

中华美食 食谱精选

2

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# 名厨名菜

Famous Dishes and Great Cooks



外文出版社

Foreign Languages Press



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图书在版编目(CIP)数据

名厨名菜 / 陈进万著.

北京: 外文出版社, 2002.6

(中华美食系列)

ISBN 7-119-03082-5

I. 名… II. 陈… III. 菜谱 - 中国 IV. TS972.182

中国版本图书馆 CIP 数据核字 (2002) 第 036780 号

外文出版社网址:

<http://www.flp.com.cn>

外文出版社电子信箱:

[info@flp.com.cn](mailto:info@flp.com.cn)

[sales@flp.com.cn](mailto:sales@flp.com.cn)

著作权合同登记图字: 2002-1353

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中华美食系列(2)

名厨名菜

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责任编辑 姚宝来

印刷监制 韩少乙

出版发行 外文出版社

社 址 北京市百万庄大街 24 号 邮政编码 100037

电 话 (010)68320579(总编室)

(010)68329514 / 68327211(推广发行部)

制 作 外文出版社照排中心

印 刷 北京外文印刷厂

经 销 新华书店 / 外文书店

开 本 16 开(787 × 1092 毫米) 字 数 30 千字

印 数 0001-3000 册 印 张 11.25

版 次 2002 年第 1 版第 1 次印刷

装 别 平

书 号 ISBN 7-119-03082-5/J · 1603(外)

定 价 80.00 元

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## 编者的话

中国幅员辽阔，物产丰富，在不同的地理环境和风土民情的孕育下，饮食文化勃勃生机，迅速发展，各地的美味佳肴不仅品种繁多，而且独具特色，其中又以江浙菜、粤菜、川湘菜、北京菜最为大众所熟悉。

本书简要介绍了上述菜系中84种名菜的传统配料、制作方法以及特色。这里介绍的菜肴原料易得，制作简便，读者按照彩色图片和文字的解说去做，便能轻松掌握烹调佳肴的方法和技巧。

吃饭不仅是为了吃饱，更是一种生活享受，亲自下厨，正是您个中情趣的具体体现。有了本书的帮助，相信您一定可以成为家中的名厨师，让家人和亲朋好友足不出户，就能尝遍各地的美味佳肴，并对您的手艺啧啧称赞。

本书文字汉英对照，喜爱中国菜的外国朋友，拥有此书，潜心习练，定会成为中国菜的烹调大师。





## Editor's Note

China is a country with a vast territory and rich resources. With a colorful environment of different geographical and local conditions and customs, Chinese cuisine has developed vigorously. The delicious dishes in each local area show variety with distinctive flavor, among which dishes from Jiangsu, Zhejiang, Guangdong, Sichuan, Hunan and Beijing are the most popular.

This book gives a brief introduction to 84 kinds of dishes belonging to the traditions mentioned above. It explains the traditional assortments of various materials for cooking these dishes, as well as their features. All these dishes are easy to prepare. Readers can follow the explanations step by step. Everyone can acquire the skills for making these dishes, with a little practice.

Cooking is also a sort of entertainment. In the kitchen, cooking dishes with your own hands, you will get fun from concrete practice. You can become a noted cook in your family with the help of this book. Both your family members and your friends will enjoy the dishes you made, and praise you to the skies.

This book is published in bilingual format. Foreign friends who are interested in Chinese cuisine may be confident that they too can become skilled chefs in the tradition of Chinese cuisine.



## 烹调中所用的火候简介

1. 炸、溜、爆、炒等均用旺火，菜肴特点为嫩、脆、酥。
2. 烧、焖、煨、扣、炖等均先用大火，后用小火烹制，这种方法必须先用大火把材料烧至半熟，使材料上色后再用小火煮熟。
3. 余、涮、熬、蒸等烹调方法所采用的火力，应根据材料而定，一般质嫩易碎者宜用小火，质老而又体大者则用大火。
4. 煎、贴均以少量油作为传热方法，其菜肴特点为外香酥、里软嫩，具有浓厚的油香味，宜用温火。
5. 注意掌握油温，材料过油是菜肴在烹调前一项重要的准备工作，也是制作过程中常用的方法，一道菜品质的好、坏与过油关系非常大，加热时间掌握不好，那么菜肴品质就达不到标准。

## 芡汁的种类和用途

芡汁是指烹调过程中所加入的液体调味品和淀粉的总称。

芡汁按其稠度分为浓芡、薄芡两类，若按调制方法又可分为碗芡（对调味汁芡）、跑马芡（任芡）两种。

### 1. 碗芡

即各种调味料和水淀粉同放一个碗内溶合，适于用旺火爆、炒、溜各种菜肴。

### 2. 跑马芡

即水淀粉，适用于烧、烩、扒、扣等烹调方法，菜肴起锅前加入。

## 刀工的基本常规

### 一、基本要求：

1. 厨师所用菜墩要干净整洁，刀口要锋利，必备一条洁净的抹布，工作时要求干净利落。
2. 精神要集中、专心一致，操刀时要运用自如，落刀时要稳、准、狠、匀。
3. 必须根据材料的特点来决定相应的加工方法，然后用刀将材料切成整齐划一、清爽利落并符合烹调要求的形状。
4. 要根据材料的性质采用不同刀法（例如牛、羊肉要横切，鸡肉要顺切）。
5. 合理使用材料，以便物尽其用，减少损耗。

### 二、用刀的规矩：

1. 厨师要牢记刀和墩是不分离的，也就是说，厨师不能持刀到别处去，用后必须摆放在固定的容器内。
2. 刀若暂时不用，要将刀刃朝外前方放在墩子中央，刀把刀刃不能超出墩子边沿，以免伤到人。
3. 杜绝持刀玩耍，以防误伤。
4. 爱护刀墩，刀用后宜刷洗擦干，以防生锈，若长期不用，一定要擦油保存。

## 烹调中用火的经验

火候是烹调菜肴的关键，对于菜肴质量起着决定性作用，也是衡量厨师技术水平的重要标准。

烹调不同的菜肴需运用不同的火候，这是每位厨师必须掌握的，但有一个普遍的规律，即材料加热时间短则嫩，时间长则透，时间久则烂。如何做到嫩而不生、透而不老、烂而不化，那就要看厨师的水平了。

厨师掌握火候的关键在于观察火力，充分了解材料性质和受热的变化，以及所加工材料的质地，刀口粗细等等。

## **Introduction for Degree of Heating**

1. Fry, saute and add thick sauce, fry briefly, stir fry: Cook by high heat to make the dish tender and crisp.
2. Roast, stew, simmer: Cook by high heat first till half done, then colour the dishes, turn to simmer later on till well done.
3. Evaporate, boil, steam: It depends on the ingredients. If it's tender and fragile, cook by simmer, if it's hard and big, cook by high heat then.
4. Decoct: Cook by temperate with less oil to make the inside of the dish tender, and the surface will be crisp.
5. Be care of the degree of heating: It's the most important step before cooking. Also it can decide whether the dish is going to be successful or fail.

## **How to Make and How to Use the Thick Sauce**

It's made by cassava starch with water. Usually combine it with dish to thicken the taste of the dish. We can divide the thick sauce into two different kinds by the way how it was made.

1. Bowl thick sauce: Mix all the condiments with cassava starch and water in a bowl, pour them into the dish, fry by high heat.
2. Temporary thick sauce: Mix all the condiments with cassava starch and water first, dressing it on the top of the dish when it is ready to serve.

## **The Basic Rules of Using Knife**

### **A. Basic Requirements:**

1. The chopping board has to be very clean, the knife has to be sharp, it is necessary to prepare a nice clean towel too.
2. Be absolutely concentrate on your work. When you use the knife, stable, on mark, nice shape are things you need to be careful.
3. Cook each single ingredient by its own character, cut it into the right shape which fits the dish's style.
4. Cut the ingredient by its natural line.
5. Use everything useable, do not waste.

### **B. Basic Rules:**

1. Remember, knife and chopping board can not be apart. Don't take the knife to go anywhere far from the chopping board — where it should be. After using the knife, put it in a exact safty place.
2. When the knife is not in use, leave it in the centre of the chopping board to avoid accidents.
3. Never play the knife to avoid any accidentally injure.
4. Cherish and do good protecting to your chopping board. If you are not using it for a long term, make sure that it's very clean and has been settled in a nice place.

## **Experience of Heating**

It is the most important key for cooking. It can decide whether the dish is going to be successful or fail, it also can tell how the cook has done.

Cook different dish by different heat. Cook for just a short time, the dish will be tender. cook for a long time, the dish will be well-done. How to cook a famous dish tender but not rare, not tough, and not over-done, it depends on the cook's skill. A good cook will see the heat, knowing what will happen when a single ingredient meets the heat, knowing each ingredient's character and the way of cutting.



## 目录 CONTENTS

- 11 ●梅花虾片 / Plum Blossom Prawn
- 13 ●百合炒鲜贝 / Fried Scallop with Lily
- 15 ●菜心狮子头 / Pork Ball with Cabbage Heart
- 17 ●粉蒸排骨 / Steamed Rib with Rice Powder
- 19 ●荔枝鱿鱼 / Litchi Shaped Squid
- 21 ●宫保鸡丁 / Diced Chicken with Paprikas
- 23 ●红油肚丁 / Pig-Tripe in Spicy Oil
- 25 ●蒜球干贝 / Garlic Ball with Scallop
- 27 ●凤凰如意卷 / Jade Shaped Meat Roll
- 29 ●富粽珊瑚鳗 / Water Eel in Water Lily Leaf
- 31 ●凉拌腰片 / Pig-Kidney Salad
- 33 ●豆腐丸子 / Dou-Fu Ball
- 35 ●梅干菜扣肉 / Pig-Belly with Pickled Vegetable
- 37 ●豆瓣鲤鱼 / Stewed Carp with Hot Bean Sauce
- 39 ●香蕉明虾卷 / Prawn Roll with Banana
- 41 ●瑶柱芥菜 / Mustard Green with Scallop
- 43 ●南瓜蒸鸡 / Steamed Pumpkin with Chicken
- 45 ●生煎明虾 / Fry Dried Prawn
- 47 ●椒盐排骨 / Fried Ribs with Spiced Salt
- 49 ●锅贴鱼片 / Fried Sliced Fish on Toast
- 51 ●干烧明虾 / Broiled Prawn with Chilli Sauce
- 53 ●山东烧鸡 / Shandong Roast Chicken



- 55 ●鱼香肉丝 / Shredded Pork with Garlic Sauce
- 57 ●炒木须肉 / Omelet with Shredded Pork
- 59 ●月母鸡汤 / Maiden Moon Chicken Soup
- 61 ●干煸牛肉丝 / Shredded Beef Saute Sichuan Style
- 63 ●熊掌豆腐 / Bear's Paw Dou-Fu
- 65 ●京酱肉丝 / Pork Fillet in Chilli Sauce
- 67 ●雪菜冬笋肉丝 / Shredded Meat with Salted Cabbage and Bamboo Shoot
- 69 ●鲜溜三白 / Superior Mixed in Special Sauce
- 71 ●芙蓉干贝 / Omelet Scallop
- 73 ●回锅肉 / Double Cooked Pig-Belly
- 75 ●棒棒鸡丝 / Shredded Chicken
- 77 ●火爆腰花 / Fried Pig-Kidney
- 79 ●栗子焖鸡 / Steamed Chicken with Chestnut
- 81 ●雪菜鱼片 / Sliced Fish with Salted Cabbage
- 83 ●蚝油凤翼 / Chicken Wing in Oyster Oil
- 85 ●鱼香茄子 / Eggplant with Garlic Sauce
- 87 ●香根牛肉丝 / Grenadine
- 89 ●松鼠黄鱼 / Sweet and Sour Boneless Yellow Croaker
- 91 ●青红椒牛肉丝 / Shredded Beef with Pepper
- 93 ●黄鱼参羹 / Yellow Croaker with Sea Slug in Thick Soup
- 95 ●干煸四季豆 / Fried String Beans
- 97 ●酸辣汤 / Spicy and Sour thick Soup



- 99 ●银芽蛤蜊 / Clam with Sprouts
- 101 ●家常牛肉丝 / Home Made Shredded Beef
- 103 ●红油耳丝 / Shredded Pig-Ear in Spicy Oil
- 105 ●苦瓜肥肠 / Pig-Intestine with Bitter Cucumber
- 107 ●怪味鸡 / Spiced Chicken
- 109 ●滑炒里脊丝 / Scrambled Shredded Fillet
- 111 ●糖醋里脊 / Sweet and Sour Fillet
- 113 ●雪梨鸡片 / Sliced Chicken with Pear
- 115 ●姜爆鸭丝 / Fried Ginger with Shredded Duck
- 117 ●小煎鸡 / Piccata Chicken Chop
- 119 ●彩虹鱼丝 / Rainbow Shredded Fish
- 121 ●海参丸子 / Sea Slug Ball
- 123 ●五彩羊肉丝 / Fry Lamb with Mixed Bell Pepper
- 125 ●荷叶排骨 / Steam Loin Chop with Water Lily Leaves
- 127 ●氽丸子汤 / Meat Ball Soup
- 129 ●豉汁排骨 / Sparerib with Fermented Black Bean
- 131 ●淮山炖排骨 / Stew Sparerib with Yam
- 133 ●葱爆牛肉 / Fry Beef with Scallion in Thicken Sauce
- 135 ●咖喱牛肉片 / Fry Sliced Beef with Curry
- 137 ●蚝油牛柳 / Fry Beef with Oyster Sauce
- 139 ●芹菜牛肉丝 / Fry Shredded Beef with Celery
- 141 ●银芽牛肉丝 / Fry Beef with Mung Bean Sprouts



- 143 ●红椒豆干牛肉丝 / Fry Shredded Beef with Dried Beancurd
- 145 ●百合牛柳 / Fry Beef Fillet with Lily-Bulb
- 147 ●子姜牛肉丝 / Fry Shredded Beef with Ginger
- 149 ●蒸牛肉丸 / Steam Beef Ball
- 151 ●牛肉羹 / Beef Potage
- 153 ●白切牛肉 / Sliced Beef with Spice Sauce
- 155 ●糖醋排骨 / Sweet and Sour Sparerib
- 157 ●烩玻璃肉片 / Stew Pork with Mixed Vegetable
- 159 ●陈皮牛肉 / Stew Beef with Dried Tangerine Peel
- 161 ●蛋皮肉卷 / Steam Meat Stuffed Egg Roll
- 163 ●回锅腊肉 / Double Cooked Gammon
- 165 ●抓炒羊里脊 / Fry Lamb Cutlet with Thicken Sauce
- 167 ●三丝牛肉卷 / Fry Beef with Tri-Shreds Roll
- 169 ●银丝牛肉 / Fry Beef with Rice Noodle
- 171 ●原盅枸杞羊肉 / Steam Lamb with Wolfberry
- 173 ●清蒸牛腩 / Steam Beef Brisket
- 175 ●红烧牛肉 / Broil Beef Stringy with Thicken Sauce
- 177 ●家常牛肉丝 / Fry Beef Fillet with Spicy Sauce







# 梅花虾片

## Plum Blossom Prawn

(四川名菜)

### 【材料】

①明虾……………600克 ②粉皮……………300克

### 【调料】

(A)沙拉酱 20克

(B)①芥末 10克 ②酱油 1匙

(C)①蒜末 5克 ②酱油膏 1匙 ③糖 ½匙 ④醋 ¼匙  
⑤香油 1匙 ⑥开水 1匙

(D)怪味①葱、姜蒜末各 1匙 ②芝麻酱 1匙 ③酱油膏 1匙 ④花椒粉 ½匙 ⑤糖 ½匙 ⑥香油 1匙 ⑦辣油 ½匙

### 【作法】

- ①明虾去沙筋，先用开水加入 1 匙料酒、1 匙盐、葱 1 根、姜 1 片，煮熟后捞出放入冰水里（保持鲜艳），去头尾壳。
- ②粉皮切 1 公分宽度成长条状，先用开水氽烫过再加 1 匙香油搅拌待凉，摆在盘中铺成梅花形状。
- ③把明虾片成薄片摆在粉皮上形同梅花，调味料调匀装于碗内同时上桌即可。

### 【Ingredients】

① 600g. prawns. ② 300g. rice noodle paste.

### 【Seasoning】

(A) 20g. mayonnaise.

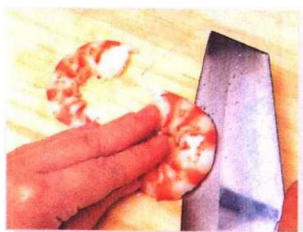
(B) 10g. mustard with 1 tbsp. soy sauce.

(C) ① 5g. bruised garlic. ② 1 tbsp. thick soy sauce.  
③ ½ tbsp. sugar. ④ ¼ vinegar. ⑤ 1 tbsp. spice oil. ⑥ 1 tbsp. water.

(D) ① Bruised scallion, bruised ginger, bruised garlic, 1 tbsp. each. ② 1 tbsp. sesame paste. ③ 1 tbsp. thick soy sauce. ④ ½ tbsp. xanthoxylum seeds powder. ⑤ ½ tbsp. sugar. ⑥ 1 tbsp. spice oil. (7) ½ tbsp. chilli sauce.

### 【Methods】

- ① Devein the prawn, cook with water, 1 tbsp. cooking wine, 1 tbsp. salt, 1 scallion, 1 piece ginger till boiled. Put the prawn on ice water to keep the beautiful colour, shell.
- ② Strip the rice noodle paste into 1 cm wide, scald and mix with 1 tbsp. spice oil, cool off and dish up as plumblossom.
- ③ Slice the prawn and dish up on the rice noodle paste as plum blossom too. Serve the seasoning on other bowl, go with the main dish, done.









# 百炒贝

## Fried Scallop with Lily

(北京风味滋补菜肴)

### 【材料】

- ①鲜贝……………300克 ③葱……………10克  
②鲜百合……………100克 ④姜末……………5克

### 【调料】

- ①精盐1匙②料酒1匙③味精½匙④胡椒粉½匙  
⑤水淀粉1匙⑥香油1匙

### 【作法】

- ①鲜贝洗净撕去硬筋，用布碾干水分，加1匙盐及淀粉2匙上浆，鲜百合洗净剥开切修整齐，葱洗净改斜刀成马茸形。
- ②把调味料①~⑥放入碗内对成味汁。
- ③热锅，添入沙拉油600克烧至4成熟时，将干贝下锅滑油至8分熟，倒入漏勺沥油，原锅下葱及姜稍煸炒，放鲜贝及百合，再倒入对好味汁翻炒均匀即可。

●特色：此菜洁白如玉，滑嫩鲜香。

### 【Ingredients】

- ① 300g. scallop. ② 100g. fresh liles. ③ 10g. scallion. ④ 5g. bruised ginger.

### 【Seasoning】

- ① 1 tbsp. refined salt. ② 1 tbsp. cooking wine. ③ ½ tsp. monosodium glutamate. ④ ½ tsp. pepper powder. ⑤ 1 tbsp. starch water. ⑥ 1 tbsp. spice oil.

### 【Methods】

- ① Clean the scallop and cut the sinew off drain up. Coat with 1 tbsp. salt and 2 tbsp. starch. Clean the lilies and fix the shape. Clean and chip scallion.
  - ② Mix seasoning ①~⑥ well to be seasoning sauce.
  - ③ Preheat the pan with 600g. salad oil till 40% done, fry the scallop till 80% done, drain up. Fry scallion and ginger briefly, again fry scallop with lilies, pour seasoning sauce in, done.
- Character Pure, smooth with rich fragrant.

