

最畅销食谱
最新版



广西科学技术出版社

快趣食谱

方太食谱

LISA YAM'S COOK BOOK
QUICK AND INTERESTING RECIPES

方任利莎 著



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方太食谱

快趣食谱

作者：方任利莎

摄影：于港民

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序

FOREWORD

现代的家庭主妇都希望能在极短的时间内煮好一顿丰富的晚餐，与家人一同享用，尤其是年轻的已婚女性，她们不但要外出工作，下班后还要到菜市买菜，回家后又费一段时间才能做好菜，到那时，已是食不知其味了。

不少读者及观众要求我为她们介绍一些做法简单快捷又可口、营养丰富的食谱，故此我特别为大家创制了“快趣”食谱。

所谓“快趣”并不表示马虎，我在书中所提供的菜式，不但省时，而且色、香、味俱全，所用的材料多样化，既精致又营养丰富。有些菜式甚至利用罐头食品加工制作美味佳肴，非常省时方便。

诚意将本书献给主妇们，希望你们喜欢。

祝福大家！

方任利莎

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海鮮

SEAFOOD



时菜炒鱼球

FRIED FISH FILLETS WITH VEGETABLE

材料: 净鱼肉 300 克, 时菜 380 克, 蒜肉 2 粒, 葱 1 根 (切段), 胡萝卜花少许

腌料: 盐 $\frac{3}{4}$ 茶匙, 酒 1 茶匙, 麻油少许, 生粉 $1\frac{1}{2}$ 茶匙

汁料: 上汤或清水 $\frac{1}{4}$ 杯, 盐 $\frac{1}{3}$ 茶匙, 糖 $\frac{1}{4}$ 茶匙, 生粉 $\frac{1}{3}$ 茶匙, 麻油少许

做法:

- (1) 将鱼肉切成大骨牌状, 放入腌料拌匀。
- (2) 时菜摘洗净, 用已放入盐和油的水焯熟或炒熟。
- (3) 将鱼肉泡嫩油后捞起, 待用。
- (4) 用蒜肉起锅, 放入鱼球回锅, 倒下芡汁料, 加入时菜炒匀后即可上碟。

Ingredients: 300g (11 oz) fish fillets; 380g (13 oz) in season vegetable; 2 cloves of garlic; 1 stalk of spring onion (sectioned); a pick of carrot slices

Seasonings: $\frac{3}{4}$ tsp salt; 1 tsp wine; a little sesame oil; $1\frac{1}{2}$ tsp cornflour

Sauce: $\frac{1}{4}$ cup of fine stock or water; $\frac{1}{3}$ tsp salt; $\frac{1}{4}$ tsp sugar; $\frac{1}{3}$ tsp cornflour; a pinch of sesame oil

Method:

- (1) Cut the fish fillets into thick slices and marinate with the seasonings.
- (2) Section the vegetable. Cook by boiling in water with salt and oil or by frying.
- (3) Fry the fish in hot oil. Take out and leave for later use.
- (4) Fry the garlic in a hot wok. Put the fish into the wok, add the sauce and vegetable. Fry well. Dish up and serve.



鱼肉
Fish fillets



柠汁吉列池鱼

DEEP FRIED POND FISH CUTLET

材料: 大条池鱼 4~6 条, 柠檬 1 个, 鸡蛋 1~2 个, 面包糠 ½ 杯

腌料: 盐、胡椒粉各少许

调味料: 糖 2 茶匙

做法:

- (1) 池鱼剖肚去头, 剖开腹部除去大骨, 洗净, 抹干水分。
- (2) 放入腌料, 将鱼肉拌匀, 沾上干粉后, 再沾蛋汁。
- (3) 将沾上蛋汁的鱼肉沾上面包糠, 放入热油中炸至香脆上碟。
- (4) 柠檬外皮磨成蓉, 果肉榨汁, 与调味料同混合, 即可与鱼配合共食。

Ingredients: 4-6 large pond fish; 1 lemon; 1-2 eggs; ½ cup of bread crumbs

Seasonings for fish: A pinch of salt and pepper

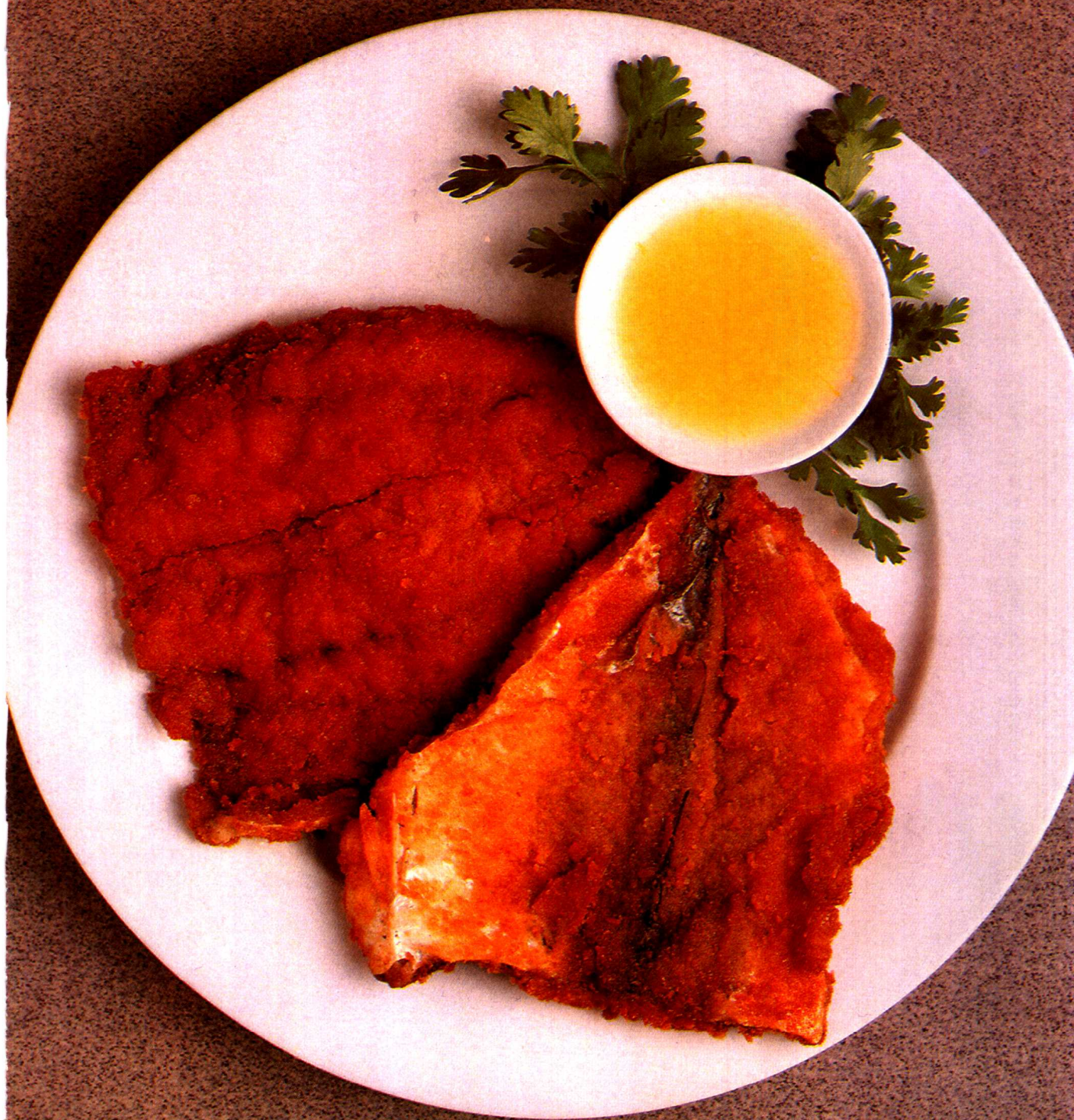
Seasonings: 2 tsp sugar

Method:

- (1) Remove the heads, internal organs and the large bones from the fish. Wash thoroughly and wipe dry.
- (2) Marinate the fish with the fish seasonings. Dust the fish with cornflour and then dip into the whisked egg.
- (3) Dust the fish with bread crumbs. Deep fry in hot oil till crispy. Dish up.
- (4) Squeeze juice from the lemon and then mash its skin. Mix the seasonings with the lemon juice and the mashed lemon skin as the sauce for serving the fish.



池鱼
Pond fish



碧绿红衫鱼



红衫鱼
Golden thread

FRIED GOLDEN THREAD FISH WITH VEGETABLE

材料：红衫鱼 455 克，黄瓜 1 根约重 150 克，红椒丝少许，蒜肉 1 粒剁碎

调味料：白米醋 2 汤匙，盐 $\frac{1}{3}$ 茶匙，糖 $1\frac{1}{2}$ 汤匙，水 $\frac{1}{4}$ 杯，生粉少许埋芡

做法：

- (1) 红衫鱼去鳞剖净，用少许盐腌匀。
- (2) 黄瓜洗净剖开，挖去籽，切成斜薄片。
- (3) 将锅烧至极热，放入油，将红衫鱼煎至两面金黄色熟透，盛起。
- (4) 洗净锅再烧热后，放入约 $\frac{1}{2}$ 汤匙油，将黄瓜、蒜肉放入略炒，倒入调味料、红椒丝，埋薄芡后即可倒在鱼面上。

Ingredients: 455g (1 lb) Golden Thread fish; 1 cucumber about 150g (5 oz); a pinch of red chilli shreds; 1 clove of garlic (mashed)

Seasonings: 2 tbsp white rice vinegar; $\frac{1}{3}$ tsp salt; $1\frac{1}{2}$ tbsp sugar; $\frac{1}{4}$ cup of water; a pinch of cornflour for making a cornflour solution

Method:

- (1) Remove the scales and internal organs of the fish. Marinate with a little salt.
- (2) Wash the cucumber and open it to remove the seeds. Cut into slices.
- (3) Heat the wok to red hot, add in oil, and fry the fish thoroughly till both sides become golden colour. Dish up.
- (4) Wash the wok and heat again. Add $\frac{1}{2}$ tbsp oil, put in the cucumber slices and mashed garlic and fry briefly. Add the seasonings, red chilli shreds and the cornflour solution and mix well. Pour the solution over the fish and serve.



番茄金线鱼

FRIED GOLDEN THREAD FISH WITH TOMATO

材料: 金线鱼 (即红衫鱼) 2 条约重 605 克, 番茄 2 个重约 150 克, 葱 2 根, 姜 2 片

调味料: 盐 $\frac{1}{3}$ 茶匙, 生抽 1 茶匙, 茄汁 $1\frac{1}{2}$ 汤匙, 糖 2 茶匙, 水 $\frac{1}{2}$ 杯, 胡椒粉少许

做法:

- (1) 金线鱼去鳞, 剖肚洗净, 抹上少许盐略腌。
- (2) 番茄洗净切成块, 去籽; 葱切段; 姜切丝。
- (3) 用热油将鱼煎透, 盛起上碟。
- (4) 用少许油爆炒葱段及姜丝, 放入番茄块、调味料, 煮至番茄软且汁浓时, 盛在鱼面上即成。

Ingredients: 2 Golden Thread fish about 605g (1 $\frac{1}{4}$ lb); 2 tomatoes about 150g (5 oz); 2 stalks of spring onion; 2 slices of ginger

Seasonings: $\frac{1}{3}$ tsp salt; 1 tsp light soy; $1\frac{1}{2}$ tbsp ketchup; 2 tsp sugar; $\frac{1}{2}$ cup water; a pinch of pepper

Method:

- (1) Remove the scales and internal organs of the fish. Wash thoroughly and marinate with a pinch of salt.
- (2) Wash thoroughly the tomatoes and cut into slices. Remove the seeds. Section the spring onion and shred the ginger slices.
- (3) Fry the fish thoroughly in hot oil. Dish up.
- (4) Saute the spring onion sections and ginger shreds with a little oil. Add tomato slices and the seasonings and cook till the tomato slices become very soft and the sauce thick. Pour over the fish and serve.



番茄
Tomato



煎煮沙鯪

FRIED LEATHER JACKET FISH



沙鯪
Leather jacket fish



中国芹菜
Chinese celery

材料:沙鯪仔 455 克, 中国芹菜 1 棵, 葱 1 根, 蒜肉 2 粒, 芫荽 1 棵, 咸菜少许(可随意)

调味料:盐 $\frac{1}{2}$ 茶匙, 生抽 2 茶匙, 胡椒粉少许, 水 $\frac{3}{4}$ 杯

做法:

- (1)沙鯪仔剥皮剖肚,洗净沥干水分,用 $\frac{1}{2}$ 茶匙盐略腌。
- (2)芹菜去叶,与葱同切成段;蒜肉切片。
- (3)烧热 2 汤匙油,将沙鯪仔放入煎香,再加上葱段、芹菜、蒜肉同爆香,洒上酒,放入咸菜及调味料、水略煮片刻,加入芫荽段即可上碟供食。

Ingredients: 455g (1 lb) leather jacket fish; 1 Chinese celery; 1 stalk of spring onion; 2 cloves of garlic; 1 stalk of parsley; a pinch of salted vegetable (optional)

Seasonings: $\frac{1}{2}$ tsp salt; 2 tsp light soy; a pinch of pepper; $\frac{3}{4}$ cup of water

Method:

- (1) Remove the skin and internal organs of the fish. Wash thoroughly and drain dry. Marinate with $\frac{1}{2}$ tsp salt.
- (2) Remove the leaves of the celery and cut into sections. Section also the spring onion. Slice the garlic.
- (3) Heat 2 tbsp oil and fry the fish till crispy. Add the spring onion and garlic and saute. Then sprinkle with wine and add the seasonings, shredded salt vegetable and water to cook for a while. Add parsley and dish up to serve.

