

Eating At Home Tonight

今日晚餐

帮您设计健康合理的晚餐

林淑珠 著



现代人食谱

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香烤里脊

材料

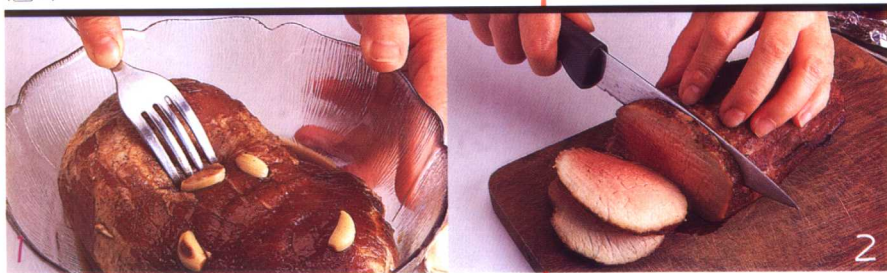
猪里脊肉 600 克、大蒜 5 瓣

调味料

A 料：米酒 1 大匙，盐、糖、五香粉各 1 小匙，
酱油 3 大匙

作法

1. 大蒜去皮、切片；猪里脊肉洗净，均放入碗中，用叉子插数下(图1)，加A料腌拌均匀，移入冰箱中冷藏2小时。
2. 待里脊肉腌至入味后取出，放入烤盘中，再移入烤箱以200℃烤40分钟，取出，待凉切片即可。(图2)



小秘诀 TIPS

里脊肉质地柔嫩，烤前用叉子插几下再腌拌，比较容易入味。

Ingredients

1.4 lbs. Pork Tenderloin, 5 cloves garlic

Seasonings

Seasonings A: 1T cooking wine, 1t Salt, 1t Sugar, 1t five spices powder, 3T soy sauce

Methods

1. Remove skin from garlic, cut into pieces; rinse pork tenderloin, put pork and garlic into a bowl, inserted with fork, marinate in seasoning A then store in refrigerator for 2 hours.
2. Remove pork to oven, bake at 200 degree for 40 minutes, remove and slice.

The texture of pork tenderloin is tender; so flavor can be easily absorbed after pork is inserted.



香烤里脊

豆豉蒸小排

材 料

小排骨 600 克、大蒜 2 瓣、豆豉 1 小包、红辣椒 1 个

调 味 料

A 料：淀粉 1 大匙

B 料：米酒 1 大匙、酱油 2 大匙、糖 1 小匙

作 法

1. 排骨洗净、沥干，放入碗中加 A 料抓拌(图1)；大蒜去皮、切末；红辣椒洗净去子、切薄片。
2. 锅中倒 1 大匙油，放入蒜末和豆豉炒香(图2)，加入排骨和 B 料炒匀，熄火盛入盘中，移入蒸锅隔水蒸 20 分钟，取出，撒上红辣椒片即可。



小秘诀

TIPS

小排宜选肥瘦均匀的五花排，亦即俗称的子排。烹调前先用热水氽烫一下，去除血水后再蒸煮，味道鲜美而不油腻。

食用油为烹调常用材料，以后用到时不再介绍。

Ingredients

1.4 lbs. spareribs, 2 cloves garlic, 1 package of fermented soybeans, 1 fresh chili pepper

Seasonings

Seasonings A: 1T starch

Seasonings B: 1T cooking wine, 2 T soy sauce, 1 t sugar

Methods

1. Rinse spareribs, drain, put into bowl and add A seasonings to mix well (pic1), peel garlic and mince; rinse fresh chili pepper and remove seeds, slice.
2. Heat 1T oil in wok, stir-fry minced garlic and lobster sauce until fragrant (pic2), add spare-ribs and seasoning B to mix well; heat out and remove to serving plate; steam in steamer for 20 minutes. Remove and sprinkle fresh chili pepper slices over spareribs.

Select spareribs with even proportions of fat and lean (above the belly pork). Before cooking, spareribs should be blanched to remove blood and reduce its greasiness.



豉 蒸 小 排

酸菜炒肉丝

材料

酸菜 200 克、猪里脊肉 150 克、红辣椒 1 个

调味料

A 料：盐半小匙、淀粉 1 小匙

B 料：糖、酱油各 1 小匙，香油半小匙

作法

1. 猪里脊肉洗净、切丝(图1)，放入碗中加A料腌拌。
2. 酸菜切片(图2)；红辣椒洗净、去蒂及子、切丝。
3. 锅中倒2大匙油烧热，放入肉丝炒熟，加入酸菜和B料炒匀，最后撒上红辣椒丝即可。



小秘诀

TIPS

腌酸菜可取新鲜的大白菜，加盐抓拌后，以大石头重压静置一天至脱水，加入醋和水再静置一天即成。

Ingredients

1/2 lb. pickled Chinese cabbage, 1/3 pork loin, 1 red chili pepper

Seasonings

Seasonings A: 1/2t salt, 1t starch

Seasonings B: 1t sugar, 1t soy sauce, 1/2t sesame oil

Methods

1. Rinse and shred pork loin (pic1), add seasoning A to mix well
2. Slice pickled Chinese cabbage (pic2); rinse red chili pepper, peel seed and shred.
3. Heat 3T of oil in wok, stir-fry shredded pork until cooked, add pickled Chinese cabbage and seasoning B to mix well, sprinkle red chili pepper slices over pork.

To pickle Chinese cabbage, select those fresh, add salt to mix, press a big stone on the top of Chinese cabbage to make it drain, marinate with vinegar and water for a whole day.



酸菜炒肉丝

京酱肉丝

材料

猪里脊肉 300 克、葱 3 根

调味料

A 料：米酒、酱油、淀粉各 1 小匙，盐半小匙，水 1 大匙

B 料：甜面酱 2 大匙，糖、米酒各 1 小匙

作法

1. 猪里脊肉洗净、切细丝，放入碗中加入 A 料腌拌。
2. 葱洗净、切丝(图 1)，铺在盘底。
3. 锅中倒入 1 杯油烧热，放入肉丝转中火滑熟，捞出。
4. 锅中留 1 大匙油烧热，放入 B 料炒香，加入肉丝(图 2)，拌炒均匀，盛在葱丝上即可。



小秘诀

TIPS

京酱肉丝以大火快炒前，宜以少许米酒和酱油腌拌，如此才能酱香浓郁、肉丝软嫩。

Ingredients

2/3 lb. pork tenderloin, 3 scallions

Seasonings

Seasonings A: 1t cooking wine, 1t soy sauce, 1t cornstarch, 1/2t salt, 1T water

Seasonings B: 2T sweet bean paste, 1t sugar, 1t cooking wine

Methods

1. Shred tenderloin, and marinate in seasoning A
2. Shred scallions (pic1) and line evenly on plate.
3. Blanch shredded pork through smoking oil and remove.
4. Mix seasoning B well, stir-fry in 1T of oil, return pork and stir-fry together, line on the scallions.

Shredded Pork should be marinated with a little cooking wine and soy sauce before stir-frying because of the thick fragrance of sweet bean sauce and the tender shredded pork after cooked.



京酱肉丝

红烧五花肉

材料

五花肉 450 克、大蒜 3 瓣、八角 2 粒、香菜 20 克

调味料

A 料：米酒 1 大匙、冰糖 1 小匙、酱油小半杯、水半杯

作法

1. 大蒜去皮、切片；香菜洗净、切末。
2. 五花肉洗净、切块，放入滚水中汆烫(图1)，捞出备用。
3. 锅中放入 A 料、大蒜、八角及猪肉(图2)，大火煮开，改小火煮至熟烂，撒上香菜末即可。



小秘诀

TIPS

五花肉红烧前最好用滚水汆烫，捞除浮沫，再红烧。或是用热油炸酥，均有去除油脂的作用。

Ingredients

1 lb. belly pork, 3 cloves garlic, 2 aniseeds, 2 stalks of cilantro

Seasonings

Seasonings A: 1T cooking wine, 1t sugar candy, 1/3C soy sauce, 1/2C water

Methods

1. Peel garlic and slice; rinse and mince cilantro.
2. Rinse belly pork well and cut into pieces; blanch with oiling water (pic1) then remove.
3. Add Seasoning A, garlic, aniseeds and pork (pic2) in pot until boiling, simmer with low heat until soft, sprinkle cilantro over pork.

Blanch belly pork and rinse bubbles out before red-cooked, or deep-fry it crispy to reduce its greasiness.



红烧五花肉

炸里脊

材料

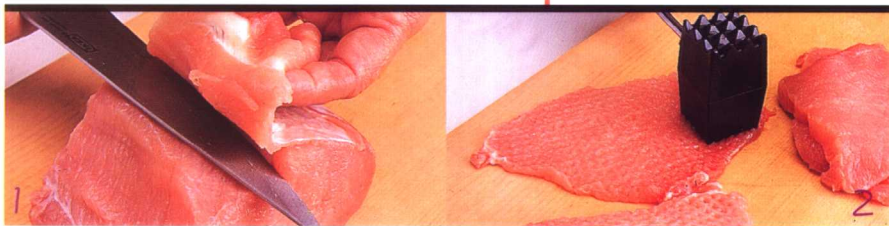
猪里脊肉 600 克、葱 2 根、姜 2 片、油 1 杯

调味料

A 料：米酒 1 大匙、淀粉 2 大匙

作法

1. 葱洗净，1 支切段，1 支切末；姜去皮，洗净，切片，以刀柄拍松。
2. 猪里脊肉洗净、去筋膜（图 1），切成约 2 厘米的厚片，再以肉锤拍松（图 2），放入碗中加 A 料腌拌。
3. 锅中倒入 1 杯油烧热，放入腌好的肉片炸成金黄色，捞出即可端出。



小秘诀

TIPS

猪里脊去筋膜，再用肉锤拍松，可使炸好的里脊肉更嫩。

Ingredients

1.3 lbs. Pork tenderloin, 2 scallion slices, 2 ginger slices, 1C cooking oil

Seasonings

Seasonings A: 1T cooking wine, 2T starch

Methods

1. Rinse scallion, cut one into section and mince the other one; peel ginger, rinse, slice and tenderize with the back of blade.
2. Rinse pork tenderloin and remove white tendon (pic1), cut into 2 cm thick slices, tenderize with the back of blade (pic2) and marinate in seasoning A.
3. Heat 1C oil in wok and add marinated pork slices to fry until golden, remove and serve.

Fried pork tenderloin will be more tender if remove white tendon and tenderize with the back of blade before cooking.



炸里脊

糖醋里脊

材 料

里脊肉 300 克, 罐头菠萝 4 片, 洋葱、青椒各半个
鸡蛋 1 个, 大蒜 1 瓣

调 味 料

A 料: 酱油、盐、色拉油各 1 小匙, 淀粉 3 大匙

B 料: 番茄酱 3 大匙、糖 1 大匙、白醋 1 小匙

作 法

1. 罐头菠萝切小片; 洋葱去皮、洗净; 青椒洗净, 均切片; 大蒜去皮、切末。
2. 里脊肉洗净、切片, 用刀背拍松, 放入碗中打入鸡蛋, 加 A 料抓拌(图 1)并腌 20 分钟后取出, 放入热油锅中炸熟, 捞出, 沥干备用。
3. 锅中留 1 大匙油烧热, 放入蒜末及 B 料炒香, 加入菠萝片、洋葱、青椒快炒数下, 再加入里脊肉片炒匀(图 2)即可。



小秘诀

TIPS

烹调前要先将肉片拍松, 沾裹淀粉, 以便下锅油炸时外表快速定型, 避免肉汁流失, 口感太过干硬。

Ingredients

2/3 lb. tenderloin, 4 can pineapple slices, 1/2 onion, 1/2 green pepper, 1 egg, 1 clove garlic

Seasonings

Seasonings A: 1t soy sauce, 1t salt, 1t salad oil, 3T starch

Seasonings B: 3T ketchup, 1T sugar, 1t white vinegar

Methods

1. Slice pineapple; rinse and peel onion; rinse and slice green pepper; peel garlic and mince.
2. Rinse and tenderize tenderloin with the back of blade until loose, cut into pieces, and remove to bowl with whisked egg. Mix well with seasoning A and marinate for 20 minutes (pic1), fry until cooked, remove and drain.
3. Stir-fry minced garlic and seasoning B in 2T oil until fragrant. Add pineapple, onion and green pepper to stir transiently and quickly. Add tenderloin to stir well (pic2).

Before cooking, the tenderloin should be tenderized and covered with starch to finalize the outside design when frying, otherwise the gravy will run off and the tenderloin will taste hard.