



现代人食谱
COOKBOOK FOR MODERNS

面食大集合

WELCOME TO THE FLOUR FAMILY

时尚系列 14

梁琼白 著

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蒸、烤、煎、煮、烙，得心应手

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16.00元

 中国轻工业出版社

图书在版编目(CIP)数据

面食大集合 / 梁琼白著. — 北京: 中国轻工业出版社, 2004.1
(现代大食谱·食尚系列 14)
ISBN 7-5019-4181-5

I. ①面… II. 梁… III. ①面食—食谱 IV. TS972.132

中国版本图书馆 CIP 数据核字 (2003) 第 108240 号



版权说明

原书名称: 面食大集合

作 者: 梁琼白

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责任编辑: 马 静 高惠京

策划编辑: 龙志丹 责任编辑: 滕爽福 封面设计: 李云飞

版式设计: 张 颖 责任校对: 李 靖 责任监印: 胡 兵

出版发行: 中国轻工业出版社 (北京东长安街 6 号, 邮编: 100740)

印 刷: 北京国彩印刷有限公司

经 销: 各地新华书店

版 次: 2004 年 2 月第 1 版 2004 年 2 月第 1 次印刷

开 本: 889 × 1194 1/24 印张: 3.5

字 数: 76 千字

书 号: ISBN 7-5019-4181-5/TS·2460 定价: 16.00 元

著作权合同登记: 图字: 01-2003-8275

读者服务部邮购热线: 010-65241695 85111729 传真: 85111730

发行电话: 010-88390721 88390722

网 址: <http://www.chlip.com.cn>

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食尚系列 14

Welcome to The Flour Family

面食大集合

梁琼白 著



中国轻工业出版社

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面粉变变变 Magic Flour

面团的分类 The Types of Flour Dough

冷水面团 Cold Water Dough

将面粉加入适量的冷水，揉成团或调成糊状，然后制作成各种面食的基本原料。任何筋度的面粉都能以冷水面团的形态制作。面粉和水的使用比例是 2 : 1。例如使用面粉 2 杯时，加入的冷水只需 1 杯。有时为了增加口感和变化味道，在冷水面团中会添加鸡蛋。此时要先将鸡蛋打散，然后慢慢加入面粉，边加边搅拌，让面粉与蛋液先调匀，再慢慢加水揉成面团。由于鸡蛋有大有小，所以水分要视情况慢慢加入，不能一次倒入，否则面团会变得太稀。

Add suitable amount of cold water in flour and knead into a smooth dough, or stir until creamy batter is formed. Then make into different basic flour foods. Flour with any degree of gluten can be mixed with cold water and made into a cold water dough. The proportion of flour to water is 2 : 1, meaning that there is twice as much flour as water. For example, 2 cups of flour require one cup of cold water. Sometimes in order to enhance the texture and flavor, eggs are added to cold water doughs. The eggs have to be beaten first, then the flour added slowly and stirred constantly while adding until flour and eggs are well-mixed. Then slowly add water and knead into a smooth dough. Because eggs come in different sizes, adjust water as necessary. Do not add all water at once or the batter will be too thin.





烫面团 / Hot Water Dough (Blanched Dough)

将开水加入面粉中，揉匀后的面粉煮熟后会产生较有嚼劲的弹性。但烫面团不是全用开水，而是一半热开水，一半冷水。例如使用2杯面粉的时候，需要1杯水去揉匀，那么这一杯的水就是1/2杯热开水和1/2杯冷水的总和。首先加入开水后，用筷子或擀面棍搅拌，再慢慢加入冷水揉匀成面团，即为烫面团。如果热开水太多面会硬，冷水太多则达不到效果。除了需要开水和冷水之外，有时制作烫面还要加一点油脂，以增加口感上的滋润和香酥感。

Add boiling water to the flour and knead until even. This will produce a more chewy texture. However, "hot water" does not mean using boiling water. The proportion is equal parts boiling water and cold water. For example 2 cups of flour will require 1 cup of water to mix, and this cup of water should be a combination of a half cup of boiling water and a half cup of cold water. Add boiling water first, stir with chopsticks or a small rolling pin until slightly mixed, then pour in the cold water and knead into a smooth dough. Too much boiling water will toughen the dough, while too much cold water will destroy the effect of the hot water. There is one more thing the blanched dough needs besides boiling or cold water. A little oil should be added to increase the moisture and crispiness of the dough.



将面粉分成两等份后，一份拌入冷水、糖、油揉成水油面团，另一半加入大约面粉1/2量的油脂拌成油面团；然后各自分出相同等份的小粒，再以水油面团包入油面团，用擀面棍擀开，卷成筒状。再擀再卷，反复3次让面皮形成多层次的效果。这就是油酥面团的特色。

油酥面团内水油面团的部分，可以用冷水或温水调。温水能加强面皮的韧性，擀的时候不容易破；而用冷水则比较方便。

油酥面团要用炸或烤的方式烹调，才能表现出特色，因此是面食中热量较高的一种。

Divide the dough into two equal portions first. Mix one portion with cold water, sugar and oil, then knead to make an oil dough. Mix the other portion with fat in half the amount of the flour and knead into a pastry dough. Then divide into small pieces of equal size. Wrap the pastry dough inside the oil dough and roll out with a rolling pin, then roll it up into a cylinder. Roll out and wrap up three more times to give the pastry wrapper a layered effect, a characteristic of pastry doughs.

The oil dough in the pastry dough wrapper can be mixed with cold water or warm water. Warm water increases the durability of the wrapper and the dough will not break easily when handling. However, adding cold water is more convenient.

Pastry dough foods are deep-fried or baked to bring out their unique flavor and texture, and so have the highest calories of all flour foods.



发面团 Yeast Dough (Bread / Pasta)

除了加水之外，发面时会在面粉中添加酵母粉等，使其在揉匀之后放置一段时间，经过发酵体积膨胀，制作出来的面食蒸熟之后非常松软。

能使面团膨胀的成分，有酵母粉、泡打粉、面肥。酵母分为粉粒状的干酵母和块状的新鲜酵母两种，使用时都要用温水溶解后淋入面粉中，再酌量加入冷水，慢慢揉匀成面团，然后放置发酵。一般，夏天大约需4小时，冬天则需要6~8小时。

泡打粉是一种白色粉末状的快速发粉，只要将其拌入面粉内调匀，不需要时间发酵，就可以使食物松软膨胀。但是，最好在调匀后半小时内立刻烹调，否则泡打粉会因为受潮而失去功效。打开后的泡打粉也要尽快用完，必须密封保存，不然也很容易失效。

面肥又叫老面，是经过发酵完成的面团，留下一小块，经过8小时以上会产生微酸的味道。如果将它加水泡软，再加入新的面粉揉匀，放置4小时后就是新的发面团了。

干燥的粉粒状酵母和泡打粉容易保存，期限也较长。适合一般家庭使用；块状的新鲜酵母和面肥的保存期较短，适合制作量较大时使用。在效果上，粉粒状酵母和泡打粉发酵的成品品质较不稳定，但是方便快捷；面肥发酵的效果最好，但比较麻烦，经验不足的人不易掌握。因为，用面肥发面完成之后面团本身会有酸味，必须加入碱水。碱水的用量要随着季节、温度而改变，加多了蒸出来的面食会变黄，加少了闻起来会有酸味。因此，一般不常做的人很容易失败。

In addition to water, yeast should also be added. After kneading, the dough needs time to rise and expand until doubled. After steaming, flour foods will be puffy and soft. This is a characteristic of a yeast dough. In addition to yeast, baking powder and dough starter will also make the dough expand. There are two kinds of yeast, one dried in powder form, and the other sold fresh in cubes or chunks. Yeast has to be dissolved in warm water before drizzling into the flour. Cold water should then be added as needed. Knead slowly until evenly mixed and let sit for some time to rise. In the summer let it rise for about 4 hours, while in the winter, 6-8 hours.

Baking powder is a kind of white powder that speeds up the rising. Just stir it into the flour. The dough will not need to rise, but it will still be puffy and soft. However, the food has to be cooked within 30 minutes of mixing in the baking powder, or it will get wet and lose its effectiveness. Open baking powder has to be used as soon as possible, or else it must be sealed carefully, as it loses its effectiveness quite easily.

Starter is a piece of risen dough set aside to rise for over 8 hours. A slightly sour flavor is produced. If it is soaked in water until soft, and new flour added to mix and then permitted to sit for over 4 hours, it will make new risen dough. The key element in making this risen dough is the starter dough.

Dried yeast and baking powder are easily stored and last longer. They are more suited to the needs of ordinary families. Fresh cube yeast and starter may not be stored for long periods and are more suited to business people who need to manufacture large amounts of products in a short period.

Effectively speaking, the quality of dried yeast and baking powder is not as even and predictable, but they are convenient and fast. The dough made with starter is best, but it is more difficult to do properly. People without experience often fail because the dough, after being mixed with starter, has sour flavor and must be combined with alkali water. The portion of alkali water varies with the temperature outdoors. If too much is added, the dough will yellow after steaming, but if too little is added, the food will have a sour overtone. Proper handling depends on accumulated experience. People without it often fail.



切记重点 Tips and Tricks to Remember

1. 任何筋度的面粉，揉成面团之后都要经过醒面的过程，而且至少需要 10 分钟，让揉好的面团松弛后再造型，口感才会好。

Dough with any level of gluten in the flour after kneading has to go through the process of resting or rising for at least 10 minutes. The texture of the dough will be better after it is relaxed and shaped.

2. 醒面的时候，面团要盖上湿布，防止面皮风干，而且放的位置不要接近炉火或阳光太强烈的地方。

Cover the dough with a piece of damp cloth when rising to prevent the surface from drying out; also do not place it too close to the stove or in the sun.

3. 面粉中需要加油脂的时候，用猪油比较香，而且酥脆的效果较好；用色拉油较方便，但酥脆的效果不如猪油。

If flour needs oil, lard is better and increases the crispiness of the end product. Cooking oil is more convenient but the food will not be as crispy.

4. 面食中使用的糖以细白砂糖为主，除非食谱中有特别注明其他种类的糖。

The sugar in the flour recipes is basically white granulated sugar, the extra fine granulated sugar, unless the recipe specifically requests other kinds of sugar.

5. 制作面食的容器以不锈钢盆最好，其次是塑料盆。不要用铝盆，否则揉好的面团会发黑。

The mixing bowl for making the flour food should be a stainless steel bowl. Plastic is acceptable but definitely inferior. No aluminum bowl should ever be used, or the dough will darken.

6. 制作面食时，手或容器最好都擦干水分。揉好面团后，要保持手、盆、面团都干净不粘黏。

Before starting the process, the hands and utensils should be dried thoroughly to prevent the flour from sticking. After kneading, the hands, mixing bowl and dough should be clean and not sticky.



Table of Equivalents

容积换算 / Equivalent Measures

1 杯 = 240 毫升 = 16 大匙

1 cup = 240ml = 16 tablespoons

1 大匙 = 15 毫升 = 3 茶匙

1 tablespoon = 15ml = 3 teaspoons

1 茶匙 = 5 毫升 1 teaspoon = 5ml

重量换算 / Weight Equivalents

面粉 1 杯 = 120 克 1 cup flour = 120g

细砂糖 1 杯 = 200 克

1 cup fine granulated sugar = 200g

色拉油 1 杯 = 200 克

1 cup cooking oil = 200g

冷水面团 Cold Water Dough

冷水面团制作步骤 How to Make Cold Water Dough

材料

面粉 1 杯 (1C all-purpose flour)
盐 少许 (a pinch of salt)
冷水 1 1/2 杯 (1 1/2C cold water)

醒面时间: 约 20 分钟

Dough resting time: about 20 minutes

慢慢淋入冷水, 用筷子拌匀。

Drizzle cold water in and mix well with chopsticks.



面粉放入盆内, 加少许盐。
Place all-purpose flour in a mixing bowl and add a pinch of salt to mix



用手揉成面团。

Knead into a flour dough with hands.



盖上湿布, 放置约 20 分钟待醒, 即可制作各式冷水面团。

Cover the dough with damp cloth and let rest for about 20 minutes. The dough can be used in any recipe that specifies a cold water dough.





刀削面 Knife Cut Noodle Soup with Tomato

材料

面粉2杯、鸡蛋1个、盐1/2茶匙、冷水3/4杯、植物油1大匙。(2C all-purpose flour, 1 egg, 1/2t salt, 3/4C cold water, 1T oil)
瘦肉75克、番茄1个、香菇2朵、菠菜2棵、葱1根。(1/6lb lean pork, 1 tomato, 2dried shiitake mushrooms, 2 stalks spinach, 1 scallion)

调味料

料酒1/2茶匙、酱油1/2大匙、淀粉1/2茶匙。(1/2t cooking wine, 1/2T soy sauce, 1/2t cornstarch)
高汤(或清水)6杯、盐1茶匙、胡椒粉少许。(6C soup broth or water, 1t salt, a pinch of pepper)

DIY Tips 小笔记

作法

1. 面粉放入盆内，加鸡蛋、盐拌匀，再倒入冷水揉匀成面团(图1、图2)，放置约20分钟待醒。
2. 瘦肉切丝，拌入调味料(A)略腌，番茄洗净，切片，香菇泡软，切丝，菠菜洗净，切小段，葱洗净，切末。
3. 锅内放1大匙油烧热，炒香菇丝和菠菜梗，倒入高汤烧开后转小火，左手托住面团，右手用刀将其前片，削入锅内煮熟(图3)，再加番茄、肉丝同煮。

4. 加盐调味，放入菠菜叶煮熟，熄火前撒上葱末和胡椒粉即可。

1. Place flour in a mixing bowl, add egg and salt. Stir until well-mixed, then pour in cold water, stir and knead until a smooth dough is formed (fig. 1, 2). Let sit for 20 minutes until done.
2. Shred lean pork finely and marinate in seasoning (A) for a minute. Rinse tomato well and cut into slices. Soak shiitake mushrooms in water until soft, then shred. Rinse spinach well and cut into small sections. Rinse scallion and dice.
3. Heat 1T of oil in wok to stir-fry shredded shiitake mushrooms and spinach stem sections until fragrant. Pour in soup broth and reduce heat to low. Hold dough in left hand and slice the dough with knife in right hand to form long, thin noodles. Cook in soup broth until done (fig. 3) and add tomato as well as shredded pork to mix.

4. Season with salt to taste and add spinach leaves. Cook until done and sprinkle with diced scallion and pepper before removing from heat. Serve.







拨鱼儿面 Scraped Noodles with Pork and Bok Choy

材料

面粉1杯, 盐1/2茶匙, 温水1 1/2杯, (1C all-purpose flour, 1/2t salt, 1 1/2C warm water)
瘦肉75克, 小白菜2棵, 高汤(或清水)4杯, (1#6lb lean pork, 2 stalks white stems bok choy, 4C soup broth or water)

调味料

料酒1/2大匙, 盐1/2茶匙, 淀粉1/2茶匙, (1/2T cooking wine, 1/2t salt 1/2t cornstarch)
盐1茶匙, 香油少许, 胡椒粉少许, (1t salt, sesame oil as needed, a dash of pepper)

DIY Tips 小笔记

作法

- 1 将材料(1)调匀成稀面糊状(图1), 将平盘内抹少许油, 倒入面糊(图2)。
 - 2 瘦肉切丝, 拌入调味料(A)略腌, 小白菜洗净, 切段。
 - 3 锅内加高汤(或清水), 瘦肉丝, 烧开后转小火, 并用筷子由盘边将面糊刮入汤内煮熟。(图3)
 - 4 加盐调味, 放入小白菜煮熟, 熄火前加入香油和胡椒粉即可。
- 1 Combine ingredient(1) in mixing bowl until batter is formed (fig 1). Grease the frying pan with oil and pour in flour batter (fig 2).
- 2 Shred lean pork finely and marinate in seasoning(A) for a minute. Rinse bok choy well and cut into small sections.
- 3 Cook soup broth (or water) and shredded pork in pan until boiling, reduce heat to low. Scrape the batter into the soup with chopsticks (fig 3) and cook until done.
- 4 Season with salt to taste, add bok choy and cook until done. Add sesame oil and pepper before removing from heat. Serve.







炒猫耳朵 Stir-Fried Cat's Ear

材料

面粉 2 杯、盐 1/2 茶匙、冷水 1 杯、(2C all-purpose flour, 1/2t salt, 1C cold water)
瘦肉 75 克、油菜 4 棵、胡萝卜 1/2 根、葱 1 根、(1/6 lb lean pork, 4 stalks baby bok choy, 1/2 carrot, 1 scallion)

调味料

料酒 1/2 大匙、酱油 1/2 大匙、淀粉 1/2 茶匙、(1/2T cooking wine, 1/2T soy sauce, 1/2t cornstarch)
酱油 2 大匙、糖 1/2 茶匙、清水 1/2 杯、胡椒粉少许、(2T soy sauce, 1/2t sugar, 1/2C water, a dash of pepper)

作法

- 1 将材料 (1) 揉匀成面团，放置约 10 分钟待醒。
- 2 将面团擀薄，切成 3 厘米宽条 (图 1)，将每一面条切成或揪成小片 (图 2)，再将每一小片搓成猫耳朵状 (图 3)，全部做好后放入开水中煮熟，捞出备用。
- 3 瘦肉切丝，拌入调味料 (A)，略腌，油菜洗净，切段，胡萝卜去皮，切小片，葱洗净，切段。
- 4 锅内放 3 大匙油烧热后，炒散肉丝，盛出备用，以余油炒油菜，胡萝卜和葱段，肉丝回锅，加入调味料 (B)，炒匀，猫耳朵回锅，同炒入味即可。

1 Mix ingredient (1) well and knead into a soft and smooth dough. Let sit for 10 minutes.

2 Roll the dough out flat and cut into 3 cm wide strips (fig. 1). Then use thumbs and pointer to tear and squeeze noodle pieces (fig. 2) into a cat's ear (fig. 3) shape. Repeat this process until all are done and cook in boiling water until done, remove and set aside.

3 Shred lean pork and marinate in seasoning (A) for a minute. Rinse bok choy well and cut into sections. Peel carrot and cut into small pieces. Cut scallion into sections.

4 Heat 3T of oil in wok and stir-fry pork slices until they separate. Remove for later use. Use the remaining oil and stir-fry bok choy, carrot and scallion sections until flavor is released, return shredded pork. Season with seasoning (B) to taste and return noodle pieces. Stir until evenly done and serve.



DIY Tips
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