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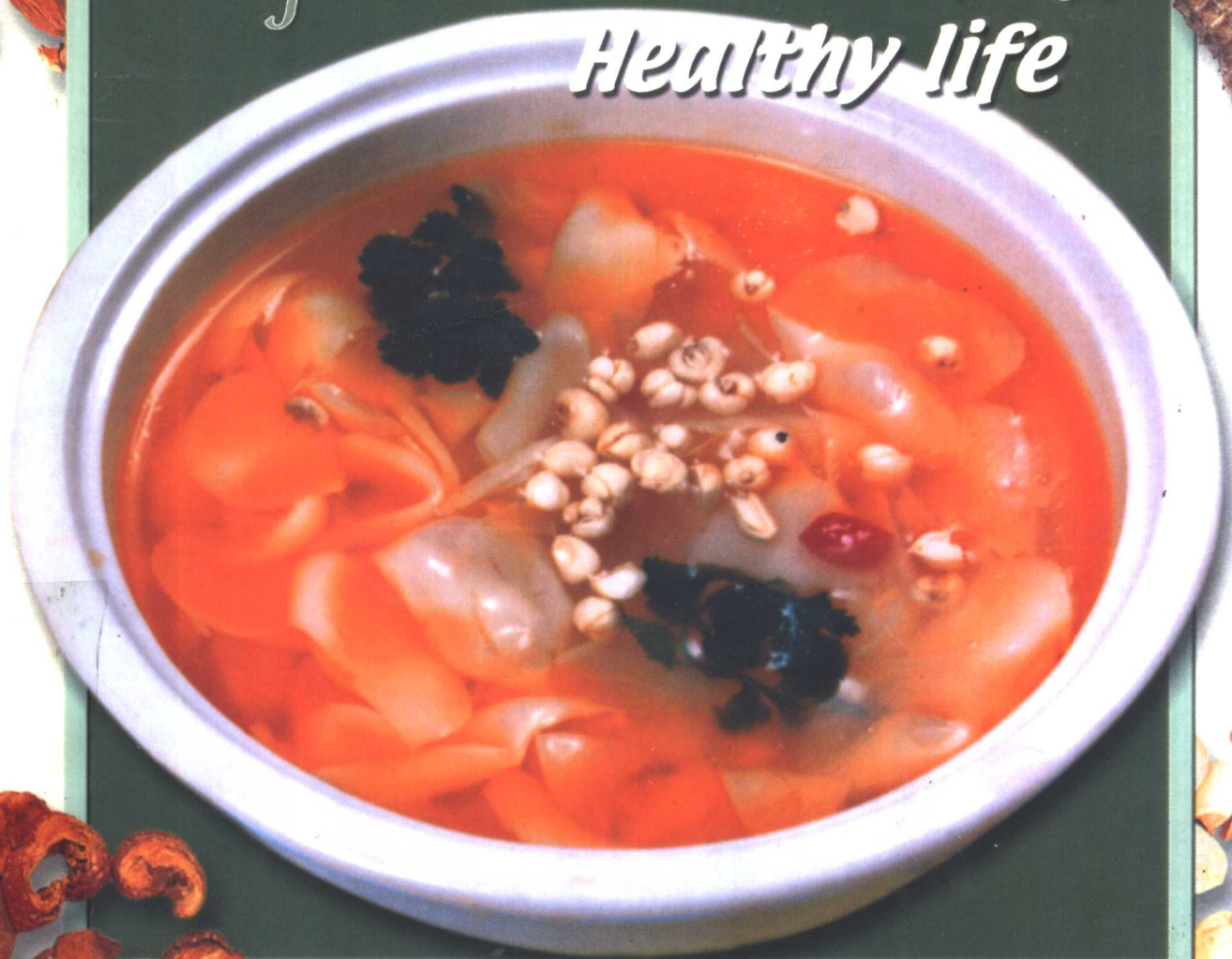
中华百草御膳

健

康篇

*Chinese hundreds
of herb-medicine
imperial cuisine*

Healthy life



中国农业出版社
CHINA AGRICULTURE PRESS

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Imperial Cuisine
Healthy Life

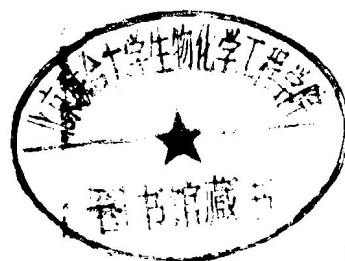
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作者简介

焦明耀,曾任同仁堂御膳研究所常务副所长,同仁堂御膳餐饮有限公司总经理,兼任总厨,主要负责养生菜品的研制与开发。中国烹饪协会会员,中国药膳研究会会员,首都保健营养美食学会理事,东方美食学院客座教授。

多年来潜心研究养生御膳,理论与实际并重,古为今用,兼容并取,学名厨而不拘泥于成法,大胆创新而源于传统。在查阅了大量皇帝膳单的基础上虚心向烹饪大师学习请教,并结合传统“四季五补”理论与“现代养生”学说,辟出了一条以宫廷菜、官府菜及各地菜肴精华为基础的适合现代人们饮食特点的养生御膳之路。



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Brief introduction of the author

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He has researched nourishing imperial cuisine carefully for many years. He pays more attention to the theory and practice equally and learns from the ancient knowledge for the practice. He learns from the famous cook, but he never sticks to the accustomed rules and he is brave to create using the traditional culture. He learns from cook master modestly on the basis of consulting a great deal of the imperial cuisine and he has combined traditional "Five tonifying of Four Seasons" with "Modern Nourishing" theory to develop the nourishing imperial cuisine road which is suitable for the modern people's diet characteristic on the basis of palace cuisine, authorities dishes and local cuisine essence.

(凡本版图书出现印刷、装订错误,请向出版社发行部调换)

渾然天成

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程思遠



全国人大常委会副委员长程思远先生为本书作者题词
The Vice-chairman of Standing Committee of National People's Congress,
Mr.Cheng Siyuan writes an inscription for the author of this book.

绪 论

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世纪，人们的饮食是以“健康合理”为主题。那么何为健康合理的饮食呢？健康合理的饮食是以人体在不同季节的不同生理状态为基础，采用适宜人体不同需求的食物，而饮食的进膳方法。早在《黄帝内经·素问·四气调神大论》中就有这样的记载：“圣人春夏养阳，秋冬养阴，以从其根，故与万物沉浮于生长之门。逆其根则伐其本，坏其真矣”。这就是说，人们应顺应一年四季中的阴阳变化，在春季夏季要注意保养心肝，在秋季冬季要保养肺脾肾。所以，人们在饮食上也应该顺应这一养生之道的根本原则。要依照不同季节从饮食上适当的进行调补。

根据中国古老的“四季五补”理论认为：“春季生补，夏季清补，秋季平补，冬季温补”。具体的说，春季人体肝火较旺，要食用具有健脾舒肝，有助于肝气生发作用的食物。夏季人体心火亢盛，外界的“暑湿”之邪当令，故此时要适时的食用具有清心祛暑，健脾利湿作用的食物。秋季空气干燥，“燥”邪当令，在饮食上应多食用具有滋阴润燥功效的食物。冬季人体的阳气潜藏，外界的气候寒冷，故此时人们应注意保养阳气。在饮食上要适当的食用一些具有温补脾肾，温通心阳作用的食物。

人们除了要注重食物的四季五补性，同时还要注重膳食的平衡。早在中国的古代，对于平衡膳食已有了粗浅认识，《黄帝内经》中说：“毒药攻邪、五谷为养、五果为助、五畜为益、五菜为充、气味和而服之，以补精益气”。膳食平衡是指膳食中所供给的营养素与机体的生理需要保持平衡。其平衡膳食组成包括多种粮食类、肉类、蔬菜类、油脂

中国烹饪协会会长

世界中国烹饪联合会会长姜习为本书作序

类、水果类等。其基本要求是：1. 饮食要多样化，以保证营养素摄入的全面。其中要包括适量的肉类以提供机体生长发育和组织更新修复需要蛋白质。有富含丰富维生素的蔬菜和水果，以促进身体健康，增加免疫力。以及充足的无机盐以调节血浆电解质的平衡。在每天的饮食中还要包含一定量的谷类，以提供人体每天能量消耗所需的碳水化合物和脂肪。除此之外，每天还要摄入足够的膳食纤维，用以维持正常的排泄和预防一些疾病如心血管方面的疾病和某些消化系统的癌症。2. 各种营养素之间的比例要适当。如蛋白质、脂肪、碳水化合物三者之间要维持平衡，如果碳水化合物，脂肪的摄入不足就会影响蛋白质的合成。必须氨基酸的比例要适当。钙磷比值、锌铜比值、镁、钠、铁、碘等常量元素和微量元素应维持适宜的量。各种维生素的摄入也要全面，这样才能使其互相之间发挥协同作用。如维生素 A 只有和维生素 E 在一起才能发挥其抗氧化的作用……。

本书中所著菜谱中原料的选择，原料之间的互相搭配，是经过科学考究。原料的用量、也是通过科学的计算。菜肴的烹饪方法，都是经过多年的研究。可以满足人们对健康饮食的需求。但这只是对一般人群而定，一些特殊人群，还需在这些基础上，加以针对强化饮食。

倘若人类更注重科学养生膳食，那么人类的健康状况将得到极大的改善。



2001 年 12 月 26 日

Introduction

In twenty-first century, “the health and rational diet” is the main subject of the people’s diet. What is health and rational diet?

The health and rational diet is a way of taking food, which the human body adopts the food benefiting the human body with different needs on the basis of different physiology of the human body in different seasons. There is recordation in 《Huangdi Neijing · Suwen · Siji Tiaoshen Dalun》: “Shengren Chunxia Yangyang, Qiudong Yangyin, Yicong Qigen, Gu Yu Wanwu Chenfu Yu Shengzhang Zhimen. Shuo Qigen Ze Faqiben, Huai Qi Zhenyi”. That means the people shall be subject to the change of Yin and Yang of four seasons in a year. To protect and nourish the heart and liver in spring and summer. To protect and nourish the lung, spleen and kidney in autumn and winter. So, the people’s diet shall be also subject to this basic principle of regimen and the people shall be nourished by the proper diet according to the different seasons.

The ancient “Five Nourishing in Four Seasons” theory of China thinks: “Chunji Shengbu, Xiaji Qingbu, Qiuji Pingbu, Dongji Wenbu”. The meaning is that the people shall eat the food with function of tonifying the spleen, relaxing the liver and promoting the growth of liver qi because the liver fire of the human body is flourishing in spring. In summer, the heart fire of the human body is vigorous and the “hot weather wet” is prevailing, so the people shall eat the food properly with function of clearing the heart, eliminating the hot, tonifying the spleen and inducing diuresis. In autumn, the air is dry and the “dryness” is prevailing, so the people shall eat more food with function of nourishing yin and moistening the dryness. In winter, yang-qi is hid in the body and it is cold outside, so the people shall pay more attention to yang-qi and eat food properly with function of mild-nourishing of spleen and kidney and mild-penetrating of the heart-yang.

Except the people shall pay more attention to the five nourishing in four seasons nature of the food, the balance of the diet shall also be taken care. There was some knowledge about the balance of the diet in ancient time in China. 《Huangdi Neijing》 said: “Duyao Gongxie, Wugu

Weyang,Wuguo Weizhu, Wuxu Weiyi,Wucai Weichong,Qiwei He Er Fuzhi, Yi Bujing Yiqi”.

The diet balance means that it shall keep the balance between the nutriment and physiological need. The balance diet contains many kinds of food, meat, vegetables, fat and fruits, etc. The basic requirement is: 1. The diet shall be in diversification to guarantee the complete nutriment. Wherein, the proper quantity of the meat can provide the necessary protein for growth of organism and renewal of the tissue. The vegetables and fruits containing rich vitamins can promote the health of the body and enhance immunity. The sufficient inorganic salt can adjust the balance of electrolyte of blood plasma. In daily diet, some quantity of grains shall also be contained to provide the necessary carbohydrate and fat needed by the human body for energy of each day. Except this, the sufficient food fiber shall be ingested each day to keep the normal drainage and prevent some diseases and some cancer of digestive system. 2. The scale among the nutriment shall be proper. Such as protein , fat, carbohydrate shall be balance. If the carbohydrate and fat is insufficient, it will influence the composing of the protein. The scale of necessary amino acid shall be proper. The ratio of the calcium and phosphor, the ratio of copper and zinc, and the ordinary elements and micro elements, such as Mg, Na, iron and iodine shall be in proper quantity. The ingestion of each vitamin shall also be complete, only in this way, they can coordinate each other. For example, if put vitamin A and vitamin E together can resist oxidation, etc.....

The selection of raw materials and arrangement of the raw materials in the menu written in the book is observed and studied by the science. The quantity of the raw materials used is also calculated scientifically. The cook way of the dishes has also been researched for many years. So all of these can satisfy the people's need for the health diet. But these are only suitable for the common people. For some specific people, the special food arrangement shall be paid more attention on this basis.

If the people pay more attention about the scientific regiment diet, then the people's health status shall be improved further.

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玫瑰龙王

Rose king dragon



Main ingredient: 1 250g lobster.

Subsidiary ingredient: 2 roses.

Flavouring: 50g caulis bombusae in Thunbergia.

Processing:

- (1) After cut out the head of the living lobster, eliminate the inner tube, cut the meat into pieces and put them into the ice water.
- (2) Put the ice on the plate.
- (3) After the rose leaves are disinfected by soaking in the cold salt water, use the rose to wrap the lobster and put them into the plate.
- (4) Put the Japan green mustard into the caulis bombusae in Thunbergia.

Characteristic: The color is flamboyant, the taste is crisp, tasty and refreshing.

主料：龙虾 1 250 克。

辅料：玫瑰花 2 朵。

调料：竹茹海鲜汁 50 克，日本绿芥末 15 克。

制作：

- (1) 活龙虾去头出肉后去内管，片片浸入冰水中。
- (2) 盘内垫冰待用。
- (3) 玫瑰花瓣用淡盐水浸过消毒后，垫包在龙虾肉下放入冰盘中。
- (4) 竹茹汁加入日本绿芥末跟上即可。

特点：色泽艳丽，口感爽脆，鲜美异常。

营养简析：

龙虾与玫瑰花一同食用，具有益肾舒肝的功效。玫瑰花中含有香茅醇、橙花醇、丁香油酚、苯乙醇、苯甲醇、芳香醇和槲皮甙、鞣质、胡萝卜素等营养成分。

芙蓉龙虾

Lotus lobster

主料：龙虾 1 000 克。

辅料：鲜奶 250 克，鸡蛋清 6 个，香橙 150 克。

调料：盐 13 克，绍酒 2 克，砂糖 1 克，西柠汁 25 克，枸杞子 3 克。

制作：

- (1) 鲜龙虾出肉，片片上浆后与发好的枸杞子一同滑炒。
- (2) 鲜奶与蛋清等同炒成“芙蓉”底垫入。
- (3) 香橙用西柠汁炒过围边即可。

特点：虾肉洁白细嫩，香橙甜酸爽口。



Main ingredient: 1 000g lobster.

Subsidiary ingredient: 250g fresh milk, 6 eggs white, 150g oranges.

Flavouring: 13g salt, 2g Shaoxing rice wine, 1g granulated sugar, 25g lemon juice, 3g the fruit of Chinese wolfberry.

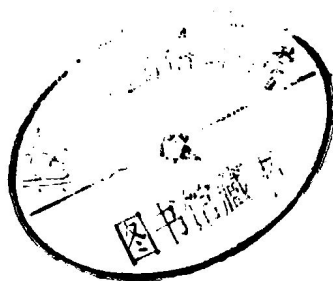
Processing:

- (1) After the fresh lobster meat is taken out and rolled in batter, stir-fry it with the soaked fruit of Chinese wolfberry together.
- (2) Stir-fry the fresh milk and egg white together, put the lotus on the base.
- (3) After stir-fry the orange with lemon juice, put it around the dish.

Characteristic: The shrimp meat is white and tender, the orange is sweet and sour, tasty and refreshing.

营养简析：

龙虾中含有多量的精氨酸和赖氨酸等必需氨基酸，具有补肾益智的作用。香橙中含有柠檬甙、柠檬酸和还原糖以及苹果酸、葡萄糖、果糖、蔗糖等有机酸和糖类。



天麻皇帝蟹

Rhizoma gastrodiae king crab



Main ingredient: 1 king crab (1 500g).

Subsidiary ingredient: 250g lettuce with flower shape leaf.

Flavouring: 100g rhizoma gastrodiae sea food sauce, 25g shallot and ginger oil.

Processing:

- (1) To take the shell away, stripe and slice it, then put them together like the original shape. Steam them for 9 minutes. Put the hot shallot and ginger oil over the meat.
- (2) Put the clean and disinfected lettuce on the base of the plate under the crab, then pour the sauce over the dish.

Characteristic: The color is red and bright to improve the appetite. The taste is delicious and soft tender.

主料：皇帝蟹 1 只（1 500 克）。

辅料：花叶生菜 250 克。

调料：天麻海鲜汁 100 克，葱姜油 25 克。

制作：

- (1) 皇帝蟹留壳解开，剥块码回原形。上笼蒸 9 分钟取出，将加热的葱姜油浇在其上。
- (2) 花叶生菜洗净消毒后，垫在皇帝蟹的下面，跟汁即可。

特点：色泽红亮，诱人食欲，口味鲜美，口感软嫩。

营养简析：

螃蟹与天麻一同食用，具有平肝息风，生津补气的功效。其中螃蟹中含有丰富的蛋白质和维生素 A、维生素 B₁、维生素 B₂ 以及烟酸等营养物质。天麻中含有黏液质、灰分、挥发油、氧化钙、氧化镁等营养元素。



蒲公英蟹

Dandelion crab

主料：应时母闸蟹 600 克。

辅料：香菜 25 克。

调料：蒲公英汁 50 克，葱姜油 15 克。

制作：

- (1) 闸蟹刷净剁成 4 块，蟹钳拍松后码回原形，上笼蒸 8 分钟。
- (2) 蒲公英汁调好口味后浇入蟹的四周。
- (3) 葱姜油加热后浇在其上后撒香菜即可。

特点：色泽红亮，口味鲜咸，清嫩适口。



Main ingredient: 600g fresh female crab.

Subsidiary ingredient: 25g caraway.

Flavouring: 50g dandelion sauce, 15g shallot and ginger oil.

Processing:

- (1) Stripe and slice the clean crab into 4 pieces.
After the pincers are patted to be soft, put them back as original shape. Steam it for 8 minutes.
- (2) After the dandelion sauce is seasoned, pour it around the crab.
- (3) After the shallot and ginger oil is heated, pour it over the dish and put the caraway on it.

Characteristic: The color is red and bright. The taste is fresh and salty with fragrant smell.

营养简析:

大闸蟹中含有丰富的烟酸，与具有降脂作用的蒲公英一同烹制，可起到降低血脂的功效。



白芍蟹斗

Crab cooked with root of herbaceous peony



Main ingredient: 6 female crabs (750g).

Subsidiary ingredient: 10g root of herbaceous peony, 2g the fruit of Chinese wolfberry, 2g green bean, 200g fresh milk, 3 eggs white.

Flavouring: 8g salt, 6g flavoring sauce.

Processing:

- (1) Clean the crabs and steam them, keep the shell for use.
- (2) To soak the root of herbaceous peony and the fruit of Chinese wolfberry separately.
- (3) After stir-frying the egg white, milk, crab meat, the ovary and digestive glands of a crab, the root of herbaceous peony and the fruit of Chinese wolfberry, put them into the shell.

Characteristic: The color is bright, the taste is fresh salty, tasty and refreshing.

主料：母闸蟹 6 只（750 克）。

辅料：白芍 10 克，枸杞子 2 克，青豆 2 克，鲜牛奶 200 克，鸡蛋清 3 个。

调料：盐 8 克，鲜味汁 6 克。

制作：

- (1) 螃蟹洗净蒸熟出肉，留壳洗净待用。
- (2) 白芍、枸杞子分别水发。
- (3) 蛋清、牛奶、蟹肉、蟹黄、白芍、枸杞子等炒制后，装回壳中即可。

特点：色泽明快，口味咸鲜，鲜嫩爽口。

营养简析：

螃蟹与白芍、枸杞子一同烹制，具有补肾益精血，柔肝降血压的功效。其中芍药中含有丰富的芍药甙。枸杞子中含有多量的多糖类物质和维生素 A 类物质。



野菊花蟹

Wild chrysanthemum crab

主料：花蟹 2 只（600 克）。

辅料：香菜 15 克。

调料：野菊海鲜汁 35 克。

制作：

- (1) 花蟹刷净异物，剁成 6 块，蟹钳用刀拍出裂纹。
- (2) 上笼蒸 7 分钟，出锅浇热葱油。
- (3) 香菜洗净后围在四周。
- (4) 野菊海鲜汁调好口味跟上即可。

特点：色彩瑰丽，鲜嫩适口，鲜美异常。



Main ingredient: 2 crabs (600g).

Subsidiary ingredient: 15g caraway.

Flavouring: 35g wild chrysanthemum sea food sauce.

Processing:

- (1) Eliminate the impurities of the crabs, and stripe and slice into 6 pieces. The pincers are patted by the knife to appear the crackles.
- (2) Steam for 7 minutes, then pour the hot shallot oil over them.
- (3) Put the cleaned caraway around the plate.
- (4) Season the wild chrysanthemum sea food sauce and pour it over the dish.

Characteristic: The color is flamboyant, the taste is tender and delicious.

营养简析：

螃蟹与菊花一同烹制，具有清头明目、补肾降压的功效。其中菊花中含有菊甙、腺嘌呤、氨基酸、水苏碱、胆碱、黄酮类、维生素A样物质和维生素B₁等成分。



玄驹蟹腿

Crab cooked with xuanju
(a kind of herbal medicine)



Main ingredient: 8 pincers (400g).

Subsidiary ingredient: 2g xuanju, 3 eggs white.

Flavouring: 4g salt, 3g Shaoxing rice wine, 10g Huai salt.

Processing:

- (1) After the pincers are pickled, roll in Gaoli paste with little xuanju and put them into the boiler to be deep-fried.
- (2) Put the Huai salt into the dish.

Characteristic: The color is red and white, the taste is delicious, soft and tender.

主料：珍宝蟹腿8只（400克）。

辅料：玄驹2克，蛋清3个。

调料：盐4克，绍酒3克，淮盐10克。

制作：

(1) 蟹腿腌入味后，挂高丽糊，蘸少许玄驹，下锅炸透。

(2) 淮盐装入味碟跟上即可。

特点：红白相间，口味鲜美，口感软嫩。

营养简析：

蟹腿与玄驹一同烹制，具有祛风除湿、活血行瘀的功效。其中玄驹中含有抗菌素类物质，有抗感染的作用。

