

中华美食 食谱精选

3

中英对照 · 全程步骤解说 · 简明易学

养生食补

Health Tonics



外文出版社
Foreign Languages Press

中华美食系列 3

养生食补

Health Tonics

黄怀玲 林淑莲 著



外文出版社
Foreign Languages Press

图书在版编目(CIP)数据

养生食补 / 黄怀玲 林淑莲著.

北京: 外文出版社, 2002.6

(中华美食系列)

ISBN 7-119-03083-3

I. 养… II. ①黄… ②林… III. 保健 - 食谱 IV. TS972.161

中国版本图书馆 CIP 数据核字 (2002) 第 036781 号

外文出版社网址:

<http://www.flp.com.cn>

外文出版社电子信箱:

info@flp.com.cn

sales@flp.com.cn

著作权合同登记图字: 2002-1351

中文简体字版权由台湾华文网股份有限公司授权

中华美食系列(3)

养生食补

著 者 黄怀玲 林淑莲

责任编辑 刘慧

印刷监制 韩少乙

出版发行 外文出版社

社 址 北京市百万庄大街 24 号

邮政编码 100037

电 话 (010)68320579(总编室)

(010)68329514 / 68327211(推广发行部)

制 作 外文出版社照排中心

印 刷 北京外文印刷厂

经 销 新华书店 / 外文书店

开 本 16 开(787 × 1092 毫米)

字 数 30 千字

印 数 0001-3000 册

印 张 11.50

版 次 2002 年第 1 版第 1 次印刷

装 别 平

书 号 ISBN 7-119-03083-3/J · 1604(外)

定 价 80.00 元

版权所有 侵权必究

中华美食系列 3

养生食补

Health Tonics

黄怀玲 林淑莲 著



外文出版社
Foreign Languages Press

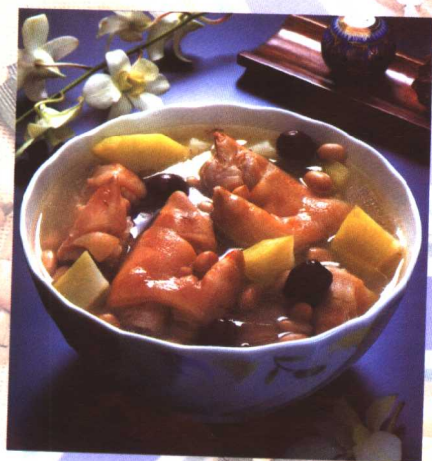
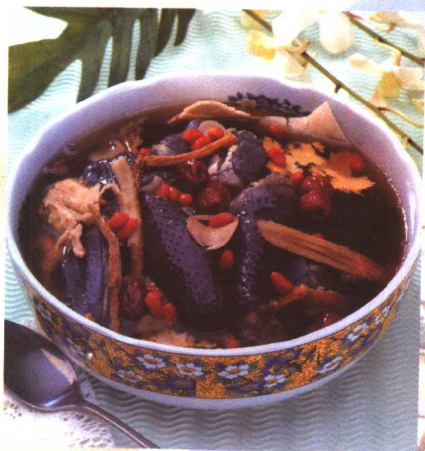
编者的话

21 世纪的现代人，身心皆处于日新月异的科技时代的巨变中。压力、紧张，甚至慢性疾病几乎威胁着每一个人。因此，“食补”、“食疗”、“药膳”等养生保健的意识逐渐受到人们的重视。

唐朝医圣孙思邈曾提出：“食能排邪安脏腑，悦神爽志以资血气”。指出摄取自然食物，利用药膳调理，可以达到强健筋骨、保持身心健康之效。然而，如何在忙碌之余，烹调出营养、美味并兼有滋补作用的佳肴，是现代人的一大课题。鉴于此，本书遵循传统的烹调艺术，开发出简单易做的药膳食谱，将日常的蔬菜、水果、鱼肉与各种常见的药材一同烹调，配制出补元气、强身抗衰老的药膳美食。

本书以“吃出健康，吃出美丽”为宗旨，提供一系列美味可口的养生食谱。所谓“食籍药力，药助食威”，两者相辅相成，无论是对中、青年的强身健体、老年人的延年益寿、儿童的生长益智、女性的补血美容、男性的强精补肾等都具有实质功效。

本书文字汉英对照，喜爱中国菜的外国朋友，拥有此书，潜心习练，定会成为中国菜的烹调大师。



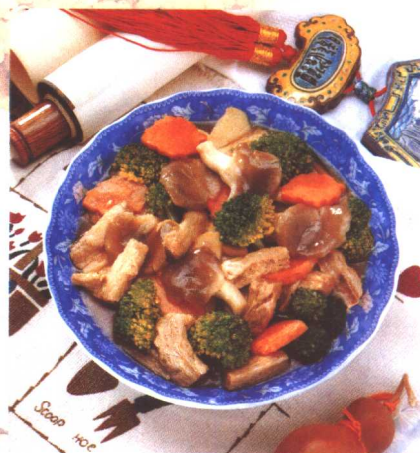
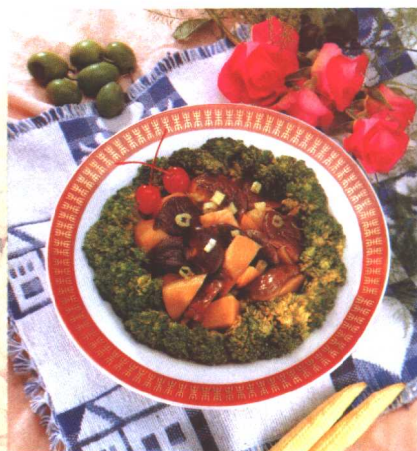
Editor's Note

In the 21st century we are in the era of science and technology, which are developing at an amazing speed. A healthy body is becoming evermore important to everyone. So people have begun to show interest in taking food and medicine as tonics.

Sun Simiao, a leading Tang Dynasty doctor, once said, "Food has the function of eliminating evil influences and soothing the vital organs, cultivating one's mind and building up one's strength." He pointed out that taking natural foods or medicines can strengthen muscles and bones, and help a person keep fit. Delicious foods full of nutrition and tonic effects are also topics of interest. This book includes a list of medicated diets following traditional cooking skills using vegetables, fruits, pork and fish, together with popular herbs. The resulting dishes have the function of tonifying primordial *qi* and building up the body.

Taking "eat for health and eat for beauty" as its guideline, this book offers a series of tonic recipes. Both food and medicine supplement each other to build up health for both old and young, and especially the function of beauty treatment for women.

This book is published in bilingual format. Foreign friends who are interested in Chinese cuisine may be confident that they too can become skilled chefs in the tradition of Chinese cuisine.



烹调中所用的火候简介

1. 炸、溜、爆、炒等均用旺火，菜肴特点为嫩、脆、酥。
2. 烧、焖、煨、扣、炖等均先用大火，后用小火烹制，这种方法必须先用大火把材料烧至半熟，使材料上色后再用小火煮熟。
3. 氽、涮、熬、蒸等烹调方法所采用的火力，应根据材料而定，一般质嫩易碎者宜用小火，质老而又体大者则用大火。
4. 煎、贴均以少量油作为传热方法，其菜肴特点为外香酥、里软嫩，具有浓厚的油香味，宜用温火。
5. 注意掌握油温，材料过油是菜肴在烹调前一项重要的准备工作，也是制作过程中常用的方法，一道菜品质的好、坏与过油关系非常大，加热时间掌握不好，那么菜肴品质就达不到标准。

芡汁的种类和用途

芡汁是指烹调过程中所加入的液体调味品和淀粉的总称。

芡汁按其稠度分为浓芡、薄芡两类，若按调制方法又可分为碗芡（对调味汁芡）、跑马芡（任芡）两种。

1. 碗芡

即各种调味料和水淀粉同放一个碗内溶合，适于用旺火爆、炒、溜各种菜肴。

2. 跑马芡

即水淀粉，适用于烧、烩、扒、扣等烹调方法，菜肴起锅前加入。

刀工的基本常规

一、基本要求：

1. 厨师所用菜墩要干净整洁，刀口要锋利，必备一条洁净的抹布，工作时要求干净利落。
2. 精神要集中、专心一致，操刀时要运用自如，落刀时要稳、准、狠、匀。
3. 必须根据材料的特点来决定相应的加工方法，然后用刀将材料切成整齐划一、清爽利落并符合烹调要求的形状。
4. 要根据材料的性质采用不同刀法（例如牛、羊肉要横切，鸡肉要顺切）。
5. 合理使用材料，以便物尽其用，减少损耗。

二、用刀的规矩：

1. 厨师要牢记刀和墩是不分离的，也就是说，厨师不能持刀到别处去，用后必须摆放在固定的容器内。
2. 刀若暂时不用，要将刀刃朝外前方放在墩子中央，刀把刀刃不能超出墩子边沿，以免伤到人。
3. 杜绝持刀玩耍，以防误伤。
4. 爱护刀墩，刀用后宜刷洗擦干，以防生锈，若长期不用，一定要擦油保存。

烹调中用火的经验

火候是烹调菜肴的关键，对于菜肴质量起着决定性作用，也是衡量厨师技术水平的重要标准。

烹调不同的菜肴需运用不同的火候，这是每位厨师必须掌握的，但有一个普遍的规律，即材料加热时间短则嫩，时间长则透、时间久则烂。如何做到嫩而不生、透而不老、烂而不化，那就要看厨师的水平了。

厨师掌握火候的关键在于观察火力，充分了解材料性质和受热的变化，以及所加工材料的质地，刀口粗细等等。

Introduction for Degree of Heating

1. Fry, saute and add thick sauce, fry briefly, stir fry: Cook by high heat to make the dish tender and crisp.
2. Roast, stew, simmer: Cook by high heat first till half done, then colour the dishes, turn to simmer later on till well done.
3. Evaporate, boil, steam: It depends on the ingredients. If it's tender and fragile, cook by simmer, if it's hard and big, cook by high heat then.
4. Decoct: Cook by temperate with less oil to make the inside of the dish tender, and the surface will be crisp.
5. Be care of the degree of heating: It's the most important step before cooking. Also it can decide whether the dish is going to be successful or fail.

How to Make and How to Use the Thick Sauce

It's made by cassava starch with water. Usually combine it with dish to thicken the taste of the dish. We can divide the thick sauce into two different kinds by the way how it was made.

1. Bowl thick sauce: Mix all the condiments with cassava starch and water in a bowl, pour them into the dish, fry by high heat.
2. Temporary thick sauce: Mix all the condiments with cassava starch and water first, dressing it on the top of the dish when it is ready to serve.

The Basic Rules of Using Knife

A. Basic Requirements:

1. The chopping board has to be very clean, the knife has to be sharp, it is necessary to prepare a nice clean towel too.
2. Be absolutely concentrate on your work. When you use the knife, stable, on mark, nice shape are things you need to be careful.
3. Cook each single ingredient by its own character, cut it into the right shape which fits the dish's style.
4. Cut the ingredient by its natural line.
5. Use everything useable, do not waste.

B. Basic Rules:

1. Remember, knife and chopping board can not be apart. Don't take the knife to go anywhere far from the chopping board — — where it should be. After using the knife, put it in a exact safty place.
2. When the knife is not in use, leave it in the centre of the chopping board to avoid accidents.
3. Never play the knife to avoid any accidentally injure.
4. Cherish and do good protecting to your chopping board. If you are not using it for a long term, make sure that it's very clean and has been settled in a nice place.

Experience of Heating

It is the most important key for cooking. It can decide whether the dish is going to be successful or fail, it also can tell how the cook has done.

Cook different dish by different heat. Cook for just a short time, the dish will be tender. cook for a long time, the dish will be well-done. How to cook a famous dish tender but not rare, not tough, and not over-done, it depends on the cook's skill. A good cook will see the heat, knowing what will happen when a single ingredient meets the heat, knowing each ingredient's character and the way of cutting.

目录 CONTENTS

- 11 ●十全大补乌骨鸡 Stew Dark-Skinned Hen with Herbs
- 13 ●鲍鱼萝卜肉片汤 Abalone Soup with Radish and Lean
- 15 ●小米糕 Glutinous Rice Cake
- 杏仁豆腐 Almond Dou-Fu
- 17 ●黄豆芽鲤鱼汤 Carp Soup with Bean Sprouts
- 蛤蜊萝卜丝汤 Clams Soup with Carrot
- 19 ●八珍鸡汤 Ba-Zhen Chicken Soup
- 21 ●什锦炒饭 Fry Rice
- 什锦炒面 Fry Noddles
- 23 ●沙参玉竹炖猪心 Stew Pig's Heart with Sha Shen and Yu Zhu
- 25 ●杜仲炖猪尾 Stew Pig's Tail with Du Zhong
- 杜仲腰花汤 Pig's Kidney Soup with Du Zhong
- 27 ●咖喱炒饭 Fry Curry Rice
- 雪菜年糕 New Year Cake with Potherb Mustard
- 29 ●人参乌骨鸡 Stew Dark-Skinned Hen with Ginsengs
- 31 ●羊肉炉 Stew Mutton with Herbs
- 33 ●宫保鲜鱿 Spicy Vegetarian Squid
- 35 ●牛蒡莲藕排骨汤 Stew Spareribs with Burdock and Lotus Root
- 山药炖排骨 Stew Spareribs with Yam
- 37 ●冬虫夏草炖鸡汤 Stew Chicken Soup with Dongchong-Xiacao
- 39 ●八宝辣酱面 Spicy Noddles with Eight Ingredients
- 41 ●麻油腰花 Cook Pig's Kidney with Sesame Oil
- 43 ●桑枝炖母鸡 Stew Hen with Sang Zhi
- 陈皮萝卜瘦身汤 Radish Soup with Tangerine Peel
- 45 ●粉蒸鲜菇 Steam Black Mushroom
- 桂花糖藕 Sweet Osmanthus Lotus Roots
- 47 ●黄豆炖猪蹄 Stew Pig's Foot with Soybean
- 49 ●淮杞羊肉汤 Stew Mutton with Yam and Wolfberry
- 51 ●炒什锦 Fry Vegetables
- 53 ●金银花丝瓜汤 Loofah Soup with Honeysuckle

- 冬瓜薏仁炖排骨 Stew Spareribs with Winter Melon and Yi Ren
- 55 ●参须红枣炖海扇 Stew Scallops with Ginsengs and Red Dates
- 57 ●糖醋排骨 Sweet-Vinegar Rib
- 59 ●补脑汤 Stew Pig's Brain with Herbs
- 61 ●四物鸡 Four Herbal Chicken
- 党参红枣鸡 Stew Chicken with Dang Shen and Red Dates
- 63 ●苋菜豆腐羹 Amaranth Dou-Fu Soup
- 酸辣汤 Spicy-Sour Soup
- 65 ●章鱼炖猪蹄 Stew Pig's Hocks with Octopus
- 67 ●清炖羊肉 Stew Mutton
- 69 ●当归鸭 Duck Seasoned with Angelica
- 71 ●芥菜姜片鸭 Stew Duck with Leaf Mustard and Ginger
- 参须炖猪心 Stew Pig's Heart with Ginsengs
- 73 ●药炖排骨 Stew Spareribs with Herbs
- 75 ●竹笋鲜菇汤 Black Mushroom Soup with Bamboo Shoots
- 77 ●大蒜田鸡 Garlic Frogs
- 79 ●发菜三丝汤 Sea Moss Soup
- 南杏排骨汤 Sparerib Soup with Nan Xing
- 81 ●三丝汤 Three Ingredient Soup
- 火腿玉米浓汤 Ham Corn Soup
- 83 ●当归鲙鱼 Stew Bullhead with Angelica
- 85 ●猪肚炖莲子 Stew Pig's Tripe with Lotus Seeds
- 87 ●熏鹅 Smoked Goose
- 89 ●锁阳山药炖鸡汤 Stew Rooster with Suo Yang and Yam
- 四神汤 Four Herbal Soup
- 91 ●当归鸭 / Stew Duck with Angelica
- 93 ●茄汁豆泡 Dry Bean Stuffed Bun with Eggplant Sauce
- 95 ●胡萝卜猪尾汤 / Pig's Tail Soup with Carrot
- 97 ●粉光参炖猪心 Stew Pig's Heart with Fen Guang Shen
- 99 ●莲子百合瘦肉汤 Lean Soup with Lotus Seeds and Lily Bulb

- 玉米须炖蚌肉 Stew Calms with Corn Silk
- 101 ●凉拌西芹 Cold Dressed Celery
- 凉拌干丝 Cold Dressed Dried Bean Curd Shredded
- 103 ●竹笋香菇鸡 Black Mushroom Chicken with Bamboo Shoots
- 105 ●山药百合炖鳗鱼 Stew River Eel with Yam and Lily Bulb
- 107 ●烩双冬 Fry Mushrooms with Bamboo Shoots
- 109 ●川芎鱼头汤 Grass Carp Soup with Chuan Xiong
- 水芹菜鱼片汤 Sliced Grass Carp Soup with Water Cress
- 111 ●栗子鸡汤 Stew Chicken with Chestnut
- 113 ●烩海参 Braise Trepang
- 115 ●当归羊肉汤 Stew Mutton with Angelica
- 117 ●肉苁蓉猪肝汤 Pig's Liver Soup with Rou Cong Rong
- 首乌枸杞炖鸡汤 Stew Chicken with He Shou Wu
- 119 ●凉拌小黄瓜 Cold Dressed Cucumber
- 凉拌海带丝 Cold Dressed Kelp Shredded
- 121 ●菠萝苦瓜鸡 Bitter Gourd Chicken with Pineapple
- 123 ●蛤蜊冬瓜排骨汤 Wax Gourd Spareribs Soup with Clams
- 125 ●发菜金菇羹 Golden Mushroom Thicken Soup with Hair Weeds
- 127 ●糙米粥 Unpolished Congee
- 茯苓粥 Tuckahoe Congee
- 129 ●何首乌炖鳗鲡鱼 Stew Man Li-Fish with He Shou Wu
- 131 ●素肉羹 Meatless Thicken Soup
- 133 ●木瓜花生炖猪蹄 Stew Pig's Hocks with Papaya and Peanuts
- 135 ●虫草小排骨 Chong-Cao Sparerib Soup
- 芡实猪尾汤 Pig's Tail Soup with Fox Nut
- 137 ●凉拌秋葵 Cold Dressed Okra
- 香酥腰果 Deep-Fried Cashew Nut
- 139 ●天麻安神汤 Stew Pig's Brain With Tian Ma
- 141 ●猪脊髓炖莲藕 Stew Pig's Spinal Cord with Lotus Root
- 143 ●枸杞炖鳗 Steamed Eel with Wolfberry

- 145 ●冬瓜鲤鱼汤 Carp Soup with Wax Gourd
●参归猪肝汤 Pig's Liver Soup with Dang Shen and Angelica
- 147 ●枸杞炖鳗 Stew River Eel with Wolfberry
- 149 ●春饼 Spring Wrapper
●芝麻球 Deep-Fried Sesame Ball
- 151 ●烧酒虾 Stew Prawns with Wine
- 153 ●百合红枣莲子汤 Lotus Seed Soup with Lily Bulb and Red Dates
●红豆薏仁汤 Yi Ren Soup with Red Beans
- 155 ●什锦沙拉 Assorted Salad
- 157 ●冬瓜炖乌鱼 Stew Snakehead Fish with Wax Gourd
- 159 ●莲藕牛腩汤 Stew Chewy Beef with Lotus Root
- 161 ●海苔卷 Laver Wrapper
●三色卷 Triple Color Wrapper
- 163 ●黄芪羊肉汤 Mutton Soup with Huang Qi
●牛膝杜仲汤 Niu Xi and Du Zhong Soup
- 165 ●烧酒鸡 Stew Chicken with Wine
- 167 ●圆形寿司 Round Sushi
●稻荷寿司 Waterlily Sushi
- 169 ●鲍鱼杜仲炖老鸭 Stew Duck with Abalone and Du Zhong
- 171 ●桂圆粥 Dry Longan Congee
●芡实莲子薏仁汤 Yi Ren Soup with Gorgon Fruit and Lotus Seeds
- 173 ●寿桃 Chinese Birthday Cake
●素饺 Vegetarian Dumpling
- 175 ●糙米鸡 Stew Chicken with Unpolished Rice Soup
- 177 ●枸杞鲈鱼汤 Stew Sea Bass with Wolfberry
- 179 ●素包子 Vegetarian Stuffed Bun
●豆沙包 Mashed Bean Stuffed Bun
- 181 ●玉竹沙参炖老鸭 Stew Duck with Yu Zhu and Sha Shen



十全大补乌骨鸡

Stew Dark-Skinned Hen with Herbs

【材料】

- ① 母乌骨鸡 1 只。
- ② 白术、熟地、白芍各 20 克，党参、茯苓、当归、黄芪各 15 克，炙甘草、川芎各 10 克，肉桂 5 克。
- ③ 红枣 10 粒，枸杞 10 克。

【作法】

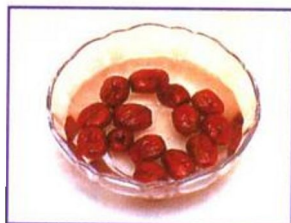
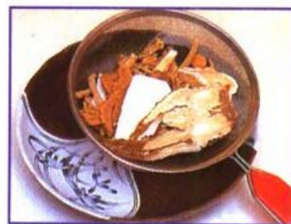
- ① 乌骨鸡洗净，去油脂，剁块，氽烫去血水。药材用水冲洗干净，沥干水份备用。红枣泡软。
- ② 取一炖锅，将鸡块、药材放入，加水盖过材料，大火煮开后，转小火炖煮约 1 小时即可。

【Ingredients】

- ① 1 dark-skinned hen
- ② 20g. each of atractylodes (Bai Zhu), root of Chinese foxglove (Shu Di Huang), white paeonia (Bai Shao); 15g. each of codonopsis pilosula (Dang Shen), tuckahoe, angelica and astragalus membranaceus (Huang Qi); 10g. each of licorice root and the rhizome of ChuanXiong; 5g. cinnamon
- ③ 10 red dates; 10g. fruit of Chinese wolfberry.

【Methods】

- ① Rinse hen, cut into small pieces, and then blanch in the boiling water. Rinse all the herbage and drain. Soak red dates until soft.
- ② Put hen, herbage in a pot, then add in the water which covers the herbage and then cook with high heat. After boiling, turn to low heat to stew for about. 1 hour.



【功效】

可改善面色苍白，食欲不振、气血两虚、四肢无力、头晕目眩等。

【Efficiency】

Improve the debility of body, dizzy of head, dim eyes.



鲍鱼萝卜肉片汤

Abalone Soup with Radish and Lean

【材料】

- ①小里脊肉 150 克。
- ②鲍鱼 1 只。
- ③萝卜 1 根、葱 1 根。

【调味料】

(A)料：盐、香油各适量。

【作法】

- ❶ 小里脊肉洗净、切片。鲍鱼切片，汤汁留用。萝卜去皮切厚片、葱切段。
- ❷ 炖锅内加适量水、鲍鱼汤汁、肉片、萝卜和鲍鱼，大火煮开后，加入葱段，改小火煮约 30 分钟，加(A)料调味即可。

【Ingredients】

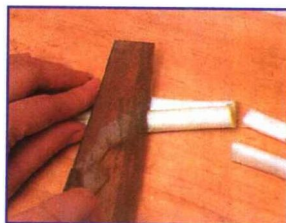
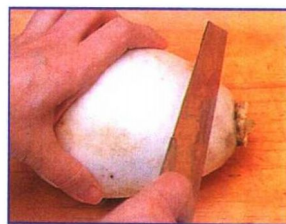
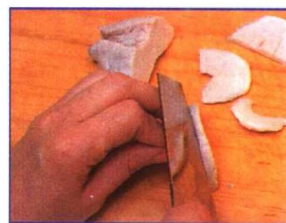
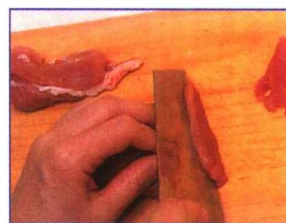
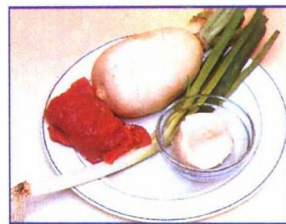
- ① 150g. lean ② 1 abalone ③ 1 radish; 1 scallion.

【Seasoning】

(A)proper salt and sesame oil

【Methods】

- ❶ Rinse and slice lean; slice abalone; pare and cut radish into thick slices. Cut scallion into small sections.
- ❷ Put proper water, radish, abalone soup, sliced lean and abalone in a pot to cook with high heat; after boiling, put scallion in and turn to low heat to cook for 30 mins. Add seasoning (A) in.



【功效】

滋阴清热，益精明目，开胃助消化。

【Efficiency】

Relieve heat. Help digestion. Good for eyes and stomach.

