最畅销食谱
最新版

广西科学技术出版社

单身贵族

方太食谱

LISA YAM'S COOK BOOK
SET MENU FOR SINGLES

方任利莎 著

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方太食谱

单身贵族

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序 FOREWORD

单身贵族身居要职，工作繁重，虽然如此，但据我所知，他们亦很喜欢在空余时间在家中弄两味自享，可惜市面上没有一本专为单身贵族而设的烹饪书，因此他们想弄点特别而做法简单的饭菜享用，亦无从选择；而且他们也不一定有时间到街市买菜。

有见及此，我决定为他们设计一本《单身贵族》食谱。本书内所介绍的数十个食谱，包谱粉面类、饭类、汤类、小菜及沙律等，做法简单，而且所用的材料大部分可在超级市场买到，符合单身贵族要求简易方便的原则。分量方面，刚好足够一个人食用，不会浪费食物，合乎现代环保的条件。

各位单身贵族，希望我为你们设计的食谱，能符合你们的要求！

方任利莎

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第一辑：粉面类

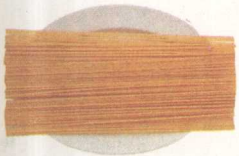
NOODLES

白汁火腿烩意粉

SPAGHETTI WITH HAM AND WHITE SAUCE

杂菜粒
Assorted vegetable

熟火腿
Ham



意大利粉
Spaghetti

材料：意大利粉 120 克，熟火腿一至二片，忌廉鸡汤一罐，杂菜粒少许(随意)

调味料：盐、胡椒粉各少许

做法：

(1)将意大利粉放入滚水中煮至软，熄火浸约半小时（使意粉中间熟透）

(2)将意粉用清水冲净，沥去水分。

(3)杂菜粒用清水煮滚，沥去水分，待用。

(4)将忌廉鸡汤混合半罐清水搅拌均匀。

(5)煮溶少许牛油或菜油，倒入忌廉鸡汤，加入意粉，用中火煮至滚起。

(6)将熟火腿切成粗条，加入意粉中用小火略烩片刻，放入调味料，即可供食。

Ingredients: 115g (4 oz) spaghetti; 1-2 slices of cooked ham; 1 can of chicken cream soup; a pick of assorted vegetable (optional)

Seasonings: A pinch of salt and pepper

Method:

(1) Put the spaghetti into boiling water and cook till soft. Turn off fire and leave the spaghetti soaked for about ½ hour (to make the spaghetti thoroughly cooked).

(2) Wash the spaghetti with water and drain dry.

(3) Boil the assorted vegetable in water. Drain dry and leave for later use.

(4) Mix the chicken cream soup with ½ can of water.

(5) Heat a little butter or vegetable oil. Add the chicken cream soup, then the spaghetti, and cook with medium heat till the soup boils.

(6) Cut the cooked ham into thick shreds and put onto the spaghetti. Cook for a while with low heat. Add the seasonings and serve.

鲜茄午餐肉烩通粉

MACARONI WITH PORK LUNCHEON MEAT AND FRESH TOMATOES

材料：通心粉 150 克，午餐肉一小罐，鲜番茄 150 克，葱粒少许，蒜蓉一茶匙

调味料：茄汁四汤匙，盐半茶匙，糖半汤匙，水¾杯，胡椒粉少许

做法：

(1)将通心粉放入滚水中煮软，用清水冲净，沥去水分，待用。

(2)午餐肉取出切成小粒；番茄洗净去籽切丁，待用。

(3)烧熟二汤匙油，爆香蒜蓉，将午餐肉丁略煎，放入番茄及调味料同煮匀。

(4)将通心粉加入上项材料中，用中火烩煮至汁料浓，即可洒入葱粒，上碟供食。

Ingredients: 150g (5.3 oz) macaroni; 1 can pork luncheon meat; 150g (5.3 oz) fresh tomatoes; a pinch of spring onion dices; 1 tsp mashed garlic

Seasonings: 4 tbsp ketchup; ½ tsp salt; ½ tbsp sugar; ¾ cup water; a pinch of pepper

Method:

(1) Cook [illegible] spaghetti [illegible] water [illegible] to make [illegible] and drain [illegible] cooked).

(2) Dice t[illegible] [illegible] wat[illegible] the tomatoes thoroug[illegible] the seeds and cut into dic[illegible] for later use.

(3) Heat 1 tbsp oil and saute the mashed garlic. Fried briefly the luncheon meat dices, then add tomato dices and seasonings to cook.

(4) Add the macaroni into the ingredients and cook with medium heat till the sauce thickens. Sprinkle with spring onion dices and dish up to serve.

通心粉
Macaroni

午餐肉
Pork luncheon meat

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冬菇肉丝烧伊面

FRIED SUPERIOR FRIED NOODLE WITH PORK SHREDS AND BLACK MUSHROOM

材料：伊面二个，瘦肉 120 克，冬菇四朵，葱段少许

调味料：蚝油 1½汤匙，胡椒粉少许，麻油数滴，上汤¾杯

腌料：生抽半汤匙，生粉、麻油各少许

做法：

(1)将伊面放入滚水中煮至软，捞起，用清水冲净，沥干待用。

(2)瘦肉切丝，放入腌料拌匀；冬菇浸软切丝。

(3)烧热二汤匙油，将冬菇、肉丝炒熟，盛起待用。

(4)烧热二汤匙油，爆香葱段，倒入调味料煮滚，加入伊面，使吸收汁料（需用锅铲及筷子不停拌炒）。

(5)将冬菇、肉丝加入伊面中，烩煮至面干身，即可上碟供食。

Ingredients: 2 superior fried noodle cakes; 115g (4 oz) lean pork; 4 black mushrooms; a pinch of sectioned spring onion

Seasonings: 1½ tbsp oyster sauce; a pinch of pepper; a few drops of sesame oil; ¾ cup fine stock

Marinade: ½ tbsp light soy; a pinch of cornflour and sesame oil

Method:

(1) Cook the superior fried noodle in boiling water till soft. Take out and wash with water. Drain dry and leave for later use.

(2) Shred the lean pork and pickle with the marinade. Soak the black mushrooms till soft and cut into shreds.

(3) Heat 2 tbsp oil and add black mushrooms and pork shreds to fry till cooked. Dish up and leave for later use.

(4) Heat 2 tbsp oil and saute the spring onion sections. Add the seasonings and boil. Add the noodle and stir continuously with shovel and chopsticks till the noodle absorbs all the sauce.

(5) Add the black mushrooms, pork shreds into the noodle and fry till the noodle becomes dry. Dish up to serve.

伊面
Superior fried noodle

叉烧菜莞虾子面

BARBECUE PORK SHRIMP SPAWN NOODLE WITH VEGETABLES

材料：干虾子面饼二个，叉烧、时菜、鲜冬菇各适量，干葱一粒切片

调味料：盐、生抽、胡椒粉各少许

做法：

(1)烧热一汤匙油，爆香干葱片，注入适量清水，煮至滚起。

(2)将时菜洗净摘段；鲜冬菇去蒂洗净；同放入上项滚起的水中。

(3)待汤料再度滚起，加入虾子面，用筷子拨动至散开。

(4)将叉烧切片或切块，加入面中，并放入调味料，即可盛起供食。

Ingredients: 2 dried shrimp spawn noodle cakes; some barbecue pork, in season vegetable and fresh mushrooms; 2 shallots (sliced)

Seasonings: A pinch of salt, light soy and pepper

Method:

(1) Heat 1 tbsp oil and saute the shallot slices. Add a suitable amount of water and boil.

(2) Wash the vegetable thoroughly and cut into sections. Remove the stalks of the fresh mushrooms and wash thoroughly. Then put the vegetable and mushrooms into the boiling soup.

(3) Add the shrimp spawn noodle cakes into the boiling soup and loosen with chopsticks.

(4) Cut the barbecue pork into slices or pieces and put into the noodle. Add seasonings and serve in a bowl.

虾子面
Shrimp spawn noodle

叉烧
Barbecue pork

菠菜牛肉炒粗面

THICK NOODLE FRIED WITH BEEF AND SPINACH

材料：薄牛肉一盒约重 160 克，菠菜少许，干葱二粒，乌冬面一包

腌料：生抽半汤匙，生粉、胡椒粉各少许，糖¼茶匙

调味料：生抽¾汤匙，糖半茶匙，麻油少许，水¼杯

做法：

(1)薄牛肉切成粗条，放入腌料拌匀；菠菜洗净切段。

(2)乌冬用清水略冲，沥去水分，待用。

(3)烧热一汤匙油，将菠菜略炒，盛起待用。

(4)烧热二汤匙油，爆香干葱，放入牛肉炒至半熟，加入面、菠菜及调味料同炒匀，即可上碟供食。

Ingredients: About 170g (6 oz) thinly - sliced beef; a pick of spinach; 2 shallots; 1 pack udon noodle

Marinade: ½ tbsp light soy; a pinch of cornflour and pepper; ¼ tsp sugar

Seasonings: ¾ tbsp light soy; ½ tsp sugar; a little sesame oil; ¼ cup water

Method:

(1) Shred the thinly-sliced beef and pickle with the marinade. Wash the spinach thoroughly and cut into sections.

(2) Wash briefly the udon noodle and drain dry. Leave for later use.

(3) Heat 1 tbsp oil and fry the spinach briefly. Leave for later use.

(4) Heat 2 tbsp oil to saute the shallots. Put in the beef and fry till half done. Add the noodle, spinach and seasonings and fry well. Dish up to serve.

薄牛肉
Thiniy – sliced beef

菠菜
Spinach

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