



“速冻食品？不就是饺子、馄饨嘛？”
如果你这样想。

或者，对着一包速冻饺子，
你实在不知除了把它扔进开水里，
还能有什么别的做法让自己的眼睛和
舌头继续保持对它的热情。

或者，你只是想更快地解决一顿饭。
那么，拿起这本书你就对了！

三分钟中式汉堡，五分钟新鲜辣酱，
时间不是问题。

馄饨用茶煮，饺子做PIZZA，
创意无可比拟。

昨天，速冻食品仅仅=方便。
现在，速冻食品=方便+美味。

只要你去尝试，简单的生活一样美味。

简单的生活，一样的美味

The Simple Life, The Same Taste

裸 frozen foods? They are just frozen dumpling and wonton, right?

If you think like this.

Or when cooking frozen dumpling,
except just dropping frozen dumpling into boiled water,
any way to cook frozen dumpling;
which can stir up your appetite from your eyes to your tongue.

Or you only just want to stuff full your stomach.

Ok! Just read this book, you will get right answers!

Making Chinese hamburger in three minutes, Creating fresh sauce in five minutes

Time is not the key.

Cooking wonton with tea, Making pizza with Chinese dumpling

What an incomparable idea!

Yesterday, frozen foods just = Convenience.

Nowadays, frozen foods = Convenience + Delicious.

Only you go to try, the simple life will be the same taste.



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- 78 烤玉米 Barbecue sweet corn stick
- 80 奶油豌豆蓉 Cream pea soup
- 82 金蒜薯条 Golden garlic French - fried potatoes

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关于速冻食品

Introduce frozen foods

什么是速冻食品

速冻食品就是将新鲜的农产品和水产品等原料与配料经过处理加工后，利用速冻装置使其在-30以下进行快速冻结，在20~30分钟内将食品中心温度降至-18℃，包装后仍在-18℃以下的条件进行冻藏和流通的方便食品。

速冻食品大体分为速冻米、面、糕点食品类，速冻蔬菜食品类，速冻水产食品类，速冻畜禽食品类，速冻调理食品类(以配菜为主)等。

怎样辨别速冻食品

并不是超市所有冰柜、冰箱里的食物就都是速冻食品。一个简单的评断标准是，包装上是否有标注：-18℃保存，而且保存期通常都有6个月。

速冻食品真的欠缺营养吗

人们都认为速冻食品优点就是方便省时，而对其营养的宣传却存在误区。事实上，速冻食品是一种不错的、可以长期保存的食物，原因：

1. 速冻食品比一般缓冻食品的细胞更不易变形，组织中的水分、汁液也更不易流失，其速冻处理还避免了缓冻食品长时间冻结造成的食品品质下降。

What frozen foods is

Frozen foods is that agriculture products, aquaculture products and some other ingredients, after necessary processed, are fast frozen under condition of -30℃ in a freezing equipment, it takes 20-30mins to freeze the food to reach the center temperature of -18℃, then packed, stored and transported under the temperature condition of -18℃.

Frozen foods can be briefly divided into frozen rice, frozen wheat, frozen desserts, frozen vegetables, frozen aquaculture foods, frozen poultry foods, and frozen seasoning foods.

How to identify frozen foods

Not all freezing foods in refrigerator of supermarket are frozen foods. One of a simple judgment standard is whether there is label of storage under -18℃ on food package, and its shelf life is generally 6 months.

Do frozen foods really lack nutrition

Most people think frozen foods merits are just convenient and saving time, and there is mistake on its nutrition aspects in frozen foods promotion. In fact, frozen food is a kind of well being foods; which can be long-term stored.

1. Compared with freezing foods, frozen foods cell will not be distorted easily. The water and liquid of food material tissue will not lose easily. The quality decrease of freezing foods can be avoided in frozen process of foods.

2. 速冻食品的加工原料均为新鲜食品，采用的是先进的设备，且加工过程有严格的工艺要求，可以说是最大限度地保鲜。

3. 速冻加工能降低食品中水分的活性，抑制细菌和酶的活性，降低各种化学、生化反应的速度，减缓食品腐败变质的速度，从而最大限度地保持了天然食品原有的新鲜程度、色泽、风味及营养成分。

4. 在保持营养方面，与其他储藏方式相比，速冻食品目前也是最好的。除蛋白质、脂肪不会发生变化外，微量元素、常量元素和维生素也都会保留。



2. The raw material of frozen foods is fresh food. The food has been kept fresh maximum through using of the up-date processing equipment and strict process specification.

3. Activity of water can be decreased, bacteria and enzyme activity can be restrained, chemical, and bio-chemical reaction rate can be decreased in food Freezing process. Rate of food deterioration will be slowed, so that, Flavor, color, and nutrition of food can be kept maximum.

4. On preserving food nutrition, Compared with other food storage, food frozen processing is the best storage way nowadays. Except content of protein, fat will not change, minerals, vitamin will be kept in freezing processing.

How to select frozen food

1. Always buy the frozen food with package. There are strict requirements for frozen foods storage. Only under -18°C temperature condition, bacteria and enzyme can be under full restraining condition, this can protect food freshness and nutrition contents from losing. From this point, bulk storage is hard to reach the requirements. Since there is no label to show producing time, we can't know if the food is overdue or not, furthermore, since bulk storage food which selected by many customer directly, its sanitary condition can't be guaranteed.

2. Select frozen food with specification package; including full product information items on its package, special the producing time and shelf life.

3. Select frozen food with nature white color. There should be no color change, no obscure in frozen food.

4. Don't select frozen food that becomes soft and sticky. This shows the linkage between product storage and transport isn't kept under good condition. This causes the prod-

怎样选择速冻食品

1. 买带包装的。速冻食品对贮藏要求十分严格，只有在 - 18 以下细菌和各种酶才会处于完全被抑制状态，以防止食品变质，保持食物原有的新鲜度和营养成分不流失，这一点散装销售很难做到；而且，散装速冻食品无法标注生产日期，是否过期无从得知；再者，裸露的食品被人挑来挑去也不够卫生。

2. 选择包装规范、项目齐全，尤其要标注了生产日期、保质期的。

3. 选择色泽自然洁白、无变色、不灰暗的。

4. 不要选择食物变软甚至有粘连现象的，这表示产品在储存、运输过程中的冷冻链未能良好衔接，导致产品曾经部分解冻。速冻食品制作过程中并未完全消毒灭菌，只是将食品中致病菌活力降低，一旦环境温度升高解冻，很容易使病菌恢复活力。

5. 不要选择食品表面或包装袋内附着许多冰霜的，那表示食品已经反复冻结过。

6. 就近购买、最后采购。并且，选择电力供应充足、有良好冷藏设备的商场、超市购买。

怎样保存速冻食品

速冻食品只有一种保存方式：以最快的速度买回，放进冰箱的冷冻室，只有那里才能达到 - 18 的温度。

uct thawing partly. In frozen product processing, food is not fully sterilized. Activity of pathogenic bacteria in food just has been decreased. Once the temperature of frozen food increasing, pathogenic bacteria in food will be active easily.

5. Don't select frozen food that there is much frost in its package; this show the frozen food has been frozen time after time.

6. Always buy frozen food from nearby supermarket, and use last purchase strategy. Always buy frozen food in the department and supermarket that there is full power supply and good quality refrigerating equipment.

How to store frozen food

There is only one way to store frozen food: quickly buy frozen food and take it to home, store in freezing cabinet of refrigerator as soon as possible. Only in this way, frozen food can be stored quickly under temperature of -18□ condition.

Notice items when eating frozen food

1. Although self-life of frozen food is 6 months, better to eat before last 1 month of its shelf life.

2. The amount of frozen food that you thaw is better equal to what you can eat. Since it's bad way to repeat freezing food. Any food is frozen once more time, that will cause wall of cell broken in process of thawing and freezing, flavors and it's organoleptic, or sensory quality will be affected to some extent, nutrition content will lose.

How to thaw frozen foods

1. The fastest way —— using microwave oven to thaw.

2. The second —— using refrigerating cabinet and

食用速冻食品的注意事项

1. 虽然保质期长达6个月，但最好还是在保质期到期前1个月内食用。

2. 吃多少拿多少出来解冻，不能将解冻后没吃完的食品再放进去又拿出来，任何食品反复解冻，其细胞壁在乍暖乍凉间反复破裂，其新鲜度、口感都会受到不同程度的影响，营养成分也会流失。



速

讲
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质来
, 体
解冻
。

本书阅读指导：

1. 无特殊标示时，本书涉及到的“油”专指色拉油。
2. 无特殊标示时，本书涉及到的“葱”、“姜”，专指葱段、姜片。
3. 因惯用的“茶匙”、“勺”、“碗”等量器存在指示不明、每家器具又不统一的问题，故本书涉及到的所有用料，均用“克”作为统一计量单位。

建议没有经验的新手，可用“厨房专用微量秤”做一次称量，以掌握自家量器的实际盛量，在以后的烹饪中好把握多寡和深浅。再者，美食是一件轻松随意中创造的事情，太计较刻度未必是烹出美味的惟一方法，掌握料跟料之间的比例才是关键。

flowing water to thaw.

3. The slowest way —— thaw under room temperature.

In the three thawing methods, from point of keeping quality of food, the thawing under room temperature is the best way. Since after food frozen, the volume of food will increase by 9%, the gas in food will increase more, so slow thawing can avoid flavor and nutrition content to change, which caused by liquid of food losing.

The book reading instruction :

1. If no special indication, the oil in the book is referred to salad oil.
2. If no special indication, ÒgingerÓ and ÒshallotÓ in the book is referred to ÒgingersliceÓ and ÒshallotssliceÓ.
3. Since ÒteaspoonÓ, ÒspoonÓ, ÒbowlÓ etc that we are used to using them, as scale tool are not accurate, in the book here, ÒgramÓ is used as a unification unit.

It suggested that non-cooking experience learner should use kitchen scale to weigh ingredients to master your home container's real volume. In your future cooking experience, you will master using ingredients amount. Furthermore, cooking should be creative matter in relaxing environment, if too caring about the accurate of amount of ingredient; maybe you couldn't cook good taste food. The key to cook is to master proportions between each ingredient.

速冻老面孔

Old popular frozen foods

馒头包子类

Steam bread and steam bun

饺子馄饨类

Dumpling and wonton

汤圆类

Rice dumpling

虾仁肉丸类

Shrimp and meat ball



老面孔新吃法

The varieties of new cooking ways
for our familiar frozen foods

馒头炒雪贝

Steam bread saut• with snow scallop

【速冻主角】方馒头.....

100克（2个）

【其他用料】雪贝50克，青椒10克，红椒10克，椒盐5克，水淀粉10克，油500克。

【准备时间】3分钟

1 馒头稍解冻后趁硬切丁。

2 雪贝、青椒、红椒洗净切丁。

【烹饪时间】5分钟

3 锅中油烧至手探微温，倒入馒头丁炸成金黄色，捞出沥油。

4 锅中留少许底油，雪贝滚匀水淀粉，入锅翻炒片刻即放青、红椒丁和馒头丁，快速翻炒。

5 撒椒盐，翻炒两下即出锅。

【好吃秘笈】

❃ 雪贝也是速冻食品，是一种产于北极的扇贝，解冻时一定要自然解冻，若用冷水冲或浸泡解冻鲜味会流失。这道菜里雪贝也可用虾仁、海虹、蛭子等海鲜代替。

❃ 这道菜一定要大火快速翻炒，才能留住海鲜的鲜香。

❃ 馒头丁、窝头丁也可素炒，如与香菇丁、胡萝卜丁、黄瓜丁、鸡蛋同炒也很好吃。

❃ 椒盐超市有卖，它很适合蘸食炸、烤之物。很多人更愿意自制椒盐，调配基础比例是：500克盐+花椒面25克+胡椒粉15克+味精15克，拌匀即可。

【特色】香酥鲜嫩，做法独特。



Frozen food: 2 square steam bread (100g)

Other ingredients: 50g snow scallops; 10g green capsicums; 10g red capsicums; 5g pepper salt; 10g water starch; 500g oil.

Preparation time: 3 minutes

1 Just thaw frozen steam bread little; slice it to 1cm x 1cm cubic. 2 Wash snow scallops, red and green capsicums; cut them to 1cm x 1cm cubic.

Cooking time: 5 minutes

3 Heat oil to hand felling little hot. Add steam bread to the wok. Stir-fry to golden color, dry off oil. 4 Leave little oil bottom in wok. Completely wet snow scallops with water-starch, saut scallops in wok little, add red and green capsicums and the bread cubic, fast stir-fry. 5 Sprinkle pepper salt; saut a little; then move into a plate.

Good taste tips:

Snow scallop is a kind of frozen food. It must be thawed under room temperature. If thaw it with flowing cold water or dip in water, its flavor will lose. In this dish, other seafood, for example shrimp can be used instead of scallops.

In stir-frying, strong fire must be used, in order to the flavor of seafood can be kept.

Steam bread and corn bread can be stir-fried with vegetables, for example mushroom, cucumber, carrots, and even eggs etc.

There is pepper salt in market. Many people would like to make pepper salt by themselves. The basic mixture proportion: 500g salt + 25g Sichuan pepper + 15g black pepper + 15g MSG. Mix together.

Feature: Crispy and fresh tenderness. Special cooking.

Simplicity調luxury life, and also steam bread is still steam bread, but it seems become a royal cuisine...

朴素主义的华美生活，这时，馒头还是馒头，却异样地尊贵起来.....

芝麻黄金片

Sesame golden slice

【速冻主角】方馒头.....100克（2个）

【其他用料】芝麻50克，鸡蛋2个，油500克。

【准备时间】3分钟

1 馒头解冻后切片，改刀切成大小相近的长方形。

2 鸡蛋打好备用。

【烹饪时间】3分钟

3 馒头片放入蛋液挂匀，夹出，两面滚上芝麻，入油锅炸至两面金黄，捞出沥油。

【好吃秘笈】

❁ 馒头一定要解冻透，否则既挂不住蛋液，而且炸时会外面熟了内里却仍冰冷坚硬。

❁ 炸不同大小和软硬的食物，所需油温大小亦不相同。家庭操作时，可从肉眼观看和手掌试温两个方面判断。炸馒头片的油温，以油中水分蒸发干，不再冒油泡为宜，但若等到冒烟，温度就已经太高，容易炸糊了。

【特色】色泽金黄，外酥里嫩。



Frozen food: 100g frozen square steam bread (2 pieces)

Other ingredients: 50g sesame; 2 eggs; 500g oil.

Preparation time: 3 minutes

1 Thaw the frozen steam bread; Slice steam bread to the same size rectangle.

2 Lightly beat eggs for ready to use.

Cooking time: 3 minutes

3 Totally wet steam bread with egg liquid. Dust with sesame. Fry in a hot oil wok to golden yellow color, dry off oil.

Good taste tips:

Steam bread must be totally thawing, otherwise egg liquid can't wet it fully, when deep-frying, the steam bread may be cooked outside, uncooked inside.

Oil temperature depends on the size and softness of food material. At home cooking, oil temperature can be judge by felling the hot through hand, or watching. Oil temperature for frying steam bread should be: there is no more water vapor from hot oil wok and no more oil bulb rising. But if there is fog rising. That means temperature of oil is too high for deep-frying the steam bread.

Feature: Golden yellow color, outside crispy, inside tender.



变换一种简单吃法，其实也是变换一种生活态度。雏菊相伴的这道菜，口齿留香时，也满桌生动.....

Change one kind of simple eating way; actually change a kind of life attitude also. Decorating this dish with daisy, aroma will be leaved in your mouth and teeth; your kitchen table will be full of smell of nature...



中式汉堡

Chinese hamburger

【速冻主角】圆馒头.....50克（1个）

【其他用料】生菜30克，奶酪片1片，黄瓜10克，红、黄西红柿10克，沙拉酱1勺。

【肉饼用料】肉馅50克，盐1克，味精0.5克，葱末2克，姜末1克。

【准备时间】10分钟



1 将肉饼所需用料拌匀，入油锅煎成圆饼状。 2 黄瓜、西红柿洗净切丁，用沙拉酱拌匀待用。 3 馒头彻底解冻后，去外皮，切片。

【烹饪时间】2分钟

4 盘中生菜叶洗净铺底，上铺一片馒头，夹1；再放一片馒头，铺奶酪片；最后放一片馒头，上浇2。

【好吃秘笈】

煎肉饼的油温以烧至有一丝青烟冒出，手试微热为宜，太热的油易使外熟里生。

✿ 不太接受奶酪的人，可用黄油代替，固体黄油切片或软黄油涂抹均可。

✿ 若还想节约时间，肉饼可用火腿片代替。上面一层蔬果可根据季节随意搭配，再装点上一两片草莓，更让孩子爱不释口了。

【特色】方便快捷，营养丰富。

Frozen food: 1 steam bread (50g)

Other ingredients: 30g lettuce; one piece of cheese; 10g cucumber; 10g red and yellow tomato; 1 spoon mayonnaise.

Meat burger ingredient: 50g meat mince; 1g salts; 0.5g MSG; 2g ginger mince; 1g shallots mince.

Preparation time: 10 minutes

1 Mix all meat burger ingredients together evenly. Fry the mixture to a disc shape.

2 Wash and cut cucumber and tomato to small cubic; mix with mayonnaise for ready to use.

3 Thaw frozen steam bread; pick off the skin of steam bread; Slice to pieces.

Cooking time: 2 minutes

4 Place one piece of washed lettuce on top of one piece of the steam bread. Place one piece of cheese. Place the fried meat disc. Spread mayonnaise mixture on the meat disc; finally Place one slice of steam bread on top.

Good taste tips:

Oil for frying the meat disc should be heated to just cause a thread of clear fog rising; or just fell little hot by placing hand on the top of pan. Too hot oil can cause outside is cooked; inside is still real.

People who don't like cheese can use butter instead. Slice hard butter to piece; or spread butter on steam bread directly.

If want to save time, use pieces of ham instead of meat disc. Season vegetable can be selected here.

If decorating with some strawberry, it will be kids' favorite food.

Feature: Fast and convenience; rich nutrition.



最简单而成功的西式改良！配上一杯牛奶(豆奶)就是一套谷类、肉类、奶类(或豆类)、蔬果类等四类食物都齐备的完美早餐了，而且，老少皆宜。同时，还是上班族简单快捷的便当选择。

The most simple and successes west hamburger innovation! Service with a cup of milk or soy milk that will be a perfect breakfast with a set of cereals; meat; milk; vegetable etc four kinds of food material. Further more, it is suitable for all age people. And also, it's a simple fast takeaway food selection for working people.



剁椒夹馍

Pickled pepper steam bread sandwich

【速冻主角】圆馒头.....100克（2个）

【其他用料】青辣椒100克，红辣椒100克，姜50克，蒜10克，盐5克，糖25克，味精5克，干豆豉10克。

【准备时间】12分钟

- 1 馒头解冻。
- 2 青椒、红椒、姜、蒜都洗净剁碎，加盐、糖、味精、干豆豉腌制10分钟。

【烹饪时间】1分钟

- 3 馒头对切两半，将2夹入馒头中即可。

【好吃秘笈】

✿ 辣椒酱腌制好后若有水腌出，千万不要倒掉，渗进馒头里简直是迷死人的味道，

✿ 这是一种新鲜辣酱的做法——盐渍剁椒。它既可生食，又可入菜，保存时间长。难得的是，这样可以避开过去用干辣椒做酱引来的营养争论。

【特色】方便快捷，风味独特。



Frozen Food: 2 round steam bread (100g)

Other ingredient: 100g green capsicums; 100g red capsicums; 50g ginger; 10g garlic; 5g salt; 25g sugar; 5g MSG; 10g fermented soybean.

Preparation time: 12 minutes

- 1 Thaw steam bread.
- 2 Washed green and red capsicums, ginger and garlic, cut to mince, add salt, sugar, MSG, dry fermented soybean to marinade for 10 minutes.

Cooking time: 1 minute

- 3 Slice steam bread to half; sandwich mixture 2.

Good taste tips:

When marinade, if there is some water to release, don't throw away. It dips inside to steam bread, its taste will delicious, or it can be used to cook instead of pepper sauce.

This is kind of fresh pepper sauce pickled method —— salted pickled pepper. It can be eaten directly, and also can be used in cooking. It has a long-term shelf life. The pepper sauce can keep the pepper nutrition very well, compared with making pepper sauce with dry hot pepper.

Feature: Convenience and fast. Special flavor.



你给了馒头不一样的表情，你还学会了用10分钟做一种好吃的辣酱。

You create a new face for steam bread, and you have learned how to make a new good taste pepper sauce in 10 minutes.

