



现代人食谱

# 四季好菜

萧广安 陆仁萍 著

四季佳肴 多变美味

*Four Seasons Gourmet*

 中国轻工业出版社



现代人食谱



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现代人的生活

现代人的食谱

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全彩印刷，每册18.00元 全国各大书店有售



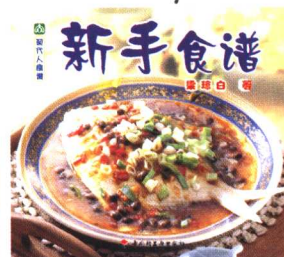
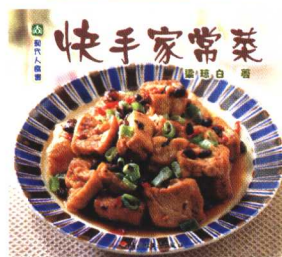
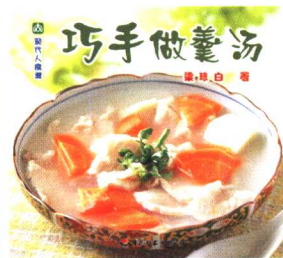
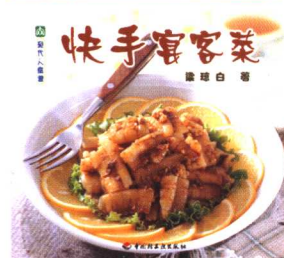


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丛书

每册定价:18元

全彩印刷 全国各大书店有售 邮购电话:010-88390671





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# 百花镶鲜鱿

## STUFFED SQUID WITH CABBAGE

### ● 材料

鲜鱿1只、草虾仁120克、圆白菜丝少许

### ● 调味料

面粉1大匙或淀粉1茶匙、盐半茶匙、胡椒粉少许

### ● 作法

1. 鱿鱼开肚洗净，内面切菱形花口后，再切成6块菱形块。

2. 草虾仁洗净后，吸干水分，用刀背拍烂，加盐、胡椒粉、淀粉拌匀，成有味虾泥。

3. 将切成菱形花口的鱿鱼用热水氽烫后，镶入虾泥，并沾少许面粉。

4. 油烧热，将作法3的成品放入锅内炸至呈金黄色，捞起，沥干油，排于垫有圆白菜丝的盘中即可。

### ● INGREDIENTS

1 fresh squid, 1/4 lb. shelled tiger prawns, shredded cabbage as needed

### ● SEASONINGS

1T flour, 1t cornstarch, 1/2t salt, a dash of pepper

### ● METHODS

1. Halve squid open and rinse inside and outside thoroughly, then score diamond pattern on the inside surface and cut squid into diamond-shaped pieces.

2. Devein shrimp and rinse well, then dry fully. Mash by pounding with flat of the knife, then season with salt, pepper and cornstarch to taste. Stir until shrimp is mashed enough to form a filling.

3. Blanch squid pieces in boiling water and remove. Stuff with filling and coat surface with a little flour.

4. Heat oil in wok, deep-fry stuffed squid pieces in oil until golden brown and remove. Drain well and arrange on serving plate lined with shredded cabbage. Serve.

### 大厨叮咛

#### CHEF'S REMINDERS

1. 鱿鱼剖开后一定要将内膜刮净，并在内侧切花，刀口要深遇热才会卷缩。

2. 为使虾泥固定在鱿鱼上，镶虾泥前先拍少许淀粉或面粉，较不易脱落。

3. 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. Remove the inner membrane completely from squid after halving open, score deeply to prevent the squid from shrinking when blanching.

2. To prevent filling from falling out of squid, pat squid pieces with dry cornstarch or flour before stuffing.

3. Oil is vegetable oil in this book.



Spring



百花镶鲜鱿

STUFFED SQUID WITH CABBAGE

### ● 材料

芥蓝600克、蛋白1个、蟹腿肉150克、姜末1茶匙、清汤半小碗

### ● 调味料

(1) 料酒2大匙

(2) 盐1茶匙、胡椒粉、香油各少许、水淀粉半大匙

### ● 作法

1. 芥蓝去叶留梗,并洗净切段;蟹腿肉放入加有1大匙料酒的开水内,汆烫后捞出。

2. 先把芥蓝段炒熟,盛在盘中;另用1大匙油炒香姜末,再放入蟹腿肉爆炒,淋入调味料(1)后盛出。

3. 锅内加入半小碗清汤,再放入蟹腿肉,加调味料(2)并勾芡,最后加入打散的蛋白拌匀炒熟,即可盛出,淋在芥蓝上。

### ● INGREDIENTS

1.3 lbs.Chinese kale,1 egg white,1/2 pack crab leg meat (about 1/3 lb.),1t minced ginger,1/2 small bowl clear soup broth

### ● SEASONINGS

(1) 1T cooking wine

(2) 1t salt,a dash of pepper,sesame oil as needed,1/2T cornstarch water

### ● METHODS

1. Remove and discard leaves from kale,retain stems and rinse well,then cut into sections.Blanch crab leg meat in boiling water with 1T of wine added,then remove.

2. Stir-fry kale in wok until fully done and remove to plate.Heat 1T of oil in wok and stir-fry minced ginger until fragrant,then add crab leg meat and stir-fry fast over high heat,drizzle 1T of wine and remove.

3. Heat 1/2 small bowl of clear soup broth in pan and return crab leg meat.Season with seasoning(2) to taste and thicken with cornstarch water,then beat egg white and add to soup broth. Stir to mix and remove,then drizzle over kale.Serve.



### CHEF'S REMINDERS

1. 也可以把蟹蒸熟后,取肉及膏代替蟹腿肉。只是比较麻烦,用现成的蟹腿肉较方便。

2. 芥蓝梗太硬时,最好先将粗皮削掉。

1. Steam mud crab until done and remove its meat and roe to substitute for the crab leg meat if desired (this does take more effort).  
2. If the stems of kale are too rough,peel off hard skin first before cutting into sections.



Spring



翡翠玉珊瑚

KALE WITH CRAB MEAT IN EGG WHITE GRAVY

# 蒜香牛小排

## GARLIC BEEF STEAK

### ● 材料

牛小排 2片、蒜 2瓣、辣椒 1个、青葱 1根

### ● 调味料

(1) 料酒半大匙、淀粉半大匙、盐 1 茶匙

(2) 米酒 1 大匙、酱油 1 茶匙、糖 1 茶匙、水淀粉  
半大匙

### ● 作法

1. 每片牛小排切成3等份，用调味料(1)腌5分钟。
2. 蒜切末；辣椒、青葱切碎，备用。
3. 将牛小排煎5分熟；另起油锅爆香蒜末、辣椒末与葱花，再将牛小排回锅，加调味料(2)，旺火快炒即可盛出。

### ● INGREDIENTS

2 beef rib fillets, 2 cloves garlic, 1 chili pepper, 1 scallion

### ● SEASONINGS

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

(2) 1T rice wine, 1t Seasoning soy sauce, 1t sugar, 1/2T cornstarch water

### ● METHODS

1. Cut each rib filet into three equal sections and marinate in seasoning (1) for 5 minutes.
2. Mince garlic. Shred chili pepper and scallion finely.
3. Fry beef ribs on frying pan until half done. Heat oil in wok, stir-fry minced garlic, chili pepper and scallion until fragrant, return ribs and add seasoning (2) to taste, sauté fast over high heat until well-mixed. Serve.



### CHEF'S REMINDERS

牛小排不要煎太熟再烤，否则肉质很硬；店家在制作中为了使肉质更嫩，常添加小苏打粉一同腌渍，一般家庭为避免使用添加物，最好不加。

Do not overfry beef ribs, or they will be too tough. Baking powder is often added beef ribs in restaurants to maintain tenderness. This is not suggested for family cooking.



Spring



蒜香牛小排

GARLIC BEEF STEAK

# 蚝油美鲍片

## ABALONE AND GINGKO NUT IN OYSTER SAUCE

### ● 材料

罐头鲍鱼1个、水煮白果8粒、生菜225克、清汤1碗

### ● 调味料

蚝油1大匙、糖半茶匙、淀粉、香油各少许

### ● 作法

1. 用盐和油、水烫熟生菜，并沥干水，铺于盘中。
2. 鲍鱼切片，连同白果一齐下锅，加入清汤及调味料煮至入味，勾芡，盛出排放于生菜上。

### ● INGREDIENTS

1 canned abalone, 8 water-cooked ginkgo nuts, 1/2 lb. iceberg lettuce, 1 bowl clear soup broth

### ● SEASONINGS

1T oyster sauce, 1/2t sugar, a dash of cornstarch and a few drops of sesame oil

### ● METHODS

1. Blanch iceberg lettuce until done in boiling water with salt and oil added. Remove and drain well, then line in bottom of serving plate.
2. Slice abalone and cook in wok along with ginkgo nuts, then add soup broth and seasonings to taste. Cook until flavor is well absorbed, thicken with cornstarch water and remove to top of lettuce. Serve.



### CHEF'S REMINDERS

1. 罐头鲍鱼本身切开即可食用，所以不需久煮，否则变硬反而不好吃。
2. 生菜烫熟不宜久放，否则很容易变色，这道菜的烹调时间短，做好马上食用的口感更佳。

1. Canned abalone is already cooked, just slice and serve. Cook canned abalone will toughen and get an opposite result.
2. Blanched iceberg lettuce should not be allowed to sit for a long time, or it will change color. The dish requires a short cooking time, serve immediately for best results.



Spring



## 蚝油美鲍片

ABALONE AND GINGKO NUT IN OYSTER SAUCE

# 荷兰豆炒海蜇花

## SAUTEED CUTTLEFISH AND JELLYFISH WITH VEGETABLES

### ● 材料

荷兰豆 75 克、墨鱼 75 克、芹菜 60 克、海蜇头 4 个、姜片、蒜末、胡萝卜各少许

### ● 调味料

料酒 1 大匙、盐 1 茶匙、香油少许、水淀粉半大匙

### ● 作法

1. 墨鱼先汆烫再切片；海蜇头片开水烫，捞出泡水使它涨开，备用。
2. 荷兰豆去筋；芹菜切段；胡萝卜先煮熟再切片备用。
3. 起油锅，爆香姜片、蒜末，再放入荷兰豆、芹菜段与胡萝卜炒软，再把作法 1 的成品回锅，加调味料，快炒至入味即可。

### ● INGREDIENTS

1/6 lb. snow peas, 1/6 lb. cuttlefish, 2 oz. Chinese celery, 4 jellyfish head, ginger slices, minced garlic and carrot as needed

### ● SEASONINGS

1T cooking wine, 1t salt, sesame oil as needed, 1/2T cornstarch water

### ● METHODS

1. Blanch cuttlefish first, then remove and slice. Halve jellyfish head open and blanch in boiling water, then remove and soak in cold water to allow it to swell.
2. Tear off strings from snow peas. Cut celery into sections. Cook carrot until done and cut into flower-shaped slices.
3. Heat oil in wok, stir-fry ginger slices and minced garlic until fragrant, add snow peas, celery sections and carrot, saute until soft. Return method 1 and add seasonings to taste, stir fast over high heat until flavor is fully absorbed. Remove and serve.

### 大厨叮咛

#### CHEF'S REMINDERS

1. 墨鱼先汆烫再切片，可防止变形，炒好也不会出水。
2. 海蜇头比较大，片开再烫可以洗净内部的沙，口感也较脆。

1. Blanch cuttlefish before slicing to prevent it from changing shape, moreover, it will not release liquid after stir-frying.
2. Jellyfish head is large in size, halve open and blanch to rinse out the dirt inside and the texture will be crunchier.



Spring



## 荷芹海蜇花

SAUTEED CUTTLEFISH AND JELLYFISH WITH VEGETABLES