

香 港 家 常 食 谱 精 选

家庭宴客食谱

庄志诚著

广西教育出版社·香港万里机构联合出版

A FEAST MADE EASY

中 英 对 照

3

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.

前言

家庭宴客轻松愉快

能够在气氛轻松的家中，与良朋知己共聚，自己动手设宴款客，是十分写意、乐趣无穷的。

款待几位客人？准备哪几个好菜？首先应该心中有数，否则面对街市中五光十色、令人眼花缭乱的货品，往往大伤脑筋。

如果宾主共有八个人，可预备八菜一汤或八款菜。基本上，人数要与菜数相等；菜量宁愿多些，千万别少。

选定了菜式，购买材料就简单了。书中有素菜、肉类、海鲜、汤羹四大类别，共例举四十六个示范菜式，每个菜式可供六至八人享用。只要从不同类别中拣出恰当数量如法炮制，就可成为一顿丰盛的家宴。

在菜式的选择和搭配中，通常鲜美的海鲜、肉食可用于清蒸或煲炖。对于喜欢浓郁、酥香口味的客人，可选用炆、焗或炒、煎、炸的菜式。荤腥油腻的菜式不要太多，其中可配搭清淡素菜或开胃的糖醋、沙律菜等。客人中如有老人儿童，菜式中还要准备不辣、入口软嫩的菜式。另外，要根据不同的季节搭配适当的菜式。

准备家宴，还应做到要合理、巧妙地安排烹制时间，避免手忙脚乱，不知所措。一般需加工腌制的，需较长时间蒸炖的，可提早一日半日做好，到时再加上其他菜煮熟后上桌，或准备几个省时的凉拌菜式，其他时间就可轻松地陪客。而清洁工作可待家宴结束、客人离去再进行。这样就可做到忙而不乱，令宾主尽欢。

本书重量换算采用司马斤两计算，即1斤=16两=600克，如要折换为市制，可按1斤=500克计算，即1市斤=0.83司马斤。

PREFACE

HOMEMADE FEAST KNOW-HOW

To serve your guests with your own homemade dishes can be fun and relaxing. However, to make each occasion a success, a good planning is indispensable.

First, one must have in mind how many to serve and how much to cook. Basically, the number of dishes should match the number of guests. Always be generous with your food; you do not want to starve your guests.

Next, decide upon the menu. Seasonal availability of food, the method of cooking and the combination of dishes are things to be considered. In general, seafood and meat are steamed or braised. For people with a "spicy" tooth, dishes that are baked, stewed, stir-fried, sauted or deep-fried are preferable. It is definitely a good idea to add in some appetizing dishes or a light salad among heavy and rich dishes. In case there are children and elderly people among your guests, milder food cooked tender is more appropriate.

Lastly, plan your cooking and arrange your time with care. Prepare dishes that can be cooked ahead of time and choose recipes that are easy to assemble. Not only will you find work a lot easier, you can also spare time socializing with your guests in and out of the kitchen.

A homemade feast may involve a lot of work, but when you and your guests enjoy the food and those special moments spent together in your house, you will find that all your efforts are just worth it.

目 录

3	出版说明	Foreword
4	前言	Preface
素菜类 Vegetable Dishes		
8	葡汁焗四蔬	Baked Assorted Vegetables with Portuguese Sauce
10	麻辣酸瓜	Chilli Pickled Cucumber
12	鲜冬菇扒蜜豆	Stir-Fried Honey Beans with Fresh Chinese Mushroom
14	碧绿仙菇	Stir-Fried Oyster Mushroom with Green Vegetables
16	清炒珍珠芦笋	Stir-Fried Baby Corn with Asparagus
18	琥珀核桃	Candied Walnuts
禽畜肉类 Poultry and Meat		
20	粉皮白肉	Shredded Vermicelli Sheets with Pork Slices
22	椰菜回锅肉	Pork Casserole with Cabbage
24	菠萝咕嚕肉	Sweet & Sour Pork with Pineapple
26	西汁焗猪柳	Baked Pork Chop with Spicy Vegetable Sauce
28	腰果肉丁	Stir-Fried Pork Cubes with Cashews
30	鱼香茄肉丝	Eggplant with Shredded Pork
32	西卤蹄筋	Braised Tendon with Vegetables
34	越式牛肉生锅	Raw Beef Casserole - Vietnamese Style
36	西芹川椒鸡球	Stir-Fried Chicken with Celery And Szechuan Pepper
38	西柠煎软鸡	Deep-Fried Chicken with Lemon Sauce
40	干炆姜香鸡	Stew Chicken with Ginger
42	生扣云腿鸳鸯鸡	Steamed Chicken with Chinese Ham And Mushroom
水产类 Aquatic Food		
44	五香熏鱼	Smoked Spicy Fish
46	姜葱焗鱼云	Baked Fish Head with Ginger And Green Onion
48	凤城鲛鱼卷	Deep-Fried Fish Roll
50	明炉蒸生鱼	Steamed Snakehead Fish
52	冬菜银丝鲷沙鱼	Steamed Flatfish with Preserved Vegetables And Vermicelli

CONTENTS

54	五柳黄花鱼	Deep-Fried Yellow Croaker
56	豉椒味菜炒鲜鱿	Stir-Fried Squid with Pickled Vegetables And Black Bean Sauce
58	清蒸海上鲜	Steamed Seasonal Fish
60	豉汁蒸白鳢	Steamed White Eel with Black Bean Sauce
62	翡翠明虾球	Stir-Fried Prawns with Broccoli
64	雀巢鲜菇虾仁	Shrimps and Mushrooms in a Bird Nest
66	意大利焗明虾	Baked Prawns - Italian Style
68	豉油王煎中虾	Fried Prawns with Soy Sauce
70	脆奶沙律海鲜卷	Seafood Salad Roll with Fried Milk
72	椰青蒸肉蟹	Steam Crab with Coconut Juice
74	酥炸蟹钳	Deep-Fried Crab Ball
76	越式蒜茸焗青口	Baked Mussels with Minced Garlic - Vietnamese Style
78	瑶柱扒豆苗	Fried Dried Scallop with Sugar Pea Shoots
80	西兰花玉带子	Stir-Fried Scallops with Broccoli
82	北菇炆海参	Stew Sea Cucumber with Chinese Mushroom
84	婆参鸭掌煲	Sea Cucumber and Duck Webs Casserole
86	夏威夷千岛鸡沙律	Hawaiian Chicken Salad

汤羹类

Soup

88	金华凤爪炖北菇 Mushroom	Braised Chicken Feet with Chinese Ham and
90	虫草杞子炖水鱼	Braise Turtle with Cordyceps and Fructus Lycii
92	清炖石斑汤	Braised Garoupa Soup
94	海鲜周打汤	Seafood Chowder Soup
96	海皇豆腐羹	Seafood and Beancurd Soup
98	紫菜竹笙羹	Kelp and Bamboo Fungi Soup

附录

Appendix

100	万用酱汁料的调制	Recipes for Different Sauces
103	起鸡肉的方法	How to Carve a Chicken
104	雀巢的制法	To Make a Taro Bird Nest

葡汁焗四蔬

BAKED ASSORTED VEGETABLES WITH PORTUGUESE SAUCE

主要烹调方式：焗、焗

预备时间：15分钟

制作时间：20分钟

Cooking technique: baking, braising

Preparation time: 15 minutes

Work time: 20 minutes



材料：鲜草菇、白菌各4两(约160克)，西兰花、芥菜胆各8两(约300克)。

调味料：盐、糖各2茶匙。

汤汁：盐 $\frac{3}{4}$ 茶匙，糖 $\frac{1}{2}$ 茶匙，清水1杯。

葡汁料：生油(或牛油)2 $\frac{1}{2}$ 汤匙，上汤1 $\frac{1}{4}$ 杯，面粉、椰汁、鲜奶各 $\frac{1}{4}$ 杯，花奶1汤匙，盐 $\frac{1}{2}$ 茶匙，胡椒粉少许。

做法：

(1) 将草菇、白菌(蘑菇)摘洗干净，加少许盐、糖煮滚，倒入盛器内焗焗约十分钟。

(2) 芥菜胆洗净，飞水后过冷水，放入煮滚的汤汁中滚至熟透；西兰花切小朵，也放入汤汁中焯熟。

(3) 分别将四蔬上碟，把葡汁料搅匀淋在菜面上，放入已预热十五分钟、温度为200℃的焗炉中，焗约五分钟至起焦即成。

心得：

(1) 葡汁味香浓嫩滑，是常用的万能汁之一。既可自制，市面也有现成瓶装的出售。

(2) 飞水，就是把物料迅速放沸水中略烫即捞起。

Ingredients:

160g fresh straw mushroom
160g button mushroom
300g each of brocolli and heart of mustard green

Seasoning:

2 tsp each of salt and sugar

Braising liquid:

$\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp sugar
1 cup water

Portuguese sauce:

2 $\frac{1}{2}$ tbsp vegetable oil or butter
1 $\frac{1}{4}$ cup each of stock
 $\frac{1}{4}$ cup each of flour and fresh milk and coconut milk
1 tbsp evaporated milk
 $\frac{1}{2}$ tsp salt
pinch of pepper

Method:

1. Wash the mushrooms, cook them in boiling water with the seasoning. Drain. Bring the braising liquid to a boil, cook the mushrooms for 10 minutes.

2. Wash the mustard green, blanch them and then dip in cold water. Cook them in the braising liquid until tender. Divide the brocolli into florets, also cook them in the braising liquid.

3. Arrange the vegetables on a plate, pour the Portuguese sauce on top to serve.

Hint:

1. Portuguese sauce is rich and creamy and can be used in a lot of dishes. Refer to method for no. 3 above instructions.



The bottled Portuguese sauce is available in supermarkets also.

2. To blanch is to cook slightly in boiling water and remove immediately.

麻辣酸瓜

CHILLI PICKLED CUCUMBER

主要烹调方法：凉拌

预备时间：5分钟

制作时间：15分钟

Cooking technique: tossing

Preparation time: 5 minutes

Work time: 15 minutes



材料：大青瓜1条，红辣椒1只，麻油、炒香白芝麻各1茶匙，辣椒油少许。

腌料：盐 $\frac{1}{2}$ 茶匙，白米醋2杯，糖 $\frac{1}{2}$ 斤（约300克）。

做法：

(1) 青瓜洗净，去内瓤去子洗净，切条状；红辣椒去蒂去子洗净，切丝。

(2) 将腌料煮滚成糖醋，候凉备用。

(3) 将青瓜条放入糖醋中浸约十分钟倒出，加入麻油、辣椒油、辣椒丝拌匀，面上撒白芝麻即可。

心得：这款菜式是佐餐佳品，清爽，美味；如拌入粉皮丝、红萝卜丝、西芹丝、酸子姜等，色彩更见缤纷，可令胃口大增。若不喜辣味者，可少落或不落辣椒油。

Ingredients:

1 large cucumber
1 red chilli pepper
1 tsp each of toasted white sesame seed and sesame oil
pinch of chilli oil (optional)

Marinade:

$\frac{1}{2}$ tsp salt
2 cup white rice vinegar
300g sugar

Method:

1. Wash, seed and shred the cucumber. Core, wash and shred the red pepper.

2. Bring the marinading ingredients to a boil until thickened. Allow to cool.

3. Put the cucumber into the marinade and let it stand for about 10 minutes. Strain, then add in sesame oil, chilli oil and the shredded red pepper. Stir well to mix. Sprinkle with sesame seed.

Hint: This makes a delicious and refreshing side dish. You can also serve it with shredded vermicelli sheets, carrots, celery or pickled ginger slices.



鲜冬菇扒蜜豆

STIR-FRIED HONEY BEANS WITH FRESH CHINESE MUSHROOM

主要烹调方式：炒

预备时间：5分钟

制作时间：15分钟

Cooking technique: stir-frying

Preparation time: 5 minutes

Work time: 15 minutes



材料：鲜冬菇、蜜豆各5两(约200克)，清水(或罐装清鸡汤)4汤匙，姜汁酒2茶匙，盐、糖、老抽各1茶匙，麻油少许。

芡味料：生粉1茶匙，清水2汤匙。

做法：

(1) 鲜冬菇洗净，剪去蒂；烧滚水，落油少许，将鲜冬菇放入滚约两分钟后捞起。

(2) 烧红锅，落油，加入一茶匙姜汁酒，倒入鲜冬菇及两汤匙清水(或汤)，加入盐、糖各半茶匙一齐煮滚，煨约十分钟入味。

(3) 烧红锅，落油，加入剩下的姜汁酒，倒入摘净的蜜豆，加少许清水及余下的盐、糖，用慢火炒熟，用一半芡汁料埋芡上碟。

(4) 鲜冬菇回锅，加入剩下的清水(或清鸡汤)，并用老抽调色，用剩下的芡汁料埋芡，盖于蜜豆上面即成。

心得：

(1) 鲜冬菇要待水滚后落下，才不会萎缩。

(2) 姜汁酒制法可参看书后附录部分。

Ingredients:

200g each of fresh Chinese mushroom and honey beans

4 tbsp canned chicken broth or water

2 tsp ginger wine

1 tsp each of salt, sugar and dark soy sauce

pinch of sesame oil

Thickening:

1 tsp cornflour

2 tbsp water

Method:

1. Wash the mushrooms, remove the stalk. Cook the mushroom in boiling water with a little oil for 2 minutes, drain.

2. Heat the wok, add in a little oil, sprinkle with 1 tsp ginger wine. Stir in the mushrooms with 2 tbsp of broth (or water), add in 1/2 tsp each of salt and sugar and let it boil, then cook over low heat for about 10 minutes.

3. Heat the wok, add in oil and then sprinkle with the remaining ginger wine. Stir in the honey beans, add in a little water and the remaining salt and sugar. Cook it over low heat until tender, stir in half the thickening, then place them on a plate.

4. Return the mushrooms to the wok, add in the remaining broth (or water) with the dark soy sauce. Stir in the remaining thickening, then put them on top of the honey beans.

Hints:

1. Pre-cook fresh Chinese mushrooms in boiling water to prevent shrinkage.

2. Refer to the appendix for the instructions on making ginger wine.



碧绿仙菇

STIR-FRIED OYSTER MUSHROOM WITH GREEN VEGETABLES

主要烹调方式：炒、蒸

预备时间：7分钟

制作时间：10分钟

Cooking technique: stir-frying, steaming

Preparation time: 7 minutes

Work time: 10 minutes



材料：罐装鲍鱼菇1罐，西生菜4两（约160克），小棠菜8两（约300克），清水或清鸡汤 $\frac{1}{2}$ 杯，生粉、盐各1茶匙，糖、绍酒各 $\frac{1}{2}$ 茶匙，麻油 $\frac{1}{4}$ 茶匙。

汤汁：清水1杯，盐 $\frac{3}{4}$ 茶匙，糖 $\frac{1}{2}$ 茶匙。

芡味料：盐 $\frac{1}{4}$ 茶匙，生油、蚝油各1茶匙，清水2汤匙，麻油数滴，生粉 $\frac{1}{2}$ 茶匙。

做法：

(1) 小棠菜洗净去叶留梗，用半茶匙盐、小半茶匙糖和少许麻油作调味炒熟，围住碟边。

(2) 鲍鱼菇（蚝菇）去蒂切片，起锅，落油半汤匙将鲍鱼菇爆香，洒入酒，落水（或汤）加以调味，炆五分钟。

(3) 西生菜切丝，放在滚沸的汤汁中焯熟后，放于碟底，把鲍鱼菇摆在上面，再将芡味料煮滚，淋于面上即成。

心得：若用新鲜鲍鱼菇，需飞水；但罐装更为好食。

Ingredients:

1 canned oyster mushroom
160g lettuce
300g shanghai cabbage
 $\frac{1}{2}$ cup stock or water
1 tsp each of cornflour and salt
 $\frac{1}{2}$ tsp each of sugar and Shaoxiang wine
 $\frac{1}{4}$ tsp sesame oil

Braising liquid:

1 cup water
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp sugar

Thickening:

$\frac{1}{4}$ tsp salt
1 tsp each of light soy sauce and oyster sauce
2 tbsp water
a few drops of sesame oil
 $\frac{1}{2}$ tsp cornflour

Method:

1. Wash the shanghai cabbage, cut out the leaves and reserve the stalk. Stir-fry the stalks with $\frac{1}{2}$ tsp of salt, $\frac{1}{4}$ tsp of sugar and a little sesame oil. Arrange the cabbage around the plate.

2. Slice the mushroom. Heat the wok and saute the mushrooms with $\frac{1}{2}$ tbsp of oil. Sprinkle with wine, then add in water to cook for 5 minutes. Season to taste.

3. Shred the lettuce and blanch it in hot water. Drain well, then arrange it on the plate. Arrange the oyster mushroom on top of the lettuce. Heat the thickening, pour it over the dish to serve.



Hint: If fresh oyster mushroom is used, blanch it before cooking. However,

canned oyster mushroom is recommended.

清炒珍珠芦笋

STIR-FRIED BABY CORN WITH ASPARAGUS

主要烹调方式：炒

预备时间：5分钟

制作时间：10分钟

Cooking technique: stir-frying

Preparation time: 5 minutes

Work time: 10 minutes



材料：珍珠笋、芦笋各6两(约240克)，蒜肉2粒量，姜汁酒1茶匙。

芡味料：生粉 $\frac{1}{2}$ 茶匙，清水2汤匙。

调味料：盐 $\frac{3}{4}$ 茶匙，糖 $\frac{1}{2}$ 茶匙，麻油 $\frac{1}{4}$ 茶匙。

做法：

(1) 将芦笋洗净，削去头及硬皮，切度；珍珠笋飞水，捞起，晾干水；蒜肉拍碎。

(2) 烧红锅，落油，爆香蒜肉，倒入珍珠笋及鲜芦笋，洒入姜汁酒，落清水，加入搅匀的调味料和芡汁料，猛火兜炒约七分钟，即可上碟。

心得：

(1) 嫩芦笋炒熟后十分爽脆，洒入姜汁酒同炒，更增香味。

(2) 姜汁酒制法可参看书后附录部分。

Ingredients:

240g each of baby corn and asparagus

2 garlic cloves

1 tsp ginger wine

Thickening:

$\frac{1}{2}$ tsp cornflour

2 tbsp water

Seasoning:

$\frac{3}{4}$ tsp salt

$\frac{1}{2}$ tsp sugar

$\frac{1}{4}$ tsp sesame oil

Method:

1. Wash the asparagus, cut out the tough ends and then cut the remaining into sections. Blanch and drain the baby corn. Crush the garlic.

2. Heat the wok, add oil to saute the garlic. Stir in the baby corn and asparagus, sprinkle with wine. Add the water, the seasoning and the thickening. Stir-fry over high heat for about 7 minutes.

Hints:

1. Stir-fried asparagus is delicious and crispy. Ginger wine can help to remove the "greeny" smell of the asparagus.

2. Refer to the appendix for the instructions on making ginger wine.