

中英对照 Chinese-English



GUANGDONG FLAVOROUS DISHES
STEWED TONICS

广东风味菜

滋补炖品

李曾鹏展 著 · 广东科技出版社



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自序



陆羽写“茶经”，随园编食谱，意在启发后人学习烹饪。蔬菜虽微，巧为炮制，亦能引起食欲，有助家庭欢乐，促进社会友谊。现代学校，列烹饪为女生家政之一者，非无因也。

家慈精炊事，鹏展耳濡目染，幼受熏陶，长从名厨学习，因而稍识门径，得好友鼓励，先在丽的电视示范，又在香港电台主持“食在香港”节目，复蒙先进不弃，邀列讲席，近年在无线电视之“妇女新姿”节目示范。随教随写，汇成讲义，非云独具心得，聊供爱好者切磋，但愿前辈有以教之。

李曾鹏展

写在《滋补炖品》之前

中国人自古以来是很重视饮食的，对于食物养生之道，更有深入研究。所谓“食不离补，补不离食”，食补就是最好的养生方法。

中药能够治疗疾病，近年来已愈加受到医学界重视了。在菜肴之中加入药材，烹调出营养丰富、滋补有益的饭菜，在饮食之中防治疾病，可为人们增进健康，争取幸福。

秋冬季节，就是进补的好季节，进食滋补炖品，养颜补身，最有功效。山珍海错、飞禽植物都是炖汤的好材料，配上适当的药材同炖，取其精华，增补体力。

“炖”就是把食物原料出水过冷河后，放入炖盅内，加入水或上汤，盖紧盅盖，用沙纸封口，隔水利用蒸汽蒸炖原料。炖汤的味道比较清鲜，保持食物原味，同时，炖好的汤水，分量不会减少。炖汤的食物营养不会流失，是以讲究营养的滋补汤水，多采用炖的方法。

炖汤的时间较煲汤为长，如果不用炖的方法，改用煲汤也可以的，不过水分就要按食谱指示

的酌量增加。

本菜谱以肉类作为汤料之外，还配上对人体有益的药材，成为家庭佐膳保健的营养汤品。

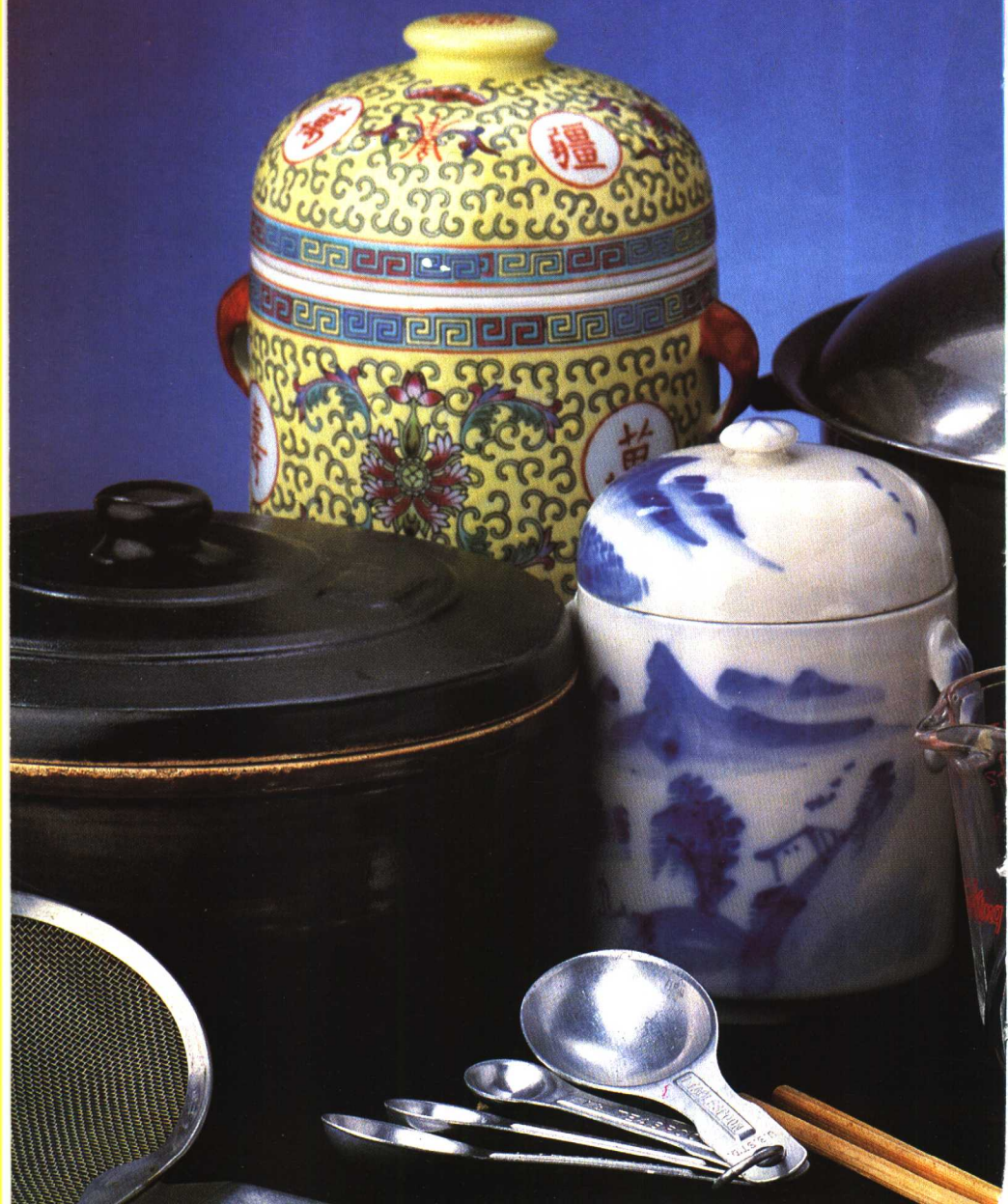
本菜谱与其他菜谱最大的分别，是每一道炖品，除了富有一般的营养价值之外，我还特别说明该款炖品的疗效。所以在每一个菜谱中，特别增加“功能”一项，说明这炖品有什么补益，有什么疗效，供大家参考。

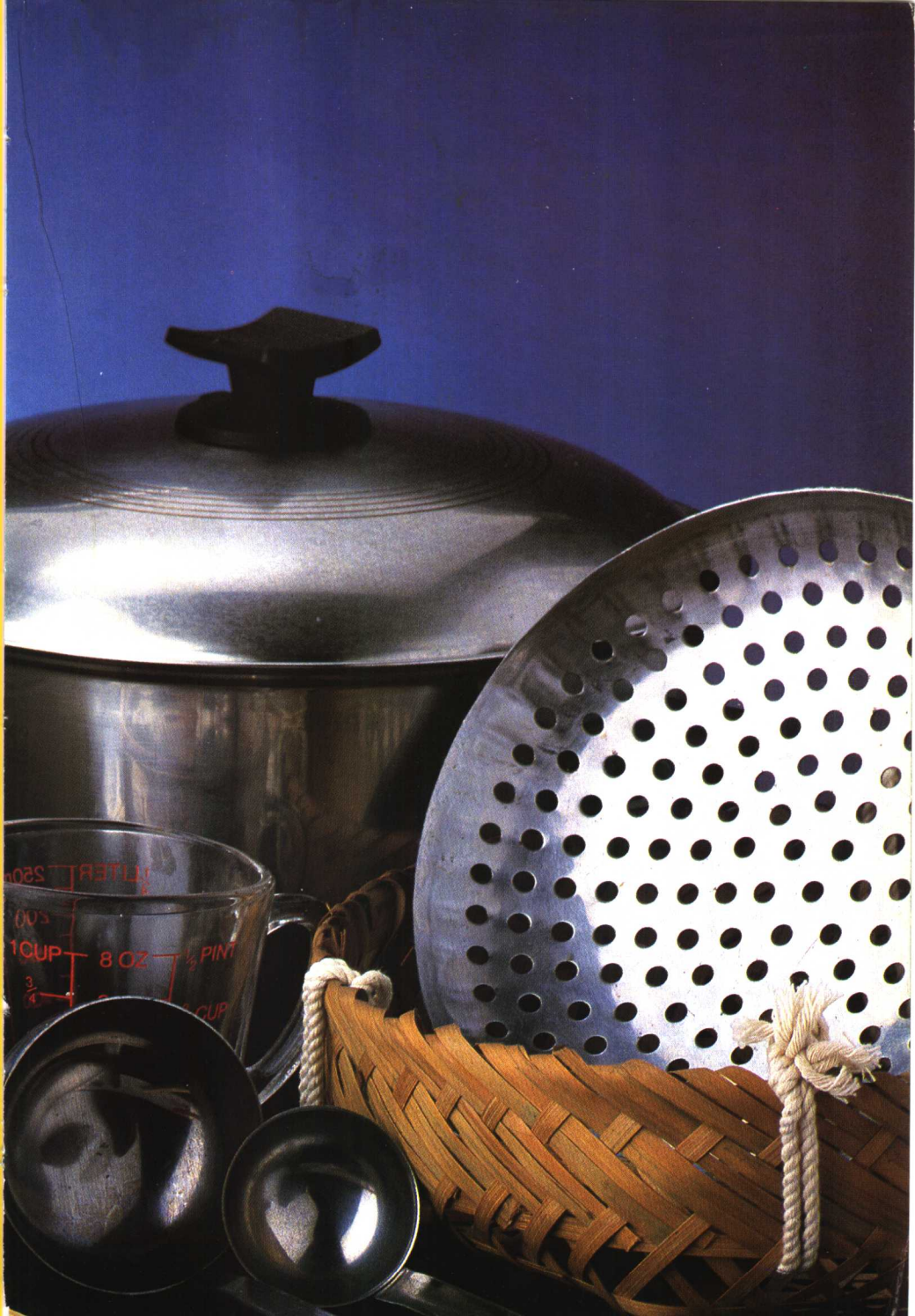
俗语有说：“养生当有食补，治病当用药攻”，日常注重饮食，只能防止病患。不幸患上疾病，就要听从医生嘱咐了。

本人谨以《滋补炖品》献给各位读者，并望大家喜欢我介绍的滋补炖品。请您们继续给我意见，支持我。谨祝各位健康和幸福。

李曾鹏展

本菜谱常用之厨具





鸡

北芪当归炖乌鸡

用料:

北芪一两半, 当归一两切片, 乌鸡一只(又称竹丝鸡), 姜一片。

做法:

- (1) 鸡剖后洗净, 放落滚水中煮五分钟, 取起洗净。
- (2) 北芪、当归、乌鸡、姜同放炖盅内, 加入滚水四杯或适量, 炖三小时半至四小时。食时下盐调味。

功能:

妇女月经不调、白带、血虚头晕, 最有疗效。如无以上症状, 也可作为保健食谱。

注:

乌鸡不可撕去皮, 连皮炖功效好。



STEW OF BLACK-SKINNED CHICKEN WITH DONG-KWAI AND PAK-KEI

Ingredients:

- 2 oz astragalus hengel (Pak-kei)
- 1 1/3 oz ligustrum (sliced) (Dong-kwai)
- 1 chicken (black skin)



a slice ginger

Method:

1. Wash chicken and put into boiling water to cook for 5 minutes. Take out and wash again.
2. Put Pak-kei, Dong-kwai, chicken and ginger into steaming pot. Add 4 cups of boiling water and stew for 3½ to 4 hours. When serve, add salt to

taste.

- * Good for woman for irregular menstruation, white flow (leuorrhea), anaemia and dizziness.

Remark: Black-skin of the chicken must not be removed to gain the maximum nutritious effect.

女贞子当归 炖乌鸡

用料：

女贞子半两，当归一两切片，龙眼肉一汤匙，光乌鸡一只。

做法：

- (1) 乌鸡剖后洗净，放落滚水中煮五分钟，取起洗净。
- (2) 女贞子、当归、龙眼肉、乌鸡放入炖盅内，加入滚水四杯，炖三小时半至四小时。食时落盐调味。

功能：

养颜。妇女血虚体弱，月事不调有疗效。可作为强身汤水。



STEW OF BLACK- SKINNED CHICKEN WITH LIGUSTRUM JAPONIUM AND DONG- KWAI

Ingredients:

1/2 oz ligustrum Japonium (Lui-ching-chi)



1 1/3 oz ligusticum (Dong-kwai)
1 tbs dried longan (shells removed)
1 chicken (black skin)

Method:

1. Wash chicken and put into boiling water to cook for 5 minutes. Take out and wash again.
2. Put Dong-kwai, longan and

chicken into steaming pot. Add 4 cups of boiling water and stew for 3 1/2 to 4 hours. When serve, add salt to taste.

- * Good for lady's complexion, alleviating irregular menstruation, anaemia and general weakness.

酒酿炖乌鸡

用料:

酒酿一杯（即是糯米酒糟，在上海店有售），乌鸡一只，葱二条（只要葱白）。

做法:

- (1) 乌鸡剖后洗净，放落滚水中煮五分钟，取起洗净，抹干水。
- (2) 把酒酿倒入鸡肚内，用竹签缝紧鸡肚，使酒酿不会流出，放入炖盅内，鸡胸向上，放入葱白，加入滚水三至四杯，炖四小时。食时落盐调味。

功能:

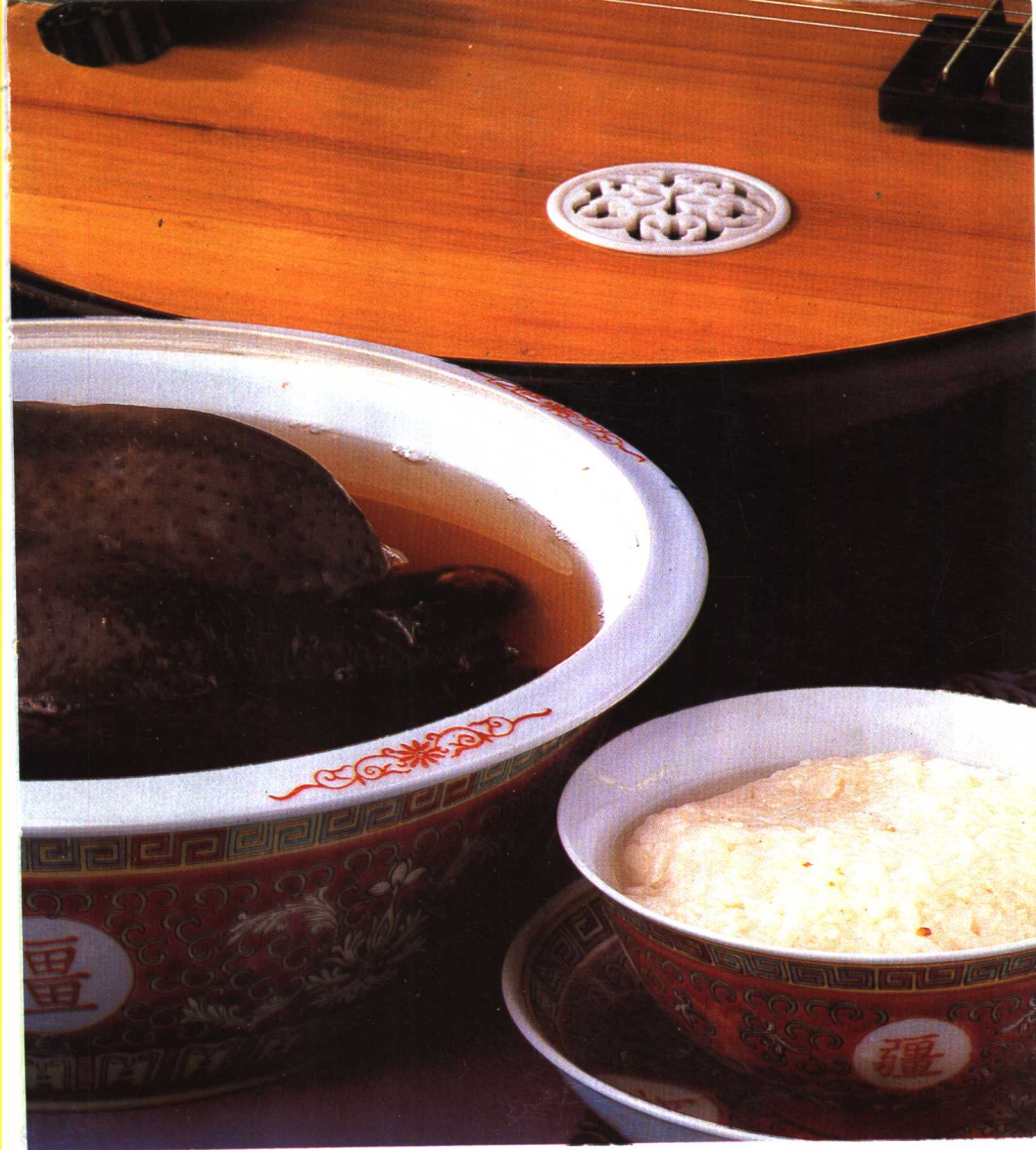
治肾虚、耳鸣。



STEW OF BLACK-SKINNED CHICKEN WITH WINE DREG

Ingredients:

- 1 cup wine dreg
- 1 chicken (black skin)
- 2 stalks spring onion



Method:

1. Wash chicken and put into boiling water to cook for 5 minutes. Take out and wash, wipe dry.
2. Stuff dreg into chicken, and stitch up with little bamboo pick. Put chicken into steaming pot with the breast facing

upward. Add spring onion and 3 to 4 cups boiling water, stew for 4 hours. When serve, add salt to taste.

- * Good for strengthening kidney function and alleviating buzzing in ears (timmitus aurium).

核桃炖鸡

用料:

瘦光鸡一只，核桃肉一两（有衣或无衣均可），益智仁四钱（中药店有售），淮山半两，姜一片。

做法:

- (1) 鸡放入滚水煮五分钟，取起洗净（怕汤肥腻，可撕去外皮）。
- (2) 把鸡、核桃肉、淮山、益智仁、姜放入炖盅内，炖三小时半至四小时。食时落盐调味。

功能:

益脾胃、理元气、补肾。健康的人饮食可补益身体。



STEW OF CHICKEN AND WALNUTS

Ingredients:

1 skinny chicken
 1 1/3 oz walnuts (shells removed)
 0.4 oz Yet-zi-yian
 1 1/3 oz Wai-shan
 a slice ginger

**Method:**

1. Put chicken into boiling water to cook for 5 minutes. Take out and wash (to prevent soup from setting too oily, tear skin off chicken).
2. Put chicken, walnuts, Wai-shan, Yet-zi-yian and ginger into steaming pot and stew for

3 to 4 hours. When serve, add salt to taste.

- * Good for improving functions of spleen, stomach and kidneys and fortifying original vital energy.