

健康新煮张 03
New Healthy Cooking

中英文版
CHINESE-ENGLISH UNION

深圳市金版文化发展有限公司/主编

粥·面

Porridge · Noodle

全书中英文对照，让中外读者共享中华美食

Chinese-English Union Version makes the domestic and foreign readers share Chinese dainties



一套献给中外饕客的美味自制秘籍。营养专家精心推荐72道可口粥面
食用材料丰富多样，营养全面均衡。烹饪方法五花八门，讲解精细易懂

A dainty book for the domestic and foreign gourmands 72 kinds of Chinese delicious
porridges & noodles dedicatedly recommended by nutritionists Colorful food stuffs,
complete and balanced nutrition Various cooking methods, detailed and understandable
explanations



南海出版公司

03

健康新煮张

粥·面

Z H O U M I A N



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03

健康新煮张

粥·面

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红烧牛肉面

材 料

牛肉500克 姜2片
 面条500克 大蒜8粒
 小白菜250克 八角4粒
 水10杯 辣椒1根
 葱4根

调味料

(A)料：酱油1杯、水6杯、酒1汤匙、辣豆瓣酱1大匙。

(B)料：麻油少许。

做 法

- 1.牛肉洗净切块，汆烫去血水；
- 2.起油锅，炒香蒜、姜、葱段、八角、辣椒、牛肉、加(A)料，以中火煮约1小时；
- 3.水烧开后，煮熟面条捞出，再烫熟小白菜；
- 4.碗中放入(B)料、葱花、牛肉汤，加入面条、青菜、牛肉即可。

医师建议

属中热量食谱。

Simmering Beef Noodles

Ingredients

500g beef, 500g Noodles, 250g green cabbage, 10 cups of water, 4 green onions, 2 pieces ginger slices, 8 garlic 4 Japanese star anise, 1 chilli.

Seasoning

(A):1 cup of soysauce, 6 cups of water, 1 tbsp. wine, 1 Tbsp. Spicy bean sauce.

(B):sesame oil.

Methods

1. Clean and cut the beef, blanch to keep out the blood.
- 2.Heat the oil, fry garlic, ginger, green onions, Japanese star anise chilli and the beef, add (A) to cook for 1 hour.
- 3.Boiling the water, Cook noodles to well done and strain them out. Blanch the green cabbage.
4. Put (B), green onion chopped, beef noodle soup in a bowl, add noodles, vegetables and beef, then serve.

红烧牛肉面

重 量 Weight (g)	1895
热 量 K cal (g)	1864
水 分 H ₂ O (g)	1412.88
粗蛋白质 Protein (g)	134.89
粗 脂 肪 Fat (g)	41.85
碳水化合物 CarbOnBihyd (g)	261.49
粗 纤 维 Fiber (g)	5.16
膳食纤维 Fa.Fiber (g)	10.29
胆固醇 Chol (mg)	360
钠 Na(mg)	13457





什锦汤面

材 料

面条	250克	蛤蜊	150克
梅花肉	100克	青菜	适量
虾	2只	葱	2根
鱼板	1/4个	高汤	5杯
墨鱼	1/4条		

调味料

(A)料：酱油1大匙、太白粉1茶匙、水少许。

(B)料：盐1/2茶匙，香油、白胡椒粉各适量。

做 法

- 1.梅花肉切片，以(A)料先腌10分钟；
- 2.虾去肠泥，蛤蜊去沙洗净，鱼板、墨鱼切片，葱切段；
- 3.面条先煮熟，青菜亦先烫熟备用，置于碗内；
- 4.起油锅，爆香葱段、肉片，加入高汤，然后将蛤蜊、鱼板、墨鱼、虾放入煮开，放入(B)料，盛起加入面碗内即可。

医师建议

低热量，减肥者可食用。

Noodles with Multiple Ingredients

Ingredients

250g noodles, 100g pork with fat, 2 shrimps, 1/4 fish chop, 1/4 cuttlefish, 150g clams, green vegetables, 2 green onions, 5 cups of broth.

Seasoning

(A):1 Tbsp. soysauce, 1 tbsp. corn starch, water.

(B):1/2 tbsp. salt, sesame oil, white pepper.

Methods

1. Cut the pork with fat into pieces, pickle with (A) for 10 minutes.
- 2.Keep the intestine of shrimp out, clean the clams, slice fish chop, cuttle fish cut green onions into pieces.
- 3.Cook noodles first, blanch green vegetables, put them in a bowl.
4. Heat oil, fry green onions, pork, add broth, clams, fish chopped, cuttle fish, shrimps to cook till boiled, then put (B) in, pour them into bowl, serve.

什锦汤面

重 量 Weight (g)	19 07
热 量 K cal (g)	903.31
水 分 H ₂ O (g)	1629.05
粗蛋白质 Protein (g)	51.47
粗 脂 肪 Fat (g)	30.95
碳水化合物 CaborBihyd (g)	107.16
粗 纤 维 Fiber (g)	1.08
膳食纤维 Fa.Fiber (g)	1.15
胆固醇 Chol (mg)	249.9
钠 Na(mg)	6316.95





油豆腐细粉

材 料

冬粉2把, 绞肉250克, 油豆腐(方型) 250克, 葱2根, 高汤8杯, 芹菜、香菜各少许。

调味料

(A)料: 酱油1大匙, 盐、胡椒粉、太白粉各少许。

(B)料: 盐1茶匙, 鸡粉1/2茶匙, 胡椒粉、麻油各少许。

做 法

1. 冬粉用清水泡软后汆烫捞出;
2. 葱、芹菜切末和绞肉及(A)料充分拌匀后塞入豆腐内;
3. 高汤内放入油豆腐煮沸, 加冬粉、(B)料调味后再撒些芹菜、香菜即可享用。

医师建议

低热量, 减肥者可食用。

Fried Oiled To-Fu with Bean Noodles

Ingredients

2 bunches bean noodles, 250g mashed meat, 250g fried oiled bean curd (square size), 2 green onions, 8 cups of broth, celery, Chinese parsley.

Seasoning

(A) : 1 Tbsp. soysauce, salt, pepper, corn starch.

(B) : 1 tbsp. salt, 1/2 tbsp. chicken powder, pepper, sesame oil.

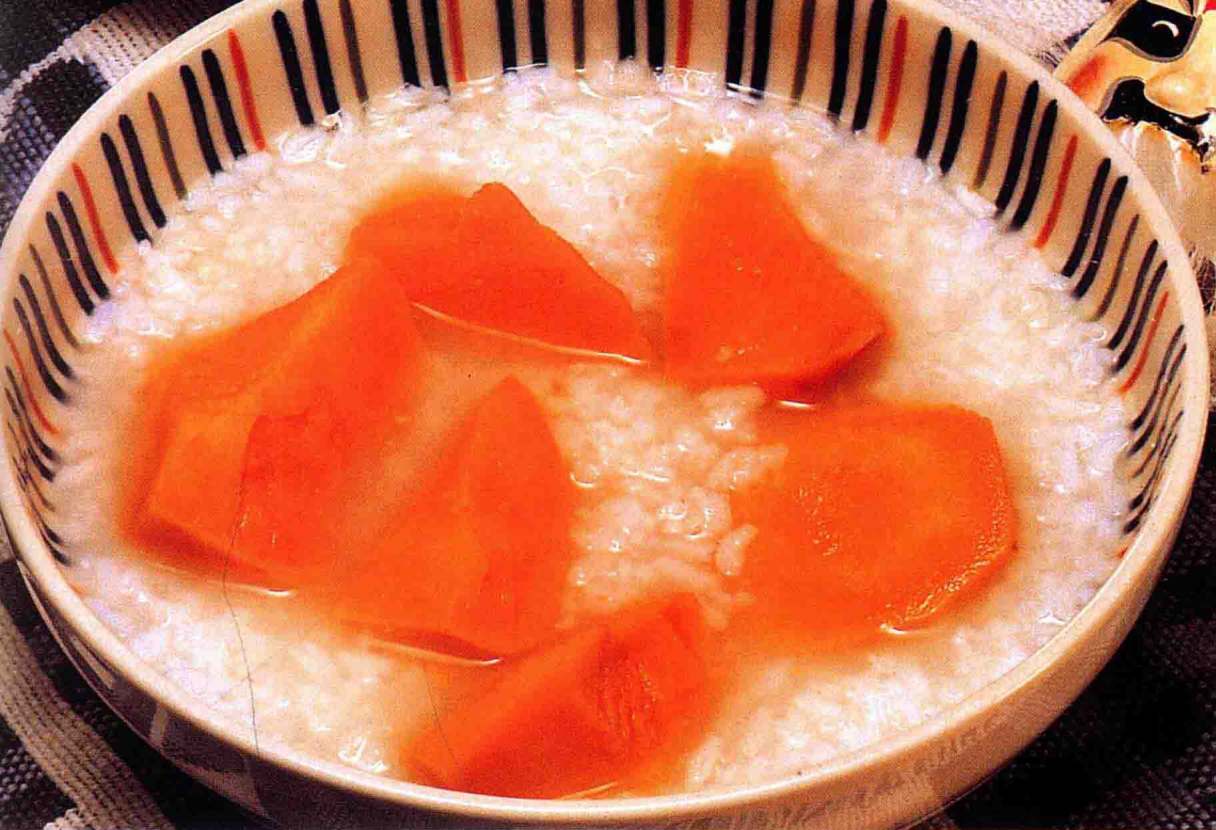
Methods

1. Soak bean noodles in water to be softy, blanch.
2. Chop green onion, celery, mix with (A) and mashed meat, stuff into bean curd.
3. Cook fried oiled bean curd with broth till boiled, add bean noodles, season with (B), spread celery, Chinese parsley, then serve.

油豆腐细粉

重量 Weight (g)	2537
热量 K cal (g)	1783.11
水分 H ₂ O (g)	2195.45
粗蛋白质 Protein (g)	96.83
粗脂肪 Fat (g)	132.11
碳水化合物 Carb(Bihyd)(g)	68.99
粗纤维 Fiber (g)	1.13
膳食纤维 Fa.Fiber (g)	1.32
胆固醇 Chol (mg)	123.42
钠 Na(mg)	10030.79





地瓜粥

Sweet Potato Rice Gruel

材 料

米1杯
地瓜2条
水6杯

Ingredients

1 cup of rice, 2 sweet potatoes, 6 cups of water.

做 法

1. 地瓜去皮，洗净，切块；
2. 米洗净，浸泡30分钟，加入地瓜同煮即可。

Methods

1. *Clean sweet potatoes, take the skin off, cube.*
2. *Clean rice, soak for 30 minutes, add sweet potatoes to cook, serve.*

医师建议

低热量，减肥者可食用。

地瓜粥	
重 量 Weight (g)	500
热 量 K cal (g)	1307
水 分 HzO (g)	181.3
粗蛋白质 Protein (g)	23
粗 脂 肪 Fat (g)	2.4
碳水化合物 CaponBihyd(g)	290.3
粗 纤 维 Fiber (g)	1.8
膳食纤维 Fa.Fiber (g)	5.4
胆固醇 Chol (mg)	0
钠 Na(mg)	100





炒乌龙面

材 料

乌龙面	500克	葱	2棵
肉丝	150克	香菇	3朵
鱼板	1/4块	红萝卜	1/4个
上海青	100克	高汤	半杯
洋葱	半个		

调味料

(A)料：酱油1大匙、柴鱼粉或鸡粉少许。

(B)料：酱油1大匙、太白粉、水各适量。

做 法

- 1.香菇泡软，洗净，切丝；洋葱、红萝卜切丝；葱、上海青切段；鱼板切片；
- 2.肉丝以(B)料腌5分钟；
- 3.乌龙面先烫熟备用；
- 4.起油锅，先炒香香菇丝、肉丝、洋葱、葱、红萝卜丝、鱼板，加入高汤，再加入(A)料后，将已烫熟的乌龙面加入拌炒即可。

医师建议

属中热量食谱。

Fry Wu-Long Noodles

Ingredients

500g Wu-long noodles, 150g meat shredded, 1/4 fish chop, 100g green vegetables, 1/2 onion, 2 green onion, 3 black mushrooms, 1/4 carrot, 1/2 cup of broth.

Seasoning

(A):1 Tbsp. soysauce, dried bonito powder.

(B):1 Tbsp. soysauce, corn starch, water.

Methods

1. Soak black mushrooms in water and shred, shred onion, carrot, cut green onion, green vegetables into pieces, slice fish chopped.
2. Pickle meat shredded with (B) for 5 minutes.
3. Cook Wu-long noodles.
4. Heat oil, fry black mushroom shredded, meat shredded, onion, green onion, carrot shredded fish chop, add broth, (A), put Wu-long noodles to fry, then serve.

炒乌龙面

重 量 Weight (g)	1053
热 量 K cal (g)	1078.44
水 分 H ₂ O (g)	756.37
粗蛋白质 Protein (g)	42.2
粗 脂 肪 Fat (g)	44.31
碳水化合物 CarbOnBihyd (g)	130.58
粗 纤 维 Fiber (g)	3.24
膳食纤维 Fa.Fiber (g)	8.83
胆固醇 Chol (mg)	75.12
钠 Na(mg)	1376.94



