

CHINESE DELICACIES SERIES CHINESE DELICACIES SERIES

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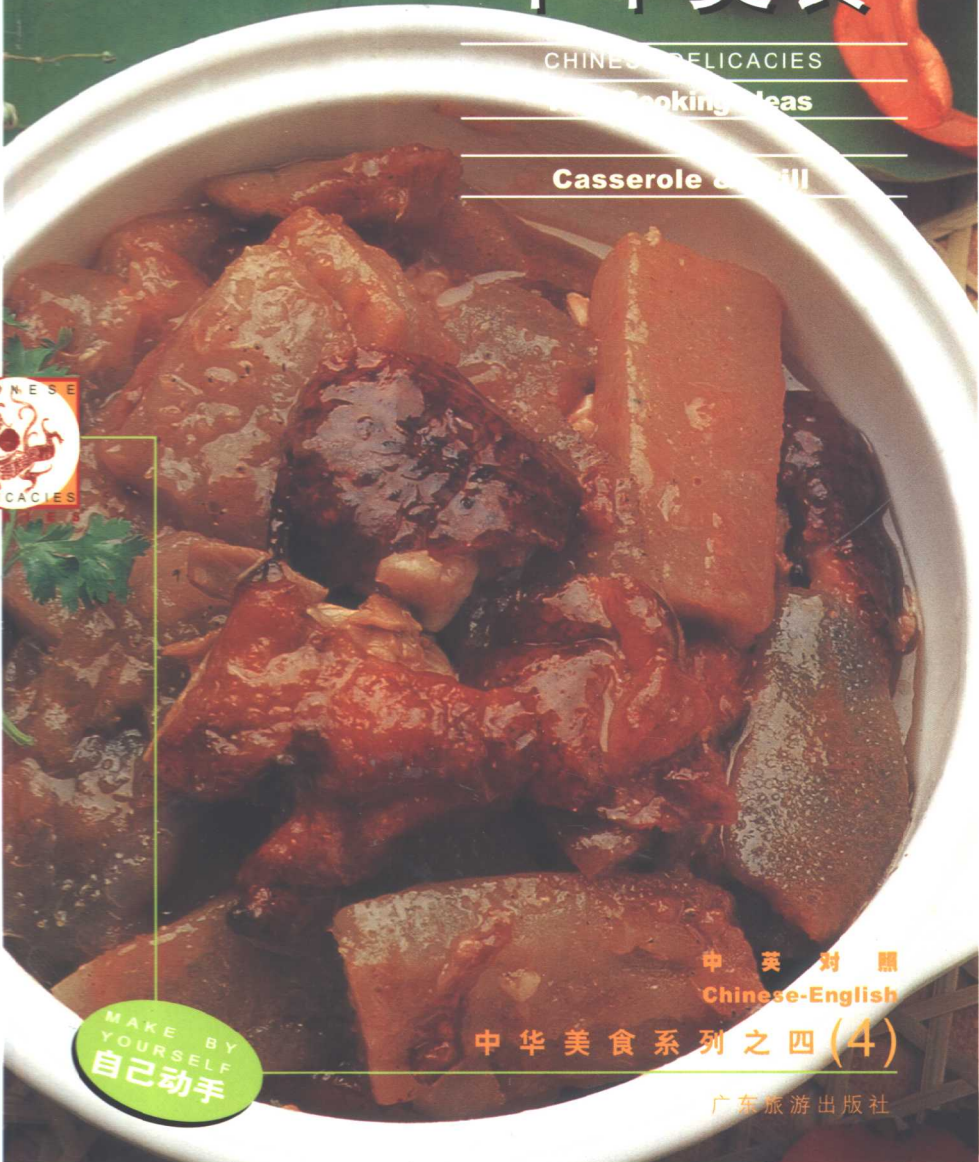
CHINESE DELICACIES SERIES CHINESE DELICACIES SERIES

# 煲仔铁板新概念 中华美食

CHINESE DELICACIES

Cooking Ideas

Casserole & Grill



MAKE BY YOURSELF  
自己动手

中英对照  
Chinese-English

中华美食系列之四 (4)

广东旅游出版社

CHINESE DELICACIES SERIES CHINESE DELICACIES SERIES

中英对照  
CHINESE-ENGLISH

# Chinese



中华美食系列之四(4)  
ZHONG HUA MEI SHI

## 煲仔铁板新概念

BAO ZAI TIE BAN XIN GAI NIAN



林德 梁国荣 李剑帆 叶健波 冼建春 徐宁 编  
广东旅游出版社

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责任编辑：谨谨

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 7-80653-289-7/TS·12

定价：77.50元（全5册）

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中华美食

BAOZAITIEBANXINGAINIAN

ZHONGHUAMEISHI

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## 沙嗲银丝牛腩煲

*Simmer vermicelli and beef with sha-die paste*



沙嗲酱 3 茶匙, 湿粉丝 50g, 牛腩 1 条 (约 200g), 食粉 1.5g, 生粉 1 茶匙, 清汤 2 水杯, 蒜茸、洋葱米共 1 茶匙, 牛油 2 茶匙, 盐 5g, 味精 10g, 白糖 2.5g, 椰汁、花奶共 50g, 黄酒 2 茶匙。



1. 牛腩先切薄片用食粉、生粉及 50g 清水腌约 20 分钟。
2. 用牛油爆香蒜茸、洋葱米及沙嗲酱, 倒入牛腩稍爆浇上酒及汤、椰汁、花奶煮熟放入味料及粉丝煮匀即可。



### Ingredient:

3tsp sha-die paste. 50g wet vermicelli. About 200g beef sinew. 1.5g corn powder. 1tsp starch. 2 glasses of light soup. 1tsp mashed garlic and grated onion. 2tsp butter. 5g salt. 10g monosodium glutamate. 2.5g sugar. 50g coconut juice and evaporated milk. 2tsp wine.

### Method:

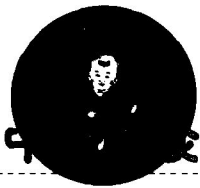
1. Slash the beef sinew, infuse the sinew with the corn powder, starch and 50g water for 20 minutes.
2. Use the butter to saute the mashed garlic, grated onion and sha-die paste. Fry the sinew for a while. Sizzle the wine, soup, coconut juice and evaporated milk, simmer to well-done. Flavour it and put it into the vermicelli. Serve.











## 铁板普宁银鳕鱼头

*Iron silver cod's head with Puning flavour*



银鳕鱼头1个，普宁豆酱3茶匙，蒜茸、香芹粒、菇粒共2茶匙，洋葱丝50g，盐2.5g，泰国鱼露2茶匙，美极酱油1茶匙，白糖2.5g，鸡精6g，清水2水杯，生粉1茶匙，绍酒3茶匙。



1. 鱼头去鳞切件洗净放入油锅炸至八成熟，洋葱丝炒熟备用。
2. 爆香蒜茸、菇料、香芹粒、豆酱，然后放入鱼头浇上酒及汤、味料、酱油、鱼露，加盖烧焗至九成熟加入生粉水勾芡备用。
3. 烧红铁板放入洋葱丝之后再放入鱼头及鱼汁即可。



### Ingredient:

1 silver cod's head. 3tsp Puning bean sauce. 2tsp minced garlic, celery, mushroom. 50g onion slice. 2.5g salt. 2tsp Thailand chopped fish sauce. 1tsp soy sauce. 2.5g sugar. 6g chicken essence. 2 glasses of water. 1tsp starch. 3tsp millet wine.

### Method:

1. Scale the fish. Clean and drain. Slice the fish. Fry in hot oil to 80% done. Fry the onions slices.
2. Fry the minced garlic, mushroom, celery and bean sauce and chopped fish. Cover the pan and cook till 90% done. Stir in the cornstarch with water.
3. Heat the iron board. Put on the onion, fish head and other juice, serve.





## 铁板烧汁银鳕鱼头

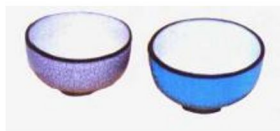
*Fried silver cod's head with fragrant sauce*



银鳕鱼头1个，日本烧汁50g，清汤2杯，盐5g，鸡精6g，白糖2.5g，生粉2茶匙，洋葱米50g，清酒50g。



1. 鱼头去鳞斩件炸至八成熟盛起备用。
2. 爆香洋葱米浇上酒及汤，加入烧汁及味料炆煮至熟，烧红铁板放入鱼头及烧汁即可。



### Ingredient:

1 silver cod's head. 50g Japanese broiled juice. 2 glasses of light soup. 5g salt. 6g chicken essence. 2.5g sugar. 2tsp starch. 50 minced onion. 50g light wine.

### Method:

1. Scale the fish. Clean and drain, cut it into pieces. Fry in hot oil to 80% done.
2. Fry the onion and the garlic. Put in some wine and soup. Add the broiled juice and other seasonings. Cook with mild fire till the ingredients are done. Put in the fish's head and broiled juice. Serve.









## 煲仔铁板新概念

New Cooking Ideas in Casserole & Grill

# 咸鱼肉松海参煲

*Salted fish and trepang with meat powder*

### 材料:

姜米、蒜茸共1茶匙、发好的海参250g、枚肉100g、咸鱼粒25g、蚝油2茶匙、盐2.5g、白糖2.5g、味精10g、鸡汤1水杯、绍酒3茶匙。

### 做法:

1. 肉松剁碎，海参去内脏切件。
2. 爆香咸鱼、肉松、姜米、蒜茸，猛火加入海参浇上酒及汤，放入味料、蚝油煮匀加盖慢火焗至熟即可。



### Ingredient:

1 minced ginger and garlic. 250g soaked trepang. 100g salted meat. 25g chopped salted fish. 2tsp oyster sauce. 2.5g salt and sugar each. 10g monosodium glutamate. 1 glass of chicken soup. 3tsp millet wine.

### Method:

1. Slice the meat. Rid the internal organs from the trepang and slice it.
2. Fry the salted fish, meat slices, ginger, garlic. Add the sea cucumber. Cook with strong fire. Put in some wine, soup and seasonings, oyster sauce. Cover the pan. Cook till done. Serve.











## 煲仔铁板新概念

New Cooking Ideas in Casserole & Grill

# 铁板黑椒酿肥牛

*Iron stewed pork on heated*

### 材料:

黑椒酱1茶匙, 肥牛片150g, 金针菇100g, 绍酒12茶匙, 盐5g, 味精10g, 白糖2.5g, 牛油3茶匙, 蚝油2茶匙, 清汤1水杯, 蒜茸、洋葱米共1茶匙。

### 做法:

1. 肥牛片分别将洗净的金针菇包好备用。
2. 烧红铁板放入牛油煮溶, 爆香黑椒、蒜茸、洋葱米, 将肥牛卷煎透, 浇上酒及汤加入蚝油、味料加盖焗至熟即可。



### Ingredient:

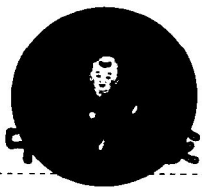
1tsp black pepper sauce. 150g fat beef slice. 100g lily mushroom. 12tsp millet wine. 5g salt. 10g monosodium glutamate. 2.5g sugar. 3tsp butter. 2tsp oyster sauce. 1 glass of light soup. 1tsp minced ginger and garlic.

### Method:

1. Wrap the mushroom with the beef slice.
2. Heat a iron board. Cook the butter, fry the black pepper, minced ginger, onions and the pork rolls one by one. Sizzle some wine, soup and oyster sauce. Cover the pan for a while. Serve.







## 煲仔铁板新概念

New Cooking Ideas in Casserole & Grill

# 海味豆腐煲

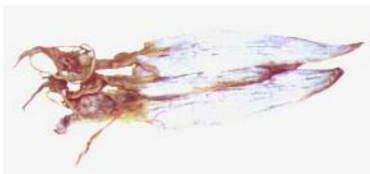
Seafood cook bean curd

### 材料:

豆腐 150g, 鲜鱿、发好的上鱿共 150g, 虾干或虾米 25g, 虾姜 1 茶匙, 蒜茸、姜丝、小葱段共 2 茶匙, 清汤 1/2 杯, 盐 7.5g, 味精 10g, 白糖 2.5g, 绍酒 2 茶匙, 胡椒粉、麻油共半茶匙。

### 做法:

1. 鲜鱿、土鱿切件备用。
2. 爆蒜姜、葱段之后加入材料炒匀浇上酒及汤, 加入虾干、味料, 加盖煮熟撒上胡椒粉、麻油即可。



### Ingredient:

150g bean curd. 150g fresh and soften squids together. 25g dry grains shrimps. 1tsp shredded ginger. 2tsp minced garlic, ginger and shallot stalks. 1/2 glass of light soup. 7.5g salt. 10g monosodium glutamate. 2.5g sugar. 2tsp millet wine. 1/2 sesame oil and pepper powder.

### Method:

1. Slice the fresh and soften squids.
2. Saute the shredded ginger and shallot stalks. Add in the other ingredients. Sizzle some wine and light soup. Cover the lid and cook to well done. Sprinkle some pepper powder and sesame oil and serve.

