

XIANDAIJIATINTSHIYONGQUANSHU

现代家庭实用全书

# 熟食酱菜

制 作 大 全



现代家庭实用全书  
熟食酱菜制作

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# 内 容 提 要

我国的熟食、酱菜制作工艺历史悠久,千百年来,烹饪方法不断创新,但熟食、酱菜制作技术仍一枝独秀,品种也不断增多,继续受到人们青睐。

熟食、酱菜食品品种极多,我们查阅了大量的资料,精选了材料易得、适合家庭制作的产品 600 余种以飨读者。

本书介绍的熟食制作方法有熏、卤、糟、腊、焗、烧等方法,不同的制作方法各具独特的风味;酱菜类包括各种蔬菜、肉制品的酱制方法,也是别具特色。本书通俗、实用,不仅适用家庭,且对食品厂、饭店及乡镇企业发展熟食酱菜生产也有参考价值。

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## 第一章 熟食类

### (一) 熏制菜肴

#### 熏青豆

**主料** 青毛豆 2.5 千克，清水 1000 克。

**辅料** 精盐半汤匙，木屑酌量（熏青豆用）。

**制法**

①先把毛豆的外荚剥去，用清水浸洗，沥干水分。

②备锅 1 只，放下清水加盐烧开，把青豆肉倾下锅中，用竹筷搅匀，待水再烧开后约 10 分钟豆肉已煮熟，倒在竹筛箕上晾干水分。

③准备炭火炉一只，烧猛炭火，将盛着青豆的竹筛箕放在炭炉的架上，烘至八九成干便可。