

Totally Tuber

# 新潮健康菜

南瓜、芋头、山药、土豆 营养又健康的百变料理

梁琼白 著



现代人食谱

中国轻工业出版社



## 图书在版编目(CIP)数据

新潮健康菜 / 梁琼白著. — 北京: 中国轻工业出版社, 2003.1

(现代人食谱)

ISBN 7-5019-3849-0

I. 新… II. 梁… III. 素菜—菜谱 IV. TS972.123

中国版本图书馆 CIP 数据核字(2002)第 091411 号

### 版权声明

原书名: 粉鬆粉菜

作 者: 梁瓊白

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责任编辑: 周 红	陈思燕	责任终审: 孟寿萱	封面设计: 赵小云
版式设计: 张 颖		责任校对: 郎静瀛	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)

网 址: <http://www.chlip.com.cn>

发行电话: 010—65121390

印 刷: 北京国彩印刷有限公司

经 销: 各地新华书店

版 次: 2003年1月第1版 2003年1月第1次印刷

开 本: 889 × 1194 1/24 印张: 3.5

字 数: 76千字 印数: 1—10100

书 号: ISBN 7-5019-3849-0 / TS · 2288

定 价: 18.00元

著作权合同登记 图字: 01-2002-2708

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南瓜、芋头、山药、土豆

营养又健康的百变料理

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# 目录

## Table of Contents

4 食材大搜密 Briefing on the Ingredients



### 南瓜类

1 \*



### Pumpkin Dishes

- |                                      |  |
|--------------------------------------|--|
| 6 南瓜糙米饭<br>Brown Rice with pumpkin   | 16 南瓜烩肉丸<br>Pumpkin with Meat Balls      |
| 8 南瓜面疙瘩<br>Pumpkin Noodle Flakes     | 18 南瓜粉蒸肉<br>Steamed Pork in Pumpkin Bowl |
| 10 南瓜米粉<br>Rice Noodles with Pumpkin | 20 南瓜汤<br>Pumpkin Soup                   |
| 12 南瓜牛肉<br>Pumpkin Beef              | 22 南瓜糕<br>Pumpkin Cakes                  |
| 14 南瓜葡国鸡<br>Pumpkin Chicken          | 24 南瓜饼<br>Pumpkin Pancakes               |



### 芋头类

\*

2



### Taro Dishes

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 26 芋头米粉<br>Rice Noodles with Taro   | 36 芋头排骨煲<br>Taro with Rib Pot     |
| 28 翻沙芋头<br>Deep-Fried Sweet Taro    | 38 芋艿鸡骨酱<br>Taro with Chicken Leg |
| 30 葱油芋艿<br>Taro with Scallion       | 40 芋泥鸭<br>Taro Duck               |
| 32 芋头扣肉<br>Once over Pork with Taro | 42 芋泥西米露<br>Taro Sago Drink       |
| 34 芋泥牛柳<br>Beef Strips with Taro    | 44 芋丸<br>Taro Balls               |



## 山药类

3 \*



## C h i n e s e   Y a m   D i s h e s

- 46 糯米山药粥  
Chinese Yam with Sticky Rice Porridge
- 48 山药炒鸡丁  
Stir-Fried Diced Chicken with Chinese Yam
- 50 山药烩鱼头  
Fish Head with Chinese Yam
- 52 凉拌山药  
Cold Chinese Yam



- 54 山药莲子炖肚条  
Stewed Chinese Yam and Lotus Seeds with Pork Tripe
- 56 山药排骨汤  
Chinese Yam with Rib Soup
- 58 桂枣山药汤  
Longan and Jujubes with Chinese Yam Soup
- 60 山药丸子汤  
Chinese Yam Ball Soup
- 62 山药春卷  
Chinese Yam Spring Rolls



## 土豆类

\*

4



## P o t a t o   D i s h e s

- 64 土豆沙拉  
Potato Salad
- 66 土豆浓汤  
Potato and Clam Chowder
- 68 葱油土豆丝  
Stir-Fried Shredded Potato with Scallion
- 70 土豆块焗牛腩  
Braised Potato with Beef Fingers
- 72 土豆罐焖鸡  
Pot-Cooked Chicken and Potato Stew



- 74 素烧土豆  
Potato Cooked in Vegetarian Way
- 76 土豆焖肉排  
Cooked Potato with Ribs
- 78 可乐土豆饼  
Stuffed Potato Cakes
- 80 奶酪焗土豆  
Baked Potato with Cheese
- 82 炸薯条  
French Fries

本书中 1 杯为 150 毫升, 1 大匙为 15 毫升, 1 茶匙为 5 毫升, 1/2 茶匙为 2.5 毫升, 1/4 茶匙为 1.2 毫升  
1Cup=150mL, 1Table Spoon=15mL, 1Tea Spoon=5mL, 1/2Tea Spoon=2.5mL, 1/4Tea Spoon=1.2mL



# 食材

Briefing on the Ingredients

## 大搜密

### 南瓜



本身的糖分使得口感香甜,除了入菜,也是制作点心的最佳食材!

#### 南瓜的选购

①早年的南瓜体积较大,经过改良,袖珍许多,一般而言,体型扁圆的南瓜,肉层较厚、质地较松软、味道较甜;长型南瓜口感较淡、肉层较薄、含水分较多。



南瓜

②选购时以外皮枯黄的较好,属于较熟的老南瓜,含水量少,口感香甜;外皮较绿、质地嫩的南瓜,则较不甜,淀粉含量亦不高。

#### 南瓜的保存

南瓜买回来除非是已切开的才需要放冰箱保存,否则只要放在通风良好的地方即可,但不能晒到太阳,否则还是容易腐烂。

制品甜咸皆宜,是做菜、做点心的最佳选择!

#### 芋头的选购

芋头可分为两类,其一是一般大型的芋头,另一种是体型较小的芋艿。

①大型的芋头形状椭圆、外皮完整、没有腐烂的痕迹,掂起来分量轻,切开少许,露出白色的芋肉,这是品质最好的芋头;另一种体



芋艿

型稍小,芋肉本身带有深紫色细纹的,是有名的槟榔芋,蒸熟后有特殊的香气,但产量不如白芋多。

②芋艿质地绵细,香气不如大芋头浓郁,但口感细腻。外形椭圆的,易煮快烂;体型圆而小的,比较硬,口感较差。

#### 芋头的保存

①买回来未烹调的芋头应放在干燥、通风处,不要装在袋子里,更不能放入冰箱冷藏,否则会长出白色的芽。

②买回来的芋艿只要放在干燥、通风处,即可放置一个月不会坏,选购外皮愈干燥的愈好。

#### 料理小秘诀

①芋头削皮前不能清洗,更不要直接用手接触,因为芋头外皮上的茸毛会粘在皮肤上而引起过敏,一旦发生手痒等过敏状况,须立刻用温水清洗,拭干后抹上乳液即可。

②烹调芋头时为了防止溶化,最好先用油炸过再烧,但在芋头未煮烂前,无论用盐或用糖调味都不要太早加入。

③芋艿除了可以入菜,也可当零食或主食。带皮煮熟后再剥皮,蘸白糖吃甜口味的,或蘸蒜蓉酱油吃咸口味的都十分可口,有些地

Pumpkin-The sugar of pumpkin makes its own sweeter.In addition to being used in dishes,pumpkin makes a marvelous dessert ingredient.

#### Purchasing

①Years ago,the size of pumpkins were large,however,they have been much small with decades of steady improvement.Generally speaking,roundbodied pumpkins are now thick-fleshed,the texture is looser,and sweeter-flavored.The long-shaped pumpkins are blander-flavored,thinner-fleshed,much-juiced.

②When purchasing pumpkins,look for yellow-orange skin,more mature,older pumpkins with being less juicy,starchy,sticky,aromatic and sweet.If the skin appears green and it looks tender,then it is probably is not sweet and the starches in it are not loose.

#### Storing

Unless pumpkins have been cut open,in which case they must be chilled,after purchasing and taking home,pumpkins must be stored in a well-ventilated place away from direct sunlight or they will spoil easily.

Taro-Dishes made with taro can be sweet or salty,main dishes or desserts.

#### Purchasing

Taro can be divided into two broad types,one large,the other small.

①Oval in shape,outer skin whole without signs of spoilage,light in the hand,but when cut open,there is a little white flesh-these are characteristics of looses and starchy texture of taro.Another of taro,the famous "betel nut taro" is small-sized.There are deep purple and fine lines in flesh.After steamed,it has an unforgettable aroma,but there is not as much produced as the white taro.

②Small taro has a fine,cotton like texture.It is not as aromatic as large taro.

Purchase the oval small taros that cook easily and soften quickly.Round,small taros are tougher and the texture is not as good.

#### Storing

①Before being cooked,taro should be placed in a dry,well-ventilated place.Do not store either in bags or in the refrigerator,or it will grow white root buds.

②Small taro can be kept dry in air in a well-ventilated area for a month without spoiling.When purchasing,the drier the skin,the better.

#### Tips for cooking

①Before peeling taro,do not rinse.Do not directly touch taro with the hand,or the fine hairs will stick to the skin and may cause an allergic reaction.If your hand starts to itch,you can rinse with warm water,dry,and smear lotion over it.

②Deep-fry taro before cooking it to prevent it from dissolving.During cooking,do not add seasonings such as salt or sugar unless the taro has already been softened.

③In addition to their use in dishes,small taro can be served as a snack or as the center of the meal.It can be cooked with the skin on and peeled when done.Dip in confectioner's sugar for serving sweet,or in minced garlic and soy sauce as a zesty snack.Both are equally delectable.It is served as a main course in many locales



区会拿它当主食,因为它具有饱腹感。至于入菜,它可以红烧也可以做成汤,碾碎成泥做点心的吃法则较少。

④芋艿去皮的方法有两种,一种是洗净,先煮熟再剥皮;若生的去皮则是先用温水泡,再戴上手套用汤匙刮,不要用刨刀削,否则会将内层削除太多。量大时也可以在温水泡过后放在大盆内,双手先戴上手套再将外皮搓去即可。

具有健脾、补肺、固肾、益精的功能,不论是晒干后的淮山药还是新鲜山药都是极佳的食疗食材之一!

## 山药



### 山药的选购

山药以外皮无伤、带黏液的为最好,黏液多,水分就少,质量就好。

### 山药的保存

①先用报纸包好再放入冰箱冷藏。

②若要去掉山药的黏液,可在切开后,放入加有白醋的清水中洗净,醋有防止变色的功能。

### 料理小秘诀

①山药煮熟后质地松软,入口即化,亦可生食,其口感甜脆黏滑,可切片、切丝炒或凉拌,也可切块红烧、煮汤。

②山药入菜同样不宜久煮,为了掌握口感,只有以时间配合火候,不能以炸过再烧的方式处理。

是西方人的主食之一,分为白色和红色两种不同外皮的品种,不仅可以入菜、煮汤,也可做成饭后点心。此外,土豆还是极佳的食疗食材之一!

## 土豆



### 土豆的选购

购买时以外皮干燥的较好,淀粉含量较高。外皮湿润、色泽较深的土豆,收获时间较短,最好放置一段时间,使它外皮转白时再食用,口感较佳。

用,口感较佳。

### 土豆的保存

①土豆同样要放置在通风的地方,若发现外皮有发芽的现象,尽量不要食用,因为土豆芽有毒,对健康不利。

②削皮后的土豆会因接触空气而氧化,造成外皮变色,防止变色的方法是在削皮或切开后,用盐水漂洗。

### 料理小秘诀

烹煮土豆时会因加热而使淀粉溶化,如需借助土豆来增加浓度,要在加热过程中多搅拌以防止烧焦。土豆也可炸过再烧,或是最后再加入,避免煮太久而糊化。

because it is so filling. It can be prepared by red-cooking or added to soups. It is relatively less common to see it mashed and served as a dessert.

④ There are two ways to remove the skin from taro. One common method is to rinse it well first, then cook it until done before removing the skin. The other way is to remove it before cooking. Let it soak in warm water for some time, then put on rubber gloves and scrape off the skin with an iron spoon. Do not grate it with a peeler, because the peeler takes too much flesh. If large quantities of taro have to be prepared, soak them in warm water first, then remove to a large basin. Put on gloves and rub the skin off with the hands.

Chinese Yam-Chinese Yam is good for spleen, lung, kidney and sperm. Whether dried or fresh one has medicinal benefit.

purchasing  
The best Chinese yam usually with whole and no signs of spoilage skin, and that with more mucus and less water.

### Storing

① Wrap in paper first, and then freeze in freezer.

② In order to remove the mucus, rinse in water with white vinegar added. The vinegar will also prevent its color from changing.

### Tips for cooking

① After cooked Chinese yams have so loose a texture that melts in the mouth. They can be eaten raw, and are sweet, crunchy, sticky, yet smooth. They can be sliced or shredded stir-fried or served cold. They can be cut into chunks and red-cooked or cooked in soup. There is an endless number of ways to serve this delicious food.

② Chinese yam cannot be cooked with herb for a long time. In order to control its texture, the heat and time must be coordinated. It may not be deep-fried before cooking.

Potato-One of the most important foods of the West, it comes in white and red varieties according to the color of the skin. It can be used in dish, soup and desserts.

### Purchasing

When purchasing, pick potatoes with dry skin, as they contain more starch. If it is moist and soggy, with a dark color, it was picked too early, so it must sit until outer skin turns white and be allowed to ripen. The texture is delectable.

### Storing

① Potatoes must also be stored in a well-ventilated place. If the potato has sprout, do not serve it, because the "eyes" are toxic and are not good for you.

② After peeled, potatoes quickly oxidize and darken. To prevent this, soak in salt water after peeling or cutting open.

### Tips for cooking

When cooking potatoes, increasing the heat will cause the starches to dissolve. If you are using it to thicken soup, keep stirring in the process of heating up to prevent it burning easily. However, potatoes may be deep-fried and then cooked, or added as the final stuff to prevent overcooking and dissolving.



红土豆



# 南瓜糙米饭

## 材 料

糙米 2 杯、南瓜 1/2 个(约 600 克)

## 调 味 料

盐 1 茶匙

## 作 法

1. 糙米洗净，加水 3 杯浸泡 1 小时，连同浸泡的水放入电锅，外锅加水 1 杯，煮饭。
2. 南瓜去皮洗净、切丁，10 分钟后拌入米饭中，同时加盐调味，略微拌匀再煮。
3. 待电锅开关跳起，再焖片刻即可盛出食用。

## 轻松一点 E A S Y

- ①糙米一定要泡水再煮，否则不易煮透。
- ②也可改用一般白米或糯米，但糙米的营养价值较高。
- ③除了南瓜，也可以添加鸡肉或其他肉片同煮。
- ④食用油一般为植物油，为烹调常用材料，在随后的“材料”介绍中不再提及。

## Ingredients

2C brown rice, 1/2 pumpkin (about 1.3lbs.)

## Seasonings

1t salt

## Methods

1. Rinse brown rice well, soak in 3C of water for 1 hour. Remove to rice cooker along with the soaking water and add 1C of water to rice cooker, then start cooking.
2. Remove skin from pumpkin and dice. Add to rice after rice has been cooked for 10 minutes, season with salt to taste, then mix well. Cover and continue cooking.
3. Cook rice until the switch pops up, let simmer for a minute. Remove and serve.

- ① Be sure to soak the brown rice before cooking, or it may not be done completely.
- ② Brown rice can be substituted with ordinary white rice or sticky rice. However, brown rice is more nutritious.
- ③ In addition to pumpkin, chicken or red meats may be added.
- ④ Oil is vegetable oil.





# 南瓜糙米饭



# 南瓜面疙瘩

## 材料

中筋面粉 1 杯、盐 1/2 茶匙、鸡蛋 1 个、瘦肉 75 克、南瓜 1/4 个(约 300 克)、海米 2 大匙、葱 2 根

## 调味料

- (1) 酒 1/2 茶匙、酱油 1/2 大匙、淀粉 1/2 茶匙
- (2) 盐 1 茶匙、高汤 4 杯(或清水)

## 作法

1. 将面粉、盐及 1/2 杯冷水调匀，打入鸡蛋，并用筷子拌匀，成无颗粒状的面糊。
2. 瘦肉切丝，拌入调味料(1)略腌；南瓜去皮、切小四方块；海米泡软，拣去杂质后洗净；葱切末，备用。
3. 用 2 大匙油炒香海米及葱末后，放入南瓜块同炒，再加高汤(或清水)烧开。
4. 改小火煮至南瓜稍软时，用汤匙将面糊舀成小球状，放入汤内同煮，并加盐调味，待疙瘩熟软时关火，撒上葱花即可盛出。

## 轻松一点 EASY

- ① 面粉含水量不一，因此水不能一次倒入，而且各人口味不同，最好一边搅一边加，视面糊的湿润度再决定水的分量。
- ② 南瓜的大小可依个人的喜好选择，切大块煮的时间较长，切小块则比较容易熟。
- ③ 南瓜的大小决定面疙瘩入锅时间。

## Ingredients

1C all-purpose flour, 1/2t salt, 1 egg, 1/6 lb. lean pork, 1/4 pumpkin (about 2/3 lb.), 2T small dried shrimp, 2 scallions

## Seasonings

- (1) 1/2t cooking wine, 1/2T soy sauce, 1/2t cornstarch
- (2) 1t salt, 4C soup broth(or water)

## Methods

1. Combine flour, salt and 1/2C cold water well in mixing bowl. Add egg and stir with chopsticks until lumps are gone and batter is smooth.
2. Shred pork and marinate in seasoning(1) for a minute or two. Remove skin from pumpkin and cut into cubes. Soak dried shrimp in water until soft and remove any impurities, then rinse well. Dice scallion for later use.
3. Heat 2T of oil in wok, stir-fry dried shrimp and scallion until fragrant, add pumpkin to mix. Then add soup broth (or water) and bring to a boil.
4. Reduce heat to low and cook until pumpkin is slightly soft. Spoon balls of batter into soup. Season with salt to taste. Cook until noodle pieces are soft and done, then remove from heat. Sprinkle diced scallion over soup. Serve.

- ① Add water to flour a little at a time instead all at once. Stir constantly while adding water for even blending. The proportion of water is up to the cook.
- ② Cut pumpkin into whatever size is preferred. Smaller chunks will cook more easily.
- ③ The size of the pumpkin cubes also determines when the noodle pieces should be added.





南瓜面疙瘩





# 南瓜米粉

## 材 料

瘦肉 150 克、香菇 4 朵、海米 2 大匙、葱 2 根、南瓜 1/2 个(约 600 克)、湿米粉 600 克

## 调 味 料

- (1) 酒 1/2 大匙、酱油 1/2 大匙、淀粉 1/2 茶匙  
(2) 酱油 1 大匙、盐 1/2 茶匙、胡椒粉少许

## 作 法

1. 瘦肉切丝，拌入调味料(1)略腌；香菇泡软、去蒂后切丝；海米泡软；葱洗净、切小段；南瓜去皮、切丝。
2. 用 2 大匙油先将肉丝炒散，再放入香菇同炒后，先盛出；另用 2 大匙油爆香海米和葱段，加入调味料(2)和 1 杯清水烧开。
3. 放入南瓜丝和米粉拌炒，同时将肉丝及香菇丝入锅炒匀，待其入味并见汤汁收干时即可盛出。

## 轻松一点 E A S Y

- ① 炒米粉或炒面都一定要先将调味料与水烧开后放入，以拌炒方式才炒得匀；若边炒边加调味料不但容易焦锅，也会导致调味不均。
- ② 南瓜用切丝的方式处理才不会太碎，用刨的也可以，比较细，直接与米粉同炒即可，不需先煮，否则会太烂。

## Ingredients

1/3 lb. lean pork, 4 shiitake mushrooms, 2T small dried shrimp, 2 scallions, 1/2 pumpkin (about 1.3 lbs.), 1.3 lbs., soaked rice noodles

## Seasonings

- (1) 1/2T cooking wine, 1/2T soy sauce, 1/2t cornstarch  
(2) 1T soy sauce, 1/2t salt, a pinch of pepper

## Methods

1. Shred pork and marinate in seasoning (1) for a minute or two. Soak shiitake mushrooms in water until soft, remove stems and shred. Soak dried shrimp in water until soft. Rinse scallions well and cut into small sections. Remove skin from pumpkin and shred.
2. Heat 2T of oil in wok, stir-fry shredded pork until it separates. Add shiitake mushrooms to mix, then remove from wok. Heat another 2T of oil in wok again, stir-fry dried shrimp and scallion sections until fragrant. Add seasoning (2) 1C water and 1C water bring to a boil.
3. Add shredded pumpkin and rice noodles and stir until well-mixed. Return pork and mushrooms to mix. Cook until flavor and liquid are thoroughly absorbed. Remove and serve.

① When stir-frying noodle dishes, the noodles have to be added after the seasonings and water have been brought to boil, to ensure even mixing. Adding seasonings when stir-frying noodles often causes them to burn, or makes them clump.

② Shred pumpkin to prevent the pumpkin from getting too soggy. Grated pumpkin is also good, but the pumpkin might be too fine. If that is the case, do not cook pumpkin beforehand, just cook directly with rice noodles to prevent it from getting too soggy.





南瓜米粉





# 南瓜牛肉

## 材料

嫩牛肉 200 克、南瓜 600 克、葱 1 根

## 调味料

(1) 酒 1 大匙、酱油 1/2 大匙、淀粉 1/2 茶匙

(2) 盐 1/2 茶匙、酱油 1/2 大匙、水淀粉 1/2 大匙

## 作法

1. 牛肉切薄片，拌入调味料(1)略腌约 10 分钟，葱切段，备用。
2. 南瓜洗净去皮、切厚片，用 2 大匙油略炒后，加入调味料(2)(水淀粉除外)和 1/2 杯清水，烧开后改小火焖 10 分钟。
3. 将牛肉片铺在南瓜上，盖上锅盖，2 分钟后再翻面焖熟，撒入葱段，淋上水淀粉，炒匀即可盛出。

## 轻松一点 EASY

- ① 可将牛肉片先过油，再与南瓜同炒。
- ② 煮南瓜时一定要盖上锅盖焖着，这样熟得快，而且避免水分蒸发，加入肉片时才滋润。
- ③ 同法亦可将牛肉改成里脊肉或其他海鲜，但若是腥味较重的海鲜则要先氽烫过再放入。

## Ingredients

5/12 lb.tender beef,pumpkin(about 1.3 lbs.),  
1scallion

## Seasonings

- (1) 1T cooking wine, 1/2T soy sauce, 1/2t cornstarch
- (2) 1/2t salt, 1/2T soy sauce, 1/2T cornstarch water

## Methods

1. Cut beef into thin slices and marinate in seasoning (1) for about 10 minutes, cut scallion into sections.
2. Rinse pumpkin well and remove skin, then cut into thick slices. Heat 2T of oil in wok first and stir-fry pumpkin slices for a minute. Season with seasoning (2) to taste (except cornstarch water) and 1/2C water bring to a boil. Then reduce heat to low and simmer for 10 minutes.
3. Spread beef slices evenly over pumpkin and cover. Simmer for 2 minutes, then uncover and turn beef over. Simmer again until done. Sprinkle with scallion sections and thicken with cornstarch water. Mix well and remove to serving plate. Serve.

① The beef may be blanched quickly through oil first before stir-frying with pumpkin if desired.

② Be sure to cover the wok with the lid and simmer the pumpkin to prevent the water from evaporating. The pumpkin will cook more quickly and be moist when the beef is added.

③ Substitute pork tenderloin or seafood for the beef. Seafood with a strong "fishy" flavor should be blanched in water first before being added to the pumpkin.





# 南瓜牛肉