

最畅销食谱
最新版

 广西科学技术出版社

方太食谱 富贵有鱼

Lisa Yam's Cook Book
Fortune Fish Recipes

方任利莎 著



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序

“鱼，我所欲也！熊掌，亦我所欲也，二者不可兼得！”这是鱼与熊掌为孟子留下的取舍之难。但相信现代的主妇们已不难做出选择。现代文明发展的今天，在饮食上，人们除了对“色、香、味”的追求和发挥外，则更重视食物本身的营养价值和饮食的健康。

鱼，其肉嫩、滑，其味清、鲜，也因它的高蛋白、低胆固醇而成为普罗大众餐桌和食谱中的首选。

鱼种类繁多，有产于海水中的咸水鱼，也有产于湖泊、河川中的淡水鱼，本书因篇幅所限，我只能从不同种类的鱼有不同的烹饪方法，以最简单、快捷、易做的角度为大家介绍 40 多款“鱼”的烹饪方法。本书以“炸”，“蒸、墩”，“煮、炒、煎”，“汤、羹”等不同煮法归类，共分 4 辑。

在中国的传统美食中，许多的食谱均以“好意头”美其名，“富贵有鱼”，“鱼”与“余”音同，年年有余是我对大家的祝福，希望大家富贵有余，年年平安之余也能喜欢我为大家介绍的这 40 多款色、香、味俱全的“鱼”。

方任利莎

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第一輯

炸

Deep – frying



椒盐三文鱼头

Spice - Salted Salmon Head

材料:速冻或冰冻鲜三文鱼头一个,蒜蓉半茶匙,柠檬汁约一汤匙(可随意)

腌料:酒一汤匙,胡椒粉、柠檬汁各少许

调味料:椒盐、柠檬汁各适量

做法:

- (1) 将三文鱼头去鳞及鳃,清洗干净,吸干水分,切块待用。
- (2) 将腌料、蒜蓉放入上项三文鱼块中拌匀,腌片刻。
- (3) 将腌透的三文鱼块扑上千粉拌匀,放入热油中,炸至酥脆及熟,捞起沥干油分,上碟。
- (4) 将适量椒盐撒于三文鱼面上,亦可淋少许柠檬汁共食。

Ingredients: 1 deep - frozen salmon head; ½ tsp mashed garlic; 1 tbsp lemon juice (optional)

Seasonings for salmon head: 1 tbsp wine; a dash of pepper and lemon juice

Seasonings: a dash of spiced salt and lemon juice

Method:

- (1) Scale and remove the gills of salmon head. Rinse and wipe dry. Cut into pieces and set aside.
- (2) Marinate with seasonings and mashed garlic for a while.
- (3) Dust salmon head with cornflour. Deep - fry with hot oil till crispy and done. Remove and drain dry. Dish up.
- (4) Sprinkle with some spiced salt. Pour over with dash of lemon juice if desired.



三文鱼头
Salmon* head



柠檬
Lemon



蜜汁酥鱼

Crispy Brill with Sweet Sauce

材料:速冻剑鱼 300 克。

调味料:生抽二茶匙,糖一茶匙,麻油少许。

腌料:盐 $\frac{1}{4}$ 茶匙,胡椒粉少许。

做法:

- (1) 将速冻的剑鱼用清水略冲,放入笊箕沥干水分。
- (2) 将腌料放入鱼中拌匀,腌至入味,沥干。
- (3) 烧油至十分热,将鱼放入,炸至呈金黄色捞起。
- (4) 将调味料用少许油煮溶,将鱼放入,使其沾上汁液即成。

Ingredients:300g (10.5oz) deep-frozen brill

Seasonings:2 tps light soy; 1 tsp sugar; dash of sesame oil

Seasonings for brill: $\frac{1}{4}$ tsp salt; pinch of pepper

Method:

- (1) Rinse brill. Drain dry.
- (2) Marinate with seasonings. Drain dry.
- (3) Heat some oil. Add brill and fry till browned. Remove.
- (4) Boil seasonings with some oil till melted to make a dip-in sauce. Ready to serve.



五柳铁板鲳鱼

Sea Bream with Five Sour Vegetables on Iron Plate

材料:红鲳鱼一条(重约 600 克), 五柳菜约二汤匙, 葱段, 芫荽各少许。

调味汁料:生抽一汤匙, 酒半汤匙, 糖半茶匙, 胡椒粉少许, 开水一汤匙。

做法:

- (1) 鲳鱼去鳞剖净, 在鱼身两面斜切数刀, 抹干水分
- (2) 用半汤匙绍酒, 一茶匙盐, 少许胡椒粉将鱼腌透(约 30 分钟至 1 小时)
- (3) 用油煎或炸至鱼熟, 盛上烧热的铁板
- (4) 五柳菜切成丝, 放于鱼身, 葱、芫荽放于铁板上, 调味汁料混合, 沾上鱼身, 即可供食

Ingredients: 1 sea bream of about 600g (21oz); 2" tbsps five sour vegetables, some sectioned spring onion and coriander

Seasonings: 1 tbsps light soy; $\frac{1}{2}$ tbsps wine; $\frac{1}{2}$ tsp sugar; pinch of pepper; 1 tbsps boiled water

Method:

- (1) Scale and gut sea bream. Cut slantly on both sides. Wipe dry.
- (2) Marinate with $\frac{1}{2}$ tbsps Shaoxing wine, 1 tsp salt and pinch of pepper for 30 minutes to 1 hour.
- (3) Fry or deep-fry till done. Remove on a heated iron plate.
- (4) Shred five sour vegetables. Lay on the sea bream. Add spring onion and coriander. Blend seasonings and pour over on sea bream. Ready to serve.



红鲳鱼
Sea bream



五柳菜
Five sour vegetable



葱及芫荽
Spring onion and coriander



松子醋鲩鱼

Sour Grass Carp with Pine Nut

材料: 鲩鱼肉一大块(约重 454 克), 青、红椒各一个, 大树菠萝切粒约三汤匙, 鸡蛋一个, 洋葱粒二汤匙, 松子仁二汤匙

调味料: 茄汁二汤匙, 镇江醋三汤匙, 生抽一茶匙, 糖二汤匙, 水 $\frac{1}{4}$ 杯, 麻油少许, 生粉水适量

做法:

- (1) 鲩鱼肉去鳞留皮, 洗净抹干水分, 切双飞片状, 放入盐、胡椒粉、酒各少许, 略腌, 沾上蛋汁, 再沾上干粉, 放入热油中炸脆, 捞起, 沥干油分, 上碟, 待用。
- (2) 青、红椒切粒, 烧热油一汤匙, 爆香洋葱粒, 将其他材料加入炒匀, 盛起, 待用。
- (3) 烧热一汤匙油, 将调味料放入煮匀, 用适量生粉水埋芡, 放入炒匀的各种材料, 拌匀, 淋于鱼肉面上, 撒上松子仁即成。

Ingredients: 454g (16oz) grass carp; each of the green and red pepper; 3 tbsps diced pineapple; 1 egg; 2 tbsps diced onion; 2 tbsps pine nut

Seasonings: $\frac{3}{4}$ tbsp catsup; 3 tbsps spiced vinegar; 1 tsp light soy; $\frac{3}{4}$ tbsp sugar; $\frac{1}{4}$ cup water; dash of sesame oil (some cornflour solution)

Method:

- (1) Scale grass carp and keep the skin. Rinse and wipe dry. Slit into slices. Marinate with salt, pepper and wine for a while. Dip into blended egg. Coat with cornflour. Deep fry till crispy. Remove and drain dry. Set aside.
- (2) Dice green and red pepper. Heat 1 tbsp oil. Saute diced onion. Stir in other ingredients. Remove and set aside.
- (3) Heat 1 tbsp oil. Pour in seasonings. Thicken the sauce with some cornflour solution. Add in all ingredients. Stir thoroughly. Sprinkle over on grass carp. Garnish with pine nut. Ready to serve.



鲩鱼肉
Grass carp



松子仁
Pine nut

