

<<主廚經典菜單-肉類篇>>

图书基本信息

书名：<<主廚經典菜單-肉類篇>>

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作者：陳寬定

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內容概要

100道名廚口袋菜單，必學必嚐特選菜色！

這本「主廚經典菜單：肉類篇」是作者在飯店任職與學校任教多年來的精選菜色，將肉類分為：禽肉、畜肉、野味三大類，挑選最具代表性的主菜，再加上不可缺少的豐富配菜變化，共有100道完整配方。

《主廚經典菜單：肉類篇》中詳細傳授細節與訣竅，不僅有煎烤技巧、料理重點、醬汁變化、組合盛盤...等完整內容，更附上親自示範的詳細影音教學120分鐘DVD。

囊括6大基本肉類經典菜餚詳細影音教學：全雞、全鴨、豬排、牛排、羊肋排、雞胸肉...等菜色製作與各種應用。

按步就班，人人都能料理出絕佳美味！

烹調佳餚沒有捷徑，唯有不求快、不省料，掌握食材特性與練習技巧，按步就班從高湯做起，不使用化學香料及添加物，如此不僅能享受美食、更能吃得健康，人人都能料理出絕佳美味。

希望這本「主廚經典菜單：肉類篇」在收藏細讀後能豐富您的餐桌、增進全家的生活樂趣！

120分鐘詳細影音教學DVD
禽肉：雞肉、鴨肉、駝鳥肉、春雞25道
畜肉：豬肉、牛肉、小牛肉、羊肉36道
野味：鵝鶉、乳鴿、鹿肉、兔肉9道
豐富配菜side dish搭配變化30道
基本食材、香草香料詳盡圖解對照
煎烤技巧、料理訣竅、醬汁變化、組合盛盤...等應用
6大基本肉類經典菜餚詳細影音教學：全雞、全鴨、豬排、牛排、羊肋排、雞胸肉，以及煎烤技巧、料理訣竅、醬汁變化、組合盛盤...各種應用示範。

專業傾囊相授，讀者輕鬆上手！

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作者簡介

陳寬定 (Eddie Chen) 經歷：**高雄餐旅學院助理教授、君悅大飯店行政副總廚、開平高中教師、行政院勞委會國際技能競賽裁判、法國里昂國際技能競賽裁判、景文技術學院兼任教師、實踐大學生活應用科學兼任教師、芬蘭赫爾辛基國際技能競賽裁判。

出版食譜書：《人氣焗烤燒烤大公開》、《人氣義大利麵大公開》、《湯的基礎課》、《一定可以輕鬆學會！

三明治?鬆餅?醬料100種》、《會做醬汁就會做菜》。

獲獎Awards 1986台北金廚獎金牌 1986新加坡美食展隊金牌 1987台北金廚獎金牌 1988德

國法蘭克福奧林匹克雙金牌 1989中華美食展金牌 第二十八屆觀光旅館業優良廚師從人員

第二十九屆觀光旅館業模範廚師 1996中華美食展校園傳承金牌 1997中華美食展校園傳承金牌

2001中華民國第八屆十大技術楷模金技獎 2004上海美食展團隊金牌獎 2004中華美展南區

隊金牌 2005第七屆FHC上海烹飪藝術特金牌獎 2006第六屆FHC北京烹飪藝術特金牌獎

2007榮獲美國肉類出口協會「傑出貢獻獎」

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書籍目錄

作者序：按步就班，人人都能料理出絕佳美味！

本書用法禽肉The Poultry雞肉The Chicken Gourmet 佛羅倫斯煎雞胸 Chicken Florentine with Vegetable Risotto原味脆皮雞腿Crispy Chicken Leg with Saut é ed Mushroom and Chicken Jus蒸烤雞胸附青花椰菜泡醬Steamed Chicken Breasted Crusted With Chicken Mousse雞肉捲附蘋果蜜醬Chicken Roulades with Chicken Mousse炒蘑菇雞肉片Saut é ed Chicken Breasted Sliced With Mushroom and White Wine Cream Sauce法脂鴨肝填雞腿Stuffed Chicken Leg with Foie Gras and Saut é ed New Potato咖哩雞肉麵包Curry Cream Chicken in Brioche原鍋白酒燴雞Chicken Fricassee in Pot原盅馬鈴薯烤雞Roasted Chicken with Potato Cocotte起司煎雞胸Chicken Piccata on Saffron Risotto咖哩雞酥皮袋Curry chicken in Filo Pastry with Cream Curry Sauce烤雞胸附脆綠沙拉Grilled Chicken Breast with Green Salad and Balsamic Dressing鴨肉The Duck Gourmet 百里香烤鴨胸附鳳梨蜜醬Thyme-Roasted Duck Breast with Pineapple Chutney橙汁燴鴨Braised Duck in Orange Gravy法脂鴨肝煎鴨胸Pan Fried Duck Breast with Saut é ed Vegetable, Foie Gras and Jus蜜汁鴨腿Duck Leg Confit with Wild Rice and Orange Corn Salsa蜜李鴨肉捲Roasted Duck Roulades with Blum and Pesto春雞The Spring Chicken Gourmet燴烤春雞薏仁豬肚Glazed Spring Chicken in Pork Stomach with Barley and Turnips, Carrots Mashed原味烤春雞Roasted Spring Chicken with Bacon and Saut é ed Potato烤火雞肉捲 Roasted Turkey with Honey Sweet Potato駝鳥肉The Ostrich Gourmet辛香烤駝鳥排附覆盆子醬汁Roasted Ostrich Crusted Herbs Crumb with Polenta Vegetable and Papaya Catsup 燴燴駝鳥腿肉佐配野米Braised Ostrich Shank with Rice烤駝鳥肉起酥Baked Ostrich Tenderloin in Puff Pastry Served With Apple Chutney and Masala Sauce紅酒燴駝鳥腿肉附燴蔬菜Stewed Ostrich Shank in Red Wine Served With Vegetable Risotto紅燴駝鳥腿肉佐配馬鈴薯泥及蘋果蜜醬Braised Ostrich Mille Served With Mashed Potato and Apple Chutney畜肉 The Meat測試肉的熟度 Test Degree豬肉The Pork Gourmet 肯郡烤豬梅花肉 Roasted Pork Butt with Cajun Style亞洲風味烤豬肋排 Roasted Pork Spare Rib with Asian-Style B.B.Q Sauce with New Potato蒜味奶油煎豬排 Pan Fried Pork Loin with Braised Red Cabbage, Mashed Potato and Garlic Butter碳烤丁骨豬排附北非米 Grilled Pork Chop with Couscous and Papaya Catsup烤豬肋排附蘆筍醬汁 Roasted Pork Chop with Vegetable Risotto and Asparagus奧斯卡豬排 Pork Loin with Crab Meat ‘ Oscar ’ 蜜李豬排附蘋果醬汁 Stuffed Pork Loin with Plums Served Apple Sauce and Onion Confit炒蘑菇豬肉片 Saut é ed Pork Sliced with Mushroom Cream Sauce and Pilaf Rice 德國酸菜燴煮豬腿 Glazed Pork Knuckle and Bacon in Sauerkraut利馬豆希臘豬肉香腸 Greek Pork Sausage with Lima Beans奶油白豆豬肉 Pork Belly with White Bean Sream Sauce起士煎豬排附蘋果蜜醬Pork Piccata with Mashed Sweet Potato and Apple Chutney豬肉麵包 Pork Butt in Brioche煙燻豬肋排附玉米餅 Smoked Pork Spare Ribs with Polenta牛肉The Beef Gourmet原味烤肋眼牛排 Grilled Rib Eye Steak with Mashed Potato and Beef Jus豆泥培根煎牛排Pan Fried Beef Tenderloin and Bacon with Mashed Beans and Jus威靈頓牛排Baked Beef Wellington with Madeira Sauce胡椒牛排附番茄原汁Peppery Beef Fillet with Tomato Coulis法脂鴨肝煎牛排 Pan Fried Beef Fillet and Foie Gras with Saut é ed Mushroom and Port Wine Sauce水煮牛排Boiled Beef Fillet in Consomm é with Saffron Potato紅酒燴牛腩肉Braised Beef Brisket in Red Wine with Pilaf燴烤麵皮牛肉Baked Beef Rump and Mushroom Cherry Onion in Dough Pastry奧斯卡式牛排Pan Fried Beef Fillet and Oyster Oscar箱烤牛排Roasted Beef with Condiment炒牛肉蘆筍布蕾Saut é ed Beef Sliced and Foie Gras with Mushroom on Asparagus Brul é 沙朗牛排附馬沙拉醬汁Grilled Beef Sirloin Steak with Masala Wine Sauce with New Potato小牛肉The Veal Gourmet炒蘑菇小牛肉片 Saut é ed Veal Sliced in Gravy and Mushroom Cream Sauce with Noodles燴煮小羊膝 Braised Veal Shank in Tomato Sauce with Pilaf羊肉The Lamb Gourmet紅酒燴羊肉 Braised Lamb Ragout with Red Onion Confit and Polenta 烤羊肉附燴煮蔬菜Roasted Lamb Loin with Ratatouille Saffron Potato and Balsamic烤羊腿肉附鳳梨蜜醬Roasted Lamb Leg with Pineapple Chutney and Mashed Pumpkin燴烤小羊膝附雞豆番茄莎莎Classic Braised Lamb Knuckle in Brown Stock with Chick Peas Salsa香料烤羊肉附覆盆子醬汁 Pan Fried Lamb Loin with Herbs Crumbs and Couscous Raspberry Sauce香料烤羊肋排 Roasted Rack of Lamb Crusted with Herbs Crumbs and Port Wine Sauce愛爾蘭燴羊肉 Irish Stew蜜汁燴小羊膝 Honey Braised Lamb Knuckle with Braised Vegetable and Masala Sauce野味 The Game鵪鶉The Quail Gourmet 法脂鴨肝鵪鶉肉餃Quail and Foie Gras Ravioli培根烤鵪鶉 Roasted Quail with Bacon葡萄葉烤

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鵝鶉附鵝肝Roasted Quail with Grape Leaves and Saut é ed Vegetable with Foie Gras and Jus乳鴿The Pigeon
Gourmet烤乳鴿附蜜汁洋蔥Roasted Pigeon with Onion Tarte Tating脆皮烤乳鴿Crispy Pigeon with Foie Gras
Crouton and Jus鹿肉The Venison Gourmet煎鹿肉附干貝及小紅莓醬 Pan Fried Venison and Scallop with
Cassis Conserve Cranberry胡椒鹿肉附紅蘿蔔原汁 Pepper Venison with Mashed Potato and Carrots Juice兔
肉The Rabbit Gourmet白酒燜烤兔肉 Pot-Roasted Rabbit in White Wine Cream Sauce煎兔肉附燉煮番茄乾蔬
菜 Rabbit Loin with Sun Dried Tomato Ratatouille and Celery Juice配菜 The Said Dish燉蔬菜 Vegetable Braised
番茄乾燉蔬菜Sun Dried Tomato Ratatouille炒蕈菇Saut é ed mushroom馬鈴薯泥 Mashed Potato南瓜
泥Mashed Pumpkin地瓜泥Mashed Sweet Potato 蘋果蜜醬Apple Chutney炒蘋果與馬鈴薯Saut é ed apple and
potato炒馬鈴薯Potato Cocotte 番紅花燉飯Saffron Risotto鳳梨蜜醬Pineapple Chutney炒綜合蔬菜Saut é ed
Vegetable野米Wild Rice柳橙玉米莎莎醬Orange Corn Salsa玉米餅Polenta炒蔬菜Saut é ed Vegetable洋蔥
塔Onion Tating 鵝肝麵包Foie Gras Crouton燜紫高麗菜Braised Red Cabbage蘋果醬汁Apple Sauce蜜汁洋蔥
Red Onion Confit燉利馬豆 Lima Beans Stew白豆奶油醬汁White Bean Cream Sauce奶油飯Pilaf Rice利馬豆
泥Mashed Beans手工麵條Noodles北非米Couscous雞豆番茄莎莎Chick Peas Salsa紅白蘿蔔 Carrot and
Turnip with Consomm é 蜜地瓜 Honey Sweet Potato基本食材、高湯附錄詳盡圖解對照

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