



现代人食谱

都是牛肉

可分可牛肉的魅力

梁琼白 著



100% Beef

 中国轻工业出版社



都是牛肉
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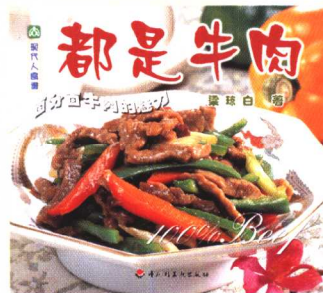
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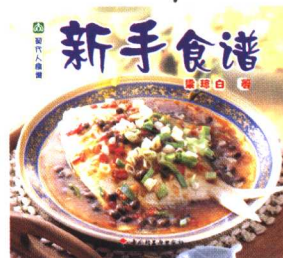
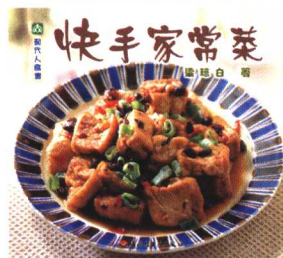
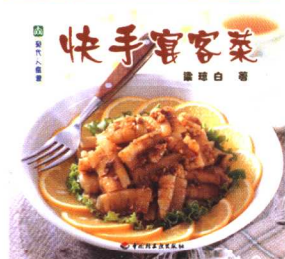
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百合牛肉

BEEF WITH LILY BULB

● 材料

嫩牛肉 225 克、新鲜百合 1 个、红椒 1 个、葱 2 根

● 调味料

(1) 酒 1 大匙、酱油 1 大匙、糖 1/2 茶匙、水淀粉 1 大匙、色拉油 1 大匙

(2) 酒 1 大匙、盐 1/2 茶匙、胡椒粉少许、水淀粉 1/2 大匙

● 作法

1. 牛肉切薄片，拌入调味料(1)腌 20 分钟，然后过油捞出。

2. 新鲜百合一瓣瓣剥下，削去边上部分后洗净；红椒剖开、去籽、切小片；葱切小段。

3. 用 2 大匙油炒百合和红椒，断生时，放入调味料(2)、牛肉片及葱段同炒，炒匀后即可盛出。

● INGREDIENTS

1/2 lb. tender beef, 1 whole fresh lily flower, 1 red bell pepper, 2 scallions

● SEASONINGS

(1) 1T cooking wine, 1T soy sauce, 1/2t sugar, 1T cornstarch water, 1T cooking oil

(2) 1T cooking wine, 1/2t salt, a pinch of pepper, 1/2T cornstarch water

● METHODS

1. Slice beef thinly, marinate in seasoning (1) for 20 minutes, run through hot oil rapidly, remove.

2. Remove petals from lily flower, trim off rotten edges, rinse; halve red pepper open, and discard seeds, cut into small pieces; cut scallions into small sections.

3. Heat 2T oil, stir-fry lily and red pepper until half-done, add seasoning (2) and beef, scallion sections, heat quickly until heated evenly, remove and serve.

抢鲜秘笈 TIPS

1. 新鲜百合有清香味，口感甜脆，可在市场买到，但不能用干百合代替。

2. 喜食辣者，可将红椒改为辣椒。

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. Fresh lily flower are fragrant and crunchy. Do not use dried.

2. Chill pepper may be added if desired.

3. Oil is vegetable oil in this book.



百合牛肉

BEEF WITH LILY BULB

蚝油牛肉

BEEF IN OYSTER SAUCE

● 材料

嫩牛肉 225 克、芥蓝菜 150 克、姜 2 片

● 调味料

(1) 酒 1 大匙、酱油 1/2 大匙、糖 1/2 茶匙、淀粉 1/2 茶匙、色拉油 1 大匙

(2) 酒 1 大匙、蚝油 2 大匙、糖 1/2 大匙、清水 2 大匙、水淀粉 1/2 大匙

● 作法

1. 牛肉切薄片，拌入调味料(1)腌 20 分钟。
2. 芥蓝菜洗净，择小段，用开水氽烫过，再捞出冲凉，沥干备用。
3. 用 2 大匙油先炒芥蓝菜，炒熟后盛出垫盘底，再将腌好的牛肉过油捞出，另用 2 大匙油炒香姜片后，放入牛肉和调味料(2)炒匀。
4. 炒好的牛肉盛出，并放于芥蓝菜上即成。

抢鲜秘方 TIPS

1. 纹路越细的牛肉越嫩，一定要逆丝切；腌肉时加少许色拉油可使牛肉嫩滑，食用较安全。
2. 炒牛肉的汤汁会流入芥蓝菜中，所以芥蓝菜不必先调味。

● INGREDIENTS

1/2 lb. tender beef, 5 oz. kale, 2 ginger slices

● SEASONINGS

(1) 1T cooking wine, 1/2T soy sauce, 1/2t sugar, 1/2t cornstarch, 1T cooking oil

(2) 1T cooking wine, 2T oyster sauce, 1/2T sugar, 2T water, 1/2T cornstarch water

● METHODS

1. Cut beef into thin slices, Marinate in seasoning (1) for 20 minutes.
2. Rinse kale, cut into small sections, blanch in boiling water, remove and rinse under cold water, drain.
3. Heat 2T oil to stir-fry kale until done, remove and line on serving plate; blanch beef through smoking oil, remove; heat 2T oil to stir-fry ginger until fragrant, add beef and seasoning (2), cook well.
4. Remove the beef and arrange on kale. Serve.

1. The smaller the grains of beef, the more tender it is. Cut against the grain. When marinating, add a little cooking oil to make the beef even more tender.
2. The liquid from the stir-fried beef will flow down to the kale, so there is no need to season the kale.



蚝油牛肉

BEEF IN OYSTER SAUCE

沙茶牛肉

BARBECUED SAUCE BEEF

● 材料

嫩牛肉 225 克、圆白菜心 300 克、蒜末 1 茶匙

● 调味料

(1) 酒 1 大匙、酱油 1 大匙、水淀粉 1 大匙

(2) 酒 1 大匙、沙茶酱 3 大匙、酱油 1/2 大匙、糖 1/2 茶匙、水淀粉 1/2 大匙

● 作法

1. 嫩牛肉切片，拌入调味料(1)腌 10 分钟后，过油捞出。

2. 圆白菜心切小片，用 2 大匙油炒熟，加少许盐调味后先盛出。

3. 另用 2 大匙油炒香蒜末及调味料(2)，再倒入牛肉片，接着放入圆白菜心同炒均匀，即可盛出。

● INGREDIENTS

1/2 lb. tender beef, 2/3 cabbage heart, 1t minced garlic

● SEASONINGS

(1) 1T cooking wine, 1T soy sauce, 1T cornstarch water

(2) 1T cooking wine, 3T barbecued sauce, 1/2T soy sauce, 1/2t sugar, 1/2T cornstarch water

● METHODS

1. Slice beef and marinate in seasoning (1) for 10 minutes. Run through hot oil and remove.

2. Cut cabbage into small pieces. Stir-fry in 2T oil and add salt to taste. Remove.

3. Fry minced garlic and seasoning (2) in 2T oil till fragrant, add beef slices and cabbage heart, stir well. Remove.

抢鲜秘方 TIPS

1. 牛肉用腰肉或里脊部位较嫩，冷冻后再切可切得较薄，不必加嫩肉粉口感亦佳。
2. 除圆白菜外，亦可用空心菜搭配。

1. Use tenderloin or loin of beef, which are more tender. Freezing first enables you to slice it thinner. No meat tenderizer is necessary, for the texture is superb.
2. Use water spinach in place of the cabbage.



沙茶牛肉

BARBECUED SAUCE BEEF

金针牛肉

BEEF WITH GOLDEN NEEDLE FLOWERS

● 材料

嫩牛肉 225 克、新鲜金针 1 包(约 150 克)、红椒半个

● 调味料

(1) 酒 1 大匙、酱油 1 大匙、淀粉 1 茶匙、色拉油 1/2 大匙

(2) 酱油 1 大匙、酒 1/2 大匙、糖 1 茶匙、胡椒粉少许、清水 4 大匙、水淀粉 1/2 大匙

● 作法

1. 牛肉切薄片，拌入调味料(1)腌 10 分钟。
2. 新鲜金针择除花蕊后洗净，红椒去籽，洗净后切丝。
3. 用 5 大匙油将牛肉炒散，见肉变色时先盛出，以余油炒红椒和金针，微软时加入牛肉同炒。
4. 加入调味料(2)，炒匀即可盛出。

● INGREDIENTS

1/2 lb. tender beef, 1 pack fresh golden needle flowers (about 1/3 lb.), 1/2 red bell pepper

● SEASONINGS

(1) 1T cooking wine, 1T soy sauce, 1t cornstarch, 1/2T cooking oil
(2) 1T soy sauce, 1/2T cooking wine, 1t sugar, a pinch of pepper, 4T water, 1/2T cornstarch water

● METHODS

1. Cut beef into thin slices and marinate in seasoning (1) for 10 minutes.
2. Remove and discard pistil from golden needle flowers and rinse well. Remove and discard seeds from red bell pepper, then rinse well and shred.
3. Heat 5T of oil in wok, stir-fry beef slices until it separates and color changes, then remove. Use remaining oil to stir-fry bell and golden needle flowers until soft. Return beef to mix.
4. Season with seasoning (2) to taste. Stir-fry until evenly-combined. Remove and serve.



TIPS

1. 新鲜金针可在菜市场的蔬菜摊买到，如果是用黄色的金针花，在未清洗前要先拨开花瓣将花蕊择除，否则炒起来会变黑。
2. 新鲜金针有的比较绿、比较小，口感较脆，洗净直接使用即可，不需择除花心。

1. Fresh golden needle flowers can be purchased at any vegetable stand in the traditional market. If yellow golden needle flowers are cooked, open the flower petals to remove and discard the pistil, or they will get darkened after stir-frying.
2. Some fresh golden needle flowers are greener and smaller. They have a crunchy texture, rinse and cook directly without removing and discarding the pistil first.



金针牛肉

BEEF WITH GOLDEN NEEDLE FLOWERS

椒麻牛腱

PEPPERCORN BEEF SHANK

● 材料

牛腱1个、葱2根、姜2片、八角2粒、香菜1棵

● 调味料

(1) 酒1大匙

(2) 酱油2大匙、辣椒油1大匙、醋1大匙、糖1茶匙、花椒粉1/2茶匙、香油1/2茶匙、蒜末1/2茶匙

● 作法

1. 牛腱先氽烫过，再用开水没过，加入葱、姜、八角和酒一同煮熟(约40分钟)。

2. 待牛腱放凉再切片，排入盘内，另将调味料(2)调匀，淋于牛腱上并撒上香菜即成。

● INGREDIENTS

1 beef shank, 2 scallions, 2 ginger slices, 2 star anise, 1 stalk cilantro

● SEASONINGS

(1) 1T cooking wine

(2) 2T soy sauce, 1T chilli oil, 1T vinegar, 1t sugar, 1/2t szechwan peppercorn powder, 1/2t sesame oil, 1/2t minced garlic

● METHODS

1. Blanch beef shank first, then cover shank with water along with scallion, ginger, star anise and cooking wine added. Cook for 40 minutes until done.

2. Let beef shank cool, then slice and arrange on serving plate. Combine seasoning (2) well in mixing bowl and drizzle over beef shank. Then sprinkle with cilantro. Serve.

抢鲜看 TIPS

1. 在吃的时候再淋上佐料比较好，太早淋会滑到盘底，上面剩下油，蘸不到均匀的调味料。

2. 煮牛腱时要多翻动，使它均匀受热，质地才能一致。

3. 没吃完的牛腱不要一次都切成片，最好吃的时候再切，泡在汤汁里冷藏，肉质更嫩。

1. Drizzle with the mixed seasonings right before serving, or the shank will not be evenly coated with seasonings because they will run to bottom of the plate, leaving only the oil behind.

2. Turn beef shank constantly to ensure even heating and balanced texture.

3. Do not cut the leftover beef shank into slices. Slice it right before serving and let it chill in gravy to make it sweeter and more tender.