

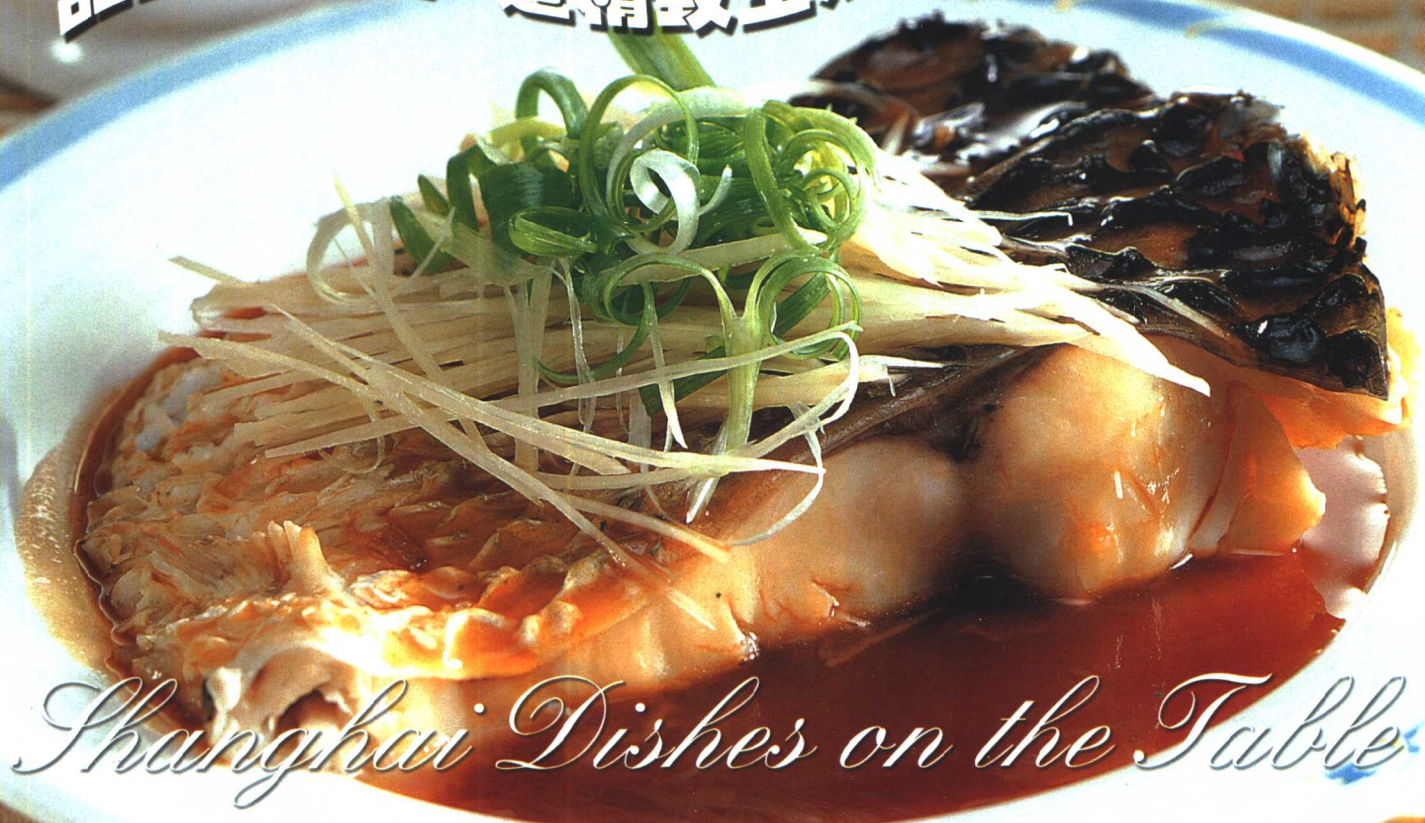


现代人食谱

就吃上海菜

品上海风味 过精致生活

梁琼白 著



Shanghai Dishes on the Table

 中国轻工业出版社

现代人食谱



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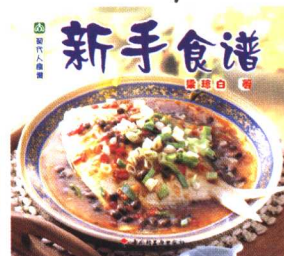
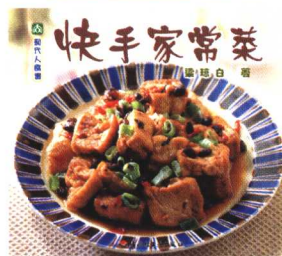
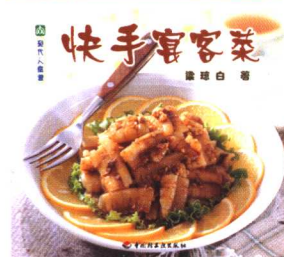


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目 录 CONTENTS

小菜类

Side Dishes

萝卜丝拌蜆头

CELERY WITH SHREDDED CHINESE FAL SH 4

油爆虾

OIL-BRAISED SHRIMPS 6

酱鸭

ROASTED DUCK WITH GINGER 8

葱爆鲫鱼

BRAISED BROAD CARP WITH SCALLION 10

菜肴类

Main Dishes

西湖醋鱼

WEST LAKE GARGLASS CARP 12

五柳鱼丝

FIVE COLOR STRIPS WITH SHREDDED FISH 14

红烧中段

BRAISED CENTER OF GRASS CARP 16

糟煨鱼片

BRAISED FISH IN WINE LEES SAUCE 18

下巴划水

BRAISED FISH HEAD AND TAIL 20

雪菜鱼片

HSUEH LI HUNG WITH FISH 22

干烧鱼头

BRAISED CHUB HEAD 24

清蒸黄鱼

STEAMED YELLOW CROAKER 26

熏鱼

BRAISED GRASS CARP WITH FIVE SPICE 28

炒鳝糊

STIR-FRIED CREAMY EELS 30

脆鳝

CRISP EELS 32

锅烧河鳗

RED-COOKED RIVER EEL 34

酱爆蟹

STIR-FRIED CRAB WITH YEAP CAKES IN 36

SWEET BEAN SAUCE

蟹粉豆腐

CRAB WITH TOFU 38

墨鱼大煨

BRAISED CUTTLEFISH WITH BELLY PORK 40

豌豆鸡丝

SHREDDED CHICKEN WITH PEAS 42

香糟子排

RIBS IN RED WINE LEES SAUCE 44

腐乳肉 46
 BRAISED BELLY PORK IN FERMENTED
 SOYBEAN LIQUID

百页结烧肉 48
 PORK SHOULDER WITH TOFU KNOTS

雪笋肉丝 50
 SHREDDED PORK WITH HSUEH LI HLING AND
 BAMBOO SHOOT

红米烧肉 52
 BELL PORK WITH PURPLE RICE

糟钵头 54
 PORK IN TESTINE IN WINE LEES SAUCE

白果菜心 56
 GINKGO NUTS WITH CHINESE CABBAGE HEART

塌棵菜笋片 58
 CABBAGE WITH SLICED BAMBOO SHOOT

汤品类
 Soup Dishes

沙锅狮子头 60
 PORK HEAD IN CASSEROLE

腌笃鲜 62
 BOTH HAM AND PORK IN CASSEROLE

沙锅鱼头 64
 CHUB HEAD IN CASSEROLE

蛤蜊鲫鱼汤 66
 CRUCIAN CARP WITH CLAM SOUP

湖鸭芋艿汤 68
 DUCK WITH TARO SOUP

油豆腐粉丝鸡 70
 CHICKEN AND FRIED BEAN CURD SOUP
 WITH NOODLES

鸡火煮干丝 72
 SHREDDED CHICKEN WITH HAM AND PRESSED TOFU

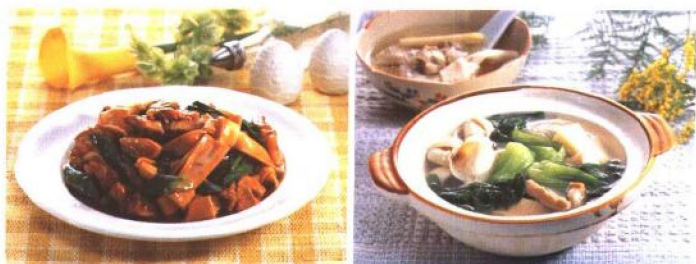
火腿冬瓜汤 74
 HAM AND WINTER MELON SOUP

扣三丝 76
 ONCE-OVER THREE SHREDS

荠菜羹 78
 SHEPARD'S PURSE CONGEE

鸭血羹 80
 DUCK BLOOD CONGEE

黄鱼羹 82
 YELLOW CROAKER CONGEE



萝卜丝拌蜆头

JELLYFISH WITH SHREDDED CHINESE RADISH

● 材料

白萝卜1小根、海蜆头150克、大蒜2瓣、葱1根

● 调味料

(1) 酱油 2大匙

(2) 糖 4大匙、醋 4大匙、酱油 2大匙、盐 1/4茶匙、香油 1大匙

● 作法

1. 白萝卜去皮、切丝，拌入调味料(1)腌20分钟，然后挤干水分。

2. 海蜆头先洗净外皮的盐分，然后片开，整片用清水浸泡5小时捞出，然后切丝，再放入开水中余烫至卷曲时捞出，另用清水再浸泡1小时至松软。

3. 海蜆头捞出、沥干，加入萝卜丝、蒜末和调味料(2)拌匀，然后放置30分钟使其入味，并撒入葱花即可食用。

● INGREDIENTS

1 small Chinese radish, 1/3 lb. jellyfish, 2 cloves garlic, 1 scallion

● SEASONINGS

(1) 2T soy sauce

(2) 4T sugar, 4T vinegar, 2T soy sauce, 1/4t salt, 1T sesame oil

● METHODS

1. Pare Chinese radish, shred, and marinate with seasoning(1) for 20 minutes, then squeeze out excess water.

2. Rinse salt out of the skin of jellyfish, slice one flake by one, and soak in water for 5 hours, then remove. Then shred, blanch in boiling water until curved, then remove. Soak in water for an hour until soften.

3. Drain jellyfish, add shredded Chinese radish, minced garlic, and seasoning(2), then mix well. Stand for 30 minutes until flavor is absorbed, and sprinkle with minced scallion. Serve.

TIPS

1. 白萝卜用酱油而不用盐腌软，酱油有染色功能，以免色泽太白。
2. 白萝卜用刀切比用刨的好，较脆，且不易出水或过烂。
3. 海蜆头起初以清水浸泡时，水龙头不要完全关紧，而是以活水流动的方式浸泡，口感弹性比较好。
4. 食用油一般为植物油，为烹调常用材料，在随后的“材料”介绍中不再提及。

1. Marinate Chinese radish in soy sauce instead of salt in order to dye lest it be too white to be natural with jellyfish.
2. If it is possible, shred Chinese radish with cleaver instead of shredder for a crunchier taste, not easily to dripping or over-softened.
3. If possible, soak jellyfish in cold, running water to have an elastic texture and delicious taste.
4. Oil is vegetable oil in this book.



萝卜丝拌蜆头

JELLYFISH WITH SHREDDED CHINESE RADISH

油爆虾

QUICKLY-FRIED SHRIMPS

● 材料

虾 375克, 辣椒 1个, 蒜 2瓣

● 调味料

(1) 料酒 1/2大匙、淀粉 1/2大匙

(2) 料酒 1大匙、酱油 1大匙、糖 1茶匙、醋 1茶匙、盐 1/4茶匙、胡椒粉 少许

● 作法

1. 虾挑净泥肠, 剪去须足, 洗净后沥干, 拌入调味料(1)略腌。

2. 辣椒洗净、切丁, 蒜切末备用。

3. 油1杯烧热后, 放入虾, 大火炸至变红时捞出, 然后将油倒除, 并将锅洗净。

4. 另用1大匙油炒香辣椒丁和蒜末, 再放入虾, 并加入调味料(2)炒至汤汁稍微收干时即可盛出。

● INGREDIENTS

5/6 lb.shrimps, 1 chili pepper, 2 cloves garlic

● SEASONINGS

(1) 1/2T cooking wine, 1/2T cornstarch

(2) 1T cooking wine, 1T soy sauce, 1t sugar, 1t vinegar, 1/4t salt, pepper as needed

● METHODS

1. De vein shrimps, trim off legs, rinse well, and drain well, then marinate in seasoning(1) for a minute.

2. Rinse chili pepper well and dice, Mince garlic.

3. Heat 1C of oil in wok, stir-fry shrimps rapidly over high heat until color changes to red, and remove. Pour oil away and rinse wok well.

4. Stir-fry diced chili pepper and minced garlic until fragrant, return shrimps and add seasoning(2) to taste. Cook until liquid is almost dry. Remove and serve.

TIPS

1. 剪虾时, 除了剪去须足外, 虾头处从眼后剪除, 可防止油热时虾眼内的水会爆裂。

2. 除了草虾因质地较硬, 宜选择较小者外, 其他的虾可挑体积较大且质地较脆者。

3. 爆虾时, 油要热, 动作要快, 避免久炒出水以致虾肉变硬。

1. Trim off shrimp eyes to prevent splattering from the liquid in the eyes.

2. Tiger shrimps are tough, so use smaller ones. If using other kinds, use larger ones, which are crunchier.

3. Be sure that the oil is very hot. Stir-fry shrimps rapidly to prevent their juice from dripping and their meat from toughening.



油爆虾

QUICKLY-FRIED SHRIMPS

酱鸭

COLD DUCK WITH GINGER

● 材料

鸭 1/2 只、葱 2 根、老姜 2 片、嫩姜 1 小块

● 调味料

(1) 酱油 1/2 杯、冰糖 2 大匙、料酒 1 大匙、五香包 1 袋

(2) 水淀粉 1/2 大匙

● 作法

1. 鸭洗净，汆烫以去血水，冲净备用。

2. 用 2 大匙油爆香葱、姜片，焦黄时加入调味料 (1) 及水 5 杯烧开，将鸭放入，改小火煮 40 分钟。

3. 将鸭取出，放至稍凉时切块、排盘；另将作法 2 之酱汁 1/2 杯回锅烧开后，以调味料 (2) 勾芡，然后淋在鸭肉上。

4. 嫩姜切丝，泡 10 分钟后捞出，沥干，再撒在鸭肉上即成。

TIPS

1. 用半只鸭时，最好采用胸骨的那一半，以免煮熟后鸭肉收缩而变形，鸭胸肉也会变硬。

2. 五香包可在中药店买到，内容为丁香、茴果、陈皮、八角、花椒等，最好先用纱布包起来再入锅，以免煮一锅都是。

3. 这道菜是凉菜，煮好后需放凉再吃，而鸭腿也不需要回锅。

● INGREDIENTS

1/2 duck, 2 scallions, 2 slices old ginger, 1 small piece tender ginger

● SEASONINGS

(1) 1/2C soy sauce, 2T rock sugar, 1T cooking wine, 5C boiling water, 1 five-spiced pouch

(2) 1/2T cornstarch water

● METHODS

1. Rinse duck well, blanch in boiling water to remove the blood, and remove, then rinse well under cold water.

2. Stir-fry scallions and ginger slices in 2T of oil until burnt, and add seasoning (1) and 5C water, then bring to a boil. Then add duck, reduce heat to low, and cook for 40 minutes.

3. Remove duck, let sit until slightly cool, and cut into pieces, then arrange on plate. Return 1/2C of liquid from method (1), cook until boiling, and thicken with seasoning (2), then drizzle over duck.

4. Shred tender ginger and soak in water for 10 minutes. Remove, and drain well, then sprinkle over duck. Serve.

1. Use a half-duck with breastbone to prevent the meat from shrinking, changing shape or toughening.

2. A five-spiced pouch is available at any Chinese medicine store. The five spices are cloves, Tsacko fructus (cao guo, Amomum fruit), dried citrus peel, star anise, Szechwan peppercorns and so on. They should be wrapped up in a cloth pouch to prevent them from falling apart.

3. This dish is served cold. The duck has to be cooled and then cut into pieces after cooked thoroughly. It need not be returned to the wok a second time.



酱鸭

COLD DUCK WITH GINGER

葱熘鲫鱼

BRAISED CRUCIAN CARP WITH SCALLION

材料

鲫鱼 2条、葱 110克

调味料

(1) 酱油 2大匙、醋 1杯

(2) 料酒 1大匙、酱油 2大匙、糖 1/2大匙、胡椒粉 少许、醋 4大匙

作法

1. 鲫鱼杀好,洗净,沥干水分,拌入调味料(1)腌2小时;葱切成两等份。

2. 锅内倒入3碗油烧热,再放入鲫鱼炸至金黄,捞出备用。

3. 另一深锅放入葱段,再放入鲫鱼,并倒入调味料(2)及清水2杯,大火烧开后,改小火烧至汤汁收干且入味时即可关火,稍凉时再夹出食用。

INGREDIENTS

2 small crucian carp, 1/4 lb. scallions

SEASONINGS

(1) 2T soy sauce, 1C vinegar

(2) 1T cooking wine, 2T soy sauce, 1/2T sugar, pepper as needed, 4T vinegar

METHODS

1. Have the vendor kill crucian carp. Rinse well, drain, and marinate in seasoning (1) for 2 hours. Cut scallions into halves.

2. Heat 3C of oil in wok, and deep-fry fish until golden brown, then remove.

3. Place scallion sections, crucian carp, and seasoning (2) and 2C water in another wok; cook over high heat until boiling. Then reduce heat to low, braise until the liquid is dry and flavor is absorbed, and remove from heat. Let cool for a while, remove and serve.

TIPS

1. 这道菜较费火,而且烧的时间长,不妨一次多做些,因为烧2条和烧5~6条的时间差不多。

2. 鲫鱼先用醋泡过,可使鱼刺软化,且吃的时候不至因为刺多而影响风味。

3. 用葱垫底可避免烧煮过程中焦锅,葱段吸收了鱼汁味道更好,喜欢吃葱的人可以多放,或在每一层鱼中间再铺一层葱。

1. Cooking this dish will waste more energy and take more time. You may as well make more, because the time to cook two fish is about the same as five or six.

2. Soak fish in vinegar to soften fishbone and not to affect its flavor because of much fishbone when serving.

3. Scallion is lined on the bottom of the pot to prevent fish from sticking and burning. The scallion sections absorbed so much fish soup that they are delicious. If desired, add more scallions or line between layers of fish.



葱爆鲫鱼

BRAISED CRUCIAN CARP WITH SCALLION

西湖醋鱼

XI-HU VINEGAR GRASS CARP

● 材料

草鱼中段 1200克、葱 5根、老姜 4片、嫩姜 4片

● 调味料

(1) 料酒 1大匙、盐 1茶匙

(2) 酱油 3大匙、醋 3大匙、料酒 1大匙、糖 1大匙、盐 1/4茶匙、胡椒粉 少许、水淀粉 1大匙

● 作法

1. 草鱼洗净，剖开，去除中间大骨，葱1根和嫩姜切丝、泡水。

2. 水半锅烧开后，加入葱2根，老姜2片和调味料(1)，再放入草鱼，改小火煮10分钟。

3. 另用2大匙油爆香剩余的葱、老姜片，焦黄时捞除，再加入调味料(2)及4大匙清水炒匀。

4. 草鱼捞出放盘内，淋入炒匀的酱汁，并撒入葱丝、嫩姜丝即成。

● INGREDIENTS

2.6 lbs.the center cut of grass carp, 5 scallions,4 slices old ginger,4 slices young ginger

● SEASONINGS

(1) 1T cooking wine,1t salt

(2) 3T soy sauce,3T vinegar,1T cooking wine,1T sugar,1/4t salt,pepper as needed,1T cornstarch water

● METHODS

1. Rinse grass carp well, cut open, and remove the spine. Shred one scallion and young ginger, then soak in water.

2. Bring half pot of water to a boil, add 2 scallions, 2 slices ginger and seasoning (1), then add grass carp, reduce heat to low, and cook for 10 minutes.

3. Stir-fry all other scallions and ginger slices in 2T of oil until dark brown, discard. Then add seasoning (2) and 4T water, and stir well.

4. Remove grass carp to plate, drizzle with well-stirred sauce, and sprinkle with shredded scallion as well as young ginger. Serve.

TIPS

1. 煮鱼时水要多，要热，入锅后要改小火煮，以保持水温即可，不要大火煮，以免鲜味流失。

2. 嫩姜丝泡过水再用，比较白也比较脆。

1. When cooking the fish, use plenty of hot water. Keep the temperature on low, or the fresh flavor will disappear.

2. The shredded young ginger must be soaked to make it whiter and crunchier.