

<<炊馓>>

图书基本信息

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内容概要

本书以省时、省事、省心、好味、营养为特色，挑选简单易学、精致地道的广东菜，除了有材料、调料和做法的详细介绍，还包括食材的选购和基本处理方法、常用技巧等技术要点；同时提供每款菜的烹饪时间、人数参考等信息。

中英对照的呈现形式，给即将到国外留学、远离家乡的朋友们提供了不错的参考。

“美食达人心动试味”及“Tips”栏目的居家烹饪心得，细致、周到又贴心。

为都市里的忙人、懒人、达人精心设计了一套全面的健康美食攻略。

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作者简介

何美好，资深美食撰稿人，具有丰富的广东菜烹饪经验，曾为很多烹饪、食疗图书做专业技术指导及示范。

在广东及港澳地区饮食类图书市场有较好的知名度，作品市场认同度较高。

何美好除了《鲜香惹味广东菜系列》，还是《鲜味滚汤》的作者。

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书籍目录

看图买材料Buy ingredients according to the pictures
 这样贮存好食材Storage of ingredients
 买回来的材料怎样处理？
 What to do with the ingredients?
 炆餸怎样才好味？
 How to make tasty stewing dish?
 看颜色食果蔬Choose vegetables and fruit according to colours
 开始炆餸Start Stewing
 水产Aquatic
 红烧鱼块Braised fish fillets
 咸菜炆门鳝Stewed white eel with pickled cabbage
 蒜头炆鳝Stewed eel with garlic
 蜜烧子姜鳝Stewed white eel with ginger in honey
 鲮鱼肉酿豆泡煮萝卜Stewed mud fish and stuffed beancurd puffs with
 turnip
 鱼腐炆黄芽白Stewed deep-fried fish puffs with white cabbage
 鱼汤煮蚬Stewed clams in fish soup
 海参炆鲍鱼Braise sea cucumbers and abalones
 家禽Poultry
 栗子炆鸡翼Stewed chicken wings with chestnuts
 豆酱炆鸡翼Stewed chicken wings with soybean paste
 鸡粒豆腐煲Stewed chicken dice and beancurd pot
 凉瓜炆火鸭Braised duck with bitter gourd
 荔芋香鸭煲Taro and duck pot
 冬菇海参炆鸭掌Stew duck's feet with dried black mushrooms and sea
 cucumber
 猪牛Pork and Beef
 慈菇红烧猪肉Stewed pork with arrowhead
 薯仔炆排骨Stewed pork ribs with potatoes
 凉瓜炆排骨Stewed pork ribs with bitter guord
 蜜汁金沙骨Braised pork ribs in honey sauce
 豉汁金瓜肉排Stewed pork ribs and pumpkin in black bean sauce
 冬菇蚝豉炆猪手Stewed trotter with dried black mushrooms and dried
 oysters
 南乳莲藕炆猪手Braised trotter with red beancurd and lotus roots
 芋头炆腊肉Stew perserved pork belly with taro
 炆春菜Stewed haruna
 肉碎茄子Stewed eggplant with minced pork
 西红柿烩肉丸Stewed meatballs with tomatoes
 韭菜烧腩炆豆腐Stewed beancurd with leeks and roasted pork belly
 柱侯牛筋Stewed beef tendon in Chu Hou paste
 咖喱牛筋腩Curry beef tendon and beef brisket
 蔬菜Vegetables
 素菜黄金袋Vegetarian gold bags
 粉丝虾干炆节瓜Stewed Chinese marrow with green bean noodles and dried

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shrimps

杂菜煲 Mixed vegetable pot

双竹炆冬菇 Stewed mushrooms with double beancurd sticks

真假豆腐 True and false beancurd

南乳炆斋 Stewed vegetables with red beancurd

甜腐竹草菇炆豆腐 Stewed beancurd with sweet beancurd sticks and straw mushrooms

酸甜汁炆面筋 Stewed gluten in sweet and sour sauce

烹饪小词典 Cooking key words

常用调味品 Common seasonings

做菜和味道的常用语 Common phrases of cooking and tastes

常用技巧 Common skills

一餐中各种食物的摄取比例 The proportion of different food intake during a meal

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