

零失敗
秘方系列

簡易快煮 好味湯餸

Quick and easy tasty meals



- 🔪 適合上班族的快煮小技巧
- 🔪 善用多款煮法，省時方便
- 🔪 食譜做法簡便，快靚正煮一餐

Forms Kitchen 編輯委員會 編



編者話

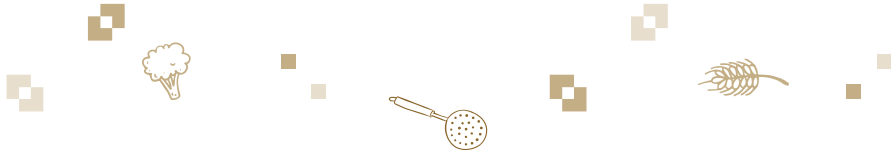
Preface

快煮，滿足急促節奏；慢吃，領略美食真味！

你我都是忙碌的職場都市人，打理完公務，拖着倦極的身軀回家，肚子餓餓怎麼辦？

對自己的身體好一點，美食是穩定情緒的好物。

走進廚房，拋卻日間煩瑣，可嘗試炮製書內的冷盤、蒸饊、小炒、烤物、鍋品及速湯，30 分鐘內，溫暖的美食填滿空洞的肚，感覺滿足多了！書內指導多項快速烹調的小技巧，例如食物先解凍、醃味，或取用預先準備的醬料，只需炒炒煮煮，美食瞬間完成。



**Cook fast, without sacrificing taste or nutritional value.
Eat slow, to appreciate the true flavours.**

All urbanites are busy workers. After a tough day in the office, you drag your exhausted body home. What should you do to feed yourself properly?

You deserve a good meal. Good food always makes you feel happy.

Go straight into the kitchen and forget about your abrasive boss or annoying co-workers. This cookbook includes appetizers, steamed dishes, stir-fries, grills, casseroles and quick soups. That means you're never more than 30 minutes away from home-made comfort food that nourishes the body and soul. Each recipe comes with tips on fast cooking, such as thawing, marinating or making sauces ahead of time. You too can make yourself a tasty dinner in just a few simple steps.



目錄

Contents

教你快煮小竅門 / 6
Tips on Fast Cooking

冷盤・小吃 Appetizers and Snacks

麻辣青瓜 / 8
Cold Cucumber Appetizer Dressed in
Sichuan Pepper Chilli Oil
白烩豬頸肉 / 12
Poached Pork Cheek
毛豆煮烤麩 / 14
Braised Deef-fried Gluten with
Edamame Beans
酸辣四季豆沙律 / 17
Sour and Spicy Snap Bean Salad

小炒・蒸餸 Stir-fries and Steamed Dishes

洋葱牛肉炒番茄 / 20
Stir-fried Beef with
Onion and Tomatoes
金銀檸檬蒸黑鯧魚 / 22
Steamed Black Pomfret with
Salted and Fresh Lemon
乾煸鴛鴦肉 / 24
Sautéed Ostrich Meat
黃金芙蓉魚米 / 27
Stir-fried Fish Dices with Corn Kernels
and Egg Whites
麵醬蒸龍躉腩 / 30
Steamed Giant Grouper Belly in
Soybean Paste
蝦醬蒸豬頸肉 / 32
Steamed Pork Cheek with
Shrimp Paste

黑椒百合牛柳條 / 35
Stir-fried Beef Tenderloin and Lily Bulb
in Black Pepper Sauce
鴛鴦棗蒸文昌雞 / 38
Steamed Wenchang Chicken with
Black and Red Dates
蝦醬炒魷魚筒 / 40
Stir-fried Baby Squids in Shrimp Paste
麵豉啫啫唐生菜煲 / 42
Sizzling Chinese Lettuce Casserole
with Soybean Paste

煎焗 Fried Food and Grills

椒鹽雞中翼 / 44
Fried Mid-joint Chicken Wings with
Peppered Salt
蕉葉烤鱼 / 46
Baked Sole Fillet with Banana Leaf
焦糖香葱燒排骨 / 49
Caramel Roasted Pork Spareribs
煎三文魚柳 / 52
Fried Salmon Fillets
豆漿芝士焗西蘭花 / 54
Baked Broccoli with Soybean Milk
and Cheese
照燒汁鯖魚 / 56
Fried Mackerel in Teriyaki Sauce

燜煮・鍋物 Stewed Dishes and Casserole

九層塔煮雞球 / 58
Three-cup Chicken with Thai Basil



紅酒牛柳芥蘭鍋 / 60

Beef Tenderloin Casserole with
Kale and Red Wine

簡易沙薑汁浸雞髀 / 62

Chicken Legs in Spice Ginger Sauce

枝竹酸菜魚腩煲 / 65

Grass Carp with Tofu Stick and
Pickled Vegetable in Clay Pot

日式咖喱蘋果雞 / 68

Japanese Apple Chicken Curry

豆漿鮮淮山雞肉鍋 / 70

Yam and Chicken Nabemono with
Soybean Milk

鮮蝦麻婆豆腐 / 72

Stir-fried Tofu with Shrimps

三蔥焗雞 / 74

Stewed Chicken with Assorted Onions

滾湯

Quick-boiled Soups

杞子枸杞菜魚尾湯 / 76

Fish Tail Soup with Qi Zi and
Wolfberry Vine

節瓜鹹蛋湯 / 78

Chinese Marrow Soup with Salted Egg

香芹胡椒豆腐蜆湯 / 80

Clam Soup with Tofu and
Chinese Celery

紫菜蘿蔔肉碎味噌湯 / 82

Miso Soup with Seaweed, White Radish
and Pork

木棉魚大豆芽番茄湯 / 84

Big-eye Fish Soup with
Soybean Sprout and Tomato

芫茜皮蛋魚片湯 / 86

Grass Carp Soup with Coriander and
Century Egg

蝦仁雪耳羹 / 89

Shrimp and White Fungus Thick Soup

芥菜排骨湯 / 92

Sparerib Soup with Mustard Greens

韓式海鮮湯 / 94

Korean Seafood Soup

菠菜豬潤湯 / 96

Pork Liver Soup with Spinach

苦瓜鹹菜海魚湯 / 98

Fish Soup with Bitter Melon and
Salted Mustard Green

紅蘿蔔竹蔗馬蹄湯 / 100

Water Chestnut Soup with Carrot and
Sugarcane

洋葱番茄薯仔牛肉湯 / 102

Beef Soup with Onion, Tomato and
Potato

鹹菜桂花魚湯 / 104

Chinese Perch Soup with
Salted Mustard Greens

冬瓜海鮮湯 / 106

Winter Melon and Seafood Soup

草菇肉絲豆腐羹 / 108

Tofu Thick Soup with Straw Mushroom
and Pork

淮山紅菜頭葉素菜湯 / 110

Vegetable Soup with Beetroot Leave
and Yam



教你快煮小竅門

Tips on Fast Cooking

要有效地短時間煮一餐，只要懂得適當地運用煮食技巧及方法，下班後煲湯煮餸不再是麻煩事，反而令你大有滿足感！

準備篇

- 需要解凍的肉類或海鮮，宜早一晚放於雪櫃下層自然解凍，翌日可即時煮吃。
- 預計需長時間醃製的食材，可前一天醃味，免卻當天醃製時間不足。
- 選擇周末或周日一次性地選購食材，除可節省成本外，以免下班後緊迫的時間。
- 煮好醬料放於雪櫃，如番茄醬、肉醬、南瓜汁等，可隨時取用配搭各款材料。

煮食篇

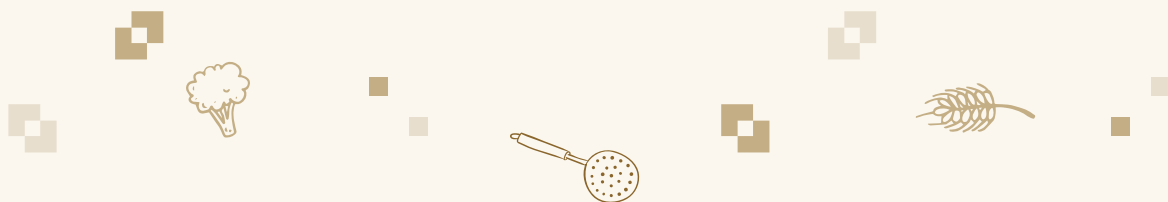
- 預早煮好冷盤小食，晚餐當天取出即可食用，成為晚餐的其中一道美食，節省烹調時間。

- 用多款材料煮成的鍋物，最適合時間緊湊的都市人，一鍋有菜有肉的熱辣美食，滿足晚餐的營養要求。
- 妥善運用多種廚具幫忙，同一時間蒸、燜、焗、炒，以免浪費時間。

滾湯篇

- 由於煲湯時間少，建議材料切薄或切成小塊，容易入味、煮熟。
- 魚類是滾湯常用的材料，鮮甜美味，而且所需時間不多，海魚及淡水魚皆可。
- 可加入瓜菜、肉類、魚、海鮮等材料，一併喝湯、吃料及伴飯吃，毋須烹調其他餸菜，成為簡單的一餐。





To create a meal within a short period of time, you need to cook and prepare the food wisely. It's not troublesome at all to make soup after work if you know the tricks. You may even derive much satisfaction from it.

Preparations

- All meat or seafood that need to be thawed should be moved from the freezer to the refrigerator the night before for slow and safe defrosting. You can use it the following night right away.
- Ingredients that take time to marinate should be marinated one night ahead, so that they have enough time to pick up the seasoning.
- Shop for grocery in bulk once a week on Saturday or Sunday. You can save some money that way and you don't need to waste time on grocery shopping after work on weeknights.
- Make a range of sauces in advance and store them in the fridge. Sauces such as tomato sauce, meat sauce or pumpkin sauce work on many different ingredients. They instantly add flavours and depth to any food you make.

Cooking

- Make cold appetizers ahead and refrigerate them. Pick one and serve as one course on weeknights. That saves you much time.

- Make a casserole with various ingredients. This is the perfect one-pot quick fix for any urbanite pressed for time. You'd get veggies, meat and starch in one pot, fulfilling your nutritional requirements.
- Make good use of cooking tools. Use one stove for steaming or stewing and the other for stir-frying while another dish is being baked in the oven. That's how you save time.

Quick-boiled soups

- As the ingredients are not cooked for too long in the soup, you should dice them or slice them finely, so that the flavours are infused and the ingredients are cooked more quickly.
- Fish is a great ingredient for making quick soups. It takes just a short while to cook and it tastes rich and flavourful. You may use marine fish or freshwater fish for soups.
- Add meat, veggies, fish or seafood to the soup. Serve the soup with rice and eat the solid ingredients also. That makes a meal in itself and you don't need to make any other dishes.



麻辣青瓜

Cold Cucumber Appetizer
Dressed in Sichuan Pepper Chilli Oil



10 分鐘

烹調時間



材料

溫室小青瓜半斤
雲耳 1/3 兩
蒜茸 2 茶匙

醃料

麻香辣椒油 2 茶匙（參考 p.10）
麻油 2 茶匙
鹽、糖各半茶匙

做法

1. 雲耳用水浸軟，去硬蒂，洗淨，飛水，過冷河。
2. 小青瓜洗淨，切去頭尾兩端，用刀拍裂，再切成塊。
3. 將青瓜塊、雲耳、蒜茸及醃料放於容器內拌勻，冷藏後即可食用。

Ingredients

300 g hothouse baby cucumbers
13 g cloud ear fungus
2 tsp finely chopped garlic

Marinade

2 tsp Sichuan pepper chilli oil (refer to p.10)
2 tsp sesame oil
1/2 tsp salt
1/2 tsp sugar

Method

1. Soak the cloud ear in water until soft. Cut off the tough roots. Rinse well. Blanch in boiling water. Rinse with cold water.
2. Rinse the cucumbers. Cut off both ends and crush them with the flat side of a knife. Then cut into pieces.
3. Put the cucumber, cloud ear fungus, garlic and marinade into a container. Mix well. Refrigerate briefly. Serve.

1



2



3



4





麻香辣椒油

Sichuan Pepper Chilli Oil



材料

川椒粒 4 湯匙
指天椒 4 兩
豆豉 1 湯匙
蝦米 2 湯匙
乾蔥茸 2 湯匙
蒜茸 1 湯匙
粟米油 1.5 杯

調味料

鹽 1 茶匙
糖 1 茶匙
生抽 1 湯匙

做法

1. 蝦米洗淨，切碎；豆豉用水沖洗，切碎；指天椒洗淨，去蒂、切碎。
2. 燒熱油 1.5 杯，下川椒粒用小火炸至散發香味，隔去大部份川椒粒，下蝦米、指天椒及乾蔥茸，用小火炒至帶香味，加入豆豉及蒜茸炒勻，最後下調味料煮 5 分鐘（整個炒煮過程約 15 至 20 分鐘），待涼，入瓶儲存。

Ingredients

4 tbsp Sichuan peppercorns
150 g bird's eye chillies
1 tbsp fermented black beans
2 tbsp dried shrimps
2 tbsp finely chopped shallot
1 tbsp finely chopped garlic
1.5 cups corn oil

Seasoning

1 tsp salt
1 tsp sugar
1 tbsp light soy sauce

Method

1. Rinse the dried shrimps and chop them finely. Rinse the fermented black beans with water and then chop them finely. Rinse the bird's eye chillies. Cut off the stems and chop finely.
2. Heat a wok and pour in 1.5 cups of oil. Fry the Sichuan peppercorns over low heat until fragrant. Set aside most of the Sichuan peppercorns with a strainer ladle. Add dried shrimps, bird's eye chillies and shallot. Stir fry over low heat until fragrant. Add fermented black beans and garlic. Stir well. Add seasoning at last and cook for 5 minutes. (The whole cooking step takes about 15 to 20 minutes.) Leave it to cool. Transfer into sterilized bottle.



零失敗技巧 Successful cooking skills

為何雲耳先飛水？

這是涼拌菜，建議雲耳飛水煮透，以去除菇菌的霉味。

Why do you blanch the cloud ear fungus first?

This is a cold appetizer. Thus, it's advisable to blanch the cloud ear fungus to cook it through, so as to remove its mouldy taste.

為何青瓜用刀拍裂，而非切塊？

用刀拍裂的青瓜，咬入口質感佳，而且帶鬆脆的口感。

Why do you crush the cucumber, but not cutting it?

Crushing the cucumber with the flat side of a knife makes it crack along its natural grain. The cucumber tends to have better mouthfeel with a lovely crunch.

炒煮麻香辣椒油，有何注意之處？

炒川椒粒時，必須注意火候，用小火炒透，別冒大煙及炒焦，時間太久令油帶苦澀味。此汁放於雪櫃可儲存半年，炒煮或蘸汁皆可。

Is there anything that needs my attention when I make the Sichuan pepper chilli oil?

When you stir-fry the Sichuan peppercorns, pay attention to the heat you use. Do it over low heat without burning them or making them smoke. Otherwise, the chilli oil will end up tasting bitter. This dressing lasts in the fridge for 6 months. You can use it as a dip or a condiment for other dishes.



乾煸鸵鳥肉

Sautéed Ostrich Meat

1

15 分鐘
烹調時間





材料

急凍鸵鳥肉 200 克
 洋葱半個（切幼絲）
 紅蘿蔔 1/4 個（切幼絲）
 中芹 2 棵（去葉，切度）
 蒜茸 2 茶匙
 薑絲 1 湯匙
 辣豆瓣醬 1.5 茶匙
 磨豉醬 1 茶匙
 紹酒 1 茶匙

醃料

鹽及糖各半茶匙
 生抽、紹酒及粟粉各 1 茶匙
 麻油及胡椒粉各少許
 水 1 湯匙

調味料

鹽 1/4 茶匙
 糖 1 茶匙
 生抽 1 茶匙
 粟粉 1 茶匙
 水 2 湯匙
 麻油及胡椒粉各少許

做法

1. 鸵鳥肉放於雪櫃下層自然解凍，洗淨，抹乾水分，切成幼條，下醃料拌勻。
2. 燒熱油 1 湯匙，下洋葱絲、蒜茸及薑絲略炒，加入鸵鳥肉略煎兩面，推散輕炒。
3. 加入辣豆瓣醬及磨豉醬炒勻，瀝紹酒，下紅蘿蔔絲及中芹絲拌勻。
4. 最後加入調味料拌炒片刻，上碟享用。

Ingredients

200 g frozen ostrich meat
 1/2 onion (finely shredded)
 1/4 carrot (finely shredded)
 2 stalks Chinese celery (leaves removed; sectioned)
 2 tsp finely chopped garlic
 1 tbsp shredded ginger
 1.5 tsp chilli bean sauce
 1 tsp ground bean sauce
 1 tsp Shaoxing wine

Marinade

1/2 tsp salt
 1/2 tsp sugar
 1 tsp light soy sauce
 1 tsp Shaoxing wine
 1 tsp cornflour
 sesame oil
 ground white pepper
 1 tbsp water

Seasoning

1/4 tsp salt
 1 tsp sugar
 1 tsp light soy sauce
 1 tsp cornflour
 2 tbsp water
 sesame oil
 ground white pepper



Method

1. Defrost the ostrich meat in the lower chamber of the refrigerator. Rinse and wipe dry. Cut into thin strips. Mix with the marinade.
2. Heat up 1 tbsp of oil. Slightly stir-fry the onion, garlic and ginger. Add the ostrich meat and fry both sides lightly. Scatter and stir-fry gently.
3. Add the chilli bean sauce and ground bean sauce. Stir-fry evenly. Sprinkle with Shaoxing wine. Put in the carrot and Chinese celery. Mix well.
4. Finally add the seasoning and stir-fry for a moment. Serve.

零失敗技巧 Successful cooking skills

切鴛鴦肉有何技巧？

鴛鴦肉緊記順橫紋切條，並用洋蔥、蒜茸及薑絲起鑊，能享受美味細緻的鴛鴦肉。

Is there any trick in slicing ostrich meat?

When you slice ostrich meat, make sure you cut it across the grain into strips. Stir-fry onion, garlic and shredded ginger until fragrant before you put it in the wok. That's the trick to tender and delicious ostrich meat.

如何將鴛鴦肉炒得嫩滑？

鴛鴦肉的肉質比牛肉更容易處理，只要略煎兩面，推散略炒，鴛鴦肉嫩滑好吃。另外，加入少許水分醃味，可增加鴛鴦肉的滑嫩口感。

How to make stir-fried ostrich meat soft and gentle?

Ostrich meat is easier than beef in treatment. Slightly fry both sides; scatter and then slightly stir-fry. The ostrich meat will be tender and flavourful. Also, adding a little water to marinate the meat will enhance the smooth taste.

這道菜的要點是甚麼？

這道菜的烹調時間毋須太久，緊記快速兜炒，而且先下洋蔥爆香，令鴛鴦肉帶洋蔥的甜香味。

What is the cooking main point of this dish?

This dish does not need to be cooked for too long. Remember to stir-fry quickly and stir-fry the onion first until it is fragrant. It gives the ostrich meat a sweet onion flavour.



蕉葉烤魚

Baked Sole Fillet with
Banana Leaf



30 分鐘

烹調時間



材料

龍脷柳 2 件（8 兩）
 乾葱茸 1 湯匙
 蒜茸 1 湯匙
 蕉葉 1 張
 青檸 1 個（切角）

醃料

鹽半茶匙
 胡椒粉半茶匙
 魚露 2 茶匙
 油 2 茶匙

做法

1. 龍脷柳解凍，洗淨，吸乾水分，加入醃料、乾葱茸及蒜茸醃 15 分鐘。
2. 蕉葉裁剪成 30 厘米 x 30 厘米正方形（共 2 張），洗淨，飛水，取出備用。
3. 魚柳放於蕉葉（啞色面），摺入蕉葉，包成長方形，用牙籤固定兩端，包成兩份。
4. 將蕉葉魚包放入已預熱之焗爐，用 220°C 焗約 18 分鐘至熟透，取出，灑入青檸汁伴食。



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Ingredients

- 2 pieces sole fillet (300 g)
- 1 tbsp finely chopped shallot
- 1 tbsp finely chopped garlic
- 1 banana leaf
- 1 lime (cut into wedges)

Marinade

- 1/2 tsp salt
- 1/2 tsp ground white pepper
- 2 tsp fish sauce
- 2 tsp oil

Method

1. Defrost sole fillet. Rinse and wipe dry. Marinate together with finely chopped shallot and finely chopped garlic for 15 minutes.
2. Trim banana leaf into 2 squares of sizes 30 cm by 30 cm. Rinse and scald. Set aside.
3. Put sole fillet on top of the banana leaf (coarse side). Fold up into rectangular shaped and fix the ends with toothpicks. Make 2 sets altogether.
4. Bake the wrapped sole fillet in an oven at 220°C for about 18 minutes until done. Sprinkle over lime juice and serve.

零失敗技巧 Successful cooking skills

哪裏購買蕉葉？若買不到，可用其他葉片代替嗎？

蕉葉於泰式雜貨店有售，價錢相宜，也可用樓葉或荷葉代替。

Where to buy banana leaf? If it cannot be found, can it be replaced with other leaves?

Banana leaf can be bought from Thai grocery stores and its price is reasonable. Or it can be replaced with wrapping leaves for rice dumplings or lotus leaves.

蕉葉必須飛水嗎？

當然，令蕉葉軟身，容易包裹。

Is it a must to scald banana leaf?

Of course. Scalding softens the leaf so that it is easy for wrapping.



九層塔煮雞球

Three-cup Chicken
with Thai Basil

25 分鐘
烹調時間



材料

鮮雞半隻
青、紅甜椒各半個
九層塔 2 棵
薑 10 片
蒜肉 8 粒

三杯醬

麻油、紹酒、生抽各 3 湯匙
冰糖 1 湯匙（舂碎）

做法

1. 青、紅甜椒去籽，洗淨，切塊；九層塔摘取葉片，洗淨備用。
2. 鮮雞洗淨，抹乾水分，斬件。
3. 燒熱鑊下油 2 湯匙，放入甜椒炒片刻，盛起。原鑊下麻油、薑片及蒜肉炒香，加入雞塊、紹酒、生抽及冰糖拌勻煮熟，最後下甜椒及九層塔炒勻即成。



Ingredients

1/2 freshly slaughtered chicken
1/2 red bell pepper
1/2 green bell pepper
2 sprigs Thai basil
10 slices ginger
8 cloves skinned garlic

Three-cup sauce

3 tbsp sesame oil
3 tbsp Shaoxing wine
3 tbsp light soy sauce
1 tbsp rock sugar (crushed)

Method

1. Seed the bell peppers. Rinse well and cut into pieces. Pick the leaves off the basil. Discard the stems. Rinse the basil leaves and set aside.
2. Rinse the chicken and wipe dry. Chop into pieces.
3. Heat a wok and add 2 tbsp of oil. Stir fry the bell pepper briefly. Set aside. In the same wok, add sesame oil, ginger slices and garlic. Stir fry until fragrant. Put in the chicken pieces, Shaoxing wine, light soy sauce and rock sugar. Stir well and cook until chicken is done. Add bell pepper and basil leaves at last. Stir to mix well. Serve.

零失敗技巧

Successful cooking skills

為何使用大量薑片及蒜肉？

薑片及蒜肉等料頭能增添菜式的香味，煮後的薑及蒜更是此菜主角，比雞肉更美味。

Why do you use so much garlic and ginger?

Aromatics like garlic and ginger add fragrance to the dish. In this recipe, the ginger and garlic actually pick up much flavour from the chicken and taste better than the chicken.

只取用九層塔的葉片嗎？

摘取後的九層塔葉片，更能散發獨有香氣。

Why do you use the leaves of the Thai basil only?

The essential oil and volatile fragrance of the basil are released when the leaves are plucked off the stems.

為何用麻油代替生油炒煮雞塊？

三杯醬採用麻油炮製，故一併以麻油炒雞塊，令雞塊散發陣陣麻油香味，令餸菜更香、更惹味，甚至有補身的功效！

Why do you fry the chicken in sesame oil instead of cooking oil?

Sesame oil is the soul of the Three-cup sauce. That's why I fry the chicken in sesame oil to add fundamental warmth in palate that echoes with the sauce. The dish will taste better and smell divine, while having tonifying quality.



簡易沙薑汁浸雞髀

Chicken Legs in
Spice Ginger Sauce



25 分鐘
烹調時間



材料

鮮雞髀 2 隻（約 12 兩）
八角 2 粒
薑 2 片
沙薑粒 4 粒
芫茜 1 棵

調味料（1）

鹽 1 3/4 湯匙
生抽及老抽各半湯匙
糖 3/4 茶匙
清水 3 杯（750 毫升）

調味料（2）

浸雞髀汁 4 湯匙
麻油 1 茶匙
糖 1/3 茶匙

做法

1. 雞髀洗淨，抹乾水分，用竹籤在雞髀厚肉部分大力戳上小孔。
2. 熱鍋下油，下薑片、八角及沙薑粒爆香，傾入調味料（1）煮滾，放入雞髀用慢火煮 15 分鐘，關火，再燜 10 分鐘，浸雞汁留用。
3. 雞髀待涼，斬件，排在碟上。
4. 煮滾調味料（2），澆在雞髀上，以芫茜裝飾即可。

Ingredients

2 fresh chicken legs (about 450 g)
2 star anise
2 slices ginger
4 whole spice ginger
1 stalk coriander

Seasoning (1)

1 3/4 tbsp salt
1/2 tbsp light soy sauce
1/2 tbsp dark soy sauce
3/4 tsp sugar
3 cups water (750 ml)

Seasoning (2)

4 tbsp sauce from soaking chicken legs
1 tsp sesame oil
1/3 tsp sugar

Method

1. Rinse the chicken legs. Wipe dry. Pierce holes in the thick part of the meat with a bamboo skewer heavily.
2. Add oil in a heated pot. Stir-fry the ginger, star anise and spice ginger until aromatic. Pour in the seasoning (1) and bring to the boil. Put in the chicken legs and cook over low heat for 15 minutes. Turn off heat. Rest for 10 minutes with a lid on. Reserve the sauce for later use.
3. When the chicken legs cool, chop into pieces and arrange on a plate.
4. Bring the seasoning (2) to the boil. Sprinkle over the chicken legs. Decorate with the coriander. Serve.



1



2

☉ 零失敗技巧 ☉ Successful cooking skills

為何在雞髀上戳上小孔？（圖 1）

令調味香料容易浸入雞肉，美味無窮！

Why pierce holes in the chicken leg? (picture 1)

This is to allow the seasoning penetrate the meat. Yummy!

有何小秘技令雞髀的賣相更美觀？

雞皮受熱後容易收縮捲起，建議用牙籤將雞髀頂部的雞皮及雞肉串起（圖 2），以免雞皮捲縮，令賣相不佳。

Any secret to make the chicken legs look gorgeous?

The chicken skin when heated will contract and curl. It is better to skewer the skin and meat at the top of the chicken leg with a toothpick (picture 2). It will have a better presentation with the skin flattened.

簡單的浸雞髀方法，烹調時間多久？

由於雞髀毋須醃製，而浸煮的過程只需 25 分鐘，輕輕鬆鬆就可品嚐美食，適合繁忙的下班一族。

How long will it take to make this simple dish?

It will take only 25 minutes to make the dish as the marinating process is skipped – simple, easy, and tasty!



香芹胡椒豆腐蜆湯

Clam Soup with Tofu and
Chinese Celery

15 分鐘
烹調時間

材料

蜆 300 克
芹菜 1 棵
豆腐 1 磚
胡椒粒 1 湯匙
薑 2 片
魚湯或上湯 3.5 杯

調味料

魚露 2 茶匙
鹽適量
胡椒粉適量

做法

1. 蜆用沸水灼至半開口，盛起。
2. 芹菜洗淨，切段；豆腐切小粒。
3. 燒熱少許油，加入胡椒粒略炒，倒入湯、薑片煮滾。
4. 加入蜆、豆腐粒和芹菜，煮至大滾，加入調味料拌勻即可享用。





Ingredients

300 g clams
1 sprig Chinese celery
1 cube tofu
1 tbsp whole peppercorns
2 slices ginger
3.5 cups fish stock or stock

Seasoning

2 tsp fish sauce
salt
ground white pepper

Method

1. Boil clams until the shells half-opened. Remove and set aside.
2. Rinse Chinese celery and cut into sections. Dice tofu
3. Heat oil and stir fry peppercorns briefly. Add stock and ginger and bring to boil.
4. Add clams, tofu and Chinese celery. Bring to boil and add seasoning. Serve.

零失敗技巧

Successful cooking skills

先將蜆灼至半開口，有何好處？

可挑出已死的蜆，而且最後煲煮時，時間毋須太久。

Why do you blanch the clams until the shells are half-open?

You can then fetch and screen those dead ones. This step also helps pre-cook the clams and shortens the cooking time at last.

胡椒粒需要先略炒？

輕輕爆炒胡椒粒，令胡椒味散發出來。

Why do you toast the peppercorns briefly before use?

Gently toasting the peppercorns over low heat helps release their aroma better.

這款湯適合下班後烹調嗎？

絕對合適！做法簡易，而且包含蜆、菜及豆製品，配米飯享用，可品嘗豐富的湯饌晚餐。

Is it a good dinner recipe after a busy day of work?

Absolutely. It's easy and it contains animal protein, vegetables and soy products. It goes well with steamed rice and makes a great soup-meal after work.



韓式海鮮湯

Korean Seafood Soup

25 分鐘
烹調時間



材料

中蝦 8 隻
蜆 300 克
大豆芽 100 克
京蔥 1 棵
鹹蝦仔 2 茶匙
薑數片
麻油 1 湯匙
韓式辣醬 1 湯匙

調味料

鹽適量
醬油 2 茶匙

做法

1. 中蝦及蜆洗淨。
2. 京蔥斜切；大豆芽沖淨。
3. 燒熱麻油，將中蝦略煎盛起。加入薑、鹹蝦仔和韓式辣醬炒片刻，下大豆芽、水 3.5 杯煮約 10 分鐘，加入蜆，待蜆開口，下其餘材料和調味料即可享用。



Ingredients

8 prawns
300 g clams
100 g soybean sprouts
1 sprig Peking scallion
2 tsp salted tiny shrimps
ginger slices
1 tbsp sesame oil
1 tbsp Korean chilli paste

Seasoning

salt
2 tsp soy sauce

Method

1. Rinse the prawns and clam shells.
2. Cut the scallion diagonally. Rinse the soybean sprouts.
3. Heat sesame oil and briefly fry prawns and remove. Stir fry ginger, salted tiny shrimps and Korean chilli paste. Add soybean sprouts and 3.5 cups of water and cook for 10 minutes. Add clams and cook until the shells are fully opened. Add the remaining ingredients and seasoning. Serve.

零失敗技巧 Successful cooking skills

鹹蝦仔哪裏有售？

鹹蝦仔於雜貨店有售，體積雖小，但鹹香味濃郁。

Where can I buy the salted tiny shrimps?

Salted tiny shrimps are available in grocery stores. Although they are small in size, they give a sufficient amount of tanginess.

如何令海鮮湯更濃郁好味？

建議先將蝦、鹹蝦仔及韓式辣醬等材料炒香，煲煮後鮮味充足，惹味可口。

How do you make this soup richer and tastier?

Stir-fry the shrimps, salted tiny shrimps and other seafood in Korean chilli paste until fragrant first. That would bring out the flavours of the seafood and make the soup tastier.



簡易快煮 好味湯餸

Quick and easy tasty meals

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鳴謝以下作者提供食譜（排名不分先後）：
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下班後想吃美味的住家飯餸，不再是幻想！

參考本書的食譜及竅門～先醃味、預備醬料、巧用不同廚具烹調，下班回家可短時間品嘗悠閒晚餐，一道熱辣辣的湯及餸，是繁忙工作後的心靈療劑。

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Just follow the steps and tips in this cookbook. Marinate the ingredients. Make the sauce. Use cooking tools wisely. Then you can create a wonderful meal at home quickly after work too. A pot of piping hot soup with all the nutrients and the dishes you need are the perfect comfort food after a hectic day.



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