

編者話

每餐吃蒸魚、焗肉、炒菜……納悶！

給生活一點正能量、一點樂趣！從日常飲食着手吧！

偶然吃一頓粥粉麵飯，加點創意及巧妙的配搭，令用餐吃出新意～用米粉捲成蝦卷；將麵餅煎成脆麵伴韭菜肉絲；紅米煮成臘味煲仔飯，食譜包含菜、肉、海鮮，營養豐富多元化，甚至當成一道餸菜，省卻繁忙時烹煮時間。

家傭對煲廣東粥及炒麵毫無頭緒～如何煲成綿軟的廣東粥？甚麼是乾炒方法？如何炒糙米飯？作者 Feliz Chan 以步驟圖片輔助，圖文並茂指導家傭炮製粥粉麵飯的竅門，一看明瞭。作者顧及家中長幼之飲食需要，以圖示介紹多款健康及合適的食譜，令長者及幼兒也能享受粥粉麵飯的新食味。


吃得開懷，令生活多一份樂趣。

Steamed fish, braised pork, stir fried vegetables... Boring!
Give your life some positive energies and joy through your everyday meal!

Enjoy refreshing meals with creative congees, rice, noodle dishes: shrimp rolls with rice vermicelli; crispy noodles with pork and chives; red rice in clay pot with preserved sausages. The recipes include a diverse choice of vegetables, meats, seafood. To save your time, some dishes alone can be served as a meal.

Domestic helpers have no idea about Guangdong congee and fried noodles. How to make smooth and soft congees? What is stir frying without any water? How to stir fry brown rice? With pictures and instructions, Feliz Chan demonstrates the tricks of making congees, rice and noodles. She also cares about the needs for elderly and children, and introduces various healthy dishes for their pleasure.

Eating creatively and healthy leads to a joyous life!

方便煮  = 最容易烹調

方便煮  = 需要一些技巧



帶飯



高纖



素食



適合長者



適合幼兒

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識揀識食粉麵食材

How to Choose the Proper Ingredients



河粉

特點：用米漿製成，質感晶瑩、滑溜，油分高。

煮法：湯煮、乾炒、濕炒

卡路里 (千卡) : 284 (140 克計)

購買點：售賣新鮮粉麵店

Rice Noodle

Character: Made from rice flour and water cooked together, they are smooth, transparent and oily.

How to cook: In soup; stir fried without any water; stir fried with sauce

Energy: 284 kcal (140 g)

Available in: Fresh noodle stores

銀針粉

特點：客家傳統米食，由粘米粉搓揉成尖端，有嚼勁，油分高。

煮法：湯煮、炒

卡路里 (千卡) : 205 (140 克計)

購買點：售賣新鮮粉麵店

Silver Needle Noodle

Character: Traditional Hakka noodles, they are made by kneading rice flour dough into their shape. They are chewy and oily.

How to cook: In soup; stir fried

Energy: 205 kcal (140 g)

Available in: Fresh noodle stores





米粉

特點：用稻米製成乾米粉，質地柔韌、有彈性。市面有糙米粉、菠菜米粉、南瓜米粉等健康麵食。

煮法：湯煮、炒、燜

卡路里 (千卡)：173 (140 克計)

購買點：雜貨店、超級市場、售賣新鮮粉麵店

Rice Vermicelli

Character: Dried rice vermicelli are made from rice. They are chewy and elastic. There are variants made with brown rice, spinach and pumpkin.

How to cook: In soup; stir fried; braised

Energy: 173 kcal (140 g)

Available in: Grocery stores, supermarkets, fresh noodle stores

上海麵

特點：用麵粉搓成粗幼不同麵條，煙韌、有口感。

煮法：湯煮、炒、燜、乾拌

卡路里 (千卡)：266 (140 克計)

購買點：售賣新鮮粉麵店

Shanghai Noodle

Character: Made by kneading flour dough into different thickness. They are chewy.

How to cook: In soup; stir fried; braised; served with sauce

Energy: 266 kcal (140 g)

Available in: Fresh noodle stores





粗麵

特點：烘乾成麵餅，麵條粗潤，口感彈牙，可吸取湯汁精華。

煮法：湯煮、乾拌

卡路里（千卡）：192（一個，50 克計）

購買點：超市、雜貨店、售賣新鮮粉麵店

Wide Egg Noodle

Character: Dried or roasted from egg noodle dough, they are wide, chewy and elastic. They are very good at absorbing flavours.

How to cook: In soup; served with sauce

Energy: 192 kcal (1 piece, 50 g)

Available in: Supermarkets, grocery stores, fresh noodle stores

蕎麥麵

特點：是日式麵食，用蕎麥、麵粉及水製成，質感柔軟，維他命 B 豐富，可清除體內多餘脂肪。

煮法：柴魚醬油湯煮、涼拌冷麵、炒吃

卡路里（千卡）：113（一碗計）

購買點：日式超市

Buckwheat Noodle

Character: Japanese noodles made from buckwheat, flour and water. They are soft and smooth, rich in vitamin B. They can remove excessive fat from your body.

How to cook: In bonito soy sauce soup; chilled served; stir fried

Energy: 113 kcal (1 bowl)

Available in: Japanese supermarkets





陳村粉

特點：又名沙河粉，以大米製成，質感薄、軟、滑，油分高。

煮法：蒸、炒吃

卡路里（千卡）：284（140克計）

購買點：售賣新鮮粉麵店

Flat Rice Noodle

Character: Made from rice flour, they are thin, soft, smooth and oily.

How to cook: steamed; stir fried

Energy: 284 kcal (140 g)

Available in: Fresh noodle stores

魚麵

特點：以魚肉及薯粉製成，口感彈牙，有濃濃的魚味，有新鮮或急凍。

煮法：炒吃、湯煮、火鍋

卡路里（千卡）：240（一份計）

購買點：售賣新鮮粉麵店、超市

Fish Noodle

Character: Made from fish meat and tapioca. They are full of fish taste and elastic. Available either fresh or frozen.

How to cook: Stir fried; in soup; hot pot

Energy: 240 kcal (1 pack)

Available in: Fresh noodle stores, supermarkets





日式拉麵

特點：健康麵食之一，爽口煙韌，可配清湯、麵豉湯或日式豉油湯。

煮法：炒吃、湯煮

卡路里（千卡）：230（一碗計）

購買點：超級市場

Japanese Ramen Noodle

Character: One of many healthy noodles. They are chewy and elastic, best with meat soup, miso soup or Japanese soy sauce soup.

How to cook: Stir fried; in soup

Energy: 230 kcal (1 bowl)

Available in: Supermarkets

韓式粉絲

特點：用紅薯製成，升糖指數較低（消化後血糖上升的速度較慢），比較健康。口感軟滑、有嚼勁，吸收醬汁惹味好吃。

煮法：涼拌、炒吃

卡路里（千卡）：350（100克計）

購買點：韓式食品店、超市

Korean Vermicelli

Character: Made from sweet potato flour. It has a relatively low glycaemic index, meaning blood sugar rises slower. They are smooth and chewy, perfect for absorbing sauce.

How to cook: Chilled; stir fried

Energy: 350 kcal (100 g)

Available in: Korean food stores, supermarkets





米線

特點：用米漿製成，麵線粗圓、帶韌性，有新鮮及乾品，常伴麻辣湯底吃。

煮法：湯煮、乾拌

卡路里 (千卡) : 330 (100 克計)

購買點：超市、售賣新鮮粉麵店

Rice Noodle

Character: Made by cooking rice flour and water together. The noodles are thick, round and chewy. There are fresh and dried ones available, usually served in spicy soups.

How to cook: In soup; served with sauce

Energy: 330 kcal (100 g)

Available in: Supermarkets, fresh noodle stores

伊麵

特點：經油炸的蛋麵，脂肪及油分高，麵質有韌度，含蛋香味。

煮法：湯煮、乾燒、乾拌

卡路里 (千卡) : 404 (一碗計)

購買點：售賣新鮮粉麵店、雜貨店

E-fu Noodle

Character: They are deep fried egg noodles, thus they are rich in fat and oil. They are chewy and have tastes of egg.

How to cook: In soup; dry stir fried; served with sauce

Energy: 404 kcal (1 bowl)

Available in: Fresh noodle stores, grocery stores





潤麵

特點：用雞蛋及麵粉製成的長方塊，質感煙韌。

煮法：煮軟後鋪於焗盤，焗成千層潤麵

卡路里（千卡）：353（100克計）

購買點：超級市場

Lasagna

Character: Rectangular pasta made from egg and flour. They are chewy.

How to cook: After boiling, bake in layers

Energy: 353 kcal (100 g)

Available in: Supermarket

新鮮烏冬

特點：麵條粗，質感彈牙、有嚼口，口感好吃。市面有保鮮裝、急凍及乾烏冬。

煮法：湯煮、炒吃、焗、火鍋

卡路里（千卡）：160（一碗計）

購買點：售賣新鮮粉麵店

Fresh udon

Character: Thick udon noodles are elastic and chewy. There are fresh packed, frozen and dried ones available.

How to cook: In soup; stir fried; braised; hot pot

Energy: 160 kcal (1 bowl)

Available in: Fresh noodle stores





天使麵

特點：麵條比意粉更幼細，入口爽，配合清淡的醬汁或湯煮。

煮法：由於麵條幼，放入滾水後別煮太久

卡路里（千卡）：170（一碗計）

購買點：超級市場

Capellini

Character: Capellini are thinner than spaghetti, with plenty of texture. Suitable with light sauces or soups.

How to cook: do not boil for too long

Energy: 170 kcal (1 bowl)

Available in: Supermarkets

五穀米

特點：包括糙米、紅米、蕎麥、洋薏米及燕麥，營養及纖維豐富，隨個人喜好配搭。

煮法：先泡浸才煮飯、熬粥

卡路里（千卡）：369（100克計）

購買點：超級市場、雜貨店

Five Grain Rice

Character: Five grain rice is a mix of brown rice, red rice, buckwheat, fox nut and oatmeal. It is very nutritious and rich in fibre. You can mix as you desired.

How to cook: Soak before making into rice and congee.

Energy: 369 kcal (100 g)

Available in: Supermarkets, grocery stores





小米

特點：蘊含豐富的維他命 B、礦物質及胡蘿蔔素，健脾胃、滋陰養血，口感軟綿，適合幼兒、孕婦及長者。

煮法：煮飯、熬粥

卡路里 (千卡) : 361 (100 克計)

購買點：超市、健康食品店

Millet

Character: Millet is rich in vitamin B, minerals and carotene. It strengthens Spleen, Stomach and Blood. It is suitable for babies, pregnant women and elderly as it is soft.

How to cook: Rice; congee

Energy: 361 kcal (100 g)

Available in: Supermarkets, health food stores

紅米

特點：保留較多未被輾磨的米糠層及胚芽，含豐富維他命 B、纖維及花青素，改善新陳代謝、保護心臟健康及抗氧化。

煮法：用水浸透後，與白米同煮（紅米與白米比例 1 : 2，米飯軟糯、好吃，適合初吃紅米人士；紅米與白米比例 1 : 1，能攝取更多紅米營養）

卡路里 (千卡) : 331 (100 克計)

購買點：超市、健康食品店

Red Rice

Character: Red rice still preserves its bran and stem, contains vitamin B, fibre and anthocyanin. It aggravates metabolism, heart health and anti-oxidation.

How to cook: Soak under water and cook with white rice. Red-white ratio at 1:2, the rice will be soft, suitable for most people. Red-white ratio at 1:1, more nutrition from the red rice can be absorbed.

Energy: 331 kcal (100 g)

Available in: Supermarkets, health food stores





糙米

特點：保留了未被碾磨的米糠及胚芽，含有維他命 B、E、鈣、鋅及纖維等，提高免疫力、促進腸道健康及血液循環。

煮法：口感較粗，建議用水浸 5 至 6 小時或一晚，與白米同煮

卡路里 (千卡) : 362 (100 克計)

購買點：超市、健康食品店

Brown Rice

Character: Brown rice still preserves its bran and stem, contains vitamin B, E, calcium, zine, fibre etc. It can improve your immune system, aggravate intestine health and blood circulation.

How to cook: As brown rice is tough, it is suggested to soak for 5 to 6 hours or overnight and cook with white rice.

Energy: 362 kcal (100 g)

Available in: Supermarkets, health food stores

三色藜麥

特點：是穀類植物的種子，含人體所需氨基酸及抗氧化物，奧米加 3 脂肪酸豐富，高鈣、高鐵，保護心臟健康。紅藜麥纖維及鐵質較高；黑藜麥有豐富礦物質。

煮法：加水煮熟、煮湯、沙律。紅、黑藜麥較硬，使用前先浸水
卡路里 (千卡) : 220 (一碗煮熟計)

購買點：超市、健康食品店

Tri-colour Quinoa

Character: Quinoa are seeds of a grain plant. They contain amino acid, antioxidant and are rich in omega 3 fatty acid, calcium, iron. It can aggravate your heart health. Red quinoa contain more fibre and iron; black ones are rich in minerals.

How to cook: boil in water, in soup, salad. Soak red and black quinoa before use as they are harder.

Energy: 220 kcal (1 bowl cooked)

Available in: Supermarkets, health food stores





XO 醬洋葱肉片炒河

Fried Pork Rice Noodle in XO Sauce



炒河粉時如何容易拌鬆，不會結成一團？

先下少許油，將河粉鬆散地撒入鑊內，緊記別一團團放入，輕輕拌散即可。

What should I do to prevent flat rice noodles from sticking together?

Add some oil in the pan. Spread and sprinkle the rice noodles in; do not add all the rice noodle as a whole. Stir lightly.

材料

新鮮河粉半斤
梅頭瘦肉 4 兩
洋葱半個（切絲）
乾葱（去皮、剁茸）
葱段、紅椒絲各適量
XO 醬 1 湯匙

Ingredients

300 g fresh flat rice noodles
150 g pork butt
1/2 onion (shredded)
shallot (peeled and chopped)
spring onion sections
shredded red chilli
1 tbsp XO sauce

醃料

生抽半湯匙
水 2 湯匙
粟粉 1 茶匙
胡椒粉少許

Marinade

1/2 tbsp light soy sauce
2 tbsp water
1 tsp corn flour
pepper

調味料

黃砂糖半茶匙
生抽半湯匙
熱水 2 湯匙

Seasoning

1/2 tsp brown sugar
1/2 tbsp light soy sauce
2 tbsp hot water



做法 *Method*

1. 梅頭瘦肉洗淨，切片，下醃料拌勻待半小時。
 2. 平底鑊下油 1 湯匙，放入河粉拌鬆，炒熱，盛起。
 3. 原鑊下油 1 湯匙，下乾蔥茸炒香，加入梅頭瘦肉炒勻，下洋葱炒至肉熟透，加入河粉、調味料、XO 醬、蔥段炒勻，最後下紅椒絲拌勻，上碟。
1. Rinse and slice pork butt, mix well with marinade and sit for 30 minutes.
 2. Add 1 tbsp of oil in a pan, add rice noodles and stir well, until the noodles are heated. Remove.
 3. Add 1 tbsp of oil in the same pan. Stir fry shallot until fragrant. Add pork butt and stir well. Add onion and stir fry until the pork is cooked. Add rice noodles, seasoning, XO sauce and spring onion, stir fry well. Mix in red chilli. Serve.

冬菇蝦米鯪魚湯銀針粉

Silver Needle Noodle in Dace, Shrimp and Mushroom Soup



湯煮銀針粉有甚麼注意之處？

重點是鯪魚要用薑片煎至金黃，注入熱水煮成魚湯，鮮甜、無魚腥味，啖啖鮮味！

What should I pay attention to when making this dish?

It is important to fry dace with ginger until browned, and add hot water to make fish soup. This way the soup will be sweet and tasty without any indecent fishy taste.

材料

新鮮銀針粉 8 兩
鯪魚 1 條 (約 12 兩)
冬菇 4 朵
蝦米 1 湯匙
薑 2 片
芹菜碎適量

調味料

胡椒粉少許
鹽 1 茶匙

Ingredients

300 g fresh silver needle noodle
1 dace (about 450 g)
4 dried black mushrooms
1 tbsp dried shrimps
2 slices ginger
chopped Chinese celery

Seasoning

pepper
1 tsp salt

做法 Method

1. 冬菇去蒂，洗淨，用水浸 2 小時，擠乾水分，切絲；蝦米洗淨。
 2. 鯪魚洗淨，抹乾，放入油鑊內，加薑片煎至兩面金黃，注入熱水 7 杯煲滾，轉小火煲半小時，過濾魚湯 5 杯備用（若不足 5 杯，可加入滾水）。
 3. 冬菇、蝦米放入魚湯，用小火煲 15 分鐘，下調味料煮滾，保溫。
 4. 銀針粉放入滾水煮 2 分鐘，瀝乾水分，放入湯碗，傾入冬菇、蝦米、鯪魚湯，灑下適量芹菜碎即成。
1. Remove the stalks from black mushrooms and soak for 2 hours. Squeeze dry and shred; rinse dried shrimps.
 2. Rinse dace and wipe dry. Fry dace in a wok with oil and ginger, until both sides are browned. Add 7 cups of hot water and bring to boil. Turn to low heat and simmer for 30 minutes. Strain 5 cups of dace soup (add boiling water if the soup is less than 5 cups).
 3. Add mushrooms and dried shrimps in the dace soup. Simmer over low heat for 15 minutes. Add seasoning and bring to boil. Keep warm.
 4. Boil silver needle noodles in water for 2 minutes. Drain and transfer to a bowl. Pour in the dace soup and sprinkle with Chinese celery. Serve.



薑蔥手撕雞蝦子撈粗麵

Chicken Shreds and Shrimp Roe

Egg Noodle with Ginger and Spring Onion



帶回公司吃方便嗎？

預先將麵條灼熟，享用前翻熱，淋上調味醬汁，簡單方便。

Is this dish suitable to bring to office?

It is very convenient. Boil the egg noodle beforehand. When you are in office, reheat the noodle and sprinkle with the sauce.



材料 (二人份量)

乾全蛋粗麵 2 個
大雞髀 1 隻
炒香蝦子 1 湯匙
薑 4 片
薑絲、蔥絲各適量

醃料

粗鹽 1 茶匙
紹酒 1 湯匙

調味料

蠔油 1 湯匙
麻油 2 茶匙

Ingredients (2 servings)

2 dried wide egg noodles
1 large chicken thigh
1 tbsp fried shrimp roe
4 slices ginger
shredded ginger
shredded spring onion

Marinade

1 tsp coarse salt
1 tbsp Shaoxing wine

Seasoning

1 tbsp oyster sauce
2 tsp sesame oil

做法 Method

1. 雞髀洗淨，下醃料拌勻待一晚，伴薑片隔水蒸 25 分鐘至全熟，待冷，撕成粗雞絲備用。
2. 煮滾半鍋水，放入全蛋粗麵煮約 7 分鐘，待麵鬆散熟透即可，瀝乾水分，上碟。
3. 加入調味料拌勻，鋪上雞絲，灑上適量蝦子、薑絲、蔥絲即成。

1. Rinse chicken thigh, mix well with marinade and sit overnight. Steam chicken thigh with ginger slices for 25 minutes, until fully cooked. Let it cool and tear into strips.
2. Bring half a pot of water to boil. Boil egg noodles for about 7 minutes, until noodle cooked and spread. Drain and put on the plate.
3. Mix noodles with seasoning. Arrange chicken strips on top. Sprinkle with shrimp roes, shredded ginger and spring onion. Serve.





這款涼拌汁有何特式？

一般購買市售的麵條汁用水開調，今次用麻醬、香醋等自行調製，香氣滿溢，味道濃厚，沾麵條一流。

What is special about the sauce?

Common noodle sauces in the market is diluted with water. However this sauce is made with sesame paste and vinegar, which is full of scent and taste; it is a perfect sauce for noodles.





涼拌蕎麥麵

Cold Buckwheat Noodle in Sesame Sauce

材料

蕎麥麵 200 克
 小青瓜 1 條
 甘筍半條
 日式乾海藻 1 湯匙
 炒香白芝麻 2 茶匙

Ingredients

200 g buckwheat noodles
 1 small cucumber
 1/2 carrot
 1 tbsp dried Japanese seaweed
 2 tsp fried sesame

涼拌汁 (拌勻)

麻醬 3 湯匙
 鎮江香醋 1 湯匙
 生抽 1 湯匙
 黃砂糖 1 茶匙
 凍開水 1 湯匙

Sesame Sauce (mixed well)

3 tbsp sesame paste
 1 tbsp Zhenjiang vinegar
 1 tbsp light soy sauce
 1 tsp brown sugar
 1 tbsp cold water

做法 Method

1. 蕎麥麵放入滾水焯約 7 至 8 分鐘，盛起，過冷河，瀝乾水分。
2. 日式乾海藻用熱水泡 5 分鐘，瀝乾水分。
3. 小青瓜洗淨，切去頭尾端，刨絲；甘筍洗淨，去皮，刨絲。
4. 蕎麥麵放入碗，鋪上適量海藻、青瓜、甘筍，淋上涼拌汁，最後灑上白芝麻食用。

1. Boil buckwheat noodles for 7 to 8 minutes. Remove and rinse with cold water. Drain.
2. Soak Japanese seaweed in hot water for 5 minutes. Drain.
3. Rinse cucumber and cut off both ends, shred; rinse carrot, peel and shred.
4. Transfer buckwheat noodles in a bowl. Top with seaweed, cucumber and carrot. Sprinkle with sesame sauce and sesame. Serve.



冬菇韭黃肉絲伴伊麵

E-fu Noodle with Pork, Mushroom and Yellow Chinese Chives



如何避免伊麵太軟脛不好吃？

伊麵先灼 2 分鐘即可，目的是去除油膩，快炒後有彈牙口感。

How to prevent E-fu noodles becoming too soft?

Boiling the noodles for 2 minutes would be enough to remove excessive oil from them. After stir fried, it will give a chewy texture too.

材料

伊麵 1 個 (大)
梅頭瘦肉 4 兩
韭黃 2 兩
乾冬菇 4 朵
薑 3 片

醃料

生抽 2 茶匙
紹酒 1 茶匙
水 1 湯匙
粟粉 1 茶匙

調味料

蠔油半湯匙
老抽 1 茶匙
麻油 1 茶匙

Ingredients

1 large E-fu noodle
150 g pork butt
75 g yellow Chinese chives
4 dried black mushrooms
3 slices of ginger

Marinade

2 tsp light soy sauce
1 tsp Shaoxing wine
1 tbsp water
1 tsp corn flour

Seasoning

1/2 tbsp oyster sauce
1 tsp dark soy sauce
1 tsp sesame oil

做法 Method

1. 乾冬菇去蒂，用水浸 2 小時，擠乾水分，切絲。
 2. 梅頭瘦肉洗淨，切絲，加醃料拌勻待半小時。
 3. 韭黃洗淨，切段。
 4. 煮滾清水半鍋，放入伊麵煮約 2 分鐘，盛起，瀝乾水分。
 5. 燒熱鑊下油 2 湯匙，下薑片炒香，加入瘦肉、冬菇炒勻，下熱水半碗煮片刻，灑入調味料煮滾，放下伊麵拌至熱透，最後下韭黃拌勻即可。
1. Remove stalks from black mushrooms. Soak for 2 hours and squeeze dry. Shred.
 2. Rinse pork butt and shred. Mix with marinade and sit for 30 minutes.
 3. Rinse yellow Chinese chives and cut into sections.
 4. Bring half a pot of water to boil. Boil E-fu noodles for about 2 minutes. Drain well.
 5. Heat wok and add 2 tbsp of oil. Stir fry ginger until fragrant. Add pork and black mushrooms and stir fry well. Pour in half bowl of hot water and cook for a while. Add seasoning and bring to boil. Put in E-fu noodle and stir until heated. Mix in yellow Chinese chives. Serve.



Super Easy for Rice & Noodles

超易煮粥粉麵飯

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