



现代人食谱

海鲜

在家吃海鲜 经济又美味 梁琼白 著

The Seafood Collection



中国轻工业出版社

现代人食谱



海鮮

The Seafood Collection

梁琮白 著

 中国轻工业出版社

图书在版编目(CIP)数据

海鲜 / 梁琼白 著. — 北京: 中国轻工业出版社, 2002. 8

(现代人食谱)

ISBN 7-5019-3742-7

I. 海… II. 梁… III. 海产品—菜谱 IV. TS972.126

中国版本图书馆 CIP 数据核字(2002)第 048248 号

版权声明

原书名: 海鲜

作者: 梁琼白

©台湾尚書文化事业有限公司 2001

本书中文简体版本由台湾尚書文化事业有限公司授权出版

责任编辑: 李 莉	文字终审: 蔡奕磊	封面设计: 赵小云
版式设计: 张 颖	责任校对: 郑静娴	责任印制: 吴京一

出版发行: 中国轻工业出版社(北京东长安街 6 号, 邮编: 100740)

网 址: <http://www.cilip.com.cn>

联系电话: 010-65241695

印 刷: 北京国彩印刷有限公司

经 销: 各地新华书店

版 次: 2002 年 8 月第 1 版 2002 年 8 月第 1 次印刷

开 本: 889 × 1194 1/24 印张: 3.5

字 数: 76 千字 印数: 1-10000

书 号: ISBN 7-5019-3742-7 / TS · 2224

定 价: 18.00 元

著作权合同登记号: 图字: 01-2002-2706

· 如发现图书残缺请直接与我社发行部联系调换 ·

现代人的生活

现代人的食谱

新



现代人食谱



全彩印刷，每册18.00元 全国各大书店有售



现代人食谱 丛书 每册定价:18元

全彩印刷 全国各大书店有售 邮购电话:010-88390671



此为试读, 需要完整PDF请访问: www.erton.com

现代人食谱



海鮮

The Seafood Collection

梁琮白 著

 中国轻工业出版社

目 录 CONTENTS

豆瓣鲤鱼 24

SZECHUAN CARP

韭黄鳊鱼球 6

COU WITH YELLOW CHIVES

鲜烧鲑鱼头 8

FRESH COOKED SALMON HEAD

烟熏鳊鱼 8

SMOKED COU

红烧划水 6

RED-COOKED CARP TAIL

醋熘瓦块鱼 24

SWEET AND SOUR GRASS CARP

柠檬鲈鱼 24

LEMON-STEAMED SEA PERCH

西湖醋鱼 24

XI-HU VINEGAR CARP

蒜子黄鱼 6

BRAISED YELLOW FISH WITH GARLIC

葱姜焗鱼云 6

FISH CLOUD COOKED WITH SCALLION AND GINGER

糟熘鱼片 24

GROUPER IN WINE CUPPED SAUCE

苏式熏鱼 26

FIVE-SPICE BRAISED GRASS CARP

26 虾类 Shrimp Section

龙井虾仁 28

LUNGCHIN SHRIMP

脆皮虾球 30

CRISPY SHRIMP BALL

烧酒虾 32

WINE SHRIMP

干烧大虾 34

DRY-COOKED SHRIMP IN SWILET

AND SOUR SAUCE

清蒸鲜贝虾 32

STEAMED SHRIMP WITH SCALLOPS

IN FISH SAUCE

盐酥虾 38

CRISPY SHRIMP

蒜蓉虾 40

PRAYNS WITH GARLIC SAUCE

兰花大虾 42

ORCHID SHRIMP

胡椒虾 44

PEPPER SHRIMP

贝类

Clam Section

虾蓉镶鲜蛤 46
SHRIMP STUFFED CLAMS

蚝油九孔 48
AHALONE IN OYSTER SAUCE

豉椒海瓜子 70
CLAMS IN FERMENTED BLACK BEAN SAUCE

荫豉牡蛎 66
OYSTERS WITH FERMENTED BEANS

凉拌蛤蜊 54
COLD CLAMS

焗烤扇贝 66
BROILED SCALLOPS

炒海瓜子 58
STIR-FRIED MANILA CLAMS

蟹类

Crab Section

清蒸蟹 66
STEAMED CRAB

蟹腿豆腐 62
CRAB WITH TOFU

青蟹粉丝煲 54
BLUE CRAB WITH NOODLE POT

奶油焗蟹 66
BAKED BUTTER CRAB

烤蟹斗 66
BAKED CRAB WITH CHEESE

酱爆蟹 70
SAUTÉED CRAB WITH SWEET BEAN SAUCE

花蟹豆腐锅 70
CRAB WITH TOFU POT

其他类

Other Section

五味墨鱼 74
FIVE-FLAVORED CUTT EISH

红烧河鳗 74
RED-COOKED RIVER EEL

宁式鳗糊 66
NINGPO STYLE CREAMY SHREDDED EEL

三杯小鱿鱼 74
CLAY POT CUTT EISH

虾子海参 82
SEA CUCUMBER WITH SHRIMP



豆瓣鲤鱼

SZECHUAN CARP

● 材料

鲤鱼1条(约500克)、豆腐半块、葱3根、姜2片、蒜末1大匙、葱苗1大匙

● 调味料

- (1) 酱油2大匙、辣豆瓣2大匙、料酒1大匙、糖1大匙、醋半大匙、胡椒粉少许
- (2) 水淀粉半大匙

● 作法

1. 鲤鱼洗净, 擦干, 锅内放油2大匙烧热, 先爆香葱、姜, 焦香时捞除, 再将鱼放入, 两面略煎后盛出。
2. 以余油炒香葱、蒜末和辣豆瓣, 再放入调味料(1)中的其他调料和1杯清水烧开, 将鱼回锅, 改小火煮。
3. 豆腐切四方块, 放入, 与鱼同炖约12分钟, 使其入味。
4. 待汤汁稍干时, 淋入调味料(2)勾芡, 加入少许葱苗, 使汤汁浓稠即可盛出。

● INGREDIENTS

1 Carp (about 1 1/3 lbs.), 1 package tofu, 3 scallions, 2 ginger slices, 1T minced garlic, 1T chopped scallions

● SEASONINGS

- (1) 2T soy sauce, 2T hot bean paste, 1T cooking wine, 1T sugar, 1/2T vinegar, pepper as needed
- (2) 1/2T cornstarch water

● METHODS

1. Rinse fish, pat dry; heat 2T oil, stir-fry scallions and ginger until dark brown and soft, discard, put fish in and fry until slightly brown on both sides, remove.
2. Stir-fry minced ginger, garlic and bean paste until fragrant, add the remaining seasoning (1), 1C water bring to a boil, return fish, reduce heat to low and cook.
3. Cut tofu into squares, add to fish and cook for 12 minutes.
4. Wait until the liquid is slightly absorbed, thicken with seasoning (2), add some chopped scallions, remove to a serving plate when the liquid is thick and sticky.

鲜小语

TIPS

1. 本书常备原料的鱼类以鲫鱼为主, 也有少量鲤鱼, 鲤鱼分公、母两种, 公鲤鱼肉质厚, 母鲤鱼有鱼子, 比较香。
2. 鲤鱼不要煮太久, 以免肉质太硬, 红烧时要不时推动锅子以免焦底。
3. 食用前一锅为植物油, 为烹调用材料, 在最后的“材料”中不再介绍。

1. The meat of the male common carp is thicker, but the female contains roe and tastes better.
2. Do not fry common carp for too long to prevent its meat from toughening. Shake wok constantly to prevent fish from sticking to wok and burning when red-cooking.
3. Oil is vegetable oil in this book.



豆瓣鲤鱼

SZECHUAN CARP

韭黄鳕鱼球

COD WITH YELLOW CHIVES

● 材料

圆鳕鱼2片、韭黄150克

● 调味料

(1) 蛋清半个、盐半茶匙、淀粉1茶匙

(2) 料酒1大匙、盐1茶匙、白胡椒粉少许、水淀粉1茶匙

● 作法

1. 鳕鱼去皮、剔骨，切厚片，拌入调味料(1)腌10分钟，然后过油，捞出备用。

2. 韭黄洗净、切小段，用2大匙油略炒，随即放入鳕鱼及调味料(2)一同炒匀即可盛出。

● INGREDIENTS

2 round cod fillets, 1/3 lb. yellow chives

● SEASONINGS

(1) 1/2 egg white, 1/2t salt, 1t cornstarch

(2) 1T cooking wine, 1t salt, a dash of white pepper, 1t cornstarch water

● METHODS

1. Remove skin and bones from cod first, then cut into thick slices and marinate in seasoning (1) for 10 minutes. Blanch quickly in oil and remove.

2. Rinse yellow chives well and cut into small sections. Heat 2T of oil in wok, stir-fry chives for a minute, return cod and season with seasoning (2) to taste. Stir until well-mixed, remove and serve.

新鲜小语 TIPS

1. 鳕鱼有圆鳕和扁鳕两种，圆鳕的鱼肉有弹性，不易化水，适合炒，所以这道菜一定要用圆鳕。

2. 韭黄不可久炒，过熟的韭黄会因为受热而出水。

3. 除了用鳕鱼，也可以用鲑鱼或鲟鱼片更换口味。

1. Round cod has firm meat that does not easily release liquid, and suits stir-frying. Use round cod instead of flat cod in this recipe.

2. Do not stir-fry yellow chives for too long. Over-cooked chives will be too soft and soggy.

3. Salmon or sea bream slices may also be used in this recipe.



韭黄鳕鱼球

COD WITH YELLOW CHIVES

鲜烧鲑鱼头

FRESH COOKED SALMON HEAD

● 材料

小型鲑鱼头1个、香菇5朵、胡萝卜半个、牛蒡半个、青蒜丝少许

● 调味料

日本鲑鱼(蛋黄酱)3大匙、料酒1大匙、味淋1大匙、盐半茶匙、糖半茶匙、胡椒粉少许

● 作法

1. 鲑鱼头对半剖开后洗净、沥干水分，用2大匙油两面煎好后盛出；胡萝卜去皮、切块；香菇泡软；牛蒡去皮、切斜段，备用。
2. 平底锅内先铺上胡萝卜丝、香菇和牛蒡，再放入鱼头。
3. 加入所有调味料和清水1杯半烧开，改小火，烧至汤汁微微收干时盛出，撒下青蒜丝即成。

● INGREDIENTS

1 small size salmon head, 5 shiitake mushrooms, 1/2 carrot, 1/2 burdock, shredded leek as needed

● SEASONINGS

3T Japanese Tz you soy sauce, 1T cooking wine, 1T mirin, 1/2t salt, 1/2t sugar, a dash of pepper

● METHODS

1. Halve head and rinse well, then drain completely. Fry lightly in 2T of oil and remove. Peel carrot and cut into pieces. Soak mushrooms until soft. Peel burdock and cut diagonally into sections.
2. In a frying pan spread carrot, mushrooms and burdock evenly across bottom first, then top with salmon head.
3. Add all seasonings, 1.5C water and cook until boiling, then reduce heat to low and cook until liquid is slightly absorbed. Remove and sprinkle with shredded leek. Serve.

鲜小语

TIPS

1. 如果买到的鱼头超过1500克时，最好分两批烧，以免一锅吃不完，锅也无法一次容纳，而造成火候与调味不匀。
2. 除了鲑鱼头，还可以用其他新鲜鱼头，但红烧之前，都不要将鱼头煮得太透，只要两面略上颜色即可，若将外皮煎硬反而影响风味，甚至不酥，鱼头与配料同烧也可。
3. 汤友是日本甜酱油，原文为タラシ，陈淋(みりん)是日本料理的常用调味料，是一种甜米酒，常备得可在超市调味品区买到。

1. If the fish head weighs over 3.5 lbs, cook twice, because a small wok will create unbalanced heat and flavor. It will probably be too much for one meal.
2. Other fresh fish heads may also be used. Before red cooking, do not fry fish head for too long or the flavor will be affected. Just fry lightly. Or cook with ingredients without frying first.
3. Tz you is a sweet Japanese soy sauce, known as タラシ in Japanese. Mirin is a common condiment in Japanese cuisines. It can be purchased in condiment section of any supermarket.



鲜烧鲑鱼头

FRESH COOKED SALMON HEAD

烟熏鳕鱼

SMOKED COD

● 材料

鳕鱼1片、红茶叶半杯、黄砂糖半杯、大米半杯、生菜叶2片

● 调味料

- (1) 料酒1大匙、盐1茶匙、姜2片、葱1根
(2) 柠檬2片、沙拉酱少许

● 作法

1. 鳕鱼洗净，加入调味料(1)，先蒸8分钟取出，拣除葱、姜，并倒掉蒸出之汤汁；生菜叶洗净，切丝备用。
2. 锅内先垫1张铝箔纸，再放入红茶叶、黄砂糖和小米混合，上面放铁架，先刷少许油再将鳕鱼放在面上，大火烧至烟雾升起时，盖上锅盖，熏20分钟。
3. 取出鳕鱼，放在垫有生菜丝的盘内，挤上沙拉酱，并附上柠檬，食用时将柠檬汁挤在鱼肉上即可。

● INGREDIENTS

1 cod fillet, 1/2C black tea leaves, 1/2C light brown granulated sugar, 1/2C rice, 2 lettuce leaves

● SEASONINGS

- (1) 1T cooking wine, 1t salt, 2 ginger slices, 1 scallion
(2) 2 slices lemon, mayonnaise as needed

● METHODS

1. Rinse cod well, add seasoning (1) and steam in steamer for 8 minutes first. Remove and discard scallion, ginger slices and liquid released during steaming. Rinse lettuce leaves well and shred.
2. Line a sheet of aluminum foil on bottom of wok, top with well-mixed black tea leaves, light brown sugar and rice. Place a greased rack in center with cod on rack. Cook over high heat until smoke emerges. Cover and let smoke for 20 minutes.
3. Remove cod to serving plate lined with shredded lettuce leaves. Squeeze mayonnaise over fish and serve with lemon slices on the side. Squeeze lemon juice out of lemon right before serving.

鲜小语 TIPS

1. 鳕鱼蒸好后汤汁一定要沥除，保持干爽，才能烟熏上色。
2. 熏好的鳕鱼要放至稍凉再挤沙拉酱食用，太热吃会有苦味，而且凉凉的鱼肉不会太松软。

1. Completely discard liquid from steaming to keep fish dry; it will be easier to smoke the fish until brown.
2. Allow cod to cool slightly before squeezing on mayonnaise; it tastes a little bitter when served piping hot. This will also allow the meat to soften.



烟熏鳕鱼

SMOKED COD

红烧划水

RED-COOKED CARP TAIL

● 材料

草鱼尾1条(约600克)、青蒜1根、葱2根、姜2片

● 调味料

- (1) 料酒1大匙、酱油1大匙、水淀粉1大匙
- (2) 酱油2大匙、料酒1大匙、糖1大匙、醋1大匙、盐半小茶匙、胡椒粉少许
- (3) 水淀粉半茶匙

● 作法

1. 草鱼尾洗净，直剖成4条，用拌匀的调味料(1)腌10分钟。
2. 4大匙油烧熟，先爆香切好的葱段、姜片，待其焦黄时捞除，放入草鱼尾两面煎过，再加入调味料(2)和清水1杯烧开。
3. 改小火烧煮入味，并将青蒜切丝。
4. 待汤汁稍干时，淋入调味料(3)勾芡，并撒上青蒜丝即可盛出。



TIPS 红烧时要将水淀粉勾芡时，要先将锅倾斜，留出汤汁，再将水淀粉慢慢淋入，并晃动锅使汤汁均匀后再盛出，不要直接淋在鱼身上，以免结块，若经常煎就鱼肉易碎。

● INGREDIENTS

1 grass carp tail (about 1 1/3 lbs.), 1 leek, 2 scallions, 2 ginger slices

● SEASONINGS

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

● METHODS

1. Rinse fish, cut lengthwise into 4 long strips, marinate in seasoning (1) for 10 minutes.
2. Heat 4T oil, stir-fry scallion sections and ginger slices until burnt and yellow; discard, add fish, fry until slightly brown on both sides, add seasoning (2), 1C water and bring to a boil.
3. Reduce heat to low and cook until the flavor is absorbed; shed leek.
4. When the liquid is a little evaporated, thicken with seasoning (3), sprinkle shredded leek on top, remove to plate and serve.

When thickening with cornstarch water, tilt the wok so that the liquid runs to one side. Slowly add the cornstarch water to the pooled liquid. Then gently rock the wok back and forth to spread the cornstarch water evenly throughout the dish. Do not pour the cornstarch water directly on the fish or it will harden into a tough block. If this fish is turned, it may tear.