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让您家的锅子里——飘出鸡肉的香气！

家家锅中 有只鸡

Angela Cheng
程安琪◎著

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程安琪 著

六零工社

A Chicken in Every Pot

家家锅中有只鸡

中国农业大学出版社

从小我就爱吃鸡，因为妈妈在家中教做菜，让我吃到许多好吃的鸡肉料理，无论蒸、煮、炒、炸、红烧我都爱吃，而记忆中最好吃的是“山东烧鸡”和“香酥鸡”的鸡骨头，因为学生吃了鸡肉，拿到后面给我们解馋的是带有一点肉的骨头，但是花椒的香气渗入鸡骨中，真是连骨头都好吃！

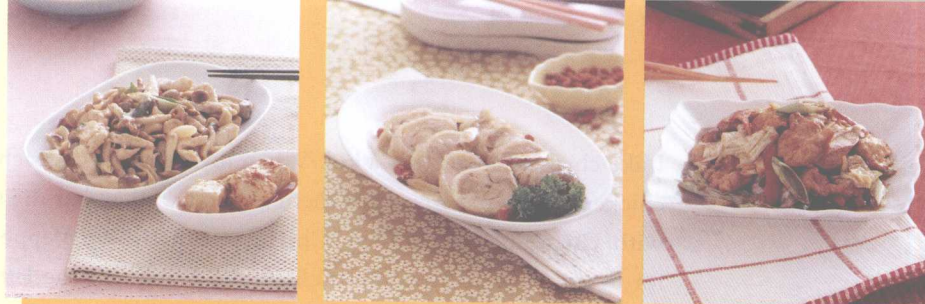
鸡因为体型不大，可以整只烹调后各取所爱的部分，像我家煮一锅鸡汤，女儿爱鸡腿、儿子吃鸡胸、婆婆就选肉少的鸡爪和鸡翅；鸡也常被分割成不同的部位出售，可以按照个人的喜好选购，只买鸡腿、鸡翅或鸡胸来做不同的菜式，鸡肉实在是家常最方便烹调的一种肉类食品。

鸡肉不但适合做家常菜，它和鸭子、鸽子同属家禽类，是传统中国酒席上六类大菜中不可缺少的一类，因此像“去骨八宝鸡”、“富贵烤鸡”、“石榴鸡”、“东江盐焗鸡”一类的功夫菜，就可以端上请客的台面。鸡肉不似牛肉、羊肉有较重的气味，因此它适合许多种类的烹调方法，也适合和味浓或清爽的食材来做搭配，可以说浓妆淡抹两相宜，是非常好变化的一种食材。

虽说“鸡”是一种食材，但是因为鸡的品种很多，土鸡和肉鸡的口感截然不同，各有适合烹调的方式，可以做出不同的变化；而一只鸡的鸡胸和鸡腿就有不一样的肉质口感，各有适合的烹调方式，因此虽是一种食材，却能做出上百道的口味呢！

一个让我印象最深刻的鸡料理，这次我也把它收录在后面的食谱中，那就是“精华补身鸡汁”，记得妈妈因为心包膜钙化而做心脏手术之后，婆婆每天都买一只土鸡，蒸一碗原汁给她喝，10只鸡的精华喝下来，妈妈的精神和体力都恢复得很快，难怪我国自古即把鸡当做养生的补品，不但如此，它还是祭天拜祖的三牲之一，可见其重要性。

中国人是好客的，在农业社会、物资不丰富的年代，远方的朋友来访，会杀一只鸡待客。过去只有在年节时的餐桌上才会出现全鸡来打牙祭；原美国总统胡佛在竞选时才会以“家家锅中有只鸡”为竞选口号，希望每一个家庭的锅里都能常常有只鸡，以代表民生富裕。现在的社会当然不一样了，鸡已经成为大众化的食物，以现代化的技术来养鸡，鸡也有




自己的品牌，以先进的技术、垂直整合的经营、土鸡溯源系统、CAS、HACCP和ISO的把关，确保鸡肉来源安全无虞，使我们吃的安心、吃的开心！

一直以来我就想出版一本有关鸡的食谱，但是能用鸡做的菜实在是太多了，该以什么方式来呈现，才能使读者朋友完全受用呢？我想了很久，最后仍决定以鸡的部位来作划分。诚如我前面说过，鸡胸和鸡腿的肉质不同，它的处理方法及适合的菜式就不同，当你会处理鸡胸肉了，无论切成丝、柳、片、丁、粒、块，或是搭配任何蔬菜，就都难不倒你啦！自己变化用不同的蔬菜或加上不同的调味料，就是一道新菜了！所以在每一个篇章之处，我把处理方法和烹调重点特别整理出来，希望读者能先阅读一遍，知道该如何处理它，才能得到最好的结果，做出最好吃的菜肴。

另外，在全鸡的部分，我特别再分出白煮鸡和白煮鸡的一些变化吃法，鸡肉高蛋白质和低脂肪的特性，以白煮的方式更能完整呈现，但以现在小家庭的量，恐怕难以一次吃完，所以特别提供一些变化吃法给大家参考，在相关篇章中我也提到，买整只鸡要比分着买便宜、变化也多。

曾经有一本书《家家锅里有只鸡》是叙述大成集团的成长，我无法和他们相比，但是我很喜欢这个书名的意境，征得韩家寅先生的同意，我选了类似的书名，希望书中的102道鸡肉美馐，丰富每个家庭的餐桌，使每个厨房都飘散着鸡的香气！



I like chicken since I was a kid. When my mother was teaching cooking at home, I tasted many delicious chicken dishes and I enjoyed them all! I still remember the succulent taste of the bones of Chicken Salad with Cucumber and Crispy Chicken with Brown Peppercorn Flavored. Because the meat part was for the students to taste, my siblings and I only got the leftover bones and a little bit of meat as snacks. Although there was not much meat left, the fragrance of brown pepper corn had penetrated through the bone and I can still remember the taste!

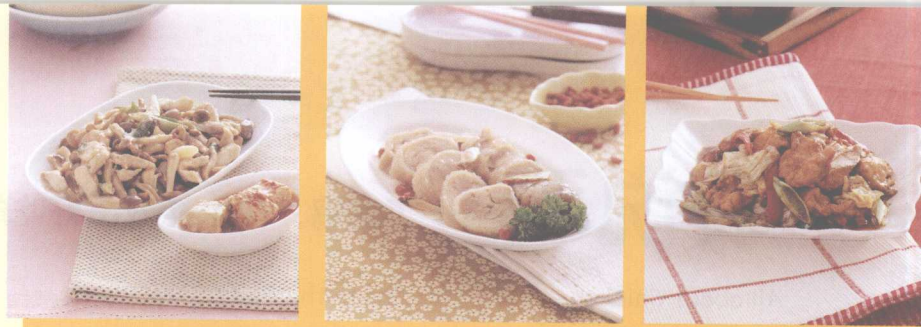
When chicken cooked in whole, everyone can select his or her favorite part of a chicken. Take my family for example, my daughter likes chicken legs, my son likes the breasts, and my mother-in-law always picks the feet and wings. You may also choose to purchase specific parts of chicken in the market to make different dishes. The versatility of chicken makes it the most convenient meat for home cooking.

Chicken, along with duck and pigeon, is a type of poultry meat. Chicken is not only commonly used in home cooking but is also a key ingredient for banquet dishes. Compared to beef or lamb, chicken has a more subtle flavor. Therefore many different cooking methods are applicable to chicken. Chicken goes well with both subtle ingredients and intense seasonings because it does not overpower nor interfere with other flavors. You can be very creative with how to cook the chicken.

Although it is common to think of “chicken” as one ingredient, different breeds of chicken contain different textures. Therefore, one cooking method may be more suitable for one type of chicken than another. Furthermore, chicken breasts have different characteristics from chicken legs, and hence they should be handled differently.

Chicken is very nutritious. When my mother was recovering from her heart surgery, my mother-in-law would bring her a bowl of steamed, wholesome chicken broth made with one whole native free-range chicken everyday. After 10 days, my mother had become a lot more energetic and her physical condition had improved significantly. No wonder chicken is considered to be a life prolonging ingredient since ancient Chinese culture. The recipe of this chicken stock, Concentrate Chicken Broth, is also included in this book.

Chinese are known for our hospitality. At the time when materials were less abundant, putting a chicken dish on the table was only for special occasions such as hosting an old friend from far nway or celebrating



the Chinese New Year. In 1928, the campaign slogan of United States President Hoover was “A Chicken in Every Pot”, which symbolized a wealthy in the late 20s. Nowadays chicken is a very common food. They are raised in farms using modern technologies, they have their own brands, their breeds are traceable, and they are under the inspection of regulations such as CAS, HACCP and ISO.

I’ve always wanted to write a cookbook about chicken. However, there are so many chicken recipes! How can I organize them so that it is most structured and reader-friendly? I decided to categorize the recipes based on different parts of chicken. As I mentioned earlier, different parts of chicken meat have different characteristics and therefore should be utilized differently. Once you know how to prepare chicken breast, the same procedure is applicable to chicken breast strings, slices, cubes and chunks. You can then create dishes with your choices of vegetables and seasonings. In the beginning of each chapter, I compile an introduction of the characteristics, preparation and cooking tips of the part of chicken featured in that chapter. I hope you would read the introduction first because it conveys the essential messages for perfecting the following recipes. Boiled chicken emphasizes the health benefit of chicken, which is high in protein and low in fat. Therefore, I designate a chapter (ma, is boiled chicken a chapter like “chicken breast”, or it is just a special section in “whole chicken”? if it’s only a section in “whole chicken”, say “I designate a section in “whole chicken””) to show you how to cook boiled chicken creatively. It may be challenging for a small family to finish a whole boiled chicken in one meal, and these recipes will turn the leftovers into more delicious dishes.

There is a book, “A Chicken in Every Pot”, which tells the success story of 大成集团. I really like the profoundness of the title, and therefore I’ve asked Mr. 韩家寅’s permission to use a similar title for this cookbook. I hope the 102 recipes in this book will enrich your family meals and put a chicken in your pot!

细说鸡——了解鸡，你才能做出好吃的鸡

All about Chicken - Understanding is the First Step



在我们用鸡肉做菜之前，要对鸡先有些基本的认识，在知道了不同品种的鸡的特性后，我们才能依照要做的菜式去选购适合的鸡。“鸡”，总体上分为生蛋的“蛋鸡”和吃肉的“肉鸡”，常见的食用肉鸡又分为土鸡、仿土鸡、放山鸡、乌骨鸡和白肉鸡。另外还有体积比较小的古早鸡或是玉米鸡、斗鸡、珍珠鸡，这些都是比较少见的鸡种了。至于有些人为了要求肉质的紧实，因而有阉鸡的产生，就是更专业的问题了。每一种鸡都有它的特色和适合烹调的方法，简单的可以区分为：

Before cooking chicken, you should understand the basics about chicken. In general there are two types of chicken: laying chicken and meat chicken. The meat chicken in Taiwan include native chicken, free range chicken, simulate native chicken, silky bantam (also called black meat chicken) , and broiler. Other less common ones include old-type chicken , which is smaller in size, corn-feed chicken, fight chicken, and pearl chicken. Different types of chicken have different characteristics and therefore the suitable cooking methods may vary.

土鸡：

真正的纯种土鸡已经十分罕见了，目前常见的土鸡也曾经是经过许多次引种，选择优良的品种与当地的鸡种育种而成。在不同的地区有不同的品种和名称，例如内门鸡、竹崎鸡、草鸡、龙冈鸡、清远鸡、三黄鸡、九斤黄等都是。现在在超市常见的“鹿野嫩黄土鸡”是属于新育种成功的特殊鸡种。

一般而言，台湾地区的黑羽土鸡的体型较小、瘦长，肉质紧实、鲜美，母鸡1.5~1.8千克，公鸡在2.5~3千克，饲养时间为18~20周，多半用来炖汤、做白煮鸡、清蒸或红烧。而其他品种的土鸡在体型和外观上又有不同的特色，有的体型较大，脚胫也属于黄色，但仍具有黑羽土鸡的肉质特色。

Native chicken:

The real native chicken are very rare nowadays. There native chicken we are having now are copulation for many times. There are different breeds among native chicken, and they have different names in different places. "Dachan Mi Hon Mi San native chicken" is an example of new breed of native chicken.

In general they are smaller in size, typically ranging from 1.5 to 1.8 kg per hen, and 2.5 to 3 kg per cock. It takes about 18~20 weeks to raise it. It is tasty and flavorful. They are suitable for making



纯土鸡 Native chicken



鹿野嫩黄土鸡 Dachan Mi Hon Mi San native chicken

soup and stew, and they also taste good boiled or steamed.

仿土鸡:

仿土鸡又被称为半土鸡, 经过许多次外来鸡种的融合, 体型比纯土鸡大, 为2~2.7千克, 养成时间为13~14周。也具有鲜甜的肉质, 适合蒸、炖煮、红烧、炒、烩等许多类型的烹调方法。其中母鸡和公鸡的肉质差异挺大的, 母鸡的皮下油脂较多, 但肉质较嫩, 读者可以自行比较、选购。

Simulate native chicken:

Simulate native chicken are also called "half native chicken" because they are native chicken that have been crossbred multiple times with foreign breeds. They are larger than native chicken, typically ranging from 2 to 2.7 kg, and the breeding time is roughly 13 to 14 weeks. They are suitable for making soup, steaming, stewing, stir-frying and many other cooking methods. Notable difference in tenderness of meat can be found between the hen and cock.

Hens are more tender; however with higher fat content under the skin.



仿土鸡 Simulate native chicken

放山鸡:

土鸡和仿土鸡都有以林间山野放养的方式来饲养的, 即为俗称的放山鸡, 因为饲养的环境不同, 肉质更为紧实、有弹性, 体型也比较大, 有3~4千克之重, 以至5千克之重的大鸡。

Free-ranged chicken:

Free-range chicken are chicken that are raised with freedom to roam around in open space. Since they are provided with an environment to exercise, the texture of the meat is firmer than those that

are raised within confined space. Free-range chicken are larger in size, typically ranging from 3 to 5kg.

白肉鸡:

一般通称为饲料鸡、肉鸡，占有目前鸡肉市场约 $1/2$ 的量，因为肉质软嫩，适合炸、烤、炒、熏、卤，市面上常见的鸡腿便当、炸鸡、鸡排堡、卤鸡，或是用鸡肉做的加工食品，大部分用的是白肉鸡。现在的白肉鸡因为育种的进步和饲料的营养配方有改进，因此只要36~38天便可以达到标准重量和良好的品质。

Broiler:

Usually we just call it meat chicken. It is the most common breed of chicken in the market nowadays. They are suitable for deep-frying, baking, stir-frying, smoking, and stewing due to the tenderness of the meat. Most chicken meat used in lunch boxes, fried-chicken, chicken sandwiches, and processed food products is this kind of chicken. It only takes about 36~38 days to breed broiler.

乌骨鸡:

乌骨鸡有一身柔软的白色羽毛，在中国人的传统观念中，乌骨鸡比较补，因此许多炖补的药膳是用乌骨鸡做的。乌骨鸡的脂肪含量比白肉鸡低，而蛋白质含量高又好消化、易吸收，也增加爱食乌骨鸡者的信心。

silky bantam:

Silky bantam are also called black meat chicken. This type of chicken is considered more nutritious in Chinese culture and is a key ingredient in many Chinese herbal healthy dishes. There are also medical reports showing that the meat of black meat chicken is basic, which can lead to better health and prolonged life.



白肉鸡 Broiler



乌骨鸡 Silky Bantam

鸡



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细说鸡腿 *All about Chicken Legs*

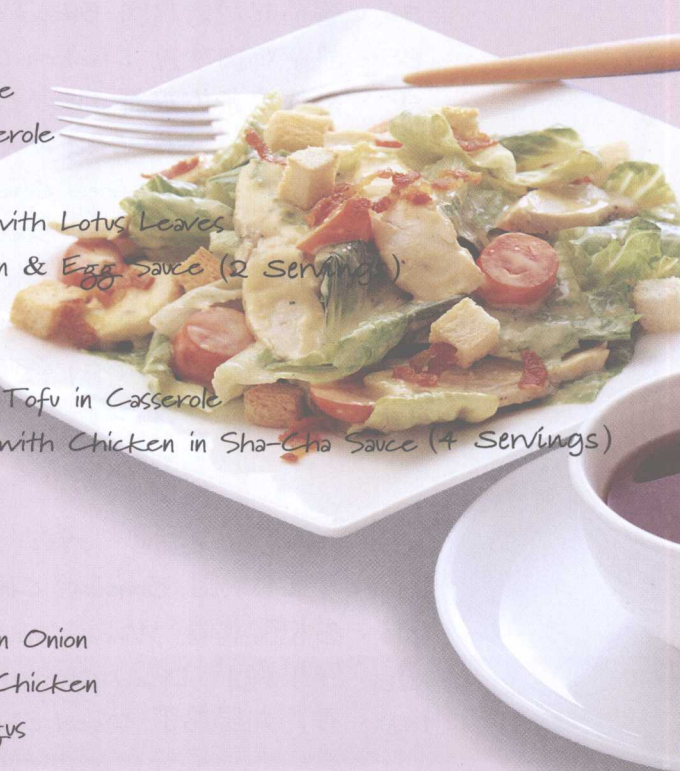
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- 120 · 香酥鸡排堡 Chicken Hamburgers
- 122 · 八宝鸡排饭 Steamed Chicken Rice Pudding
- 124 · 椒麻鸡 Chicken Salad with Spicy Sauce
- 126 · 红烩鸡腿排 Chicken Legs with Tomato Sauce
- 128 · 北菇滑鸡煲 Chicken with Mushrooms in Casserole
- 130 · 去骨盐酥鸡 Crispy Chicken with Spices
- 132 · 荷叶粉蒸白果鸡 Steamed Chicken Packed with Lotus Leaves
- 133 · 親子丼 (两碗份) Rice Cover with Chicken & Egg Sauce (2 Servings)
- 134 · 鸡肉丸子汤 Chicken Meatballs soup
- 135 · 干锅鸡 Stir-fried Chicken in Casserole
- 136 · 咸鱼鸡粒豆腐煲 Chicken with Salty Fish & Tofu in Casserole
- 138 · 沙茶鸡肉炒面 (四人份) Stir-fried Noodles with Chicken in Sha-Cha Sauce (4 Servings)

Part II 带骨鸡腿 Bone-in Chicken Legs

- 141 · 轻烟熏鸡腿 Smoked Chicken
- 142 · 山东烧鸡 Chicken Salad with Cucumber
- 143 · 葱油鸡腿 Steamed Chicken Legs with Green Onion
- 144 · 香酥鸡腿 Brown Peppercorn Flavored Crispy Chicken
- 145 · 酸辣木耳鸡 Hot and Sour Chicken with Fungus



- 146 · 泰式咖喱鸡 Curry Chicken, Thai Style
- 147 · 韩式辣煮鸡 Spicy Chicken, Korean Style
- 148 · 意式鲜蔬烤鸡腿 Baked Chicken & Vegetables, Italian Style
- 149 · 蒜头焗鸡腿 Bake Chicken with Garlic
- 151 · 琥珀鸡冻 Jellied Chicken
- 152 · 洋葱烧鸡 Stewed Chicken with Onion
- 153 · 梅酱鸡 Chicken With Plum Sauce
- 155 · 红烧香菇竹笋鸡 Stewed Chicken with Mushroom & Bamboo Shoot
- 157 · 炸鸡腿菜饭 Deep-fried Chicken with Vegetable Rice



细说鸡翅 *All about Chicken Wings*

- 159 · 辣烤鸡翅 Spicy Wings
- 160 · 龙凤串翅 Stuffed Chicken Wings with Ham
- 161 · 杏鲍凤翼煲 Chicken Wings and Mushrooms in Casserole
- 162 · 玉米烩鸡翅 Stewed Chicken Wings with Corn
- 163 · 香辣凤翼 Spicy Chicken Wings
- 164 · 笋烧双宝 Stewed Two Treasures with Bamboo Shoot
- 165 · 香柠焖鸡翅 Stewed Wings with Lemon



细说鸡爪 *All about Chicken Feet*

- 166 · 北菇炖凤爪汤 Chicken Feet Soup with Shitake Mushrooms
- 167 · 豉汁凤爪 Steamed Chicken Feet with Black Bean Sauce

细说全鸡

All about Whole Chicken

Part I 全鸡 Whole Chicken

在现代的家庭中，煮一整只全鸡的机会越来越少，但是煮整只鸡的滋味是不同的。整只鸡因为没有切口，鸡的原汁会留在皮与肉之间，同此鸡肉的鲜甜味不会流失到汤里面，比剁成块再煮的鸡肉要好吃，因此一般做白煮鸡、盐水鸡都是用全鸡来煮的。

即使把全鸡剁成块，因为带有骨头，用来炖煮、红烧时，肉香混合着骨香，味道会更浓、更美，从另一个角度来看，一只鸡之中，较贵的是鸡腿和鸡翅，买全鸡比买两只鸡腿贵一点，但是煮出来的效果好一倍，何乐不为？即使不是整只鸡一次煮，买全鸡也是比较划得来的。

It is less and less common to cook a whole chicken in modern families. However, the full flavor of whole chicken cannot be mimicked. Since there is no opening or cut when cooking a whole chicken, the juice and the succulent flavor are preserved inside of the chicken. The meat of a whole chicken is more flavorful, which is why whole chicken are normally used when making "Boiled Chicken" or "Salty Chicken".

Another reason to cook with whole chicken is the additional flavor coming from the bone when making a stew or soup. Furthermore, whole chicken only cost slightly more than two chicken legs. It is more economic to buy a whole chicken, even if you don't cook it all at once.

利用全鸡来做的菜，基本上是希望鸡的鲜美滋味浓一些，因此常会选用土鸡、仿土鸡或放山鸡，如果是用来煮汤的，就要选购成熟一些的鸡，汤中才有肉香；如果是红烧或烤，就买嫩一点的小鸡。

无论是煮汤或是红烧，诚如我在前言中说过，每一个品种的鸡的肉质不同、公鸡和母鸡口感不同、鸡的重量不同，都会对烹煮的时间产生差异；同时对鸡肉软烂度的喜好也因人而异，基本上，鸡块剁的越大，需要的时间越长；喜欢吃口感比较嫩的人，只烧20~25分钟，但也有人要烧1小时以上，把它烧烂；要吃带肉的鸡汤和只爱喝鸡汤，炖煮时间也差很多的。因此在后面食谱中我所写的“炖煮的时间”，只是给读者一个参考，在实际烹煮时要试一下，再做增减。

Native chicken, simulate native chicken or free-range chicken are often chosen for dishes using whole chicken because they are more flavorful. If making soups, more matured chickens are preferred; if

making stews or baked dishes, younger chickens are more suitable. As I mentioned in preface, the cooking time of a chicken is decided based on the type, sex and size of the chicken, and also your personal preference of how tender you like the meat to be. Generally the larger the pieces are, the longer the cooking time is. If you like chewier textures, it only takes 20~25 minutes to cook the chicken pieces. However, some people will cook it for over an hour until the meat is falling off the bone. Therefore, the cooking time in the recipes is only my recommendation and you may modify it accordingly.



Part II 白煮鸡及它的变化菜式 Uses of Boiled Chicken

白煮鸡是最能保持鸡的原味的烹煮方法，尤其是肉质甜美的优质鸡肉，最能吃出鸡本身的鲜甜味。如何煮出好吃的白煮鸡也有许多诀窍，最重要是煮鸡的时间和火候，而鸡的大小和煮的时间就有密切关系了。另外就是煮鸡的容器，要先找一个适当大小的锅，煮鸡时，只要鸡能完全浸入水中即可，如果水太多就会使鸡的鲜甜味流失到水中，因此锅子的宽度要让鸡可以放进去即可（图1）。也有人喜欢蒸，蒸的时候鸡汁会滴出，鸡肉会比较紧实。喜欢吃鸡皮脆爽的，在煮好后要立刻浸入有冰块的水中（图2），使鸡皮收缩起来。在后面的食谱里，我先教大家如何做白煮鸡。

鸡肉的脂肪含量低，用白煮和蒸更是健康的烹调法，而由白煮鸡又能变化出许多不同的菜式，除了年节祭拜时用白煮的全鸡之外，日常我们也可以煮一只白煮鸡，把鸡腿和鸡胸取下（图3、图4），分别做成不同的菜，再把鸡骨架再加料熬煮成鸡汤，完全不浪费。

白煮鸡能变化出来的菜式很多，因此我特别分出一个篇章举出13道菜来给大家参考，其实不同的调味料和配料就能做出不同味道的菜，读者可以自己再尝试！