



出得廳堂 宴客菜

Delicacies for your Guests



- 少油少鹽、豪華菜式任你選配
- 設計菜單、預先準備 tips 提提你
- 參考烹調秘技，做好宴席零失敗

Forms Kitchen 編輯委員會 編



編者話

Preface

每年，總有幾次團圓歡聚的機會——團年飯、開年飯、中秋節、冬至、父母親節、生日飯等，在酒樓吃膩了千篇一律的菜式，何不自組設計餐單歡宴親友更顯誠意？

想吃得豪華，可選～豬手凍、鮮菌石斑球、芝士南瓜汁龍蝦球、四寶釀子雞、蟹粉獅子頭、瑤柱汁燴鮮鮑……

想吃得健康一點，可選～腐皮千層、碧綠桂魚片、蟹肉桂花翅、菜膽上湯雞、杏鮑菇炒牛柳、海膽菜粒炒飯……

對炮製宴席沒有信心嗎？不要緊，食譜內詳列多項技巧，如魚肉切片及切球、龍蝦剗製及起肉、製作冰豆腐等，圖文並茂，依着指示逐步烹調，一席出得廳堂的宴客菜式，肯定令賓客開懷、盡興！





In Hong Kong, family and good friends meet at least a few times a year – around Chinese New Year, mid-Autumn, winter solstice, Mother's and Father's Day, birthdays etc. Restaurants serve the same dishes and you may get sick of them after a few times. Why don't you create a menu specifically for your guests to show your love and care?

For a luxurious gourmet feast, start with a pork trotter aspic, followed by braised grouper with fresh mushrooms, lobster chunks with cheese and pumpkin sauce, steamed chicken stuffed with four delicacies, crab roe and pork balls with white cabbage, braised abalones with dried scallops extract...

For a healthy meal, make steamed tofu skin roll, stir-fried mandarin fish with broccoli, scrambled eggs with shark's fin and mung bean sprouts, steamed chicken in stock with mustard green, stir-fried beef tenderloin with king oyster mushrooms, stir-fried rice with sea urchin and vegetable...

For kitchen newbies not confident in hosting a party, no worries. This cookbook details every cooking skill, such as slicing fish, dressing and shelling lobster, and making frozen tofu. All recipes are fully illustrated. As long as you follow the steps closely, everyone can churn out a table full of sumptuous and presentable dishes. I'm sure your guests will enjoy themselves to the fullest.



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做一客宴席攻略

Tips on Hosting a Dinner Party

宴請友人回家飯聚，作為主人家，每一個細節都要細心思量，無論在預備美食、佈置裝飾及其他方面，都為賓客設想周到，盡興而回！

預備菜單：

- 向賓客詢問有否食物過敏病史，盡量避免引起致敏的食材，例如雞蛋、魚、蝦蟹或奶類等，可嘗試以其他食材代替。
- 若賓客有老人家或小朋友，建議魚肉去骨起肉，以軟腴的冬瓜、南瓜、帶子、蒸蛋白等作為餐單，方便享用；另外，小朋友應避免進食用酒醃製的菜式，如醉雞。
- 預早清楚知道那位賓客是茹素者，為他們安排特別的餐單菜式吧！
- 現今講求健康飲食，味道別太濃重，緊記鹹淡相宜，品嚐濃味菜式後，可配搭一款清新的食品，有一種洗滌味蕾的感覺。
- 建議別偏重某類食材，海鮮、肉類、家禽、蔬菜、菇菌等排入你的菜單內，豐富宴席內容。
- 如時間許可，安排飯後甜品，為宴席完結前留下一道甜美的回憶。

預先準備：

- 冷盤食物可預先製作妥當，冷吃的取出即可食用；熱吃的上菜前翻熱或炒煮皆可。
- 蝦蟹、魚及龍蝦等，不宜太早處理或割製，以免鮮味流失。
- 需要浸發的食材，如冬菇、乾瑤柱、竹笙等，宜早一天浸發妥當，並冷藏備用。
- 需長時間醃製的全雞或肉類，拌勻醃料後，宜放雪櫃待一晚，省卻宴席當天的烹調時間。
- 自製的醬汁或調味料，適宜預早一兩天備好，烹調時更得心應手。
- 可使用多種類的烹調用具，如焗爐、蒸鍋、真空煲等，可同一時間烹煮多款菜式，節省時間。

As a host, you need to carefully think about every detail, from food preparations to decorating your dining room. The aim is to include every guest mindfully in the process, so that everyone has a good time.

Drafting a menu

- Ask your guests if they have any allergy. Try your best to avoid the most common foods that cause allergies, such as eggs, fish, crustaceans and dairy products. Replace them with other ingredients if possible.
- If there are young children or senior members among your guests, debone all fish. Include softer ingredients in your menu, such as winter melon, pumpkin, scallops or steamed custard. Also avoid dishes that use alcohol generously, such as drunken chicken, if there are young children.
- Check if there's any vegetarian among your guests. Tailor-make a menu for him/her.
- People are health-conscious these days. Try not to over-season your food. After a rich-tasting dish, it's advisable to serve a light dish to cleanse the palate.
- Try not to bias on a certain type of ingredients. Strike a balance among seafood, meat, poultry, vegetables and mushrooms. Instead of a one-note meal, create a varied dining experience.
- If time allows, serve dessert to end the meal in the perfect way.

Preparations

- Make all appetizers in advance. Serve cold ones straight out of the fridge. For hot ones, reheat them or stir-fry them till hot before serving.
- For seafood such as live crabs, shrimps, fish or lobsters, do not slaughter or dress them too early in advance. Always dress them right before you cook them. Otherwise, they won't taste as good and fresh.
- Dried ingredients that need rehydration, such as shiitake mushrooms, dried scallops, and bamboo fungus, should be soak in water the day before the dinner party. Keep them in the fridge until ready to cook.
- Meat or whole chicken takes a long time to marinate. Thus, you should mix them well in the marinade one day before the dinner party to save time.
- Make the sauces or seasoning one or two days in advance. You can manage the time much better on the cooking day.
- Try to design a menu that involves different cooking tools so that several dishes can be made at the same time, for instance, an oven, a steamer, and a pressure cooker. That would save you lots of time.



豬手凍

Pork Knuckle in Jelly

○○ 材料（6 人份量）

急凍元蹄 1 隻（約 900 克）

雞腳 4 隻

冰糖 1 湯匙

紹酒 1 湯匙

鹽 2 茶匙

○○ 滷水料

薑、香葉各 2 片

八角 2 粒

花椒 1 茶匙

桂皮 1 小片

草果 1 個（拍散）



○○ 蘸汁（拌勻）

白醋 2 湯匙
蒜茸 1 茶匙
紅椒粒少許



預先準備

1. 元蹄放於雪櫃下層自然解凍，斬件，與雞腳煮約 10 分鐘，過冷河，盛起。
2. 滷水料放入魚袋內，備用。

○○ 做法

1. 滷水料用水 6 杯煮滾，加入元蹄件、雞腳、冰糖及紹酒煮約 2 小時至肉質酥軟，下鹽續煮片刻，盛起。預留燜元蹄湯汁 1.5 杯，撇去油分。
2. 元蹄待涼，去骨，撕出元蹄肉，外皮剪碎，放入玻璃容器內。（圖 1-3）
3. 元蹄湯汁隔渣，傾入容器內，冷藏約 4 小時至凝固。（圖 4）
4. 豬手凍取出，切件，伴蘸汁食用。

○○ 零失敗技巧 ○○ Successful cooking skills



將元蹄飛水及過冷河，口感如何？

可去除冷藏味，而且皮爽肉滑！

Why did you blanch the pork trotters in boiling water and rinse them in cold water?

This step helps remove the stale taste common in frozen food. It also crisps up the skin while keeping the flesh juicy.

放入雞腳燜煮有何作用？

雞腳膠質重，搭配元蹄同燜，令湯汁有大量的膠質元素，容易凝成豬手凍。

Why cook with chicken feet?

Chicken feet are rich in collagen. The cooking sauce will contain abundant collagen constituents by stewing them with pork knuckle, which is easily set into jelly.

吃起來如何有口感？

元蹄起肉時，建議撕成大塊，冷凍後口感豐富。

How to make it chewy?

Tear the meat off the pork knuckle into large pieces. It tastes complicated in cold.

這道饌可作為宴客菜嗎？

當然可以！作為冷盤小吃，大方得體，而且賓客可感受到你的誠意。

Can the dish be served at banquets?

Yes, of course! It is a beautiful cold starter and your guests will feel your sincerity.



1



2



3



4

Ingredients (Serves 6)

- 1 frozen pork knuckle (about 900 g)
- 4 chicken feet
- 1 tbsp rock sugar
- 1 tbsp Shaoxing wine
- 2 tsp salt

Chinese marinade

- 2 slices ginger
- 2 star aniseed
- 1 tsp Sichuan peppercorns
- 1 small slice cinnamon bark
- 1 nutmeg (crushed)
- 2 bay leaves

Method

1. Put the Chinese marinade in 6 cups of water and bring to the boil. Add the pork knuckle, chicken feet, rock sugar and Shaoxing wine. Cook for about 2 hours until the meat is tender. Put in the salt and cook for a while. Remove. Reserve 1.5 cups of the cooking sauce. Skim oil from the sauce.
2. When the pork knuckle cools down, remove the bones. Tear off the meat. Cut the skin into flakes with a pair of scissors. Put in a glass container. (pictures 1-3)
3. Filter the cooking sauce. Pour into the container. Refrigerate for about 4 hours until set. (picture 4)
4. Remove the pork knuckle jelly. Cut into pieces. Serve with the dipping sauce.

Dipping sauce (mixed well)

- 2 tbsp white vinegar
- 1 tsp finely chopped garlic
- red chilli dices

Preparation

1. Defrost the pork knuckle in the lower chamber of the refrigerator. Chop into pieces. Cook with the chicken feet for about 10 minutes. Rinse in cold water. Remove.
2. Put the Chinese marinade in a soup filter bag. Set aside.



洋葱炒黑毛豬腩片

Stir-fried Kurobuta Pork Belly with Onion



材料 (6 人份量)

黑毛豬腩片 6 兩
洋蔥 1 個
蒜香豆豉辣椒醬 2 茶匙
(做法見 p.30)
紹酒半湯匙

醃料

生抽 2 茶匙
胡椒粉少許
粟粉 1 茶匙

調味料

糖半茶匙
生抽 1 茶匙

預先準備

1. 黑毛豬腩片洗淨，下醃料拌勻。
2. 洋蔥去外衣，洗淨，切絲。

做法

1. 燒熱鑊下油 2 湯匙，下洋蔥炒香，盛起。
2. 原鑊下辣椒醬及黑毛豬腩片炒勻，澆酒，加入洋蔥、調味料及熱水 3 湯匙，不斷翻炒至豬腩片全熟即可享用。

Ingredients (Serves 6)

225 g thinly sliced Kurobuta pork belly
1 onion
2 tbsp black bean and garlic chilli sauce
(refer to p.30)
1/2 tbsp Shaoxing wine

Marinade

2 tsp light soy sauce
ground white pepper
1 tsp cornflour

Seasoning

1/2 tsp sugar
1 tsp light soy sauce

Preparation

1. Rinse the pork belly. Add marinade and mix well.
2. Peel the onion. Rinse well and shred it.

Method

1. Heat a wok and add 2 tbsp of oil. Stir fry onion until fragrant. Set aside.
2. In the same wok, stir fry chilli sauce with pork belly slices. Sizzle with wine. Add onion, seasoning and 3 tbsp of hot water. Stir quickly until the pork is done. Serve.

蒜香豆豉辣椒醬 Black Bean and Garlic Chilli Sauce

材料

指天椒 3 兩
蒜茸、豆豉各 2 湯匙
蝦米 2 湯匙
粟米油 1.5 杯

調味料

老抽 1 湯匙
鹽 1 茶匙
糖 1.5 茶匙

做法

1. 指天椒洗淨，去蒂，切碎；蝦米洗淨，切碎；豆豉用水沖洗，切碎（或舂爛）。
2. 下油半杯燒熱，下蝦米及指天椒炒香，加入蒜茸及豆豉茸不斷炒香，下調味料及餘下之粟米油，用小火煮滾，再煮片刻，待涼，入瓶可冷藏 6 個月。

Ingredients

113 g bird's eye chillies
2 tbsp grated garlic
2 tbsp fermented black beans
2 tbsp dried shrimps
1.5 cups corn oil

Seasoning

1 tbsp dark soy sauce
1 tsp salt
1.5 tsp sugar

Method

1. Rinse the bird's eye chillies. Remove the stems. Finely chop them. Rinse the dried shrimps. Chop them. Rinse the fermented black beans. Chop or crush them. (Or you may crush ingredients separately with a mortar and pestle.)
2. Heat a wok and pour in 1/2 cup of oil. Stir fry dried shrimps and bird's eye chillies until fragrant. Add garlic and fermented black bean. Stir continuously until fragrant. Add seasoning and the remaining corn oil. Bring to the boil over low heat. Cook briefly. Leave it to cool. Store in sterilized bottles and refrigerate for 6 months.



○○ 零失敗技巧 ○○
Successful cooking skills

黑毛豬腩片的味道如何？

肥瘦均勻，肉質富彈性、爽口，沒有一般豬肉的肉腥味。

What's the taste of Kurobuta pork belly?

Kurobuta pork is a Japanese breed of black pig. Its belly has even marbling, with a unique crunch and chewiness. It's also free from the gamey taste that is associated with some pork.

如何確保豬腩片全熟卻又不會炒得過久？

注入熱水 3 湯匙，令豬腩片不必炒太久卻容易熟透。

How do you make sure the pork belly is cooked properly yet without being overcooked?

Add 3 tbsp of hot water after you put in the seasoning. The water speeds up the cooking process so that you don't have to stir fry it for too long.



酸梅鴨

Braised Duck in Plum Sauce

材料（12 人份量）

冰鮮鴨或急凍鴨 1 隻
酸梅 10 粒（去核、搗碎）
麵豉醬 1 湯匙
蒜茸 1 湯匙
薑 6 片
紅辣椒半隻（切碎）
冰糖碎 1.5 湯匙
紹酒 1 湯匙
老抽 2 茶匙

調味料

生抽 1 茶匙
胡椒粉少許

預先準備

急凍鴨放於雪櫃的下層自然解凍，洗淨，去內臟，飛水，斬成 4 件，用老抽塗抹鴨身上。

做法

1. 燒熱少許油，放入鴨件略炸至金黃色（或在鴨身塗上少許油，放入焗爐烤 30 分鐘至外皮金黃）。
2. 燒熱少許油，加入蒜茸、薑片、紅椒碎、麵豉醬及酸梅茸炒透，下鴨件兜勻，瀝紹酒，傾入水 1.5 杯、調味料及冰糖，燜約 45 分鐘至醬汁濃稠。
3. 取出鴨件，待涼，醬汁過濾，備用。
4. 鴨斬件，排於碟上，澆上醬汁即可。



Ingredients (Serves 12)

1 chilled or frozen duck
10 pickled plums (stoned; mashed)
1 tbsp ground bean sauce
1 tbsp finely chopped garlic
6 slices ginger
1/2 red chilli (chopped)
1.5 tbsp crushed rock sugar
1 tbsp Shaoxing wine
2 tsp dark soy sauce

Seasoning

1 tsp light soy sauce
ground white pepper

Preparation

Defrost the duck in the lower chamber of the refrigerator. Rinse and gut. Scald and chop into 4 pieces. Spread the dark soy sauce on the duck.

Method

1. Heat up a little oil. Deep-fry the duck until it is slightly golden (or spread a little oil on the duck and bake in an oven for 30 minutes until the skin is golden).
2. Heat up a little oil. Stir-fry the garlic, ginger, red chilli, ground bean sauce and pickled plum puree thoroughly. Put in the duck and stir-fry. Sprinkle with the wine. Pour in 1.5 cups of water, the seasoning and rock sugar. Simmer for about 45 minutes until the sauce reduces.
3. Remove the duck. Leave to cool down. Sieve the sauce and set aside.
4. Chop the duck into pieces. Arrange on a plate. Sprinkle with the sauce and serve.

零失敗技巧 Successful cooking skills

鴨件用油炸或烤焗，哪種方法較好？

將鴨件放入焗盤烤至金黃色，期間反轉一次再烤，做法較為方便，還可以將部份脂肪排出，少了一份油膩的感覺。

Which way to cook duck is better – deep-frying or baking?

Baking is easier. Put the duck on a baking tray and bake until golden. In the meantime, turn it over once and bake again. It can also help release part of the fat making the duck less greasy.

鴨肉咬起來帶嚼勁，有甚麼方法弄得更酥鬆？

鴨件焗煮後，建議再蒸約 20 分鐘，令鴨肉酥軟之餘，也不會因煮得過久而焦燬。

Duck meat is chewy in texture. How to make it tenderer?

I suggest steaming the braised duck for about 20 minutes. It will tenderize the meat and prevent it from getting burnt when overcooked.

用酸梅 10 粒烹調，鴨肉的味道會太酸嗎？

當然不會！因為整隻鴨的份量大，而且混和了麵豉醬及冰糖等材料，酸甜適中，美味可口！

Will it be too sour by using 10 pickled plums?

Of course not! It is because the duck is large and mixed with ground bean sauce, rock sugar and other condiments. The sweet and sour taste is mild and wonderful!



冬瓜金腿魚夾

*Steamed Winter Melon, Grouper and
Jinhua Ham Sandwiches*



材料 (12 人份量)

石斑肉 3 兩
冬瓜 10 兩
金華火腿 1 兩
清雞湯 125 毫升

醃料

鹽 1/8 茶匙
胡椒粉少許
蛋白 1 茶匙
生粉 1 茶匙

獻汁 (拌勻)

清雞湯 100 毫升
糖 1/4 茶匙
麻油 1 茶匙
生粉 1 茶匙



預先準備

1. 冬瓜去皮，切成約 5cm×4cm×2cm 厚件 (共 12 件)，在瓜肉直切兩刀 (不要切斷成雙飛狀)。(圖 1-4)
2. 燒滾水，下油 1 茶匙及冬瓜件煮 3 分鐘，取出，待涼。
3. 石斑肉切成 12 件，加入醃料拌勻。
4. 金華火腿切成 12 小片。

做法

1. 將斑肉及金華火腿慢慢釀入冬瓜內 (或用小刀協助釀入)，排在碟上，注入清雞湯蒸約 6 分鐘，隔去餘汁。(圖 5-8)
2. 煮滾獻汁，澆在冬瓜火腿魚夾上即可。

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石斑肉及金華火腿如何釀得美觀？

石斑肉及金腿的厚度必須切得較薄，高度比冬瓜件略短，釀入後更美觀。

How to stuff in grouper and jinhua ham prettily?

The thickness of grouper slices and jinhua ham slices should be thinner than that of wintermelon slices and their height should be a bit shorter than that of wintermelon.

應選購哪部份的冬瓜？

建議購買整個冬瓜的中間部份，瓜肉較軟身，容易釀入餡料。

Which part of wintermelon should be chosen?

Buy the middle part of wintermelon which is soft and easier for stuffing in fillings.



Ingredients (Serves 12)

113 g grouper flesh
375 g wintermelon
38 g Jinhua ham
125 ml chicken broth

Marinade

1/8 tsp salt
ground white pepper
1 tsp egg white
1 tsp caltrop starch

Thickening Sauce (mixed well)

100 ml chicken broth
1/4 tsp sugar
1 tsp sesame oil
1 tsp caltrop starch

Preparation

1. Skin wintermelon and cut into thick slices of sizes about 5cm x 4cm x 2cm (altogether 12 slices). Slit each slice at a side twice without cutting through. (pictures 1-4)
2. Bring water to the boil. Add 1 tsp of oil and cook the wintermelon for 3 minutes. Set aside to let cool.
3. Cut grouper flesh into 12 pieces and mix with the marinade.
4. Cut Jinhua ham into 12 small slices.

Method

1. Stuff grouper slices and Jinhua ham into the wintermelon slices slowly (or use a small knife for help). Arrange them into a plate. Pour in chicken broth and steam for about 6 minutes. Pour away the extract. (pictures 5-8)
2. Bring the thickening sauce to the boil and pour over the wintermelon. Serve.



胡椒蝦

Fried Prawns with White Peppercorns



材料 (6 人份量)

中蝦 12 兩
白胡椒粒 1.5 至 2 湯匙
紅辣椒 2 隻
淮鹽 1 茶匙
清水 3 湯匙

淮鹽料

幼鹽 1 湯匙
五香粉半茶匙

預先準備

1. 白鑊炒熱幼鹽，關火，加入五香粉炒勻，盛起備用。
2. 修剪蝦鬚及腳，挑去腸，洗淨，抹乾水分，用淮鹽醃 1 小時。
3. 白胡椒粒略舂碎；紅辣椒切圈。

做法

1. 熱鑊下油，加入中蝦略煎兩面，盛起。
2. 燒熱油，下白胡椒粒炒香，加入中蝦、紅辣椒及清水拌炒，加蓋焗煮片刻至汁液收乾，上碟，以羅勒裝飾享用。

Ingredients (Serves 6)

450 g medium-sized prawns
1.5 to 2 tbsp white peppercorns
2 red chillies
1 tsp spiced salt
3 tbsp water

Ingredients of spiced salt

1 tbsp fine salt
1/2 tsp five-spice powder

Preparation

1. Stir-fry table salt until hot in a wok without oil. Remove heat and mix in five-spice powder. Stir-fry well to become the spiced salt. Set aside.
2. Trim prawn tentacles and legs. Devein, rinse and wipe dry. Marinate with spiced salt for 1 hour.
3. Crush white peppercorns briefly. Cut red chillies into rings.

Method

1. Add oil into a hot wok. Fry both sides of medium prawns briefly. Set aside.
2. Heat oil in wok. Stir-fry white peppercorns until fragrant. Put in medium prawns, red chillies and water. Stir-fry well. Cover the lid and cook for a while until the sauce is dry. Garnish with basil and serve.

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如何令蝦殼香脆美味？

改用炸的方法，下中蝦略炸至蝦殼香脆，但耗油量比煎的方法略多。

How to make the prawn shells crispy and tasty?

Use deep-frying rather than frying can make prawn shells crispy but it uses more oil.

如何令白胡椒粒的香氣滲入蝦內？

白胡椒粒炒香後，放入蝦加蓋焗煮，令胡椒香氣滲入蝦肉。

How to bring the smell of white peppercorns into the prawns?

Stir-fry white peppercorns until fragrant and then put in prawns. Cover the lid and cook for a while to bring the smell of white peppercorns into the prawns.



香草牛油焗翡翠螺

Baked Green Whelks with Herbs and Butter



材料 (6 人份量)

翡翠螺 6 隻
煙肉 2 片 (切碎)
洋葱碎 2 湯匙
蒜茸 2 茶匙
雜香草半茶匙
牛油 1 湯匙

調味料

鹽 1/3 茶匙
黑椒粉少許

預先準備

翡翠螺放入滾水內略灼，用小叉子將螺肉取出，去除內臟，切碎螺肉；螺殼留用。(圖 1-2)

做法

1. 燒熱牛油，加入洋葱碎及蒜茸炒香，下煙肉炒透，再放入螺肉拌炒。(圖 3)
2. 灑入雜香草及調味料炒勻，即成餡料。
3. 將餡料釀入翡翠螺殼內，放入已預熱的焗爐以 190°C 焗約 25 分鐘，趁熱享用。(圖 4)

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翡翠螺肉很難取出嗎？

先將翡翠螺放於沸水灼片刻，螺肉收縮後，輕易取出。

Is it hard to take the green whelk meat out?

Scald the green whelk for a moment. The meat will shrink and you can easily take it out.

怎樣令餡料更惹味？

選用帶肥肉的煙肉作為餡料，與洋葱及蒜茸炒透後，香氣四散，別切掉肥肉！

How do you make the filling more flavourful?

Use fatty bacon in the filling. The fat adds an extra aroma after stir-fried with onion and garlic. Do not trim off the fat!

我喜歡芝士的香味，可灑點芝士烤焗嗎？

當然可以！芝士烤焗後令表面帶香脆口感！

I like the cheese aroma. Can I sprinkle some before baking?

Yes, of course! Baked cheese makes the surface crisp and smells fragrant.

Ingredients (Serves 6)

- 6 green whelks
- 2 slices bacon (chopped)
- 2 tbsp chopped onion
- 2 tsp finely chopped garlic
- 1/2 tsp mixed herbs
- 1 tbsp butter

Seasoning

- 1/3 tsp salt
- ground black pepper



Preparation

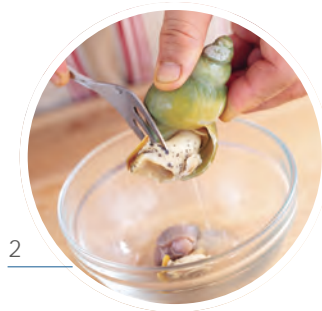
Slightly blanch the green whelks. Take out the meat with a small fork. Remove the internal organs. Chop up the meat. Keep the shells. (pictures 1-2)

Method

1. Heat up the butter. Stir-fry the onion and garlic until fragrant. Add the bacon and stir-fry thoroughly. Put in the whelk meat and stir-fry. (picture 3)
2. Sprinkle with the mixed herbs and seasoning. Stir-fry evenly as filling.
3. Stuff the green whelk shells with the filling. Put in a preheated oven and bake at 190°C for about 25 minutes. Serve warm. (picture 4)



1



2



3



4



黃金豆腐醬伴脆米粉

Crispy Rice Vermicelli with Salted Egg Yolk and Tofu Paste

○○ 材料（4人份量）

豆腐 1 塊
蝦仁 4 兩
鹹蛋 2 個
米粉 1 份

○○ 調味料

糖 1/3 茶匙
鹽半茶匙
粟粉 1 茶匙
麻油 2 茶匙
水 3 湯匙





預先準備

1. 鹹蛋（連殼）洗淨，放於清水加熱至滾，焗約 6 分鐘至熟；鹹蛋黃壓碎。（圖 1）
2. 蝦仁洗淨，飛水；豆腐用叉子壓碎。（圖 2）



做法

1. 米粉放入滾油內，炸片刻至鬆脆，隔油，上碟。
2. 燒熱鑊，下油 2 湯匙，下鹹蛋黃炒香及起泡，下豆腐及蝦仁煮片刻，加入調味料煮滾拌勻，盛起，澆在炸米粉上，拌勻食用。（圖 3-6）

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炒鹹蛋黃有何成功要訣？

耐性最重要！鹹蛋黃必須壓碎，用中小火慢炒至起泡。

How to make stir-fried egg yolks successfully?

Patience is the key! The salted egg yolks must be mashed and stir-fried slowly on medium-low heat until it bubbles.

米粉如何炸至鬆脆？

米粉放入滾油後，待米粉炸起及香脆即可，動作敏捷，時間毋須太久，否則米粉變硬焦爛。

How to make deep-fried rice vermicelli crunchy?

Put the rice vermicelli in hot oil. When they swell and turn crisp, it is done. Dish up quickly; otherwise they will turn hard and scorch.

黃金豆腐醬可伴甚麼享用？

黃金豆腐醬豆香味濃，伴飯、意粉、多士或餅乾作為派對小吃，同樣感受超凡的味覺享受！

What food can also be served with the salted egg yolk and tofu paste?

The paste of rich soybean flavour can also be served with rice, spaghetti, toast or biscuits as the party snacks. All will give you the same extraordinary taste!



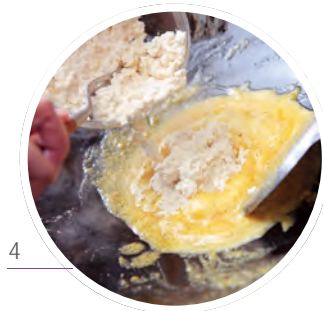
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2



3



4



5



6

Ingredients (Serves 4)

- 1 piece tofu
- 150 g shelled shrimps
- 2 salted eggs
- 1 serving rice vermicelli

Seasoning

- 1/3 tsp sugar
- 1/2 tsp salt
- 1 tsp cornflour
- 2 tsp sesame oil
- 3 tbsp water



Preparation

1. Rinse the whole salted eggs. Put in water and heat until it boils. Blanch for about 6 minutes until done. Mash the egg yolks. (picture 1)
2. Rinse and scald the shrimps. Crush the tofu with a fork. (picture 2)

Method

1. Put the rice vermicelli in hot oil. Deep-fry for a moment until crisp. Drain and set aside.
2. Heat a wok. Put in 2 tbsp of oil. Stir fry the egg yolk until it is aromatic and bubbles. Add the tofu and shrimps. Cook for a while. Put in the seasoning and bring to the boil. Mix well. Pour on top of the rice vermicelli. Mix well and serve. (pictures 3-6)



出得廳堂 宴客菜

Delicacies for your Guests

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無論是任何節慶、生日宴或紀念日，在溫暖的家宴客相聚，是一件幸福的事！

書內包含冷盤、主菜、飯麵、甜品，因應客人需求設計合心意的宴席菜單，每道菜詳細解釋烹調秘技，令你掌握要點，消除宴席做菜的疑慮。

在值得慶賀的日子裏，與好友親朋結伴歡聚，辦一場屬於你我他的歡宴吧！

For any special occasion, be it a festive day, anniversary or someone's birthday, hosting a party in the comfort of your own home is always the best way to let your guests enjoy to the fullest.

This cookbook is a great reference that covers cold appetizers, main dishes, staples and desserts. It helps you formulate the most thoughtful menu according to the specific needs of your guests. Each recipe comes with detailed tips on cooking techniques, so that you can overcome the anxiety being a stress-free party host.

On the upcoming special occasion, ask your friends to come over for a party that belongs exclusively to you and them!



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