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香港名厨，精选鲍参翅肚燕窝，烹制60多道高级美食  
选材烹调，图文并茂一学即会，天天在家享受宫廷御宴

在家  
做大厨

# 鲍参翅肚燕窝大全

星级品味



曾昭文 编著 广州出版社

*Fine Dried Seafood*



星级  
品味

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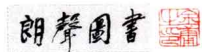
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# Foreword 1

## 序一

中国烹饪世界闻名。

曾有君戏谑道：人生四大美事，莫过于住美国房子、请英国管家、娶日本妻子、雇中国厨子。足见中国烹饪之盛誉。

中国烹饪对食材历来讲究。天上飞的，地上走的，水里游的，皆能为我所用。讲到名贵食材，自然少不了鲍参翅肚燕窝。这些“旧时王谢庭前燕”，如今也能走入寻常百姓家了，只要你舍得吃。

炮制鲍参翅肚这类名贵菜肴，是很考究功夫的。以鲍鱼为例，从选料、浸泡到用火、用料都有一系列复杂工序。阿一鲍鱼有幸在饮食界立足，靠的是诚意二字。因此，材料我选最好的，烹饪用的是瓦煲和木炭，掌握火候、给足时间熬制。有诚意才能出精品。

当然，除了诚意，如果能够有幸向专业人士学习挑选和烹饪这些美味食材，更有机会了解名家大厨的私家食谱和烹调心得，那么在烹制饕餮大餐时必能事半功倍了。

《鲍参翅肚燕窝大全》的作者林长治先生和曾昭文先生皆出身名门世家，更在美食行业浸淫多年，确为其中行家里手，此次两位将多年心得载于纸上与读者同好共用，甚值得向广大饕民及烹饪爱好者推荐，是以序。

China has been well-known as the kingdom of cooking.

Chinese people, have been fastidious about ingredients for food. All creatures can go to Chinese tables. When it comes to luxury materials to cook, on top of the list are abalones, sea cucumbers, shark fins, fish maws and of course swallow's nests. It takes lots of time and efforts to cook these delicacies. Take cooking the abalones as an example. During the heavy and complicated process, from picking out the fresh one to soaking them; from fire-control to foods matches, every single step can be difficult. That AH YAT ABALONE™ has been capable of keeping a foothold in the field of eating culture, completely attributes to its sincerity, for we choose the best abalones and cook with crockery pots and charcoal. Above all, they will be cooked under appropriate control of fire in sufficient time. It is always true that only with sincerity can the finest delicacy comes out.

Apart from sincerity, if there is an opportunity to learn the way to select and cook the cuisine from gourmets and to share the private recipes and experience about cooking with famous chefs, then it would go without saying that you'll get twice the result with half the effort in cooking big meals.

The two authors of *Fine Dried Seafood*, Mr. Lam chang zhi and Mr. Tsang chiu man are both from renown cooking families, they have already been long-term expert in the field of eating culture and they are no doubt good at it. To many gourmets and cooking lovers, I this time take advantage of writing a preface to recommend you this book, in which you will find the splendid cooking experience shared by them.

阿一 \*

Ah Yat

\*阿一，本名杨贵一，世界御厨，国际烹饪艺术大师，香港富临饭店创办人及总厨。其招牌菜“阿一鲍鱼”享誉国际。Yeung Koon Yat, the World-famous chef, The founder and chef of the Forum Hotel, Hong Kong. The signature dish Ah Yat Abalone has international reputation.



# Foreword 2

## 序二

从小便跟随父亲经营鲍鱼、海参、鱼翅、鱼肚和燕窝等高级食材的买卖。眼见许多昔日的优质货色越来越少。加工程序的繁复，海水的污染以及渔民错误的捕捞方法，也导致货源短缺。每斤售价由从前的数百元升至近万元，也未必能买到心头好。所以一些珍贵的优质货品，便会留作镇店之宝，仅供欣赏和收藏之用。

入行已久，多次应邀参观鲍参翅肚的制造工场，对于产品来源、挑选和贮存知识，略知一二，有幸被邀为“全国鲍翅燕肚参专家委员会”委员，协助监管和制定鲍参翅肚的品质标准，确保其优良品质。由于家族以批发鲍参翅肚为主，所以我与饮食业厨师关系密切，借工作之便而与厨师交流选货和烹调心得，为了满足他们而努力找寻优质货色。我与曾昭文(“文哥”)认识多年，深知文哥擅长把传统食材进行创新演绎，让平凡菜式变得不平凡，当知道他要写《鲍参翅肚燕窝大全——星级品味》一书，便义不容辞地为他写序。

祝愿他的食谱书能一纸风行，反响热烈。

Since I was a kid, I followed my father to run our family business of trading dried seafood such as abalone, sea cucumber, shark's fin, fish maw and bird's nest. These luxury food of high quality are getting fewer and fewer nowadays. The process of preserving them is more complicated. Scarcity of resources was caused by water pollution and improper catching methods misused by fishermen. The prices have soared from a few hundred dollars per catty to almost a ten-thousand dollars per catty now. But that doesn't guarantee excellence in quality. Some premium products are reserved for appreciation and collection only. It has been years since I engaged in the trade. I was invited to visit the factories of preserving dried seafood for many times. With all these experiences, I gained the knowledge about sources, selection and storage of the products. I am honored to be invited to join the China A. S. B. F. S. Professional Committee. As the committee member, I assist in monitoring and setting up quality standard of abalone, sea cucumber, shark's fin and fish maw to ensure good quality. My family business mainly wholesales all these dried seafood, and hence I got chances to develop close working relationships with the chefs—sharing the experience in selecting and cooking dried seafood. I would look for the best products for them so as to fulfill their needs for making the best cuisine. I have made friends with Mr. Chiu-Man Tsang (Brother Man) for years. His proficiency in creating innovative recipes with traditional dried seafood makes everyday dishes extraordinary. When I was informed that his *Dried Seafood, Fine Dining* is going to be published, I promised to write him the foreword without hesitation. Wish this book be a great success.

邝裕棠

Kwong Yu Tong

德祥号鱼翅有限公司  
Tack Cheong Ho Sharksfin Limited

# Preface

## 自序

无论是富豪盛宴还是高级筵席，总少不了以鲍鱼、海参、鱼翅、花胶和燕窝作入馔材料，它们不但是在彰显食客的尊贵身份，也是在对厨师们的烹调技术下战书。没有高超厨艺、十足把握，厨师便不能挥洒自如地烹调出一道道令人垂涎的美味佳肴。所以每次烹调菜肴，都是在挑战自己的厨艺。

鲍参翅肚属于高档材料，产量稀少，优质货源难求，价格高昂，所以烹调时必须步步为营，一旦失败，除了浪费金钱，也会浪费材料。不仅如此，健康的饮食潮流，也使得许多旧式做法必须改良或摒弃：或是采用新鲜食材，掌握食材特质，搭配其他优质配料熬制的上汤酱汁，让观感变得时尚，同时仍能保持独特风味；或是利用食材搭配令味道提升，引发出它们的独特香味，让菜肴变得色香味美，诱发食客食欲。

多谢邝裕棠先生赐序，助手马文骏协助制作，以及德祥号鱼翅有限公司借出产品以供拍摄。

A lavish banquet or high class dinner always present with culinary ingredients such as abalone, sea cucumber, shark's fin, dish maw and bird's nest. All these ingredients make a statement for the gourmets. To chefs, preparing fine dining with these ingredients is also a challenge. Without outstanding culinary skills and confidence, it is hard to make delicious delicacies as one wishes. It is challenging each time when I get into the kitchen for preparing the dishes.

Abalone, sea cucumber, shark's fin and fish maw are high class ingredients because their yield is little. It is difficult to look for those of premium quality. They are marked with high prices. So I got to be careful when preparing them for dishes; otherwise, it wastes money and the ingredients as well if I make a mistake. As a trend that people prefer healthy diets, we have to modify or abandon conventional cooking methods or use fresh ingredients. Besides, by understanding their unique flavour and texture, we can match them with bouillon sauce prepared from premium ingredients. It keeps the uniqueness of dried seafood and in the meanwhile brings the dishes a fashionable appearance. Good match of ingredients enhance the flavour and initiate their unique fragrance. Dishes perfected in presentation and flavour boost up gourmets' appetite for sure.

Thanks to Mr. Kwong Yu Tong for this foreword, assistant Alpha Ma, for his help in the production process, as well as Tack Cheong Ho Sharkfin Company Limited for providing the related ingredients for photography.

曾昭文

Tsang Chiu Man





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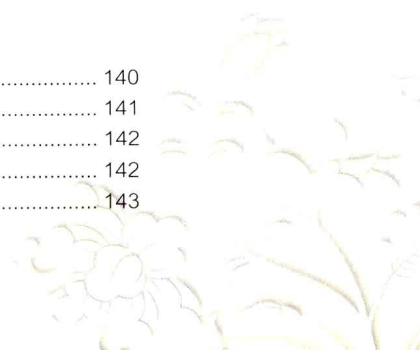
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# 学做鲍参翅肚燕的第一课

## 选材料



## 鲍鱼

*Abalone*



形态优美、质感细腻的鲍鱼，味道鲜美清爽，含有独特的香气，无论薄切、厚块或是原只上碟，总叫人忘不掉它轻柔嫩滑的质感、浓浓的酱汁和鲍鱼的香味。

### 选购方法

#### 购买鲍鱼的诀窍

干鲍主要来自日本、南非、中东；罐装鲍来自南非、澳大利亚、新西兰、墨西哥；鲜鲍来自南非、澳大利亚。

#### 种类和特征

**日本吉品鲍鱼** 产自日本岩首县。形状如元宝，肉身比较厚，头尾两端能清楚看到串线孔，顶部有幼绳纹压纹，褐色呈透明状。裙边的层次密度适中，裙刺呈圆状。产量少，加工程序比较繁复，价格偏高。烹煮后，质感软且具嚼劲，鲜味较淡，属于塘心鲍鱼，中央部分具韧度而散发独特香味。每600克(港秤1斤)约分为20头、25头和30头。品牌有皇冠等。



日本吉品鲍鱼

**日本禾麻鲍鱼** 肉身较吉品鲍薄，形状偏圆，色泽深褐，不透明。裙边的裙刺密度比吉品稀疏。烹煮后，质感软滑，中央呈塘心，有独特鲜味。一般分为每600克15头、20头和30头。



日本禾麻鲍鱼

**中东鲍鱼** 来自也门、安曼等地。形状有点像吉品鲍鱼。肉身厚薄皆有，呈元宝状，首末两端平直而不弯曲，褐色。裙边的裙刺密度比较茂密，呈圆尖形。烹煮后，质感柔软，中央呈塘心，有浓郁的独特鲍鱼味道。每600克约为10~100头。



中东鲍鱼

**南非干鲍鱼** 多数产于南非开普敦。体形阔而厚身，呈深褐色。裙边的裙刺茂密而呈尖形。烹煮后，质感软中带硬，味道不够鲜，不过个头比较大，豪气十足。每600克约为1~22头。



南非干鲍鱼

**澳大利亚罐装鲍鱼** 来自南澳和西澳，味道鲜甜。没有干鲍那种独特香味，质感软滑，裙边的裙刺也颇茂密。每600克约为1~12头。



澳大利亚罐装鲍鱼

**孔雀鲍鱼** 属鲜货，来自中国大连。外壳有七彩斑纹，肉质表面也出现幻彩颜色。肉厚而带细致柔嫩质感，入口有点清爽鲜甜，味道浓淡适中。适合用陈皮清蒸，引发甜鲜味道。每600克约有8~12头。



孔雀鲍鱼

**澳大利亚黑边鲍鱼** 属鲜货，来自澳大利亚。鲍鱼边呈黑色，肉质鲜嫩、爽脆富弹性，口感佳，味道浓香而肉身肥厚。每头重量约为600~1800克不等，属进口鲍鱼的超大码，适合做新派中菜，如沙律、爆炒或冷盘。



澳大利亚黑边鲍鱼

### 拣选贴士

- 外型完整而无缺口
- 干燥、表面没有带一层薄盐霜
- 色泽鲜明
- 裙边完整而没有崩缺
- 鲍鱼的肉身厚而丰满
- 肉柱坚挺

### 心得

干鲍鱼应放在密封的玻璃瓶贮藏，存放时间久了，色泽会变深，表面出现一层薄薄的盐霜状物质。每隔一段时间，放在温和阳光下略晒和疏气，再放回玻璃瓶，可延长贮存期。



# 海参

没有浓浓的味道，只有清爽嫩滑的口感，极具形态的身体，有时光滑，有时却布满圆润的软刺，极具立体感。经过厨师的巧手烹调 and 酱汁烩煮，平凡的味道也顿时变得香气四溢，令舌头跟着打转。



## 选购方法

### 购买海参的诀窍

宜选日本、中东、印度尼西亚、澳大利亚、秘鲁、非洲出产的海参。

#### 种类和特征

**日本关东辽参** 分为两种，一种色泽呈深褐色，另一种色泽呈乌黑色。身上肉针长，比较尖锐，有刺手的感觉。肉质厚而挺身，软滑而爽口，没有腻口的感觉，尺寸短小，形状立体，可说是海参中的极品。以支装作为单位，每600克有30~350支不等。



日本关东辽参

**中东的海参** 以白石参和乌石参著名，属于猪婆参的一种。表面呈现灰质，圆大肥状，表面有短圆肉针，没有刺手的感觉。肉质肥厚挺身，烹调后，入口软滑而略爽口。每600克有1~6支不等。



中东白猪婆参

**南美石参** 样子和形态都不甚完美，外形有点像岩石，表面呈现一层厚灰质，身上的肉针繁密而不尖锐，肉质肥厚挺身。每600克约1~15支不等。



中东乌石参

**秃参** 来自印度尼西亚、澳大利亚、秘鲁和非洲。表面一层薄灰白，圆大肉厚，有点软身，表面光滑而没有肉针，浸发成数高，约为4倍。每600克有3~10支不等。



南美石参

#### 拣选贴士

- 完整无缺
- 形态坚挺
- 肉身肥厚
- 干身
- 表面色泽均匀
- 肉柱坚挺

#### 心得

- ① 辽参的肉针繁密。
- ② 不要挑选咸味重的猪婆参。

# 鱼翅

外观称不上漂亮的鱼翅，一旦经过浸发熬煮，原本是直挺挺的质感变得柔软晶莹，色泽金黄耀目。只要配上浓浓鸡汤或清香上汤，立即把鱼翅香气提升至极点，散发诱人魅力。



## 选购方法

### 购买鱼翅的诀窍

鱼翅主要来自南美、南非、西班牙、中东等地，因为取自鱼鳍的不同部位，鱼翅名称和入饌菜式也各有不同。鱼翅分为尾鳍(下部鱼鳍)、胸鳍(扒水、拔鳍)。鱼唇则是上尾鳍，不属于鱼翅类。

**中东鱼翅** 翅味道略带咸，腥味重，鱼翅头略大，利用率不高。翅针粗而繁密。鱼翅一般长度有10~46厘米长，越长越大，翅针较粗。

**西班牙鱼翅** 翅味道略淡，鱼翅裙不大，利用率高，翅针粗而茂密。一般有10~41厘米长。

**南美鱼翅** 翅味道偏淡，切口原整，翅裙占鱼翅部分少，利用率高。一般有10~76厘米长。

**南非鱼翅** 咸味重，翅裙大，利用率不太高，腥味重，以牙拣为主，翅针粗而繁密。一般长度为15~81厘米不等。

### 种类和特征

鱼翅按鲨鱼品种命名，如群翅、海虎翅；按生长在鲨鱼身上的部位来分类：

**勾翅** 尾鳍，全翅无骨，浸发成数高。

**脊翅** 又称只翅，取自背鳍，翅针较幼短。

**翼翅** 又称翅片，取自胸鳍，行内称为“拨水”或“扒水”，翅针最幼小，翅身薄，多作散翅。

**鱼唇** 上尾鳍，不属翅类，可熬汤或煨煮。



勾翅

### 拣选贴士

- 翅身干燥
- 翅针粗
- 色泽淡黄
- 翅头(翅裙)少
- 无虫口
- 无鱼翅骨



脊翅



翼翅



鱼唇



# 花胶

金黄半透的花胶，硬硬的，没有特别的香气和诱人的味道，却具有养颜护肤的功效。浸煮后的花胶，质感变厚兼软滑，加上其他材料搭配，味道变得不一样，独特的香气更由此引发。

## 选购方法

### 购买花胶的诀窍

#### 种类和特征

**印度巴基斯坦生开蟹花胶** 是花胶中的极品，产量稀少，肉质厚，胶质浓度非常高，属咸水花胶，色泽非常金黄，干身而透彻，呈椭圆状。

以头数为单位，一般每600克有1~50头不等，不过头数少的花胶，十分罕有，许多店主或餐厅会把它们珍藏为镇店之宝，不作食用用途。

**淡水蟹花胶** 来自乌干达，比生开蟹鱼肚薄，形状大而长，色泽金黄而透明，味道略淡，胶质略低。每600克有1~350头不等。

**淡水薄花胶** 来自乌干达的湖泊，形状略圆，色泽金黄，味道淡，胶质低。每600克有1~350头不等。

**薄花胶** 来自巴西，形状椭圆略尖，色泽淡黄晶莹，味道淡而胶质低。每600克有3~6头不等。

#### 拣选贴士

- 肉身厚
- 颜色金黄
- 色泽均匀而透明
- 完整而无缺口或虫口

#### 心得

充血花胶是在加工处理过程出现问题，如开肚不当或清洗不当导致外观受影响。



生开蟹花胶



淡水蟹花胶



淡水薄花胶



薄花胶

# 燕窝

*Bird's Nest*

半透明的燕窝，不具香气，经浸发后变得软绵绵的，形态晶莹剔透，在炖煮后以雅致器皿衬托，高贵气派尽现，这是主人对客人重视的表现。



## 选购方法

### 购买燕窝的诀窍

燕窝产自东南亚国家，如印度尼西亚、泰国和马来西亚；尤以越南燕窝为极品。顶级燕窝形状如碗或匙，无杂质和泥沙，颜色自然，体积越大，价格越贵，主要品种为白燕和血燕。一般制品分为燕盏、三角燕、燕条和燕饼等。市面上称的官燕即原盏燕窝。

### 种类和特征

**越南会安燕窝** 味道极浓，属燕窝的极品。炖煮后味道清香。

**印尼燕窝** 主要为屋燕，比较薄，杂质不多，干净整齐，烹调后质感软滑。

**泰国燕窝** 比较厚，密度高而结实，浸发后的成数较高，不过浸发需时较长。

**马来西亚燕窝** 属毛燕，产量比较多，含杂质或带点羽毛，一般会加工为燕饼出售。

### 拣选贴士

- 干身清爽
- 无杂毛和杂质
- 颜色天然
- 具燕窝特有的腥味
- 原盏而呈碗状
- 首末两端不太大
- 握在手中会有黏手感觉





12 美容滋补妙品：花胶(鱼肚) *Fish Maw*



份量 SERVINGS : 4~6

时间 TIME : 5.5小时 (hrs)

## Braised Abalone, Sea Cucumber, Shark's Fin and Fish Maw

# 红烧 鲍 参 翅 肚

### 材料

鲍鱼 ..... 1只(约50克)  
花胶 ..... 100克(已浸发)  
冬菇 ..... 50克(已浸发)  
鱼翅 ..... 100克(已浸发)  
海参 ..... 100克(已浸发)  
鲜鸡肉 ..... 100克

### 上汤料

金华火腿 ..... 200克  
鲜鸡 ..... ½只  
赤肉(瘦肉) ..... 500克  
清水 ..... 1升  
桂圆(龙眼肉) ..... 2粒  
盐 ..... ½茶匙  
糖 ..... ½茶匙

### 调味料

盐 ..... ½茶匙  
糖 ..... ½茶匙  
胡椒粉 ..... 适量

### 芡汁

生粉 ..... 3茶匙  
上汤 ..... 适量

### INGREDIENTS

Abalone ..... 1 pc (about 50g)  
Fish maw ..... 100g (soaked)  
Shiitake mushroom ..... 50g (soaked)  
Shark's fin ..... 100g (soaked)  
Sea cucumber ..... 100g (soaked)  
Fresh chicken meat ..... 100g

### INGREDIENTS FOR STOCK

Jinhua ham ..... 200g  
Fresh chicken ..... ½ pc  
Lean pork ..... 500g  
Water ..... 1 L  
Dried longan ..... 2 pcs  
Salt ..... ½ tsp  
Sugar ..... ½ tsp

### SEASONINGS

Salt ..... ½ tsp  
Sugar ..... ½ tsp  
Pepper ..... as needed

### THICKENING

Cornstarch ..... 3 tsps  
Stock ..... as needed

### 做法

1. 先将火腿氽水，沥干，放烤箱烘香约5分钟。
2. 鲜鸡和赤肉一同氽水，过冷，然后把所有上汤料同放锅中，上蒸笼炖5小时，隔渣备用。
3. 把花胶、冬菇、海参和鲜鸡肉分别切丝，一并氽水，沥干，备用。
4. 将所有材料放入锅内，注入上汤及调味料煮开，加入芡汁煮至浓稠，即可享用。

### COOKING METHOD

1. Plunge ham into boiling water briefly. Drain. Toast in an oven for 5 minutes until fragrant. Set aside.
2. Plunge fresh chicken and lean pork into boiling water briefly, then into cold water. Put all the ingredients of making stock in a stewing pot, covered. Stew in a steamer for 5 hours. Pour the stock through a colander to strain all the residue. Set aside.
3. Shred fish maw, shiitake mushrooms, sea cucumber and fresh chicken meat. Plunge them all into boiling water briefly. Drain. Set aside.
4. Put everything into a saucepan. Pour in stock and sprinkle with seasonings. Bring it to a boil. Add thickening. Simmer until sauce is thickened. Serve.

### 换算 CONVERSION

1茶匙约5毫升  
1 teaspoon=5ml



