

健康新煮张 02
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

汤羹

Thick Soup

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道中式汤羹
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 gourmants 72 kinds of Chinese soups
dedicatedly recommended by nutritionists Colorful food stuffs, complete and balanced
nutrition Various cooking methods, detailed and understandable explanations

南海出版公司

02

健康新煮张

汤羹

TANG GENG



南海出版公司

图书在版编目(CIP)数据

汤羹 / 深圳市金版文化发展有限公司主编. —海口: 南海出版公司, 2006. 9
(健康新煮张)

ISBN 7-5442-3501-7

I. 汤... II. 深... III. 汤菜—菜谱—中国 IV. TS972.122

中国版本图书馆CIP数据核字 (2006) 第100651号

©本书由成都汉湘文化授权出版。

JIANKANG XINZHUZHANG 02 —— TANGGENG

健康新煮张 02 —— 汤 羹

主 编	深圳市金版文化发展有限公司		
责任编辑	陈正云 周诗鸿		
封面设计	深圳共鸣设计顾问		
出版发行	南海出版公司	电话 (0898) 66568511	
社 址	海南省海口市海秀中路51号星华大厦 5 楼	邮编	570206
电子信箱	nhcbgs@0898.net		
经 销	新华书店		
印 刷	深圳彩视电分有限公司		
开 本	711mm×1016mm	1/32	
印 张	16		
版 次	2006年9月第1版	2006年9月第1次印刷	
书 号	ISBN 7-5442-3501-7		
定 价	100.00元 (共4册)		

南海版图书 版权所有 盗版必究

购书电话: (0755) 83476130

Http://www.ch-jinban.com

02

健康新煮张

汤羹

TANG GENG



南海出版公司

目录

Contents



十全大补乌骨鸡/Stew Dark-Skinned Hen with Herbs5

八珍鸡汤/Pa-Chen Chicken Soup7

羊肉炉/Stew Mutton with Herbs9

黄豆炖猪脚/Stew Pig's Foot with Soybean11

参须红枣炖九孔/

Stew Scallop with Ginsengs and Red Dates13

补脑汤/Stew Pig's Brain with Herbs15

章鱼炖猪脚/Stew pig's Hocks with Octopus17

清炖羊肉/Stew Mutton19

大蒜田鸡/Garlic Frogs21

猪肚炖莲子/Stew Pig's Tripe with Lotus Seeds23

黄芪川芎炖鸭/Stew Duck with Angelica25

红萝卜猪尾汤/Pig's Tail Soup with Carrot.....27

凤梨苦瓜鸡/Bitter Ground Chicken with Pineapple.....29

木瓜花生炖猪蹄/

Stew Pig's Hocks with Papaya and peanuts31

烧酒虾/Stew Prawns with Wine33

冬瓜炖乌鱼/Stew Snakehead Fish with Winter Melon.....35

莲藕牛腩汤/Stew Sirloin with lotus Root37

鲍鱼杜仲炖老鸭/Stew Duck with Abalone and Du Zhong.....39

枸杞鲈鱼汤/Stew Sea Bass with Medlar41

玉竹沙参炖老鸭/Stew Duck with Yu Zhu and Sha Shen43

沙锅鱼头/Fish-head in Sandy Pot45

香菇鸡汤/Black Mushroom and Chicken Soup46

蘑菇鱼板汤/Agaricus and Fishchop Soup47

芦笋浓汤/Asparagus Soup49

蒜头田鸡汤/Garlic and Frog Soup.....51

大黄瓜酿肉汤/Cucumber with Meat Soup53

佛跳墙/Buddha Against wall55

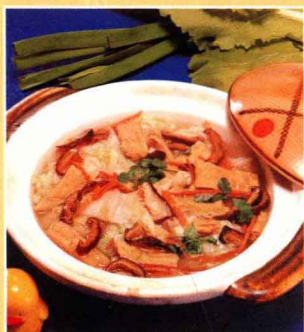
虱目鱼豆腐汤/Milkfish and Bean curd Soup57

苦瓜小鱼汤/Bitter Gourd and Dried Fish Soup58

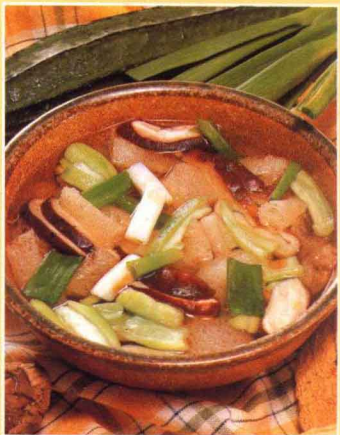
罗宋汤/Borscht59

玉米香菇汤/Corn and Black Mushroom Soup61

牛肉沙锅/Beef in Sandy pot63



芡实牛尾汤/The Fox-Nut and Ox-Tail Soup	65
四神汤/Four Ingredients Soup	67
美味鲜菇汤/Fresh Mushroom Soup	69
味噌汤/Me-Soi Soup	70
木耳金针汤/Tree Fungus and Okra Soup	71
蒜头鸡汤/Garlic and Chicken Soup	73
凤爪冬菇汤/Chicken Leg and Black Mushroom Soup	75
竹荪丝瓜汤/Bamboo Shoots and Luffa Soup	77
椰菜蟹肉羹/Cauliflower and Crab Thicken Soup	79
沙锅羊肉/Lamb in Sandy Pot	81
番茄豆芽汤/Tomato and Yellow-Bean Sprout Soup	82
黄豆排骨汤/Tree Fungus and Okra Soup	83
白菜卤/Stew Chinese Cabbage	85
西洋菜鱼片汤/Celery and Fish Sliced Soup	87
黄豆糙米鸡汤/ Yellow bean, Unpolished Rice and Chicken Soup	89
牛肉蔬菜汤/Beef and Vegetable Soup	90
鱼翅羹/Shark's Fins Soup	91
蛤蜊鸡汤/Clam and Chicken Soup	93
冬瓜干贝汤/Winter Melon and Dried Scallop Soup	95
酸菜肚片汤/Pickled Vegetable and Pig-Tripe Soup	97
鲜菇竹荪肉片汤/ Fresh Black Mushroom, Bamboo Shoot and Meat Soup	99
冬瓜蛤蜊汤/Winter Melon and Clam Soup	100
菠菜猪肝汤/Spinach and Pig-Liver Soup	101
山药排骨汤/Herb and Rib Soup	103
苦瓜鸡汤/Bitter Gourd and Chicken Soup	105
萝卜丝鲫鱼汤/Garrot Shredded and Gold Carp Soup	107
金针鸡汤/Okra and Chicken Soup	108
韭菜猪血汤/Chinese Chives and Pig-Blood Soup	109
苦瓜酿肉汤/Stuffed Bitter Gourd Soup	111
当归虱目鱼汤/Ligusticum Milk-fish Soup	113
当归鸭/Stew Duck Seasoned with Ligusticum	115
红烧鳗鱼羹/Stew Eel Potage	117
药炖排骨/Stew Ribs with Herbs	119
红枣参须鸡/Red Jujube and Ginseng Soup	121
莲藕排骨汤/Lotus Root and Rib Soup	123
鲜菇笋片汤/ Black Mushroom and Bamboo Shoots Soup	125
冬瓜排骨汤/Winter Melon and Rib Soup	125
鲍鱼萝卜肉片汤/Abalone Soup with Radish and Lean	127
猪肝汤/Pig Liver Soup	128





十全大补乌骨鸡

材 料

母乌骨鸡1只
白朮、熟地、白芍各20克
党参、茯苓、当归、黄芪各15克
炙甘草、川芎、枸杞各10克
肉桂5克
红枣10粒

做 法

1. 乌骨鸡洗净，去油脂，剁块，氽烫去血水，药材用水冲洗干净，沥干水分备用，红枣泡软；
2. 取一炖锅，将鸡块、药材放入，加水盖过材料，大火煮开后，转小火炖煮约1小时即可。

Stew Dark-Skinned Hen with Herbs

Ingredients

1 dark-skinned hen; 20g each of atractylodes (Bai Zhu), root of Chinese foxglove (Shu Di Huang), white peonia (Bai Shao); 15g each of codonopsis pilosula (Dang Shen), tuckahoe, angelica and astragalus membranaceus (Huang Gi); 10g each of licorice root and conioselinum (Chuan Xiong); 5g cinnamon; 10 red dates; 15g medlar.

Methods

1. Rinse hen, cut into small pieces, and then blanch into the boiling water. Rinse all the herbage and drain. Soak red dates until soft.
2. Put hen, herbage in a pot, then add in the water which covers the herbage and then cook with high heat. After boiling, turn to low heat to stew for abt. 1 hour.

功效 Efficiency 高蛋白质，胃部手术后也可食用。

可改善面色苍白、食欲不振、气血两虚、四肢无力、头晕目眩等症状。

Improve the debility of body, dizzy of head, dim eyes.

十全大补乌骨鸡

重 量 Weight (g)		1800
热 量 K cal (g)		1908
水 分 H ₂ O (g)		1346.4
粗蛋白质 Protein (g)		347.4
粗 脂 肪 Fat (g)		46.8
碳水化合物 CarbonBihyd (g)		43.2
粗 纤 维 Fiber (g)		0
膳食纤维 Fa.Fiber (g)		0
灰分 (g)		16.2
胆固醇 Chol (mg)		1494
维 生 素 V i t a m i n	A (RE)	199.8
	E (a-TE)	6.66
	B ₁ (mg)	3.42
	B ₂ (mg)	3.6
	B ₃ (mg)	81.18
	B ₆ (mg)	8.64
	B ₁₂ (ug)	12.78
	C (mg)	34.2
钠 Na (mg)		936
钾 K (mg)		5148
钙 Ca (mg)		72
镁 Mg (mg)		432
磷 P (mg)		3348
铁 Fe (mg)		18
锌 En (mg)		30.6
废 弃		





八珍鸡汤

材 料

土鸡.....半只
当归、川芎、熟地、炒白芍、炙甘草、白朮、茯苓、
党参.....各15克
红枣.....10粒
枸杞.....5克

调味料

米酒2大匙、盐适量。

做 法

1. 将土鸡宰杀、洗净、剁块，汆烫去血水，药材快速冲洗后沥干水分；
2. 备一炖锅，放入鸡块、药材、红枣、米酒及水，煮开后改小火煮至肉烂，加盐调味即可。

Pa-Chen Chicken Soup

Ingredients

1/2 free range chicken; 15g each of angelica, conioselinum (Chuan Xiong); root of Chinese foxglove (Shu Di Huang); white paeonia root (Bai Shao); licorice root atractylodes (Bai Zhu); tuckahoe; codonopsis pilosula (Dang Shen); 10 red dates; 5g medlar.

Seasoning

2 tsp. rice wine; proper salt.

Methods

1. Rinse chicken, tup into pieces and blanch in to boiling water. Rinse all the herbage, and then drain. Soak red dates until soft.
2. Put chicken, herbage, red dates, rice wine and water in a pot to cook with high heat. After boiling, turn to low heat to stew until chicken is done and soft. Add salt in.

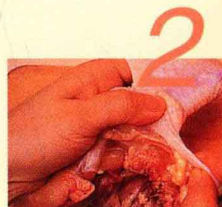
功效 Efficiency 中热量。

养血补气、活血化瘀，增进产妇体力及乳汁。

Make blood; nourish vitality; strengthen the body; increase milk for women after childbirth.

八珍鸡汤

重 量 Weight (g)		934
热 量 K cal (g)		1000.2
水 分 H2O (g)		696.88
粗蛋白质 Protein (g)		173.
粗 脂 肪 Fat (g)		23.4
碳水化合物 CaborBihyd (g)		21.6
粗 纤 维 Fiber (g)		0
膳食纤维 Fa.Fiber (g)		0
灰分 (g)		11.82
胆固醇 Chol (mg)		747
维 生 素 V i t a m i n	A (RE)	99.9
	E (a-TE)	3.33
	B1 (mg)	1.71
	B2 (mg)	1.8
	B3 (mg)	40.59
	B6 (mg)	4.32
	B12 (ug)	6.39
	C (mg)	17.1
钠 Na (mg)		468
钾 K (mg)		2574
钙 Ca (mg)		48.8
镁 Mg (mg)		216
磷 P (mg)		1674
铁 Fe (mg)		9.2
锌 En (mg)		15.3
废 弃		





羊肉炉

材 料

带皮羊肉750克
川芎、黄芪、陈皮、肉桂、桂枝各10克
当归3片
枸杞15克
老姜1块
甘草1片
红枣10粒

调味料

米酒2~3瓶、黑麻油3大匙。

做 法

1. 羊肉洗净，切块，汆烫去血水，药材快速冲洗干净，沥干备用，红枣泡软，老姜切片；
2. 锅烧热，下黑麻油爆香姜片，再倒入羊肉翻炒后盛起放入炖锅中，加酒炖煮至肉烂即可。

Stew Mutton with Herbs

Ingredients

750g mutton; 10g each of conioselinum (Chuan Xiong), astragalus membranaceus (Huang Gi) and tangerine peel, cinnamon, and cinnamomum cassia presel (Gui Zhi); 3 slices of angelica; 1 slice of licorice root; 15g medlar; 10 red dates; 1 ginger.

Seasoning

2~3bottles of rice wine; 3 tbsp. black sesame oil.

Methods

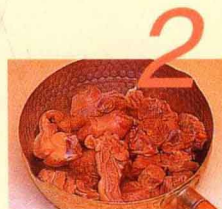
1. Rinse and cut mutton into small pieces. Blanch them into the boiling water. Rinse herbage; drain. Soak red dates. Slice ginger.
2. Heat the pot, fry ginger with black sesame oil until fragrant and put mutton in to stir-fry; then remove to a pot for stewing with rice wine until mutton is soft and done.

功效 Efficiency 高热量。

可促进血液循环，增温御寒。

Promote blood circulation and keep out cold.

羊肉炉		
重 量	Weight (g)	2837
热 量	K cal (g)	5078.02
水 分	H ₂ O (g)	2073.36
粗蛋白质	Protein (g)	172
粗 脂 肪	Fat (g)	162.2
碳水化合物	CarbonHyd (g)	28.7
粗 纤 维	Fiber (g)	1.92
膳食纤维	Fa.Fiber (g)	5.04
灰分	(g)	9.26
胆固醇	Chol (mg)	216
维 生 素	A (RE)	127.21
	E (a-TE)	2.4
	B ₁ (mg)	0.95
	B ₂ (mg)	2.52
	B ₃ (mg)	29.11
	B ₆ (mg)	0.93
T a m i n	B ₁₂ (ug)	14.4
	C (mg)	2.94
钠 Na (mg)		725.8
钾 K (mg)		3411.26
钙 Ca (mg)		104.86
镁 Mg (mg)		153.78
磷 P (mg)		1104.72
铁 Fe (mg)		7.86
锌 En (mg)		11.1
废 弃		





黄豆炖猪脚

材 料

猪脚1只
 黄豆200克
 金针50克

调味料

(a) 料：盐适量、酒2大匙。

做 法

1. 猪脚洗净，剁块，汆烫去血水，黄豆洗净，泡水约1小时，金针泡水备用；
2. 锅内加适量水，放进全部材料，炖煮至肉烂、黄豆熟软加(a)料调味即可。

Stew Pig's Foot with Soybean

Ingredients

1 pig's foot; 200g soybean; 50g dry day lily.

Seasoning

(a) proper salt; 2 tbsp. wine

Methods

1. Rinse and cut pig's foot into small pieces; then blanch. Rinse soybean and soak for 1 hour. Soak dry day lily.
2. Put proper water, all the ingredients in a pot to stew until pig's foot and soybean are soft. Add seasoning (a) in.

功效 Efficiency 高蛋白、高钙、产后妇女最佳补品。手术后可食用。

养血、通乳，可促进乳汁。

Make blood and help breast development.

黄豆炖猪脚

重 量 Weight (g)		1222
热 量 K cal (g)		2949.16
水 分 H ₂ O (g)		698.13
粗蛋白质 Protein (g)		274.08
粗 脂 肪 Fat (g)		167.6
碳水化合物 CarbonHyd (g)		71.77
粗 纤 维 Fiber (g)		8.76
膳食纤维 Fa.Fiber (g)		23.7
灰分 (g)		20.17
胆固醇 Chol (mg)		1270
维 生 素 V i t a m i n	A (RE)	28.10
	E (a-TE)	4.51
	B ₁ (mg)	2.73
	B ₂ (mg)	2.02
	B ₃ (mg)	28.83
	B ₆ (mg)	1.28
	B ₁₂ (ug)	5.1
	C (mg)	10
钠 Na (mg)		1866.64
钾 K (mg)		5614.78
钙 Ca (mg)		1016.26
镁 Mg (mg)		460.26
磷 P (mg)		2313.36
铁 Fe (mg)		24.01
锌 En (mg)		38
废 弃		





参须红枣炖九孔

材料

九孔(鲍鱼中的一个品种)	250克
枸杞	5克
老姜	1块
鸡腿	1只
参须	10~12条
红枣	8粒

调味料

(a) 料：酒2大匙、盐适量。

做法

1. 九孔外壳刷洗干净，鸡腿剁块，汆烫备用，药材稍冲洗，红枣泡软，老姜切片；
2. 炖锅内加水，放入药材、姜片、鸡腿，大火煮开后，改小火煮约30分钟，再放入九孔，续煮约30分钟，加(a)料调味即可。

Stew Scallop with Ginsengs and Red Dates

Ingredients

500g scallop; 1 chicken's leg; 10~12 pcs. of ginseng; 5g medlar; 8 red dates; 1 ginger.

Seasoning

(a) 2 tbsp. wine; proper salt.

Methods

1. Rinse the shell of scallops. Cut chicken's leg into small pieces, and blanch in the boiling water. Rinse herbage. Soak red dates until soft. Slice ginger.
2. Put water, herbage, sliced ginger, chicken's leg in a pot to cook with high heat; after boiling, turn to low heat to cook for 30 mins; then put scallops in to keep cooking for more 30 mins. Add seasoning (a) in.

功效 Efficiency 高蛋白、高钙，产后妇女最佳补品。手术后可食用。

补血益气、养肝明目。

Nourish vitality. Good for liver and eyes.

参须红枣炖九孔		
重量	Weight (g)	1008
热量	K cal (g)	1008
水分	H ₂ O (g)	1254.88
粗蛋白质	Protein (g)	748.93
粗脂肪	Fat (g)	172.49
碳水化合物	Carbohydrate (g)	38.59
粗纤维	Fiber (g)	34.43
膳食纤维	Fa.Fiber (g)	1.08
灰分	(g)	3.12
胆固醇	Chol (mg)	15.97
维生素	A (RE)	564
	E (a-TE)	111.4
	B ₁ (mg)	4.55
	B ₂ (mg)	0.62
	B ₃ (mg)	7.45
	B ₆ (mg)	35.8
	B ₁₂ (ug)	0.66
Vitamin	C (mg)	236.4
	钠 Na (mg)	16.48
	钾 K (mg)	2751.24
	钙 Ca (mg)	3725.4
	镁 Mg (mg)	183.18
	磷 P (mg)	449.52
	铁 Fe (mg)	1706.56
	锌 Zn (mg)	39.07
	废弃	



