

零失敗  
秘方系列

# 小廚房 滋味美食

*Party recipes for the small kitchen*

- 🔪 詳列實用零失敗貼士
- 🔪 用基本廚具煮出美食
- 🔪 適合蝸居小廚房設備

Forms Kitchen 編輯委員會 編



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## 小廚房也能煮出美食

在私人空間中，就算廚房是小小的，也能享受烹飪的樂趣。

其實烹調美食，只需要用基本的廚具就可以，書內食譜大多採用平底鑊、煲、小焗爐等，就能煮出一系列美食如沙律、小食、意粉、甜品和飲品。

聚會的目的，是享受閨蜜和好友的陪伴，互相傾訴大家的喜怒哀樂，毫無束縛。美食是聚會不可缺少的綠葉，書內挑選了一些容易處理、做法簡單的美食，還有助你零失敗的烹飪技巧，就算是入廚新手也可以成為聚會中的主廚。

## The kitchen is small, but the food tastes big.

In the privacy of your own home, even though the kitchen is cramped, you still get to savour the joy of cooking.

Fancy cookware may save you time or effort. But you only need the bare kitchen essentials for most of the tasty dishes you wish to make. In this book, most recipes call for a pan, a pot or a small oven. With these tools, you can make a multi-course dinner with salad, snacks, pasta, desserts and even drinks.

Friends meet to enjoy the company of each other, and to update each other on their lives. You should be able to laugh as loud as you want, or cry as hard as you feel like. Nothing should hold you back. That's the beauty of a night-in. And food is indispensable to any party. The recipes compiled here are all easy and simple dishes that taste awesome. They come with fail-proof tips that help you nail them the first time around. Even kitchen newbies can take up the daunting task as the head chef in these parties.





# 柚子沙律

*Pomelo Salad*



## 材料 (4 人份量)

泰國金柚 1/2 個  
腰果 80 克  
中蝦 8 隻  
乾葱 2 個  
炸乾葱 1 湯匙  
薄荷葉少許  
香葉 2 片  
洋葱絲 1/4 個份量

## 汁料

泰國辣椒膏 2 茶匙  
魚露 1 1/2 湯匙  
青檸汁 2 湯匙  
椰糖 1 1/2 湯匙

## 炸乾葱材料

乾葱數粒  
鹽少許

## 做法

1. 金柚去皮去衣，將果肉撕幼，待用。
2. 蝦去殼去腸，在背部剝一刀，用少許鹽、粟粉拌勻醃一會，沖淨。煮滾 1 杯水，加入洋葱絲、香葉，放入蝦仁灼熟，盛起。
3. 乾葱去衣，橫切薄片。
4. 熱水內下少許鹽，放入腰果浸片刻，盛起。待腰果吹乾後，用油炸至金黃色。
5. 將汁料調勻。
6. 將所有材料（除腰果外）與汁料拌勻，在進食前加入腰果和薄荷葉便可以。

## Ingredients (Serves 4)

1/2 Thai pomelo  
80 g cashewnuts  
8 medium shrimps  
2 shallots  
1 tbsp deep fried shallots  
a few mint leaves  
2 bay leaves  
1/4 onion, shredded

## Sauce

2 tsp Thai chilli paste  
1 1/2 tbsp fish sauce  
2 tbsp lime juice  
1/2 tbsp palm sugar

## Ingredients for deep frying shallots

a few shallots  
a pinch of salt

## Method

1. Peel pomelo and skin. Tear the flesh into small pieces. Set aside.
2. Shell shrimps and remove the veins. Cut along the back. Marinate with a pinch of salt and cornflour for a while. Rinse. Bring 1 cup of water to the boil. Put in onion and bay leaves. Add shrimps and scald. Remove.
3. Skin shallots. Thinly and horizontally slice.
4. Add a pinch of salt to hot water. Put in cashewnuts and soak for a while. Remove. Leave to dry. Deep fry until golden brown.
5. Mix sauce well.
6. Mix all the ingredients (except cashewnuts) with sauce. Add cashewnuts and mint leaves just before serving.

### 炸乾葱做法

乾葱去衣，洗淨後切片，用少許鹽拌勻醃片刻，擠乾水分，用油炸至乾身和淺黃色，盛起，待涼。

### Deep frying shallots

Skin shallots. Wash and slice. Marinate with a pinch of salt for a while. Squeeze out the water. Deep fry until dry and light golden brown. Remove and leave to cool.

### 零失敗技巧 Successful Cooking Skills

椰糖在哪裏有售？

椰糖在東南亞食品店有售。椰糖味道芳香、獨特，是其他糖類不能代替的。

Where can I get palm sugar?

You can get it from grocery stores specializing in Southeast Asian products. Palm sugar has a unique aroma and it cannot be replaced by other sugars.

怎樣可以令炸乾葱更加香脆？

除了用鹽醃一會，並擠去水分外，可再放在乾毛巾或廚紙上索乾水分，這樣乾葱炸後會格外香脆。

How can I make the deep fried shallot even crispier?

Add a pinch of salt and mix well to draw the moisture out. Then wipe it dry in dry towel or with kitchen paper. It will turn out extra-crispy after fried that way.



# 烤焗一字排

*Grilled Spareribs in Barbecue Sauce*







## 材料

一字排骨 1 斤（600 克）

紹酒 2 湯匙

洋葱烤肉醬 1/2 杯

## 做法

1. 一字排洗淨，下紹酒及洋葱烤肉醬抹勻，醃 2 小時。
2. 焗盤鋪上錫紙，排上一字排，醬汁留用。
3. 預熱焗爐約 10 分鐘，放入一字排，用 200°C 焗 20 分鐘，翻轉排骨，再掃上餘下之洋葱烤肉醬，用 180°C 焗 15 分鐘至全熟，趁熱享用。

## Ingredients

600 g pork spareribs

2 tbsp Shaoxing wine

1/2 cup onion barbecue sauce

## Method

1. Rinse the ribs. Add Shaoxing wine and onion barbecue sauce. Rub evenly. Leave them for 2 hours.
2. Line a baking tray with aluminium foil. Arrange the ribs on the tray. Keep the sauce for later use.
3. Preheat an oven to 200°C for 10 minutes. Bake the ribs for 20 minutes. Flip the ribs upside down. Brush on the remaining onion barbecue sauce. Bake at 180°C for 15 more minutes until fully done. Serve hot.

## 洋葱烤肉醬

*Onion Barbecue Sauce*

## 材料

洋葱 1/2 個（切絲）

蒜肉 8 粒（拍鬆）

黑胡椒碎 1 茶匙

## 調味汁（拌勻）

蠔油、生抽、紹酒、麥芽糖各 2 湯匙

老抽 2 茶匙

## 做法

燒熱鑊下油 3 湯匙，下洋葱、蒜肉及黑胡椒碎炒香，加入調味汁煮至濃稠，試味，待涼，入瓶，放於雪櫃可儲存 3 天。



### Ingredients

1/2 onion (shredded)  
8 cloves garlic (crushed gently)  
1 tsp ground black pepper

### Seasoning (mixed well)

2 tbsp oyster sauce  
2 tbsp light soy sauce  
2 tbsp Shaoxing wine  
2 tbsp maltose  
2 tsp dark soy sauce

### Method

Heat a wok and add 3 tbsp of oil. Stir fry onion, garlic and black pepper until fragrant. Add seasoning and cook until thick. Taste it. Leave it to cool. Store in sterilized bottles. It lasts in the fridge for 3 days.



### 零失敗技巧 Successful Cooking Skills

若醃味時間不足，怎辦？  
用叉在排骨上戳小孔，令醃料迅速滲入肉內，毋須擔心時間不足。

I'm running out of time and can't marinate the ribs for long. What should I do?

Just pierce the ribs repeatedly with a fork before marinating. That would make the flavour infuse faster and you don't need to worry about insufficient marinating time.

醃一字排骨是否有先後次序？

宜先下酒才下洋葱烤肉醬，因酒可辟去肉類的羶味。

When you marinate the ribs, do you put in the marinade ingredients in a particular order?

I usually add wine first before putting in the onion barbecue sauce. It's because the wine helps remove the gamey taste of the meat.



# 墨西哥芝士紅腰豆薄餅

*Kidney Bean and Cheese Burritos*

## 材料（可製 4 件薄餅）

墨西哥薄餅 4 張  
火腿 100 克  
橄欖油 2 茶匙  
青椒、紅洋蔥 各 1 個（小）  
茄膏 4 湯匙  
罐頭紅腰豆 1/2 罐  
車打芝士 100 克

## 做法

1. 火腿切碎，用橄欖油炒片刻，盛起。
2. 青椒去蒂、去籽；洋蔥去衣，切碎。芝士刨碎。
3. 焗爐調至 190°C，預熱 10 分鐘。
4. 每張墨西哥薄餅塗上茄膏，將火腿碎、洋蔥、青椒、紅腰豆分別放於薄餅上，灑上芝士碎。
5. 放入已預熱的焗爐內焗約 10 分鐘，至芝士溶化和有少許金黃色。



## Ingredients (Makes 4 burritos)

4 flour tortillas  
100 g cooked ham  
2 tsp olive oil  
1 green bell pepper  
1 small red onion  
4 tbsp tomato paste  
1/2 can kidney beans  
100 g cheddar cheese

## Method

1. Chop the ham. Stir fry ham in olive oil. Set aside.
2. Cut off the stem of the green bell pepper. Seed it. Set aside. Peel the onion and chop it. Grate the cheese.
3. Preheat an oven to 190°C for 10 minutes.
4. Spread tomato paste over each tortilla. Arrange ham, onion, green bell pepper and red kidney beans over each tortilla. Sprinkle with cheese on top.
5. Bake in a preheated oven for 10 minutes until cheese melts and lightly browned. Serve.

## 零失敗技巧 Successful Cooking Skills

待芝士焗至溶化時，餅邊又會焦煨，怎麼辦？

可以將錫紙剪一個大孔，覆在薄餅上，只露出餡料，就可避免這情況。

When the cheese melts, the edge of the pizza is charred already. What should I do?

You can cut a hole at the centre of a sheet of aluminium foil. Put it over the pizza exposing only the topping. In that case, the cheese will melt nicely without the edge of the pizza charring.

可以用其他芝士代替嗎？

可以用巴馬臣芝士代替。

Can I use other types of cheese instead?

Yes, you can use grated parmesan instead.



# 鰻魚蕎麥麵卷

Eel and Soba Sushi Rolls



## ☉ 材料 (32 件份量)

蕎麥麵 150 克

菠菜 150 克

雞蛋 2 個

燒鰻魚 1 條

紫菜 4 張

鰻魚汁或萬用汁適量

## ☉ 用具

壽司蓆

## ☉ 做法

1. 蕎麥麵放入沸水煮約 5 分鐘，用水過冷河，盛起。
2. 菠菜洗淨，用沸水燙熟，過冷河待用。
3. 雞蛋拂勻煎成厚蛋皮，切成長條。
4. 鰻魚切長條。
5. 紫菜放於壽司蓆上，然後放上適量蕎麥麵，再放上菠菜、鰻魚、蛋，捲成壽司。
6. 橫切成小件，伴以萬用汁或少許鰻魚汁享用。



### Ingredients (32 rolls can be made)

150 g soba  
150 g spinach  
2 eggs  
1 grilled eel  
4 pieces laver  
some unagi sauce or concentrated dashi

### Utensil

sushi bamboo mat

### Method

1. Blanch soba for 5 minutes. Rinse and remove.
2. Wash spinach. Blanch, rinse and set aside.
3. Whisk eggs. Sauté to make thick egg sheet. Cut into long strips.
4. Cut eel into long strips.
5. Place laver on sushi bamboo mat. Put on suitable amount of soba, then spinach, eel and egg sheet. Roll into sushi.
6. Cut sushi into small pieces. Serve with concentrated dashi or unagi sauce.

### 零失敗技巧 Successful Cooking Skills

萬用汁在哪裏有售？

萬用汁可以購自日式超市，根據指示調稀便可以。

Where can I get the concentrated dashi?

Just get it from Japanese supermarket and dilute it according to the instructions.

菠菜要擠乾水分嗎？

菠菜一定要擠乾水分，否則紫菜會變軟。

Should I squeeze dry the spinach?

Yes. You must squeeze dry the spinach. Otherwise, the Nori seaweed will pick up the moisture and turn soggy.



# 黑芝麻奶凍

*Black Sesame Panna Cotta*



## 材料

鮮奶 1 杯  
忌廉 200 毫升  
糖 80 克  
魚膠粉 1 1/2 湯匙  
黑芝麻醬 2 湯匙

## 做法

1. 鮮奶、忌廉、黑芝麻醬拌勻。
2. 魚膠粉與糖拌勻，加入上述材料中。
3. 用慢火將以上的材料煮熟後，分別舀進小杯內，放入雪櫃雪至凝固即可享用。

## Ingredients

1 cup milk  
200 ml whipping cream  
80 g sugar  
1 1/2 tbsp gelatine  
2 tbsp black sesame paste

## Method

1. Mix milk, whipping cream and black sesame paste together until lump-free.
2. Mix gelatine with sugar. Put them into the black sesame mixture from step 1.
3. Cook the resulting mixture over low heat until it boils. Divide among small containers. Refrigerated until set.

## 零失敗技巧 Successful Cooking Skills

為甚麼選用黑芝麻醬？

因為它較濃縮、味道較香，兼省工夫。

Why do you use black sesame paste instead of grinding the seeds from scratch?

Black sesame paste is concentrated and is very aromatic. It also saves you much work.

為甚麼只將混合料煮熟而不是煮滾呢？

如將混合料煮滾，會令油脂分離，奶凍入口時較粗糙。

Why is the mixture not boiled, but only heated?

If you boil the mixture, the grease will separate. The panna cotta will be lumpy and not velvety after set.



# 楓漿雪芳蛋糕

Maple Chiffon Cake







### 材料 (長方形餅模 1 個 (8 吋 x 3 吋))

麵粉 100 克  
發粉 1 1/4 茶匙  
鹽 1/4 茶匙  
砂糖 100 克  
菜油 45 毫升  
蛋黃 2 個  
鮮奶 45 毫升  
楓漿 3 湯匙  
雲呢拿香油 1/3 茶匙  
蛋白 100 毫升  
他他粉 1/4 茶匙

### 做法

1. 麵粉、發粉及鹽同篩勻，加入糖拌勻。
2. 菜油、蛋黃、鮮奶、楓漿及雲呢拿香油拌勻，傾入做法 (1) 的材料拌勻 (圖 1-2)。
3. 蛋白打至企身，加入他他粉拌勻，再傾入做法 (2) 的材料中拌勻 (圖 3-4)。
4. 餅盆塗油或墊上牛油紙，傾入混合物 (圖 5)，放入預熱焗爐用 190°C 焗約 35 分鐘即可。



1



2



3



4



5



## Ingredients (Makes one 8" x 3" rectangular cake)

100 g flour  
1 1/4 tsp baking powder  
1/4 tsp salt  
100 g sugar  
45 ml vegetable oil  
2 egg yolks  
45 ml milk  
3 tbsp maple syrup  
1/3 tsp vanilla essence  
100 ml egg whites  
1/4 tsp cream of tartar

## Method

1. Sieve flour, baking powder and salt together. Add sugar and mix well.
2. In a separate mixing bowl, mix vegetable oil, egg yolks, milk, maple syrup and vanilla essence. Then stir in the dry ingredients from method (1) and mix well (fig.1-2).
3. In another bowl, beat egg whites until stiff. Add cream of tartar and stir well. Then fold it into the flour mixture from method (2) (fig.3-4).
4. Grease or line a loaf tin with parchment paper. Pour the batter in (fig.5) and bake in a preheated oven at 190°C for 35 minutes.

## 零失敗技巧

### Successful Cooking Skills

為甚麼要先篩勻麵粉、發粉及鹽？

除了可去除雜質、結塊外，也可以令發粉和鹽分佈均勻，對蛋糕是否膨脹均勻和味道是否一致有很大影響。

Why do you sieve the flour with the baking powder and salt together at first?

That would remove any lump or impurities in the dry ingredients. It also helps distribute the salt and baking powder evenly in the flour. This is very important to the consistency of the cake both in terms of flavour and airiness.

蛋白與其他材料拌勻時，有甚麼技巧？

蛋白打至企身，與其他材料拌勻時，宜用橡皮刮刀從底部向上微拌。

When I mix the meringue with other ingredients, is there anything that needs my attention?

Beat the egg whites till stiff. Then add the meringue to the other ingredients and fold the meringue in by scrapping the rubber spatula along the bottom of the bowl and lifting the mixture gently until well incorporated.



# 三莓汁

*Triple Berry Blend*



## 材料

覆盆子、藍莓各 1/2 盒  
蔓越橘汁 1/2 杯  
純味乳酪、粟米片各 1 杯  
蜂蜜 1 湯匙  
冰塊少許

## 做法

1. 洗淨覆盆子、藍莓。
2. 將所有材料和 1/2 杯粟米片放入攪拌機內打至幼滑。
3. 倒入杯內，放入餘下的粟米片即可享用。

## Ingredients

1/2 box raspberries  
1/2 box blueberries  
1/2 cup cranberry juice  
1 cup plain yoghurt  
1 cup cornflakes  
1 tbsp honey  
ice cubes

## Method

1. Rinse the raspberries and blueberries.
2. Put all ingredients and 1/2 cup of cornflakes into a blender. Blend until smooth.
3. Pour into a serving glass and put the remaining cornflakes on top and serve.

## 零失敗技巧 Successful Cooking Skills

### 份量有多少？

大約有 350 毫升，是一杯份量，可以按聚會人數增加食材份量。這果汁充滿清新的覆盆子香氣，面灑上脆脆的粟米片，是 Party 飲品清新之選。

### How much juice does this recipe make?

It makes about 350 ml, which is about the size of a highball glass. You can multiply the amount of ingredients for bigger parties. This juice is full of berry goodies dominated by tart raspberry taste. Sprinkle crunchy cornflakes on top for a refreshing party drink.

### 這果汁可以預先攪拌嗎？

最好是攪拌後隨即飲用，否則營養容易流失，同時奶類製品容易變壞。

### Can I make this juice ahead of time?

No. It works best if you can serve it right after blending it. First off, the nutritional value may be compromised if let stand for too long. Secondly, dairy products in the juice may also go stale if made in advance.



# 小廚房 滋味美食

*Party recipes for the small kitchen*

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