

零失敗
秘方系列

煮人必學 家常菜

Must-learn home-style recipes



- 🔪 詳列實用零失敗貼士
- 🔪 跟步驟煮出美味菜餚
- 🔪 逆轉地獄廚神的外號

Forms Kitchen 編輯委員會 編



目錄

Contents

煮人的驕傲 / 4
A chef's pride

醬 Paste

味噌番茄醬 / 5
Miso Tomato Sauce
蝦醬 / 6
Fermented Shrimp Paste
香菇肉醬 / 8
Mushroom Meat Sauce
蒜香豆豉辣椒醬 / 10
Black Bean and Garlic Chilli Sauce

炒 Stir-frying

香菇肉醬炒蜆子 / 12
Stir-fried Razor Clams in Mushroom Meat Sauce
瀨尿蝦肉炒韭菜花 / 14
Stir-Fried Mantis Shrimp Meat with Flowering Chinese Chives
黑白胡椒蝦煲 / 17
Black and White Peppers Prawn Casserole
甜椒牛肝菌炒帶子 / 20
Stir-Fried Scallops with Bell Pepper and Porcini
辣椒薑茸炒鮮魷 / 24
Stir-Fried Squid with Chilli and Ginger
豆醬焗肉蟹 / 27
Mud Crabs with Puning Bean Sauce

蝦醬炒魷魚筒 / 30
Stir-fried Baby Squids in Fermented Shrimp Paste
山楂咕嚕肉 / 33
Sweet and Sour Pork in Hawthorn Sauce
鮮菌菜苗炒雞肉 / 36
Stir-fried Chicken with Mushrooms and Baby Flowering Chinese Cabbage
蠔油薑蔥炒牛肉 / 39
Stir-Fried Beef with Ginger and Spring Onion in Oyster Sauce

燜煮 Braising

銀絲香芹花蛤鍋 / 42
Clams with Vermicelli and Chinese Celery in Clay Pot
芹蒜豆腐泡煮沙魷魚 / 44
File Fish and Beancurd Puffs with Chinese Celery and Leeks
小白菜魚餃湯鍋 / 47
Fish Dumplings and Small White Cabbages in Fish Broth
酒煮東風螺 / 50
Babylon Shells in Spicy Wine Sauce
川醬辣蟹銀絲煲 / 52
Sichuan Spicy Crab and Vermicelli in Clay Pot
農家燜五花腩 / 55
Stewed Pork Belly
醬燜豬腩肉 / 58



Stewed Pork Belly in
Miso Tomato Sauce
冬菇燒肉燜海參 / 60
Stewed Sea Cucumber with
Mushroom and Roast Pork
滷水蘿蔔牛腩 / 63
Beef Brisket and Radish in
Chinese Marinade
咖喱羊腩 / 66
Curry Lamb Brisket
黃豆苦瓜燜雞 / 69
Braised Chicken with Soybean and
Bitter Melon
蔥油花雕焗雞球 / 72
Braised Chicken with Spices and
Hua Diao Wine
碧綠柱侯雞 / 74
Braised Chicken in Chu Hou Sauce
豉汁涼瓜燜雞 / 77
Stewed Chicken and Bitter Melon in
Fermented Black Bean Sauce
海南雞伴油飯 / 80
Hainanese Chicken with
Flavoured Oil Rice

煎烤 Frying & Grilling

蝦乾鯪魚餅 / 84
Fried Mackerel and
Dried Shrimp Patties
惹味蝦 / 87
Braised Prawns with Sweet,

Sour and Spicy Sauce
梅子蜜汁烤雞髀 / 90
Roasted Chicken Legs in Plum and
Honey Sauce
黑毛豬腩金菇卷 / 92
Enokitake Mushrooms Rolled in
Kurobuta Pork Belly

蒸 Steaming

酸梅椒醬蒸魚雲 / 95
Steamed Fish Head with Sour Plums and
Chillies in Soybean Sauce
蒸腐皮魚蝦卷 / 98
Steamed Beancurd Skin Roll
with Fish and Shrimp Filling
家鄉蒸蠔蚌 / 101
Steamed Oyster with Egg and Pork in
Earthen Bowl
金銀蒜蒸象拔蚌仔 / 104
Steamed Geoduck Clams with
Garlic
黑糯米酒紅棗蒸雞 / 107
Steamed Chicken with Red Dates in
Black Glutinous Rice Wine
甜酒腐乳蒸雞 / 110
Steamed Chicken with
Sweet Wine Fermented Beancurd



煮人的驕傲

A chef's pride

許多新手入廚的煮人，他們的熱誠可嘉，但烹調技巧不足，水準不穩定，如煮出來的菜式不美味，菜式難免受到同枱食客的冷暴力對待，煮人難免信心受挫！想煮得美味，當中有許多烹調的竅門，例如要用細火爆炒醬汁，避免醬汁有焦煨味；黃豆要浸泡數小時才煮，才能加快將豆煮至軟綿等等。在《煮人必學家常菜》內，每一個食譜都有「零失敗技巧」，讓你成功煮出美味菜式。

Novice chefs are passionate about cooking. But they are tied down by their lack of skills and experiences so that the food they make don't always hit the mark. When their hard work turns into something not particularly delicious, it would silently slip into deep oblivion on the dining table, the ultimate passive violence that frustrates the chef in the most heart-wrenching ways. To make tasty food, there are many secret tricks. You must cook the sauce over low heat for prolonged period to build depth of flavours without burning the sauce. You must soak soybeans in water for a few hours in advance before braising them to turn mushy and creamy quickly. In this cookbook, every recipe comes with a fail-proof trick that guarantees success.

書內將易煮又美味的必學菜式分為燜煮、炒、蒸、煎烤等，有海鮮、魚、肉和蔬菜，這都是尋常的食材，學懂了，就有三十多道菜式和四個醬汁傍身，只要懂得融會貫通，就可變化出許多道菜式了。

現在就翻翻食譜，看你想煮哪個菜式吧！祝你樂在廚中，煮出讓你驕傲的菜式。

The easy and delicious recipes in this book involve a range of cooking techniques, such as braising, stir-frying, steaming, frying and grilling. The most common types of ingredients and produce, such as seafood, fish, meat and veggies are also covered. When you master all the 30+ recipes and the four sauces therein, you can spin off countless dishes by applying the same logic and techniques.

Flip through this book already and find the long-overdue recipe to try out tonight. Wish you joy and fun in the kitchen.



味噌番茄醬

Miso Tomato Sauce

味道

- 味道香醇濃厚
- 帶微酸

配搭

燜煮肉類，如腩肉、一字排或豬蹄肉

成功要訣

味噌不宜久煮，宜最後加入拌勻，保留味噌香氣。

食用期限

放於雪櫃可儲存 3 日。

材料

日本味噌 2 湯匙
番茄汁 4 湯匙
紹酒 3 湯匙
冰糖 1 湯匙（舂碎）

做法

將所有材料用小火煮滾至糖溶化，備用。

Taste

- rich and complex
- mildly sour

Combinations

stewed or simmered meat, such as pork belly, spareribs or pork shoulder

Secret tricks

Miso should not be cooked for too long. Just stir it into the sauce at last to retain its fragrance.

Shelf life

It lasts in the fridge for 3 days.

Ingredients

2 tbsp miso
4 tbsp ketchup
3 tbsp Shaoxing wine
1 tbsp rock sugar, crushed

Method

Cook the ingredients over low heat until it boils and the sugar dissolves. Set aside.



香菇肉醬

Mushroom Meat Sauce

味道

- 帶肉香及冬菇香氣
- 醬汁味香、濃郁

配搭

- 炒煮小菜
- 拌米粉、麵或飯

成功要訣

選 7 分瘦 3 分肥的豬腩肉製成免治豬肉，令醬料香濃、有嚼口。所有材料必須炒透，令油脂分泌均勻，香口惹味。

食用期限

放於雪櫃可儲存 3 天。

做法

1. 冬菇去蒂、洗淨，用水浸軟，擠乾水分，切碎。
2. 燒熱鑊下油 3 湯匙，下乾葱茸、薑茸及蒜茸炒香，加入免治豬肉及冬菇粒炒香，瀝酒，下調味料及水煮滾，轉小火煮 20 分鐘，下芡汁煮滾即成。

材料

冬菇 1 兩
免治豬肉半斤
乾葱茸 4 湯匙
薑茸 1 湯匙
蒜茸 1 湯匙
米酒 1 湯匙
水半杯

調味料

老抽、麻油各 2 湯匙
鹽 2 茶匙
糖 1 茶匙
胡椒粉少許

芡汁（拌勻）

粟粉 2 茶匙
水 3 湯匙





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4

🍴 Taste

- rich meaty and mushroom flavour
- succulent and aromatic

🍴 Combinations

- stir-fries
- blanched noodles and rice vermicelli, or steamed rice

🍴 Secret tricks

Use pork shoulder cut with about 30% fat. Grind it or chop it finely for this sauce. This cut makes the sauce rich and meaty while giving a chewy texture. All ingredients must be stir-fried thoroughly so that the fat comes out into the sauce for extra fragrance.

🍴 Shelf life

It lasts in the fridge for 3 days.

🍴 Ingredients

38 g dried shiitake mushrooms
300 g ground pork
4 tbsp finely chopped shallot
1 tbsp grated ginger
1 tbsp grated garlic
1 tbsp rice wine
1/2 cup water

🍴 Seasoning

2 tbsp dark soy sauce
2 tbsp sesame oil

2 tsp salt

1 tsp sugar

ground white pepper

🍴 Thickening glaze (mixed well)

2 tsp cornflour

3 tbsp water

🍴 Method

1. Cut the stems off the mushrooms. Rinse well. Soak them in water until soft. Squeeze dry. Chop them finely.
2. Heat a wok and add 3 tbsp of oil. Stir fry shallot, ginger and garlic until fragrant. Put in the ground pork and shiitake mushrooms. Stir fry until fragrant. Press the pork with a spatula to break it into bits. Sizzle with wine. Add seasoning and water. Bring to the boil. Turn to low heat and simmer for 20 minutes. Stir in thickening glaze. Bring to the boil again.



香菇肉醬炒蜆子

*Stir-fried Razor Clams in Mushroom
Meat Sauce*



材料 (4 人份量)

新鮮蜆子 1 斤
 香菇肉醬 1/3 碗 (做法看 P.8)
 蒜茸 2 茶匙
 紹酒 1 湯匙

做法

1. 蜆子用水洗淨，飛水，隔去水分。
2. 燒熱鑊下油 1 湯匙，下蒜茸炒香，加入香菇肉醬及蜆子炒勻，攞酒，炒勻，注入熱水 3 湯匙，加蓋焗 3 分鐘拌勻，上碟。

Ingredients (Serves 4)

600 g live razor clams
 1/3 bowl mushroom meat sauce,
 refer to P.8
 2 tsp grated garlic
 1 tbsp Shaoxing wine

Method

1. Rinse the razor clams well. Blanch in boiling water. Drain well.
2. Heat a wok and add 1 tbsp of oil. Stir fry garlic until fragrant. Put in the mushroom meat sauce and razor clams. Stir well. Sizzle with wine. Pour in 3 tbsp of hot water. Cover the lid and cook for 3 minutes. Stir again. Serve on a serving plate.

零失敗技巧 Successfully Cooking Skills

蜆子容易熟透嗎？

用水焗煮約 3 分鐘即可，太久肉質會變韌。

Do razor clams cook quickly?

They are done after cooking for 3 minutes. Do not overcook. Or else they turn tough.

蜆子如何刷洗？

用百潔布刷淨外殼，置於水喉下沖淨即可。

How do you clean the razor clams?

Scrub their shells with a scouring pad. Then rinse them well under a running tap.





瀨尿蝦肉炒韭菜花

*Stir-Fried Manila Shrimp Meat with
Flowering Chinese Chives*





🍽 材料 (4 人份量)

瀨尿蝦 (大) 半斤

韭菜花 8 兩

蒜肉 4 粒 (拍鬆)

紹酒半湯匙

🍽 醃料

胡椒粉少許

粟粉 1 茶匙

🍽 調味料

鹽 1 茶匙

水 2 湯匙

🍽 做法

1. 用剪刀去掉蝦頭，沿瀨尿蝦殼四周剪一圈，撕開蝦殼，取出蝦肉。
2. 用廚房紙抹乾瀨尿蝦肉，下醃料拌勻，醃 15 分鐘。
3. 韭菜花洗淨，切段。
4. 燒熱鑊下油 2 湯匙，下蒜肉爆香，加入瀨尿蝦肉炒勻，瀆酒，下韭菜花及調味料炒片刻，至蝦肉全熟即成。

🍽 Ingredients (Serves 4)

300 g large mantis shrimps

300 g flowering Chinese chives

4 cloves skinned garlic, crushed

1/2 tbsp Shaoxing wine

🍽 Marinade

ground white pepper

1 tsp cornflour

🍽 Seasoning

1 tsp salt

2 tbsp water

🍽 Method

1. Cut off the shrimp heads with a pair of scissors. Cut along the edges of the shell. Tear open the shell. Remove the meat.
2. Wipe the shrimp meat with kitchen paper. Mix in the marinade and rest for 15 minutes.
3. Rinse the flowering Chinese chives, and cut into sections.
4. Heat up a wok. Add 2 tbsp of oil. Stir-fry the garlic until fragrant. Put in the shrimp meat and stir-fry well. Sprinkle with the Shaoxing wine. Add the flowering Chinese chives and seasoning. Stir-fry for a while until the shrimp meat is cooked through. Serve.



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零失敗技巧 Successfully Cooking Skills

如何輕易地拆出瀨尿蝦肉？

剪去蝦頭，沿瀨尿蝦殼四周剪一圈；揭開外殼，用牙籤挑出完整蝦肉。

How to remove the meat of mantis shrimp easily?

Cut off the head with a pair of scissors. Cut along the edges of the shell. Open the shell. Take out the whole meat with a toothpick.

街市沒有大瀨尿蝦出售，可以選購細小的嗎？

雖然選購大瀨尿蝦可品嚐啖蝦肉，但小巧的瀨尿蝦也帶鮮味，只是蝦肉略少。

Large mantis shrimp is not available in the market. Can we choose small ones?

Large ones are meaty, but small ones are also fresh in taste with less meat.

為甚麼要索乾瀨尿蝦的水分才醃味？

一定要徹底索乾瀨尿蝦的水分才醃味，避免被溢出的水分沖淡蝦鮮味。

Why do you wipe the mantis shrimps completely dry before adding the marinade?

You must wipe them dry before marinating them. Otherwise, the juices and moisture that comes out of the mantis shrimps will dilute the marinade and make them less tasty.



咖喱羊腩

Curry Lamb Brisket



材料 (4 人份量)

急凍羊腩 600 克
馬鈴薯 2 個 (中)
洋葱 1 個
油咖喱 3 湯匙
薑茸、蒜茸及乾葱茸各 1 湯匙
八角 3 粒
肉桂 1 枝
香葉 2 片

調味料

糖半茶匙
鹽適量
胡椒粉少許

做法

1. 羊腩放於雪櫃下層自然解凍，洗淨，抹乾水分。
2. 馬鈴薯刨去外皮，切角；洋葱去外衣，切碎。
3. 燒熱少許油，下馬鈴薯略炸，盛起。
4. 燒熱油 1 湯匙，下羊腩炒透，再加入薑茸、蒜茸、乾葱茸及洋葱炒香，拌入油咖喱拌炒，注入水 2 杯、八角、肉桂及香葉，用小火燜約 1 小時。
5. 最後加入馬鈴薯和調味料再燜約 20 分鐘，待汁液濃稠即可。

Ingredients (Serves 4)

600 g frozen lamb brisket
2 medium potatoes
1 onion
3 tbsp curry paste
1 tbsp finely chopped ginger
1 tbsp finely chopped garlic
1 tbsp finely chopped shallot
3 star aniseeds
1 cinnamon stick
2 bay leaves

Seasoning

1/2 tsp sugar
salt
ground white pepper

Method

1. Defrost the lamb brisket in the lower chamber of the refrigerator. Rinse and wipe it dry.
2. Peel the potatoes. Cut into wedges. Skin the onion and chopped up.
3. Heat up a little oil. Deep-fry the potatoes slightly. Set aside.
4. Heat up 1 tbsp of oil. Stir-fry the lamb brisket thoroughly. Add the ginger, garlic, shallot and onion. Stir-fry until aromatic. Put in the curry paste and stir-fry. Add 2 cups of water, star aniseeds, cinnamon and bay leaves. Simmer over low heat for about 1 hour.
5. Finally add the potatoes and simmer for about 20 minutes until the sauce reduces. Serve.

零失敗技巧 **Successfully Cooking Skills**

羊腩要燜煮多久才入味？

燜煮時間不可少於 1 小時，否則咖喱及香料味難以滲入羊腩內，惹味程度大打折扣！

How long do you braise the lamb brisket for it to be flavourful?

For the best result, braise it for at least one hour. Otherwise, the aromas of the curry and spices won't penetrate into the meat, and the dish won't taste as good.

用急凍羊腩燜煮，容易軟腩嗎？

絕對沒問題！選帶少許油脂的羊腩，口感豐腴，油潤可口，而且產自紐西蘭的羊腩，羊肉味濃重。

Is the frozen lamb brisket easily to be cooked soft?

No problem! Choose lamb brisket with a little fat, which gives a delicious and complicated taste. Also, lamb brisket from New Zealand has intense lamb flavour.

我喜歡吃有口感的馬鈴薯，如何辦？

先將馬鈴薯炸好，燜煮後不易散爛，最後燜煮 20 分鐘即可，別煮太久！

I love chewy potatoes. How to do?

Deep-fry the potatoes before simmering to avoid them falling apart. Do not overcook! Just simmer for 20 minutes.

甚麼是油咖喱？與一般咖喱有何分別？

油咖喱以黃薑、辣椒、洋蔥、八角、桂皮及植物油等製成，相比紅咖喱，味道香醇、溫和，而且容易儲存。

What is curry paste? How is it different from regular curry?

Curry paste is made from turmeric, chilli, onion, star aniseed, cinnamon bark, vegetable oil, and more. It has a nicer fragrance and milder flavour compared with red curry. It is also easy for storage.





海南雞伴油飯

Hainanese Chicken with Flavoured Oil Rice



材料 (4 至 6 人份量)

冰鮮雞 1 隻 (大)
白米 2 杯
黑醬油適量

醃料

南薑及薑各數片
乾葱頭 2 粒
鹽 2 茶匙

油飯配料

雞油膏 1 塊
斑蘭葉 2 塊
香茅 2 枝
薑 6 片
蒜肉 10 粒
雞湯 1 杯
水 1 杯
鹽少許

薑蒜辣汁

紅辣椒幼粒 2 茶匙
薑茸 1 1/2 茶匙
蒜茸 2 湯匙
鹽半茶匙
滾油 2 湯匙
酸柑汁 (泰國青檸汁) 2 湯匙
糖半茶匙

薑蒜辣汁做法

紅辣椒粒、薑茸及蒜茸拌勻，瀝滾油，加入餘下材料拌勻，備用。

海南雞做法

1. 雞洗淨，去內臟，用鹽於雞內外擦勻。
2. 將醃料拍碎，醃雞約 2 小時，再將醃料放入雞腔內。
3. 燒滾水 (宜浸過雞面)，放入雞及鹽 1 湯匙，滾起關火，浸 15 分鐘。
4. 再開火滾起，關火，再浸 15 分鐘。
5. 雞取出，浸於冰水待片刻，斬件。

油飯做法

1. 白米用水浸約 1 小時，瀝乾水分。
2. 雞油膏略煎，待雞油溢出後，下蒜肉略炒，加入白米炒勻，轉放飯煲內。
3. 加入其餘的配料，拌勻，按掣煲煮成油飯，煮熟後取出配料，伴海南雞、薑蒜辣汁及黑醬油享用。



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4



黑毛豬腩金菇卷

*Enokitake Mushrooms Rolled in
Kurichuta Pork Belly*





材料

黑毛豬腩片 8 片

金菇 1 包

甘筍 2 兩

蔥 4 條

味噌番茄醬（做法看 P.5）

做法

1. 金菇切去尾端，洗淨，隔去水分。
2. 甘筍去皮，洗淨，切絲；蔥去鬚根，洗淨，切段。
3. 醬汁以小火煮滾，備用。
4. 取一片黑毛豬腩片，鋪平，排上適量金菇、甘筍及蔥段，緊緊捲成金菇卷（最後抹上少許乾粟粉黏緊）。
5. 金菇卷放入煎鑊內，煎至全熟及金黃色，上碟，澆上味噌番茄醬伴吃。



Ingredients

8 slices Kurobuta pork belly
1 pack enokitake mushrooms
75 g carrot
4 sprigs spring onion
miso tomato sauce, refer to P.5

Method

1. Cut off the roots of the enokitake mushrooms. Rinse well. Drain.
2. Peel and rinse the carrot. Shred it. Set aside. Cut off the fibrous roots of the spring onion. Rinse well and cut into short lengths.
3. Cook the miso tomato sauce over low heat until it boils. Set aside.
4. Lay flat a slice of pork belly. Arrange some enokitake mushrooms, carrot and spring onion on it. Roll the pork up tightly. You may secure the seam by dusting some cornflour on the pork.
5. Put the pork belly rolls into a pan with a little oil. Fry until the rolls are done and the pork is golden. Arrange on a plate. Drizzle with the miso tomato sauce from step 3. Serve.

零失敗技巧

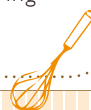
Successfully Cooking Skills

煎金菇卷時，餡料容易熟透嗎？

灑入少許水分，加蓋焗煮，容易熟透，再煎至水分收乾即可。

Does the filling get properly cooked when you fry the rolls in a pan like that?

Sprinkle some water halfway through and cover the lid. That would ensure the filling is properly cooked. Just keep on frying until the liquid dries out.





黑糯米酒紅棗蒸雞

*Steamed Chicken with Red Dates in
Black Glutinous Rice Wine*

○○ 材料（4 人份量）

上等冰鮮雞 1 隻
紅棗 15 粒
冰糖 2 湯匙（舂碎）
黑糯米酒 1 杯
鹽 1 茶匙
薑 6 片





〇〇 做法

1. 紅棗去核、洗淨，備用。雞洗淨，瀝乾水分。
2. 雞內腔用鹽抹勻，將半份紅棗、半份冰糖、薑片及少許黑糯米酒放入雞腔內，餘下半份之紅棗及冰糖鋪在雞上，澆上餘下之黑糯米酒，隔水大火蒸 25 分鐘，關火，加蓋焗 5 分鐘，蒸雞汁留用。
3. 雞待冷後，斬件上碟，煮滾蒸雞之黑糯米酒汁，澆上雞件即成。

〇〇 零失敗技巧 〇〇

Successfully Cooking Skills

必須用黑糯米酒嗎？哪裏購買？

用黑糯米酒蒸雞，肉質嫩滑，入味可口，連骨都充滿酒的甜香味，怎能不試！一般超市有售。

Need to use black glutinous rice wine? Where to buy?

The chicken steamed in the wine is soft and gentle. It is so delicious that even the bone gives the nice smell of wine. How can we avoid trying! It can be bought at supermarkets.

用冰鮮雞烹調，鮮味略遜嗎？

當然，冰鮮雞的鮮味比鮮雞略遜，但配搭紅棗及黑糯米酒，依然美味！

Is frozen chicken inferior to fresh chicken in flavour?

Yes, of course. But it is still tasty by cooking with red dates and black glutinous rice wine.

為何雞蒸妥後，要關火再焗？

讓熱力令雞骨全熟，不帶血水，而且紅棗香、黑糯米酒的甜膩更能充份滲入雞肉！

Why leave the steamed chicken on stove after turning off the heat?

The remaining heat allows the bone to cook through with no blood oozing out, and the aromatic flavour of red dates and the sweetness of black glutinous rice wine to fully infuse into the chicken.



Ingredients (Serves 4)

- 1 premium chilled chicken
- 15 red dates
- 2 tbsp rock sugar, crushed
- 1 cup black glutinous rice wine
- 1 tsp salt
- 6 slices ginger

Method

1. Stone and rinse the red dates. Set aside. Rinse the chicken and drain.
2. Rub the chicken cavity with the salt. Put 1/2 portion of the red dates, 1/2 portion of the rock sugar, ginger and a little black glutinous rice wine into the chicken cavity. Place the rest of the red dates and sugar on the chicken. Sprinkle with the remaining wine. Steam over high heat for 25 minutes. Turn off heat. Leave the chicken with a lid on for 5 minutes. Reserve the sauce obtained from the steamed chicken.
3. When the chicken cools down, chop into pieces. Bring the sauce to the boil. Sprinkle on top of the chicken. Serve.



零失敗
秘方系列

煮人必學 家常菜

Must-learn home-style recipes

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可能許多新手入廚的煮人都有這疑問：有甚麼菜式是必學的？我們就由易煮又美味的菜式學起。其實烹調是「一里通、百里明」，懂得融會貫通，就可變化出許多道菜式。這書為大家介紹一些燜煮、炒、蒸、煎烤等菜式，並有看似難烹調、實則易到不得了的醬料，如味噌番茄醬、香菇肉醬、蒜香豆豉辣椒醬等，可拌飯麵或作煮菜配料。

只要你懂得變通，就可創出有自家風味的家常菜了。

This is a common question most novice chefs have in mind – which are the must-learn recipes? Let's start with easy dishes that taste great. Cookery is an art, but also a science. When you understand the basic principles and the logic behind, you can come up with countless variations. This cookbook include recipes that involve the basic techniques of braising, stir-frying, steaming, grilling etc. Some sauces may seem complicated, but are in fact easy as ABC. Miso tomato sauce, Mushroom meat sauce, and Black Bean and garlic chilli sauce not only taste great on rice and noodles, but also make a great condiment with meat, poultry or seafood. As long as you learn to put a spin on the good old recipes, you'll be able to churn out home-style dishes with your personal touches. The possibilities are endless.



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