

# 濃情美味

為最愛的人下廚

黃淑儀



FAVORITE FOOD  
FOR THE BELOVED

## 爸爸愛吃的菜

## My Father's Favorite Dishes

- 蝦醬蒸豆腐 10  
Steamed Beancurd with Shrimp Paste
- 茼蒿蝦皮粉絲煲 14  
Braised Crown Daisy and Dried Tiny Shrimps  
with Mungbean Vermicelli
- 輕怡早點 ~ 豆漿伴饅頭 17   
Light & Easy Breakfast ~ Steamed Buns  
with Soybean Milk
- 淮杞巴戟羊肉湯 24  
Mutton Soup with Huai Shan, Qi Zi and Ba Ji
- 紅豆鬆糕 26  
Steamed Red Bean Cake

為你帶來歡樂的菜式  
Dishes Which Bring Joy!

- 明火白粥 30  
Porridge
- 艇仔粥 33  
The Boaters' Porridge
- 欖菜蒸豆腐 38  
Steamed Beancurd with Black Preserved Olive
- 炸素雲吞 40  
Deep Fried Vegetarian Dumplings
- 黃金涼瓜 44  
Golden Bitter Gourd
- 鮮菇炒雪豆 47  
Stir Fried Snow Peas with Fresh Mushrooms
- 醬汁拌茄子 50  
Eggplant in Special Sauce
- 西式涼拌雜菌 53  
Mixed Mushroom Salad
- 菠菜兩吃 56  
Spinach Served Two Ways
- 芝麻菠菜卷  
Sesame Spinach Wraps
- 鹹蛋菠菜  
Salted Egg Spinach





粉絲蝦煲 60  
Braised Prawns with Mungbean Vermicelli

牛油蒜茸焗大蝦 63  
Baked Prawns in Butter and Minced Garlic

燒鮮帶子 66  
Grilled Fresh Scallops

泰式煎鰱魚 68  
Thai Style Fried Pomfret

釀三文魚 72  
Wrapped Salmon

奶油龍蝦 75  
Butter Lobster

黑椒雞髀 78  
Stewed Black Pepper Chicken Drumsticks

韓風雞片 80  
Korean Style Chicken

燻雞 82  
Smoked Chicken

蒸沙薑雞 85  
Steamed Chicken with Sand Ginger Sauce

焗豬肋骨 88  
Baked Pork Ribs

Lisa 豬扒 92  
Lisa's Pork Chop

焗火腿 96  
Baked Ham

數字排骨 100  
Braised Pork Ribs

老大清湯腩 102  
Clear Beef Brisket Soup

鮮白果甘草燉蜂蜜 104  
Double-steamed Ginkgo Nuts  
and Licorice with Honey

無花果雪耳燉冰糖 106  
Double-steamed Dried Figs  
and White Fungus with Rock Sugar

雪耳冬菇燉大白菜 110  
Double-steamed Chinese White Cabbage  
with White Fungus and Dried Mushrooms

百合雪梨響螺湯 112  
Conch Soup with Lily Bulbs and Pears

番茄魚片湯 114  
Tomato and Fish Slice Soup

椰子湯 118  
Coconut Soup

番石榴湯 120  
Guava Soup

西式素菜湯 122  
Vegetable Cream Soup

木瓜魚尾湯 125  
Papaya and Fish Tail Soup

簡易紐約芝士餅 128  
Easy New York Cheesecake

朱古力鬆餅 132  
Chocolate Muffins

咖啡蛋糕 134  
Coffee Cake

小蛋糕 136  
Cupcakes

香蕉蛋糕 139  
Banana Cake

檸檬芝士餅 142  
Honey and Lemon Cheesecake

抹茶奶凍 146  
Matcha Panna Cotta

焗年糕 150  
Baked "Nian Gao"

杏仁薄脆片 154  
Tuiles aux Amandes

芝士鹹鬆餅 158  
Savory Cheese Scones

香橙鬆餅 162  
Orange Scones



---

## Steamed Beancurd with Shrimp Paste 蝦醬蒸豆腐

傳統的蒸肉餅，加了醃料，加上配料就行了，但我在肉餅下墊了豆腐，令肉質更鬆軟；而豆腐沾到肉味，亦更豐富了它的味道層次。

Adding beancurd underneath the traditional steamed meat patty not only tenderizes the meat, but it also absorbs the essence of the meat to make it more flavorful.





## 材 料

豆腐	2 塊 (切粗粒)
免治豬肉	112 克
蝦醬	2 茶匙
蒜茸	2 湯匙
薑茸	1 湯匙
紅椒	1 隻 (切粒)
蔥花	1 湯匙
熟油	適量

## Ingredients

2 pieces beancurd (cubed)
112 g minced pork
2 tsps shrimp paste
2 tbsps chopped garlic
1 tbsp chopped ginger
1 red chili (diced)
1 tbsp chopped spring onion
cooked oil

## 醃 料

糖	2 茶匙
生抽	2 茶匙
粟粉	1 湯匙
麻油	適量
水	3 湯匙

## Marinade

2 tsps sugar
2 tsps light soy sauce
1 tbsp cornflour
sesame oil
3 tbsps water



## 做法

1. 豆腐粗粒鋪在碟底。
2. 免治豬肉加醃料後，將蝦醬、薑茸、蒜茸和紅椒粒拌進肉內，再鋪在豆腐上。
3. 用微波爐保鮮紙包好，在保鮮紙面刺幾個孔，放進微波爐內「叮」4分鐘。
4. 灑上蔥花，淋上熟油，即可享用。

## Method

1. Lay the cubed beancurd on the bottom of a plate.
2. Combine the marinated minced pork with shrimp paste, chopped ginger, chopped garlic and diced red chilies. Spread it over the beancurd.
3. Wrap it with the microwave cellophane film. Poke a few holes in the film. Place it in a microwave and cook for 4 minutes.
4. Sprinkle with the spring onion with hot oil to serve.

冰豆腐 frozen beancurd



## \* Remarks \*

- 這道菜可隔水蒸 10 分鐘，同樣色香味美。
- 豆腐買多了怎麼辦？留待第二天又會不新鮮。不妨將整磚豆腐放進冰格，吃時才解凍、切塊。冰凍過後的豆腐會呈現一層層，烹調時會如海綿般吸滿汁液，宜用於火鍋、燜、燴等。
- This dish is just as delicious if it is steamed over water for 10 minutes.
- Freeze the extra beancurd blocks. Thaw them only when cooking. They will have a layered texture. Cut into pieces for cooking and they will soak up the essence of the sauce and soup. Great for using it in hot pot and braising.



Stir Fried  
Snow Peas with  
Fresh Mushrooms

鮮菇炒雪豆



## 材 料

鮮冬菇 6 朵（去蒂，用濕毛巾抹乾淨，切條）  
雪豆 225 克（撕去老筋，汆水 1 分鐘）  
薑米 2 湯匙  
紹酒 1 湯匙  
鹽 半茶匙

## Ingredients

6 fresh mushrooms (stems removed; wiped clean with a wring dry wet towel; sliced)  
225 g snow peas (strings removed; blanched for 1 minute)  
2 tbsps chopped ginger  
1 tbsp Shaoxing wine  
1/2 tsp salt

## 做 法

1. 用 2 湯匙油爆香薑米，加入雪豆及鮮菇兜炒，灑酒，加鹽後快手兜勻即可上碟。

## Method

1. Fry the chopped ginger in 2 tbsps of oil till fragrant, add the snow peas and sliced fresh mushrooms to stir fry. Pour wine on the side of wok; season with salt then stir it briskly. Serve.





用扭乾的濕布抹乾淨鮮冬菇  
Use a wring dry wet cloth to wipe  
clean the fresh mushrooms.

### \* Remarks \*

- 雪豆，在北美洲叫甜豆或蜜糖豆，真是名副其實的清爽甜美，彷如一個青春甜蜜的美女；它飽滿翠綠，所以炒時不能太熟，否則又黃又軟，失去甜豆爽脆的風采！
- 看似容易烹調的鮮菇炒雪豆，實際要精確掌握火候、時間，雪豆要炒至僅僅熟，才是顯功夫的真章！
- Snow peas are also known in North America as sweet peas or honey peas for its sweetness and crunchiness. Like a youthful beauty with her suppleness, snow peas are not to be over-fried, or they will lose the crunchiness while turning yellow and limp.
- It may look simple to fry fresh mushrooms with snow peas. However, to get the temperature of the flame and the required time right needs to be mastered.

# Double-steamed Gingko Nuts and Liquorice with Honey

## 鮮白果甘草燉蜂蜜

### 材 料

鮮白果 2 包約 160 克（用水略沖）  
甘草 3 錢（沖洗乾淨）  
蜂蜜 1 湯匙  
沸水 4 杯

### Ingredients

2 packets (about 160 g) fresh ginkgo nuts (washed)  
12 g liquorice (washed)  
1 tbsp honey  
4 cups boiling water

### 做 法

1. 將所有材料放入燉盅內，用紗紙或微波爐保鮮紙封口，燉一小時即成。

### Method

1. Put all the ingredients into a double-steaming pot. Seal it with mulberry paper or cellophane wrap used for microwave. Double-steam for 1 hour before serving.



甘草  
Liquorice

### \* Remarks \*

- 童年在廣州長大，很清楚記得平時會帶備幾片甘草在身，咀嚼時增加唾液，解口渴。這甘草糖水可治咳嗽，痰多及有哮喘者最宜飲用。
- Growing up in Guangzhou, I remember munching on liquorice to quench my thirst. This sweet soup heals coughing and it is suitable for those having asthma and phlegm.



# Conch Soup with Lily Bulbs and Pears

## 百合雪梨響螺湯

新鮮響螺貴得買不下手，其實急凍響螺也不賴，而且價錢比較平。為所愛煲一鍋愛心靚湯，想想也心甜！何況此湯有滋補養顏、清熱止咳的功用呢！

Fresh conch is astronomical in cost. The frozen version is as good and cheaper. Boil a pot of conch soup for the loved ones, it enhances good health and beauty, in addition to expelling Heat and stopping coughs.

### 材 料

急凍響螺 4 個（解凍後用鹽洗淨，汆水）  
瘦肉 450 克（與響螺一齊汆水）  
雪梨 4 個（一開二，去核）  
乾百合 75 克（用溫水略浸）  
陳皮 1 個（用溫水浸軟）  
水 12 杯

### Ingredients

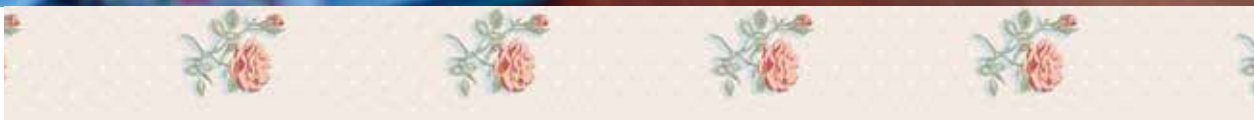
4 frozen conches (washed with salt after defrosting; scalded)  
450 g lean pork (scalded with the conches)  
4 Chinese pears (halved and core removed)  
75 g dried lily bulbs (soaked briefly in warm water)  
1 dried tangerine peel (soaked in warm water)  
12 cups water

### 做 法

1. 煮沸水後，放入所有材料，先用大火滾 10 分鐘，改為中慢火煲 3 小時即可。
2. 各人口味不同，試味後才下鹽。

### Method

1. Bring the water to the boil. Place all the ingredients in the pot. Boil over high heat for 10 minutes, then turn down to medium low heat and further boil for 3 hours.
2. Season with salt accordingly.



# Tuiles aux Amandes

## 杏仁薄脆片

這是在溫哥華烹飪學校跟馬師傅學的甜品。

正式的杏仁薄脆應該做成瓦片狀，但道具多了，步驟也多了，不合乎我這懶人要求簡易的原則，反而將焗好的薄脆，隨意掰開，更自然，更可愛！

可能你會有疑問：為甚麼要加入馬鈴薯粉？它的作用是不會讓麵糊起筋，焗後更香脆。

I learnt this recipe from Chef Ma at a cooking school in Vancouver.

The proper Tuiles aux Amandes involves many props and steps to make it.

However, to keep it simple and easy, I randomly tear the baked Tuiles to make it appear more natural and pleasing!

Why add potato flour? You may ask. It is meant to lighten the dough. It is crispier after baking.

### 材 料

蛋白	2 個
幼砂糖	1/3 杯
牛油	1/4 杯（室溫）
杏仁香油	1/3 茶匙
麵粉	1/4 杯
馬鈴薯粉	1/4 杯
杏仁片	1/3 杯（用 160°C/320°F 焗 5 分鐘至微黃）

### Ingredients

2 egg whites
1/3 cup caster sugar
1/4 cup butter (room temperature)
1/3 tsp almond essence
1/4 cup flour
1/4 cup potato flour
1/3 cup almond flakes (bake in 160°C/320°F for 5 minutes till slightly golden brown)





## 做 法

1. 預熱焗爐 175°C/350°F。
2. 先把蛋白及糖拌勻，再順序加入其餘材料，拌勻後放入雪櫃 30 分鐘待用。
3. 烤盤鋪上牛油紙，取「2」抹在紙上，越薄越好，焗 6-8 分鐘至微黃即可取出。
4. 冷卻後隨意掰開，大小不拘，即可享用。

## Method

1. Preheat the oven to 175°C/350°F.
2. Blend the egg whites and sugar well, gradually add the rest of the ingredients in its order. Mix well then place it in the refrigerator for 30 minutes for later use.
3. Lay a baking sheet on the baking tray. Spread "2" on it as thinly as possible. Bake for 6-8 minutes till slightly golden brown. Remove.
4. Leave it to cool and randomly tear them apart and serve.



### \* Remarks \*

正如前述，我是個以簡單、方便為原則的人，一些烹飪小智慧，會令煮食更有趣、簡易。在鋪牛油紙之前，灑幾滴水，便可以固定牛油紙，在抹麵糊時不會「郁來郁去」；而且在烤盤上鋪牛油紙，取出食物時除方便外，更在清洗時省功夫。

Little cooking tips do make the process more fun and easier such as sprinkle a few drops of water on the tray before laying on a baking sheet in order to secure it. When spreading the dough on the baking sheet, the paper stays still. Laying baking sheet on baking trays makes removing the food more convenient and cleaning easier.



濃情美味  
為最愛的人下廚

Favorite Food  
for the Beloved

作者  
黃淑儀

Author  
Gigi Wong

策劃/編輯  
Catherine Tam

Project Editor  
Catherine Tam

翻譯  
Patricia Mok

Translator  
Patricia Mok

攝影  
Imagine Union

Photographer  
Imagine Union

美術統籌及設計  
Amelia Loh

Art Direction & Design  
Amelia Loh

出版者  
香港鯉魚涌英皇道1065號  
東達中心1305室  
電話  
傳真  
電郵  
網址

Publisher  
Forms Kitchen  
Room 1305, Eastern Centre, 1065 King's Road,  
Quarry Bay, Hong Kong  
Tel: 2564 7511  
Fax: 2565 5539  
Email: info@wanlibk.com  
Web Site: <http://www.formspub.com>  
<http://www.facebook.com/formspub>



瀏覽網站



會員申請

發行者  
香港聯合書刊物流有限公司  
香港新界大埔汀麗路36號  
中華商務印刷大廈3字樓  
電話  
傳真  
電郵

Distributor  
SUP Publishing Logistics (HK) Ltd.  
3/F., C&C Building, 36 Ting Lai Road,  
Tai Po, N.T., Hong Kong  
Tel: 2150 2100  
Fax: 2407 3062  
Email: info@suplogistics.com.hk

承印者  
中華商務彩色印刷有限公司

Printer  
C & C Offset Printing Co., Ltd.

出版日期  
二〇一三年七月第一次印刷  
二〇一七年一月第五次印刷

Publishing Date  
First print in July 2013  
Fifth print in January 2017

版權所有 · 不准翻印

All right reserved.  
Copyright©2017 Wan Li Book Co. Ltd  
Published in Hong Kong by Forms Kitchen,  
a division of Wan Li Book Company Limited.  
ISBN 978-962-14-6311-1