

最畅销食谱
最新版



广西科学技术出版社

方太食谱 水煮美食

Lisa Yam's Cook Book
Water - cooking Dishes

方任利莎 著



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Water-cooking Dishes



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序

某天与朋友闲聊，谈到健康饮食的问题；朋友说时下的人都特别注重健康，很多都在饮食方面下功夫，如少吃油腻的食物，烹调时少用油，甚至纯用水煮，以免引至胆固醇过高或肥胖等病症。但只吃用水煮的食物，味道一定不会好，影响食欲之余又影响心情，十分矛盾。

我认为大家又不是病人，无须只吃不经调制的水煮或無熟的食物，于是我决定撰写这本《水煮美食》，希望能帮助大家。

所谓“水煮”，并非全部菜式都是用水烹调，而是那些原来要用泡油、走油或煎、炸的方式烹调的材料，现都改用飞水或水煮的方式将它们处理好，但料头或芡汁、调味料，仍要用油起锅爆香或烹煮，但所用的油分很少，而且大家可选用优质健康的食油来烹调，例如橄榄油、芥花籽油等等，这样既可令自己及家人身体健康，又不失菜的美味，大家食得开心又放心。

希望你们喜欢我的介绍。

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第一辑 海 鲜

Seafood



潮式浸鲜鱼

Chaozhou - style Soaked Seabass

材料: 加州鲈鱼一条 (约重 500 - 600 克), 潮州咸酸菜 60 - 80 克, 中国芹菜一棵 (切段), 冬瓜 300 克, 姜四片, 葱二条 (切段), 红椒圈少许, 上汤 (或水) 约二杯

腌料: 盐 $\frac{1}{2}$ 茶匙, 生粉, 胡椒粉各少许

调味料: 糖半茶匙, 盐, 胡椒粉各少许

做法:

- (1) 咸酸菜略浸, 洗净, 沥干, 切丝; 冬菇浸透去蒂, 切丝, 待用。
- (2) 鲈鱼开膛去鳞, 洗净, 抹干, 将腌料拌匀, 涂匀鱼身内外, 略腌片刻, 用适量带姜、葱的水略为拖水, 捞出, 备用。
- (3) 烧热约半汤匙油, 爆香姜二片及葱段, 放入咸酸菜、冬菇略为爆炒, 赞酒, 并注入水分, 滚片刻至材料出味, 放入鲈鱼浸煮至熟, 先盛出鲈鱼上碟, 保暖。
- (4) 将芹菜段和调味料放入上项汤料内拌煮片刻, 淋上鲈鱼面, 并洒上红椒圈饰面, 即可趁热上桌热食。

Ingredients: 1 California seabass, about 454 - 530g (16 - 18 oz); 58g - 75g (1.9 - 2.5 oz) Chaozhou salted vegetable; 1 Chinese celery (sectioned); 2 - 3 Chinese mushrooms; 4 ginger slices; 2 stalks of spring onion (sectioned); some red chilli rings; 2 cup superior stock or water

Seasonings for seabass: $\frac{1}{2}$ tsp salt; a pinch of cornflour and pepper

Seasonings: $\frac{1}{2}$ tsp sugar; a pinch of salt and pepper

Method:

- (1) Soak Chaozhou salted vegetable for a while. Rinse thoroughly. Drain and shred. Soak Chinese mushroom thoroughly. Remove stems and shred. Leave for later use.
- (2) Scale and gut seabass. Wipe dry. Mix with seasonings thoroughly inside and outside the fish. Marinate for a while. Scald in boiling water with ginger and spring onion. Remove and set aside.
- (3) Heat $\frac{1}{2}$ tbsp oil. Saute 2 ginger slices and sectioned spring onion. Add in salted vegetable and Chinese mushroom. Stir - fry briefly. Sprinkle with wine. Pour in water. Boil for a while till flavour comes out. Add in seabass. Soak and boil till done. Remove the seabass on a plate. Keep warm.
- (4) Add sectioned celery and seasonings into the above stock and boil for a while. Pour over on seabass. Garnish with red chilli rings. Serve.



潮州咸酸菜
Chaozhou salted vegetable



加州鲈鱼
California seabass



西芹斑块

Garoupa Fillet with Celery

材料: 石斑鱼肉 240 克, 西芹 150 克, 姜二片, 甘笋花数片, 上汤半杯

腌料: 姜汁、酒各一茶匙, 盐半茶匙, 生粉半茶匙, 蛋白一汤匙, 胡椒粉少许

调味料: 盐半茶匙, 糖半茶匙, 生抽半茶匙, 麻油、胡椒粉各少许

做法:

- (1) 西芹撕筋后洗净, 斜切小段, 用少许带盐、油的水飞水, 沥干留用
- (2) 洗净石斑鱼肉, 抹干, 切成大块, 放入腌料拌匀, 用已加入二片姜的滚水飞水至九成熟, 捞出, 吸干水分待用
- (3) 将上汤放入锅中煮至滚起, 放入调味料, 将鱼块、西芹、甘笋花放入汤汁中焗煮至熟, 用少许生粉水埋芡即成

Ingredients: 230g (8 oz) boneless garoupa, 150g (5 oz) celery, 2 ginger slices; some carrot slices, $\frac{1}{4}$ cup superior stock

Seasonings for garoupa: 1 tsp ginger juice, 1 tsp wine, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp cornflour, 1 tbsp egg white, a pinch of pepper

Seasonings: $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp sugar, $\frac{1}{2}$ tsp light soy, a dash of sesame oil and pepper

Method:

- (1) Remove hard tissue of celery. Rinse thoroughly. Section slantly. Scald in hot water with some salt and oil. Leave for later use.
- (2) Rinse garoupa thoroughly. Wipe dry. Cut into pieces and marinate with seasonings. Blanch in boiling water with 2 ginger slices till 90% done. Remove. Wipe dry.
- (3) Pour superior stock into a wok. Bring to the boil. Add in seasonings. Pour in garoupa fillet, celery and carrot slices. Braise until done. Stir in cornflour solution till sauce thickens. Serve.



石斑肉
Boneless garoupa



西芹
Celery



热拌鳝丝

Shredded Eel with Hot Spicy Sauce

材料:黄鳝 500 克,蒜蓉半汤匙,葱粒少许,姜二片,葱段少许

腌料:绍酒半汤匙,胡椒粉少许

调味料:生抽 $\frac{3}{4}$ 汤匙,糖二茶匙,镇江香醋二汤匙,辣豆瓣酱一茶匙,麻油半汤匙,胡椒粉少许

做法:

- (1)黄鳝开肚,去骨,洗净,放入热开水内拖水,洗净其表面潺液,抹干,切长约 6 厘米长粗丝,放入腌料拌匀,待用。
- (2)烧滚适量清水,加入姜片和葱段,滚片刻至材料出味,放入腌透黄鳝丝,灼至仅熟即捞起,沥干水分,上碟保暖,候用。
- (3)将蒜蓉和葱粒放上黄鳝丝面,并淋上拌匀的调味料,食用时自调拌匀即成。

Ingredients: 454g (16 oz) yellow eel; $\frac{1}{2}$ tbsp mashed garlic; some diced spring onion; 2 ginger slices; some sectioned spring onion

Seasonings for yellow eel: $\frac{1}{2}$ tbsp Shaoxing wine; a pinch of pepper

Seasonings: $\frac{3}{4}$ tbsp light soy; 2 tsp sugar; 2 tbsp brown spice vinegar; 1 tsp hot broadbean paste; $\frac{1}{2}$ tbsp sesame oil; a pinch of pepper

Method:

- (1)Cut yellow eel. Remove the bones. Scald in hot water. Remove the sticky substance and wipe dry. Cut into 2 - inch shreds. Marinate thoroughly with seasonings. Leave for later use.
- (2)Boil water. Add in sliced ginger and sectioned spring onion. Boil for a while till flavour comes out. Add in shredded yellow eel. Boil till done. Remove. Drain dry. Dish up and keep warm for later use.
- (3)Sprinkle mashed garlic and diced spring onion over shredded yellow eel. Pour over with seasonings. Mix thoroughly while eating.



黄鳝
Yellow eel



榨菜鱼云

Boiled Fish Head with Preserved Sichuan Cabbage

材料: 大鱼头一个 (约重 500 - 600 克), 榨菜一小件 (约重 38 克), 云耳适量, 姜二片, 葱段少许, 茼蒿一棵

腌料: 盐 $\frac{1}{4}$ 茶匙, 酒半汤匙, 生粉, 胡椒粉各少许

调味料: 生抽半茶匙, 糖 $\frac{1}{4}$ 茶匙, 盐, 胡椒粉各少许

做法:

- (1) 榨菜切丝, 留用。
- (2) 浸软云耳, 去蒂, 出水, 洗净, 沥干, 待用。
- (3) 鱼头去腮, 剖洗净, 抹干, 斩件, 放入腌料拌匀略腌, 备用。
- (4) 烧热约半汤匙油, 爆香姜片和葱段, 放入榨菜丝略炒, 赞酒, 并注入约一杯余清水, 放入云耳, 滚片刻至材料出味, 放入腌透鱼云灼煮至熟, 加入调味料, 即盛上碟, 以茼蒿饰面, 即可趁热上桌供食。

Ingredients: 1 big fish head, about 454 - 530g (16 - 18 oz); 1 small piece of preserved Sichuan cabbage, about 38g (1.3 oz); some black fungus; 2 ginger slices; some sectioned spring onion; 1 stalk of coriander

Seasonings for fish head: $\frac{1}{4}$ tsp salt; $\frac{1}{2}$ tbsp wine; a pinch of cornflour and pepper

Seasonings: $\frac{1}{2}$ tsp light soy; $\frac{1}{2}$ tsp sugar; a pinch of salt and cornflour

Method:

- (1) Shred preserved Sichuan cabbage. Leave for later use.
- (2) Soak black fungus with water. Remove the hard stems. Rinse thoroughly and drain.
- (3) Remove gills from fish head. Rinse thoroughly. Wipe dry. Chop into pieces. Mix with seasonings for a while. Set aside.
- (4) Heat $\frac{1}{2}$ tbsp oil. Saute ginger slices and sectioned spring onion. Stir in shredded preserved Sichuan cabbage. Stir-fry. Sprinkle with wine. Pour in a cup of water. Add in black fungus. Boil till flavour comes out. Put in the marinated fish head. Boil till done. Add in seasonings. Dish up. Garnish with coriander and serve.



大鱼头
Big fish head



榨菜
Preserved Sichuan cabbage



云耳
Black fungus



豆酱煮白鳝

Boiled Eel with Bean Paste

材料: 白鳝 (鳗鱼) 半条 (约重 400–500 克), 韭菜花少许, 白萝卜粗丝约 $\frac{3}{4}$ 杯, 蒜肉二粒 (切片), 潮州普宁豆酱三汤匙, 红椒圈少许。

腌料: 姜汁、绍酒各半汤匙, 盐半茶匙, 生粉一茶匙, 胡椒粉少许。

调味料: 生抽半茶匙, 糖一茶匙, 盐、胡椒粉各少许。

做法:

- (1) 韭菜花切去较硬部分, 洗净, 沥干, 切段; 白萝卜丝飞水至软身, 沥干留用。
- (2) 白鳝开肚, 洗净, 放入大热水内拖水, 取出, 洗净表面黏液, 抹干, 切成约 3 厘米长段, 放入腌料拌匀, 待用。
- (3) 烧热约半汤匙油, 爆香蒜片, 放入约 1 杯半水, 将萝卜丝、白鳝同放入, 并加入普宁豆酱、调味料烩煮至材料熟。
- (4) 将韭菜花加入, 用少许生粉水打薄芡, 以红椒圈饰面即成。

Ingredients: $\frac{1}{2}$ eel, about 380–454g (13–16 oz); some green chive; $\frac{3}{4}$ cup thickly – shredded turnip; 2 braids of garlic (sliced); 2 tbsp Puning fermented bean paste; several red chilli rings.

Seasonings for eel: $\frac{1}{2}$ tbsp ginger juice; $\frac{1}{2}$ tbsp Shaoxing wine; $\frac{1}{2}$ tsp salt; 1 tsp cornflour; a pinch of pepper.

Seasonings: $\frac{1}{2}$ tsp light soy; 1 tsp sugar; a pinch of pepper and salt.

Method:

- (1) Cut off the hard stems of green chive. Rinse thoroughly and drain dry. Cut into sections. Scald shredded turnip in hot water till soft. Drain and leave for later use.
- (2) Gut eel. Rinse thoroughly. Scald in hot water. Remove. Rinse off the sticky substance. Wipe dry. Chop into 1 – inch sections. Marinate. Set aside.
- (3) Heat $\frac{1}{2}$ tbsp oil. Saute garlic slices. Pour in $1\frac{1}{2}$ cup water. Add in shredded turnips and sectioned eel. Stir in Puning fermented bean paste and seasonings. Boil till done.
- (4) Add in green chive. Pour in cornflour solution. Stir till sauce thickens. Garnish with red chilli rings. Ready to serve.



白鳝
Eel



韭菜花
Green chive



普宁豆酱
Puning fermented bean paste

