

香 港 家 常 食 谱 精 选

两菜一汤食谱

李曾鹏展著

广西教育出版社·香港万里机构联合出版

COMMON DISHES FOR DAILY LIFE

中 国 菜 谱

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CHINESE—ENGLISH





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出版说明

FOREWORD

烹饪是一种生活艺术。它除了可用味蕾去领会外，也需要用眼睛和鼻子去欣赏。

从操作上来说，烹饪法大致分为：选料、加工、切配、烹调 and 美化装饰等五个环节，这就是中国人常说的色、香、味、形的基本要求。

《香港家常食谱精选》正是针对这几方面，为现代的家庭妇女提供选购容易、制作简单和营养丰富等中外家庭食谱。此外，这套丛书还附有制作心得和诀窍，并介绍一些常用材料的知识以加强实用性。

我们希望借助本系列丛书的出版，使读者通过入厨操作，对烹饪有进一步的认识，从而领会到烹饪世界里有趣的一面。

Cooking is an art of living which needs not only the taste buds to feel, but also the eyes and nose to appreciate.

In speaking of the method of production, cooking may roughly be classified into 5 sequences; namely selection of ingredients, preparation of ingredients, cutting and matching of ingredients, cooking and garnishing which are commonly said amongst Chinese as the basic demands of colour, fragrance, taste and appearance.

In accordance with these aspects, "Hong Kong Homely Recipes Series" provide the modern housewives with some Chinese and foreign homely recipes which are easy to purchase, simple to work out and full of nutrition. Besides, the production knacks and practical tips as well as some knowledge of selecting certain common ingredients are also included in this series of books with an aim to increase their practicality.

It is our hope that through the publication of this series of books, readers will know more about the culinary art after their practical work in the kitchen so that they can appreciate the interesting side of the cooking world.



鹌鹑蛋粟米羹 · 青蒜炒蟹 · 豆角炒肉松

序

PREFACE

《两菜一汤》主要介绍的是家常小菜。家常烹饪多用蒸、炒、煮、炆、煎、炸、煲等烹调方法，与酒家的都是大同小异，但所用之物料则以经济为原则，并注重营养，工序上亦化繁为简。其实烹饪之道，只要掌握窍门，配搭得宜、调味适口，材料虽平凡，也可成为佳肴。

李曾鹏展

"Common Dishes For Daily Life" are mainly composed of homely dishes. The homely cooking ways comprise steaming, frying, boiling, braising, shallow-frying, deep-frying, etc., nearly the same as those used in restaurants, but the ingredients are selected on the principle of economy and nutrition and the process is simplified. In fact one make fine delicacies of common ingredients so long as he or she can get hold of the gist, match and combine them and season them properly.

TSANG PANG CHIN

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附注：

本书重量换算用司马斤两计算，即1斤=16两=600克，如要折算为市制，可按1市斤=500克计算，即1市斤=0.83司马斤

软炸鸡块

SOFT-FRIED CHICKEN PIECES

两菜一汤
汤口软炸鸡块
凉瓜煮豉豉鱼
扁豆老黄瓜猪蹄汤

用料：鸡肉12两（约480克），鸡蛋2只，柠檬1个，生粉、面粉各1½汤匙。

腌料：盐½茶匙，生抽½汤匙，糖½茶匙，麻油、胡椒粉各少许。

做法：

1. 鸡蛋加入生粉、面粉拌匀成糊状。
2. 鸡肉洗净，抹干水，划成鱿鱼花，切厚件，加腌料腌15分钟。
3. 鸡肉加入蛋糊拌匀，逐件放入将滚之油中炸至黄色捞起，1分钟后，重炸至金黄色捞起上碟，挤下少许柠檬汁。

Ingredients:

480g chicken
2 eggs
1 lemon
1½ tablespoons tapioca starch
1½ tablespoons flour

Marinade:

½ teaspoon salt
½ tablespoon light soy sauce
½ teaspoon sugar
a dash each of sesame oil and pepper

Method:

1. Mix eggs with starch and flour into paste.
2. Wash the chicken clean, wipe dry, carve squid pattern on it, cut into thick pieces and marinate for 15 minutes.
3. Mix the chicken well egg paste, put the chicken piece by piece into boiling oil, deep-fry until yellow, scoop out, deep-fry again in 1 minute until golden yellow, scoop out, dish up and squeeze a dash of lemon juice over.



凉瓜煮豆豉鲮鱼

DACE WITH FERMENTED BEANS AND BITTER GOURDS

用料：凉瓜12两(约480克)、豆豉鲮鱼1罐、蒜茸½汤匙、葱3条、油2汤匙。

调味料：糖½茶匙、盐½茶匙、水½杯。

做法：

1. 葱洗净，切短段。
2. 凉瓜(苦瓜)洗净，切月边，挖去瓤洗净，切片。
3. 下油，放入蒜茸、凉瓜炒透，下调味料炒匀，加入豆豉鲮鱼及罐内之油煮至汁干，下葱兜匀即可上碟，不用埋芡。

Ingredients:

480g. bitter gourds
1 tin dace with fermented black beans
½ tablespoon chopped garlic
3 spring onions
2 tablespoons oil

Seasoning:

¼ teaspoon sugar
¼ teaspoon salt
½ cup water

Method:

1. Wash spring onions clean and cut into short lengths.
2. Wash the gourds clean, halve, scrape pith away and slice.
3. Pouring oil in, fry garlic and gourds thoroughly, season, stir-fry well, add the dace with fermented beans and oil in the tin to boil until the sauce dries up. Stir them well with spring onions and dish up without starching.



扁豆老黄瓜猪蹄汤

HOCK SOUP WITH HYACINTH BEANS AND AGE CUCUMBER

用料：老黄瓜1个重约1½斤(约900克)、猪蹄(猪肘肉)1斤(约600克)、扁豆2两(约80克)、蜜枣6粒、陈皮1角。

做法：

1. 老黄瓜洗净，切开边去核，切大块。
2. 扁豆洗净，蜜枣洗净。
3. 陈皮用清水浸软，刮去瓤洗净。
4. 猪蹄氽水过冷河。
5. 水11杯(或适量)放入煲内煲滚，放入全部用料煲滚，慢火煲3小时，下盐调味。

Ingredients:

1 age cucumber (900g.)
600g. pork hock
80g. hyacinth beans
6 candied dates
1 piece dried tablespoon peel

Method:

1. Wash the cucumber clean, halve, core and cut into large pieces.
2. Wash the beans and dates clean.
3. Soak peel until soft, scrape pith away and wash clean.
4. Scald the hock in boiling water and cool in water.
5. Bring 11 cups water to boil, put all the ingredients in to boil over slow heat for 3 hours and salt.



切片咸猪手

SLICED SALTED PORK KNUCKLES

两菜一汤
「切片咸猪手」
豉椒焗龙虾
节瓜芡实煲鸽汤

用料：咸猪手1只

调味料：八角2粒、花椒、糖各1茶匙、姜1片、葱2条、盐1汤匙、水8杯。

蘸汁料：蒜茸 $\frac{1}{2}$ 汤匙、红辣椒1只（切碎）、水、醋各1汤匙。

做法：

1. 猪手洗净，放入滚水中煮10分钟，取起用清水浸半小时。
2. 煮滚调味料，放入猪手煲滚，再煲1小时至猪手熟透，取起浸于冻片水中1小时，盛碟上冷冻。
3. 猪手起肉去骨，切薄片1碟，可蘸汁进食。

Ingredients:

1 salted pork knuckles

Seasoning:

2 star aniseeds

1 teaspoon Szechuen peppercorn

1 teaspoon sugar

1 slice ginger

2 spring onions

1 tablespoon salt

8 cups water

Dipping Sauce:

$\frac{1}{2}$ tablespoon chopped garlic

1 red chili (chopped)

1 tablespoon water

1 tablespoon distilled vinegar

Method:

1. Wash the knuckle clean, boil in boiling water for 10 minutes, take out and soak in water for $\frac{1}{2}$ hour.

2. Bring Seasonings to boil the trotter for 1 hour until thoroughly cooked, take out, soak in cold boiled water for 1 hour, dish up and freeze.

3. Cut the knuckle off bone, slice thinly and dish up, serve with dipping sauce.



豉椒焗龙虾

ABAKED LOBSTER WITH FERMENTED BEANS AND PEPPERS

用料：龙虾尾12两(约480克)、青西椒1个、红辣椒1只、豆豉1汤匙、蒜茸、生粉各½汤匙、干葱3粒、葱2条、油4汤匙、酒1茶匙、

调味料：麻油、胡椒粉各少许、糖、盐各½茶匙、生抽½汤匙、生汤½杯、

芡料：生粉½茶匙、水2汤匙、

做法：

1. 葱洗净，切短段。
2. 干葱去红衣，洗净切片。
3. 青西椒洗净，切开边去核，切件。
4. 红辣椒洗净，去核切件。
5. 龙虾尾洗净，沥干水，切月边，加入生粉拌匀，泡油。
6. 下油2汤匙，放下青西椒、红辣椒炒数下，洒入水1汤匙炒熟铲起。
7. 下油2汤匙，放下豆豉、蒜茸、干葱爆香，下龙虾炒匀，洒入酒炒匀，放下调味料煮约3分钟，加入青红椒、葱炒匀，埋芡上碟。

Ingredients:

480g. lobster tail
1 green pepper
2 red chilli
1 tablespoon fermented black beans
½ tablespoon chopped garlic
½ tablespoon tapioca starch
3 shallots
2 spring onions
4 tablespoons oil
1 tablespoon wine

Seasoning:

a dash each of sesame oil and pepper
½ teaspoon each of salt and sugar
½ tablespoon light soy sauce
½ cup fine stock

Serving Sauce:

½ teaspoon tapioca starch
2 tablespoons water

Method:

1. Wash spring onions clean and cut into short lengths.
2. Skin shallots, wash clean and slice.
3. Wash the pepper clean, halve, core and cut into pieces.
4. Wash the chilli clean, core and cut into pieces.
5. Wash the lobster clean, drain, halve, stir well with starch and scald in oil.
6. Pouring 2 tablespoons oil in, stir-fry the pepper and chilli a few times, sprinkle 1 tablespoon water in and scoop out when cooked.
7. Pouring 2 tablespoons oil in, sauté fermented beans, garlic and shallots, fry and lobster, sprinkle wine in to stir-fry well, season to boil for 3 minutes, add pepper, chilli and onions to stir-fry well, starch and dish up.