

*A Tasty New Year*

梁琮白 著

# 过好年

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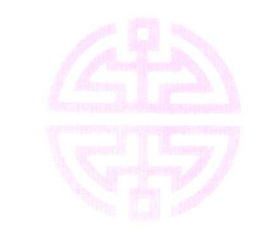
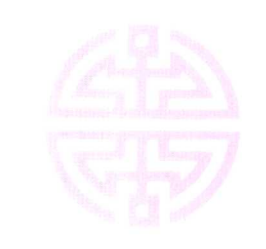


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# 吃出美丽

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拿手煲仔菜  
好食鸡  
冰点  
用蛋做菜  
拿手好粥  
懒人菜  
两人伙食  
快手家常菜  
巧手做羹汤  
新手食谱  
家庭烤肉与火锅  
快手宴客菜  
家常素菜  
三人套餐  
爱吃肉  
单身开伙  
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梁琼白 著



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# 团圆喜庆过好年

春节是中国人最重要的传统节日，也是阖家团圆的日子，而过年的头等大事就是“吃”。大年夜，丰盛的年菜摆满一桌，全家围坐桌旁，共吃团圆饭，共祝来年吉祥如意，几乎是每个家庭的重要节日活动。游子无论身在何处，都会尽可能赶回家，这顿团圆饭充分表达了家庭的温馨和浓得化不开的亲情。

在春节来临之际，一定有不少人在为准备年夜饭发愁了。我们为您精心策划了《过好年》一书，这本书通过科学的烹调方法、营养均衡的食材搭配，让大家既能吃上鸡鸭鱼肉，又避免过多地摄入油脂与热量，从而充分体现健康、美味、营养兼而有之的节日饮食理念。每道菜名吉祥喜庆、新颖别致。传统年俗融于其中，从腊月初八的腊八粥开始，一直到正月十五的赏花灯，节日气氛跃然纸上，除了有食物的美味，还体现出浓浓的文化味。书中还精选了20条节日饮食健康问答，关心您的身体，让您吃得更健康。全书中英文对照，更能帮助外国朋友了解中国传统文化。

我社长期致力于出版老百姓喜闻乐见的生活类图书，尤其是以“吃出健康、吃出美丽”为主旨的饮食类图书更是深受广大饮食爱好者的喜爱，为答谢读者的厚爱与支持，我们特在节日之际推出这本食谱，借本书给广大读者朋友拜年，希望它不仅能给您的节日餐桌添彩，而且还能给您一份节日的好心情。

过好年，过年好，年好过，好过年！祝您全家在节日里吃好、喝好，快快乐乐过个好年！

《过好年》编辑组

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本书中 1 杯为 150mL, 1 大匙为 15mL, 1 茶匙为 5mL, 1/2 茶匙为 2.5mL, 1/4 茶匙为 1.2mL

1Cup=150mL, 1Table Spoon=15mL, 1Tea Spoon=5mL, 1/2Tea Spoon=2.5mL, 1/4Tea Spoon=1.2mL





# 团圆大拼盘

## 下酒菜

### ASSORTED DISH

#### ✳ 材料

烤鸭、卤牛肉(牛腱)、卤猪肚、叉烧肉、卤墨鱼、盐酥虾、海蜇丝、生菜叶3片

#### ✳ 作法

1. 将烤鸭、卤牛肉、卤猪肚、叉烧肉、卤墨鱼分别切出整齐的10片,按5个区域排入盘内成一围绕大盘的摆放方式。
2. 中间空白处先垫上生菜叶,再将盐酥虾以头朝内、尾向外的方式围一圈。
3. 正中心处放入海蜇丝即成。

#### ✳ INGREDIENTS

roasted duck, spiced beef, spiced pork stomach, barbecued meat, spiced cuttlefish, salty crisp shrimp, jellyfish slices, 3 lettuce leaves

#### ✳ METHODS

1. Cut roasted duck, spiced beef, spiced pork stomach, barbecued meat, and spiced cuttlefish into 10 slices respectively. Line in order a circle on the serving plate.
2. Line lettuce leaves in the middle blank space on top with a circle of shrimps, heads inside and tails outside.
3. Put jellyfish slices in the core of the plate. Serve.



#### 贴心叮咛 / Remarks

- ◆ 卤菜: 将牛腱、猪肚分别洗净并汆烫过后,先煮30分钟。再用一口大锅放入酒、酱油、冰糖、五香包及清水(或高汤)煮开,改小火将香味煮出来后,放入牛腱和猪肚卤入味即可。其中墨鱼由于易熟,只要汆烫过就直接放入卤锅卤,时间不宜过长,约10分钟即可。所有卤菜卤好后不要立即捞出,让它在卤汤内慢慢浸才入味。
- ◆ 盐酥虾: 将草虾(或剑虾)剪去须足,抽净泥肠后洗净,沥干,放入热油中炸熟,捞出,油倒出,利用锅内余油将虾回锅,加入盐调味,拌炒至干松时盛出。
- ◆ 海蜇丝: 将海蜇皮泡水2小时,然后切丝,用开水快速汆烫过捞出,再泡冷水1小时至其涨开,然后沥干,拌入盐、糖、醋、麻油调味,亦可拌入少许小黄瓜丝或胡萝卜丝。
- ◆ 至于叉烧肉和烤鸭可实现成品搭配,或加入其他卤菜来变化口味。一口卤锅可以卤各种材料,而且愈卤愈香。
- ◆ 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。
- Spice: Rinse beef tendon and pork stomach well, blanch in boiling water, cook for 30 minutes. Cook cooking wine, soy sauce, rock sugar, five-spice bags and water (or soup stock) until boiled with a big pot. Reduce to low heat, cook until fragrant. Cook with added beef tendon and pork stomach until flavored. Cuttlefish is easy to cook done, so only blanch it and put it into pot to spice directly. Cook for 10 minutes and not longer. Do not remove them immediately after being spiced, and keep them in the liquid soaked until flavored.
- Salty crisp shrimp: Remove shrimp's whiskers and legs. Devein and rinse well. Dry well before deep-frying in smoking oil until done, remove, and rid of oil. Return shrimp to wok and stir with the remained oil. Season with salt. Stir-fry until dry and soft. Remove.
- Shredded jellyfish: Soak jellyfish in water for 2 hours, shred. Blanch in boiling water, remove. Soak in cold water for one hour until swelled, drain, season with salt, sugar, vinegar, and sesame oil to taste. Add a little shredded cucumber or carrot if desired.
- As for the roasted duck and barbecued pork, you can buy the finished ones, or add some other spices. All kinds of ingredients can be spiced all in one pot, and the more you spice, the more flavor you will get.
- Oil in this book refers to vegetable oil.





### 吃腊八粥

腊八粥是用五谷果类烹调而成，其中有红枣、栗子、花生、芝麻、核桃仁、松子、杏仁、杂豆。一般人家在腊月初八这天煮腊八粥来吃，腊八粥的香味，最先使过年的气氛在家家户户呈现出来。

### Having La Ba Porridge

La Ba porridge is cooked of cereal and nuts, including red jujube, chestnut, peanut, sesame, walnut, pine nut, almond, and other beans. Normally, people cook this porridge in the 8th of the twelfth month of the lunar year. Its flavor makes people feel the approach of the spring festival.

# 五香熏鱼

下酒菜

## FIVE-SPICE BRAISED GRASS CARP

### 材料

草鱼中段 1200 克、葱 2 根、姜 2 片

### 调味料

- (1) 酱油 2 大匙、酒 1 大匙、五香粉 1/4 茶匙
- (2) 番茄酱 3 大匙、酱油 2 大匙、酒 1 大匙、醋 1 大匙、姜末 1/2 茶匙、盐 1/4 茶匙、五香粉 1/4 茶匙、清水 1/2 杯

### 作法

1. 草鱼中段对半片开,再斜切瓦块片,用调味料(1)和葱段、姜片腌 20 分钟。
2. 油 5 杯烧热,放入鱼片炸至金黄时捞出,炸油倒掉。
3. 另用 2 大匙油炒调味料(2),炒匀后即放入炸好的鱼块,改小火烧至入味,待汤汁收干,即可盛出。

### INGREDIENTS

2 2/3lbs.grass carp center cut,2 scallions,2 ginger slices

### SEASONINGS

- (1) 2T soy sauce, 1T cooking wine, 1/4t five spice powder
- (2) 3T ketchup, 2T soy sauce, 1T cooking wine, 1T vinegar, 1/2t minced ginger, 1/4t salt, 1/4t five spice powder, 1/2C water

### METHODS

1. Halve along the back, then slice fish diagonally into three diamond-shaped pieces, marinate in seasoning (1), scallion and ginger for 20 minutes.
2. Heat 5C oil, deep-fry fish until golden brown, remove, discard oil.
3. Heat 2T oil, stir-fry seasoning (2) evenly, return fish to wok, reduce heat to low, cook until the flavor is absorbed, remove and place on a serving plate. Serve.



## 贴心叮咛 / Remarks

- ◆ 草鱼中段的肉面较完整,但价格较贵,若买中段连鱼尾较便宜,如果自己吃,可带尾。
- ◆ 除了草鱼中段外,亦可用鲳鱼以相同的方式制作。
- ◆ 熏鱼冷食比热食好吃,因此一次可多做些放冰箱里,再吃时不必回锅加热。
- The meat of the center portion of a grass carp is more complete, but it is more expensive. It is cheaper to purchase it with the tail. When not serving guests, it may be eaten that way.
- Pomfret may be substituted for the grass carp.
- This dish is better served cold. It may be made in large amounts and then stored in the refrigerator.



## FIVE-SPICE BRAISED GRASS CARP 五香熏鱼



问：节日饮食应注意的原则有哪些？

答：一要多吃蔬菜，少吃油腻食品。二要注意卫生，防止肠胃疾病及食物中毒。三要避免暴饮暴食，烟酒过量。

Q: What's the general suggestion of a balanced diet on festivals?

A: First of all, more vegetable and less fat food. Second, clean food. Third, do not eat, drink and smoke too much.

# 素烧鸭

下酒菜

## VEGETARIAN DUCK

### ✿ 材料

豆腐皮 16 张、香菇 6 朵、笋 1 根

### ✿ 调味料

(1) 酱油 1 大匙、糖 1 茶匙

(2) 酱油 1/2 大匙、盐 1/2 茶匙、香菇水 1 杯、麻油少许

### ✿ 作法

1. 豆腐皮 16 张分成两等份，每份 8 张可做 1 只素鸭。
2. 香菇泡软、去蒂、切丝；笋先煮熟再切丝，用 2 大匙油先炒香菇丝，再放入笋丝同炒，并加入调味料(1)炒匀后盛出。
3. 在 8 张豆腐皮中，先挑 2 张较整齐地平铺在最下层，再取 3 张浸在加热过的调味料(2)中，然后挤干水分，铺开成长条状，放入 1/2 炒好的丝料，另外 3 张豆腐皮也用调味料(2)浸湿后挤干，盖在上面，然后利用下面的 2 张豆腐皮包好做成长条状。
4. 另外 8 张以相同的方法做成另 1 只素鸭，一同放入蒸笼或电锅蒸 5 分钟。
5. 取出后稍放凉，再用平底锅以少量油两面煎黄，然后改刀切成长条即可食用。

### ✿ INGREDIENTS

16 sheets tofu skin, 6 shiitake mushrooms, 1 green bamboo shoot

### ✿ SEASONINGS

(1) 1T soy sauce, 1t sugar

(2) 1/2T soy sauce, 1/2t salt, 1C shiitake mushroom water, sesame oil as needed

### ✿ METHODS

1. Halve the 16 sheets tofu skin. Every 8 sheets can make one Vegetarian duck.
2. Soak mushrooms to soft, rid of the stem, shred. Cook bamboo shoot until done and then shred. Stir-fry the shredded mushrooms with 2T of oil first, then add the shredded bamboo shoot and seasoning (1) to mix well. Remove.
3. Select 2 better-shaped sheets among the 8 ones to put on the bottom, then soak another 3 sheets in the heated seasoning (2) and drain, spread to strips. Add 1/2 the stir-fried minces to them. Soak the left 3 sheets in the heated seasoning (2) and drain as well, spread on the top. Wrap them to strips with the 2 sheets on the bottom.
4. Act the same to make another one vegetarian duck with the other 8 sheets. Steam them together in steamer or electric rice cooker for 5 minutes.
5. Draw out and cool for a few minutes. Fry in pan with a little oil until two sides golden brown. Cut into strips with knife. Serve.



## 贴心叮咛 / Remarks

◆ 这道菜是素菜也是凉菜，随取随食，不需再加热。

● The dish is a vegetarian dish and cool dish as well. Instant serving without heating.





### 送灶神

中国年俗中，腊月二十三日是灶神升天的日子。传说灶神主管全家人的平安及观察家中每个人的言行——向玉皇大帝报告每个人的功与过。为了让灶神在玉帝面前说自己的好话，人们便把麦芽糖抹在灶神的嘴巴四周，让灶神尝到一点甜头，希望灶神能“好话传上天，坏话放一边”。

### Sacrifice to the Kitchen God

According to Chinese traditions, the 23rd of the last month of the lunar year is the date that the Kitchen god raises to the skies. The Kitchen god is in charge of the safety of the whole family, observe their words and behavior, and report to the Emperor their merits. In order to let the Kitchen god only say good words to the Emperor, people plaster maltose around the God's mouth to make him taste sweet, hoping the God only say good words and put by the bad words.

# 竹报平安

下酒菜

## BRAISED BAMBOO SHOOTS WITH SHIITAKE MUSHROOM

### 材料

箭竹笋 300 克、香菇 6 朵

### 调味料

素高汤 2 杯、酱油 3 大匙、糖 1 大匙、水淀粉半大匙

### 作法

1. 箭竹笋切除老硬部分少许，整支氽烫过捞出。
2. 香菇泡软、去蒂、切条，用 3 大匙油炒香，再放入箭竹笋同炒后，加素高汤烧开，并加入酱油和糖调味。
3. 烧入味，待汤汁稍收干时，加水淀粉勾芡即可盛出。

### INGREDIENTS

2/3oz. arrowhead bamboo shoot, 6 shiitake mushrooms

### SEASONINGS

2C vegetarian soup stock, 3T soy sauce, 1T sugar, 1/2T cornstarch water

### METHODS

1. Cut off tough parts of arrowhead bamboo shoot. Blanch in water. Remove.
2. Soften shiitake mushrooms in water. Remove stems. Shred. Stir-fry with 3T oil until fragrant. Add arrowhead bamboo shoot to stir-fry. Pour vegetarian soup stock to a boil. Add soy sauce and salt.
3. Thicken with cornstarch water when sauce is reduced. Remove.



## 贴心叮咛 / Remarks

- ◆ 箭竹笋多半已处理过，但水渍味很重，一定要氽烫过再烧。
- Most arrowhead bamboo shoots are ready-made. Blanch before cooking.



# BRAISED BAMBOO SHOOTS WITH SHIITAKE MUSHROOM 竹报平安



问：如何安排好节日饮食？

答：在色、香、味、形的基础上，力求荤素、冷热、精粗、干稀巧搭配，保持营养平衡、口味多样。夜宵作为补充，零食作为调理，酒茶作为点缀。

Q: How to eat well and healthy on festivals?

A: A menu of meat with vegetable, cold with hot, refined with rough, dish with soup, and limited sock and drinks is a balanced one.

# 雪菜莲子

下酒菜

## STIR-FRIED PRESERVED MUSTARD GREEN WITH LOTUS SEEDS

### ❁ 材料

雪里蕻 150 克、新鲜莲子 150 克

### ❁ 调味料

盐半茶匙、糖 1/4 茶匙、麻油少许

### ❁ 作法

1. 雪里蕻洗净、切碎，新鲜莲子先用清水煮熟，约 10 分钟捞出，备用。
2. 用 2 大匙油炒雪里蕻，然后放入莲子同炒，加盐、糖调味后，淋少许清水，炒匀关火，再拌入麻油即可。

### ❁ INGREDIENTS

6 oz. preserved mustard green, 6 oz. fresh lotus

### ❁ SEASONINGS

1/2t salt, 1/4t sugar, sesame oil as needed

### ❁ METHODS

1. Rinse preserved mustard green. Mince. Cook lotus in water until done. Remove. Leave aside.
2. Stir-fry preserved mustard green with 2T oil. Add lotus to stir-fry. Add salt and sugar. Drizzle some water. Stir well. Add sesame oil. Remove and serve.



## 贴心叮咛 / Remarks

- ◆ 莲子先煮熟再炒，两者的受热及熟度才平均。
- ◆ 用新鲜莲子比较清香，若用干莲子，要先泡软，蒸熟再用。
- Remember cooking lotus before stir-frying it.
- If you use dried lotus, you should soften and steam to be done before cooking.



# STIR-FRIED PRESERVED MUSTARD GREEN WITH LOTUS SEEDS 雪菜莲子



## 贴春联

腊月二十三日送灶神以后，过年的气氛一天比一天浓厚，家庭主妇开始在住家四周张贴写着吉祥话的“春联”。人们也喜欢把方形的春联贴倒，因为“倒”“到”同音；因此，贴反的春联象征着春天及财富的到来。

## Post Spring Festival Scrolls

The spring festival atmosphere is becoming richer and richer after sending the kitchen God to the skies on the 23rd of the last month of the lunar year. Housewives begin to paste the spring festival scrolls around their houses. People also like to paste the quadrate scrolls upside down, indicating the approach of a new spring and fortune.