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●品味誌●

客家菜

HAKKA CUISINE

梁瓊白食譜 5



83 道精選客家傳統美食



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● 品味誌 ● 27
HAKKA
CUISINE



客家菜

梁瓊白●著



餐具提供

義富股份有限公司・上弘貿易有限公司

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梁瓊白

- 一九五〇年生，廣西容縣人。
- 中視「我愛早晨」、華視「早安今天」、漢聲電台「生活掃描」、中廣「松柏村」、「中午茶」烹飪主講。
- 中央日報、中華日報、聯合報、家庭月刊烹飪專欄作家。
- 著有《今天食譜菁華》兩冊、《藥膳食譜》、《怎麼做好菜》、《中菜精選》、《百菜100招》、《玉米食譜》、《快手飯盒輕鬆做》、《快手套餐》、《中國名菜趣談與秘訣》、《如何成為廚房高手》、《餐桌經濟學》、《無油煙新口味》、《家常粥》、《電鍋菜》。

序 FOREWORD

我的父母都是來自大陸的「唐山客」，可是我出生在東勢，這是我和客家庄結緣的第一次。稍長，任軍職的父親帶我們搬到苗栗住了很長一段時間，後來又住了中壢，最後父親離開我們時，又流離到苗栗，一直到現在。因此，成長中有三分之二的時間，和客家人有很密切的接觸，也因此，對客家人的生活習性和飲食一點也不陌生。

自從親人中一位妹妹嫁給客家人，一位弟弟又娶了客家太太後，我和客家人的淵源好像又更深了一層。從小時候被客家同學排斥的「唐山仔」，到和客家人有了親戚關係，時空變遷下的這份緣，有時自己也覺得巧合得神妙，五百年前是一家，五百年後又是一家，由此更獲例證。

設計這本食譜的動機，除了因應時下本土化的潮流外，也是挑戰自己出版過的衆多食譜中，未曾嘗試的另一風格。客家菜在諸多菜系中，是推廣得較晚的一系，也是新近幾年才廣為人知，甚至讓食客帶著好奇的口味，它與傳統中的做法、調味，仍然為順應大眾習慣而做了改變，但只是美化性的包裝，無損於實質的原始風貌。我的食譜內容也呼應這份精神，因為我希望讀者看完書都能自己做，而且是做出更好吃、更符合現代人食風的口味，但不能離譜，免得誤導成客家人都不認同的客家菜，那就笑話了。

可是，我畢竟不是客家人，所以，從開始的菜單制定到拍攝過程，甚至完稿後的細節整理，除了到處蒐集資料，重新回憶腦海中曾有印象之外，親戚、朋友給予的協助不少，他們熱心的提供資訊，有的還幫我找材料、找道具，務求完整（不敢說完美），讓食譜呈現正確無誤的解說。這份人情我感激，這種經驗我難忘，所以，這本書的完成是衆多智慧的集結，

做得好是大家的功勞，有不周全之處是我的努力不夠。期望讀者的肯定給予鼓勵，也希望客家朋友的內行給予更道地、中肯的指教，藉由這些讓不斷的修正朝完美的指標邁進。

My parents came to Taiwan from mainland China in 1949. I was born in Tungshih, a small Hakka town in central Taiwan. That was my first connection with the Hakka. My father was a soldier, consequently we moved often. We lived in Miaoli, a Hakka town, for a long period of time followed by a move to Chungli, another Hakka town. When my father passed away, we moved back to Miaoli. From childhood to adulthood, I have spent two thirds of my life holding a close connection with the Hakka. Although I am not a Hakka, I am not a stranger to the Hakka lifestyle and their cuisine.

I have come to have an even deeper understanding of the Hakka since one of my younger sisters married a Hakka man and one of my younger brothers married a Hakka woman. It's ironic that as a child I was considered an outsider by my classmates and today I am a Hakka in-law! There is an old saying, "We were all related five hundred years ago, and we will be related again five hundred years from now." How true it is!

The motivation in writing this cookbook is to appeal to the new trend of nativism in Taiwan. I think it is a challenge to write a cookbook which is different from all other cookbooks that I have written. Unlike most Chinese cuisine, Hakka cuisine was not familiar to most people until recent years. In this cookbook, I have blended the traditional Hakka cuisine and contemporary eating preferences. By following the recipes in this book, everyone can make his/her own Hakka dishes with little difficulty. In spite of all of this, I am not a Hakka. This book couldn't have been completed with my research and memories alone. Friends and relatives not only provided valuable information, but also brought special ingredients and props for photography sessions. This has really been an unforgettable experience. I truly appreciate what everyone has done for me. Without the contributions of each person involved, this cookbook would be incomplete. I dare not say this book is perfect, but the invaluable advice from the Hakka experts has helped move it in that direction.

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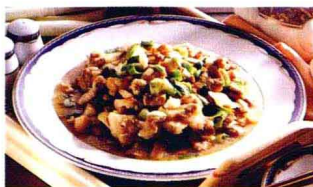
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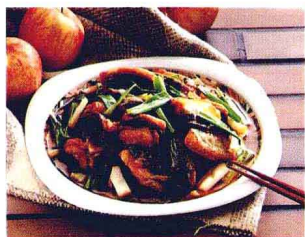
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前言 INTRODUCTION

關於客家菜 About Hakka Cuisine

客家人，是台灣本島的三大族群之一，他們在此奠基的歷史不亞於閩南人和原住民，但是，由於他們儉樸的特性，表現於飲食上的花俏，遠不及閩南人和來台歷史較淺的所謂外省人那麼多采多姿。因此，一般人對客家菜的內容並不是那麼的清楚，接受度也是近年才慢慢推廣的。

客家飲食基本上分為菜餚和米食兩大類。菜餚用料的選材以一般性蔬菜及天然可食蔬菜居多，肉類則以家禽為主。早期很多人不吃牛肉，認為牛是對人類耕種有貢獻的家畜，而豬肉雖然都接受，可是除非過年節的祭祀列為必需的供品外，平常是不太捨得吃的，因此有關這類食物的處理，多半以重口味的調味和添加酒與醬來醃漬，以利較長時間的保存。而客家人所擅長的醃漬菜並不只限於肉類，就連蔬菜也是他們醃漬的項目，利用醃漬蔬菜來與肉類搭配，作成菜餚，是客家菜的特色之一。它不但均衡油膩的口感也達到佐餐下飯的功能，而這類材料的重口味，才是客家人鍾愛的基本理由，因為它可以用最少的成本達到最高的成效，這正是客家人儉省的美德。

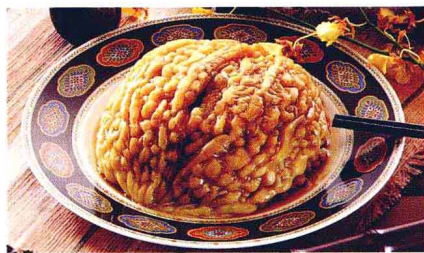
米食是客家人拿手的飲食長才之一，利用各種不同米質的特性，變化出不同風味的各項糕點粿品，是客家人最為人稱道的技巧。各種米食客家人統稱為「粿」，和閩南人的習稱為「粿」其實是一樣的東西，因此讀者在看到成品時對稱呼的陌生可能需要些調適，就如粿粽寫成板粽，草仔粿寫成草板，這些只是習慣的問題，為了更符合客家人特有的說詞，作者並

The Hakka are a group of Northern Chinese who migrated to Southern China during the fall of the Southern Sung Dynasty about 1270 A.D.. The name Hakka is a Cantonese pronunciation of the Mandarin word k'o-chia ("guest people"); this term was used to distinguish these immigrants from the natives of this region. Today the Hakka are widely dispersed throughout southeastern China, in Taiwan and Hong Kong, and in Southeast Asia. The Hakka are one of the three largest tribes in Taiwan, along with the Southern Min and the native Taiwanese. Since frugality is one of the well known characters of the Hakka, their food is not as abundant and diverse as the Southern Min cuisine or other Chinese cuisine, and it is for this reason that Hakka cuisine has not been popular until recent years. Within Hakka food there are two main categories: main dishes and rice dishes. Vegetables are the mainstay in main dish recipes. Poultry is more commonly used in main dishes than red meat. Many of the older generation do not eat beef because oxen were important contributors to farming and were considered too valuable to be used as food. Pork is an acceptable ingredient, but it is considered too much of a luxury to be used in ordinary "every day" dishes; it is generally reserved



for use as an essential offering at festivals. In order to keep it from spoiling, pork is preserved by marinating it in wine, soybean paste or other strong seasonings. The Hakka are good at preserving vegetables. Combining preserved vegetables and meat to make main dishes is one of the unique features of Hakka food. This combination is appetizing, and the richness of the meat is balanced by the preserved vegetables. The Hakka are fond of these dishes for their abundant flavor. Thriftiness (that is to make the most from very little) is the true virtue of the Hakka. Making food from rice is another Hakka specialty. The Hakka create a delicious variety of rice side dishes, rice snacks, and rice desserts taking into consideration the unique characteristics of different types of rice. When it comes to cooking methods, simplicity is the key in Hakka food, for instance, the Hakka don't like to thicken a sauce by using a cornstarch solution.

Although the popularity of Hakka food is still young, its history is long. I hope I have preserved the original spirit of Hakka cooking in this book. Understanding the Hakka culture through its food is a way of showing our appreciation to the Hakka.



沒有刻意將之修改，旨在尊重客家文化的特質。而在烹調手法上，客家菜是非常簡單的，不喜歡用太白粉這類讓湯汁粘稠的勾芡品。總之，這本客家菜食譜盡量做到尊重原著精神的要求，如有不詳盡之處，在各自標題後的重點提示中再作補充。

此外，本省客家人的分佈以中壢、苗栗、東勢、美濃和花蓮為密集度較高的五大區，但在語言的溝通和飲食口味上仍有些許不同。因此讀者看到的食譜製作和調味即便在某區吃過，但換了不同地區又有不同的詮釋方式，這些小變化都無傷它的原旨，只是在口味上更富選擇性而已，未嘗不是好事。

客家菜的熱門方興未艾，但它的淵源卻是久遠的，透過飲食來認識客家文化應是對客家族群感佩的另一途徑吧。





MAIN COURSES
菜餚類

客家小炒 Hakka Stir-Fry

材料：

乾魷魚1條、五花肉½斤、蝦米3大匙、蔥5支

①料：

鹽5大匙、清水4杯

②料：

酒1大匙，醬油3大匙，糖½大匙，胡椒粉、味精各少許

作法：

- ①乾魷魚先用①料浸泡2小時，稍軟時，取出撕去硬膜。
- ②五花肉去皮、切片（圖②）。蔥切小段，蝦米泡軟備用。
- ③泡好的魷魚洗淨，先對切為二，再橫刀切絲（圖③）。
- ④用4大匙油先爆香蝦米和魷魚絲，接著放肉片和蔥白同炒，並加②料調味，最後放入剩餘的蔥段，炒勻即盛出。

Ingredients:

1 dried squid, 2/3 pound pork shoulder, 3 T. dried shrimps, 5 stalks green onion

① 5 T. salt, 4 c. water

② 1 T. cooking wine, 3 T. soy sauce, 1/2 T. sugar, pinch white pepper

Method:

- ① Soak dried squid in ① for 2 hours to soften. Remove and discard skin.
- ② Trim off pork skin; cut pork into slices (fig. ②). Cut green onions into small sections. Soak dried shrimps in water to soften.
- ③ Rinse softened squid; halve lengthwise, then cut into thin slices (fig. ③).
- ④ Heat wok over high heat with 4 T. oil. Add dried shrimps and sliced squid; stir-fry until fragrant. Add pork and white sections of green onions. Add ② and remaining green onions; stir. Remove to serving plate.



福菜肉丸 Pork Balls with Preserved Vegetables

材料：

碎福菜2兩、絞肉10兩

①料：

酒1大匙，胡椒粉、味精各少許，太白粉水1大匙

作法：

- ①絞肉再剁細（圖②），福菜泡軟、切碎。
- ②將絞肉與福菜末混合，並加①料調味，順方向攪拌至勻後，擠成肉丸，放在抹過油的蒸盤內（圖③）。
- ③移入蒸籠，中火蒸10分鐘，取出即可。

Ingredients:

3 oz. chopped preserved vegetables, 3/4 pound ground pork

① 1 T. cooking wine, pinch white pepper, 1 T. cornstarch solution

Method:

- ① Mince ground pork (fig. ②). Soak preserved vegetables in water; drain. Mince.
- ② Stir preserved vegetables in ground pork. Add ①; mix well in one direction. Grab handful mixture; squeeze out balls from top of fist (fig. ③).
- ③ Place in steamer. Steam over medium heat for 10 minutes. Remove and serve.



重點提示 Remarks

- * 這道客家的魷魚不能用泡得太軟的，如果不用乾魷魚自己泡，而是買現成者，要挑硬一點的才行。
- * 魷魚一定要橫切，若是直切，不但太長，炒時亦會遇熱捲縮。
- * 蒸丸子時，火不宜太大，否則容易出湯汁而影響口感。

- * 福菜的種類很多，此處所用者為切碎曬乾的福菜。
- * 福菜泡軟後要再切碎，以免顆粒太粗。另外要先試一下鹹淡再決定調味，因為有的福菜鹹，有的完全無味，若屬淡者要在調味料中加點鹽。
- * 絞肉一定要用較肥的五花肉比較好，否則福菜太乾澀不好吃。

- * The Hakkas prefer to have the squid with a tougher texture. Do not oversoften.
- * Slice squid crosswise instead of lengthwise. This will prevent sliced squid from shrinking and curving during stir-frying.
- * Do not steam meatballs over high heat. Otherwise, they will lose the moisture.

- * Hakka style preserved vegetables are sold in some Asian markets. Other Chinese preserved vegetables can be used instead, although the flavor is not exactly the same.
- * Some preserved vegetables are very salty. Taste before adding seasonings.
- * Use fatty ground pork to have a tender texture.



麻油豬腰 Pork Kidney with Sesame Oil

豬腰2個、老薑1小塊

①料：

黑麻油5大匙、米酒1碗

作法：

- ①豬腰片開，剔除中間的白筋（圖②）。
- ②在光面劃切刀口，再分切小塊（圖③），切好泡水。
- ③薑切片，用①料的麻油小火煸香，待薑片微縮時，放入豬腰，用大火快炒，再淋入米酒，煮開後改小火再煮2分鐘即熄火盛出食用。

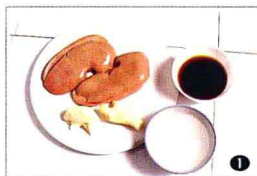
Ingredients:

2 pork kidneys, 1 small piece ginger

① 5 T. dark sesame oil, 1 c. rice cooking wine

Method:

- ① Split pork kidneys. Trim off veins (fig. ②).
- ② Lightly score shining side diagonally with cross-hatching marks. Cut into small squares (fig. ③). Soak in water.
- ③ Slice ginger. Heat sesame oil over low heat; add ginger, cooking until ginger is lightly shrunk. Add kidneys; stir-fry over high heat. Add rice cooking wine; bring to boil. Reduce heat to low; cook for 2 minutes. Remove and serve.



雞酒 Wine Chicken

材料

雞½隻、老薑1小塊

①料：

黑麻油4大匙、米酒2碗

作法：

- ①雞洗淨、拭乾、剝小塊（圖②）。
- ②老薑切片，鍋內先放①料的黑麻油，再放薑片以小火爆香（圖③）。
- ③倒下雞塊，煸炒至肉色變白時，淋入①料之米酒，燒開後改小火慢慢燜20分鐘即可食用。

Ingredients:

1/2 chicken, 1 small piece ginger

① 4 T. dark sesame oil, 2 c. rice cooking wine

Method:

- ① Rinse chicken; pat dry. Chop into small pieces (fig. ②).
- ② Slice ginger. Heat sesame oil over low heat; add ginger, cooking until fragrant (fig. ③).
- ③ Add chicken; stir-fry until chicken is opaque. Add rice cooking wine; bring to boil. Reduce heat to low; cook for 20 minutes. Remove and serve.



重點提示 Remarks

* 豬腰片開後，中間的筋一定要徹底去除，以免有腥味。

* 也可以先將切好的豬腰汆燙再放入麻油中炒，則湯汁更清爽。

* 豬腰煮太久會變硬，故煮開即可。配料的薑一定要用老薑。

* 除了半雞、全雞外，亦可用雞腿來作。

* 黑麻油爆薑時，火力不宜過大，以免焦苦。

* 這道菜是客家婦女做月子的補品，不能加鹽調味。平常亦可食用，吃不慣太淡者，可酌量加鹽。