

More Steps in Chinese Cooking

Recipes for Parents and Children

美食入門



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Foreword

When we photographed the 8 to 12 year old children cooking for our book, 'First Steps in Chinese Cooking', I discovered that they were very keen to learn how to cook Chinese dishes. Surprisingly, they enjoyed eating the food they had cooked, even though some of the dishes contained ingredients that they normally disliked.

There are certain types of food that most children particularly enjoy eating, such as, eggs, tomatoes, chicken drumsticks and chicken wings. Many mothers have complained to me that their children refused to eat certain things such as onions ('too smelly'), carrots ('strange flavour'), cucumber ('tasteless') and plain rice ('too boring'). Most children also have a strong dislike for congee, although it is good for them. I have seen mothers chasing their children around the dining room and then resorting to bribery or threats in order to force them to eat their food.

If we think about this phenomenon, we realize that it is because most adults neither explore their children's mentality and psychology, nor find out their likes and dislikes. Mothers usually insist that their children eat the kind of food that they believe to be healthy and good for them, whether the children like it or not. Unfortunately, mothers seldom take the time to invent dishes that their children enjoy. With more imaginative cooking, it is possible to transform the type of food that children dislike into delicious meals that they enjoy. Take the carrot, for example, which many children and some adults find unpalatable, even though it is very nutritious. By mashing the carrot into a purée and making a cake or chowder out of it, or slicing and braising it with other more acceptable ingredients, many people will happily eat the dish without complaint.

There are also many ways to cook a rice dish, so it is unnecessary to force children to eat plain rice with other Chinese dishes. Children tend to enjoy mixing rice with sauces and other ingredients, that is why dishes such as 'Rice with Tomato and Chicken' is a popular dish with them. Black Bean Sauce and Hot and Sour Sauce also tend to be favourites.

In this book, 'More Steps in Chinese Cooking', I have invented and improved many recipes that children will enjoy both cooking and eating. If you find that you cannot obtain some of the vital ingredients outside Hong Kong, please write to our mail order department and we will purchase the ingredients for you. Most Chinese dry ingredients can be sent abroad via surface mail.

Readers are welcome to write and let us know what their children like to eat, so that we can develop more recipes to satisfy their needs.

前言

當我們在與八歲至十二歲的孩子們一同為「美食入門」第一輯拍烹飪步驟時，發覺到孩子們對燒菜的興趣非常濃厚。同時也感到大部份的兒童並不偏食。固然他們有特別喜愛的食品如雞蛋、番茄、雞胗、雞翼等，但對於一些平時主婦埋怨兒童拒食的食物如洋葱（孩子們說「臭」）、紅蘿蔔（他們說「味道甚怪」）、青瓜（他們說「沒有味道」）、白飯（他們說「天天千篇一律，太厭倦」）等，孩子們雖然不太喜歡却也不是完全不能接受。至於粥品更非小孩子所喜愛。所以許多時我見到親友們往往要拿着飯碗去追孩子們吃飯，又騙又哄又嚇的才勉強把一頓飯吃下去。過程中還有加上鞭子去威嚇就範的。有些則屋頭追到屋尾，結果都是眼淚汪汪收場。究其因，大部份是成年人不去研究兒童的心理及對食物之喜惡，而硬將自己認為對他們有益的東西塞進他們的口中。其實有許多有益但不受孩子們歡迎的食物是可用高明的烹調方法而使他們喜悅地吃下去。最顯著的一個例子是紅蘿蔔，相信中國孩子中十個有九個不喜歡吃。而成年人也大部份對這種有益食品不表歡迎。可是如果我們將紅蘿蔔磨茸來做蛋糕或湯羹，或切塊來作紅燒的配菜，都會很容易為人接受。

而飯呢，則有幾百種煮法，為何要天天追着他們吃白飯配餸菜呢？孩子們較喜歡碟頭飯，尤其是有餸汁那種。所以「番茄雞絲飯」大受孩子們歡迎。豉汁及較淡的魚香汁也深為他們所愛。

「美食入門」第二輯包括了許多改良和創新的食譜，是特別為兒童們設計及烹調的，其中也包括了小朋友們所給予的意見。也有小朋友參與煮出這些佳餚。然而在這輯書中假如仍碰到一些不能避免採用的材料，而海外讀者買不到的話。請來信給我們的郵購服務部，我們將會為你們代購寄去府上。大部份中菜的乾料都可以用海郵寄出。歡迎讀者們來信告訴我們你的小寶貝喜愛些什麼菜式，我們將會設法滿足他們的要求，盡量使每一個孩子成長得健康活潑。

General Kitchen Rules

1. An adult must be present at all times when children are cooking. It is a good idea for the adult to light the stove and to remove the utensils from the stove if they are too heavy for the children to lift.
2. Remember to keep your hands clean and wear an apron while you are cooking.
3. Read the first few pages of this cookery book and familiarise yourself with the ingredients, seasoning and utensils before you begin cooking.
4. Read the recipe once from beginning to end before you start cooking to make sure you have everything you need.
5. Weigh the ingredients carefully, especially for the dim sum and dessert recipes.
6. When measuring teaspoons, tablespoons and cups in this cookery book, fill the spoon or cup and level off with a chopstick or the back of a knife.
7. Instead of using a Chinese cleaver, you may use a small knife for cutting up ingredients.
8. Use oven proof dishes in the oven or steamer and put them on heat-resistant surfaces afterwards.
9. The water must be boiling before you put the dish in the steamer for steaming. The second tier of the steamer should be used for steaming to prevent the water from boiling over and spilling into the dish.
10. Preheat the oven to the right temperature about 15 minutes before use.
11. Always use an oven cloth or glove to remove hot things from the oven or stove. A wok handle can get very hot during cooking.
12. Do not just rely on your memory to check the time, always use a timer.
13. Wash those utensils which only need rinsing while you are waiting for the dish to cook. Keep greasy pots and plates on one side to be cleaned after the meal.
14. Remember to clean everything after you have finished and return all used items to their proper places in the kitchen.

入廚須知

1. 當小朋友們開始在廚房內工作時，必須由一名成年人陪同協助一切。尤其是打火或移動笨重的器皿及沸熱的東西，更應由成年人幫助進行。
2. 煮菜時經常要穿上圍裙及記着常常洗手。
3. 先將這本書頭數頁熟讀，以便認識材料，調味和器皿方開始煮食。
4. 未開始前，先將菜譜小心讀一次。然後把材料，調味及用具準備妥當。
5. 使用磅秤時必須準確，切勿將用料加多或減少，尤其是點心及餅食絕對不能將材料增減以致影响製成品。
6. 用量匙要小心，把材料或調味盛滿後必須用刀刮平。
7. 如你不習慣用中國菜刀，可以改用小刀切材料。
8. 用來蒸或焗的盆碟必須檢查是耐燒而無裂痕的。而從爐中取出時要安放在木架或厚墊上，絕不能隨便放在普通的桌子或玻璃面。
9. 蒸餸必須預先將鑊內的水煮沸才把蒸籠架在上面大火蒸至所需的時間。最好將碟放在第二格蒸籠內以免入水。
10. 如需用焗爐，必先在入爐前十五分鐘預先開妥準確度數。
11. 經常將焗爐手套或厚墊布放在廚房內當眼的地方以便隨時取用。因為焗爐內的器皿或鑊柄都是滾燙的物件，絕對不能用肉手去碰。
12. 切勿過信自己的記憶，不要單憑記性來計時。廚房內必須設有計時器以便提醒你時間到了以免食物煮焦。
13. 當烹飪進行而你需等候時，先將不肥膩的用具以水沖淨放回原處。肥膩的器皿則留至飯後與其他碗碟一起清洗。
14. 烹飪完畢的善後工作必須由自己完成。並將曾用過的東西洗淨放回原處，不要養成依賴別人善後的壞習慣。

Content

目錄：

Chicken:

鷄

Baked Chicken Wings with Parsley 6

芫茜焗鷄翼

Braised Chicken Wings with Pineapple 8

菠蘿炆鷄翼

Chicken Thighs in Tangy Sauce 10

西汁焗鷄腿

Diced Chicken with Mixed Fruit..... 12

雜果鷄粒

Diced Chicken with Tomato Ketchup 14

茄汁鷄丁

Shredded Chicken in Sesame Sauce 16

麻辣手撕鷄

Spicy Chicken Wings 18

鹵水鷄翼

Pork:

豬

Braised Meatball with Winter Melon 20

冬瓜炆肉丸

Pork Chops in Soy Sauce 22

豉油焗豬扒

Roasted Mini Spare Ribs 24

醬燒排骨

Sliced Pork in Lemon Sauce 26

西檸肉甫

Stewed Belly Pork with Chestnuts..... 28

栗子炆豬肉

Beef:

牛

Beef Curry 30

咖喱牛肉

Minced Beef with Tomatoes and Potato Chips 32

番茄窩蛋牛肉

Ox Tongue in Tomato Sauce 34

番茄燴牛脷

Satay Beef 36

牛肉沙爹

Seafood:

海產

Deep Fried Fish in Sweet Sour Sauce..... 38

糖醋魚塊

Fish and Potato Croquettes..... 40

魚茸沙律棗

Mackerel Steaks in Tomato Sauce 42

番茄燴鮫魚

Shallow Fried Fish Fillets in Blackbean Sauce..... 44

豉汁封魚柳

Smoked Mini Pomfrets 46

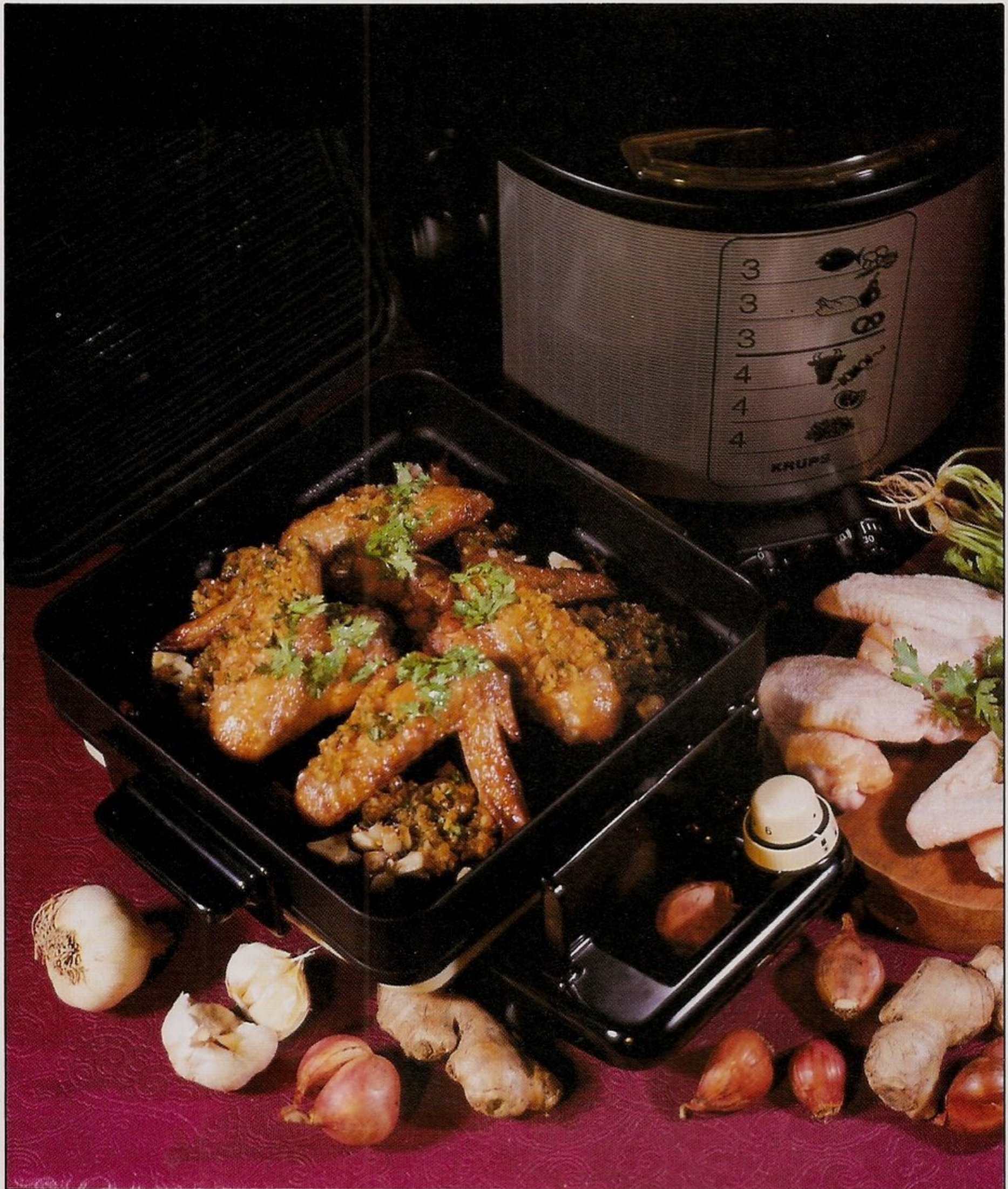
迷你烟鯧魚

	Spicy Cuttle Fish	48
	鹵墨魚仔	
Eggs:	Baked Quails' Eggs with Shrimps and Vegetables	52
蛋	美味焗鷄蛋	
	Scrambled Eggs with Shrimps	56
	滑蛋蝦仁	
	Smoked Quails' Eggs	58
	燻鷄蛋	
Vegetables:	Assorted Mushrooms with Green Vegetables	60
蔬菜	時菜扒三菇	
	Braised Mushrooms with Dried Scallops	62
	瑤柱扒雙菇	
	Deep Fried Eggplant Sandwiches	64
	炸釀茄夾	
	Eggplants in Hot Broadbean Sauce	66
	魚香茄子	
	Red Cabbage Rolls in White Sauce	68
	白汁椰菜卷	
	Vegetables in Cream Sauce	70
	奶油菜胆	
Rice and Noodles:	Chopsticks Fried Rice	72
粉麵飯	嘉饌炒飯	
	Instant Noodles with Assorted Meat and Vegetables ...	74
	雜錦快速麵	
	Rice with Chicken and Tomatoes	76
	番茄鷄絲飯	
	Rice with Scallops and Diced Pork	78
	瑤柱肉粒飯	
	Seafood Vermicelli in Soup	80
	三鮮湯米粉	
Dim Sum:	Red Bean and Coconut Pudding	82
點心	椰汁紅豆糕	
	Spring Onion Cakes	84
	簡易蔥油餅	
Dessert:	Apple Pie	86
甜品	蘋果批	
	Glutinous Balls in Light Syrup	88
	片糖湯丸	
	Mango Pudding	90
	芒果布甸	
	Sago and Pineapple Sweet	92
	菠蘿西米凍	



Baked Chicken Wings with Parsley

芫 茜 焗 鷄 翼



Ingredients:

4 chicken wings,
about 1 lb (½ kg)
1 oz (28 g) shallots
½ oz (14 g) garlic
2 slices ginger
2 oz (56 g) parsley
5 cups oil for deep frying
2 extra tbsp sesame oil for
brushing

Marinade-

1 tbsp ginger juice
1 tbsp wine
2½ tbsp light soy
1 tbsp sugar
½ tsp chicken powder
⅛ tsp pepper
1 tsp sesame oil

Method:

- * Wash, dry and place the chicken wings on a platter.
- * Mince the shallots, garlic and ginger. Wash and mince the parsley.
- * Put all the minced ingredients into a small bowl then add the marinade and stir until the sugar dissolves. Adjust the seasoning according to taste and pour over the chicken wings to mix thoroughly. Leave aside for 4 hours.
- * Heat a wok or a deep fryer and bring the oil to boil. Slide in the wings to deep fry for 2 to 3 minutes or until golden brown. Remove and drain.

- * Put the chicken wings on to a greased rack over a baking tray and place in a preheated oven of 420°F (Gas Mark 7) to bake for 5 minutes. Remove and brush with the extra sesame oil. Bake for a further 5 minutes. Dish and serve hot or cold.

材料：

鷄翼 1磅 (½公斤) 約 4 隻
葱頭 1 安 (28克)
蒜頭 ½ 安 (14克)
姜 2 片
芫茜 2 安 (56克)
炸油 ½ 鍋
另 蘇油 2 湯匙 塗面

醃料—

姜汁 1 湯匙
酒 1 湯匙
生抽 2 ½ 湯匙
糖 1 湯匙
鷄粉 ½ 茶匙
† 古月粉 ½ 茶匙
蘇油 1 茶匙

製法：

- * 鷄翼洗淨抹乾，放在深碟內候用。
- * 葱、蒜頭及姜片剝茸。芫茜洗淨亦剝茸。
- * 將全部茸放在小碗內，加入調味料拌至糖溶。試妥味倒在鷄翼上撈勻醃約 4 小時。
- * 燒紅鑊，倒入油半鍋煮至沸時。將鷄翼滑下炸片刻，撈起隔去餘油。
- * 將鷄翼放在已塗油之架上，盛在焗盤中。置已預熱之 420 度 (煤氣 7 度) 焗爐內焗 5 分鐘，取出塗上蘇油再焗 5 分鐘即成。

† 古月粉即胡椒粉



Braised Chicken Wings with Pineapples

菠蘿炆鷄翼

Ingredients:

4 cups water
½ oz (14 g) ginger slices
2 tbsp wine
1 lb (½ kg) chicken wings

5 oz (140 g) tinned pineapples
1 oz (28 g) pickled ginger
2 shallots
2 garlic cloves
2 spring onions
2 tbsp oil



Marinade-

1 tbsp ginger juice
1 tbsp wine
1 tsp cornflour
¼ tsp salt

Seasoning-

1 tsp wine
½ to 1 cup water
1 tbsp light soy
1 tsp sugar
a pinch of pepper
1 tsp sesame oil

Gravy Mix-

1 tsp cornflour
1 tbsp water
½ tsp dark soy

Method:

- * Gently bring the water to boil with the ginger and wine. Slide in the chicken wings to blanch for a few seconds. Remove, refresh and drain. Chop into bite-sized pieces. Immerse in the mixed marinade for an hour.
- * Cut the pineapples into large chunks. Slice the ginger, shallots and garlic. Section the spring onions.
- * Heat the pan or wok to bring the oil to boil. Sauté the shallots and garlic till fragrant. Pour in the chicken wings to stir fry thoroughly. Sizzle the wine, add the water and seasoning. Cover to simmer for about 5 minutes. Turn and simmer for another 3 minutes. Remove the lid to add the pineapples, ginger and gravy mix. Stir well and dish. Scatter the spring onions on top and serve.

材料：

水 4 杯
羌片 ½ 安 (14 克)
酒 2 湯匙
鷄翼 1 磅 (½ 公斤)
菠蘿 5 安 (140 克)
酸羌 1 安 (28 克)
蔥頭 2 粒
蒜頭 2 粒
蔥 2 棵
油 2 湯匙

醃鷄料—
羌汁 1 湯匙
酒 1 湯匙
生粉 1 茶匙
鹽 ¼ 茶匙

調味—
酒 1 茶匙
水 ½ 杯至 1 杯
生抽 1 湯匙
糖 1 茶匙
古月粉少許
麻油 1 茶匙

餸料—
生粉 1 茶匙
水 1 湯匙
老抽 ½ 茶匙

製法：

- * 鍋中放水 4 杯，加入羌及酒煮沸。放入鷄翼飛水。取出過冷河，隔乾水份切成約 2 吋 (5 公分) 大件。以醃鷄料和勻醃 1 小時。
- * 菠蘿切大件。羌切片。蔥、蒜頭亦切片。蔥切度。
- * 鑊燒紅，加油煮沸爆香蔥、蒜片。隨將鷄翼爆炒片刻，贊酒加水及調妥味。蓋上鍋蓋煮 5 分鐘，揭蓋兜勻反轉再煮 3 分鐘。加入菠蘿、羌片及餸料拌妥。酒蔥度在上即可上碟。



Chicken Thighs in Tangy Sauce

西汁焗鷄腿

Ingredients:

4 chicken drumsticks, about 1 lb
($\frac{1}{2}$ kg)

1 oz (28 g) ginger

1 oz (28 g) shallots

3 cups boiling water

2 tbsp wine

1 tbsp minced ginger

1 tbsp minced shallots or onions

2 tbsp oil for greasing

3 tbsp honey

tomatoes slices for garnishing

Marinade-

1 tbsp wine

1 tbsp ginger juice

4 tbsp tomato ketchup

2 tbsp Worcestershire sauce

1 tbsp light soy



¼ tsp salt
½ tsp chicken powder
1 tbsp sugar
¼ tsp black pepper
1 tbsp oil, to be added last

Method:

- * Defrost and wash the chicken drumsticks. Peel, slice and mash the ginger. Peel and mash the shallots.
- * Preheat the oven to 400°F (Gas Mark 6).
- * Pour the boiling water into a saucepan together with the ginger, shallots and wine to simmer for 10 minutes until the liquid gives out its aroma. Slide in the drumsticks to blanch for about 30 seconds to tighten the skin. Remove and rinse under a cold running tap. Drain and dry with a towel.
- * Prepare the marinade in a bowl and add the minced ginger and shallots. Adjust the flavour according to taste. Dip in the drumsticks to coat with the sauce evenly. Leave aside to marinate for 30 minutes then turn over to marinate for another 30 minutes.
- * Line the baking tray with a piece of tin foil and grease it with oil. Arrange the drumsticks on the tray and bake in the oven for 10 minutes. Take the tray out of the oven to pour the sauce on the meat then turn over to bake for another 5 minutes.
- * Remove and brush the drumsticks with the honey and continue to bake for a final 4 minutes. Dish and garnish with the tomato slices. Pour the sauce from the baking tray on the drumsticks and serve hot.

材料：

雞腿下段 4 隻約 1 磅 (½ 公斤)
姜 1 安 (28 克)
葱頭 1 安 (28 克)
沸水 3 杯
酒 2 湯匙
姜茸 1 湯匙
葱頭茸 1 湯匙
油 2 湯匙
蜜糖 3 湯匙
番茄片圍邊

醃料 —

酒 1 湯匙
姜汁 1 湯匙
茄汁 4 湯匙
喼汁 2 湯匙
生抽 1 湯匙
鹽 ¼ 茶匙
雞粉 ½ 茶匙
糖 1 湯匙
黑椒粉 ¼ 茶匙
油 1 湯匙 (後下)

製法：

- * 雞腿解凍洗淨。姜去皮切片拍扁。葱頭去衣亦拍扁。
- * 焗爐預開 400 度 (煤氣 6 度)。
- * 沸水放煲中，將姜、葱及酒同傾入文火煮 10 分鐘至出味。加入雞腿飛水至雞皮收緊 (約 30 秒鐘)，即可撈出放水喉下沖洗乾淨。
- * 醃料放深碟中拌溶，加入姜葱茸試妥味。將雞腿放入反覆數次至沾滿汁液。放置一旁醃 ½ 小時。反轉再醃 ½ 小時。
- * 焗盤放錫紙一張以油搽勻，將雞腿排入。置中格上焗 10 分鐘，取出淋汁塗油反轉再焗 5 分鐘。再將雞腿整隻塗上蜜糖續焗 4 分鐘即可上碟，以番茄片圍邊點綴。原汁淋在雞腿上點食。

註：如無葱頭，可用洋蔥代之。



Diced Chicken with Mixed Fruit

雜果鷄粒

Ingredients:

8 oz (224 g) chicken meat
3 oz (84 g) pineapples
1 cup salted water
3 oz (84 g) tomatoes

3 oz (84 g) lychees
3 oz (84 g) grapes
1 slice ginger
2 spring onions
3 tbsp oil



Chicken Marinade-

2 tsp ginger juice
1 tsp wine
1 tbsp light soy
1 tsp cornflour
1 tsp sugar
2 tbsp water
1 tbsp oil, to be added last

Seasoning-

¼ tsp salt
1 tsp sugar
1 tsp wine
2 tsp light soy
a pinch of pepper
1 tsp sesame oil

Method:

- * Discard the skin of the chicken meat and dice into ¾" (2 cm) cubes. Place the diced chicken in a bowl and blend in the marinade. Leave aside for 20 minutes. Add the oil and continue to marinate for a further 20 minutes.
- * Presoak the pineapples in the salted water for 1 hour. Refresh, pat dry and dice. Dice the tomatoes. Shell, core and quarter the lychees. Deseed and wash the grapes. Slice the ginger into tiny slivers. Dice the spring onions.
- * Heat a frying pan to bring 2 tbsp oil to boil. Sauté the ginger and put in the chicken meat to stir fry for about 1 minute. Dish.
- * Heat another pan to bring the remaining 1 tbsp oil to boil. Pour in the tomatoes and pineapples with half of the salt and sugar to stir well. Return the chicken meat into the pan. Sizzle the wine and blend in the seasoning. Turn off the heat

then add the lychees and grapes to toss thoroughly. Sprinkle the spring onions and dish.

材料：

鷄腿肉 8 安 (244 克)
菠蘿 3 安 (84 克)
番茄 3 安 (84 克)
荔枝 3 安 (84 克)
青提子 3 安 (84 克)
姜 1 片
葱 2 棵
油 3 湯匙

醃料—

姜汁 2 茶匙
酒 1 茶匙
生抽 1 湯匙
生粉 1 茶匙
糖 1 茶匙
水 2 湯匙
油 1 湯匙 (後下)

調味—

鹽 ¼ 茶匙
糖 1 茶匙
酒 1 茶匙
生抽 2 茶匙
古月粉少許
麻油 1 茶匙

製法：

- * 鷄腿肉去皮切¾吋 (2 公分) 丁方粒，以深兜盛之。將醃料和勻傾入拌勻醃20分鐘。把油搞入拌勻再醃20分鐘。
- * 菠蘿預先用鹽水浸1小時，沖淨抹乾切粒。番茄切粒。荔枝去殼去核每個分切四份。青提子去核洗淨。姜切成小片。葱切粒。
- * 燒紅鑊加油2湯匙煮沸。放入姜片爆香，即下醃透雞肉兜炒約1分鐘，以碟盛起。
- * 再燒熱另一隻鑊或煎鍋，加入其餘1湯匙油煮沸。倒下番茄及菠蘿，加部份鹽，糖兜勻。隨將鷄粒重倒入鑊內，贊酒將全部調味加入拌勻。最後再加荔枝、提子，停火撈勻洒葱粒上碟。



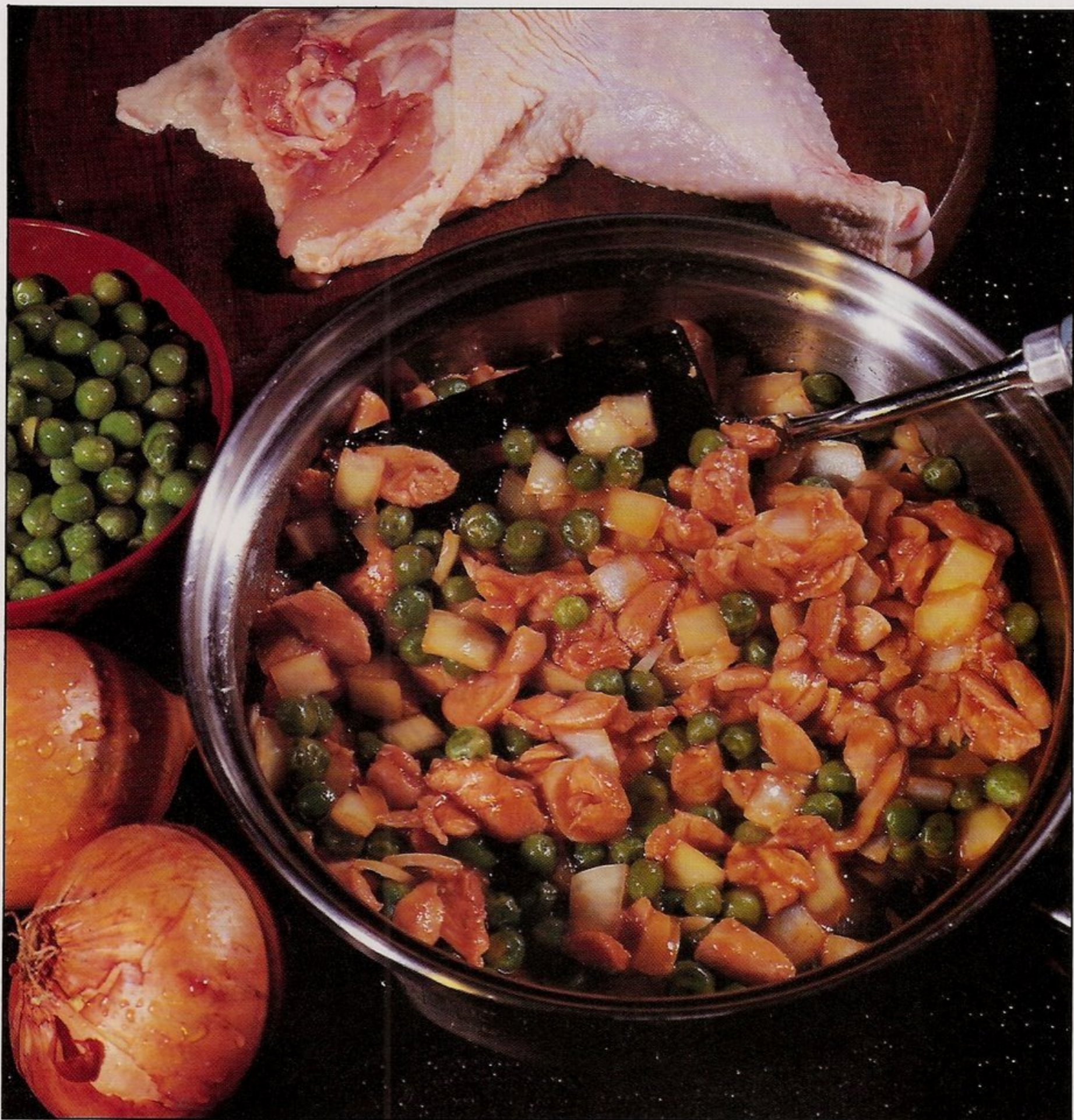
Diced Chicken with Tomato Ketchup

茄汁鷄丁

Ingredients:

1 chicken thigh, about 10 oz
(280 g)

2 cups salted water
 $\frac{3}{4}$ cup sweet peas
4 oz (112 g) onions
3 tbsp oil



Chicken Marinade-

- 1 tsp ginger juice
- 1 tsp wine
- 1 tsp light soy
- ½ tsp sugar
- 1 tsp cornflour
- 1 tbsp tomato ketchup
- 2 tbsp water
- 1 tbsp oil, to be added last

Seasoning-

- ¼ tsp chicken essence
- ½ tsp cornflour
- ¼ cup warm water
- ¼ tsp salt
- 2 tbsp tomato ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp sugar

Method:

- * Debone, wash and dice the chicken thigh.
- * Prepare the above marinade, except the oil, in a bowl and put in the chicken to marinate for 30 minutes. Blend in the oil and continue to marinate for another 20 minutes.
- * Bring the salted water to boil in a small saucepan and pour in the peas to cook for 10 seconds. Remove and rinse under a running tap until cooled. Drain and leave aside for later use.
- * Peel, wash and dice the onions.
- * Heat the wok with 1 tbsp oil to sauté the onions. Dish and leave aside to cool.
- * Heat the remaining oil in a wok and slide in the chicken to stir fry until the chicken meat turns white. Stir in the sweet peas and onions to mix well.
- * Dissolve the chicken essence and cornflour in the warm water and mix well with the remaining seasoning. Simmer in a small

saucepan until the sauce thickens. Pour over the chicken, sweet peas and onions to mix thoroughly. Dish and serve.

材料：

- 鷄腿 1 隻約10安 (280 克)
- 鹽水 2 杯
- 青豆 ¾ 杯
- 洋葱 1 隻約 4 安 (112 克)
- 油 3 湯匙

醃鷄料—

- 姜汁 1 茶匙
- 酒 1 茶匙
- 生抽 1 茶匙
- 糖 ½ 茶匙
- 生粉 1 茶匙
- 茄汁 1 湯匙
- 水 2 湯匙
- 油 1 湯匙 (後下)

調味—

- 鷄粉 ¼ 茶匙
- 生粉 ½ 茶匙
- 溫水 ¼ 杯
- 鹽 ¼ 茶匙
- 茄汁 2 湯匙
- 噏汁 1 湯匙
- 糖 1 茶匙

製法：

- * 鷄腿洗淨去骨切成丁。
- * 將全部醃鷄料放在碗中和勻。倒入鷄丁拌勻醃半小時，將油拌入再醃20分鐘。
- * 鹽水放小煲中煮沸，將青豆放入煮片刻。取出以水沖凍。隔乾水份候用。
- * 洋葱去衣洗淨切粒。
- * 鑊燒紅，將 1 湯匙油放入爆香洋葱粒。盛起置一旁攤凍。
- * 餘下油 2 湯匙傾入原鑊中將鷄丁滑下爆至變色後，即將青豆、洋葱拌入。
- * 鷄精及生粉溶於溫水內再加其餘調味料搞溶。倒入小煲中煮杰。加在鷄丁、青豆、洋葱粒上兜勻上碟。



Shredded Chicken in Sesame Sauce

麻 辣 手 撕 鷄



Ingredients:

10 oz (280 g) roast chicken breast
3 oz (84 g) cabbage
2 oz (56 g) carrots
8 oz (224 g) cucumber
½ oz (14 g) sesame seeds

Seasoning-

3 tbsp light soy
2 tbsp sesame paste
1½ tbsp French mustard
½ tsp chicken powder
1½ tbsp sugar
1 tsp sesame oil

Method:

- * Shred the chicken breast into 2" (5 cm) strips.
- * Wash and shred the cabbage finely. Scrub, wash and shred the carrots. Wash and shred 3 oz (84 g) of the cucumber. Slice the rest to border the platter.
- * Mix the shredded cabbage, carrots and cucumber in a mixing bowl and place on a platter. Top the mixed vegetables with the shredded chicken.
- * Stir the seasoning thoroughly in a small bowl; adjust the flavour according to taste. Scoop the sauce on the shredded meat.
- * Wash and parch the sesame seeds in the wok over low heat until golden. Sprinkle over the chicken and serve.

材料：

燒雞胸肉10安(280克)
椰菜3安(84克)
†甘笋2安(56克)
青瓜8安(224克)
芝麻½安(14克)

調味料—

生抽3湯匙
麻醬2湯匙
芥辣1½湯匙
鷄粉½茶匙
糖1½湯匙
麻油1茶匙

製法：

- * 鷄胸肉以刀或手撕成2吋(5公分)鷄條。
- * 椰菜洗淨切幼絲。甘笋刮去皮片薄切絲。青瓜洗淨用3安(84克)切絲。其餘5安(140克)開邊切片用以圍碟。
- * 長碟內放已撈勻之椰菜、甘笋及青瓜絲。撥平將鷄絲鋪在上面，以青瓜片圍邊。
- * 調味料放在小碗中和勻試至合味。平均地淋在鷄絲上。
- * 芝麻洗淨以燒熱白鑊文火焙乾。續炒至金黃色。盛起洒在鷄絲上即可上桌。

† 甘笋即紅蘿蔔



Spicy Chicken Wings

鹵水鷄翼



Ingredients:

2 lb (1 kg) chicken wings
5 cups boiling water

Spicy Sauce Ingredients:

1 sq. in. (2.5 cm²) tangerine peel
8 star anises
1 sq. in. (2.5 cm²) cinnamon peel
3 slices ginger
6 cups water

Seasoning-

5 oz (140 g) sugar
3 tbsp cooking sherry
2 cups light soy

Coating-

2 tbsp sesame oil

Method:

- * Wash and blanch the chicken wings in the boiling water. Refresh and drain for later use.
- * Presoak the tangerine peel in half cup of warm water for 1 hour until soft. Wash the dry ingredients and enclose them in a muslin bag together with the ginger. Half fill a 3-quart saucepan with water, drop in the bag and bring the water to boil over moderate heat. Lower the heat to simmer for half an hour until aromatic. Add the other seasoning and boil for another minute. Adjust the flavour according to taste.
- * Place the chicken wings into the spicy sauce and reboil. Turn off the gas and leave to soak for 30 minutes. Remove and brush with the sesame oil. Dish and serve cold.

材料：

鷄翼 2 磅 (1 公斤)
沸水 5 杯

鹵水料—
果皮 1 方吋
八角 8 粒
桂皮 1 方吋
姜 3 片
水 6 杯

調味料—
糖 5 安 (140 克)
酒 3 湯匙
生抽 2 杯

麻油 2 湯匙塗面

製法：

- * 鷄翼洗淨置沸水中飛水，轉放水喉下清洗乾淨。隔乾水份候用。
- * 果皮預先置溫水中浸軟。將全部乾鹵水料洗淨同放紗布袋中，投入鍋內加清水以中火燒沸後，轉用慢火煮½小時至出味。再放入調味料續煮 1 分鐘。試妥味。
- * 鷄翼放入鹵水中，待重沸後即停火浸 30 分鐘。取出塗以麻油上碟。



Braised Meatballs with Winter Melon

冬瓜肉丸

Ingredients:

12 oz (336 g) winter melon
6 oz (168 g) pork
¼ cup cornflour

1 slice ginger
1 shallot
1 garlic clove
2 spring onions
½ wok oil for deep frying



Meat Marinade-

$\frac{1}{8}$ tsp salt
1 $\frac{1}{2}$ tsp light soy
1 tsp cornflour
1 tsp sugar
1 egg yolk
 $\frac{1}{2}$ sesame oil

Seasoning-

1 tsp wine
 $\frac{1}{4}$ tsp salt
1 tbsp light soy
2 tsp sugar
1 tsp sesame oil

Method:

- * Peel and cut the winter melon into small rectangular pieces.
- * Wash, dry and slice the pork into thick pieces. Place in a food processor with the marinade to mince into a paste. Remove into a mixing bowl and chill in the refrigerator for an hour. Dredge in the cornflour and shape into balls of a slightly larger size than marbles.
- * Shred the ginger. Slice the shallot and garlic. Section the spring onions.
- * Bring the oil to boil in a wok or a frying pan and slide in the meatballs to deep fry until golden brown. Remove and drain, leaving about 2 tbsp of oil in the wok.
- * Heat the same wok or frying pan and bring the oil to boil then sauté the ginger, shallot and garlic. Stir in the winter melon to fry for 1 minute. Add the meatballs to mix thoroughly. Sizzle the wine, add the seasoning and adjust the flavour. Cover to cook over low heat for 3 minutes until only a

little gravy remains. Drop in the sesame oil and sprinkle the spring onions on top to garnish.

材料：

冬瓜 12 安 (336 克)
豬肉 6 安 (168 克)
生粉 $\frac{1}{4}$ 杯
姜 1 片
葱頭 1 粒
蒜頭 1 粒
葱 2 棵
炸油 $\frac{1}{2}$ 鍋

醃肉料—

鹽 $\frac{1}{8}$ 茶匙
生抽 1 $\frac{1}{2}$ 茶匙
生粉 1 茶匙
糖 1 茶匙
蛋黃 1 隻
麻油 $\frac{1}{2}$ 茶匙

調味料—

酒 1 茶匙
鹽 $\frac{1}{4}$ 茶匙
生抽 1 湯匙
糖 2 茶匙
麻油 1 茶匙

製法：

- * 冬瓜去皮切骨牌形候用。
- * 豬肉洗淨抹乾切大片。與醃肉料同放在碎肉機內按制搞片刻使成不太幼之免治肉，以膠刮刮出放深碗中。置雪櫃內雪 1 小時。用生粉塗手將肉茸捏成小丸子。
- * 姜切絲。葱、蒜頭切片。葱切度。
- * 油煮沸將肉丸放入炸至金黃色。撈起隔去餘油。只餘約 2 湯羹油在鑊內。
- * 煎鍋燒熱，將油煮沸爆香姜、葱、蒜片。傾下冬瓜兜數下即加肉丸炒勻。贊酒加調味料後蓋上鍋蓋文火炆 3 分鐘將汁煮至只剩少許。如汁太多則以生粉加水流入打釐。麻油最後與葱度同洒下拌勻上碟。



Pork Chops in Soy Sauce

豉油焗猪扒

Ingredients:

1 shallot
1 garlic clove
1 chilli (optional)
6 pork chops, about 2 oz
(56 g) each

2 tbsp oil
2 tbsp stock
1 tbsp honey for glazing
a few parsley sprigs and tomato
slices for garnishing



Marinade-

- 1 tbsp light soy
- 1 tbsp dark soy
- 1 tbsp sugar
- 1 tbsp water
- 1 tsp ginger juice
- 1 tsp wine
- 1 tbsp oil, to be added last

Method:

- * Peel and mince the shallot and garlic. Deseed and chop the chilli finely. Prepare the marinade in a small bowl by mixing all the marinade ingredients, except the oil, together with the above shallot, garlic and chilli.
- * Wash and trim the fat from the pork chops. Pierce the meat with a fork then place in the marinade. Baste and turn several times to ensure that the meat is evenly coated with the sauce. Leave aside for 30 minutes. Blend in the oil and continue to marinate for a further 30 minutes.
- * Lift the chops from the marinade and scrape the shallot, garlic and chilli back into the remaining sauce. Drain the chops.
- * Bring the oil to boil in a pan over moderate heat. Slide in the pork chops to shallow fry for about 3 minutes. Turn and fry the other side until golden brown. Pour in the meat marinade and the stock. Lower the heat to simmer for about 5 minutes. Use a clean

brush to glaze the chops with the honey. Continue to cook gently for 2 minutes. Turn over and glaze the other side. Cook for a further 2 minutes. Turn off the heat and arrange on a platter. Garnish with the parsley and tomato slices.

材料：

- 葱頭 1 粒
- 蒜頭 1 粒
- 紅椒 1 隻 (隨意)
- 豬扒 6 件約 12 安 (336 克)
- 油 2 湯匙
- 上湯 2 湯匙

- 蜜糖 1 湯匙
- 番茜及番茄片作點綴

醃肉料—

- 生抽 1 湯匙
- 老抽 1 湯匙
- 糖 1 湯匙
- 水 1 湯匙
- 羌汁 1 茶匙
- 酒 1 茶匙
- 油 1 湯匙 (後下)

製法：

- * 葱頭、蒜頭去衣剝幼。紅椒去籽切幼粒。加入已和勻之醃肉料內搞勻。
- * 豬扒去肥洗淨以刀背拍鬆。放在和勻之醃料中反覆數次使沾滿汁液。放置一旁醃 30 分鐘。將油加入反覆拌勻再醃 30 分鐘。
- * 將豬扒從汁液中取出刮去葱、蒜頭茸，滴乾水份。
- * 煎鍋 1 隻放在中火爐上燒熱。加油煮沸把豬扒放入煎約 3 分鐘。反轉再煎 3 分鐘。傾入醃料及上湯轉用文火煮 5 分鐘。以毛筆將蜜糖塗在豬扒上。繼續煮 2 分鐘。反轉再塗另一邊。熄火將豬扒排在碟上。以番茜及番茄片圍碟。



Roasted Mini Spare Ribs

醬 燒 排 骨

Ingredients:

20 oz (560 g) spare ribs
½ oz (14 g) ginger
½ oz (14 g) onions
½ oz (14 g) garlic
1 cup water
⅓ cup honey

Marinade-

2 tbsp light soy
2 tbsp hoi sin paste (sweet paste)
2 tbsp peanut butter
2 tsp sugar

¼ tsp pepper
1 tbsp sesame oil

Method:

- * Chop the spare ribs into 2½" (6 cm) lengths. You can ask the butcher to do this for you. Wash and drain for later use.
- * Scrape and slice the ginger. Peel and slice the onions and garlic. Put in the food processor to mince finely.
- * Mix all the marinade ingredients



in a large bowl. Add the minced ginger, onions and garlic to stir well. Put in the ribs to coat evenly and leave aside to marinate for half an hour. Add the sesame oil, turn over the spare ribs and marinate for a further 30 minutes. Save the remaining marinade for later use.

- * Preheat the oven to 400°F (Gas Mark 6) for 20 minutes. Place a greased rack in a 2½" (6 cm) deep baking tray half filled with water. Arrange the ribs on the rack and put into the oven to roast for 10 minutes. Remove the baking tray from the oven with an oven glove and brush the ribs with honey. Turn over and brush the other side. Return the tray to the oven and increase the heat to 450°F (Gas Mark 8) and cook for a final 10 minutes. Remove and serve.
- * Mix one quarter cup of the juice from the baking tray with the remaining marinade. Heat the gravy in a pan and pour over the spare ribs or serve separately in a sauce boat.

材料：

肉排20安 (560 克)
姜½安 (14克)
洋葱½安 (14克)
蒜頭½安 (14克)
水 1 杯
蜜糖½杯

醃料—

生抽 2 湯匙
海鮮醬 2 湯匙
花生醬 2 湯匙
糖 2 茶匙
古月粉¼茶匙
麻油 1 湯匙

製法：

- * 肉排預先請肉檔斬成 2½吋 (6 公分) 小段排骨。洗淨隔乾水份候用。
- * 姜、洋葱、蒜頭去衣去皮後切片。放在攪拌器中磨爛成茸。
- * 將全部醃料放在大盤中搞勻。加入姜、洋葱及蒜茸拌妥，把排骨放入醬中沾滿醬汁置一旁醃½小時。加入麻油和勻；反轉續醃½小時。
- * 烤爐預先20分鐘開至 400 度 (煤氣 6 度)。將一塊塗油鐵網放在 2½吋 (6 公分) 深之長方烤盆上。盆內放水，排骨排在鐵網上。放入烤爐中格燒10分鐘，以毛巾墊住把烤盆拉出。用掃將排骨塗上蜜糖；反轉另一面掃以蜜糖後，將烤盆推回爐內，開至 450 度 (煤氣 8 度)。再燒10分鐘，即可取出上碟。
- * 將烤盆內之汁水¼杯與醃肉剩下的醃料煮沸淋在排骨上。或利用小碟盛之伴食。



Sliced Pork in Lemon Sauce

西 檸 肉 甫

Ingredients:

½ lb (224 g) pork fillet
2 shallots
1 slice ginger
1 egg
½ cup cornflour
½ wok oil for deep frying
1 lemon
1 tsp grated lemon peel
2 parsley sprigs
1 extra tbsp oil for sautéing

Marinade-

1 tsp wine
1 tbsp light soy
½ tbsp sugar
a pinch of pepper
1 tsp cornflour
1 tbsp lemon juice
1 tbsp water
1 tbsp oil, to be added last



Seasoning-

- 1 tsp wine
- ½ cup lemon juice
- ¼ tsp salt
- 3 tbsp sugar
- ½ tsp chicken powder
- a pinch of pepper

Gravy Mix-

- 1 tsp cornflour
- 1 tbsp water

Method:

- * Wash, dry and cut the pork fillet into 1" x 1½" (2½ cm x 4 cm) thick slices.
- * Peel and mince the shallots and ginger to mix with the marinade. Immerse the pork slices in the marinade to coat evenly then leave to stand for 30 minutes. Blend in the oil and continue to marinate for a further 30 minutes.
- * Beat the egg. Coat the pork slices with the beaten egg then dust with the cornflour.
- * Gently bring the oil to boil and slide in the pork to deep fry till golden brown. Remove and drain on the kitchen paper.
- * Halve the lemon lengthwise then cut widthwise into thin slices to border the platter. Arrange the deep fried pork in the centre then sprinkle the grated lemon peel on top. Garnish with the parsley sprigs.
- * Heat a pan with the extra oil. Sizzle the wine, then pour in the lemon juice and seasoning to bring to boil. Thicken the juice with the gravy mix then pour over the pork to serve.

材料：

- 豬柳½磅 (224 克)
- 葱頭 2 粒
- 羌 1 片
- 雞蛋 1 隻
- 生粉½杯
- 炸油½鍋
- 檸檬 1 個
- 檸檬茸 1 茶匙
- 番茜 2 棵
- 另油 1 湯匙起鑊

醃料—

- 酒 1 茶匙
- 生抽 1 湯匙
- 糖½湯匙
- 古月粉少許
- 生粉 1 茶匙
- 檸檬汁 1 湯匙
- 水 1 湯匙
- 油 1 湯匙 (後下)

調味—

- 酒 1 茶匙
- 檸檬汁½杯
- 鹽¼茶匙
- 糖 3 湯匙
- 雞粉½茶匙
- 古月粉少許

獻料—

- 生粉 1 茶匙
- 水 1 湯匙

製法：

- * 豬柳洗淨切 1 吋 x 1½ 吋 (2½ 公分 x 4 公分) 厚件。
- * 葱頭、羌去皮剝茸與醃料和勻將豬肉放入反覆沾滿醃料。醃½小時後拌入油再醃½小時。
- * 蛋打爛將豬甫放入拖勻。轉放在生粉上捲滿乾粉。
- * 炸油煮沸，將肉甫滑入炸至金黃色。撈起放在紙上吸去餘油。
- * 檸檬切片圍在碟邊，將肉甫放在碟中，檸檬茸洒在上面，番茜放在中央裝飾。
- * 煎鍋燒熱，將油放入煮沸，贊酒傾入檸檬汁及調味煮滾。流入生粉水埋獻，淋在肉上即成。



Stewed Belly Pork with Chestnuts

栗子炆猪肉



Ingredients:

5 oz (140 g) belly pork
2 tbsp coarse salt
10 oz (280 g) chestnuts
3 cups boiling water
1 slice ginger
2 shallots
1 garlic clove
1 parsley sprig
1 tbsp oil

Seasoning-

½ tsp wine
1½ cup stock
1½ tsp light soy
1½ tsp sugar
1 tsp dark soy
a pinch of pepper
1 tsp sesame oil

Method:

- * Rub and clean the pork skin with the coarse salt. Wash thoroughly and cut into bite-sized pieces.
- * Shell and soak the chestnuts in the boiling water for 30 minutes. Remove the skin. Wash and drain.
- * Shred the ginger. Slice the shallots and garlic. Wash and trim the parsley.
- * Heat the casserole with the oil to sauté the ginger, shallots and garlic. Stir in the belly pork to fry for 1 minute then add the chestnuts to mix well. Sizzle the wine and pour in the stock. Cover and simmer for 30 minutes over low heat. Remove the lid and season to taste. Continue to cook for a further 10 minutes. Sprinkle the parsley and sesame oil on top. Dish and serve hot in the casserole.

材料：

五花肉 5 安 (140 克)
栗子 10 安 (280 克)
姜 1 片
葱頭 2 粒
蒜頭 1 粒
芫茜 1 棵
油 1 湯匙

調味—

酒 ½ 茶匙
上湯 1 ½ 杯
生抽 1 ½ 茶匙
糖 1 ½ 茶匙
老抽 1 茶匙
古月粉 少許
麻油 1 茶匙

製法：

- * 五花肉用粗鹽將皮擦淨。清洗乾淨切件候用。
- * 栗子去殼浸於熱水中30分鐘後去皮。洗淨隔乾。
- * 姜片切絲。葱、蒜頭切片。芫茜洗淨摘妥。
- * 瓦鍋燒熱加油 1 湯匙炸香姜、葱、蒜。放入豬肉爆 1 分鐘。再下栗子炒香。贊酒傾入上湯，蓋上鍋蓋，文火燉約30分鐘。揭蓋調妥味，再煮約10分鐘。洒下芫茜及麻油即可上碟。原鍋上桌亦可。



Beef Curry

咖喱牛肉

Ingredients:

5 oz (140 g) beef fillet
8 oz (224 g) potatoes
2 cups salted water
4 oz (112 g) onions
2 tbsp oil

Beef Marinade-

2 tsp light soy
1 tsp sugar
1 tsp cornflour
1 tsp wine

1 tsp curry powder
 $\frac{1}{3}$ cup water
2 tsp oil, to be added last

Seasoning-

1 to 2 tbsp curry powder
1 tsp paprika (optional)
1 tbsp oil
1 tbsp minced shallots
1 tsp minced garlic
2 cups stock
1 tbsp light soy
1 tsp sugar





Beef Curry

咖喱牛肉



Method:

- * Wash and slice the beef. Immerse in the marinade and leave to stand for 10 minutes. Add the oil to mix well and marinate for another 20 minutes.
- * Peel and cut the potatoes into wedges. Soak in the salted water to prevent from discolouring.
- * Peel and cut the onions.
- * Add the curry powder, paprika, oil and minced shallots and garlic into a bowl to mix well. Leave aside for later use.
- * Heat the wok or pan with the oil. Pour in the onions and mixed curry paste to sauté well. Stir in the beef and potatoes to fry for 3 minutes. Add the stock and bring to boil with the wok

covered. Lower the heat to cook for 45 minutes. Remove the lid and add the other seasoning. Continue to simmer for 15 minutes until the beef is tender and the sauce has thickened. Dish and serve.

材料：

牛肉 5 安 (140 克)
茨仔 8 安 (224 克)
鹽水 2 杯
洋葱 4 安 (112 克)
油 2 湯匙

醃料—

生抽 2 茶匙
糖 1 茶匙
生粉 1 茶匙
酒 1 茶匙
咖喱粉 1 茶匙
水 $\frac{1}{3}$ 杯
油 2 茶匙 (後下)

調味—

咖喱粉 1 至 2 湯匙
紅椒粉 1 茶匙 (隨意)
油 1 湯匙
葱頭茸 1 湯匙
蒜頭茸 1 茶匙
上湯 2 杯
生抽 1 湯匙
糖 1 茶匙

製法：

- * 牛肉洗淨切片，以上述醃料和勻醃10分鐘後加油撈勻再醃20分鐘。
- * 茨仔去皮切三角形。用鹽水浸着以防變色。
- * 洋葱去皮切件候用。
- * 將咖喱粉、紅椒粉、油及葱、蒜茸拌勻候用。
- * 燒紅鑊放下油煮沸，傾入洋葱及拌勻之咖喱料爆香。隨即倒入牛肉兜勻。再下茨仔炒透，加上湯蓋上鑊蓋猛火煮沸後，轉用文火燉45分鐘。揭蓋加入其餘調味料和勻再煮15分鐘至汁液濃而牛肉酥軟即可上碟。





Minced Beef with Tomatoes and Potato Chips

番 茄 窩 蛋 牛 肉

Ingredients:

5 oz (140 g) minced beef
5 oz (140 g) potatoes
3 cups boiling salted water
3 cups hot oil for deep frying
8 oz (224 g) tomatoes
1 slice ginger
1 shallot
1 garlic clove
1 spring onion

an extra 4½ tbsp oil for cooking
1 egg

Beef Marinade-

2 tsp light soy
1 tsp sugar
½ tsp wine
1 tsp cornflour
¼ cup water
a pinch of pepper
1 tbsp oil, to be added last



Seasoning-	Gravy Mix-
¼ cup stock	1 tsp cornflour
¼ tsp salt	1 tbsp water
1 tsp light soy	½ tsp dark soy
1 tbsp sugar	1 tsp sesame oil
2 tbsp tomato ketchup	

Method:

- * Place the minced beef in a mixing bowl then pour in the marinade to stir until evenly mixed. Leave to stand for 30 minutes. Blend in the oil. Stir thoroughly with a pair of chopsticks and continue to marinate for another 30 minutes.
- * Wash, scrub and remove the eyes and blemishes of the potatoes. Cut into chips of about 1½" (4 cm) long. Soak in half the boiling water for 30 seconds and drain. Deep fry in hot oil till golden. Drain.
- * Scald the tomatoes with the remaining boiling water and remove the skin. Leave the whole tomatoes aside for later use. Shred the ginger. Slice the shallot and garlic. Section the spring onion.
- * Heat the wok with 2 tbsp oil and sauté the ginger, shallot and garlic. Pour in the tomatoes to fry for 1 minute. Stir in half of the stock and seasoning to simmer for 5 minutes and dish, using a deep container.
- * Heat a pan to bring the other 2 tbsp oil to boil. Add the minced beef to stir fry until cooked. Pour in the remaining stock and season to taste. Thicken the sauce with the gravy mix and scoop over the tomatoes.
- * Return the potato chips into the boiling oil to deep fry until crisp

and golden. Arrange in batches beside the tomatoes.

- * Break and shallow fry the egg with the last ½ tbsp oil. Place on top of the beef and scatter with the spring onion.

材料：

免治牛肉 5 安 (140 克)
 茨仔 5 安 (140 克)
 沸油 3 杯
 番茄 8 安 (224 克)
 羌 1 片
 葱頭 1 粒
 蒜頭 1 粒
 葱 1 棵
 另油 4 ½ 湯匙起鑊
 蛋 1 隻

醃肉料—
 生抽 2 茶匙
 糖 1 茶匙
 酒 ½ 茶匙
 生粉 1 茶匙
 水 ¼ 杯
 古月粉少許
 油 1 湯匙 (後下)

調味—
 上湯 ¼ 杯
 鹽 ¼ 茶匙
 生抽 1 茶匙
 糖 1 湯匙
 茄汁 2 湯匙

餡料—
 生粉 1 茶匙
 水 1 湯匙
 老抽 ½ 茶匙
 蔬油 1 茶匙

製法：

- * 牛肉放在深碗內，加入已拌勻之醃料搞透醃 ½ 小時。將油加入以筷子搞拌，續醃 ½ 小時。
- * 茨仔去皮洗淨切成 1½ 吋 (4 公分) 幼條。用沸鹽水淋透隔乾水份，以沸油炸至金黃色，撈起隔淨油。
- * 番茄浸於沸水中 20 分鐘，取出撕去皮，原個候用。羌切絲，葱、蒜頭切片。葱切度。
- * 燒紅鑊將油 2 湯匙煮沸爆香羌、葱、蒜，倒入番茄兜數下即落一半上湯及調味料煮 5 分鐘，以鏟鏟在深碟上。
- * 煎鍋 1 個燒熱煮沸另 2 湯匙油，傾入牛肉炒熟。加入其餘一半上湯及調味，試妥味以和勻之生粉水埋餡，盛在番茄中央。
- * 茨條再炸一次安排在番茄旁邊，雞蛋去殼用最後 ½ 湯匙油煎成荷包蛋，鏟在牛肉上即可上桌，葱度洒面點綴。



Ox Tongue in Tomato Sauce

番 茄 燴 牛 脷



Ingredients:

1 cooked ox tongue,
about 1 lb (½ kg)
1 small onion, about 2 oz (56 g)
10 oz (280 g) tomatoes
2 oz (56 g) red capsicums
2 oz (56 g) green capsicums
2 oz (56 g) carrots
2 slices ginger
2 garlic cloves
3 tbsp oil

Seasoning-

1 tsp wine
1 cup stock or water
1 tsp salt
1 tbsp light soy
2 to 3 tbsp sugar
½ cube chicken essence
2 tbsp tomato ketchup
1 tsp cornflour + 1 tbsp water
(optional)

Method:

- * Cut the ox tongue into thin slices.
- * Peel and quarter the onion. Wedge the tomatoes. Deseed and cut the capsicums into 1" (2.5 cm) pieces. Scrape and slice the carrots. Shred the ginger and slice the garlic.
- * Heat the wok to bring the oil to boil. Sauté the ginger, garlic and onion until slightly browned. Add the sliced tongue to shallow fry for 1 minute. Slide in the tomatoes and carrots and stir briskly. Sizzle the wine and pour in the stock. Cover and simmer gently for 30 minutes. Remove the lid and add the other ingredients and the remaining

seasoning. Continue to simmer for 10 minutes. Season to taste. Blend in the cornflour mix if the sauce is runny. Serve hot with rice or spaghetti.

材料：

熟牛脷 1 條約 1 磅 (½ 公斤)
洋蔥 1 小個約 2 安 (56 克)
番茄 10 安 (280 克)
紅椒 2 安 (56 克)
青椒 2 安 (56 克)
甘笋 2 安 (56 克)
姜 2 片
蒜頭 2 粒
油 3 湯匙

調味—

酒 1 茶匙
上湯或水 1 杯
鹽 1 茶匙
生抽 1 湯匙
糖 2 至 3 湯匙
鷄精 ½ 粒
茄汁 2 湯匙
生粉水 1 湯匙 (隨意)

製法：

- * 熟牛脷橫切成小薄片。
- * 洋蔥去皮切為 4 角、番茄洗淨亦分切成四份。紅椒、青椒去核切成約 1 吋 (2.5 公分) 丁方件。甘笋刮去皮後切片。姜切絲。蒜頭切片。全部放置一旁候用。
- * 將鑊或煎鍋洗淨放爐上燒熱，倒下油煮沸，隨將姜絲、蒜片及洋蔥放入爆至微黃，加牛脷炒約 1 分鐘，即把番茄、甘笋傾入同兜數下。贊酒加上湯炒勻，蓋上鑊蓋以文火燉 30 分鐘，揭蓋將其餘材料全部滑下鑊中，調味料亦同時加入，蓋着再燉 10 分鐘。調妥味後如覺得汁太稀時，可拌入生粉水 1 湯匙。盛起，與白飯或意大利粉同上桌。



Satay Beef

牛肉沙爹

Ingredients:

½ lb (224 g) beef fillet
4 oz (112 g) cucumber
4 oz (112 g) carrots
2 tbsp oil
3 tbsp sesame oil for coating

Marinade-

1 tsp turmeric powder
¼ cup water
2 tbsp oil, to be added last

Satay Paste-

2 oz (56 g) shallots
1 oz (28 g) garlic cloves
½ oz (14 g) ginger
½ oz (14 g) chillies
3 tbsp light soy
1½ tbsp sugar
1 tsp chicken powder
½ cup crunchy peanut butter

Special utensils:

3 dozens skewers



Method:

- * Wash, dry and cut the beef into $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{4}$ " (1.25 cm x 1.25 cm x 0.6 cm) cubes. Prepare the marinade in a bowl and put in the beef to mix well. Leave aside for 1 hour and stir in the oil to marinate for another 2 hours.
- * Wash and slice the cucumber. Peel and slice the carrots.

Satay paste-

- * Peel and slice the shallots, garlic and ginger. Deseed and dice the chillies. Put all these ingredients into the food processor and blend for 5 to 6 seconds into a purée. Remove.
- * Heat the pan with the oil to sauté the above purée. Add the seasoning and peanut butter to stir fry for a while. Season to taste and remove. Leave to cool and keep in a jar.

To complete-

- * Preheat the oven to 400°F (Gas Mark 6).
- * Wash, dry and grease the bamboo skewers. Skewer the beef cubes one by one. Arrange on a greased rack and place in a baking tray to bake for 3 minutes in the oven. Take out the tray and brush the beef with the sesame oil. Turn over and return to the oven again for a further 2 minutes. Remove and place on a platter. Arrange the sliced cucumber and carrots round the edge of the platter as garnish. Serve with the satay paste as dipping.

材料：

牛柳 $\frac{1}{2}$ 磅 (224 克)
青瓜 4 安 (112 克)
甘笋 4 安 (112 克)
油 2 湯匙
竹簽 3 打
蔴油 3 湯匙塗面

醃肉料—
黃羌粉 1 茶匙
水 $\frac{1}{4}$ 杯
油 2 湯匙 (後下)

沙爹醬—
葱頭 2 安 (56 克)
蒜頭 1 安 (28 克)
羌 $\frac{1}{2}$ 安 (14 克)
紅椒 $\frac{1}{2}$ 安 (14 克)
生抽 3 湯匙
糖 $1\frac{1}{2}$ 湯匙
鷄粉 1 茶匙
粗花生醬 $\frac{1}{2}$ 杯

製法：

- * 牛肉洗淨抹乾切成 $\frac{1}{2}$ 吋 x $\frac{1}{2}$ 吋 x $\frac{1}{4}$ 吋 (1.25 公分 x 1.25 公分 x 0.6 公分) 方粒。醃肉料放在碗中和勻。將牛肉放入拌勻至完全沾滿醃料，放置一旁醃 1 小時。將油搗入繼續醃 2 小時。
- * 青瓜洗淨切片。甘笋去皮亦切片。

沙爹醬—

- * 葱頭、蒜頭、羌去皮切片。紅椒去籽切粒。全部放在碎肉機內按 5 至 6 秒鐘搗成醬，刮出放在深兜內。
- * 煎鍋燒熱加油煮沸，將羌、葱、蒜、紅椒醬放入爆香，隨即拌入調味料及花生醬，試妥味後盛起攤凍以瓶載之。

完成—

- * 焗爐預熱 400 度 (煤氣 6 度)。
- * 竹簽洗淨抹乾塗油，將醃妥之牛肉粒穿起，排放在已塗油之架上，放在焗盆中，置爐內燒 3 分鐘。拉出塗以蔴油，反轉重放爐中再燒 2 分鐘，取出攤放碟上。以青瓜、甘笋片伴邊，沙爹醬以小碟跟上點食。



Deep Fried Fish in Sweet Sour Sauce

糖醋魚塊

Ingredients:

10 oz (280 g) fish fillet

1 egg

½ cup cornflour

½ wok oil for deep frying

1 slice ginger

1 shallot

1 garlic clove

2 tbsp pickled vegetables

2 tbsp oil



Fish Marinade-

1 tsp light soy
½ tsp sugar
1 tsp cornflour
a pinch of pepper
½ tsp sesame oil
½ egg white

Seasoning-

1 tsp wine
½ cup sweet sour sauce
1 tsp light soy
½ tsp sugar
a pinch of pepper

Gravy Mix-

2 tsp cornflour
2 tbsp water
1 tsp sesame oil

Method:

- * Clean, dry and slice the fish into thin pieces. Mix the marinade thoroughly and immerse the fish in the solution for 1 hour, turning every 15 minutes.
- * Beat the egg and soak the fish in it to coat evenly. Remove and dredge with the cornflour then press lightly.
- * Bring the oil to boil and deep fry the fish until golden brown. Drain and arrange on to the platter.
- * Shred the ginger. Slice the shallot and garlic. Shred the pickled vegetables finely.
- * Heat a wok and bring the oil to boil. Sauté the ginger, shallot and garlic till fragrant. Sizzle the wine, pour in the sweet sour sauce and pickled vegetables. Season to taste. Thicken the sauce with the cornflour mix. Scoop over the fish and dish.

材料：

魚柳10安 (280 克)
蛋 1 隻
生粉 ½ 杯
炸油 ½ 鑊
姜 1 片
葱頭 1 粒
蒜頭 1 粒
五柳料 2 湯匙
油 2 湯匙

醃魚料—
生抽 1 茶匙
糖 ½ 茶匙
生粉 1 茶匙
古月粉 少許
麻油 ½ 茶匙
蛋白 ½ 隻

調味—
酒 1 茶匙
甜酸醋 ½ 杯
生抽 1 茶匙
糖 ½ 茶匙
古月粉 少許

餡料—
生粉 2 茶匙
水 2 湯匙
麻油 1 茶匙

製法：

- * 魚柳略洗後抹乾片成大片平放碟上。將醃魚料拌勻倒在魚上，反覆使沾滿醃料。置一旁醃 1 小時，每隔 15 分鐘反身一次。
- * 蛋打爛將魚放入捲滿蛋漿。取出上生粉以手略壓使生粉貼緊。
- * 油燒至沸，將魚塊放入炸至金黃色。撈起隔去餘油排放在碟上。
- * 姜切絲。葱、蒜頭切片。五柳料切幼。
- * 煎鍋燒熱將油倒下煮沸，放入姜、葱、蒜片爆香。贊酒傾下甜酸醋及五柳料試妥味。以和勻之生粉水倒入打餡，淋在魚上即成。



Fish and Potato Croquettes

魚 茸 沙 律 棗



Ingredients:

½ lb (224 g) potatoes
3 cups salted water
6 oz (168 g) tuna fish
2 hard boiled eggs
2 spring onions
4 tbsp salad cream
¼ cup flour
1 egg
½ cup breadcrumbs
½ wok oil for deep frying

Seasoning-

¼ tsp salt
2 tsp sugar
1 tsp hot broadbean paste
1 tsp sesame oil

Method:

- * Clean and boil the potatoes in the salted water for about 15 minutes or until soft. Remove and drain.
- * Peel off the skin of the potatoes and place in a mixing bowl. Mash into a fluffy purée and mix thoroughly with the flaked tuna and seasoning. Dice the eggs finely and stir into the potato purée.
- * Wash and chop the spring onions. Sprinkle over the potato purée then blend in the salad cream to mix well. Place in the refrigerator and chill for 1 hour.
- * Sift the flour on to a clean table top and shape the potato mixture into a long roll. Divide into 24 equal portions then roll again to shape each into a croquette of similar size to a roll of film.
- * Beat the egg in a bowl and dip in the croquettes to coat evenly. Dredge with the breadcrumbs and press lightly.

- * Slowly bring the oil to just boil. Test the oil by putting in a small piece of onion. If bubbles immediately surround the piece of onion, then the oil is ready for deep frying. Slide in half of the croquettes to deep fry for approximately 2 minutes till golden brown. Repeat the process with the rest of the croquettes. Remove and drain on kitchen paper. Serve hot.

材料：

薯仔½磅 (224 克)
鹽水 3 杯
吞拿魚 6 安 (168 克)
熟蛋 2 隻
葱 2 棵
沙律醬 4 湯匙
面粉¼杯
蛋 1 隻
麵包糠½杯
炸油½鍋

調味—
幼鹽¼茶匙
糖 2 茶匙
豆瓣醬 1 茶匙
蔴油 1 茶匙

製法：

- * 薯仔洗擦乾淨放在鹽水中煮沸。轉用文火續煮約15分鐘至軟。取出隔乾水份。
- * 將薯仔撕去皮放在大碗內以木匙搓成薯泥，加入吞拿魚及調味料一同搓勻。熟雞蛋切幼粒拌入。
- * 葱洗淨切粒洒在薯茸上，隨將沙律醬搞入混成一軟糰置雪櫃內雪1小時。
- * 麵粉篩在桌上將薯泥從雪櫃取出放在上面搓成一長條。分切24等份。再將每份捏成菲林筒形。
- * 蛋打爛將魚茸棗放入捲滿蛋漿，再放在麵包糠內打滾。
- * 炸油煮至僅沸，將一半魚茸棗放入炸約2分鐘至金黃色。撈起隔油，再下另一半炸妥一同上碟。



Mackerel Steaks in Tomato Sauce

番 茄 燴 鮫 魚

Ingredients:

3 mackerel steaks, about 3 oz
(84 g) each
1 onion, about 2 oz (56 g)
2 chillies (optional)

10 oz (280 g) tomatoes
3 cups boiling water
1 slice ginger
1 garlic clove
3 tbsp oil



Seasoning-

- 1 tsp wine
- 3 tbsp stock
- 1 tbsp blackbean paste
- 2 tsp light soy
- 1 tsp sugar
- a pinch of pepper
- 1 tsp sesame oil

Method:

- * Wash and slice the fish fillets into large pieces of about $\frac{1}{4}$ " (0.6 cm) thick. Immerse the fish in the mixed marinade and leave to stand for 10 minutes. Remove and drain.
- * Heat the wok to bring half of the oil to boil and sauté the ginger until pungent, then discard. Slide in the fish slices to brown over medium heat. Allow the fish to sear well on both sides. Remove on to a platter.
- * Peel and slice the shallot and garlic. Shred the spring onion. Wash and trim the parsley.
- * Clean and heat the pan with the remaining oil over moderate heat. Sauté the shallot and garlic. Sizzle the wine, add the stock and seasoning to bring to the boil. Simmer until the sauce thickens. Season to taste and scoop over the fish slices. Garnish with the shredded ginger and parsley. Serve hot.

材料：

- 魚柳10安 (280 克)
- 油 4 湯匙
- 姜 2 片
- 蔥頭 1 粒
- 蒜頭 1 粒
- 蔥 1 棵
- 芫茜 1 棵
- 姜絲 1 茶匙

醃魚料—

- 姜汁 1 湯匙
- 古月粉少許
- 豆豉醬 1 茶匙
- 生抽 1 茶匙
- 糖 $\frac{1}{2}$ 茶匙
- 生粉 1 茶匙

調味—

- 酒 1 茶匙
- 上湯 3 湯匙
- 豆豉醬 1 湯匙
- 生抽 2 茶匙
- 糖 1 茶匙
- 古月粉少許
- 麻油 1 茶匙

製法：

- * 魚柳洗淨片成 $\frac{1}{4}$ 吋 (0.6 公分) 大片，用已和勻之醃料醃 10 分鐘。取出隔去水份。
- * 鑊燒熱加入一半油煮沸，將姜片放入炸至出味棄去。滑入魚件以文火煎至兩面金黃色。停火將魚鏟在碟上。
- * 蔥頭、蒜頭切片。蔥切絲。芫茜摘妥。
- * 將鑊洗淨放在中火爐上燒熱。傾下另一半油煮沸爆香蔥、蒜片。贊酒倒入上湯及調味料煮杰，試妥味後即淋在魚件上。以姜絲及芫茜點綴。上桌熱食。



Shallow Fried Fish Fillets in Blackbean Sauce

豉汁封魚柳

Ingredients:

10 oz (280 g) fish fillets
4 tbsp oil
2 slices ginger
1 shallot
1 garlic clove
1 spring onion
1 parsley sprig
1 tsp shredded ginger

Fish Marinade-

1 tbsp ginger juice
a pinch of pepper
1 tsp blackbean paste
1 tsp light soy
 $\frac{1}{2}$ tsp sugar
1 tsp cornflour



Fish Marinade-

1 tbsp ginger juice
1 tbsp light soy
1½ tsp sugar
¼ tsp black pepper
1 tsp cornflour

Seasoning-

1 tsp wine
¼ cup water
1 tbsp light soy
½ tsp chicken powder
2 tbsp tomato ketchup
1½ tbsp sugar

Method:

- * Clean and dry the mackerel steaks.
- * Prepare the marinade in a saucer then coat each steak evenly and leave aside for 30 minutes.
- * Peel and dice the onion finely. Deseed and finely chop the chillies. Soak the tomatoes in boiling water for 1 minute. Remove to rinse under running tap water until cool. Peel and slice into thin pieces. Shred the ginger and slice the garlic.
- * Heat a frying pan with the oil. Sauté the ginger, onion, garlic and chillies till pungent. Slide in the fish steaks to shallow fry for 2 minutes. Allow the fish to sear till nicely browned. Turn and sear the other side for another 2 minutes. Add the tomato slices, sizzle the wine and pour in the water. Cover and simmer gently for 5 minutes. Season to taste and dish.

材料：

鮫魚扒 3 片，每件約 3 安 (84 克)
洋葱 1 隻約 2 安 (56 克)
紅椒 2 隻 (隨意)
番茄 10 安 (280 克)
羌 1 片
蒜頭 1 粒
油 3 湯匙

醃魚料—

羌汁 1 湯匙
生抽 1 湯匙
糖 1½ 茶匙
黑胡椒粉 ¼ 茶匙
生粉 1 茶匙

調味—

酒 1 茶匙
水 ¼ 杯
生抽 1 湯匙
雞精 ½ 茶匙
茄汁 2 湯匙
糖 1½ 湯匙

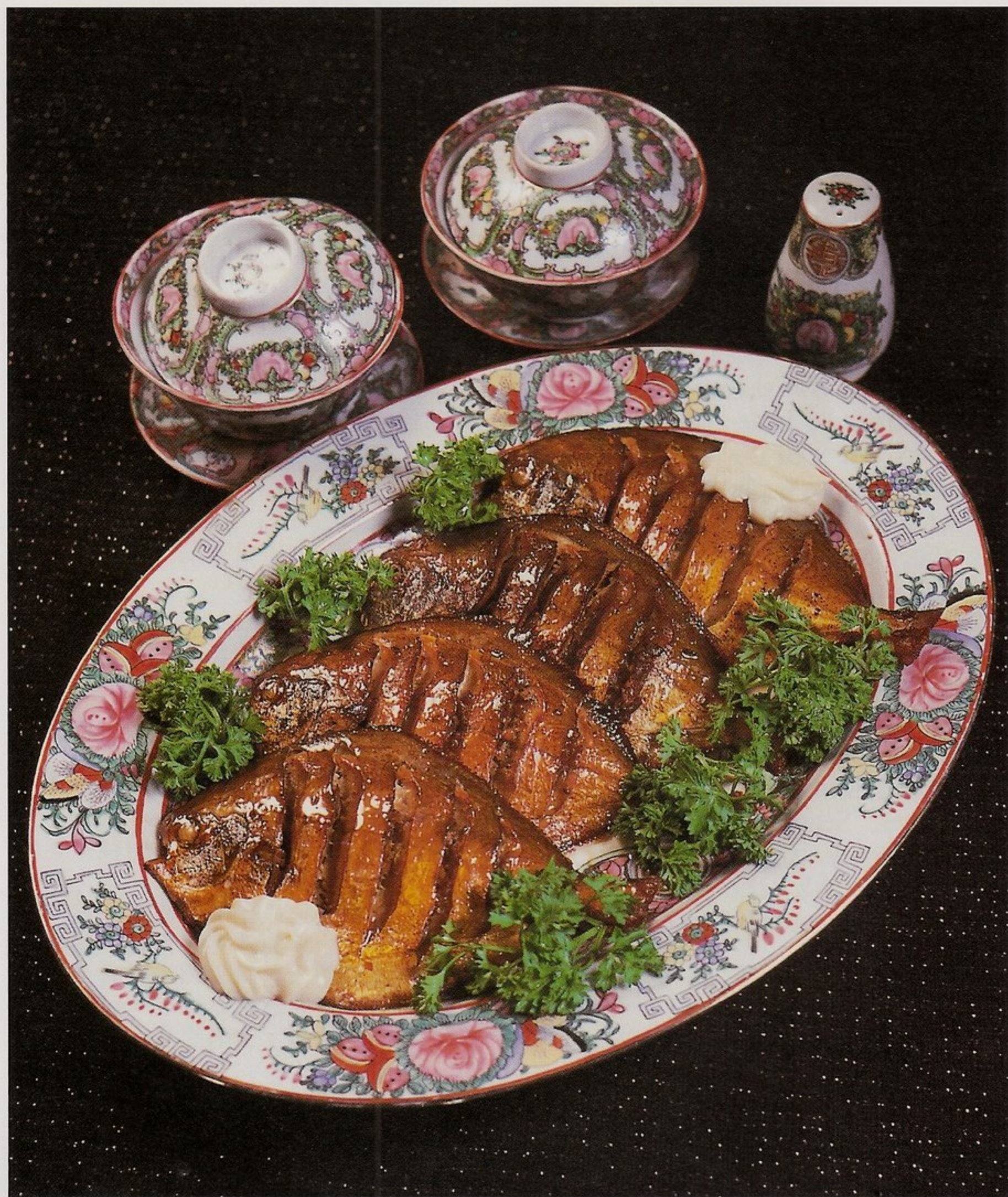
製法：

- * 魚扒以水略沖，用毛巾吸乾水份。
- * 醃魚料放在深碟中拌至糖溶，將魚放入沾滿汁液。置一旁醃½小時。
- * 洋葱去衣剝幼。紅椒去籽切粒。番茄以沸水浸 1 分鐘後撕去皮，切成薄片。羌切絲。蒜頭切片。
- * 煎鍋燒熱，將油煮沸爆香羌、洋葱、蒜片及紅椒。將魚滑入文火煎 2 分鐘。反轉再煎 2 分鐘至金黃色。加入番茄，贊酒將水傾下。蓋上鑊蓋煮約 5 分鐘。即下調味料試至合味上碟。



Smoked Mini Pomfrets

迷你烟鲳鱼



Ingredients:

4 small pomfrets,
about 20 oz (560 g)
a few cups oil for deep frying
2 tbsp red tea leaves
2 tbsp brown sugar
¼ cup salad dressing

Marinade-

1 tbsp minced ginger
1 tbsp minced shallots
2 tbsp dark soy
2 tbsp sugar
a pinch of pepper
1 tbsp sesame oil

Method:

- * Gut, wash and dry the pomfrets. Crimp both sides at every ½" (1.25 cm) interval. Immerse into the marinade and leave to stand for 30 minutes. Turn over every 10 minutes.
- * Half fill a wok with the oil and bring it to boil. Deep fry the fish for about half a minute until golden brown. Remove and drain.
- * Line a baking tray with tin foil to put in the tea leaves and sugar. Arrange the fish on a greased rack and place in the tray. Put in a preheated 350°F (Gas Mark 4) oven to smoke for 5 minutes. Remove and arrange the fish on an oval platter. Serve with the salad dressing of your choice.

材料：

小鱈魚 4 條約 20 安 (560 克)
炸油 ½ 鍋
紅茶葉 2 湯匙
黃糖 2 湯匙
沙律醬 ¼ 杯

醃料—

姜茸 1 湯匙
蔥頭茸 1 湯匙
老抽 2 湯匙
糖 2 湯匙
古月粉 少許
麻油 1 湯匙

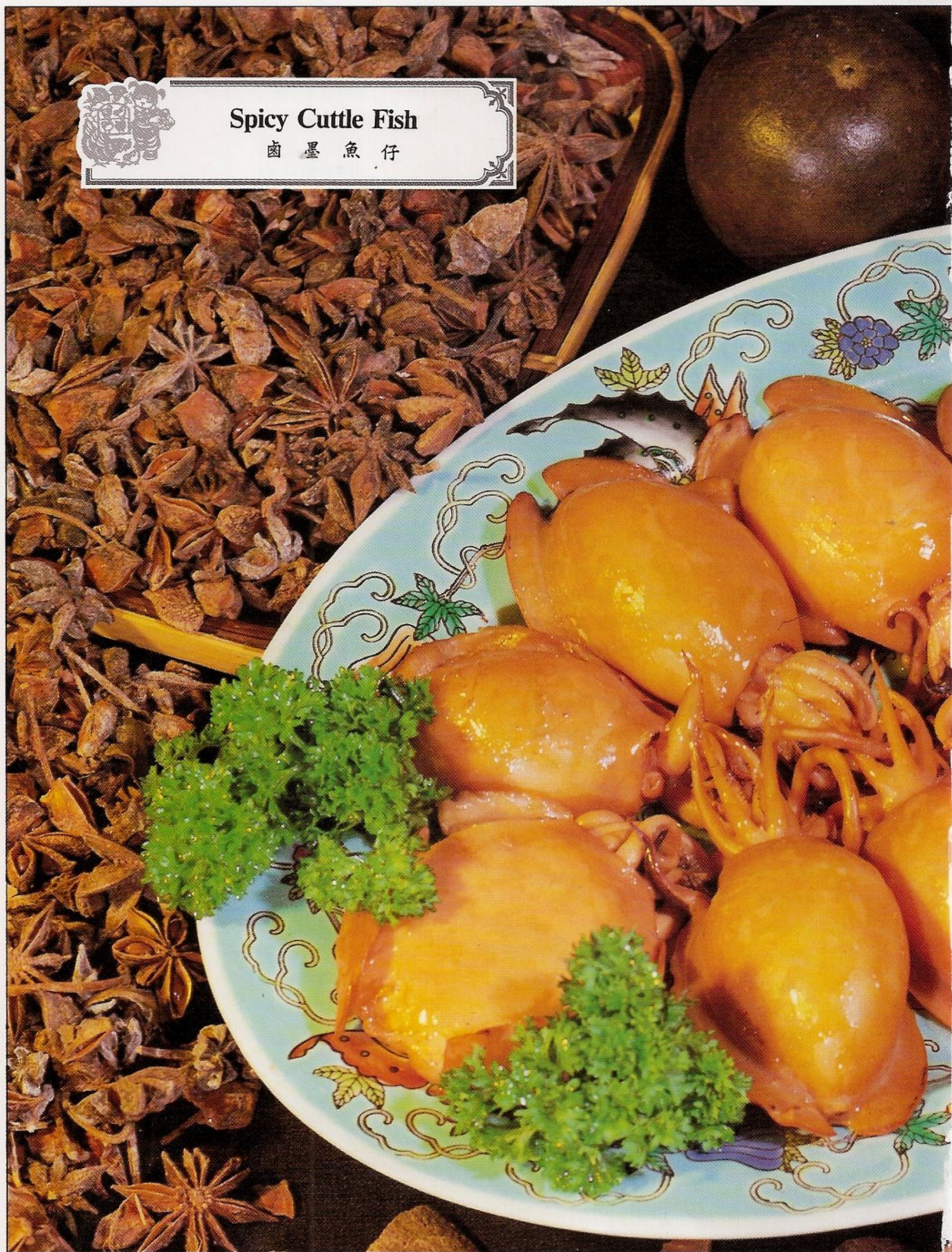
製法：

- * 鱈魚剖開取出腸臟，沖洗乾淨抹乾。在魚身上用刀每隔 ½ 吋 (1.25 公分) 鏢一條紋。將和勻之醃料放入醃 30 分鐘，每隔 10 分鐘反轉一次。
- * 燒紅鑊注入油半鑊。油沸時將魚放入炸 ½ 分鐘至金黃色，撈起隔去餘油。
- * 焗盆 1 隻，以錫紙墊底。將茶葉及糖倒在紙上撈勻。鐵架一個塗油後，架在盆上，將鱈魚排放在上面。置已開定 350 度 (煤氣 4 度) 之焗爐中焗至起烟，薰約 5 分鐘，即可熄火。將魚取出排在長碟，與沙律醬同上。



Spicy Cuttle Fish

卤墨鱼仔





Spicy Cuttle Fish

卤墨鱼仔







Spicy Cuttle Fish

鹵墨魚仔

Ingredients:

2 lb (1 kg) small cuttle fish
½ wok boiling water

Spicy Sauce-

1 slice ginger
8 star anises
½ tsp cloves
1 sq. in. (2.5 cm²) tangerine peel
1 sq. in. (2.5 cm²) cinnamon peel
½ tsp cumin
6 cups water

Seasoning-

2 tsp salt
4 tbsp sugar
2 tbsp wine
4 tbsp light soy
2 tbsp dark soy
1 tbsp red food colouring
(optional)

Coating-

1 tsp sesame oil

Method:

- * Gut, clean, skin and remove the bones from the cuttle fish.
- * Put the cuttle fish in the boiling water to blanch briskly. Rinse and drain for later use.
- * Wash the dry spices and place into the saucepan with the water. Bring to boil over moderate heat then lower the heat to simmer for half an hour

until the fragrance comes out.

- * Strain the spicy sauce into another saucepan and add the seasoning to boil for 1 minute. Season to taste and stir in the red colouring to mix well.
- * Put the cuttle fish into the spicy sauce to bring to boil. Turn off the heat and leave to stand for an hour. Remove, drain and brush the cuttle fish with sesame oil. Dish.

材料：

墨魚仔 2 磅 (1 公斤)

鹵水料—
姜 1 片
八角 8 粒
丁香 ½ 茶匙
陳皮 1 方吋
桂皮 1 方吋
小茴 ½ 茶匙
水 6 杯

調味料—
鹽 2 茶匙
糖 4 湯匙
酒 2 湯匙
生抽 4 湯匙
老抽 2 湯匙
紅粉水 1 湯匙 (隨意)

塗面—
麻油 1 茶匙

製法：

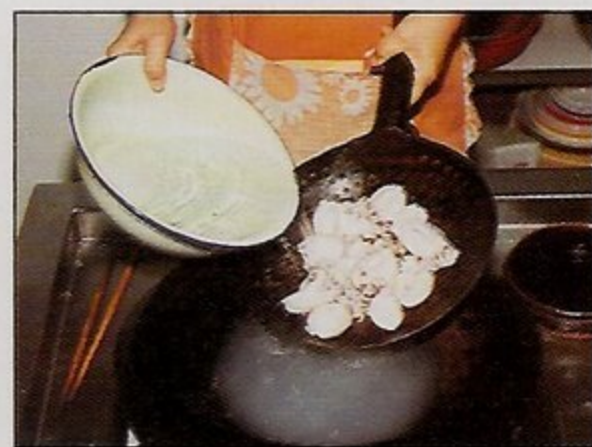
- * 墨魚剖開清除內臟、墨囊及墨魚骨，以清水洗淨。
- * 另水半鍋煮沸。將墨魚放入迅速飛水撈起，洗淨隔乾水份候用。
- * 鹵水料洗淨放入保內加清水，以中火燒沸。轉用文火滾約 $\frac{1}{2}$ 小時至鹵水料出味。
- * 用篩隔去渣後，加入調味料再煮1分鐘。試妥味將紅粉水調入。
- * 墨魚仔放入鹵水中再煮沸。停火浸1小時。撈起滴乾水份，塗麻油上碟。



1. Remove the skin and bones from the cuttle fish.



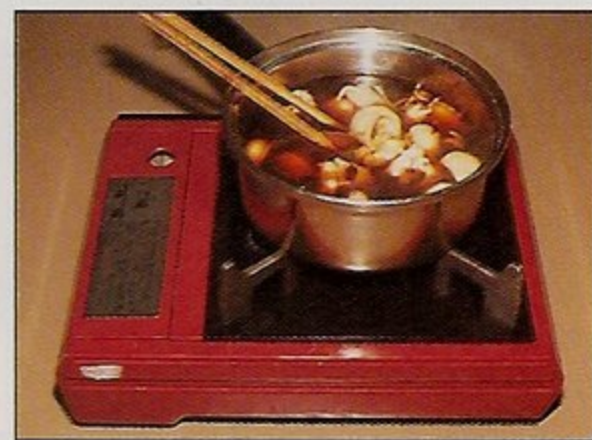
2. Blanch in the boiling water to tighten its texture.



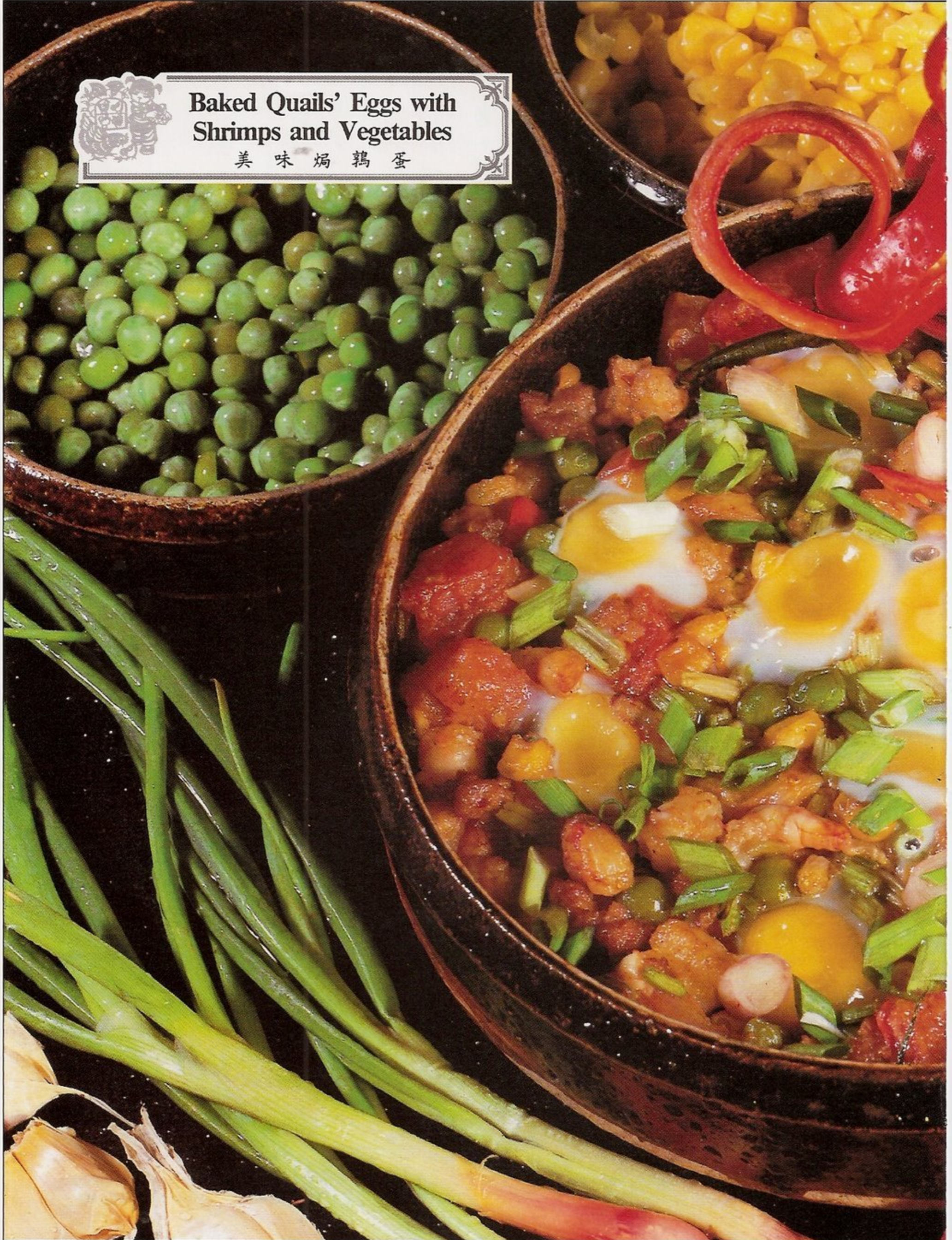
3. Refresh with cold water.



4. Immerse the cuttle fish in the spicy water.



5. The colour of the cuttle fish becomes red after 1 hour in the marinade.



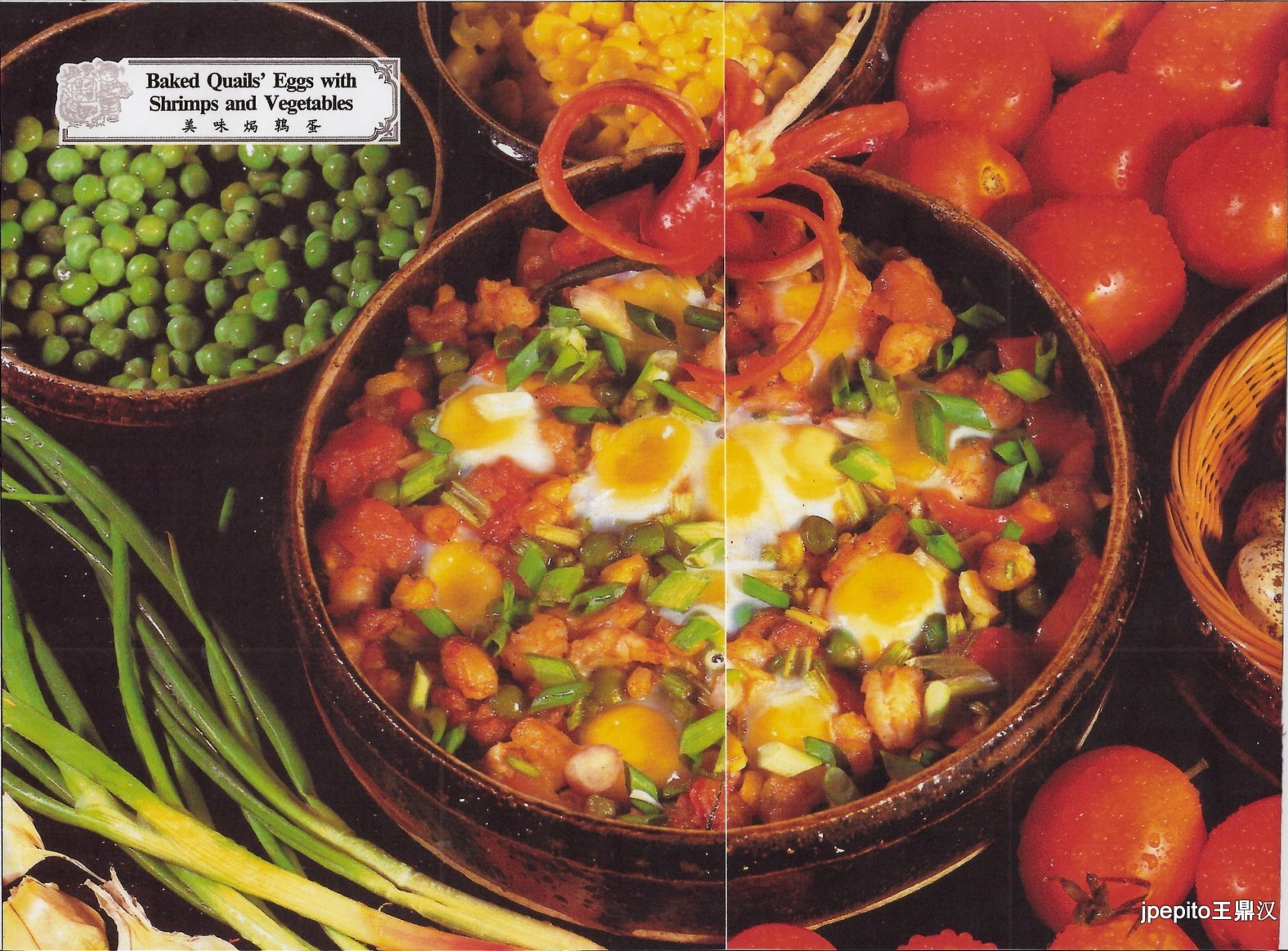
Baked Quails' Eggs with Shrimps and Vegetables

美味焗鹌蛋



Baked Quails' Eggs with
Shrimps and Vegetables

美味焗鵪蛋







Baked Quails' Eggs with Shrimps and Vegetables

美味焗鶉蛋

Ingredients:

6 oz (168 g) tomatoes
3 cups boiling water
3 oz (84 g) sweet corn
3 oz (84 g) sweet peas
2 oz (56 g) celery
6 oz (168 g) shelled shrimps
2 garlic cloves
2 tbsp oil
12 quails' eggs
1 tbsp diced spring onions
1 tsp sesame oil

Seasoning-

$\frac{1}{8}$ tsp salt
 $\frac{1}{2}$ cup stock
1 tbsp light soy
2 tsp sugar
 $\frac{1}{2}$ tbsp hot broadbean paste
1 tbsp tomato ketchup

Gravy Mix-

1 tbsp cornflour
2 tbsp water
 $\frac{1}{2}$ tsp dark soy

Method:

- * Immerse the tomatoes in 2 cups boiling water for 20 minutes. Remove, rinse and peel the skin, then dice.
- * Soak the sweet corn and peas in the remaining cup of boiling water for 10 minutes. Wash and drain.

- * Trim, string and dice the celery. Devein, wash and dice the shrimps. Slice the garlic.
- * Heat the pan or wok with oil and sauté the garlic and celery. Put in the tomatoes with the salt to stir fry for 1 minute. Add all the mixed vegetables, shrimps and stock to bring to the boil. Season to taste and trickle in the gravy mix, stirring constantly until the sauce thickens. Pour into a fire proof container and use a spoon to scoop out 12 holes. Break the quails' eggs and fill in each hole. Place in a 350°F (Gas Mark 4) preheated oven to bake for 16 minutes. Remove, garnish with the spring onions and season with the sesame oil. Serve hot.

材料：

番茄 6 安 (168 克)
粟米 3 安 (84 克)
青豆 3 安 (84 克)
芹菜 2 安 (56 克)
蝦肉 6 安 (168 克)
蒜頭 2 粒
油 2 湯匙
鶉蛋 12 隻
葱粒 1 湯匙
麻油 1 茶匙

調味—
鹽 $\frac{1}{8}$ 茶匙
上湯 $\frac{1}{2}$ 杯
生抽 1 湯匙

糖 2 茶匙
豆瓣醬 $\frac{1}{2}$ 湯匙
茄汁 1 湯匙

餡料一

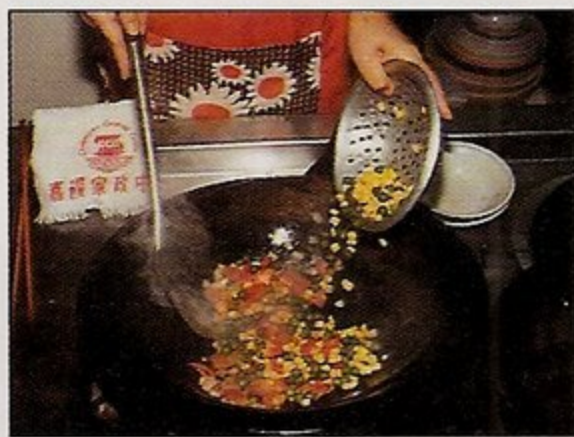
生粉 1 湯匙
水 2 湯匙
老抽 $\frac{1}{2}$ 茶匙

製法：

- * 番茄浸於數杯沸水中20分鐘。取出沖凍水撕去皮切粗粒。
- * 粟米、青豆用沸水浸10分鐘。洗淨隔乾水份。
- * 芹菜去葉切粒。蝦挑腸洗淨每隻分切成2至3段。蒜頭切片。
- * 燒紅鑊將油煮沸。放入蒜片、芹菜粒爆香。隨將蕃茄倒入以鹽兜約1分鐘，加入雜菜及蝦肉略炒。即將上湯注入煮沸，調妥味以餡料慢慢流入煮杰。盛在焗碟上以筷子撥12個小洞將鵪鶉蛋逐隻打入舖在雜菜面。置已預熱之350度（煤氣4度）焗爐內焗16至20分鐘。取出洒葱粒及麻油即可上桌。



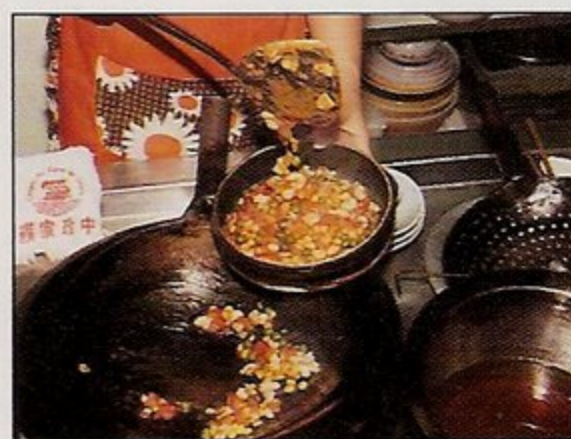
1. Cut each shrimp into 3 sections.



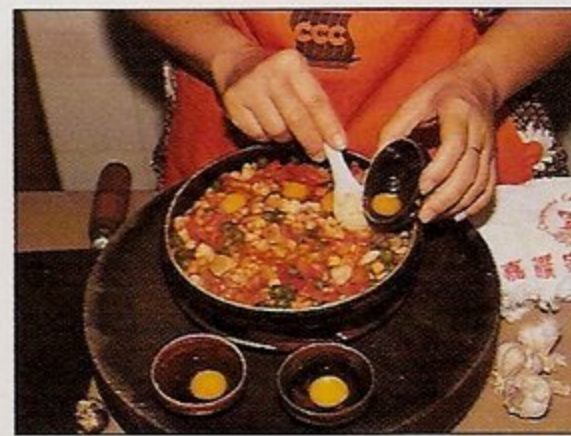
2. Stir in all the ingredients to saute well.



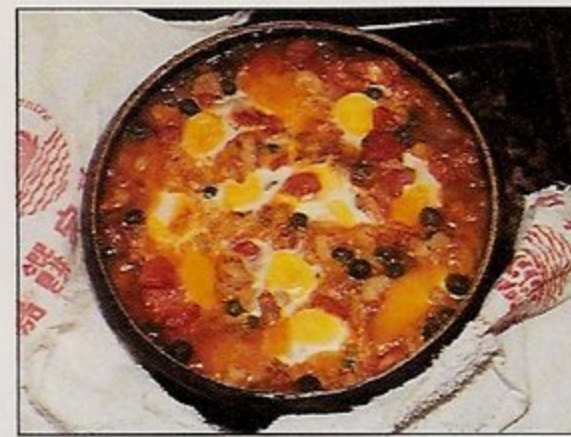
3. Thicken the sauce with the gravy mix.



4. Remove and put into a baking tin.



5. Make 12 holes to place the eggs inside.



6. Bake in a preheated oven for 16 minutes.



Scrambled Eggs with Shrimps

蝦仁炒蛋



Ingredients:

5 eggs
4 oz (112 g) shelled cooked shrimps
2 spring onions
1 parsley sprig
2 tbsp oil

Seasoning-

½ tsp salt
¼ tsp sugar
a pinch of pepper
3 tbsp oil
1 tsp sesame oil

Shrimp Marinade-

a pinch of pepper
½ tsp cornflour

Garnishing-

3 tomatoes

Method:

- * Beat the eggs in a mixing bowl and gently blend in the seasoning.
- * Dredge the shrimps in the above marinade to coat evenly.
- * Dice the spring onions. Wash and trim the parsley. Put all the ingredients (except the parsley) into the egg batter to mix thoroughly.
- * Heat the pan with the oil and swirl it so that the base is completely covered with oil. Pour in the beaten eggs and scramble quickly over low heat. Dish and sprinkle with the parsley.
- * Clean and slice the tomatoes to border the platter. Serve hot.

材料：

雞蛋 5 隻
熟蝦仁 4 安 (112 克)
葱 2 棵
芫茜 1 棵
油 2 湯匙

調味—

鹽 ½ 茶匙
糖 ¼ 茶匙
古月粉 少許
油 3 湯匙
麻油 1 茶匙

醃蝦料—

古月粉 少許
生粉 ½ 茶匙

裝飾—

番茄 3 個

製法：

- * 雞蛋去殼放入大碗中打爛，加入調味料拌勻。
- * 蝦仁用上述醃料撈勻候用。
- * 葱切粒，芫茜洗淨摘妥。將全部材料（除芫茜外）放入蛋液中拌勻。
- * 煎鍋燒熱加油 2 湯匙煮沸搪勻煎鍋。隨即傾入蛋液混合物，以文火邊炒邊鏟成糰即可上碟。洒下芫茜點綴。番茄洗淨切片圍邊。



Smoked Quails' Eggs

燻 鵪 鶉 蛋

Ingredients:

30 quails' eggs
6 cups water
4 star anises
1½ tsp salt
2 tbsp dark soy
½ chicken cube
1 tbsp sugar
sesame oil for coating

Ingredients for Smoking-

1 tbsp red tea leaves
2 tbsp brown sugar

Special Equipment-

1 sheet tin foil
1 greased iron rack

Garnishing-

1 cup shredded lettuce
½ cup shredded carrots



Method:

- * Place the quails' eggs into a 2 quart saucepan with 3 cups of the water and slowly bring it to boil, covered. Remove the lid and continue to boil for 2 minutes. Take out and place under the cold running tap water for 10 minutes and shell for later use.
- * Discard the boiling water and put the remaining 3 cups of water into the saucepan. Add the star anises and salt to simmer for 20 minutes then mix in the dark soy, chicken essence and sugar to cook till dissolved. Turn off the heat and leave aside to cool for 20 minutes. Soak the eggs in the sauce for an hour. Remove with a slotted spoon, drain and coat with the sesame oil.
- * Line the wok with tin foil and sprinkle the tea leaves and brown sugar on top. Put in a rack and warm the wok with moderate heat until smoke rises. Arrange the eggs on the rack and cover to smoke for 15 minutes. Remove. Place the quails' eggs on a plate lined with the shredded lettuce and carrots. Serve.

材料：

凍水 6 杯
鵪鶉蛋 30 蛋
八角 4 粒
鹽 1 ½ 茶匙
老抽 2 湯匙
鷄精 ½ 粒
糖 1 湯匙
麻油 塗面

燻料—
紅茶葉 1 湯匙
黃糖 2 湯匙

特別用具—
錫紙 1 張
鐵絲網 1 個

裝飾—
生菜絲 1 杯
甘笋絲 ½ 杯

製法：

- * 水 3 杯倒入保內，將鵪鶉蛋放入以文火煮沸。揭開保蓋續煮 2 分鐘。撈起置水喉下沖凍。浸 10 分鐘後去殼。放在一旁候用。
- * 將焗蛋水倒去。另放入其餘水 3 杯。加入八角及鹽，文火煮 20 分鐘。傾下老抽，鷄精及糖煮溶後，停火攤 20 分鐘至暖。即將鵪鶉蛋放入浸 1 小時。以漏殼撈出隔乾水份。用麻油將每隻蛋塗勻。
- * 鑊中放錫紙一張，把紅茶葉與黃糖洒入。架上塗油之鐵網，以中火燒至起烟時，即將鵪鶉蛋排在網上。蓋上鑊蓋燻約 15 分鐘。取出排在生菜及甘笋絲上。



Assorted Mushrooms with Green Vegetables

時菜扒三菇

Ingredients:

1½ oz (42 g) Chinese dried mushrooms

1 cup warm water

5 oz (140 g) button mushrooms

5 oz (140 g) straw mushrooms

6 oz (168 g) cabbage or lettuce

1 cup boiling water

+ 1 tsp salt and 1 tbsp oil

10 slices carrot

1 slice ginger

2 tbsp oil

Mushroom Marinade-

¼ tsp salt

⅔ tsp sugar

1 tbsp oil



Seasoning-

¼ tsp salt
½ tsp wine
½ cup mushroom stock
1 tsp oyster sauce
1 tsp light soy
1½ tsp sugar
a pinch of pepper

Gravy Mix-

1 tsp cornflour
1 tbsp water
½ tsp dark soy
½ tsp sesame oil

Method:

- * Wash and soak the Chinese mushrooms in the warm water until soft. Squeeze out the excess water and retain as stock. Remove the stems. Mix in the above mushroom marinade and leave for 20 minutes then steam for 10 minutes. Remove and leave aside for later use.
- * Wash and trim the stems of the button mushrooms. Trim, blanch, refresh and drain the straw mushrooms.
- * Wash and blanch the cabbage in the boiling salted water. Drain and arrange on to an oval platter, retaining the water.
- * Blanch the carrots again in the salted water. Remove, refresh and pat dry. Shred the ginger.
- * Heat the wok with the oil to sauté the ginger. Pour in all the mushrooms and add the salt to stir fry for 30 seconds. Sizzle the wine, add the mushroom stock and seasoning to bring to boil. Thicken the sauce with the gravy mixture. Scoop over the cabbage and serve.

材料：

冬菇 1½ 安 (42 克)
白菌 5 安 (140 克)
草菰 5 安 (140 克)
白菜仔或生菜 6 安 (168 克)
沸水 1 杯 + 鹽 1 茶匙 + 油 1 湯匙
甘笋花 10 片
姜 1 片
油 2 湯匙

冬菇醃料—

鹽 ¼ 茶匙
糖 ⅔ 茶匙
油 1 湯匙

調味—

鹽 ¼ 茶匙
酒 ½ 茶匙
冬菇水 ½ 杯
蠔油 1 茶匙
生抽 1 茶匙
糖 1½ 茶匙
古月粉 少許

餪料—

生粉 1 茶匙
水 1 湯匙
老抽 ½ 茶匙
麻油 ½ 茶匙

製法：

- * 冬菇洗淨浸透揸水後用醃料醃 20 分鐘蒸熟，(約 10 分鐘)。
- * 白菌洗淨切去少許硬蒂。草菰削蒂後飛水過冷河隔乾水份。
- * 白菜仔洗淨放在沸油鹽水中灼熟，隔去水份排放在長碟上。剩下之油鹽水用以灼甘笋花，撈起沖凍水抹乾。姜切絲。
- * 燒紅鑊加油煮沸爆香姜絲。傾入三菇加鹽拌炒約 30 秒鐘。贊酒倒入冬菇水煮沸，即下其他調味料。以生粉水打餪，洒麻油舖在白菜上即成。



Braised Mushrooms with Dried Scallops

瑤柱扒雙菇

Ingredients:

1 oz (28 g) dried scallops
½ tsp cooked oil
3 cups boiling water
1 oz (28 g) dried mushrooms
4 oz (112 g) button mushrooms
1 slice ginger
1 shallot

1 garlic clove
2 tbsp oil

Mushroom Marinade-
¼ tsp salt
½ tsp sugar
1 tsp oil



Seasoning-

1 tsp wine
½ cup scallop and mushroom stock
1 tsp light soy
1 tsp oyster sauce
1 tsp sugar
a pinch of pepper

Gravy Mix-

1 tsp cornflour
1 tbsp water
¼ tsp dark soy
1 tsp sesame oil

Method:

- * Wash and soak the dried scallops in ½ cup of boiling water for an hour. Drain and reserve the water as stock. Shred the scallops and mix with the cooked oil.
- * Clean and cut the stems from the mushrooms. Soak in the second cup of boiling water for an hour. Squeeze out the excess water and retain as stock. Mix the mushrooms with the marinade. Steam for 12 minutes then remove.
- * Blanch the button mushrooms in the remaining boiling water. Refresh and drain.
- * Shred the ginger. Slice the shallot and garlic.
- * Heat a pan to bring the oil to boil. Sauté the ginger, shallot and garlic till fragrant. Stir in the mushrooms to fry for 1 minute. Add the scallops and sizzle the wine. Pour in the stock and the mixed seasoning. Continue to simmer till half the stock is left. Thicken the sauce with the gravy mix. Sprinkle with the sesame oil and dish.

材料：

瑤柱 1 安 (28 克)
冬菇 1 安 (28 克)
白菌 4 安 (112 克)
羌 1 片
葱頭 1 粒
蒜頭 1 粒
油 2 湯匙

醃冬菇料—
鹽 ¼ 茶匙
糖 ½ 茶匙
油 1 茶匙

調味—
酒 1 茶匙
瑤柱冬菇水 ½ 杯
生抽 1 茶匙
蠔油 1 茶匙
糖 1 茶匙
古月粉少許

餡料—
生粉 1 茶匙
水 1 湯匙
老抽 ¼ 茶匙
麻油 1 茶匙

製法：

- * 瑤柱洗淨以沸水 ½ 杯浸 1 小時，撈起隔去水份留作上湯，將瑤柱撕成幼條用油少許拌勻。
- * 冬菇洗淨剪去菇蒂，放在 1 杯沸水中浸 1 小時。撈去水份與瑤柱水混和留作上湯用。冬菇置碟上將醃料撈入拌勻，轉放蒸籠內中火蒸 12 分鐘。取出攤凍。
- * 白菌放 2 杯沸水中飛水過冷河，隔去水份。
- * 羌切絲，葱、蒜頭切片。
- * 煎鍋燒熱，加油煮沸爆香羌、葱、蒜。傾入雙菇兜片刻，隨加瑤柱，贊酒倒入瑤柱冬菇水調妥味以文火煮至水份只餘約一半、將生粉水及老抽和勻拌入埋餡。最後洒下麻油即成。



Deep Fried Eggplant Sandwiches

炸 釀 茄 夾

Ingredients:

10 oz (280 g) eggplants
2 cups salted water
6 oz (168 g) shelled shrimps

1 spring onion
1 egg
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup cornflour
6 cups oil for deep frying



Shrimp Marinade-

¼ tsp salt
1 tsp cornflour
a pinch of pepper
½ egg white

Method:

- * Wash and slice the eggplants into ¼" (0.6 cm) thick pieces. Immerse in the salted water to prevent from discolouring.
- * Devein and wash the shrimps. Dry with a towel then mince into a purée in a food processor with the marinade. Remove and place into a bowl.
- * Wash, dry and chop the spring onion. Beat the egg with the salt and leave aside.
- * Lift the eggplant slices from the salted water. Pat dry and sprinkle some cornflour on one side of each slice. Sandwich ¼" (0.6 cm) of the shrimp purée and spring onion between every 2 slices of eggplant with the floured sides facing in. Press lightly to stick together. Brush each sandwich with the beaten egg and coat evenly with the cornflour.
- * Bring the oil to boil in a deep fryer. Slide in the eggplant sandwiches to deep fry over moderate heat till golden brown. Remove and drain on kitchen paper. Arrange on to a platter and serve with spicy salt and tomato ketchup.

材料：

茄子10安 (280 克)
鹽水 2 杯
蝦肉 6 安 (168 克)
葱 1 棵
蛋 1 隻
鹽 ¼ 茶匙
生粉 ½ 杯
炸油 6 杯

醃蝦料—
鹽 ¼ 茶匙
生粉 1 茶匙
古月粉少許
蛋白 ½ 隻

製法：

- * 茄子洗淨打橫切成約¼吋 (0.6公分) 件。浸於鹽水中以防變色。
- * 蝦肉挑腸以凍水略沖，用毛巾吸乾水份。放在肉槌中加入醃料打成蝦膠。取出放在深碗內。
- * 葱洗淨抹乾切幼粒。蛋與鹽打勻候用。
- * 從鹽水中撈出茄片抹乾，在其中一邊洒上少許生粉。用餐刀挑蝦膠約¼吋 (0.6 公分) 舖在上面。刮平洒葱粒及生粉少許，再放另一塊茄片。輕輕一按使貼緊成爲一三文治形，在兩邊茄片上再塗以蛋液及上生粉。重覆至全部釀完。
- * 炸鍋內放油煮沸，將茄子夾小心放入炸至金黃色。撈起隔去餘油。排放碟中熱食。淮鹽茄汁跟上。



Eggplants in Hot Broadbean Sauce

魚香茄子

Ingredients:

1 lb (½ kg) eggplants
2 cups salted water
2 oz (56 g) minced pork
2 oz (56 g) capsicums
1 chilli (optional)
2 oz (56 g) pears
1 slice ginger
1 shallot

1 garlic
2 tbsp oil
1 tbsp chopped spring onions

Marinade-

1 tsp light soy
½ tsp sugar
1 tsp cornflour
½ tsp wine
½ tbsp water



Seasoning-

- 1 tsp wine
- ½ cup stock
- 1 tsp hot broadbean paste
- 1½ tbsp tomato ketchup
- 1 tsp light soy
- 1 tsp vinegar
- 1 tsp sugar
- 1 tsp sesame oil

Method:

- * Wash and cut the eggplants into 1" x 3" (2.5 cm x 7.5 cm) lengths. Immerse in the salted water to prevent from discolouring.
- * Prepare the marinade in a small bowl and put in the minced pork to stand for 20 minutes.
- * Deseed and dice the capsicums and chilli finely. Peel and dice the pears, ginger, shallot and garlic.
- * Heat the frying pan to bring the oil to boil. Saute the ginger, shallot and garlic till aromatic. Stir in the pork to fry for about 1 minute. Pour in all the other diced ingredients and the eggplants to mix thoroughly. Drop in the wine, add the stock and continue to cook for 2 to 3 minutes. Blend in the seasoning to simmer for a further 1 minute. Sprinkle the sesame oil and the chopped spring onions on top and dish.

材料：

- 茄子 1磅 (½ 公斤)
- 鹽水 2 杯
- 免治豬肉 2 安 (56 克)
- 青椒 2 安 (56 克)
- 紅椒 1 隻 (隨意)
- 雪梨 2 安 (56 克)
- 姜 1 片
- 蔥頭 1 粒
- 蒜頭 1 粒
- 油 2 湯匙
- 蔥粒 1 湯匙

- #### 醃肉料—
- 生抽 1 茶匙
 - 糖 ½ 茶匙
 - 生粉 1 茶匙
 - 酒 ½ 茶匙
 - 水 ½ 湯匙

- #### 調味—
- 酒 1 茶匙
 - 上湯 ½ 杯
 - 豆瓣醬 1 茶匙
 - 茄汁 1 ½ 湯匙
 - 生抽 1 茶匙
 - 醋 1 茶匙
 - 糖 1 茶匙
 - 麻油 1 茶匙

製法：

- * 茄子洗淨切成 1 吋 x 3 吋 (2.5 公分 x 7.5 公分) 長條，放鹽水中浸着以防變色。
- * 醃料和勻後將豬肉放入醃 20 分鐘。
- * 青紅椒去籽切幼粒。雪梨去皮切粒。姜、蔥、蒜頭去衣切粒。
- * 煎鍋燒熱將油傾入煮沸爆香姜、蔥、蒜茸，倒下豬肉炒約 1 分鐘，即加各種幼粒及茄子兜勻。贊酒落上湯煮 2 至 3 分鐘，調味再煮 1 分鐘。洒麻油、蔥粒上碟。



Red Cabbage Rolls in White Sauce

白汁椰菜卷

Ingredients:

1 oz (28 g) cooked mushrooms
6 oz (168 g) cooked chicken
3 oz (84 g) carrots
1 slice ginger
1 shallot
12 red cabbage leaves
2 tbsp oil
1 cup boiling water
1 tsp salt

Seasoning-

$\frac{1}{3}$ cup stock
2 tsp light soy
1 tsp sugar
1 tsp cornflour
1 tbsp water
a pinch of black pepper
 $\frac{1}{2}$ tsp sesame oil



White Sauce-

½ cup fresh milk
¼ tsp salt
¼ tsp sugar
a pinch of pepper
1½ tsp cornflour
1 tbsp water
1 tsp sesame oil

Method:

- * Shred the mushrooms and chicken. Wash, slice, blanch and shred the carrots. Shred the ginger. Slice the shallot. Wash the cabbage leaves.
- * Heat the wok with the oil to sauté the ginger and shallot. Pour in the stock and mixed seasoning to cook until thickened. Put the mushrooms, chicken and carrots into the wok to mix together. Dish and divide into 12 equal portions.
- * Pour the water with the salt into the wok to bring to boil. Blanch the cabbage for 5 minutes till soft. Remove, leave to cool and dry. Place on the table and put a portion of filling on one side and roll up. Fold in both sides and roll into the shape of a spring roll. Arrange on the platter.
- * Clean a wok and pour in the milk and seasoning to bring to boil. Mix the cornflour with the water, stream into the milk mixture and thicken to make a white sauce. Adjust the seasoning according to taste and scoop over the cabbage rolls. Serve hot.

材料：

熟冬菇 1 安 (28 克)
熟雞肉 6 安 (168 克)
甘笋 3 安 (84 克)
羌 1 片
葱頭 1 粒
椰菜葉 12 片
油 2 湯匙
沸水 1 杯
鹽 1 茶匙

調味—
上湯 ½ 杯
生抽 2 茶匙
糖 1 茶匙
生粉 1 茶匙
水 1 湯匙
黑胡椒粉少許
麻油 ½ 茶匙

白汁餡—
鮮奶 ½ 杯
鹽 ¼ 茶匙
糖 ¼ 茶匙
古月粉少許
生粉 1 ½ 茶匙
清水 1 湯匙
麻油 1 茶匙

製法：

- * 熟冬菇及雞肉皆切絲；甘笋洗淨切片飛水後亦切絲；羌切絲；葱頭切片。椰菜葉洗淨。
- * 鑊燒熱，加油煮沸爆香羌、葱。傾入上湯及已拌勻之調味料煮杰。將冬菇、鷄絲及甘笋絲一同撥入鑊內撈勻。以碟盛起。平分為 12 份。
- * 鑊中放水及鹽煮沸，將椰菜葉放入拖 5 分鐘至軟。取出攤凍抹乾。平放桌上把一份餡料放在一邊向外捲起，再將兩旁摺入捲成春卷形。排放在平碟上。
- * 鑊洗淨抹乾，將鮮奶及調味倒入煮沸，以生粉加水混和流入煮成半稀杰之白汁餡。試妥味淋在椰菜卷上。即可上桌。



Vegetables in Cream Sauce

奶 油 菜 胆

Ingredients:

20 oz (560 g) mustard green or
Chinese cabbage (pak choi)

3 cups water

$\frac{1}{4}$ cup oil

2 tsp salt

$\frac{1}{2}$ tsp chicken essence

$\frac{1}{2}$ oz (14 g) ham

1 slice ginger

1 shallot

1 tbsp oil

Seasoning-

$\frac{1}{2}$ tsp wine

$\frac{3}{4}$ cup fresh milk

$\frac{1}{2}$ tsp salt





Vegetables in Cream Sauce

奶油菜胆



¼ tsp sugar
a pinch of pepper

Gravy Mix-

1½ tsp cornflour
1 tbsp water

Method:

- * Wash and trim the vegetables, use only 4 to 5 inches of the best part of the stem. Keep the leaves for other dishes.
- * Using a clean saucepan, bring the water to boil with the oil, salt, and chicken essence. Blanch the vegetables for 1 to 2 minutes. Remove, refresh and drain. Arrange on to a platter.



- * Mince the ham and mash the ginger and shallot.
- * Heat the wok with the oil. Sauté the ginger and shallot for 20 seconds then discard. Sizzle the wine, pour in the milk and seasoning to bring to the boil. Mix the cornflour and water evenly and stream into the boiling milk to thicken. Pour over the vegetables and scatter the minced ham on top. Serve hot.

材料：

芥菜20安 (560 克)
火腿½安 (14克)
羌 1 片
葱頭 1 粒
油 1 湯匙

調味—
酒 ½ 茶匙
鮮奶 ¾ 杯
鹽 ½ 茶匙
糖 ¼ 茶匙
古月粉少許

餡料—
生粉 1 ½ 茶匙
水 1 湯匙

製法：

- * 將菜原棵洗淨修妥。只要菜胆約4至5吋。其餘菜葉留為別用。
- * 鍋內放水3杯煮沸，加入油¼杯，鹽2茶匙，鷄粉½茶匙試至夠味後將菜胆放入焗片刻至軟。隨即撈起過冷河以笊箕盛起，用毛巾吸去水份。排放在長碟上。
- * 火腿剝成茸，羌、葱頭略拍扁候用。
- * 燒紅鑊將油倒下爆香羌、葱頭後棄去。贊酒加鮮奶及調味料煮滾。將餡料和勻慢慢流入鮮奶中煮濃。淋在菜胆上，再洒火腿茸。即可上桌。



Chopsticks Fried Rice

嘉饌炒飯

Ingredients:

1 cup cooked shrimps
a pinch of pepper
1 cup sweet peas
1 cup boiling water + 1 tbsp salt

1 egg
2 egg yolks
½ tsp salt
1 tsp sesame oil
3 cups cold cooked rice
2 to 3 tbsp oil





Chopsticks Fried Rice

嘉饌炒飯



Method:

- * Shell the shrimps, cut each into 2 to 3 sections and mix with the pepper.
- * Blanch the peas in the boiling salted water for 10 seconds. Rinse with cold water and drain.
- * Beat the egg and egg yolks together with the salt and sesame oil. Pour in the cold rice and stir until each grain is coated with the egg batter.



- * Heat the wok and bring the oil to boil. Swirl the wok so that the oil is evenly distributed. Add the rice and stir fry briskly until all the grains are separated. Pour in the shrimps and peas to mix well. Dish and serve hot.

材料：

熟蝦 1 杯
古月粉少許
青豆 1 杯
沸水 1 杯 + 鹽 1 湯匙
雞蛋 1 隻
蛋黃 2 隻
鹽 $\frac{1}{2}$ 茶匙
麻油 1 茶匙
凍飯 3 杯
油 2 至 3 湯匙

製法：

- * 熟蝦去殼，每隻分切為兩段，以古月粉撈勻。
- * 青豆放沸鹽水中煮10秒鐘左右。撈起以凍水沖淨。隔乾水份候用。
- * 雞蛋與蛋黃一同打爛加鹽、麻油拌勻。凍飯倒下蛋液中搞拌至每顆飯均被蛋包裹着。
- * 鑊燒紅，將油傾入搥勻，隨即倒下蛋飯迅速兜炒至飯粒分開時加入蝦與青豆拌炒數下。兜勻即可上碟。



Instant Noodles with Assorted Meat and Vegetables

雜錦快速麵

Ingredients:

2 packets instant noodles,
about 7 oz (200 g)
3 cups boiling water
3 tbsp oil
2 oz (56 g) carrots
2 oz (56 g) cucumber
2 oz (56 g) celery

2 oz (56 g) cooked ham
2 oz (56 g) cooked chicken
3 cooked mushrooms
2 shallots

Seasoning-
¼ tsp salt
1 tsp wine
1 tsp light soy





Instant Noodles with Assorted Meat and Vegetables

雜錦快速麵



2 tsp sugar
a pinch of pepper
1 tsp sesame oil

Method:

- * Blanch the noodles in the boiling water then drain. Coat the noodles with 1 tbsp oil.
- * Blanch the carrots with the same liquid then cut into 1½" (3.5 cm) matchstick pieces. Shred the cucumber and celery into the same size as the carrots.
- * Shred the cooked ham, chicken and mushrooms. Slice the shallots.
- * Bring the second tbsp of oil in a heated wok to boil. Sauté half



the sliced shallots till fragrant. Add the carrots, cucumber and celery with the salt to stir fry quickly. Remove and leave for later use.

- * Heat the wok to bring the remaining oil to boil. Sauté the rest of the shallots. Pour in the noodles to toss for 30 seconds. Return the cooked vegetables and meat into the wok to mix evenly. Sizzle the wine and drop in the mixed seasoning. Dish and serve.

材料：

即食麵 2 包約 7 安 (200 克)
油 3 湯匙
甘笋 2 安 (56 克)
青瓜 2 安 (56 克)
西芹 2 安 (56 克)
火腿 2 安 (56 克)
熟鷄肉 2 安 (56 克)
熟冬菇 3 隻
葱頭 2 粒

調味—
鹽 ¼ 茶匙
酒 1 茶匙
生抽 1 茶匙
糖 2 茶匙
古月粉 少許
麻油 1 茶匙

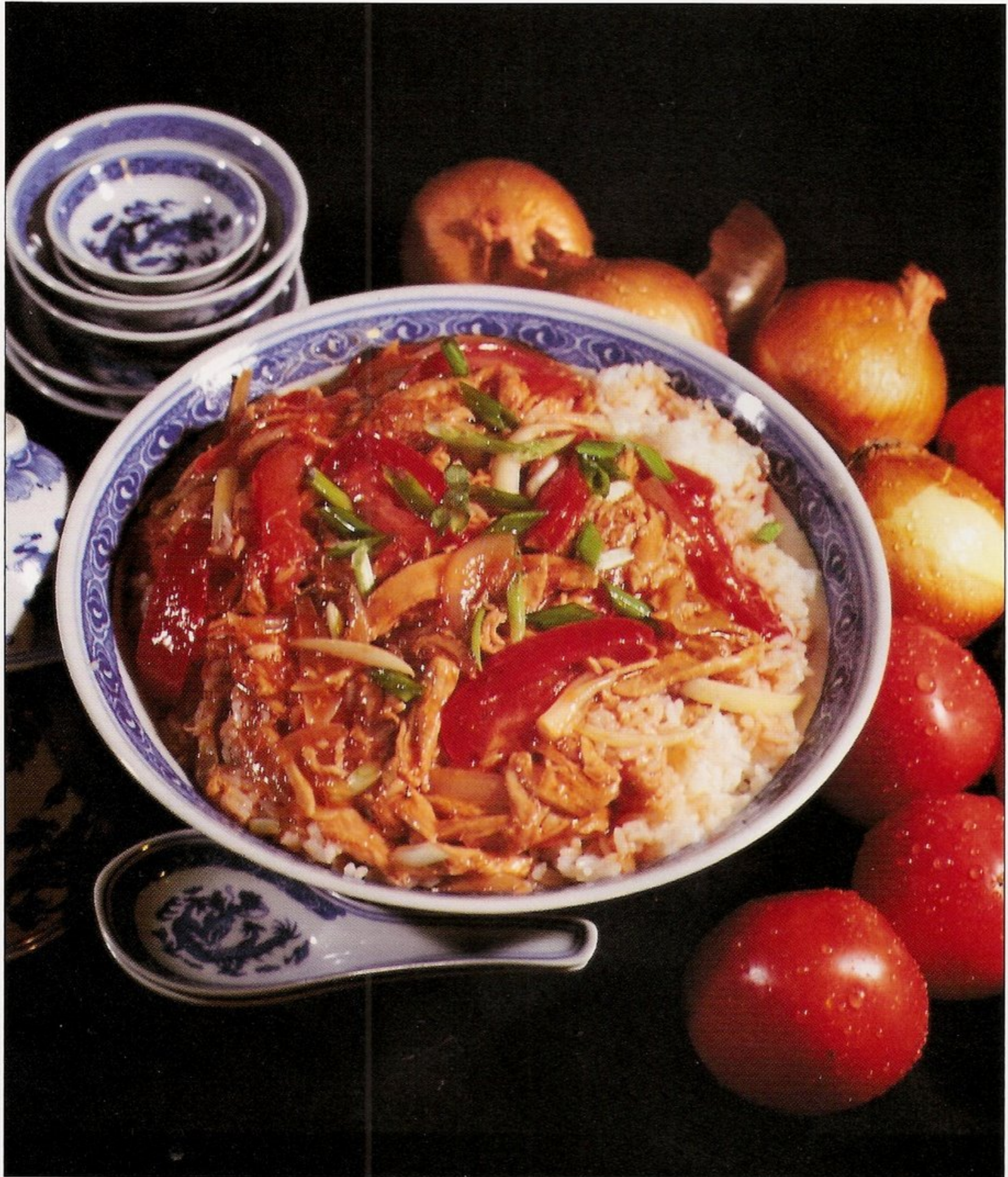
製法：

- * 即食麵放入沸水中以筷子挑鬆煮軟，隔去水份。用油 1 湯匙撈勻。
- * 甘笋飛水切成 1½ 吋 (3.5 公分) 長條。青瓜、西芹皆切條大小與甘笋相同。
- * 火腿、熟肉及冬菇亦切條。葱頭切片。
- * 燒紅鑊加入油 1 湯匙煮沸，爆香一半葱頭片，加入甘笋、青瓜、西芹及鹽。快速炒片刻，盛起候用。
- * 再燒紅鑊加餘油 1 湯匙煮沸，爆香其餘葱頭片。將麵倒入炒數下即下雜菜及肉絲兜勻。贊酒，加入調味料兜勻即可上碟。



Rice with Chicken and Tomatoes

番 茄 鷄 絲 飯



Ingredients:

6 oz (168 g) cooked chicken
2 oz (56 g) onions
4 oz (112 g) tomatoes
4 cups hot cooked rice
3 tbsp oil
1 tsp shredded ginger

Seasoning-

$\frac{1}{4}$ tsp salt
2 tbsp sugar
1 tsp wine
1 cup stock
 $\frac{1}{4}$ cup tomato ketchup
 $1\frac{1}{2}$ tsp light soy
a pinch of pepper

Gravy Mix-

1 tsp cornflour
1 tbsp water
1 tsp sesame oil

Method:

- * Shred the chicken and leave aside for later use.
- * Peel, wash and shred the onions. Wash and shred the tomatoes.
- * Place the hot rice on a hot platter.
- * Heat the wok and bring the oil to boil. Sauté the ginger and onions and pour in the tomatoes with the salt and sugar to mix well, then stir in the shredded chicken. Sizzle the wine, add the stock and season to taste. Mix the cornflour and water evenly and stream into the sauce to thicken. Sprinkle the sesame oil and scoop the chicken with the sauce beside the rice to serve hot.

材料：

熟鷄肉 6 安 (168 克)
洋蔥 2 安 (56 克)
番茄 4 安 (112 克)
熱白飯 4 杯
油 3 湯匙
姜絲 1 茶匙

調味—

鹽 $\frac{1}{4}$ 茶匙
糖 2 湯匙
酒 1 茶匙
上湯 1 杯
茄汁 $\frac{1}{4}$ 杯
生抽 $1\frac{1}{2}$ 茶匙
古月粉少許

餡料—

生粉 1 茶匙
水 1 湯匙
麻油 1 茶匙

製法：

- * 熟鷄肉切絲候用。
- * 洋蔥去衣洗淨切絲。番茄洗淨亦切絲。
- * 熱飯盛在熱碟中。
- * 燒紅鑊加油煮沸，爆香姜絲及洋蔥。續將番茄傾下加鹽、糖兜勻，放入鷄絲略炒。贊酒加上湯及調味料。試妥味以生粉加水混和，慢慢流入煮成餡汁。洒下麻油拌勻。盛在白飯旁邊上桌。



Rice with Scallops and Diced Pork

瑤柱肉粒飯

Ingredients:

1 oz (28 g) dried scallops
2½ cups boiling water
4 oz (112 g) lean pork
1 cup rice
1 tsp salt
1 tbsp oil
1¼ cups scallop water
¼ cup sweet corn
¼ cup sweet peas

Meat Marinade-

2 tsp light soy
1 tsp sugar
½ tsp wine
1 tsp cornflour
1 to 2 tbsp water
1 tbsp oil, to be added last

Seasoning-

1 tbsp dark soy
2 tsp sugar
2 tsp cooked oil
a pinch of pepper



Method:

- * Immerse the scallops in one and a half cups of boiling water for an hour. Remove and tear into strips. Keep the scallop water for later use.
- * Wash and dice the pork into $\frac{1}{4}$ " (0.6 cm) cubes. Prepare the above marinade in a bowl and add the pork to stir well. Leave aside for 30 minutes, then blend in the oil to marinate for another 30 minutes.
- * Wash and drain the rice. Mix with the salt and oil and pour into the rice cooker with the one and a quarter cups of scallop water. Add the scallops and cook for 10 minutes. Remove the lid and arrange the pork on top of the rice. Cover to cook for a further 22 minutes or until the rice cooker switches itself off automatically, then leave to mature for 10 minutes. If a casserole or saucepan is used, the last 10 minutes cooking time must be done with the casserole or saucepan covered, and the heat turned off.
- * Blanch the sweet corn and peas in the remaining cup of boiling water for about 10 seconds. Rinse, drain and scatter on top of the rice.
- * Put the seasoning in a small bowl to mix well; adjust the flavour to taste. Pour the sauce over the rice and serve hot in the casserole or rice cooker. Loosen the rice with a pair of chopsticks and scoop into serving bowls.

材料：

瑤柱 1 安 (28 克)
瘦肉 4 安 (112 克)
米 1 杯
鹽 1 茶匙
油 1 湯匙
瑤柱水 $1\frac{1}{4}$ 杯
粟米 $\frac{1}{4}$ 杯
青豆 $\frac{1}{4}$ 杯
沸水 1 杯飛水用

醃肉料—
生抽 2 茶匙
糖 1 茶匙
酒 $\frac{1}{2}$ 茶匙
生粉 1 茶匙
水 1 至 2 湯匙
油 1 湯匙 (後下)

淋飯料—
老抽 1 湯匙
糖 2 茶匙
熟油 2 茶匙
黑胡椒粉少許

製法：

- * 瑤柱洗淨以沸水 $1\frac{1}{2}$ 杯浸 1 小時，取出撕成幼條。水留用。
- * 瘦肉洗淨切 $\frac{1}{4}$ 吋 (0.6 公分) 丁方粒。將醃肉料放在碗中拌勻，加入肉丁置一旁醃 $\frac{1}{2}$ 小時。加油和勻再醃 $\frac{1}{2}$ 小時。
- * 米洗淨以篩隔乾水份，用油鹽撈妥傾入電飯煲中。瑤柱水 $1\frac{1}{4}$ 杯倒在米上，再加瑤柱絲拌勻。按制煮 10 分鐘。揭開將瘦肉舖在飯面，蓋住再煮 22 分鐘或至自動熄火後再焗 10 分鐘。如用瓦鍋或不銹鋼煲則後 10 分鐘須熄爐火而繼續焗之，切勿揭蓋。
- * 粟米、青豆同放沸水中煮十餘秒鐘，撈起過冷河加在飯面上。
- * 淋飯料放小碗內拌溶試至合味。用匙羹平均地淋在飯面。原鍋上桌，以筷子撥鬆撈勻，用小碗分盛而食。



Seafood Vermicelli in Soup

三鮮湯米粉

Ingredients:

2 oz (56 g) canned abalone
3 oz (84 g) cooked shrimps
a pinch of pepper
2 oz (56 g) frozen squids
1 tsp ginger juice

6 oz (168 g) vermicelli
3 cups boiling water for soaking
1 cube chicken essence
+ 3 cups water
a few lettuce leaves
2 tbsp oil
1 slice ginger



Seasoning-

1 cup water
1/4 tsp salt
2 tsp light soy
1 1/2 tsp sugar
a pinch of pepper
1/4 cube chicken essence

Gravy Mix-

2 tsp cornflour
2 tbsp water
a few drops dark soy
1 tsp sesame oil

Method:

- * Slice the abalone into thin pieces. Shell the cooked shrimps and dredge each one with the pepper.
- * Defrost, wash and cut a crisscross pattern on the inside of the squids, then into bite-sized pieces. Marinate with the ginger juice for 30 minutes.
- * Soak the vermicelli in the boiling water for 1 hour. Refresh and drain. Dissolve the chicken cube in the water and bring it to boil in a 2-quart saucepan. Put in the vermicelli to cook for 1 minute till softened. Scoop into a big bowl and arrange the lettuce along the edge of the bowl.
- * Heat a pan with the oil and sauté the ginger and squids. Pour in the cup of water and the seasoning to bring to the boil. Thicken the sauce with the gravy mix then add the remaining ingredients to stir well. Remove the pan from the heat and pour over the vermicelli. Serve hot.

材料：

罐頭鮑魚 2 安 (56 克)
熟蝦 3 安 (84 克)
古月粉 少許
雪藏魷魚 2 安 (56 克)
羌汁 1 茶匙
米粉 6 安 (168 克)
上湯或鷄精水 3 杯
生菜數片
油 2 湯匙
羌 1 片

調味—

水 1 杯
鹽 1/4 茶匙
生抽 2 茶匙
糖 1 1/2 茶匙
古月粉 少許
鷄精 1/4 粒

餡料—

生粉 2 茶匙
水 2 湯匙
老抽 數滴
蒜油 1 茶匙

製法：

- * 鮑魚以刀切薄片。熟蝦去殼以古月粉略撈。
- * 魷魚解凍洗淨。在內邊鏤花紋後切件，以羌汁撈勻醃 1/2 小時。
- * 米粉洗淨放在數杯沸水中浸 1 小時。撈起隔乾。
- * 將上湯放在深鍋內煮沸，倒下米粉煮約 1 分鐘至軟。盛在大碗中。加生菜圍放在碗之四週。
- * 燒熱煎鍋將油倒下煮沸爆香羌片及魷魚。隨即將水注入加調味料重煮沸。餡汁全部和勻慢慢流入拌成半稀杰之餡汁。將其餘二鮮加入兜亂，熄去爐火盛起淋在米粉上。



Red Bean and Coconut Pudding

椰汁紅豆糕



Ingredients:

10 oz (280 g) red beans
7 cups water
12 oz (336 g) sugar
4 oz (112 g) cornflour
½ cup fresh milk
2 cups coconut milk

Method:

- * Wash and drain the red beans.
- * Pour the water into a 4-quart saucepan. Add the red beans and gently bring to the boil over moderate heat. Reduce the heat to simmer for about 1 hour till the beans become soft and tender. Add the sugar to cook until dissolved.
- * Sift the cornflour into a mixing bowl and mix well with the milk and coconut milk. Gradually stir into the boiling bean mixture and continue stirring until thickened.
- * Remove from the heat and leave it to cool. Pour into a jelly mould and chill in the refrigerator for several hours. Slice and serve cold.



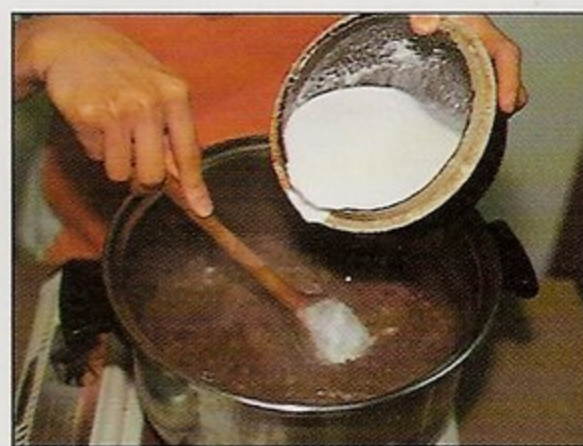
1. Pour the milk and coconut milk into the bowl to mix thoroughly with the cornflour.

材料：

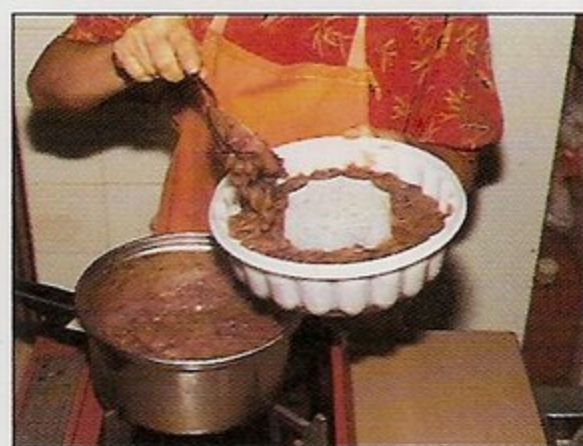
紅豆10安 (280 克)
水 7 杯
沙糖12安 (336 克)
粟粉 4 安 (112 克)
鮮奶 ½ 杯
椰汁 2 杯

製法：

- * 紅豆洗淨隔去水份。
- * 將水倒入深鍋內。加入紅豆以中火煮沸，轉用文火焗至豆鬆軟，約需 1 小時。隨將糖加入煮至溶。
- * 粟粉放在大盆中，放入鮮奶及椰汁和勻。慢慢流入沸紅豆沙中，邊倒邊搞勻。
- * 離火攤至較凍時，即將混合料倒在啫喱杯或模中。雪凍後取食。



2. Thicken the red bean soup with the cornflour mix.



3. Pour the cooled red bean mix into a big jelly mould.



Spring Onion Cakes

簡 易 葱 油 餅

Ingredients:

Pastry-

10 oz (280 g) flour
3/4 cup warm water

Filling-

5 oz (140 g) spring onions
2 tsp spicy salt
1/2 tsp sugar
2 tbsp sesame oil

3 tbsp oil for shallow frying





Spring Onion Cakes

簡易葱油餅



Method:

Pastry-

- * Sift the flour on to the table and make a well in the centre. Add the warm water and slowly draw in the flour to knead into a smooth dough. Leave aside for later use.

Filling-

- * Wash, dry and dice the spring onions. Put the diced spring onions on a platter and mix well with the spicy salt and sugar. Divide into 2 portions.

To complete-

- * Turn the dough on a lightly

floured table then shape into a cylinder. Cut into 2 equal portions and roll each portion into a $\frac{1}{8}$ " (0.3 cm) thick round.

- * Brush each round with the sesame oil and top with a portion of spring onions then roll it up into the shape of a cylinder. Section into $\frac{1}{2}$ " (1.25 cm) thick pieces and press into thin cakes.
- * Heat the pan with a little oil. Put in the small rounds and shallow fry until both sides are golden brown.

材料：

皮—
麵粉10安 (280 克)
溫水 $\frac{3}{4}$ 杯

餡—
葱5安 (140 克)
香鹽2茶匙
糖 $\frac{1}{2}$ 茶匙
麻油2湯匙

油3湯匙煎餅用

製法：

皮—
* 麵粉篩在桌上開穴，將溫水慢慢倒入中央，以手把四週麵粉撥入和成軟麵糰。用毛巾蓋着放置一旁候用。

餡—
* 葱洗淨抹乾切頭尾棄去後切粒，放在平碟上。將香鹽及糖洒下與葱粒拌勻，分為2份候用。

完成—
* 桌上洒麵粉少許，將麵糰放桌上搓成長條，分切2等份。以木棍將每份輾成約 $\frac{1}{8}$ 吋 (0.3 公分) 厚之圓形。

* 麻油1湯匙塗在一個圓餅上再平均地洒下一份葱粒，然後向外捲起成一長筒，用利刀切成約 $\frac{1}{2}$ 吋 (1.25公分) 厚之小圓餅，用木棍將每圓餅輾薄，放在塗油鐵板上煎至金黃色即成。





Apple Pie

蘋果批



Ingredients:

Pastry-

- 8 oz (224 g) plain flour
- 4 oz (112 g) chilled butter
- 1 to 2 tbsp iced water
- 1 egg for brushing

Filling-

- 3 apples, about 1 lb (½ kg)
- 1 oz (28 g) butter
- 2 to 3 oz (56 to 84 g) sugar

Method:

Pastry-

- * Sift the flour on a table and rub in the butter to form fine breadcrumbs. Make a well in the centre and add the iced water to knead into a soft dough. Keep in the refrigerator for 40 minutes.

Filling-

- * Peel, core and slice the apples thinly.
- * Melt the butter in a saucepan to stir fry the apples for 5 minutes then add the sugar to mix well. Remove and leave to cool.

To complete-

- * Return the dough on to the floured table and roll it into a thin piece. Cut into large (3"/7.5 cm diameter) and small (2.75"/7 cm diameter) rounds with the pastry cutter. Line each pie shell with the larger piece of pastry and put in the apple filling, then place the smaller piece of pastry on top. Press the edges together tightly with your finger tips and press a crisscross pattern on top with a blunt knife, taking care not to break the pastry. Pierce a

hole in the centre of the pie with the tip of the knife to allow the air to escape.

- * Beat the egg and use it for glazing the top of the pastry. Bake in a preheated moderate oven of 380°F (Gas Mark 5) for 10 minutes then reduce the heat to 300°F (Gas Mark 2) and continue to bake for 15 minutes. Remove and serve.

材料：

皮—

- 麵粉 8 安 (224 克)
- 硬牛油 4 安 (112 克)
- 冰水 1 至 2 湯匙
- 蛋 1 隻塗面

餡料—

- 蘋果 3 個約 1 磅 (½ 公斤)
- 牛油 1 安 (28 克)
- 糖 2 至 3 安 (56 至 84 克)

製法：

皮—

- * 麵粉篩在桌上，放入牛油在粉中以指尖擦成麵包糠模樣。中間開穴，將冰水加入搓成軟糰置雪櫃中雪片刻。

餡料—

- * 蘋果去皮去心，切小薄片。
- * 用牛油起鑊將蘋果炒約 5 分鐘，加入糖拌勻盛起候用。

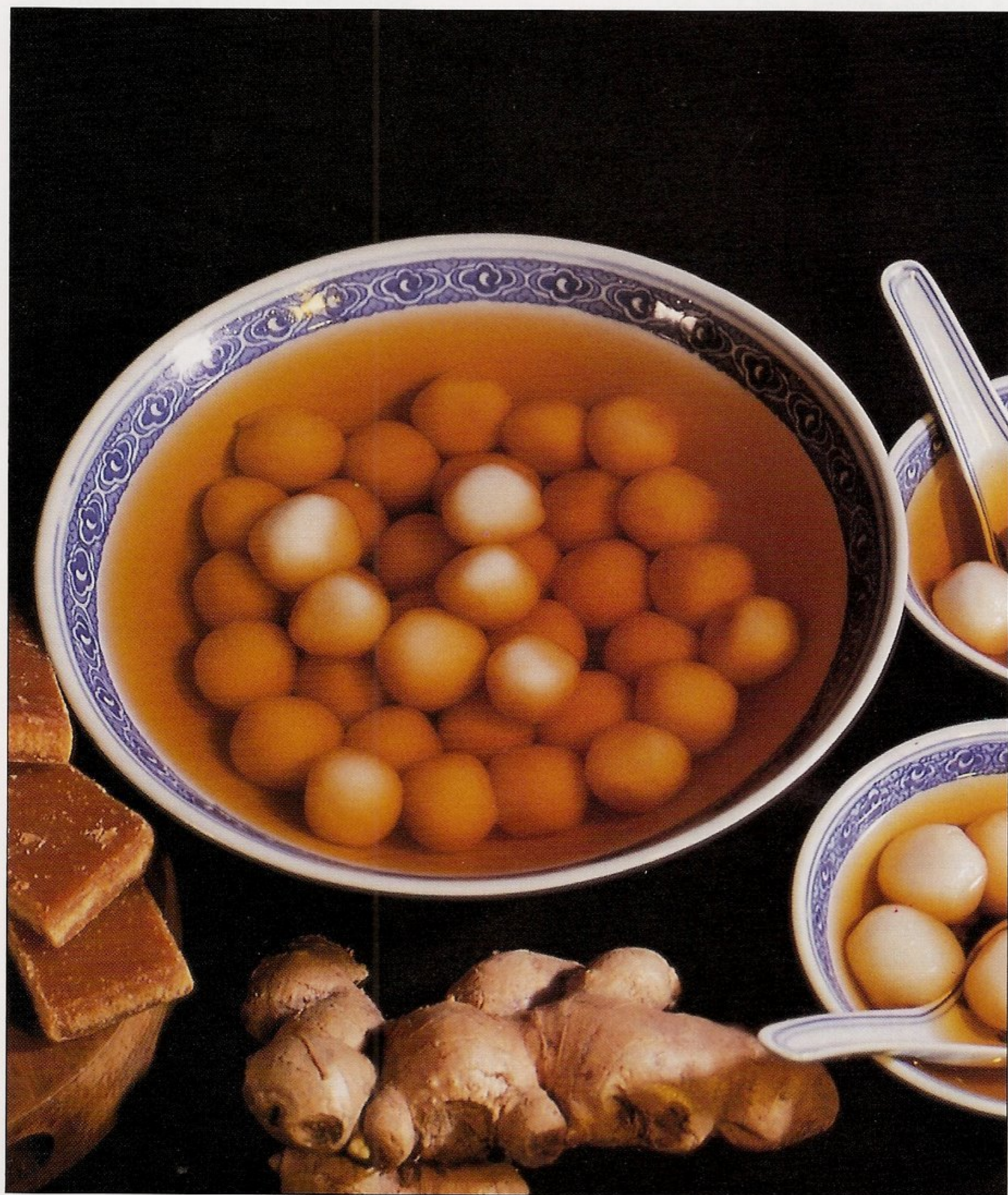
完成—

- * 粉糰取出用木棍輾薄以花級級出成大小圓形各 8 個。將大的放在批模內用手捏好，放入蘋果餡料。再以另一塊皮蓋面，然後捏緊。用餐刀背在批面上鏢鑽石紋。中央鏢一小洞使空氣洩出。
- * 掃上蛋液置已預熱 380 度 (煤氣 5 度) 焗爐焗約 10 分鐘後減低爐火至 300 度 (煤氣 2 度) 續焗 15 分鐘即成。



Glutinous Balls in Light Syrup

片糖湯丸



Ingredients:

Pastry-

10 oz (280 g) glutinous rice flour

8 oz (224 g) warm water

Filling-

2½ oz (70 g) slab sugar

5 cups boiling water for blanching

Light Syrup-

4 cups water

4 oz (112 g) slab

or brown sugar

1 slice ginger

Method:

Pastry-

* Sift the glutinous rice flour on to the table and make a well in the centre to pour in the warm water. Slowly draw in the flour to knead into a soft dough. Leave aside for later use.

Filling-

* Cut the slab sugar into 48 small cubes.

To complete-

* Knead the dough again for a while then divide into 48 equal portions. Press and shape each portion into a small nest-shaped round. Fill the nest with a sugar cube then draw the edges to seal securely and roll between your palms to shape into small balls.

* Pour the boiling water in a wok or saucepan and put in the glutinous balls to blanch for 1 minute. Remove, refresh and drain.

* Bring the other 4 cups of water to boil in a 2-quart saucepan. Slide in the slab sugar and ginger to simmer for 2 minutes till the sugar dissolves. Return the glutinous balls into the syrup to simmer for 2 minutes. Scoop into small bowls and serve.

材料：

皮—

糯米粉10安 (280 克)

溫水 8 安 (224 克)

餡料—

片糖 2½ 安 (70 克)

水 5 杯灼湯丸用

糖水—

水 4 杯

片糖 4 安 (112 克)

姜 1 片

製法：

皮—

* 糯米粉篩在桌上，中間開穴。傾入溫水慢慢將粉撥入搓成軟糰，放置一旁候用。

餡料—

* 將片糖切成48粒小丁方粒。

完成—

* 糯米粉糰亦分成48等份，以手搓圓弄成小窩，將片糖 1 粒放入，收口捏緊。

* 鍋中放水 5 杯煮沸，倒入湯丸。以慢火煮至湯丸浮起，再煮 1 分鐘。取出以凍水略沖後，隔去水份。

* 另水 4 杯放在深煲中，加入片糖及姜片煮沸至糖溶。將湯丸傾入再滾 2 分鐘。即可盛起熱食。



Mango Pudding

芒果布甸

Ingredients:

2 packets mango jelly powder
1½ cups boiling water

2 eggs
1½ cups evaporated milk
2 large mangoes
a few cherries for decoration





Mango Pudding

芒果布甸



Method:

- * Place the jelly powder into a deep mixing bowl and pour in the boiling water to stir until the powder dissolves. Leave aside to cool.
- * Clean and dry another mixing bowl, whisk the eggs with an electric beater till fluffy then stir in the milk to beat well.
- * Add the half set jelly into the egg

batter to whisk for about 1 minute.

- * Peel and dice the mangoes finely. Add to the half set mixture and stir well then fill the jelly moulds to about three-quarters full. Decorate with sliced mangoes and cherries. Leave to set in the refrigerator and serve cold.



材料：

芒果啫喱粉 2 盒
沸水 1 ½ 杯
雞蛋 2 隻
花奶 1 ½ 杯
大芒果 2 個
車厘子數粒

製法：

- * 將啫喱粉倒在深盆中加入沸水浸溶拌勻，放置一旁攤凍候用。
- * 蛋桶抹乾將雞蛋加入以電機打爛後加花奶同打勻。
- * 將半凝結之啫喱加入蛋液中同打約 1 分鐘。
- * 芒果去皮切幼粒拌入半凝結混合物內搞勻，以小杯或砵仔盛起，用芒果片及車厘子裝飾，放雪櫃內雪凍。



Sago and Pineapple Sweet

菠蘿西米凍



Ingredients:

12 oz (336 g) canned pineapple
6 oz (168 g) sago
3 cups boiling water
8 cups cold water
8 oz (224 g) sugar
a few cherries for decoration

Method:

- * Drain and dice the pineapple.
- * Soak, wash and simmer the sago in the boiling water until transparent. Refresh under a running tap to wash away the starch. Drain.
- * Bring the cold water to boil in a 4-quart saucepan. Add the sugar to simmer till dissolved. Pour in the sago and continue to simmer for 5 minutes. Turn off the heat and stir in the pineapple to mix evenly. Decorate with the cherries. Serve hot or cold in small bowls.

材料：

菠蘿12安 (336 克)
西米 6 安 (168 克)
水 8 杯
糖 8 安 (224 克)
車厘子數粒裝飾

製法：

- * 菠蘿切粒候用。
- * 將西米浸透洗淨，用水煮至透明。倒在篩內隔去沸水，再放水喉下沖去澱粉。
- * 鍋內放水 8 杯煮沸。水滾後將糖加入煮溶。隨加西米續煮約 5 分鐘。停火後即放菠蘿入內一起拌勻，以車厘子點綴即可盛在碗內。

Chinese Cookery Terms

1. **To BAKE** is to cook with dry heat, or to dry food with heat.
2. **To BARBEQUE** is to cook meat over a charcoal or wood fire.
3. **To BIND** is to add egg, liquid or melted fat to a mixture in order to hold it together.
4. **To BLANCH** is to immerse the food in boiling water for a short time (from 10 seconds to 5 minutes) in order to tighten the texture, set the colour, or get rid of any unpleasant smell of the food.
5. **To BOIL** is to cook the food in hot bubbling liquid.
6. **To BRAISE** is to finish cooking in a tightly covered wok or saucepan.
7. **To CRIMP** is to slash the surface of a fish at intervals.
8. **To DEEP FRY** is to cook food in a large amount of hot boiling oil in order to make it crispy.
9. **To DOUBLE-BOIL** is to cook in a covered container, which is placed in a covered wok half-filled with boiling water.
10. **To DRAIN** is to remove excess liquid from the ingredients through a strainer or colander.
11. **To DREDGE** is to sprinkle the ingredient with flour or sugar, etc.
12. **To FRY** is to cook with a little hot oil.
13. **To GUT** is to remove the intestine and clean the inside of a fish.
14. **To PARBOIL** is to leave the food in warm oil until half-cooked.
15. **To PARCH** is to brown food in a dry hot wok or frying pan.
16. **To POACH** is to simmer food gently in a liquid which is kept just below boiling point.
17. **To REFRESH** is to rinse the ingredient with cold water after it is blanched. The ingredient is then reheated before serving.
18. **To ROAST** is to prepare the food by using high heat, with flame or over the charcoal.
19. **To SAUTÉ** is to stir the ingredients quickly in a wok or pan with a little hot oil, over high heat.
20. **To SCALD** is to plunge the ingredient into boiling water quickly to make peeling easier or to clean or loosen the hair on the ingredient.
21. **To SHALLOW FRY** is to cook the food in a little oil until both sides are brown.
22. **To SIMMER** is to cook the food or liquid slowly over low heat.
23. **To SMOKE** is to place the food on a rack in a wok or oven filled with smoke.
24. **To STEAM** is to cook the food by putting it into a steamer placed in a wok half-filled with boiling water. Timing begins when the water boils. High heat should be used so that there is enough steam to cook the food quickly.
25. **To STEW** is to cook the food with a little liquid over low heat.
26. **To STIR FRY** is to cook the food quickly in a little oil over medium heat.
27. **To TOSS** is to mix the ingredients evenly by throwing them in a wok and jerking the wok up and down.

**The cooking oil used in this book can either be corn oil, vegetable oil, peanut oil or sunflower oil, unless otherwise stated.*

烹飪常用術語

- 焗** —將食物放鑊中蓋密，以文火焗熟。或將拌妥粉料放焗爐中以慢火焗至鬆發。
- 炭燒** —將食物以叉叉着或放在炭上之鐵網直接以明火燒熟。
- 搞** —加水或蛋或牛奶在乾材料中和成一糰。
- 飛水** —將食物放入沸水內稍拖一下，取出洗淨續煮。
- 焗** —將食物放入沸水中，藉沸水熱力使食品煮熟。與灼及煮略同。灼要手快。
- 紅燒** —用豉油及水將食物煮熟。與煮及炆略同，有時則與烤之意義相近如燒烤。
- 炸** —將大量油煮沸，放入食物浸過面，以沸油之熱度使食物炸至酥脆。油炸食品多需上乾粉或濕粉，並要猛油落鑊。
- 燉** —將食物加配料及水放在燉盅內，再轉放深鍋中加水慢火燉至食品酥爛。食前加調味。此法可保原味，多與補品同燉。
- 上粉** —將食物以麵粉或糖洒勻在週圍而後按實。
- 炒** —將鑊燒紅，加少量油煮沸，放入材料迅速兜勻。
- 泡油** —將食物醃好後，放入猛鑊陰油中泡至油將沸時撈起，隔去油候用。
- 烙** —以燒熱乾鑊將已洗淨材料文火煮乾後續烙至淺黃色。
- 浸** —用湯或油煮沸後將火降至將沸未沸之溫度，把食物如鷄或魚等放入，以一定之溫度浸至熟，切不可用猛火。
- 過冷河** —將食物先用沸水煮過，取出再放冷水中沖凍使其爽脆，麵食多須過冷河。
- 烤** —以明火將食物炙熟使香氣四溢，用中式烤爐與西式焗爐皆可。
- 爆** —迅速用猛火將食物以油或醬料加料頭用火逼熟。
- 灼或燙** —將食物迅速放入沸水中浸片刻然後去皮或拔毛。
- 煎** —燒紅鑊放少量油將食物僅浸到少許，慢火煎至兩面金黃香脆。
- 燴** —燒熱油鑊，灑酒加上湯，再加已泡油或煮熟之食物及配料煮沸，以粟粉開水少許打釀。
- 烟或燻** —食物先用調味品醃過，排在已放燻料（糖、蔗片、茶葉等）之鑊中的鐵絲網上。蓋上鑊蓋，藉燻料冒出之烟使食物燻至微黃而有烟味。
- 蒸** —將食物以碟盛起放蒸籠內蓋密，轉置沸水鑊中以蒸氣使食物致熟。
- 炆** —先將食物放配料爆炒過，轉放另一密蓋鑊內加水少許，改用文火經長時間炆至食物酥爛汁濃為止。紅炆者熟後加老抽。
- 拌炒** —此為中國烹飪中最常用之方法，將食物先泡嫩油至七分熟，然後再燒紅鑊加配料放食物灑酒，迅速兜勻上碟。
- 拋** —將鑊中食物迅速在大火上拋動，使火力平均。
- 煮** —將食物放入水中煮，藉沸水之熱力將食品煮至酥爛，然後加調味料。
- 煲** —將食物放入水中煮滾，改用文火繼續煲至夠火及出味為止。此法通常需時較長。
- 滷** —用水加滷水料、生抽、紹酒、冰糖等煮至出味。然後把食物飛水後浸在滷水中。浸至入味。滷水盆如處理得宜可長期不變壞。
- 煨** —將食物放入上湯內慢火煮之，使其吸收上湯味道，或放羌葱水內煨之，以除腥味。
- 撈拌** —把已煮熟之食物切絲與其他配料放在一起和勻謂之撈。多用於冷盆。
- 扒** —手法與燴略同，唯汁水較少及較濃。

註：本書食譜內所用之油通常為粟米油，亦可用菜油或花生油。

CHOPSTICKS PUBLICATIONS LTD.

CHOPSTICKS PUBLICATIONS LTD. has been established for many years and specialises in high quality cookery books and cookery cards on Chinese cuisine. The author of the **CHOPSTICKS RECIPES** series — Mrs. Cecilia J. Au-yeung — continues to research and develop new recipes for the compilation of more cookery books.

Mrs. Cecilia J. Au-yeung graduated in Domestic Science from the Hong Kong Grantham Teachers' Training College in 1956 and was immediately appointed by the Hong Kong Education Department to teach at the Hong Kong and Kowloon Restaurant and Teahouse Employee's Guild School. Since then the author has gained valuable knowledge of cooking from many famous Chinese chefs. In 1971 Mrs. Au-yeung embarked on a career editing recipes for several established local magazines and newspapers. In the same year she also started the Chopsticks Cooking Centre to provide the best facilities for learning Chinese cooking. It was in 1975 that the publishing company was established to publish Mrs. Au-yeung's recipes in English and Chinese. Her husband Mr. Wilson Au-yeung developed a keen interest in photography in his youth and eventually turned professional in 1960. He then undertook to take all the photographs for the cookery books. In 1984, Mrs. Au-yeung combined her extensive experience as a cookery writer with her husband's skills as a photographer to produce a cookery book for Hamlyn Publishing.

In 1985, Mrs. Au-yeung began to write her new series of cookery books for parents and children to learn Chinese cooking together. The first two books of this series are **FIRST STEPS IN CHINESE COOKING** and **MORE STEPS IN CHINESE COOKING**.

Besides publishing cookery books, Chopsticks Publications Ltd. has also started to publish books on travel in China.

嘉饌出版有限公司簡介

嘉饌出版有限公司於一九七五年十二月成立至今已十年歷史，為本港唯一專門出版優質中英對照食譜書集之出版社。作者歐陽紉詩女士乃葛量洪師範學院家政系畢業生。於一九七一年在課餘時間創辦嘉饌家政中心教授中西烹飪及餅食。積十餘年之豐富經驗從而將食譜編集成書。其外子歐陽榮先生乃一資深之業餘攝影師，以三十多年心得，拍攝書集內令人垂涎欲滴，呼之欲出之圖片。

嘉饌之烹飪叢書「美點佳餚」迄今已出版十一冊。第十二冊將於八六年年底出版。此外，嘉饌亦曾出版兩冊「美食初階」烹飪咭，特別為中學之家政學生及初學烹飪者而設。八四年十二月出版之「美饌飄香」則是一部全新製作，特別介紹用中國鑊作烹飪之各種用途。本年度該公司將於十二月推出兩冊「美食入門」食譜，專為兒童精心編著，使能共享與父母一同下廚之樂趣。

嘉饌出版之烹飪書彩圖鮮艷，內容充實，印刷精美，價錢超值。暢銷本港及世界各地。選購聖誕，新年或生辰禮物，何必多傷腦筋？「美點佳餚」將使你的親友永遠感謝您！記着您！

同時，嘉饌特別為讀者設立了一個解決疑難的部門。舉凡有採購材料及用具或技術上之難題，皆可由該部門或嘉饌家政中心之導師負責解答。



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FIRST STEPS IN CHINESE COOKING and **MORE STEPS IN CHINESE COOKING** are the first two books in a new series of cookery books, each containing 42 specially written recipes which are simple and easy to learn. These recipes have all been tested and proved by children from the ages of 8 to 14 years. This book is designed for parents and children to learn Chinese cooking together.

From this cookery book, the reader will discover that Chinese cooking is fun to learn and the results are enjoyable.

