美食DIY

健康

開胃菜

APPETIZER

【中英文版】

登福出版社

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Appetizer

飯前菜、小菜爽口又開胃。

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作者簡介
about the author

曾素梅

台灣省桃園縣人，一九五九年出生，靜宜大學畢業，崇尚自然、健康的美食專家，對養生食療之道研究頗深，曾受邀擔任報章雜誌、健康美食專欄之選述，深受讚譽，著有「健康食療ＤＩＹ」、「養生燉補」、「生機飲食」、「生機果菜汁」「滋補養生湯」等書。

序
introduction

材料實在，滋味棒的小菜，最是教人胃口大開，因此不管是小吃或是在宴客大餐中，都是舉足輕重的要角，眾人大塊朵頤之際，也因為各式風味小菜各擅勝場，使家人團聚或好友相伴有著完美的演出。

小菜的魅力來自於內容簡單而不失豐富，其特色首重純樸原味，不須複雜的調理流程，也不用太多的添加調味，所費不高卻能展現前所未有的獨特風味，製作上也不必擔心時間與精神上有過多負擔。總之，最高指導原則便在於力求經濟實惠，但在口味、及營養價值的烹調功力上可一點也不馬虎！

本書作者擅長運用台灣隨處可見的食材，並善於應用食材特性，因此，新鮮時蔬信手拈來，便成為大眾化口味的開胃小菜。本食譜中，作者以各式不同香料，創作各種不凡口味，清脆爽口的涼拌小菜、讓人食指大動的開胃菜餚，以及以辛香佐料特製的道地辣味小菜，大宴小酌兩相宜。由於每個人的口味不同，嗜好迥異，您可以依個人喜好酌量增減，或是涼拌、醃漬、或是滷拌、煮燙、燒炸等，跟著作者在烹調技術上力求變化，便可以由簡單的食材烹調出多變的風貌。

相信您大展身手之餘，看到家人好友吃得津津有味的滿足模樣，您一定會認同，做菜絕對是賞心樂事喔！

序
introduction

The delicious meals always make people appetitive so that meals play an important role in our life.

In addition, it's the tasty food to make the perfect performance when family or friends get together.

The charm of appetizer comes from its specialty focused on purity without complex cooking methods, additional seasoning but only with cheap ingredients, which won't become our burden in making it. After all, the highest guideline consists in economy; however, the taste and nutrition can't be ignored, either.

The author is good at using common ingredients and characteristics of ingredients so that she can make popular appetizer. She also uses various spice to create different meals such as cold dishes and appealing appetizer in this cookbook . Depending on one's favor, you may add or reduce the spice and even vary the methods such as stewing, boiling, frying ,marinating, etc. Just follow the author, you may cook the outstanding food from the common ingredients.

We trust you would see the picture which your family and friends are enjoying the food you made, then you'll agree that "cooking is pleasant".

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韓式泡菜
Korea Pickles

【材料】
大白菜1個、紅蘿蔔1條、嫩薑1塊、大蒜4粒、辣椒2根。
【調味料】
(a)料：鹽2大匙。
(b)料：辣椒粉2大匙、糖1大匙、鹽1茶匙、麻油1大匙。
【作法】
①大白菜一片一片洗淨，切大塊。紅蘿蔔去皮、切片，嫩薑切末，大蒜去皮切末。辣椒切末。
②將大白菜和紅蘿蔔用(a)料醃1小時後用冷開水洗去鹽份，瀝乾後放入深盆內，再加入薑、蒜，辣椒末及(b)料拌勻，裝入密封盒內，3天即可食用。

【 *Ingredients* 】
1 celery cabbage; 1 carrot;1 baby ginger; 4 garlic; 2 chili
【 *Seasoning* 】
(a): 2 T. salt
(b): 2 T. chili powder; 1 T. sugar; 1 t. salt; 1 T. sesame oil

【 *Methods* 】
① Rinse cabbage slice by slice and cut them into large slices. Pare and slice carrot. Mince baby ginger. Peel and mince garlic. Mince chili.
② Marinate cabbage and carrot in Seasoning (a) for 1 hour. Then rinse them with cold water; drain and place them in the deep plate. Add ginger, garlic, chili and Seasoning (b) in to mix well; seal the plate. Serve after 3 days.

香辣小黃瓜
Spicy Cucumber

【材料】
小黃瓜5條、大蒜6粒、辣椒2根。
【調味料】
(a)料：鹽1大匙。
(b)料：鹽1/2茶匙、麻油2大匙、醋3大匙、糖2大匙。
【作法】
①小黃瓜洗淨，用刀背拍鬆後切段。大蒜去皮切末，辣椒切末。
②將小黃瓜加(a)料醃約10分鐘後，用冷開水沖洗鹽份，擠乾水份，加入(b)料及蒜末、辣椒末拌勻，約2小時後即可食用。

【 *Ingredients* 】
5 cucumber; 6 garlic; 2 chili
【 *Seasoning* 】
(a): 1 T. salt
(b): 1/2 t salt; 2 T. sesame oil; 3 T. vinegar; 2 T. sugar.

【 *Methods* 】
① Rinse cucumber, chop with back of knife blade, and then cut them into small sections. Peel and mince garlic. Mince chili.
② Marinate cucumber in Seasoning (a) for 10 mins, then rinse with cold water; dry. Add Seasoning (b) and garlic, and chili to mix well. Serve after 2 hours.

辣味鳳螺

Spicy Conches

【材料】

鳳螺10兩、辣椒1根、大蒜8粒、薑1塊、九層塔1兩。

【調味料】

醬油2大匙、米酒1大匙、辣豆瓣醬2大匙、烏醋、糖各3/4大匙、胡椒粉、香油各少許。

【作法】

①鳳螺洗淨。辣椒切斜片。大蒜去皮、拍碎。薑切片。九層塔洗淨。

②水燒開，放入鳳螺煮約10分鐘，取出。調味料加2大匙水調勻，放入鳳螺、辣椒、大蒜及薑片，醃泡約8小時即可。

【*Ingredients*】

500g conch , 1 chili, 8 garlic, 1 ginger, 5g basil leaf

【*Seasoning*】

2 T. soy sauce; 1 T. rice wine; 2T. hot bean sauce; 3/4 T. ea. of vinegar and sugar; a dash of pepper powder and spice oil

【*Methods*】

① Rinse conches. Slice chili slantwise. Peel and chop garlic. Slice ginger. Rinse basil leaves.

② Put conches in the boiling water to cook for 10 mins; remove. Mix seasoning with 2T. water well, and then add conches , chili, garlic and ginger to marinate for 8 hours.

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青椒鑲肉
Stuffed Pork in Sweet Pepper

【材料】
青椒 10 個、絞肉 5 兩、蔥 1 支、嫩薑 4 片、太白粉 1 大匙。
【調味料】
(a)料：醬油 1 大匙、米酒 1 茶匙、麻油少許、太白粉 1 茶匙。
(b)料：醬油 2 大匙、鹽 1/2 茶匙、糖 1/2 大匙、麻油 1/2 茶匙、太白粉、水各適量。
【作法】
①青椒去蒂，將籽挖除，洗淨，裡面撒上太白粉。蔥切末，嫩薑切末。
②絞肉加蔥、薑末及(a)料拌勻後，塞入青椒內。
③燒熱 3 大匙油，將青椒煎至表面微黃，加(b)料（麻油除外）及適量水燒開後，轉小火煮至湯汁稍乾，再淋入麻油即可起鍋。

【 *Ingredients* 】
10 sweet pepper; 250 ground pork; 1 scallion; 4 slices of baby ginger; 1 T. cornstarch.

【 *Seasoning* 】
(a): 1 T. soy sauce; 1 t. rice wine; a dash of sesame oil; 1 t. cornstarch.
(b): 2 T. soy sauce; 1/2t. salt; 1/2 T. sugar; 1/2 t sesame oil; proper cornstarch and water.

【 *Methods* 】
① Remove the stems of sweet pepper; then pit and rinse; sprinkle cornstarch inside the sweet pepper. Mince scallion and baby ginger.
② Mix ground pork with scallion, ginger and Seasoning (a) well; then fill them in the pepper.
③ Heat 3 T. oil to fry sweet pepper until the surface becomes golden; add Seasoning (b) (except sesame oil), proper water in; after boiling, turn to low heat to keep cooking until the soup is absorbed. Pour sesame oil.

柴魚四季豆
Common Beans & Dry Bonito Flakes

【材料】
四季豆半斤、柴魚 4 大匙。
【調味料】
鹽 1/2 茶匙、醋、麻油各 1 茶匙。
【作法】
①四季豆去頭、尾、老筋，洗淨後切段。調味料調勻備用。
②水燒開，加鹽 1 茶匙，再將四季豆燙熟，撈出，瀝乾，排盤，淋入調味料，再撒入柴魚即可。

【 *Ingredients* 】
500g common bean; 4 T. dry bonito flake.

【 *Seasoning* 】
1/2 t. salt; 1 t. ea. of vinegar and sesame oil.

【 *Methods* 】
① Remove two edges and trim common beans; rinse and cut them into sections; then mix with Seasoning well.
② Add 1 T. salt in the boiling water, and then put common beans in; remove them until done and drain. Place beans on the plate, pour Seasoning and sprinkle dry bonito flakes.

辣炒青蟹
Fried Crab with Chili

【材料】
青蟹2隻，九層塔1兩，薑1塊，蔥2支，紅辣椒2根，麵粉適量。

【調味料】
(a)料：酒1大匙，鹽少許。
(b)料：鹽適量，米酒1大匙，麻油少許。

【作法】
① 青蟹洗淨，剝開外殼，切塊，用(a)料醃10分鐘後沾麵粉備用。九層塔洗淨，薑、蔥、紅辣椒切末。

② 油燒熱，將蟹塊投入，炸至酥黃後撈出，瀝乾油份。
③ 鍋燒熱，放入2大匙油，先爆香薑、蔥末，接著放入辣椒末及蟹塊，翻炒幾下，加(b)料調味，再灑入九層塔即可。

【*Ingredients*】
2 crab; 25g basil leaf; 1 ginger; 2 scallion; 2 chili; proper flour

【*Seasoning*】
(a): 1 T. wine; a dash of salt
(b): proper salt; 1 T. rice wine; a dash of sesame oil

【*Methods*】
① Rinse, shell crabs; then cube the crab meat and then marinate them in Seasoning (a) for 10 mins. Coat crab meat with flour. Rinse basil leaves; mince ginger, scallion and chili.
② Heat the oil, then put the crab meat in to fry until golden; remove and drain.
③ Heat the pot with 2 T. oil; then fry ginger, scallion until fragrant; then put chili and crab meat in to stir-fry; add Seasoning (b) and sprinkle basil leaves.

涼拌三絲
Cold To-Fu Shreds

【材料】
干絲 6 兩、芹菜 4 兩、紅蘿蔔（小）1 條、香菜 3 棵。
【調味料】
(a)料：小蘇打 1/2 茶匙。
(b)料：鹽 1/2 茶匙、糖少許、麻油 2 大匙。
【作法】
①水燒開，先放入(a)料，再將干絲煮至顏色轉白，撈起，瀝乾。芹菜洗淨，切段，汆燙備用。紅蘿蔔去皮、切絲，加 1 茶匙鹽醃 5 分鐘後，用冷開水沖淨，瀝乾。香菜洗淨，切段。
②將所有材料加(b)料混合，拌勻即成。

【 *Ingredients* 】

300g to-fu shred; 200g celery; 1 small carrot; 3 coriander

【 *Seasoning* 】

(a): 1/2t. soda
(b): 1/2t. salt; a dash of sugar; 2 T. sesame oil

【 *Methods* 】

① Put Seasoning (a) in the boiling water first, then add to-fu shreds in ; remove them when the color becomes lighter and drain. Rinse and cut celery into small sections; and then blanch in the boiling water. Pare and shred carrot; then marinate them with 1 T. salt for 5 mins; wash them with the cold water; drain.
② Mix all the Ingredients with Seasoning (b) well.

蒜香紫茄
Garlic Eggplants

【材料】
茄子 3 條、大蒜 5 粒、辣椒 1 根、香菜 2 棵。
【調味料】
醬油膏 2 大匙、糖 1/2 大匙、鹽 1/2 茶匙、麻油 1/2 大匙。
【作法】
①茄子洗淨，對剖，切長段。大蒜去皮，切末。辣椒、香菜切末。
②炸油燒至中溫，投入茄段，以中火炸熟後撈出，排盤。
③將調味料加蒜末、辣椒末拌勻，淋於茄子上，再撒上香菜末即成。

【 *Ingredients* 】

3 eggplant; 5 garlic; 1 chili; 2 coriander.

【 *Seasoning* 】

2T. thick soy sauce; 1/2 T. sugar; 1/2t. salt; 1/2T.sesame oil

【 *Methods* 】

① Rinse the eggplants and cut them into halves and then cut them into long strips. Peel and mince garlic. Mince chili and coriander.
② Heat the oil, then fry eggplant; remove when they are done; place eggplants on the plate.
③ Mix Seasoning, garlic and chili well and pour eggplants; finally sprinkle coriander.

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