

佳 肴 菜 谱 系 列  
Genuine Chinese Cuisine

# 中西凉拌

## Cold Dishes and Salads

欧阳纫澌  
Cecilia Au Yang

中英对照 · 彩色精印  
CHINESE - ENGLISH



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中西凉拌

欧阳纫渐编著

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# 中西凉拌

Cold Dishes and Salads





# Cold Dishes and Salads

## FOREWORD

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Traditionally, many Chinese people, especially Southerners, believed that all foods, including soups, should be served hot in order to be hygienic. This is a misconception. Many vegetables do not need to be cooked. Raw vegetables are not only delicious, they are also healthy since they retain their nutrients. Compared with the Cantonese, Chinese from other regions are more fond of cold dishes. Salads are also a staple diet of Europeans. Western dishes include a wide variety of salads and cold meats such as roast turkey and different types of ham. In Chinese cooking, there is an even greater range of cold dishes. Every Chinese banquet begins with an appetizing hors d'oeuvre of cold meats arranged to resemble a picture.

As well as using common raw vegetables such as lettuce, tomatoes and cucumber, we can pickle vegetables such as cabbage, celery cabbage, mustard cabbage and turnips. All kinds of cooked meat can be used in cold dishes. The most popular in Chinese cooking are roasts and spicy dishes such as Poached Chicken, Soy Sauce Chicken, Cha Shiu,



Photo supplied by The Hong Kong Tourist Association

Spicy Chicken Wing, and Spicy Trotters. Spicy meat is the soul of cold dishes. Many different cold dishes can be created from a well-prepared basic spicy sauce. If stored correctly, a ceramic mixing bowl can be used again and again to make spicy dishes and each time the flavour improves.

Another popular method of preparing cold dishes is to marinate meats in wine. Chinese rose wine can be used to make Rose Wine Pigeon, and Drunk Chicken can be marinated in yellow wine. But by far the most convenient way to cook a cold dish at home is to cook and immerse meats in salt water. All you need to do is boil a few star anises in a saucepan of salt water precook and marinate the meat in it for an hour, and you can create a delicious cold dish such as Jellied Pork Knuckle and Salted Gizzards.

If you do not want to add salt to the water, you can use poached meat to create a simple cold dish, such as Cold Lobster and Trotters in Sweet Vinegar Sauce, and serve it with a delicious sauce of dressing. Braised or fried meat in a thick sauce is yet another method of making a mouth-watering cold dish. Chicken Wings in Black Pepper Sauce cooked in this way make a wonderful snack to go with beer or wine. Chicken, pigeon and fish can also be smoked to make tasty ingredients for cold dishes and salads.

Cold dishes and salads are both convenient and healthy: they can be prepared well in advance, using only a little oil. That is why I recommend them.

Cecilia Au-Yang

# 前言

许多旧式中国人，尤其是南方妇女，不敢尝试凉菜。她们都坚信菜肴必须热吃，汤羹也必须热饮才合卫生。其实那是不确的。许多蔬菜都不须烹煮即能食用。这些生吃的菜不但美味可口，而且比煮熟的更能保存精华及维生素。就此点来说，中国许多省份的人都比较广东人爱吃凉菜。而西方人更是无凉菜不欢。单是沙律的种类已是琳琅满目，加上多姿多彩的冷冻熟肉如火鸡肠、火腿片等等更令人眼花缭乱。其实中国凉菜之多，之可口，比西方更有过之而无不及。试看中式筵筵那种堆砌到好像一幅图画의拼盘，已经令人心醉到不忍举箸。其实中式凉菜在烹调技巧上比外国更多花款。

除了日常利用可以生食的蔬菜瓜类如生菜、番茄、青瓜等作凉拌外，更经常以醋渍方法处理部份不宜生吃之蔬菜如椰菜、绍菜、大芥菜、萝卜等做成名震中外之泡菜。至于采用肉类作凉拌更多不胜数。最流行的莫过于以烧卤烹调法炮制的锦绣拼盘。其中包括的白斩鸡、玫瑰油鸡、叉烧、卤鸡翼及猪脚等都是烧烤部门的杰作。而卤水项目更是凉拌菜之灵魂。只要做一个美味的卤水盆，即可浸出许多方便可口的凉拌菜。卤水盆如果妥善贮存，更可周而复始地使用，而卤水的味道会越来越美味。

此外酒腌肉也是中国凉拌的一个大热门。例如以玫瑰露腌制之玫瑰醉鸽；以绍酒浸渍之花雕鸡都是醉凉菜。而最方便简单的家庭凉拌肉类则属盐水浸渍之食物。因为盐是家庭必备之主要调味料，只要加水及几枚八角煮沸后将肉类浸于盐水中一小时，一道美味菜式便完成。肴肉、盐水肫都是容易烹制之佳肴。

如果连盐也不放的话，则白煮肉类也宜做凉菜。冻龙虾、白云猪手等都是非常简单易做的菜式。只要有一瓶美味酱汁，白煮的菜肴也可令人齿颊留香。此外尚有酱烧方式也是凉菜一大特色，酱猪手、黑椒鸡翼都是开胃的下酒凉菜。还有熏制食品也是冷菜不可缺少的东西。如熏鸡、熏鸽、熏鱼等都是一般人经常在饭桌上看见的佳肴。

凉菜除了采用蔬菜、肉类外，尚有几种几乎是无处不在的配料：海蜇、粉丝及雪芋丝等。这种配料本身没有味道但却爽脆非常。吸收了肉类及美味的酱汁后，吃起来特别可口，实在是凉菜不可缺少的材料。

凉菜除了可以预早烹制之外，大部份都是可以无须经过高温多油爆炒的食物。在保健上有一定的作用，所以制作凉菜实在是一项值得推荐的烹饪方式。

欧阳纫渐



照片由香港旅游协会提供



# THE AUTHOR

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Cecilia Jennie Au-Yang graduated in home economics from Grantham Teacher Training College, Hong Kong, in 1956. Over the years, she studied cooking in her spare time with famous Hong Kong chefs.

In 1971, she founded Chopsticks Cooking Centre to provide the best facilities for teaching Chinese home cooking.

Since 1974, she has taught professional cookery training courses for people interested in working in catering. The courses enable students to learn cooking while working as trainees and gaining work experience. Many graduates from these courses have successfully found employment in the food and catering industries overseas.

Cecilia set up Chopsticks Publications Limited in 1975 to publish her own recipes—the “Chopsticks Recipes” series with one colour photograph per dish and English and Chinese text.

In 1984, Chopsticks Publications Limited entered the UK market when Cecilia co-published a 240-page hardcover Chinese cookery book “The Best of Chinese Cooking” with Hamlyn Publishing, England. The following year the book was translated into Dutch.

In 1989, She wrote a series of five popular pocket-sized cookery books for the Japanese Publisher, Tokuma Shoten.

To date she has written and published a total of 22 cookery books.

Cecilia has also been writing cookery columns for various well-known Hong Kong magazines and newspapers, and has acted as a consultant to several food manufacturers, testing and writing new recipes as well as training sales representatives in using their own products.

Cecilia Au-Yang’s cookery books are used worldwide by housewives, gourmets and professional chefs.

# 作者简介

欧阳纫澌女士1956年毕业于香港葛量洪教育学院家政系。在其教学生涯中，欧阳女士利用空闲时间努力于研究厨艺。

1971年欧阳女士开始设帐授徒，专门教授家庭小菜。

1974年首创半工读烹饪培训班，训练欲投身饮食业之人士。是项课程对热爱烹饪人士提供一个良好的学习机会。历年来之毕业生移居外地经营饮食业而扬威海外者甚众。

1975年欧阳女士成立嘉饌出版有限公司，首创中英对照，每菜一图之彩色食谱《美点佳肴》书集。

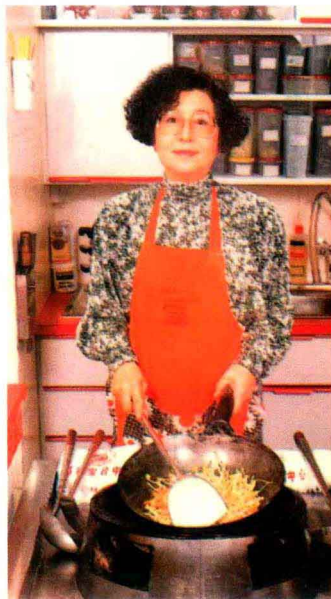
1984年《美点佳肴》被英国大出版社 HAMLYN PUBLISHING 购买版权，辑成一本 240 页精装食谱：“THE BEST OF CHINESE COOKING”。翌年更被翻译为荷兰文。

1989年《美点佳肴》进入日本市场，为日本大出版社德间文库编成五本袋装食谱。

至今欧阳女士已写作及出版 30 本食谱。

多年来，欧阳女士除教授烹饪外，并专心致力为食品公司试验新产品、设计新食谱及培训食品推广人士。

欧阳纫澌女士之食谱深受世界各地的主妇、美食家及职业厨师所欢迎及采用。





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# 苹果拌虾仁

## APPLE AND SHRIMP SALAD

### 材料:

葱头 1 粒  
蒜头 1 粒  
西芹 1 片  
茄汁 4 汤匙  
柠汁 2 汤匙  
辣椒汁  $\frac{1}{2}$  茶匙  
萍果 2 个  
熟虾仁 1 至 2 杯  
黑椒粉  $\frac{1}{4}$  茶匙

### 制法:

- ◆ 葱、蒜头去衣剁成茸，西芹撕去硬脉剁茸与葱、蒜茸同放深盆中，加入茄汁、柠汁和匀，滴入辣椒汁试妥味。
- ◆ 萍果去皮去心，用盐水浸洗后切粒加在盆中与调味拌匀。
- ◆ 虾仁以黑椒粉洒匀亦倒入盆中混和，放进冰箱  $\frac{1}{2}$  小时，即可以玻璃兜盛起食用。

### Ingredients:

1 shallot  
1 garlic clove  
1 slice celery  
4 tbsps tomato ketchup  
2 tbsps lemon juice  
 $\frac{1}{2}$  tsp tabasco sauce  
2 apples  
1-2 cups cooked shrimps  
 $\frac{1}{4}$  tsp black pepper

### Method:

- ◆ Mash the shallot and the garlic clove. Trim and mince the celery, then mix with the shallot and garlic in a large mixing bowl. Pour in the tomato ketchup and the lemon juice and mix well. Add the tabasco sauce and adjust the flavour to taste.
- ◆ Peel and core the apple, and soak in cold salted water for a while. Drain the apple, dice, and add to the ingredients in the mixing bowl. Toss well.
- ◆ Scatter the black pepper on the cooked shrimps and mix well. Add the shrimps to the ingredients in the mixing bowl and toss well. Chill in the refrigerator for 30 minutes, then serve.









# 椰菜苹果沙律

## APPLE COLESLAW

### 材料：

椰菜 180 克  
红萝卜 60 克  
苹果 2 个  
生菜数片  
核桃或果仁碎洒面

### 调味：

盐  $\frac{1}{4}$  茶匙  
胡椒粉  $\frac{1}{4}$  茶匙  
沙律酱  $\frac{3}{4}$  杯

### 制法：

- ◆ 椰菜洗净切幼丝。红萝卜削皮洗净切幼丝。苹果去皮去心切幼，以盐水泡洗后隔干水份。
- ◆ 全部材料放入大盆中，加入调味试至合味，转盛于生菜垫底之深碟或沙律盆中，放入冰箱内一小时后取出洒果仁碎上桌。

### Ingredients:

180g cabbage  
60g carrots  
2 apples  
a few iceberg lettuce leaves  
 $\frac{1}{4}$  cup chopped nuts

### Seasoning:

$\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
 $\frac{3}{4}$  cup salad dressing

### Method:

- ◆ Wash, drain and finely shred the cabbage. Peel, wash and grate the carrots. Peel, core and shred the apples, then soak, wash with salt water, and drain thoroughly.
- ◆ Pour all the ingredients into a mixing bowl. Blend in the seasoning ingredients and mix well.
- ◆ Line a platter with the lettuce leaves, then pour in all the seasoned ingredients. Chill in a refrigerator for 1 hour. Sprinkle the chopped nuts on top and serve.





# 豆腐凉拌季豆

## BEAN CURD AND FRENCH BEANS IN HOT SAUCE

### 材料:

布包豆腐 3 件  
季豆 125 克  
上汤 3 杯  
香芹 60 克  
雪菜 30 克  
红椒 2 只  
蒜茸 1 茶匙  
茼蒿叶 1 汤匙

### 调味:

麻油 1 汤匙  
豆瓣酱 1 汤匙  
上汤  $\frac{1}{4}$  杯  
生抽 1 茶匙  
糖 1 茶匙  
花椒粉  $\frac{1}{2}$  茶匙  
柠檬汁 1 茶匙

### Ingredients:

3 pieces linen-wrapped  
bean curd  
125g French  
beans  
3 cups rich stock  
60g Chinese  
celery  
30g preserved  
mustard leaves  
2 red chillies  
1 tsp minced garlic  
1 tbsp parsley leaves

### Seasoning:

1 tbsp sesame oil  
1 tbsp hot broad bean  
paste  
 $\frac{1}{4}$  cup stock  
1 tsp light soy  
1 tsp sugar  
 $\frac{1}{2}$  tsp xanthoxylum  
powder  
1 tsp lemon juice

### 制法:

- ◆ 豆腐切成 1.2 公分厚长条。季豆撕妥切成 4 公分度，同放沸上汤中煮 1 分钟，取出洗净浸冻抹干排入碟中。芹菜洗净抹干切粒，洒在豆腐季豆上面。
- ◆ 雪菜预早 1 小时以盐水浸透，取出洗净揸干水份剁碎，以烧热铁锅烙干洒糖腌片刻，红椒切圈一同洒在豆腐、季豆上。
- ◆ 烧红锅加入麻油煮沸爆香蒜茸，随将豆瓣酱倒入加上汤拌匀煮沸，其他调味同时倒下拌匀，试至合味盛起淋在豆腐、季豆上，四周洒茼蒿叶装饰。

### Method:

- ◆ Cut the bean curd into 1.2 cm strips. Section the French beans into 4 cm lengths. Bring the rich stock to the boil, put in the bean curd and the French beans, and cook for 10 minutes. Refresh and soak in cold water for a while, then drain. Towel-dry and arrange on a serving platter. Dice the Chinese celery and scatter on top.
- ◆ Presoak the preserved mustard leaves in salted water for 1 hour. Squeeze out all the excess water and mince. Parch in a wok for 1 minute until dry, then marinate with a pinch of sugar for a while. Cut the red chillies into rings and sprinkle them together with the minced preserved mustard on top of the bean curd and the French beans.
- ◆ Bring the sesame oil to the boil in a wok. Saute the garlic and the broad bean paste until aromatic. Trickle in the stock and the remaining seasoning, mix well, and adjust the flavour to taste. Pour the mixture over the bean curd and the French beans. Garnish with the parsley leaves. Serve cold.