



中华美食系列之二 (1)

CHINESE DELICACIES



中英对照
Chinese-English

拿手小菜

Best & Easy Stir-fry Dishes

Chinese

DELICACIES SERIES

MAKE BY
YOURSELF
自己动手



广东旅游出版社

中英对照
CHINESE-ENGLISH

中华美食系列之二(1)

ZHONG HUA MEI SHI

Chinese



拿手小菜

NA SHOU XIAO CAI



林德 梁国荣 李剑帆 叶健波 冼建春 徐宁 编
广东旅游出版社



图书在版编目(CIP)数据

拿手小菜/林德等编著.-广州: 广东旅游出版社,

2002.1

(中华美食系列)

ISBN 7-80653-287-0

I.拿... II.林... III.菜谱-中国

IV.TS972.121

中国版本图书馆CIP数据核字(2001)第097109号

中华美食系列之二(1)

拿手小菜

na shou xiao cai

编著: 林德 梁国荣 李剑帆 叶健波 冼建春 徐宁

摄影: 林德 杨虎山 冼建春

责任编辑: 小苑

版式设计: 何阳 区洋

封面设计: 天富恒

广州市天富恒广告有限公司策划、设计

出版发行: 广东旅游出版社(广州市中山一路30号之一 邮编: 510600)

印刷: 东莞新丰印刷有限公司(东莞市凤岗镇天堂围区)

规格: 850×1168毫米 大32开 3印张 50千字

版次: 2002年1月第1版 2002年1月第1次印刷

印数: 1-10000册

书号: ISBN 7-80653-287-0/TS·10

定价: 77.50元 (全5册)

版权所有, 翻印必究

(如发现因印装质量问题而影响阅读, 请与印刷厂联系调换)

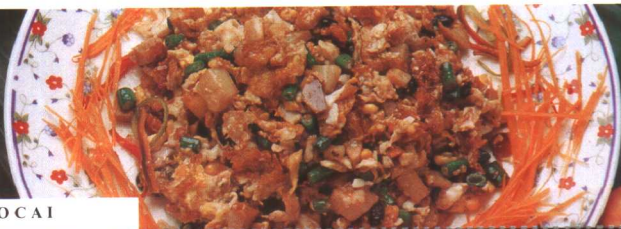


中华美食

NASHOUXIAOCAI

ZHONGHUAMEISHI

拿手小菜



目录

飘香千层肉	4	豉椒生炒牛仔骨	50
芭蕉烧肋排	6	鱼村撚手蟹	52
西番茄焦香骨	8	槐菜肉碎龙芽豆	54
金丝瓜扣排骨	10	豆豉鲛鱼炒椒圈	56
韭菜银芽炒肥叉	12	味蛋牛松煮白瓜	58
脆肠三仙卷	14	田鸡肉柱贝蒸蛋清	60
蜜酱椒烧鸭下巴	16	蒜茸肉碎酿茄子夹	62
鲜虾蚝豉菜片松	18	豆瓣酱南瓜牛柳	64
牛松窝蛋烩时蔬	20	碧绿绸纱卷	66
台湾肉松烧豆腐	22	鱼汤筒骨煮萝卜	68
韭菜花炒银鱼鲑须	24	羊城街边萝卜	70
腿茸蒸菜心	26	鲍汁柚皮西兰花	72
京酱肉碎龙芽豆	28	生磨莲藕饼	74
马胶丸浸大芥菜	30	粉丝巢盛莲藕丁	76
槐菜肉碎大豆芽	32	牛滑滑蛋煮番茄	78
千岛贵妃卷	34	荷塘蒸煎郊笋	80
百福竹笙扒豆腐	36	翡翠西施炒蛋清	82
白玉金翡翠	38	甘香炒椒盏	84
豆豉生抽炒鸡蛋	40	什果烤肉排	86
凉瓜柱甫炒蛋	42	浸炸龙虱	88
金菇叉烧桂花蛋	44	蒜子炆焗咸鱼头	90
煲淋白菜	46	火腿鸡汤大芥菜	92
咸鱼头老豆腐煲淋青菜	48	金瑶蒜子煮苋菜	94

飘香千层肉

Fragrant thousand layers pork

材料:

五花肉300g, 松肉粉1g, 盐5g,
味精15g, 白糖25g, 糯米粉25g.

做法:

1. 将五花肉切薄片洗净, 与其他味料搅拌均匀, 腌约30分钟。
2. 将五花肉放入100℃油温的生油里炸干即可。



Ingredient:

300g half-lean meat. 1g loose pork powder.
5g salt. 15g monosodium glutamate. 25g
sugar. 25g polished glutinous rice flour.

Method:

1. Slice the pork and clean it. Put the other seasonings together with the pork slices in a container. Mix them evenly. Infuse them for about 30 minutes.
2. Fry the pork in 100℃ oil till it is dry up. Dish and serve.





芭蕉烧肋排

Plantain fry pork chops

材料:

猪肉排 300g, 生粉 1g, 松肉粉 1g, 味精 2.5g, 盐 1.5g, 白糖 5g, 蒜茸 50g, 面粉 25g。

做法:

1. 先将排骨斩条状洗净, 与其他材料一起搅拌均匀腌约35分钟。
2. 将肉排放入100℃油温的生油锅里炸熟即可。



Ingredient:

300g griskin. 1g starch. 1g loose pork powder. 2.5g monosodium glutamate. 1.5g salt. 5g sugar. 50g smashed garlic. 25g flour.

Method:

1. Chop the griskin. Wash it. Then put it together with the rest of the seasonings in a wok and stir them. Infuse for 35 minutes.
2. Stir-fry the griskin in the boiling oil (about 100℃) till well-done. Dish and serve.





西番茄焦香骨

Tomato burnt with pork chops

材料:

西番茄 100g, 肉排 500g, 沙拉酱 2 茶匙, 盐 2.5g, 味精 6g, 白糖 7.5g, 洋葱 100g, 松肉粉 1.5g。

做法:

1. 先将肉排斩件洗净, 与盐、味、白糖、松肉粉、切碎的洋葱放入容器腌制 20 分钟。
2. 放入 120°C (油温) 生油锅里炸熟捞起去除洋葱。
3. 将番茄切开与沙拉酱、排骨放入碟中拌匀即可。



Ingredient:

100g small western tomato. 500g pork chops. 2tsp salad jam. 2.5g salt. 6g monosodium glutamate. 7.5 g sugar. 100g onion. 1.5g loose meat powder.

Method:

1. Cut the pork chops and wash them. Infuse with the salt, the monosodium glutamate, the sugar and the loose meat powder for 20 minutes.
2. Stir-fry the pork chops in the 120°C boiling oil. Pick them up and pick out the onions
3. Slice the tomato and mix it with the salad jam and the pork chops. Dish and serve.





金丝瓜扣排骨

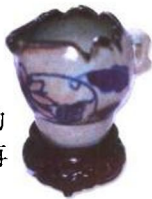
Steamed pig's griskin and golden towel gourd

材料:

台湾金丝瓜1个(约300~400g)、排骨150g、豆豉1茶匙、蚝油5g、味精5g、盐1.5g、白糖2.5g、胡椒粉、麻油共1茶匙。

做法:

1. 金丝瓜切开上盖去瓢，入蒸锅隔水蒸15分钟。
2. 将斩碎洗净的排骨与所有调味料搅拌均匀腌约5分钟。
3. 等金丝瓜蒸够15分钟后，将腌好的排骨放入瓜里面再蒸15分钟即可。



Ingredient:

1 Taiwan golden towel gourd (about 300-400g). 150g pig's griskin. 1tsp oyster sauce. 1.5g salt. 2.5g sugar. 1tsp pepper powder and sesame oil.

Method:

1. Cut the top of the golden towel gourd.



- Remove the pulp of it. Steam it in water for 15 minutes.
2. Put the pig's griskin in a container and mix it with all seasonings sauce for about 5 minutes.
 3. After steaming the golden towel gourd for 15 minutes. Put in the pig's griskin and steam them for another 15 minutes and serve.



韭菜银芽炒肥叉

Broiled fat pork with leek and bean sprouts

材料:

韭菜、银芽各150g, 半肥瘦叉烧丝100g, 生抽半茶匙, 盐4g, 味精10g, 白糖4g, 胡椒粉、麻油共1茶匙, 生粉1茶匙。

做法:

1. 先将味料、胡椒粉、麻油、生抽、生粉加少许水开芡汤备用。
2. 然后猛火烧锅, 爆炒韭菜、银芽、叉烧丝至熟, 快速加入芡汤勾芡上碟即可。



Ingredient:

150g leek and bean sprouts each. 100g half-lean broiled pork slivers. 1/2tsp soy sauce. 4g salt. 10g monosodium glutamate. 4g sugar. 1tsp pepper powder and sesame oil. 1tsp starch.

Method:

1. Put the monosodium glutamate, pepper powder, sesame oil, soy sauce and starch in a vessel. Mix them.
2. Fry the leek, bean sprouts and broiled pork slivers till tender over high heat. Add the gravy, mix the sauce quickly. Dish and serves.





脆肠三仙卷

Crisp pig's intestine with tri-colored rolls

材料:

猪大肠2条, 腐皮1张, 云耳、冬菇共50g, 韭黄50g, 蚝油5g, 味精5g, 白糖2.5g, 花椒、八角共25g, 浙醋2茶匙, 麦芽白糖1茶匙, 清水2水杯。

做法:

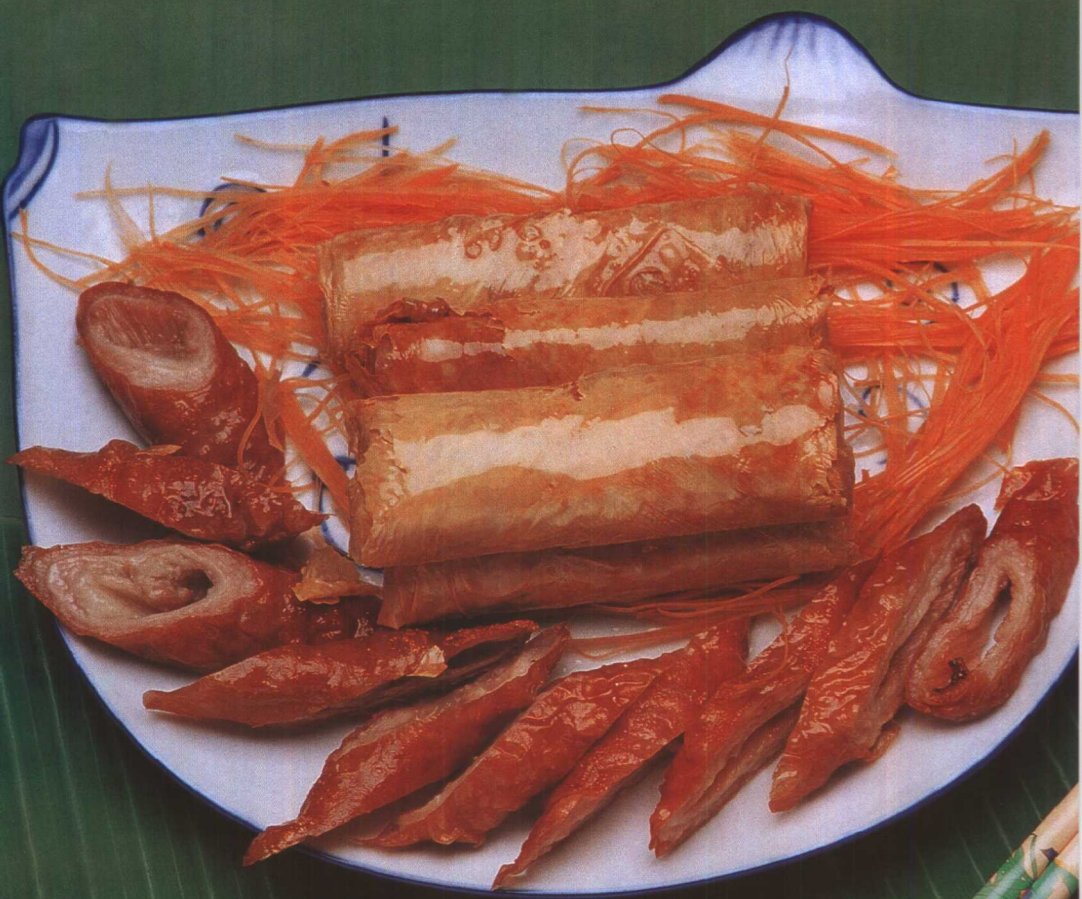
1. 洗净的大肠放入花椒、八角加水煮熟软。
2. 浙醋、麦芽白糖放入锅里加热煮溶成脆皮水, 加入大肠浸泡15分钟。
3. 将云耳、冬菇浸透切丝与切断的韭黄下锅加上蚝油、味精、白糖煮熟后, 用腐皮包卷, 放入80℃(油温)油锅中炸至腐皮松胀, 起锅切断。
4. 将大肠下锅炸熟, 切段与腐皮卷放在一起即可。

Ingredient:

2 large pig's intestine. 1 piece of bean-vorapper(to wrap white wood ears, dried mushroom and hot chives). 50g white fungus and dried mushroom together. 50g chives. 5g oyster sauce. 5g monosodium glutamate. 2.5g sugar. 25g Chinese prickly ash and chinese anise together. 2tsp vineger. 1tsp malt sugar. 2 cups of water.

Method:

1. Cook the cleaned intestines with Chinese prickly ash and chinese anise till well-done.
2. Heat the vinegar and malt sugar, mix to sauce. Then sprinkle the sauce on the intestines and infuse for 15 minutes.
3. Cook the shredded white fungus and shredded dried mushrooms with stripped hotbed chives. Added oyster sauce, monosodium glutamate and strip.
4. Fry the crisped intestines till tender. Remove and cut them into parts. Arrange them with the tripped rolls together.



蜜酱椒烧鸭下巴

Roast duck jaw with sweet sauce and pepper

材料:

鸭下巴500g, 玫瑰露酒半支, 辣椒干4只(切碎), 日本烧汁4茶匙, 蜜白糖2茶匙, 味精7.5g, 拍扁生姜1个, 拍散大葱4条。

做法:

1. 洗净的鸭下巴与其他材料一起腌20分钟。
2. 烧锅下油烧至100℃(油温), 将鸭下巴放入油锅烧熟即可。



Ingredient:

500g the lower jaw of duck. 1/2 bottle of wine mixed with rose juice. 4 dried pepper (chopped). 4tsp Japanese roast sauce. 2tsp honey. 7.5g monosodium glutamate. 1 crushed ginger. 4 crushed scallion.

Method:

1. Pickle the cleaned lower jaws of duck with other ingredients for 20 minutes.
2. Put the lower jaws of duck one by one into cooking oil boiled to 100℃. Fry them tenderly, dish and serve.

