

# 汤、粥、羹、汁

TANGZHOU GENGZHI

制作300例

ZHIZUO SANBAILI



内蒙古人民出版社

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江苏工业学院图书馆  
藏书章

内蒙古人民出版社

图书在版编目(CIP)数据

汤粥羹汁制作300例/陶卫东编著. 内蒙古人民出版社  
2003.8

ISBN 7-207-05337-1

I. 汤… II. 陶… III. 菜谱  
IV. S

中国版本图书馆CIP数据核字(2003)第085185号

### 汤粥羹汁制作300例

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编著者 陶卫东  
责任编辑 晓 勇  
封面设计 许 力  
出版发行 内蒙古人民出版社出版发行

开 本 850mmx1168mm 1/32  
印张12.5 字数280千  
印 刷 内蒙古新华印刷厂印刷  
版 次 2003年8月第一版  
印 次 2003年8月第一次印刷  
印 数 1-5 000册  
定 价 29.80元

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ISBN 7-207-05337-1/G · 1143

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牛肉大米粥



黑米粥



玉米燕麦粥



蘑菇银耳汤

# 目 录

## (一) 海味汤

|              |      |             |      |
|--------------|------|-------------|------|
| 海蜇瓜球汤.....   | (15) | 鸡火鱼皮汤.....  | (25) |
| 虾皮紫菜汤.....   | (15) | 芦笋鲍鱼汤.....  | (26) |
| 海带紫菜瓜片汤..... | (16) | 三鲜鱼肚汤.....  | (27) |
| 海带丝汤.....    | (16) | 清汤金钱鱿鱼..... | (28) |
| 海带冬瓜豆瓣汤..... | (17) | 清汤海底松.....  | (29) |
| 紫菜汤.....     | (17) | 八珍瑶柱汤.....  | (29) |
| 紫菜黄瓜汤.....   | (18) | 火腿鲫鱼汤.....  | (30) |
| 五色紫菜汤.....   | (18) | 虾丸子汤.....   | (31) |
| 金钩紫菜汤.....   | (19) | 三鲜鱿鱼汤.....  | (32) |
| 海米紫菜蛋汤.....  | (19) | 海蜇猪骨汤.....  | (32) |
| 蛭子葱花汤.....   | (20) | 余海蛎子.....   | (33) |
| 清汤燕菜.....    | (20) | 清汤鱼肚.....   | (33) |
| 清汤三线鱼翅.....  | (21) | 海带丝汤.....   | (34) |
| 春白海参汤.....   | (22) | 排骨海带汤.....  | (35) |
| 海参炖鸡汤.....   | (24) | 豆腐海带汤.....  | (35) |
|              |      | 三丝紫菜汤.....  | (36) |
|              |      | 三鲜豆腐汤.....  | (36) |

## (二) 河鲜汤

|                  |                    |
|------------------|--------------------|
| 雪菜塘鳢鱼汤..... (38) | 椒盐鲫鱼汤..... (49)    |
| 醋椒鱼汤..... (38)   | 蛤蜊鲫鱼汤..... (49)    |
| 鲫鱼汤..... (39)    | 鲫鱼豆腐汤..... (50)    |
| 虾米萝卜丝汤..... (39) | 鱼肉奶油汤..... (50)    |
| 绍兴汤..... (40)    | 奶油桂鱼汤..... (51)    |
| 清汤鱼圆..... (40)   | 糟鱼肉圆汤..... (51)    |
| 鱼圆汤..... (41)    | 菜心两圆汤..... (52)    |
| 沙锅鱼头..... (42)   | 蔬菜鱼汤..... (53)     |
| 天麻沙锅鱼头..... (42) | 鱼杂拌汤..... (53)     |
| 鱼头汤..... (43)    | 鱼肉土豆汤..... (54)    |
| 醋椒头尾汤..... (43)  | 清汤带鱼包子..... (54)   |
| 糟余汤..... (44)    | 沙锅鱼头汤..... (55)    |
| 冬瓜鲤鱼汤..... (44)  | 鸡茸鲢鱼汤..... (56)    |
| 菠菜鱼片汤..... (45)  | 清汤鲍鱼..... (56)     |
| 清汤鱼圆..... (45)   | 奶油鲍鱼汤..... (56)    |
| 鸳鸯生片鱼锅..... (46) | 芙蓉鲍鱼汤..... (57)    |
| 六品沙锅汤..... (47)  | 调羹鲍鱼汤..... (57)    |
| 余鱼汤..... (47)    | 乌鱼冬瓜汤..... (58)    |
| 玉米汁鲫鱼汤..... (48) | 奶油百合鱼片浓汤..... (59) |
| 鲫鱼笋汤..... (48)   | 三丝敲鱼汤..... (59)    |
|                  | 银鱼火锅..... (60)     |
|                  | 清汤玛瑙..... (60)     |
|                  | 鳝鱼粉丝汤..... (61)    |

|              |      |                 |      |
|--------------|------|-----------------|------|
| 清汤绣球鳝鱼·····  | (62) | 火腿鳊鱼汤·····      | (80) |
| 沙锅圆鱼·····    | (62) | 京冬菜清蒸回鱼汤·····   | (81) |
| 圆鱼酒锅·····    | (63) | 香菜细粉爆鲳鱼汤·····   | (81) |
| 英式甲鱼清汤·····  | (64) | 霸王别姬·····       | (82) |
| 鸡蒙鱼翅·····    | (64) | 游龙戏凤·····       | (83) |
| 日本大头鱼锅汤····· | (65) | 清汤虾丸·····       | (84) |
| 鱼头木耳汤·····   | (67) | 酸辣大脚·····       | (85) |
| 草鱼头汤·····    | (67) |                 |      |
| 煊煊汤之一·····   | (68) | <b>(三) 猪肉类汤</b> |      |
| 煊煊汤之二·····   | (70) | 排骨红小豆汤·····     | (86) |
| 一行白鹭上青天····· | (71) | 排骨藕汤·····       | (86) |
| 余鱼片汤·····    | (72) | 黄豆肉丝汤·····      | (87) |
| 醋椒鱼片汤·····   | (73) | 丝瓜肉片汤·····      | (87) |
| 萝卜丝鲫鱼汤·····  | (74) | 榨菜肉片汤·····      | (88) |
| 雪笋大汤黄鱼·····  | (74) | 油渣豆腐汤·····      | (88) |
| 神仙鱼汤·····    | (75) | 丸子汤·····        | (89) |
| 雪笋塘鳢鱼汤·····  | (76) | 三鲜鳝汤·····       | (89) |
| 酸辣带鱼段汤·····  | (76) | 黄瓜余肉片汤·····     | (90) |
| 清炖甲鱼·····    | (77) | 冬菜肉饼汤·····      | (90) |
| 奶汤回鱼·····    | (78) | 韭黄带丝汤·····      | (91) |
| 咸肉汤煮鲫鱼·····  | (78) | 丝汤·····         | (92) |
| 余糟青鱼汤·····   | (79) | 三丝汤·····        | (92) |
| 醋椒鳊鱼汤·····   | (80) |                 |      |

|              |       |                 |       |
|--------------|-------|-----------------|-------|
| 三丝清汤·····    | (93)  | 氽腰片汤·····       | (107) |
| 雪菜肉丝汤·····   | (93)  | 氽猪肝汤·····       | (108) |
| 三片汤·····     | (94)  | 猪大肠细粉汤·····     | (108) |
| 鞭打一锅圆汤·····  | (94)  | 三鲜蹄筋汤·····      | (109) |
| 榨菜肉丝汤·····   | (95)  | 火夹冬瓜汤·····      | (111) |
| 榨菜冬笋肉丝汤····· | (95)  | 火腿冬瓜汤之一·····    | (111) |
| 掺丝杂烩汤·····   | (96)  | 火腿冬瓜汤之二·····    | (112) |
| 肉杂拌汤·····    | (96)  | 火腿白菜炖汤·····     | (113) |
| 咖喱丸子汤·····   | (97)  | 红枣煨肘汤·····      | (113) |
| 冬笋肉丝汤·····   | (98)  | 氽杂烩·····        | (114) |
| 奶油汤·····     | (98)  | 番茄猪肝汤·····      | (115) |
| 腌笃鲜·····     | (99)  | 藕片汤·····        | (116) |
| 草头汤酱走油肉····· | (100) |                 |       |
| 豆苗汤酱肉·····   | (100) | <b>(四) 牛羊类汤</b> |       |
| 小白蹄汤·····    | (101) |                 |       |
| 海带小排汤·····   | (102) | 大菜汤·····        | (117) |
| 骨头酥·····     | (102) | 生菜牛肉汤·····      | (117) |
| 肉丝黄豆汤·····   | (103) | 牛肉汤·····        | (118) |
| 萝卜连锅汤·····   | (104) | 牛仔圆清汤·····      | (119) |
| 猪脚爪汤·····    | (105) | 牛肉丁番茄汤·····     | (119) |
| 咸肉豆腐汤·····   | (105) | 牛肉土豆汤·····      | (120) |
| 咸肉炖肚·····    | (106) | 牛肉菜花汤·····      | (120) |
| 汤爆肚尖·····    | (107) | 牛肉鲜白菜汤·····     | (121) |



|                |       |               |       |
|----------------|-------|---------------|-------|
| 莼菜鸡片汤 .....    | (149) | 虫草飞龙汤 .....   | (166) |
| 清炖全鸡汤 .....    | (149) | 陈皮川贝鹌鹑汤 ..... | (167) |
| 清炖套鸡汤 .....    | (150) | 雪笋野鸭汤 .....   | (168) |
| 酒蒸童子鸡汤 .....   | (151) | 火腿鸽子汤之一 ..... | (169) |
| 西瓜鸡汤 .....     | (151) | 火腿鸽子汤之二 ..... | (169) |
| 冬菇鸡球汤 .....    | (153) | 月映珊瑚 .....    | (170) |
| 月母鸡汤 .....     | (154) | 豆瓣夜开花汤 .....  | (171) |
| 母子鸡汤 .....     | (154) | 五彩豆腐汤 .....   | (171) |
| 冬菇凤爪汤 .....    | (155) | 莲蓬豆腐汤 .....   | (172) |
| 鸡片芦笋汤 .....    | (156) | 鲜藤菇豆腐汤 .....  | (173) |
| 鸡蒙花菇汤 .....    | (156) | 肉糜炖蛋 .....    | (173) |
| 鸡火鳖汤 .....     | (157) | 蛤蜊炖蛋 .....    | (174) |
| 鸡翼红汤 .....     | (158) | 家常蛋汤 .....    | (174) |
| 响铃鸭子汤 .....    | (159) | 番茄丝瓜蛋汤 .....  | (175) |
| 芋艿鸭块汤 .....    | (159) | 开洋紫菜蛋汤 .....  | (176) |
| 馄饨鸭子汤 .....    | (160) | 清汤鸡块 .....    | (176) |
| 雪笋鸭块汤 .....    | (161) | 三鲜鸡汤 .....    | (177) |
| 清炖三套鸭 .....    | (162) | 鸡蛋汤 .....     | (177) |
| 烤鸭骨架黄芽菜汤 ..... | (163) | 肉丝蛋汤 .....    | (178) |
| 糟鸭块炖鲫鱼汤 .....  | (163) | 海米紫菜蛋汤 .....  | (178) |
| 当归鹌鹑汤 .....    | (164) | 银耳鹌鹑蛋汤 .....  | (179) |
| 清炖山鸡汤 .....    | (165) |               |       |
| 枸杞子斑鸠汤 .....   | (166) |               |       |

## (六) 豆腐汤

- 沙锅鱼头豆腐 ..... (180)
- 鞭尖腐衣汤 ..... (181)
- 榨菜豆瓣汤 ..... (181)
- 干丝汤 ..... (182)
- 油豆腐细粉汤 ..... (182)
- 沙锅豆腐 ..... (183)
- 腐竹羹(汤) ..... (183)
- 酸辣汤 ..... (184)
- 粉丝排骨汤 ..... (184)
- 酸辣粉丝汤 ..... (185)
- 粉丝丸子汤 ..... (186)
- 熬白菜粉 ..... (186)
- 开洋豆腐汤 ..... (187)
- 泡菜豆瓣汤 ..... (187)
- 紫菜豆瓣汤 ..... (188)
- 黄豆猪蹄汤 ..... (188)
- 黄豆鸡翼汤 ..... (189)
- 豆芽番茄汤 ..... (190)
- 豆芽蘑菇汤 ..... (190)
- 清拌绿豆芽 ..... (191)

## (七) 蔬菜汤

- 鞭尖冬瓜汤 ..... (192)
- 冰糖西瓜汤 ..... (192)
- 雪菜笋丝汤 ..... (193)
- 雪菜蛤蜊汤 ..... (193)
- 虾子黄瓜 ..... (194)
- 土豆番茄汤 ..... (194)
- 菠菜蛋皮汤 ..... (195)
- 莲心鲜贝汤 ..... (195)
- 粉汤 ..... (196)
- 菜叶汤 ..... (196)
- 牙菜虾干汤 ..... (197)
- 木犀汤 ..... (197)
- 灶汤 ..... (198)
- 榨菜里脊片汤 ..... (199)
- 豆腐菠菜汤 ..... (199)
- 片儿汤 ..... (200)
- 火夹冬瓜汤 ..... (201)
- 酸辣肚丝汤 ..... (201)
- 奶油浓汤 ..... (202)
- 牛奶大米汤 ..... (202)

|                |       |               |       |
|----------------|-------|---------------|-------|
| 牛奶面条汤 .....    | (203) | 蕃茄刀豆清汤 .....  | (216) |
| 牛奶啤酒冷汤 .....   | (203) | 蕃茄虾仁浓汤 .....  | (217) |
| 酸牛奶冷汤 .....    | (203) | 奶油蕃茄汤 .....   | (217) |
| 酸牛奶黄瓜冷汤 .....  | (204) | 奶油龙虾鱼片蕃茄汤 ... | (218) |
| 鸡毛菜金针菇竹笋汤 ...  | (204) | 土豆泥子汤 .....   | (219) |
| 番茄扁尖冬瓜汤 .....  | (205) | 土豆面蛋汤 .....   | (219) |
| 咸菜豆瓣酥 .....    | (205) | 土豆面片汤 .....   | (220) |
| 鲜蘑菇竹笋锅巴汤 ..... | (206) | 土豆肉丸子汤 .....  | (221) |
| 冬瓜盅 .....      | (207) | 德式小肠土豆汤 ..... | (221) |
| 清汤燕窝 .....     | (208) | 山药豆腐汤 .....   | (222) |
| 冰糖莲子汤 .....    | (208) | 菠菜肉末汤 .....   | (222) |
| 四喜汤 .....      | (209) | 奶油菠菜泥子汤 ..... | (223) |
| 鲜陈白菜汤 .....    | (209) | 蛋蓉菜花汤 .....   | (223) |
| 罗汉火锅 .....     | (210) | 奶油菜花汤 .....   | (224) |
| 渍菜火锅 .....     | (211) | 奶油冬苣汤 .....   | (224) |
| 蔬菜洞子汤 .....    | (212) | 三样汤 .....     | (225) |
| 乡下浓汤 .....     | (212) | 莼菜鸡丝汤 .....   | (225) |
| 包菜鼓汁豆腐汤 .....  | (213) | 榨菜鸡蛋汤 .....   | (226) |
| 渭汤萝卜丝汤 .....   | (214) | 红清汤 .....     | (226) |
| 萝卜丝蛋汤 .....    | (214) | 全鸡清汤 .....    | (227) |
| 酸辣五丝汤 .....    | (215) | 鸡片汆汤 .....    | (227) |
| 虾米紫菜萝卜汤 .....  | (215) | 黄瓜鸡片汤 .....   | (228) |
| 花盛顿牛舌汤 .....   | (216) | 酸辣鸡丝粉皮 .....  | (228) |

|               |       |               |       |
|---------------|-------|---------------|-------|
| 鸡杂黄瓜汤 .....   | (229) | 珍珠银耳汤 .....   | (242) |
| 清炖鸭汤 .....    | (230) | 清炖凤尾笋汤 .....  | (243) |
| 豆腐鸭架汤 .....   | (230) | 笋耳汤 .....     | (244) |
| 鸭血豆腐汤 .....   | (231) | 口蘑黄耳汤 .....   | (244) |
| 冬笋鹅掌汤 .....   | (231) | 三丝紫菜汤 .....   | (245) |
| 肉丝鸡蛋汤 .....   | (232) | 冬笋肉丝汤 .....   | (245) |
| 木樨汤 .....     | (232) | 酸菜白肉粉汤 .....  | (246) |
| 冬瓜蛋花汤 .....   | (233) | 番茄鸡蛋汤 .....   | (246) |
| 海米冬瓜鸡蛋汤 ..... | (234) | 香菇冬瓜汤 .....   | (247) |
| 炸蛋香菇汤 .....   | (234) | 藕片汤 .....     | (247) |
| 虾干紫菜蛋汤 .....  | (235) | 龙须汤 .....     | (248) |
| 鹌鹑蛋鸡丝汤 .....  | (235) | 三美豆腐汤 .....   | (249) |
| 牛肉鸡蛋汤 .....   | (236) | 榨菜豆腐汤 .....   | (249) |
| 三片汤 .....     | (236) | 蚌肉豆腐汤 .....   | (250) |
| 三鲜火锅 .....    | (237) | 什锦豆腐羹 .....   | (250) |
| 鸡虾双珠汤 .....   | (238) | 沙锅羊肉 .....    | (251) |
| 黄瓜肉片汤 .....   | (238) | 什锦火锅 .....    | (252) |
| 韭菜肉片汤 .....   | (239) | 四生火锅 .....    | (253) |
| 猪肉丸子汤 .....   | (240) |               |       |
| 紫菜肉片汤 .....   | (240) |               |       |
| 拆骨肉白菜粉汤 ..... | (241) |               |       |
| 猪排骨汤 .....    | (241) |               |       |
| 羊肉萝卜片汤 .....  | (242) |               |       |
|               |       | <b>(八) 羹类</b> |       |
|               |       | 荠菜豆腐羹 .....   | (254) |
|               |       | 肉丝豆腐羹 .....   | (254) |

|               |       |               |       |
|---------------|-------|---------------|-------|
| 荠菜肉丝豆腐羹 ..... | (255) | 鹌鹑粟米干贝羹 ..... | (274) |
| 肉丝蛋花豆腐羹 ..... | (256) | 猪腰木耳羹 .....   | (275) |
| 火片鱼肚羹 .....   | (257) | 虾蟹羹 .....     | (276) |
| 辣味香螺羹 .....   | (258) | 蟹味鲜鱼羹 .....   | (277) |
| 酸辣鱿丝羹 .....   | (259) | 蟹粉蹄筋羹 .....   | (278) |
| 蛤蜊黄鱼羹 .....   | (260) | 蟹粉香芋羹 .....   | (279) |
| 芙蓉海鲜羹 .....   | (261) | 蟹粉冬瓜羹 .....   | (279) |
| 火腿甲鱼羹 .....   | (261) | 蟹肉鱼翅羹 .....   | (280) |
| 肉糜猪脑羹 .....   | (262) | 珍宝蟹黄羹 .....   | (280) |
| 羊肉羹 .....     | (263) | 酸辣海参羹 .....   | (281) |
| 鸡茸蘑菇羹 .....   | (264) | 火腿海参羹 .....   | (282) |
| 鸡茸粟米羹 .....   | (265) | 蹄筋海参羹 .....   | (283) |
| 鸡丝参羹 .....    | (266) | 椒麻鲜贝羹 .....   | (284) |
| 鸡丝鱼翅羹 .....   | (267) | 银丝干贝羹 .....   | (285) |
| 八珍鱼翅羹 .....   | (268) | 荠菜干贝冬笋羹 ..... | (285) |
| 菜香鱼肚羹 .....   | (268) | 黄豆羹 .....     | (286) |
| 雪梗珍珠羹 .....   | (270) | 山芋羹 .....     | (286) |
| 蛇羹 .....      | (270) | 百果羹 .....     | (287) |
| 八珍蛇羹 .....    | (271) | 水果羹 .....     | (287) |
| 三丝烩蛇羹 .....   | (272) | 杏酪羹 .....     | (288) |
| 鸡虾干贝羹 .....   | (272) | 核桃羹 .....     | (288) |
| 韭黄鸭羹 .....    | (273) | 南瓜羹 .....     | (289) |
| 鸭脑蟹粉羹 .....   | (274) | 鲜瓜羹 .....     | (289) |

|                |       |               |       |
|----------------|-------|---------------|-------|
| 烩水果羹 .....     | (289) | 酸辣黄鱼羹 .....   | (307) |
| 鲜肉蕃茄羹 .....    | (290) | 凤凰鱼茸羹 .....   | (308) |
| 鸡蛋银耳羹 .....    | (291) | 蛋茸鱼肚羹 .....   | (308) |
| 荠菜笋丝羹 .....    | (292) | 发菜鱼茸羹 .....   | (309) |
| 鸡肉豆腐羹 .....    | (292) | 桂花鱼羹 .....    | (309) |
| 开洋豆腐羹 .....    | (294) | 三丝银鱼羹 .....   | (310) |
| 菜肉三丝羹 .....    | (294) | 香菜海蟹羹 .....   | (311) |
| 雪花豆腐羹 .....    | (295) | 肉末蛋羹 .....    | (311) |
| 黄鱼豆腐羹 .....    | (296) | 虾米豆腐羹 .....   | (312) |
| 香菇虾仁豆腐羹 .....  | (296) | 鲜藕枇杷百合羹 ..... | (312) |
| 螺蛳豆腐羹 .....    | (297) | 银耳枇杷羹 .....   | (313) |
| 枸杞牛肉羹 .....    | (298) | 杏仁羹 .....     | (314) |
| 糟鸭泥豆腐羹 .....   | (298) | 燕窝滋补平喘羹 ..... | (314) |
| 玉米羹 .....      | (299) | 枸杞炖银耳羹 .....  | (315) |
| 黄鱼羹之一 .....    | (299) | 银耳鸽蛋糊 .....   | (315) |
| 黄鱼羹之二 .....    | (300) | 参百薇耳羹 .....   | (316) |
| 鲜莲梭子蟹肉羹 .....  | (301) | 雪羹汤 .....     | (317) |
| 荠菜螺蛳肉羹 .....   | (302) | 番茄枸杞玉米羹 ..... | (317) |
| 鳝羹 .....       | (303) | 禅悦羹 .....     | (318) |
| 蛇羹 .....       | (304) | 葛粉羹 .....     | (319) |
| 鸡茸苋菜羹 .....    | (305) | 葱头银耳羹 .....   | (319) |
| 蘑菇胡萝卜花菜羹 ..... | (306) | 杞子玉米羹 .....   | (320) |
| 荠菜豆腐羹 .....    | (306) | 银耳贝杞羹 .....   | (321) |

|                |       |                |       |
|----------------|-------|----------------|-------|
| 红枣西米羹 .....    | (321) | 羊肉栗杞羹 .....    | (335) |
| 滑脑羹 .....      | (322) | 青鸭羹 .....      | (335) |
| 银耳杜仲清脑羹 .....  | (322) | 假羊眼羹 .....     | (336) |
| 百合莲米羹 .....    | (323) | 鳢鱼羹 .....      | (336) |
| 桂花莲子羹 .....    | (324) | 鲤鱼羹 .....      | (337) |
| 人参圆肉羹 .....    | (324) | 团鱼羹 .....      | (338) |
| 猪心羹 .....      | (325) | 冬瓜鳖裙羹 .....    | (338) |
| 黄瓜藤天麻猪脑羹 ..... | (325) | 瓠瓜羹 .....      | (339) |
| 益智羹 .....      | (326) | 车前子叶地羹 .....   | (340) |
| 甜羹 .....       | (326) | 葵菜羹 .....      | (341) |
| 桂花鲜栗羹 .....    | (327) | 天山降糖羹 .....    | (341) |
| 东坡羹 .....      | (328) | 冬瓜羹 .....      | (342) |
| 鲜束苹果羹 .....    | (328) | 雉羹 .....       | (342) |
| 姜橘椒角羹 .....    | (329) | 羊肚羹 .....      | (343) |
| 姜韭牛奶羹 .....    | (329) | 羊肺羹 .....      | (343) |
| 芡实山药糊 .....    | (330) | 花粉樱桃羹 .....    | (344) |
| 牛奶板栗羹 .....    | (331) | 胡麻羹 .....      | (345) |
| 栗子柿子饼糊 .....   | (331) | 乳蛋羹 .....      | (345) |
| 香砂藕粉糊 .....    | (332) | 肉羹 .....       | (346) |
| 山楂羹 .....      | (332) | 大黄粉蜜糊 .....    | (346) |
| 素食说略 .....     | (333) | 马齿羹 .....      | (347) |
| 鲫鱼羹 .....      | (333) | 绿豆羹 .....      | (347) |
| 太和羹 .....      | (334) | 果味绿(赤)豆羹 ..... | (348) |