

### Gist:

Chop the potherb mustard and boil it with 1 teaspoon sugar for a while so as to make it more palatable.

The fine vegetarian stock is made by boiling 640 g. bean sprouts, 40 g. each of dried straw mushrooms and black mushroom stalks, 2 slices ginger and 1.28 kg. water over medium heat for 1 hour.



# Gardens in Summer Day

# 夏日田園

**材 料：**鮮蘆筍6兩（約240克），鮮冬菇4兩（約160克）。

**調味料：**素上湯1杯，鹽、糖各 $\frac{1}{2}$ 茶匙，薑汁、油各1茶匙，胡椒粉、麻油各少許。

**做 法：**①鮮冬菇去蒂，洗淨，用煮滾調味料燉熟（約需一分鐘）。

②鮮蘆筍削去根端老梗，放入油、鹽滾水中焯一分鐘，撈出置冷水浸片刻，再放入煮滾的調味料中燉二分鐘，使入味。

③鮮蘆筍尖端朝外呈放射狀上碟，鮮冬菇放中間即成。

**心 得：**鮮蘆筍放油、鹽滾水中焯後再浸冷水，可保持顏色翠綠。

## Ingredients:

240 g. fresh asparagus

160 g. fresh black mushrooms

## Seasonings:

1 cup fine vegetarian stock

$\frac{1}{2}$  teaspoon each of salt and sugar

1 teaspoon each of ginger juice and oil  
a dash each of pepper and sesame oil

## Method:

1. Remove stalks from mushrooms, wash them clean and scald them in boiling seasonings (for 1 minute).

2. Pare old stem ends off asparagus, scald it in boiling water with oil and salt for 1 minute, scoop it out, soak it in cold water for a while and scald it in boiling seasonings for 2 minutes until seasoned.

3. Dish asparagus up radially with the tips outward and place mushrooms in the centre.

## Gist:

Scald the asparagus in boiling water with oil and salt and soak it in cold water so as to keep it jade green.



# Greenbean Starch Sheet with Agar-agar 大菜拌粉皮

**材 料：**即席大菜絲2兩（約80克），鮮粉皮4兩（約160克），溫室芽菜1盒（約200克）。

**香辣醬料：**豆瓣醬、芝麻醬、花生醬各1茶匙，辣椒油 $\frac{1}{2}$ 茶匙，素上湯2湯匙。

**做 法：**①香辣醬料調勻備用。

②鮮粉皮以滾水拖過，再過冷河，瀝乾水分，切條，加入香辣醬、麻油撈勻放碟上。

③即席大菜絲放在粉皮上。

④溫室芽菜用冰水沖洗後瀝乾，圍放碟邊即成。

**心 得：**①如用乾粉皮需先浸水，待回軟始可應用。

②即席大菜絲已調味，各大超級市場有售。

③溫室芽菜可用銀芽代替。

## Ingredients:

80 g. instant agar-agar  
160 g. fresh greenbean starch sheet  
1 box greenhouse greenbean sprouts (200 g.)

## Hot Sesame Sauce:

1 teaspoon each of broad bean paste, sesame paste and peanut paste  
 $\frac{1}{2}$  teaspoon tabasco sauce  
2 tablespoons fine vegetarian stock

## Method:

1. Mix sauce ingredients well for use.
2. Scald the sheet in boiling water, cool it in cold water, drain, cut it into strips, mix well with sauce and sesame oil and dish up.
3. Place the agar-agar on the sheet.
4. Rinse sprouts with ice water, drain and garnish them around on the rim for serving.

## Gist:

1. If a dry starch sheet is used, it must be soaked in water until soft before use.
2. The seasoned instant agar-agar is on sale in every big supermarket.
3. The greenhouse greenbean sprouts can be replaced by ordinary sprouts.



# Tricoloured Starch Rolls

# 三色粉卷

**材 料：**泰式粉皮、青瓜、甘笋、生菜各2两（约80克），榨菜2片，熟冬菇1两（约40克），油條半條或炸麵筋1件，炸脆花生2湯匙。

**酸辣汁料：**檸檬汁、水各2湯匙，糖2茶匙，檸檬皮茸、紅椒粒各1茶匙。

**做 法：**檸檬汁、水、糖煮滾，冷卻後加入紅椒粒、檸檬皮茸即成酸辣汁。

②青瓜、甘笋洗淨，切絲；生菜洗淨瀝乾，部分切絲；熟冬菇、油條均切絲。

③榨菜切茸，炸脆花生壓碎。

④粉皮上放生菜葉1片，加上各絲料，撒下榨菜茸和花生，捲好即成。酸辣汁同上桌供蘸食。

**心 得：**泰式粉皮用少許清水搽面，再用濕布蓋着，片刻便會回軟，可供烹製食物。見圖1~3。

## Ingredients:

80 g. each of Thai-style starch sheets, cucumber, carrot and lettuce  
2 slices hot-pickled mustard root  
40 g. cooked black mushrooms  
½ deep-fried dough stick or 1 deep-fried gluten

2 tablespoons deep-fried peanuts

## Sweet and Sour Sauce:

2 tablespoons each of lemon juice and water

2 teaspoons sugar

2 teaspoons chopped lemon peel

1 teaspoon chopped red pepper

## Method:

1. Bring lemon juice, water and sugar to boil, cool, add pepper and lemon peel and mix into sweet and sour sauce.

2. Wash cucumber and carrot clean and shred them; shred mushrooms and dough stick; wash lettuce clean, drain and shred part of it.

3. Chop mustard root; pound peanuts.

4. Put 1 lettuce leaf on a sheet, sow the shreds, mustard root and peanuts on and roll the sheet up to serve with sweet and sour sauce for dipping.

## Gist:

The Thai-style starch sheet will become soft when a little water is brushed over it and it is covered with wet cloth for a while. See Figs 1~3.

①



②



③





# 釀蜜糖豆

## Stuffed Honeyed Beans

**材 料：**蜜糖豆4兩（約160克），豆腐1件，麵筋1兩（約20克），馬蹄肉茸、甘笋茸各1湯匙，辣菜脯茸1茶匙。

**調味料：**鹽1茶匙，糖、素味粉各1茶匙，生粉2茶匙，胡椒粉少許。

**做 法：**①蜜糖豆洗淨，抹乾，逐一用刀割開一邊，並灑上少許生粉在內。見圖1~2。

②豆腐片去硬皮，搗爛；麵筋切碎。

③把豆腐、碎麵筋和各茸料拌勻，加入調味料拌成餡料，釀入蜜糖豆內，隔水蒸約三分鐘即熟，淋上麻油即成。見圖3。

**心 得：**豆腐必須擠乾水分始能作餡料。

### Ingredients:

160 g. edible podded peas  
1 piece beancurd  
20 g. gluten  
1 tablespoon each of chopped skinned water chestnuts and carrot  
1 teaspoon chopped hot-pickled turnip

### Seasonings:

½ teaspoon salt  
¼ teaspoon each of sugar and vegetarian seasoning powder  
2 teaspoons tapioca starch  
a dash of pepper

### Method:

1. Wash the peas clean, wipe them dry, cut them open one by one and sow a dash of tapioca starch in. See Figs. 1~2.

2. Pare hard skin off beancurd and pound it; chop gluten.

3. Mix beancurd, gluten and other choppings, add seasonings to mix into stuffing, stuff into the peas, steam them above water for 3 minutes and sprinkle sesame oil over for serving. See Fig. 3.

### Gist:

The beancurd must be squeezed dry before the use for stuffing.

①

②

③

