

Wine Cooking

酒香入佳肴

用酒做菜 酒醇菜更香

梁琼白 著



现代人食谱

中国轻工业出版社



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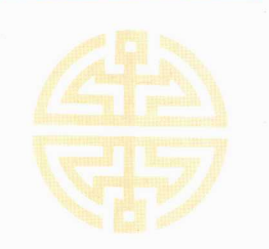
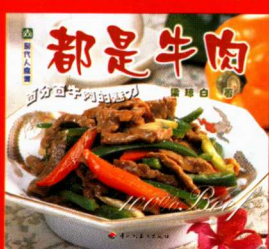
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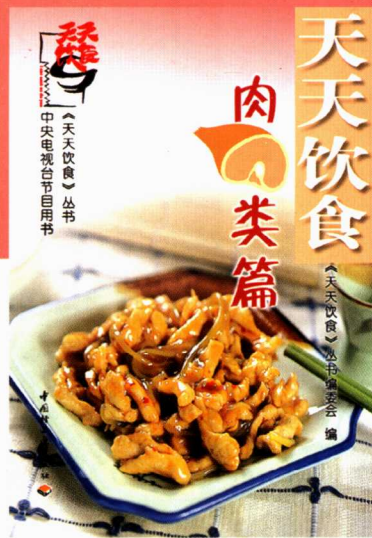
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话酒

Wine Talk

用酒做菜，所使用的不只是其调味效果，而是要借着多量的酒，引发出特有的香气，因此无论使用哪一类酒，必须注意下列事项，才能达到预期的效果。

The use of wine in cooking is not limited to using a little portion in seasonings. Large amounts of wine bring their own special flavor and fragrance to the dish. Thus, no matter what kind of wine is used, the following directions will enable the dishes to attain the expected effect.

① 酒精含量高的酒，例如米酒类、高粱酒类，适合用于肉类或体积较大的家禽类，并且要经过较长时间的烧煮，使酒香入肉层，去除肉腥，达到松弛肉质纤维的效果。进而与调味料融合，挥发出特殊的香气。

Wine with a high level of alcohol is suitable in cooking with meat or any large poultry. The dish has to be cooked longer to let the fragrance of wine be absorbed by the meat. It not only removes any odors, but also helps the meat to become tender. In combination with the seasonings its special fragrance comes into full play, as with rice wine and Gaoliang wine.

② 酒精含量高的酒，如果不能有较长时间的烧煮，可以用点火燃烧，利用火焰的挥发效应去除过重的酒味，达到适口的效果，例如烧酒鸡之类的菜肴。

If wine with high level of alcohol cannot be cooked for a long period of time, it may be prepared by setting afire. Flames rapidly vaporize the alcohol, leaving the superior flavor of the ingredients, as in Wine-Cooked Chicken.

③ 葡萄酒系列的酒，由于含有果酸成分，有使肉质纤维达到软嫩的功能，所以用葡萄酒做中餐或西餐的例子都很多。但是葡萄酒不一定要用新开瓶的，可以将一些已打开而未喝完的酒用于做菜上，既达到效果又废物利用，因为开瓶后的葡萄酒如果不喝完或没盖好，放置时间过长，味道是会减低的，所以正好用来做菜。

Due to the acidity of the fruit, bottles of wine will tenderize the meat. Consequently, many dishes both in China and the West are prepared with wine. It is not necessary to open a new bottle of grape wine, leftover wine is just as good, even if the flavor has been lost due to poor re-sealing after opening.





④ 为了使酒的香气维持在菜肴上，酒精含量低的酒、用量不多的酒，以及水果酒之类不适合太长时间的烹调。为避免它因挥发而减低香气，最好加入的时间缩短，例如起锅前再加入。

In order to preserve the flavor of the wine in the dishes, use a wine with a low level of alcohol. Dishes that use less wine, of fruit wines that aren't suited to long cooking times, should be added to the dish right before removing from heat.

⑤ 有些水果酒冰后的味道比不冰的要好，所搭配的菜肴也要选用可以冷食的材料，并利用浸泡的方式使它慢慢上色、入味，特别是不能加热，否则效果打折就可惜了。

Some fruit wines are better after being chilled. Therefore, use ingredients that need to be chilled. Soak ingredients to permit flavor and color to be absorbed by the ingredients. This kind of dish cannot be heated or the effect will be lost.

⑥ 啤酒是很多人在夏季的最佳饮品，但是打开后的啤酒会因未喝完导致气泡消失而味道全无，如果用来做菜，可以因为啤酒本身含有软化肉质的酶而达到意想不到的效果，对一些质地坚硬的材料，例如猪脚、鸭肉，就可以借着啤酒的软化作用而使其易煮快烂，并有极佳的调味效果。

Beer is perfect for the summer. Opened beer loses its flavor after the bubbles disappear. Beer itself contains enzymes, which soften meat and always give the dish surprising results. For example, beer is excellent for tough ingredients such as pork legs, and duck meat.

⑦ 绍兴酒、黄酒之类色泽较深的酒是极佳的着色剂，且不含有酒味，用于烹调肉类可以酒代水，因为在长时间的炖煮下它早已完全挥发，留下的只有香气而无酒精。在着色提香上，绍兴酒、黄酒都是最佳的调味品。

Shaoxing wine or yellow wine, because of its dark color, is an unexcelled coloring and seasoning. Use it instead of water. Dishes cooked with it should not contain any alcohol flavor because the alcohol vaporizes if cooked for a long time. Instead, the dish will be fragrant. Shaoxing wine and yellow wine are the best seasonings for adding color and fragrance to a dish.

W i n e
T a l k





绍兴酒烧肉

材 料

五花肉 600 克、八角 2 个、香菜 1 棵

调 味 料

绍兴酒 1 瓶、酱油 3 大匙、冰糖 1 大匙

作 法

1. 将五花肉切四方块，先氽烫过，接着抹上酱油，再用热油炸上色，捞出立刻用冷水冲凉。
2. 肉块排在锅内，加入八角及所有调味料烧开，改小火烧至肉块熟烂，约 1 小时。
3. 待汤汁收至稍干时撒上香菜末，即可关火夹出食用。

酒 言 酒 语 W I N E T A L K

- ①这是东坡肉的作法。苏东坡任职杭州时，百姓为了感念他治理两湖水患有功，送了大量的肉与酒，他吩咐家人先将两者同煮再与地方百姓分享而传之后世，所以“绍兴酒烧肉”其实就是“东坡肉”。
- ②用酒代替水烧肉，不但去除腥味，而且能使肉质酥软；炸过再烧的目的是彻底去除油腻。
- ③五花肉的肉质瘦而不柴、肥而不腻，以肉层不脱落的部位为佳。
- ④食用油一般为植物油，植物油为烹调常用材料，在随后的“材料”介绍中不再提及。

Ingredients

1.3 lbs. belly pork, 2 cloves star anise, 1 cilantro

Seasonings

1 bottle Shaoxing wine, 3T soy sauce, 1T rock sugar

Methods

1. Cut belly pork into square pieces, blanch in boiling water, and coat evenly with soy sauce. Deep-fry in smoking oil until brown and remove. Then rinse under cold water immediately until cool.
2. Arrange square belly pork in pan with star anise and all seasonings added. Bring to boil. then reduce heat to low, and braise for 1 hour until pork is tender and soft.
3. Braise until liquid is slightly dry, sprinkle with chopped cilantro and remove from heat. Serve.

- ① This dish is in way to cook Dung-po Pork. According to legend, when Su Dung-po held a governor of Hangzhou, the people there gave him lots of meat and wine to thank him for ameliorating local floods. Su told his family to cook both and share them with the people. The dish became famous. In a word, "Braised Belly Pork with Shaoxing Wine" is the same as "Dung-po Pork."
- ② Wine is used instead of water in this dish to remove the unpleasant flavor of pork as well as to make the meat tender. Deep-fry before braising in order to remove the oiliness of the pork thoroughly.
- ③ The lean part of belly pork is chewy but not dry, fatty but not greasy. Select belly pork with layers tightly connected, not loose.
- ④ Oil is Vegetable oil.



绍兴酒烧肉



绍兴醉鸡

材 料

柴鸡腿 1 只、玻璃纸 1 张、棉线少许

调 味 料

(1) 盐 1 茶匙、米酒 1 大匙

(2) 绍兴酒 2 杯、冷鸡汤 1 杯、盐 1 茶匙

作 法

1. 将鸡腿剥除大骨，用刀将肉面拍松，抹上调味料(1)，然后卷成筒状，先用玻璃纸包紧，再用棉线绑好，放入蒸笼蒸 15 分钟取出。
2. 将调味料(2)调匀；待鸡腿放凉时，先解开棉线和玻璃纸，再将鸡腿取出，放入调味料(2)内浸泡入味，约 1 天后即可捞出切片食用。

酒 言 酒 语

W I N E T A L K

- ①也可以整只鸡腿不去骨，煮熟后直接浸泡入味，食用时再剁块。去骨后卷成筒状只是比较精致。
- ②鸡汤与绍兴酒混合时一定要用冷汤，鸡腿也要凉了再放进去泡，否则汤汁会结冻。
- ③这道菜可以存放很长时间，不妨一次多做几条，以便随时取用。

Ingredients

1 free range chicken leg, 1 saran wrap, cotton thread as needed

Seasonings

(1) 1t salt, 1T rice wine

(2) 2C shaoxing wine, 1C cold chicken broth, 1t salt

Methods

1. Have the vendor remove and discard the big bones from chicken legs. Pat the chicken meat with a meat tenderizer, then coat with seasoning (1) and roll up into a cylinder. Wrap up tightly with saran wrap and tie with cotton string. Steam in steamer for 15 minutes and remove.
2. Combine seasoning(2) well to make marinade. Let chicken cool completely, then untie saran wrap and cotton string. Remove chicken to marinade and soak for 1 day until the flavor is well absorbed. Remove and cut into slices. Serve.

- ①Chicken leg cannot be removed bones as well, which is cooked first, soaked directly in marinade until absorbed, then chopped into pieces before serving. Boneless chicken roll looks more delicate.
- ②Chicken broth must be cold before mixing with Shaoxing wine. Allow the chicken leg to cool completely before soaking, or the liquid will gel.
- ③This dish can be stored for quite a long time, so make in large amounts for later use.



绍兴醉鸡



绍兴酒蛋

材 料

鸡蛋(8~9个)600克、当归3片、川芎3片、
黄芪3片、甘草1片

调 味 料

绍兴酒1瓶、盐1茶匙

作 法

1. 鸡蛋先加冷水没过，再以中火煮2分钟。
2. 将其他材料放入另一深锅中，倒入绍兴酒煮开后关火，然后加盐调味。
3. 将鸡蛋捞出，放入作法2的汤汁中浸泡，并用汤匙轻敲蛋壳，使其裂缝。
4. 待汤汁变凉时移入冰箱冰3天，使其入味，即可随时取出，剥壳食用。

酒 言 酒 语

W I N E T A L K

- ① 这道菜的作法类似茶叶蛋，只是汤汁以酒代替，另有一番滋味及香气。
- ② 煮蛋的时间要控制好，才能保持蛋黄的滑嫩，而过熟的蛋黄很硬不好吃。
- ③ 浸泡时尽量用深口锅，才能使蛋完全浸泡在汤汁中；酒蛋冰久一点也无所谓，多做一点可以慢慢吃，不必一次吃完。

Ingredients

1.3 lbs. chicken eggs (about 8-9 eggs), 3 slices Chinese angelica root, 3 slices cnidium officinale, 3 slices tragacanth root, 1 slice licquice

Seasonings

1 bottle Shaoxing wine, 1t salt

Methods

1. Cover eggs with cold water and cook over medium heat for 2 minutes.
2. Cook all other ingredients in another deep pan along with Shaoxing wine added. Bring to a boil and remove from heat. Season with salt.
3. Remove eggs, then soak in liquid from method (2) and crack egg shells slightly with a spoon.
4. Let the liquid cool down completely, remove to refrigerator, then chill for 3 days until flavor is well absorbed. Remove any time and serve.

- ① This method of this dish is similar to that of tea eggs, but the wine is used instead. Eggs have a special taste and fragrance.
- ② Control the cooking time of eggs to maintain the smoothness and tenderness of egg yolks. However, overcooked egg yolk is too tough to taste good.
- ③ Use a deep pan to soak the eggs completely in liquid. The eggs can be chilled for quite a long time, so make in large batches.



绍兴酒蛋



黄酒焗鱼头

材 料

鲢鱼头 1/2 个、香菇 6 朵、冬笋 1 根、山药 1 小段、青蒜 1/2 根

调 味 料

黄酒 1 杯、酱油 2 大匙、盐 1/2 茶匙、糖 1 大匙、胡椒粉少许

作 法

1. 鲢鱼头洗净，用 4 大匙油将其两面煎黄盛出；香菇泡软、去蒂；冬笋煮熟、切粗条；山药去皮、切大块；青蒜切小段，备用。
2. 所有材料放入锅内(青蒜除外)，加入所用调味料烧开，改小火烧入味，待汤汁收至稍干时，撒入青蒜即可盛出。

酒 言 酒 语 W I N E T A L K

- ① 用酒代替水，不但可以完全去除鱼头的腥味，还可以提鲜。
- ② 山药比较容易熟烂，最好切大块，且翻动时要小心，不要弄碎，才能保持菜面的干净与整齐。

Ingredients

1/2 silver carp head, 6 dried shiitake mushrooms, 1 winter bamboo shoot, 1 small section Chinese yam, 1/2 leek

Seasonings

1C Yellow wine, 2T soy sauce, 1/2t salt, 1T sugar, pepper as needed

Methods

1. Rinse fish head well, fry in 4T of oil until golden on both sides, and remove. Soak shiitake mushrooms in water until soft and remove stems. Cook bamboo shoot until done and cut into thick strips. Peel Chinese yam and cut into chunks.
2. Cook all ingredients in pan with all seasonings (except leek) added until boiling. Then reduce heat to low and cook until flavor is well absorbed and liquid is slightly dry. Sprinkle with leek. Remove and serve.

- ① Water is substituted with Yellow wine to remove the unpleasant odor of fish and to enhance the flavor.
- ② You had better cut Chinese yam into large chunks so that they get softened easily. Stir carefully when cooking to prevent the yam falling apart as well as to influence the cleanness and tidiness of the dish.



黄酒焗鱼头