

香 港 家 常 食 谱 精 选

# 日常砂锅美食

蔡丽容著

广西教育出版社 · 香港万里机构联合出版

CASSEROLE FOOD

中 英 对 照

27

CHINESE — ENGLISH



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## 日常砂锅美食

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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、烹调和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，为现代家庭妇女提供了选购容易、制作简单和营养丰富的中外家庭食谱。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.

# 煲仔菜须知

煲仔菜，顾名思义，是以煲仔（“砂锅”）来进行烹调的菜式。

砂锅为陶瓷制品，因传热慢，烹调食物需要时间较长，适宜需要用炆、煮、炖法烹调的食物。它的优点是不会与食物产生化学作用，但缺点是容易因碰撞而生裂纹。故选购和保养砂锅时应注意下述要点：

## 选购

① 首先检查砂锅的底部和锅身，看是否有裂纹，或置于水中观察裂痕。

② 注意尺码大小是否适合，如弄煲菜的应选矮身砂锅，用作煲汤的要选身高企的砂锅。

## 保养

① 使用砂锅前在火炉上加一张铁丝网，可使火力均匀，食物不会容

易粘底或糊，锅子也比较耐用。

② 烧热的砂锅不可以放在瓷砖桌面或地板上，否则易裂纹。最好在隔热垫上。

砂锅煮食后，先用暖水洗净，再注入少许清水，放在通爽阴凉处，以防过于干燥而龟裂。

在烹调煲仔菜时，有几点值得我们注意的：

① 先用小火加热锅，然后下油，改用大火爆煮材料。

② 用作煲仔菜的材料，要分先后放下，时间才能控制得宜。不易煮黏的先下，易熟易黏的后下。

③ 胶质较多的，或肥腻的食物，要焯水冲洗后才放下烹调。最后加芡时，要用旺火，同时用筷子拌匀避免食物粘底。

# Information of Casserole Dishes

Casserole food means the food cooked in a casserole. Since casseroles are chinawares which are poor conductors of heat, it takes comparatively longer time in preparing dishes. They are, therefore, especially good for stewing, boiling and braising food. Their advantages are that they would not produce chemical reaction with the food, while their disadvantages are easily cracked up in crushing. In purchasing and maintaining a casserole, the following is noteworthy.

## Purchasing

1. First of all, examine the bottom and body of the casserole, find out if there is any seams. Or immerse it in water to see if any seam exist.

2. Note of its size is appropriate: pick wider ones for casserole dishes and deeper ones for soup.

## Maintaining

1. Before using a casserole, place an iron rack on the stove to make the heat even so that the food will not stick to the

bottom or be scorched. The casserole, as a result, will have longer life.

2. Never place a heated casserole on a desktop decorated with ceramic tiles or on the floor, otherwise it will crack up easily. It is the best to place it on an insulation pad.

After cooking, clean a casserole with warm water, then fill it with some clean water and store it in a dark cool place to avoid cracking up due to overdryness.

Some informations of cooking casserole dishes:

1. Pre-heat a casserole with mild heat first, then pour in oil and stir-fry the ingredients with strong heat.

2. Dump in ingredients separately so that the cooking time can be properly controlled. Dump in the hard-to-cook items first while those easy-to-cook items should be added later.

3. Sticky and greasy food items should be parboiled and rinsed before cooking. Finally add the cornstarch solution when the heat is strong, stirring constantly with chopsticks to avoid ingredients sticking to the bottom of the casserole.



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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。



# 栗子鸡煲

## CHESTNUT WITH CHICKEN IN CASSEROLE

**材料：**鸡 $\frac{1}{2}$ 只重1斤2两(约720克)，栗子肉6两(约240克)，葱2两(约80克)，甘笋花少许，冬菇6只，冰糖、姜片各适量。

**腌料：**姜汁、糖各 $\frac{1}{2}$ 茶匙，胡椒粉少许，盐1茶匙。

**芡汁料：**生粉1茶匙，清水3汤匙。

**调味料：**老抽 $\frac{1}{2}$ 茶匙，生抽1茶匙，盐 $\frac{1}{4}$ 茶匙，清水2杯。

### 做法：

① 鸡洗净斩件，用腌料拌腌1小时以上，泡嫩油。

② 栗子去衣(见图)；冬菇浸软去蒂切条，用少许油、生粉拌匀；葱去头尾，切度。

③ 烧热油1汤匙，爆香姜片，下部分葱度，再下冬菇略炒，盛碟上。下栗子和调味料，慢火煮20分钟，下冬菇、鸡、冰糖慢火煮10分钟，下甘笋花和芡汁，待滚，撒上其余葱度。

**心得：**栗子用滚水浸泡，栗子衣容易脱落；栗子泡油后才煮，熟后仍保持完好，不致黏烂。

### Ingredients:

1 chicken about 720 g. in weight  
240 g. shelled chestnuts  
80 g. welsh onions, some carrot slices  
6 dried black mushrooms, adequate amount of rock sugar and ginger

### Marinade:

$\frac{1}{2}$  teaspoon each of ginger juice and sugar, a dash of pepper powder  
1 teaspoon salt

### Cornstarch Solution:

1 teaspoon potato starch  
3 tablespoons water

### Seasonings:

$\frac{1}{2}$  teaspoon dark soy sauce  
1 tablespoons light soy sauce  
 $\frac{1}{4}$  teaspoon salt  
2 cups water

### Method:

1. Clean the chicken and cut up into serving pieces, mix well with the marinade and let stand still for above 1 hour, scald in warm oil.

2. Discard the membranes of the chestnuts (refer to illustrations 1-3); macerate, stalk and shred the dried black mushrooms, mix well with a little oil and potato starch; discard the heads and tails of the welsh onions, cut up into lengths.

3. Heating 1 tablespoon of oil, saute the ginger slices, place some welsh onion lengths and black mushrooms in alternatively, stir fry for a while, transfer the mixture to a serving plate. Simmer the chestnuts with marinade for 20 minutes, add black mushrooms, chicken and rock sugar, simmer for 10 minutes over low heat, top with carrot slices and cornstarch solution, bring to the boil, sow in welsh onion lengths to serve.



# 露桃鸡球煲

STIR-FRIED HONEY BEANS WITH FRESH CHINESE MUSHROOM

**材料：**鸡 $\frac{1}{2}$ 只重1斤2两(约720克)，洋葱、番茄各2两(约80克)，甘笋1两(约40克)，葱2条，干葱蓉1茶匙，姜蓉少许，罐装水蜜桃4个。

**腌料：**盐、糖、姜汁各 $\frac{2}{3}$ 茶匙，生粉1茶匙，胡椒粉水各少许。

**芡汁料：**盐、糖各 $\frac{1}{2}$ 茶匙，茄汁、生粉各1茶匙，喼汁、胡椒粉各少许，清水3汤匙。

## 做法：

① 鸡洗净，去骨切块，用腌料腌拌半小时以上，沥干，用热油炸至微黄色，捞起沥干油分。

② 洋葱去衣切片；番茄洗净切片；桃切块；甘笋切片。

③ 烧热油汤匙，爆香干葱、洋葱、番茄块，下芡汁煮滚，再下甘笋和桃块拌匀，上桌。

**心得：**选购鸡只，留意要羽毛有光泽、鸡冠鲜红、胸肉丰满、鸡骨较软者为好。

## Ingredients:

$\frac{1}{2}$  piece chicken about 720 g. in weight  
80 g. onions  
80 g. tomatoes  
40 g. carrots  
2 sprigs welsh onion  
1 teaspoon mashed shallot  
some mashed ginger  
4 honey peaches(canned)

## Marinade:

$\frac{2}{3}$  teaspoon each of salt, sugar and ginger juice

1 teaspoon potato starch  
some pepper powder and water

## Cornstarch Solution:

$\frac{1}{2}$  teaspoon each of salt and sugar  
1 teaspoon each of ketchup and potato starch  
some Worcester sauce and pepper powder  
3 tablespoons water

## Method:

1. Clean, de-bone and section the chicken, mix well with the marinade and let stand for  $\frac{1}{2}$  hour, drain, deep-fry in hot oil till light brown scoop out and strain oil off.

2. Peel and slice the onion; clean and slice the tomatoes; cut up the honey peaches into serving pieces; slice the carrots .

3. Heating 1 tablespoon of oil, sauté the mashed shallot with onions, tomatoes and chicken pieces, stir in cornstarch solution, bring to the boil, add the carrots and honey peaches, mix well to serve.

**Gist:** Pick those high quality chickens which have shiny feathers, bloody red combs, chubby breasts and soft bones.





# 鸡蓉菠菜煲

SPINACH WITH CHOPPED CHICKEN IN CASSEROLE

**材料：**鸡肉6两(约240克)，菠菜10两(约400克)，粟米蓉3汤匙，鸡蛋1只(捣烂)，姜3片，干葱头2粒，甘笋花少许。

**腌料：**生抽、油、糖、姜汁各 $\frac{1}{2}$ 茶匙，盐 $\frac{2}{3}$ 茶匙，生粉1茶匙，麻油少许。

**芡汁料：**生粉 $\frac{2}{3}$ 茶匙，油、盐、糖各 $\frac{1}{2}$ 茶匙，清水3汤匙。

**做法：**

③ 菠菜切去根部，洗净；鸡肉切碎加入腌料拌匀。

② 烧热油半汤匙，爆香干葱头，下鸡肉，炒熟，下粟米蓉和芡汁，待滚，离火，下鸡蛋拌匀。

③ 烧热油1汤匙，爆香姜片，下菠菜和少许盐炒熟，下②的鸡蓉在菠菜上，饰以甘笋花。

**心得：**蛋花要嫩滑，必须待离火后才倾入。

## Ingredients:

240 g. chicken meat  
400 g. spinach  
3 tablespoons corn puree  
1 chicken egg (whisked)  
3 slices ginger  
2 shallots  
some carrot slices

## Marinade:

$\frac{1}{2}$  teaspoon each of light soy sauce, oil, sugar and ginger juice  
 $\frac{2}{3}$  teaspoon salt  
1 teaspoon potato starch  
some sesame oil

## Cornstarch Solution:

$\frac{2}{3}$  potato starch  
 $\frac{1}{2}$  teaspoon each of oil, salt and sugar  
3 tablespoons water

## Method:

1. Cut the roots off the spinach, clean; chop the chicken, mix well with the marinade.

2. Heating  $\frac{1}{2}$  tablespoon of oil, sauté the shallots, dump in the chicken, stir-fry till done, stir in the chicken puree and cornstarch solution, bring to the boil, remove from fire, pour in the egg juice and mix well.

3. Heating 1 tablespoon of oil, sauté the ginger slices, dump in the spinach and a dash of salt, stir-fry till done, top with the chopped chicken of (2), garnish with carrot slices.

**Gist:** To ensure the egg juice taste smooth, it should be added after the casserole is removed from fire.







# 南乳杂菜鸡煲

ASSORTED VEGETABLES WITH CHICKEN IN CASSEROLE

**材料：**鸡 $\frac{1}{2}$ 只重1斤2两(约720克)，椰菜花3两(约120克)，甘笋、白菜各2两(约80克)，珍珠笋4条，姜3片。

**调味料：**南乳1块，海鲜酱1茶匙，蒜蓉2茶匙。

**腌料：**姜汁、糖各 $\frac{1}{2}$ 茶匙，盐1茶匙，生粉2茶匙。

**做法：**

① 鸡洗净，斩件，用腌料拌腌1小时以上，泡嫩油。

② 椰菜花用稀盐水浸洗，切成小朵；白菜洗净；珍珠笋开边；甘笋刮皮，切片。

③ 烧滚3杯水，下姜片、盐、油各少许，把②的蔬菜分别焯熟，捞起盛碟上。

④ 烧热油3汤匙，爆香蒜蓉，下南乳、海鲜酱拌匀，下鸡件略炒，洒入酒，注入半杯滚水，慢火煮5分钟，下蔬菜，待滚，便可供食。

**心得：**椰菜花用稀盐水浸洗，可将藏在花蕾中的微生物杀死。

## Ingredients:

$\frac{1}{2}$  piece chicken about 720 g.in weight  
120 g. cauliflower  
80 g.of carrots and Chinese white cabbages  
4 stalks baby corns  
3 slces ginger

## Seasonings:

1 cake fermented red bean paste  
1 teaspoon seafood paste  
2 teaspoon mashed garlic

## Marinade:

$\frac{1}{2}$  teaspoon each of ginger juice and sugar  
1 teaspoon salt  
2 teaspoons potato starch

## Method:

1. Clean and section the chicken, mix well with the marinade and let stand for above 1 hour, scald in warm oil.

2. Soak the cauliflower in diluted salt water, cut up into facets; clean the Chinese cabbages; halve the baby corns; peel and slice the carrots.

3. Bring 3 cups of water to the boil, dump in ginger slices, salt and oil, scald the vegetables of (2) till done separately, scoop out onto a plate.

4. Heating 3 tablespoons of oil, sauté the mashed garlic, add the fermented red bean paste and seafood paste, mix well, add the chicken and stir-fry for a while, sprinkle with wine, pour in  $\frac{1}{2}$  cup of boil-ing water, simmer over low heat for 5 minutes, dump in the vegetables, bring to the boil to serve.

**Gist:** Soak the cauliflower in diluted salt water to kill off the parasites.



# 银杏鸭煲

## DUCK PIECES WITH GINGKO-NUTS IN CASSEROLE

**材料：**米鸭 $\frac{1}{2}$ 只重 $1\frac{1}{2}$ 斤(约960克)，银杏(白果)2两(约80克)，甘笋片、姜片、陈皮丝各少许，葱粒1汤匙，菠菜4两(约160克)，干葱头4粒。

**腌料：**姜汁 $\frac{1}{2}$ 茶匙，糖、生抽、盐各 $\frac{2}{3}$ 茶匙，蒜蓉1茶匙。

**调味料：**磨豉酱2茶匙，冰糖适量。

**芡汁料：**生粉 $\frac{2}{3}$ 茶匙，老抽 $\frac{1}{2}$ 茶匙，清水2汤匙。

### 做法：

① 银杏去壳，去衣，去心；菠菜洗净，用油盐炒熟沥干。

② 鸭洗净，除去内脏和较大块的骨，切块，加入腌料拌腌3小时以上，沥干，扑上生粉，烧热油炸至微黄色。

③ 烧热油1汤匙，爆香干葱头，下磨豉酱、鸭件，洒入酒，再下银杏、姜片、陈皮丝、冰糖和滚水两杯，慢火煮20分钟，熄火焗5分钟，菠菜垫底，下芡汁待滚，撒上葱粒和甘笋花。

**心得：**鸭肉要嫩滑入味，可用冰糖(分量：1斤鸭肉用5钱冰糖)；鸭肉用油炸透，可迫出脂肪，肉质变松，吸收汁液更入味。

### Ingredients:

$\frac{1}{2}$  rice fed duck a bout 960 g. in weight  
80 g. ginko-nuts  
some carrot slices  
ginger slices and dried tangerine peel shreds  
1 tablespoon diced welsh onions  
160 g.spinach  
4 shallots

### Marinade:

$\frac{1}{2}$  teaspoon ginger juice  
 $\frac{2}{3}$  teaspoon each of sugar,  
light soy sauce and salt  
1 teaspoon mashed garlic

### Seasonings:

2 teaspoons fermented broad bean paste  
some rock sugar

### Cornstarch Solution:

$\frac{2}{3}$  teaspoon potato starch  
 $\frac{1}{2}$  teaspoon dark soy sauce  
2 tablespoons water

### Method:

1. Shell and core the ginkgo-nuts; clean the spinach, stir-fry with oil and salt till done, drain.
2. Clean the duck, remove the entrails and bigger bones, cut up into serving pieces, mix well with the marinade and let stand for a bove 3 hours, drain, coat with potato starch, deep-fry till pale brown.
3. Heating 1 tablespoon of oil, sauté the shallots, add broad bean paste and duck pieces, sprinkle with wine, place in the ginkgo nuts, ginger slices, tangerine peel shreds, rock sugar and 2 cups of boiled water, simmer over low heat for 20 minutes, turn off the fire and let simmer for 5 more minutes, pad with spinach, stir in cornstarch solution, bring to the boil, saw in diced welsh onions to serve.