

最畅销食谱  
最新版



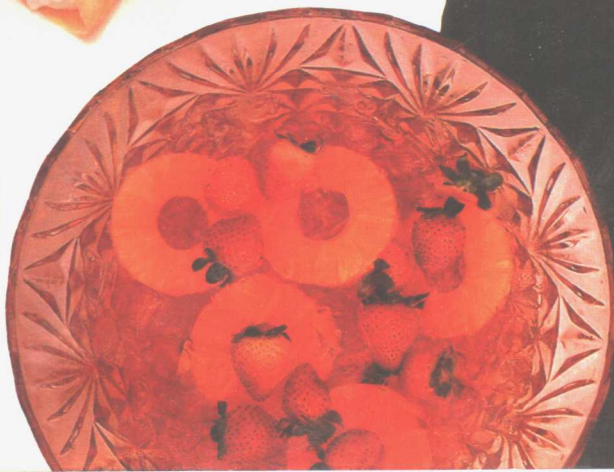
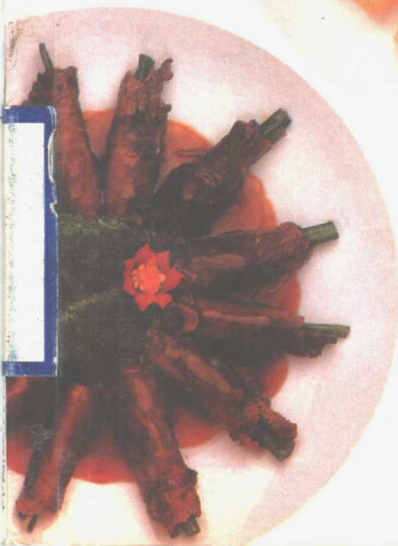
广西科学技术出版社

LISA YAM'S COOK BOOK  
RECIPES FOR PARTIES

方任利莎 著

# 派对食谱

方太食谱



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原出版者：明窗出版社有限公司  
中文简体版权所有：广西科学技术出版社  
版权中介：中国图书进出口广州公司版权部  
著作权合同登记名：桂图登字：20-2000-006

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## 方太食谱 派对食谱

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作者：方任利莎  
摄影：于港民  
责任编辑：蓝春华  
责任校对：黄煜  
责任印制：梁冰  
封面设计：北大方正集团广西分公司彩色制版输出中心  
出版：广西科学技术出版社

(南宁市东葛路66号 邮政编码 530022)

发行：广西新华书店

印制：桂林市印刷厂

(桂林市七星路25号 邮政编码 541004)

出版日期：2000年5月第1版 2000年5月第1次印刷

开本：880×1140 1/24 印张 4 字数 47 000

书号：ISBN 7-80619-910-1/TS·76

定价：16.80元

本书如有倒装缺页，请与承印厂调换

# 序

## FOREWORD

现代人工作繁忙，空闲时间变得越来越少，平时想约齐三五知己聚首一堂非常困难，因此每逢假期，很多人纷纷开“派对”，大伙儿聚在一起吃吃喝喝，或闲聊话旧，或唱歌玩乐，热闹一番。

“派对”一词，是“Party”一字音译而来的。这种社交活动通常在选定的朋友家中举行，大家围在一起一边吃喝一边倾谈玩乐，自由自在，可说是一种生活的享受。派对的食物以简便为主，以减少主人家在厨房里工作的时间，这样便有更多时间与朋友在一起。虽说食物以简便为主，但如能在简便之余再加点特式，便能令派对生色不少。

这些简便而又有特色的食品，并不是说要做就能马上找到适合的食谱，怎么办好？不用担心，我已为大家精选了 42 款派对食谱给你们选择。种类包括小食、主菜、甜品及饮品，做法简易，又具特色，且冷食热食皆宜，很适合作派对食品。

本书内的食谱分量并没有限制，大家可按客人的多少及口味而定出每款食物的分量，各人可按自己的需要灵活变通。

祝大家有一个开心愉快的派对！

方任利莎

# 派对食谱

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# 迷你批沙

## MINI PIZZA

**材料：**面包 3~4 片，火腿 2 片，沙乐美肠少许，青、红西椒各  $\frac{1}{2}$  个，茄蓉  $\frac{1}{4}$  杯，芝士片适量，牛油少许

### 做法：

- (1) 将面包裁成小圆形，擦上少许牛油，再擦上少许茄蓉，待用
- (2) 火腿、沙乐美肠切成小块；青、红西椒切粗条，分别铺上面包面。
- (3) 将芝士切碎撒上面，将做成的迷你批沙排放上焗盘。
- (4) 用中火焗至芝士溶，略呈黄色，即成。
- (5) 亦可将上项材料排放上碟，用微波炉高火煮 1~2 分钟至芝士溶，即可上桌供食。

**Ingredients:** 3-4 slices brown bread; 2 slices ham; some salami;  $\frac{1}{2}$  piece each green and red bell pepper;  $\frac{1}{4}$  cup tomato paste; a few slices of cheese; some butter

### Method:

- (1) Cut the brown bread into small circular slices and cover with some butter and then tomato paste. Leave for later use.
- (2) Cut the ham and salami into small pieces and the green and red bell pepper into thick shreds. Place them on top of the bread slices.
- (3) Cut the cheese into small dices and sprinkle onto the top of the bread slices. Place the bread slices into an oven.
- (4) Bake with medium heat till the cheese melts and the bread slices turn slightly golden colour. Dish up and serve.
- (5) The bread slices can also be arranged on a dish and cook with high heat in a microwave oven for 1-2 minutes till the cheese melts. Serve.



火腿  
Ham



沙乐美肠  
Salami





# 热芝士水果三文治

## HOT SANDWICH WITH CHEESE AND FRUIT

**材料:** 方包 2 片, 芝士 2 片, 罐装水蜜桃 1 件, 鲜菠萝 1 小块, 奇异果 1 个

### 做法:

(1) 鲜菠萝先用稀盐水略浸, 捞出, 吸干水分, 切件; 奇异果去皮后和水蜜桃同切薄片, 待用。

(2) 方包切去边皮后, 分别放上 1 片芝士, 随即将上项材料放入微波炉, 以中火煮约 1 分钟至芝士溶, 取出, 保暖候用。

(3) 将上项水果料分别排放在热芝士面上, 即可盛出, 上桌供食。

**Ingredients:** 2 slices white bread; 2 slices cheese; 1 piece canned peach; 1 small piece fresh pineapple; 1 kiwi fruit

### Method:

(1) Soak the fresh pineapple briefly in dilute salt water, take out, drain dry and absorb any water. Cut into pieces. Remove the peel of the kiwi fruit and cut into thin slices. Cut the peach also into thin slices. Leave for later use.

(2) Cut away the edges of the white bread and place on top a slice of cheese. Put the bread into a microwave oven and cook with medium heat for about 1 minute till the cheese just melts. Take out and keep warm. Leave for later use.

(3) Place the fruits on top of the cheese. Dish up and serve.



奇异果  
Kiwi fruit



切片芝士  
Sliced cheese







# 烟三文鱼开面三文治

## SMOKED SALMON OPEN SANDWICH

**材料:**面包2片,烟三文鱼3~4片,黑胡椒粉适量,柠檬片、番茄片各适量(伴碟用)

### 做法:

- (1)面包切去边皮,放入多士炉内烘成多士,取出,分别涂上少许牛油,同时将每件多士切成四小件,保暖待用
- (2)将烟三文鱼切成与多士同样长度小块,留用
- (3)每件多士上置1块烟三文鱼,并撒上适量黑胡椒粉,排放上碟,伴以柠檬片及番茄片一同上桌供食。食用时可取柠檬片榨汁于三文鱼面上。

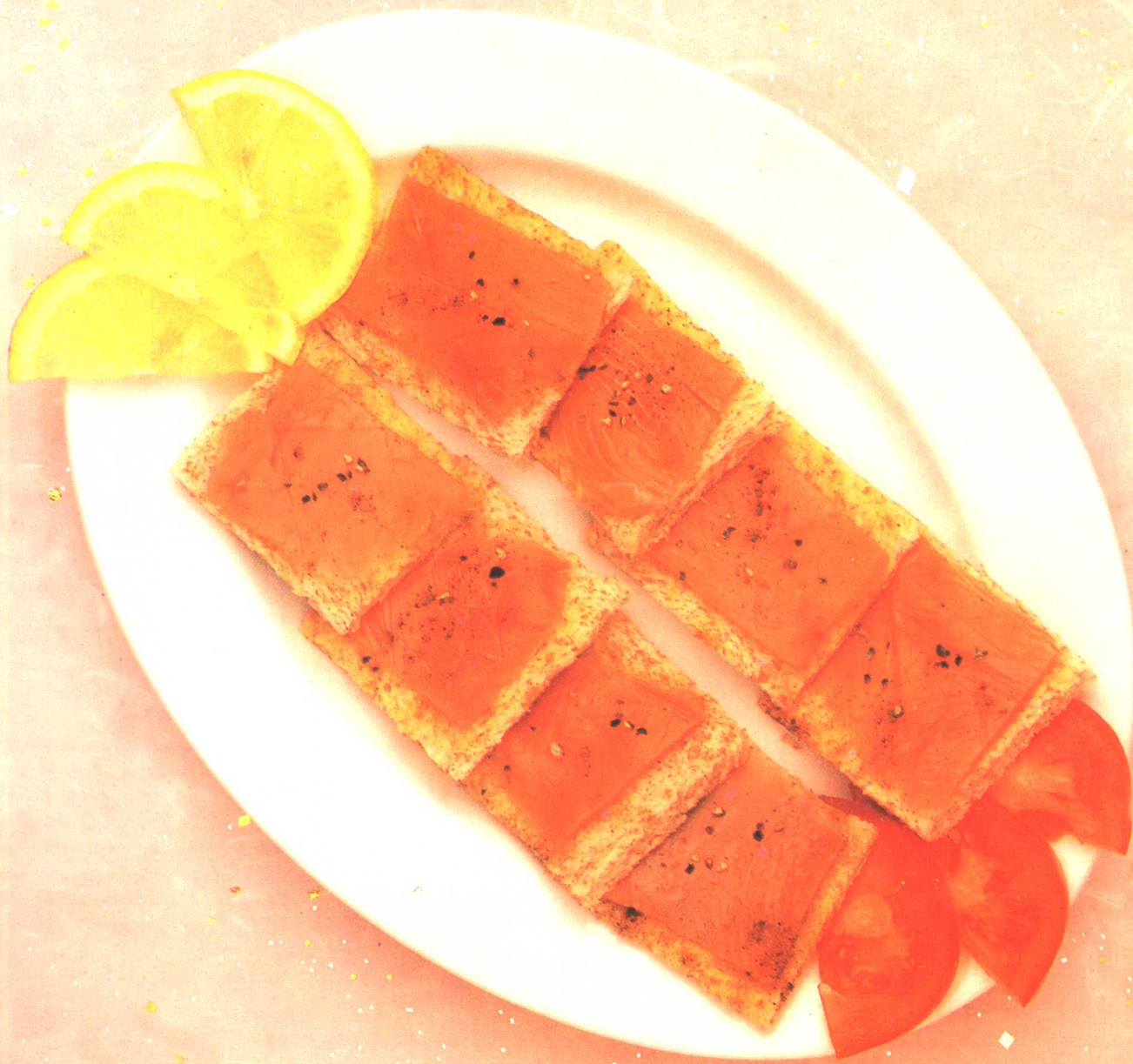
**Ingredients:** 2 slices brown bread; 3-4 slices smoked salmon; some black pepper; some lemon slices and tomato slices (for garnishing)

### Method:

- (1) Cut away the edges of the brown bread and bake in a toaster to toasts. Take out and cover with some butter. Cut each toast into 4 small pieces, keep warm for later use.
- (2) Cut the smoked salmon into small pieces of the same length as the toasts. Leave for later use.
- (3) Place a smoked salmon piece onto a toast and sprinkle with some black pepper. Arrange in a dish and place the lemon slices and tomato slices around the toasts. Serve. Lemon juice may be squeezed onto the salmon when eaten.



烟三文鱼  
Smoked salmon



# 韭菜脆角

## FRIED PORK SNAPS WITH LEEK

**材料：**韭菜 150 克，剁碎瘦肉 150 克，冬菇 4~5 个，春卷皮适量，鸡蛋 1 个

**腌料：**生抽 1 茶匙，胡椒粉生粉各少许

**调味料：**生抽 2 茶匙，糖  $\frac{1}{3}$  茶匙

**做法：**

- (1) 洗净韭菜，切成小粒；冬菇浸软去蒂，切成小粒。
- (2) 碎肉加入腌料拌匀，待用。
- (3) 烧热 2 汤匙油，爆炒冬菇、碎肉，放入调味料。
- (4) 将韭菜粒加入上项材料中炒拌均匀，即成馅料。
- (5) 将春卷皮剪成约 4 厘米长条，捏成三角形，放入馅料，用蛋汁封口。
- (6) 将上项材料放入热油中炸至呈金黄色即成。

**Ingredients:** 150 g (5 oz) leek; 150 g (5 oz) minced pork; 4-5 black mushroom; some spring roll wrappings; 1 egg

**Seasonings:** 1 tsp light soy; some pepper and cornflour

**Sauce:** 2 tsp light soy;  $\frac{1}{3}$  tsp sugar

**Method:**

- (1) Wash the leek thoroughly and cut into dices. Soak the black mushrooms till soft. Remove the stalk and cut into dices.
- (2) Add the seasonings into the minced pork. Mix well and leave for later use.
- (3) Saute the mushrooms and pork with 2 tbsp hot oil. Add the sauce.
- (4) Add the leek dices and fry well to form the filling.
- (5) Cut the spring roll wrappings into pieces of about 4 cm (1½ inches) long and fold each piece into a triangular pack. Put the filling into the packs and seal the opening with whisked egg.
- (6) Deep fry the packs in hot oil till their colour turns golden. Serve.



韭菜  
Leek



春卷皮  
Spring roll wrappings







# 冬菜肉馅饼

## PRESERVED CABBAGE AND MEAT CAKE

**材料:** 半肥瘦猪 455 克, 冬菜 2 汤匙, 姜米 1 茶匙, 葱粒 1 汤匙, 面粉约 455 克, 温水适量

**调味料:** 生抽 1½ 汤匙, 胡椒粉、麻油各少许, 生粉½汤匙, 水½汤匙

### 做法:

- (1) 洗净半肥瘦猪肉, 切小粒, 再剁碎, 放入调味料搅拌均匀, 可放入雪柜冰冻片刻。
- (2) 将冬菜、姜米、葱料加入上项材料中同拌匀, 即成馅料。
- (3) 面粉留起半杯作爽手用, 其余筛匀放入大碗中, 加入适量温水搓成粉团, 放置片刻, 即成皮料。
- (4) 将皮料分成小份, 包入适量馅料, 压扁成饼状。
- (5) 烧热锅, 放入少许油, 将馅饼放入半煎炸至熟, 即可供食。

**Ingredients:** 455 g (1 lb) pork; 2 tbsp preserved cabbage; 1 tsp minced ginger; 1 tbsp spring onion dices; 455 g (1 lb) flour; some warm water

**Seasonings:** 1½ tbsp light soy; some pepper and sesame oil; ½ tbsp cornflour; ½ tbsp water

### Method:

- (1) Wash thoroughly the pork, cut into small pieces and then mince. Add the seasonings and mix well. Put into the refrigerator to chill for a while.
- (2) Then add the preserved cabbage, minced ginger and spring onion dices and mix well to form the filling.
- (3) Put aside ½ cup flour for drying the hands. Sieve the rest of the flour into a big bowl, add some warm water and mix to form a dough. Leave for a while.
- (4) Divide the dough into small portions and insert the filling. Press flat into cake shape.
- (5) Heat the wok and add some oil. Fry the cakes till cooked. Serve.



碎猪肉  
Minced pork



冬菜  
Preserved cabbage



# 香叶炸鸡翼

## FRIED SPICY CHICKEN WINGS

**材料:** 小个鸡翼 380~455 克, 干葱蓉 1 茶匙, 蒜蓉  $\frac{1}{2}$  茶匙, 亚拉根奴香粉(或百里香)2 茶匙

**调味料:** 绍酒  $\frac{1}{2}$  汤匙, 生抽 2 汤匙, 盐  $\frac{1}{3}$  茶匙, 麻油、胡椒粉各少许

### 做法:

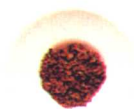
- (1) 洗净鸡翼, 抹干, 放入干葱蓉、蒜蓉、亚拉根奴香粉及调味料拌匀, 腌约 45~60 分钟(最好腌过夜), 备用。
- (2) 将腌透的鸡翼沥干汁液, 随即放入大热油内炸至微金黄、酥脆及熟, 即捞起, 吸干油分, 排放上碟, 伴以喼汁或茄汁一同上桌供食。

**Ingredients:** 380-455 g (13-16 oz) small chicken wings; 1 tsp minced shallots;  $\frac{1}{2}$  tsp minced garlic; 2 tsp oregano or thyme

**Seasonings:**  $\frac{1}{2}$  tbsp Shaoxing wine; 2 tbsp light soy;  $\frac{1}{3}$  tsp salt; a little sesame oil and pepper

### Method:

- (1) Wash the chicken wings and wipe dry. Add the minced shallots, minced garlic, oregano and seasonings and mix well. Marinate for 45-60 minutes (or overnight) and leave for later use.
- (2) Drain the marinated chicken wings dry and deep fry in hot oil till they turn golden in colour and become crispy and cooked. Take the chicken wings out and drain away the oil. Arrange in a dish and serve with worcester sauce or ketchup.



百里香  
Thyme



鸡翼  
Chicken wings







## 串烧双丸

## DOUBLE BALL STRINGS

**材料:**牛丸、鱼丸(或墨鱼丸)共455~530克,姜2片,葱段1条,卤水料1份,竹签数枝

**蘸汁料:**咖喱酱、酸甜酱各适量

**卤水料:**水1½杯,生抽½杯,老抽½杯,绍酒3汤匙,冰糖(或片糖)40克,花椒1茶匙,八角2粒,桂皮2片

**做法:**

(1)先用一小碟分别盛载咖喱酱和酸甜酱。

(2)牛丸、鱼丸一同用清水略冲净,吸干水分,同时用竹签将牛丸、鱼丸相隔穿起成双丸串,待用。

(3)烧热少许油,爆香姜片及葱段,注入卤水料,用文火滚约30分钟至出味,捞出花椒、八角及桂皮等。

(4)将处理好的双丸串放入上项卤水料内,以文火浸煮至材料入味及够热,盛出,沥干汁液,排放上碟,可随意淋上少许麻油,伴以蘸汁料一同上桌供食。

**注:**卤水汁及蘸汁料亦可用现成的。

**Ingredients:** 455-530 g (16-19 oz) beef ball and fish ball (or cuttlefish ball); 2 slices ginger; 1 stalk spring onion (sectioned); 1 portion seasonings; a few bamboo sticks

**Sauces:** Some curry sauce and sweet and sour sauce

**Seasonings:** 1 ½ cup water; ½ cup light soy; ¼ cup dark soy; 3 tbsp Shaoxing wine; 40 g (1 oz) rock sugar (or sugar slabs); 1 tsp Chinese prickly ash; 2 aniseed; 2 slices cinnamon bark

**Method:**

(1) Put the curry sauce and sweet and sour sauce in separate small dishes.

(2) Wash beef balls, fish balls and drain dry. Pierce through a few beef balls and fish balls alternately with the bamboo sticks to form a string.

(3) Saute the ginger slices and spring onion sections with a little oil. Add the seasonings and boil with gentle heat for about 30 minutes till the flavour comes out. Take out the Chinese prickly ash, aniseed and cinnamon bark.

(4) Dip the strings into the seasonings and boil with gentle heat till the flavour is absorbed and hot. Take out and drain dry. Arrange the strings in a dish and pour over with a little sesame oil. Serve with the sauces.

**Note:** The seasonings and sauces can use ready made ones.



牛丸  
Beef ball



鱼蛋  
Fish ball