


最畅销食谱  
最新版

 广西科学技术出版社

LISA YAM'S COOK BOOK  
PORK BEEF MUTTON

方任利莎 著

方太食谱

# 猪牛羊



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## 方太食谱 猪牛羊

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# 序

## FOREWORD

主妇入厨的最大问题是什么？

我相信蒸炒一两味菜色，绝对难不倒现代女性；为难的是天天下厨，却要变出新鲜花样。

不必愁，其实普通材料猪、牛、羊肉，已经能变化出不同风味的菜色，窍门是配合不同作料及煮法，炮制出各具特色的佳肴。例如本书四十三个食谱的搭配材料，便非常多样化，有中国传统特色的红糟、莲子、糖桂花，也有新潮的如夏威夷果仁、皱皮蜜瓜、杧果等，务求简单中见丰富，可作为家庭小聚及招呼亲朋的“基本法”。

这本《猪、牛、羊》食谱，附有主料及配料的图片及简单说明，以便主妇选购好材料。

我希望为大家准备的四十三款猪、牛、羊食谱，能使煮的不再皱上眉头，吃的也能喜上眉梢。

方任利莎



**猪 PORK**

京都肉扒 PORK CHOP IN BEIJING STYLE	6
西汁小排骨 FRIED MINUTE SPARERIBS	8
椒盐排骨 FRIED SPARERIBS WITH SPICED SALT	10
香杧排骨 FRIED SPARERIBS WITH MANGO	12
酥炸梅酱排骨 DEEP FRIED SPARERIBS IN PLUM SAUCE	14
香酥芝麻骨 FRIED SPARERIBS WITH SESAME	16
香妃排骨 FRIED RIBS WITH CARROT	18
红糟排骨 FRIED RIBS IN RED PICKLED GRAINS SAUCE	20
无锡排骨 BRAISED SPICY SPARERIBS	22
雪菜冬笋肉丝 STIR FRY SHREDDED PORK WITH SALTED VEGETABLE AND BAMBOO SHOOT	24
皮蛋炒肉松 STIR FRY MINCED PORK WITH PRESERVED EGG	26
鸳鸯蒸肉饼 STEAMED MINCED PORK WITH FRESH AND DRIED SQUID	28
红糟扣肉 STEAMED BELLY PORK IN RED PICKLED GRAINS SAUCE	30
台湾噜肉 SWEET AND SOUR PORK IN TAIWAN STYLE	32
桂花鱼焖肉 BRAISED BELLY PORK WITH GUI - HUA FISH	34
酱元蹄 SPICED PIG'S KNUCKLE	36
猪手冻 PIG'S KNUCKLE ASPIC	38
苏式蜜汁火腿 HAM IN HONEY SAUCE IN JIANGSU STYLE	40



## 牛 BEEF

京都牛仔柳 SHREDDED STEAK IN BEIJING STYLE	44
香蒜黑椒牛柳条 SHREDDED STEAK IN GARLIC AND BLACK PEPPER SAUCE	46
干葱橙汁牛柳条 SHREDDED STEAK IN ORANGE SAUCE	48
蜜瓜牛柳 SHREDDED STEAK WITH CANTALOPE	50
夏果牛柳粒 BEEF WITH MACADAMIA NUT	52
鬼马牛肉 SLICED STEAK WITH TWISTED DOUGHNUT	54
蜜椒牛肉 SLICED BEEF IN SWEET AND CHILLI SAUCE	56
针菜滑牛煲 BEEF WITH DRIED LILY FLOWER IN POT	58
沙茶牛肉 BEEF IN SATAY SAUCE	60
黑椒汁牛柳卷 STEAK ROLLS IN BLACK PEPPER SAUCE	62
沙爹牛肉饺 SATAY BEEF DUMPLING	64
汉堡牛排 HAMBURGER STEAK	66
红油牛肉 STEWED BEEF IN RED CHILLI SAUCE	68
芝麻牛肉 SLICED BEEF WITH SESAME	70
辣味牛仔骨 SHORT RIBS IN CHILLI SAUCE	72
酸辣牛筋 TENDON IN SOUR AND CHILLI SAUCE	74
酱牛肚 SPICED TRIPE	76
西湖牛肉羹 MINCED BEEF WITH EGG WHITE BROTH	78



## 羊 MUTTON

蜜汁羊肉片 SLICED MUTTON IN HONEY SAUCE	82
京葱爆羊肉 SAUTEED SLICED MUTTON WITH LEEK	84
红烧羊肉 STEWED MUTTON IN BROWN SAUCE	86
双冬焖羊肉 BRAISED MUTTON WITH BAMBOO SHOOT AND BLACK MUSHROOM	88
枝竹羊腩煲 STEWED LAMB'S BRISKET WITH BEAN - MILK STICK IN POT	90
红炖羊蹄 STEWED LAMB'S PETTITOE IN BROWN SAUCE	92
清炖羊肉汤 STEWED MUTTON IN SOUP	94

第一辑：  
猪

PORK



# 京都肉扒

## PORK CHOP IN BEIJING STYLE

**材料:** 猪扒 450 克切薄片, 蒜肉 1 粒, 芫荽少许

**腌料:** 生抽 1½ 汤匙, 蛋汁 1 汤匙, 酒 1 茶匙, 生粉 1½ 汤匙

**调味料:** 茄汁 1½ 汤匙, 糖 1 汤匙, 唸汁 1 汤匙, 水 2 汤匙, 麻油、盐少许

### 做法:

- (1) 将猪扒放入腌料腌约 ½ 小时, 待用。
- (2) 用油将猪扒炸至熟, 捞出, 沥干油分。
- (3) 用少许油煮滚调味料, 放入猪扒拌匀即可上碟。芫荽饰面。

**Ingredients:** 450g(1 lb) thinly sliced pork chop; 1 braid garlic; a pick of parsley

**Seasonings:** 1½ tbsp light soy; 1 tbsp whisked egg; 1 tsp wine; 1½ tbsp cornflour

**Sauce:** 1½ tbsp tomato ketchup; 1 tbsp sugar; 1 tbsp worcester sauce; 2 tbsp water; few drops of sesame oil; pinch of salt

### Method:

1. Marinate sliced pork chop with seasonings for about ½ hour.
2. Deep fry pork chop with oil until cooked. Dish up and drain.
3. Boil sauce with pinch of oil and stir in pork chop. Dish up. Garnish with parsley. Serve.







# 西汁小排骨

## FRIED MINUTE SPARERIBS

**材料:** 肋排 450 克, 蒜肉 2 粒剁碎

**腌料:** 生抽 1½ 汤匙, 蛋汁 1 汤匙, 酒 1 茶匙, 生粉 1½ 汤匙

**调味料:** 荔枝醋 1 汤匙, 茄汁 1½ 汤匙, H. P. 酱汁 1 汤匙, 糖 1 汤匙, 水 2 汤匙, 麻油 ½ 茶匙

### 做法:

- (1) 肋排斩成小块, 洗净, 用腌料腌约 1 小时。
- (2) 用半锅油烧至极热, 将排骨放入后改用慢火炸至熟, 再用大火一炸, 即可捞起。
- (3) 用约 1 汤匙油爆香蒜肉, 放下调味料, 将排骨倒下拌匀即成。

**Ingredients:** 450g(1 lb) spareribs; 2 braids garlic(mashed)

**Seasonings:** 1½ tbsp light soy; 1 tbsp whisked egg; 1 tsp wine; 1½ tbsp cornflour

**Sauce:** 1 tbsp Laichee vinegar; 1½ tbsp tomato ketchup; 1 tbsp H.P. sauce; 1 tbsp sugar; 2 tbsp water; ½ tsp sesame oil

### Method:

1. Chop spareribs into small sections and wash. Marinate with seasonings for about 1 hour.
2. Heat half wok oil intensively, then put in spareribs. Turn to low heat and fry until cooked. Turn to high heat when about to remove from wok. Dish up.
3. Saute mashed garlic with 1 tbsp oil and then add in sauce. Put in spareribs and stir well. Serve.

**注:** ①荔枝醋较香, 也可用浙醋或镇江醋代替。

②慢火炸好排骨, 捞起前开猛火可把油逼出, 便不怕油腻。

**Note:** 1. Laichee vinegar smells good, but can be substituted by red vinegar.

2. Fry spareribs over low heat first, when about to remove from wok, turn to high heat. It helps prevent spareribs from becoming too greasy.



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# 椒盐排骨

## FRIED SPARERIBS WITH SPICED SALT

**材料:**肋排 650 克,葱 3 条,姜 2 片

**腌料:**生抽 1½ 汤匙,咖喱粉¼ 茶匙,味精¼ 茶匙,蛋汁 1½ 汤匙,姜葱水 1 汤匙

**椒盐料:**盐 1 汤匙,花椒 1 茶匙

**做法:**

- (1)先将排骨切成约 2.5 厘米长方块状,放入腌料拌匀,腌约½ 小时。
- (2)排骨腌透后,放入生粉 1½ 汤匙;烧油至大热,将肉排炸约 4 分钟收慢火,浸至金黄色,取出,沥干油分。
- (3)用原锅放入约 1 茶匙麻油、¾ 茶匙糖及葱粒,将炸妥的肉排放入炒匀,盛起即可供食。

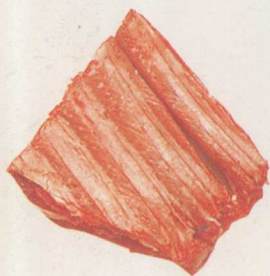
**Ingredients:** 650g(1½ lb) spare-ribs; 3 stalks spring onion (1 diced); 2 slices ginger

**Seasonings:** 1½ tbsp light soy; ¼ tsp curry powder; ¼ tsp flavour essence; 1½ tbsp whisked egg; 1 tbsp ginger and spring onion sauce

**Ingredients for spiced salt mixing:** 1 tbsp salt; 1 tsp xanthoxylon seeds

**Method:**

1. Chop spareribs into 1-inch sections and marinate with seasonings for about ½ hour.
2. Mix marinated spareribs with 1½ tbsp cornflour. Heat oil intensively and deep fry spareribs for about 4 minutes. Then turn to low heat and soaked until spareribs turn golden brown. Dish up and drain.
3. Saute 1 tsp sesame oil, ¾ tsp sugar and diced onion. Put in fried spareribs, stir well. Serve.

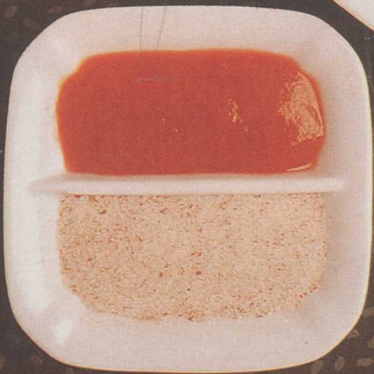


**注:**①姜葱水制法:姜 2 片、葱 2 条拍烂,放入 1 汤匙水浸约 3 分钟,取出姜葱水腌排骨。

②可配椒盐或茄汁进食。

**Notes:** 1. Prepare ginger and spring onion sauce by pressing 2 slices ginger and 2 stalks spring onion with the back of chopper and mix with 1 tbsp water. Soak for about 3 minutes. Save liquid.

2. Can be served with spiced salt or tomato ketchup.



# 香芒排骨

## FRIED SPARERIBS WITH MANGO

**材料:**肋排 450 克,大芒果 1 只  
**腌料:**生抽  $\frac{1}{2}$  汤匙,胡椒粉少许  
**调味料:**水  $\frac{1}{4}$  杯,白醋 1 茶匙,糖 2 茶匙,盐  $\frac{1}{8}$  茶匙

### 做法:

- (1)肋排切成约 2.5 厘米长段,飞水抹干待用。
- (2)芒果去皮,取肉半份切成小粒,半份搓烂成酱状。
- (3)将腌料放入排骨中,并放入半份芒果酱拌匀腌透,扑上干粉,放入滚油中炸至金黄色,捞起。
- (4)烧热少许油,放入调味料及余下的半份芒果酱煮匀,加入切成小粒的果,拌匀后淋于排骨面上即成。

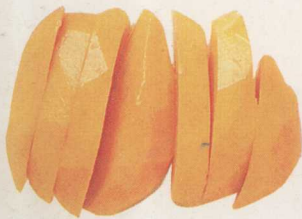
**Ingredients:** 450g(1 lb) spareribs; 1 large mango

**Seasonings:**  $\frac{1}{2}$  tbsp light soy; pinch of pepper

**Sauce:**  $\frac{1}{4}$  cup water; 2 tsp white vinegar; 2 tsp sugar;  $\frac{1}{8}$  tsp salt

### Method:

1. Chop spareribs into 1-inch sections, then scald with boiling water for a while. Wipe dry and leave for further use.
2. Peel the mango. Dice half of the flesh and press the other half into paste.
3. Marinate spareribs with seasonings and half of the mango paste for a while. Dust with cornflour and fry in boiling oil until spareribs turn golden brown. Dish up.
4. Heat pinch of oil, put in sauce and remaining mango paste. Stir well. Add in diced mango. Mix well and pour over spareribs. Serve hot.



芒果 Mango

**注:**可用罐头芒果。

**Note:** Fresh mango can be substituted by canned one.



# 酥炸梅酱排骨

## DEEP FRIED SPARERIBS IN PLUM SAUCE

**材料:**肋排 450 克,酸梅 2 粒,磨豉酱 ½ 汤匙,冰花梅酱 1 汤匙,蒜肉 2 粒

**腌料:**生抽 ½ 汤匙,胡椒粉、生粉各少许

**调味料:**糖 1½ 茶匙,茄汁 1 茶匙,水 1 汤匙,麻油少许

### 做法:

- (1)酸梅去核与磨豉酱同剁烂,加入糖约 1 汤匙,混合冰花梅酱,拌匀待用。
- (2)肋排斩件,沥干水分,加入 1 茶匙混合梅酱及腌料同拌匀,腌约 ½ 小时,放入热油中炸至金黄色,捞起,沥干油分。
- (3)蒜肉切碎,用少许油起锅,加入余下的梅酱材料爆炒,并放入调味料煮匀。
- (4)放入炸妥的排骨和汁料炒匀,即可上碟供食。

**Ingredients:** 450g (1 lb) spareribs; 2 dried plums; ½ tbsp soya bean paste; 1 tbsp sweetened plum paste; 2 garlies

**Seasonings:** ½ tbsp light soy; pinch of pepper and cornflour

**Sauce:** 1½ tsp sugar; 1 tsp tomato ketchup; 1 tbsp water; pinch of sesame oil

### Method:

1. Remove seeds from dried plums and mash with soya bean paste. Then add in 1 tbsp sugar and sweetened dried plum paste. Mix well and leave for further use.
2. Chop spareribs into chunks and drain. Marinate with 1 tsp plum paste mixing and seasonings for about ½ hour. Fry in hot oil until spareribs turn golden brown. Dish up and drain.
3. Mash garlies. Saute remaining plum paste mixing and mashed garlic. Add in sauce and stir well.
4. Put in fried spareribs and stir well with sauce. Dish up and serve hot.



酸梅 Dried plums

**注:**冰花梅酱带甜味,南货铺有售。

**Note:** Sweetened plum paste is available at Shanghai grocery stores.



