



经典系列

现代人食谱
COOKBOOK FOR MODERN

PEI MEI'S

培梅食谱

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顶级美食大师——傅培梅经典

中华美食尽在其中

傅培梅 ◆ 著



中国轻工业出版社

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全献家常味道

顶级美食大师——傅培梅经典

中华美食尽在其中

傅培梅 ◆ 著

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5

录

1 大匙 $\approx$ 5 克
1 茶匙 $\approx$ 2 克
1 杯 $\approx$ 250 毫升



6 江浙风味菜

Jiangsu and Zhejiang

- | | |
|-------------------------------------|------------------------------------|
| 7/ 醉鸡 | 18/ 松鼠黄鱼 |
| Wined Chicken | Sweet & Sour Boneless Fish |
| 8/ 纸包鸡 | 19/ 醋熘鱼卷 |
| Paper Wrapped Chicken | Fish Rolls with Sweet & Sour Sauce |
| 9/ 菠萝烧嫩鸡 | 20/ 炸虾球 |
| Stewed Chicken with Pineapple Sauce | Deep Fried Shrimp Balls |
| 10/ 核桃炸鸡片 | 21/ 茄汁明虾 |
| Deep Fried Chicken with Wal-nuts | Prawns with Tomato Sauce |
| 11/ 红烧鸭 | 22/ 蟹黄菜心 |
| Stewed Duck with Brown Sauce | Green Cabbage with Crab Sauce |
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| Braised Pork Shank | Assorted Dish with Brown Sauce |
| 13/ 糖醋排骨 | 24/ 红扒鹌蛋 |
| Sweet & Sour Spareribs | Quail Eggs in Brown Sauce |
| 14/ 走油扣肉 | 25/ 奶油白菜 |
| Mold Pork with Brown Sauce | Cabbage with Cream Sauce |
| 15/ 扣三丝 | 26/ 什锦素烩 |
| Mold Tri-color Soup | Saut'e Mixed Vegetables |
| 16/ 苏式熏鱼 | 27/ 干贝萝卜球 |
| Deep Fried Fish Suzhou Style | Scallops with Turnip Balls |
| 17/ 西湖醋鱼 | |
| West Lake Fish | |

江浙风味菜

Jiangsu and
Zhejiang

Wined Chicken

醉鸡

材料

嫩鸡 1/2 只 (1000 克左右)

调味料

盐 1 大匙, 酒 2 杯 (黄酒, 日本清酒亦可)

冷鸡汤 3 杯, 虾油或鱼露 1/2 杯

做法

1. 鸡洗净、擦干水分, 将盐均匀撒下, 用手指搓揉均匀, 腌 2 小时左右。
2. 鸡放在一只大碗中, 置入水已沸滚的蒸锅中, 用大火蒸 20 分钟至熟。
3. 将已蒸熟的鸡取出, 盖上湿毛巾, 待其冷却后分切成 2~3 大块, 再整齐地放进一只深钵或大碗中。
4. 将蒸出的鸡汁倒入鸡块中 (需过滤一次, 勿使杂质进入), 再将预备的冷鸡汤、酒和虾油也倒入, 混合均匀, 盖上盖子, 放入冰箱中浸 12 小时以上 (浸到 6 小时后可将鸡块上下调动位置, 以使每块鸡均能浸到酒汤)。
5. 食用时将鸡块取出一两块, 剁成长方块, 排在菜盘内, 并浇上 1 大匙酒汤即可食用。

注

1. 鸡也可以用大量的水煮至熟, 煮的鸡汤可以直接放凉来用。
2. 泡鸡的汤汁可以久放, 也可做浸泡第二只鸡用, 但每次浸泡时间最好不要超过 3 天, 以免酒味太重。

Ingredients

1/2 chicken (about 1 kg)

Seasonings

1T. salt, 2C. wine (Chinese Shao-Shing wine or Japanese wine), 3C. cold chicken stock (1 cup = 250ml), 1/2C. fish sauce

Procedures

1. Clean and pat dry the chicken. Rub it over with salt. Let it stand for about 2 hours.
2. Put chicken in a bowl, steam it over high heat for about 20 minutes.
3. Remove chicken from bowl, cover with a wet cloth, let it cool, then cut it into 2~3 large pieces, lay in a deep bowl.
4. Strain chicken broth from the steamed chicken into the deep bowl. Add chicken stock, wine, and fish sauce, mix well, cover and keep it in refrigerator for about 12 hours. Turn the chicken over once after 6 hours.
5. Remove 1 or 2 pieces of chicken, cut into pieces. Lay on a serving plate and pour over chicken with 1T. wine brine.

NOTE

1. You may boil the chicken with 6~7 cups of water instead of steam it. Then use the soup stock directly.
2. The wine brine can be saved and used again. It is advisable not to soak the chicken any longer than 3 days, otherwise the flavor of wine might be too strong.





纸包鸡

材 料

鸡胸肉1片(或鸡腿1只)约300克,熟火腿1小块,香菇2朵,香菜叶12片,玻璃纸(10厘米见方)12小张,香油2大匙

调味料

酱油2大匙，盐1/4茶匙，糖1/2茶匙
酒1大匙，胡椒粉1/4茶匙

做法

1. 鸡肉切成3厘米×5厘米的大薄片（共12片），全部放在碗里，加入调味料拌匀，腌15分钟。
2. 香菇用温水泡软之后去蒂，每片切成6个三角形。
3. 熟火腿（也可用西式火腿）也切成相仿大小的尖角小片12片。
4. 在玻璃纸的中央先刷上少许香油，放上香菜叶、香菇及火腿各一片，然后盖上一片鸡肉。先将玻璃纸两个尖角对折，再将两边向内折起，包裹成长方形小包。
5. 将油烧至八分热，投入纸包，需正面朝下投入，用小火慢炸，约2分钟，至鸡肉已变白而够熟时捞出，沥干油，排入盘内（盘边可用蔬菜叶装饰）。

注

喜欢的话，可以保留鸡皮一起切成片，包的时候鸡皮面要朝下放。

Ingredients

300g.chicken breast (or 1 chicken leg),1 piece ham
2 black mushrooms,12 parsley leaves,12 pieces
cellophane paper(10cm × 10cm),2T.sesame oil

Seasonings

2T.soy sauce,1/4 t.salt,1/2 t.sugar
1T.wine,1/4 t. black pepper

Procedures

1. Cut the chicken into 3cm x 5cm slices, marinate with seasonings for about 15 minutes.
2. Soak mushrooms with water, then remove the stems. Cut each piece into 6 small triangular pieces.
3. Slice the ham into 12 small pieces, the same size as mushrooms.
4. Brush some sesame oil on cellophane paper, arrange one piece of parsley leaf, one piece of mushroom and one piece of ham on the paper, then place one piece of chicken on the top, fold and pack it into rectangular package.
5. Heat 4 cups of oil to 160°C to deep-fry the chicken packages for about 2 minutes, drain and place on a plate, serve.

NOTE

You may cut the chicken with the skin, and wrapped it with skin side down.

菠萝烧嫩鸡





核桃炸鸡片

鸡胸肉 300 克，去皮核桃仁（或腰果、杏仁）120 克，炸油 4 杯，花椒盐 1 茶匙

蛋清 1 个
酒 1/2 大匙
盐 1/2 茶匙
淀粉 2 大匙

1. 鸡肉去皮除筋后，用刀片切成3厘米×5厘米的片，用调匀的调味料拌匀，腌约15分钟。
2. 将核桃仁斩切成白米大小的粒，放在盘子上。
3. 将鸡肉片两面沾满核桃粒，投入已烧至七分热的炸油中，以小火慢慢地炸黄（约1分钟）。附上少许花椒盐上桌以供蘸用。

1. 可以用现成的杏仁角和杏仁片代替核桃或腰果。
2. 花椒盐是将花椒粒炒香(干锅小火炒),加三倍量细盐再焙炒黄,盛出后待冷,研磨成粉。或将盐焙炒一下,直接加入花椒粉拌匀(亦可加入少许五香粉)。

300g.chicken breast,120g.walnuts or cashew nuts
4C.oil,1t.brown peppercorn salt

1 egg white, 1/2T.wine, 1/2t.salt, 2T.cornstarch

1. Remove the skin and membrane from chicken meat, slice into 3cm x 5cm pieces, marinate with mixed seasonings for about 15 minutes.
2. Chop walnut or cashew nuts into small pieces, the size about a rice.
3. Coat the chicken pieces with chopped walnuts, then deep fry over low heat for about 1 minute or until golden brown, drain. Serve with brown pepper corn salt.

1. You may use chopped almond or almond slices instead of walnut.
2. Brown peppercorn salt is very useful in Chinese food, usually serve with fried or roasted dishes. To make brown pepper corn salt: stir fry 1T. brown pepper corn in a dry frying pan over low heat for about 1 minute, add salt, stir for a little while, remove and let it cool. Grind it and sift with a very fine sieve. Or just mix brown pepper corn powder with stir fried salt.

红烧鸭

鸭1/2只，葱4根，姜3片
八角1颗，炸油4杯，香菜少许

酱油5大匙，酒2大匙，冰糖2大匙
盐1/2茶匙，清水5杯，香油1/2茶匙

1. 将鸭洗净，擦干水分，用酱油涂抹全身并腌泡半小时，务使鸭皮每一处均能着上酱油色。
2. 炸油烧热，投入鸭子，以大火炸至表皮全部呈金黄色后取出，油倒出。
3. 把泡鸭的酱油倾入锅中，再加放葱、姜片、八角、酒，同时注入清水，煮滚后再将鸭子放入同烧。
4. 待汤汁再烧滚后改成小火，烧煮约1小时，然后加入盐及冰糖，再继续烧煮约1/2小时，至汤汁仅剩下2/3杯时为止。
5. 将鸭装盘（用铲子略压、使鸭子呈扁平状），再浇上锅中的汤汁（汁中需先淋下香油），并饰以香菜或炒过的青菜即成。

1. 配上炒熟并调味的青菜,可增加色彩,营养也均衡。
2. 可将鸭放凉后斩切成小块装盘,作为冷盘菜用。

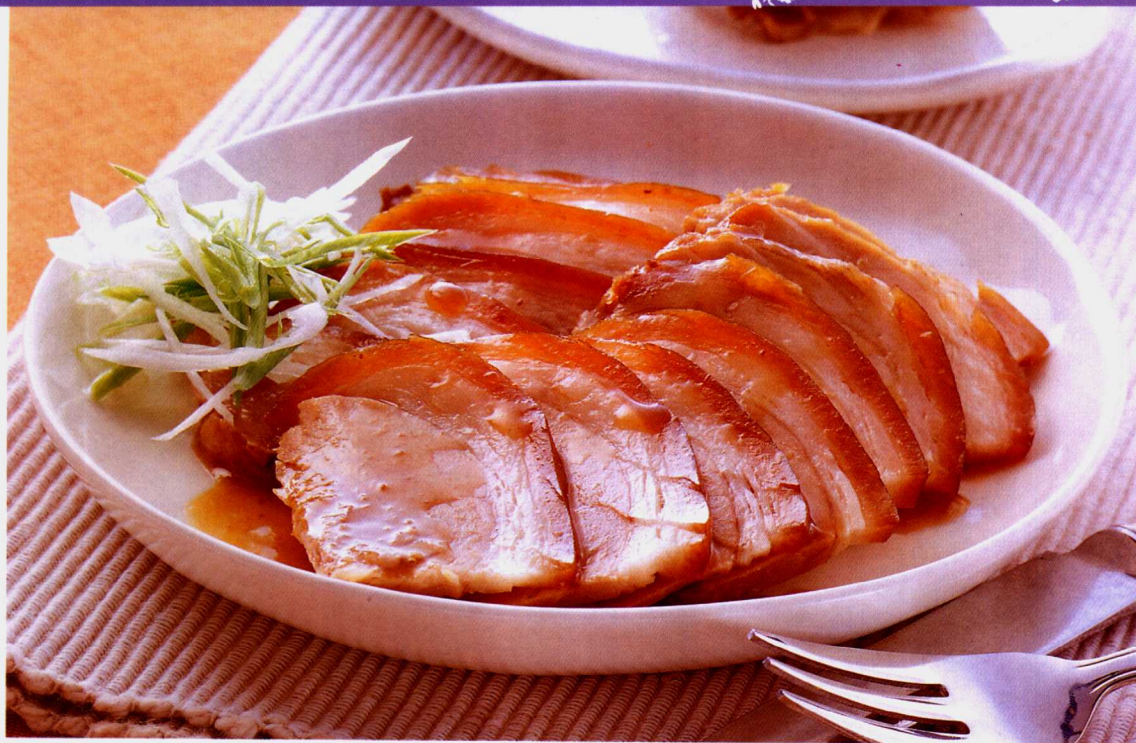
1/2 duck, 4 stalks green onion, 3 slices ginger
1 star anise, 4C. oil, parsley

5T.soy sauce,2T.wine,2T.rock sugar
1/2t.salt.5C.water.1/2t.sesame oil

1. Clean duck,rub and soak with soy sauce for about 1/2 hour,reserve the soy sauce.
2. Deep fry the duck with hot oil until brown.Remove duck and drain off the oil.
3. Add remaining soy sauce to a wok,then add green onions,ginger,star anise,wine,and 5 cups of water,bring to a boil,put the duck back to wok.
4. Cover with a lid and stew for about 2 hours over very low heat.Add sugar and salt after 1 hour.
5. When the sauce reduced to 2/3 cup,remove duck to the serving plate.Splash sesame oil into the sauce,mix and pour over duck.Decorate with some parsley or stir fried green vegetables.Serve.

1. You may stir fry some green vegetable and place around duck to make it more colorful.
2. You may cut the duck to small pieces and serve as and appetizer.





酱

肉

连皮前腿小蹄膀(肘子) 1 个, 棉绳 2 条

甜面酱2大匙，酱油3大匙，绍兴酒1大匙
冰糖1大匙，八角1颗，桂皮1块

1. 连皮前腿蹄膀一个，先洗净、擦干水分。用棉绳将蹄膀绑紧，再用甜面酱抹在肉的四周，用力搓揉，放置腌2~3个小时。
2. 在深底小锅内，放入酱油、酒、八角、桂皮煮滚，再将蹄膀落锅同煮一下，随后加入滚水3杯，改用小火慢慢烧，约半小时后加入冰糖，再继续以小火煨煮1个半小时左右（需不时加以翻面）。
3. 煨煮至锅中汤汁仅剩下半杯，而汁已非常黏稠时，关火。待肉冷透后取出，用利刀切成大薄片排盘（汤汁可浇在肉面上）。

醬肉除了可做冷盤之外，最適合夾在燒餅內食用，也可用薄餅或油餅包卷而食。

1 small pork shank, 2 strings

2T.sweet soy bean paste,3T.soy sauce,1T.wine
1T.rock sugar,1 star anise,1 piece cinnamon

1. Rinse and wipe dry the pork shank, tie it with the strings to make pork shank into a round shape. Brush sweet soy bean paste on shank, marinate for about 2~3 hours.
2. Boil soy sauce, wine, star anise and cinnamon in a pot, add pork shank, cook for a while, add 3 cups of boiling water in, cook over low heat for about 30 minutes, add rock sugar, continue to stew for about 1 hour and 30 minutes, pour the sauce over pork frequently while stewing.
3. When the sauce reduce to 1/2 cup, turn off the heat. Remove the pork after it gets cool, slice it and arrange on a plate. (You may pour some sauce over pork)

This kind of pork may be served with buns, or green onion pies. Roll the pork up and eat.

走油扣肉

猪五花肉 500 克
青菜（豆苗或菠菜、油菜心） 300 克
葱段 4 根，姜片 2 片，八角 1 颗，炸油 4 杯

酱油5大匙，糖2茶匙
酒1大匙，盐1/4茶匙
水淀粉2茶匙，香油1/4茶匙

1. 五花肉洗净，放入锅中，加清水（要能淹过肉块），用大火煮熟（约30分钟），捞出。
2. 待稍凉时拭干表皮的水分，再浸泡在酱油内上色，投入已烧热的油中炸黄（约2分钟，需用锅盖先盖一下，以免油爆到身上）。炸好后捞出，马上泡在冷水中（皮面向下）约30分钟，见皮起了皱纹与水泡、同时也变软为止。
3. 将五花肉切成大薄片，全部排列在中型蒸碗中，然后放上糖、酒、葱段、姜片、八角及泡肉的酱油，放入蒸锅内用大火蒸1个半小时以上，至肉软烂为止。
4. 把肉端出，先将碗中的汤汁慢慢地倒入炒锅中煮滚，并用水淀粉勾芡，滴下少许香油。碗中的肉倒扣在盘中，浇上芡汁。
5. 青菜用油炒熟，加盐调味，盛放盘中。

500g.pork(bacon part)
300g.green vegetable(spinach or green cabbage)
4 green onion(1" long),2 slices ginger,1 star anise

5T.soy sauce,2t.sugar,1T.wine,1/4t.salt
2t.cornstarch paste,1/4t.sesame oil

1. A piece of pork cook with water for about 30 minutes.
2. Remove pork, let it cool a little, and then marinate it with soy sauce until it becomes brown. Save the soy sauce. Deep fry the pork in very hot oil for about 2 minutes until skin is very brown. Remove and soak in cold water (with the skin side down) for about 1/2 hour until the skin becomes wrinkled and soft.
3. Cut the soaked pork into large thin slices. Arrange those slices in a bowl. Add sugar, wine, green onion, ginger, star anise and soy sauce, steam over high heat for at least 1.5 hours until meat is tender.
4. Pour the broth (from the steamed meat) into a sauce pan. Bring to a boil, chicken it with corn-starch paste. Add a few drops of sesame oil. Turn the steamed pork over on a serving plate, pour the sauce over the meat.
5. Stir fry some green vegetable and season with salt. Arrange it with the pork, serve hot.