



零失敗  
秘方系列



# 煮出香濃 伴飯餸

*Rich and delectable home dishes*



- 🍴 37 道酥香、甜酸、香辣好味餸
- 🍴 介紹多項增添惹味的小竅門
- 🍴 以天然、原味配料帶出餸菜精華

Forms Kitchen 編輯委員會 編



## 編者話

### *Preface*

肉香、海鮮濃、咖喱惹味……每一口，都令人吃上癮。

香濃的菜式不是單靠醬料就能成事，還要考慮材料如何選擇、配料如何搭配、料頭調味如何適當加添……惹味的餸菜不難出現在你家的飯桌上。

任何食材，都可變成惹味菜式的主角，簡單如一個雞蛋、一盤蜆仔等，配上自家調配的醬汁或天然香料，加上烹煮的巧手及心意，在家炮製鮮香濃味的餸菜又有何難度？

今晚就來變身大廚，為你的惹味晚餐揭開序幕吧！

**Rich and tangy meat dishes, sweet and flavoursome seafood, spicy and fragrant curry... Just one bite is enough to get you addicted.**

A rich and flavoursome dish isn't always the sole effort of a good sauce. You must formulate the right combination of key ingredients, side ingredients, aromatics and seasoning. Dishes that pack oomph and big flavours aren't that difficult to turn out from your kitchen if you know the tricks.

Any ingredient can be the hero of a flavoursome dish. Even an egg or a bowl of clams that seem unspectacular on their own, can use a makeover to be a shining star, as long as you pair them with the right homemade sauces or natural spices, and cook them with the right techniques and with all your heart. You're never more than a corner away from a smorgasbord bursting with bold flavours.

So, get in the kitchen now and start building layers of flavours for your loved ones.



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## 美味秘笈： 為菜式加添惹味元素

*Tricks to bold flavours:  
adding an oomph to your dishes*

想炮製惹味香濃的餸菜，一般人想到的是依賴醬料，拌一勺香醬令菜式生色不少。其實，利用其他天然材料或香料，任何簡單的菜式都成為「超級」好餸，來吧！一起為入廚增長知識！

- 大量使用料頭，如薑、蔥、蒜、乾蔥頭、京蔥等，熱油爆炒香氣四溢，再配上肉類或主料同煮，提升不少香味。
- 選用自家調配的醬料，鹹味及油分可自行控制，可變出獨一無二的醬汁來，令煮餸事半功倍。
- 多選用天然香料及醬汁，如芫茜、黑椒、羅望子、香茅、辣椒、花椒、金不換等，為餸菜帶來意想不到的驚喜。
- 啤酒、南乳及腐乳等發酵食材，其濃郁的味道，是令餸菜惹味的另一元素。
- 橙、檸檬、柑桔、菠蘿、玫瑰花蕾等散發清香氣味，加添菜式內烹調，為材料增添幽香的味道，令人難忘！
- 嗜辣的話，咖喱、紅辣椒、黑椒、川椒必定不好缺少，用油爆炒後煮成醬汁更加美味，辣度自行調校，伴白飯吃一流！
- 即使購買冰鮮食材，處理好解凍、去除冷藏味及醃味等步驟，同樣嘗到香濃的美味菜式。

**When people think of richly flavoured dishes, most of them would look for pre-made sauces in a bottle. Just a spoonful of sauce would shift the flavour profile and give a dish a lot more character. In fact, you can turn any simple home-style dish into a stellar creation with natural condiments and spices. Let's learn and be a better cook.**

- You may use aromatics, such as ginger, spring onion, garlic, shallot or Peking scallions, generously to add aromas and flavours. Just fry them in hot oil until fragrant before adding meat or other key ingredients.
- You may make your own sauces so that you have control over the saltiness and the amount of oil used, and customize the taste according to your needs. With your homemade sauces in the fridge, you can easily and conveniently season your dishes.
- Natural spices and condiments are a great source of flavours. Try coriander, black pepper, tamarind, lemongrass, chilli, Sichuan peppercorns or Thai basil. They would bring pleasant surprise to your palate.
- Fermented food items such as beer, fermented tarocurd and fermented tofu have a complex taste profile themselves, with a characteristic richness. They could add zing to the food instantly.
- Food items with essential oil, such as orange, lemon, kumquats, pineapple, and rose buds carry a refreshing and light fragrance. They also add a fruitiness or floral nose to your dish, making it unforgettable.
- Those who want more heat in their food aren't strangers to piquant ingredients like curry, red chillies, black pepper and Sichuan peppercorns. Just fry them in hot oil until fragrant and make a sauce with them. Adjust the amount used for your preferred spiciness. They make great dishes to go with rice.
- You don't always need to use fresh ingredients for heavily seasoned dishes. Frozen or chilled ingredients work equally well if you thaw them correctly and marinate them to remove the unpleasant smell of frozen food.





# 乾煎大蝦伴鹹檸檬醬

*Seared Prawns with Salted Lemon Dip*





## 材料 (3 至 4 人份量)

新鮮大蝦 6 隻 (約 12 兩)

乾粟粉適量

## 醃料

胡椒粉少許

## 蝦頭調味料

鹽、胡椒粉各少許

## 蘸汁調味料

鹹檸檬 1/4 個 (見 p.16)

糖 2 茶匙

檸檬汁 2 湯匙

凍開水 2 湯匙

## 做法

1. 鹹檸檬去核，切碎，加入調味料，放於攪拌機打成茸作蘸汁，備用。
2. 大蝦剝去蝦頭（留用），挑腸，洗淨，去蝦殼、留蝦尾。由蝦背剝雙飛，拍扁，下醃料拌勻醃片刻。
3. 蝦頭洗淨，抹乾水分，放入油鑊煎至金黃全熟，盛起，下調味料拌勻。
4. 全隻蝦蘸上乾粟粉，炸至金黃全熟，隔油，排上碟，伴蝦頭及蘸汁食用。

## Ingredients (Serves 3-4)

6 fresh large prawns (450 g)

cornflour

## Marinade

ground white pepper

## Seasoning for prawn heads

salt

ground white pepper

## Dipping sauce

1/4 salted lemon (see p.16)

2 tsp sugar

2 tbsp lemon juice

2 tbsp cold drinking water

## Method

1. To make the dipping sauce, seed the salted lemon and finely chop it. Add the remaining ingredients for the dip. Puree in a blender. Set aside.
2. Remove the heads of all prawns and keep them for later use. Devein the prawns and rinse well. Shell them but keep the tail intact. Make a cut along the back of each prawn to butterfly it. Pat gently with the flat side of a knife. Add marinade and stir well.
3. Rinse the prawn heads well. Wipe dry. Fry in oil until golden and done. Drain. Add seasoning and stir well.
4. Coat the prawns lightly in cornflour. Deep fry in hot oil until golden and done. Drain. Arrange on a serving plate. Place the prawn heads on dish and serve the dipping sauce on the side.



## \* 鹹檸檬製法

*Making salted lemon*



乾煎大蝦伴鹹檸檬醬

### 材料

檸檬 10 個

粗鹽 2 磅（或適量）

### 做法

1. 檸檬洗淨外皮，風乾一晚至乾透。
2. 玻璃瓶內鋪入一層粗鹽，排入檸檬及粗鹽（至排入全部檸檬），最後面層鋪滿粗鹽，以免檸檬發霉。

### Ingredients

10 lemons

900 g coarse salt (enough to cover all lemons)

### Method

1. Rinse the lemons and leave them to dry overnight.
2. In a sterilized glass container, pour in a layer of coarse salt. Arrange lemons on top of the salt. Top with another layer of salt. Repeat this step until all lemons are used. Top generously with a last layer of salt to cover all lemon well. The lemon might turn mouldy if exposed to air.

### 零失敗技巧 **Successful Cooking Skills**

醃製檸檬有何成功要訣？

宜洗淨檸檬外皮，風乾一晚，待外皮呈少許皺紋，再用粗鹽長時間醃製。

What is the technique for marinating the salted lemon?

Rinse the lemons well and leave them to dry overnight. Their peels would turn slightly wrinkly. Then pickle them in salt for a long time.

蝦剗雙飛後，為何要輕輕拍扁？

用刀輕拍蝦隻，令蝦筋鬆斷，乾煎後令肉質收縮，外型美觀。

Why do you pat the prawns lightly after butterflying them?

Patting them with the flat side of a knife helps break the tendon on the prawns. The flesh will shrink after it is cooked and gives a better presentation.

蘸汁調味料為何加入檸檬汁？

令醬汁多一分層次，提升檸檬的鮮味，令檸檬蘸醬更香濃。

Why do you add lemon juice to the dip?

It adds another dimension to the dip by accentuating the zesty lemon flavour. The dip will taste stronger and richer this way.



# 京蔥孜然羊肉片

## Lamb and Peking Scallion with Cumin Powder

### 材料（4 人份量）

急凍羊肩肉或羊腩肉 300 克  
京蔥 1 棵（切斜段）  
蒜茸 2 茶匙  
孜然粉及紅椒粉各 1/3 茶匙  
荷葉餅 6 塊

### 醃料

鹽半茶匙  
生抽 2 茶匙  
糖半茶匙  
胡椒粉及麻油各少許  
紹酒 1 茶匙  
蛋白 1 湯匙  
孜然粉 3/4 茶匙  
生粉 2 茶匙（後下）

### 做法

1. 羊肩肉放於雪櫃下層自然解凍，洗淨，順橫紋切片，用醃料拌勻。
2. 燒熱少許油，下京蔥炒至軟身，灑入鹽 1/4 茶匙炒勻，盛起。
3. 燒熱油 1 湯匙，下蒜茸及羊肉片，略煎兩面後推散，用中大火炒至乾身，盛起。
4. 最後灑上孜然粉及紅椒粉，用荷葉餅夾羊肉及京蔥伴吃。



### Ingredients (Serves 4)

300 g frozen lamb shoulder chops or lamb leg  
1 stalk Peking scallion (cut diagonally into sections)  
2 tsp finely chopped garlic  
1/3 tsp cumin powder  
1/3 tsp paprika  
6 lotus leaf-shaped pancakes

### Marinade

1/2 tsp salt  
2 tsp light soy sauce  
1/2 tsp sugar  
ground white pepper  
sesame oil  
1 tsp Shaoxing wine  
1 tbsp egg white  
3/4 tsp cumin powder  
2 tsp caltrop starch (added at last)

### Method

1. Defrost the lamb shoulder chops in the lower chamber of the refrigerator. Rinse and slice. Cut across the grains of lamb. Mix the lamb with the marinade.
2. Heat up a little oil. Stir-fry the Peking scallion until soft. Sprinkle with 1/4 tsp of salt and stir-fry. Remove.
3. Heat up 1 tbsp of oil. Slightly fry the garlic and lamb on both sides. Scatter and stir-fry over medium-high heat until dry. Set aside.
4. Sprinkle with cumin powder and paprika. Wrap in the pancakes with the Peking scallion to serve.

### 零失敗技巧 Successful Cooking Skills

此菜的烹調重點如何？

菜式完成時，醬汁黏着羊肉，別炒至水汪汪，醬汁乾身是此菜之重點。

Is there anything that needs my attention in this recipe?

The key is the consistency of the sauce, which should cling on to the lamb. It should not be watery.

最後羊肉用中大火炒至乾身，為甚麼？

醬汁慢慢收乾，濃縮調味的精華，令味道更濃厚！

The lamb is stir-fried over medium-high heat until dry in the final step. Why?

This is to let the seasoning condense by reducing the sauce slowly, giving the lamb a more intense flavour!



## 梅膏三文魚

*Salmon in Plum Paste*

### 材料（4 人份量）

急凍或冰鮮三文魚 350 克  
梅膏 2 湯匙  
乾葱茸及紅椒粒各 2 湯匙  
蛋汁 1 湯匙  
生粉 2 湯匙

### 醃料

鹽半茶匙  
黑椒粉少許

### 做法

1. 急凍三文魚放於雪櫃下層自然解凍，洗淨，抹乾水分。
2. 三文魚去皮、去骨，切件，下醃料拌勻。
3. 三文魚塊與蛋汁拌勻，沾上生粉，放入熱油半煎炸至金黃色，盛起待一會，再半煎炸片刻，吸取多餘油分。
4. 燒熱少許油，加入乾葱茸及紅椒粒爆香，下梅膏及調味料煮片刻，拌入三文魚塊，裹上醬汁即可上碟。





### Ingredients (Serves 4)

350 g frozen or chilled salmon  
2 tbsp plum paste  
2 tbsp finely chopped shallot  
2 tbsp diced red chilli  
1 tbsp egg wash  
2 tbsp caltrop starch

### Marinade

1/2 tsp salt  
ground black pepper

### Method

1. Defrost the salmon in the lower chamber of the refrigerator. Rinse and wipe dry.
2. Skin and bone the salmon. Cut into pieces. Mix with the marinade.
3. Mix the salmon with the egg wash. Coat with the caltrop starch. Fry and deep-fry in hot oil until golden. Leave for a while. Fry and deep-fry again for a moment. Drain the oil.
4. Heat up a little oil. Stir-fry the shallot and red chilli until scented. Add the plum paste and seasoning. Cook for a while. Mix in the salmon. When it is coated with the sauce, dish up and serve.

## 零失敗技巧 Successful Cooking Skills

甚麼是梅膏？

梅膏是用酸梅等煮成，酸甜美味，在潮州雜貨店有售。

What is plum paste?

Plum paste is made of pickled plums and other condiments. It is delicious with a sweet and sour taste, and is available at Chaozhou food groceries.

可自製梅膏嗎？

絕對可以！準備酸梅 12 粒、冰糖 100 克及水半杯。先將酸梅去核、弄碎；冰糖舂碎；將全部材料煮至濃稠，隔渣，可儲存使用。

Can I make plum paste myself?

Absolutely! Prepare 12 pickled plums, 100 g rock sugar and 1/2 cup of water. Core and mash the pickled plums. Crush the rock sugar. Cook all the ingredients until the sauce is thickened. Sieve the sauce. It can be stored for future use.



## 橙酒焗春雞

Roasted Spring Chicken  
with Orange Wine



### 材料 (3 至 4 人份量)

春雞 1 隻 (約 800 克)  
甜鮮橙 1 個 (大)  
橙酒 4 湯匙

### 醃料

鹽 3/4 茶匙  
生抽 1 湯匙  
糖 1 茶匙  
橙汁 2 湯匙

### 調味料

水 1 杯  
鹽半茶匙  
糖 4 茶匙  
老抽半湯匙

### 做法

1. 鮮橙刮出橙皮絲半湯匙；輕榨橙汁 2 湯匙，備用。
2. 春雞洗淨，拔淨幼毛，抹乾雞身及雞腔。
3. 醃料拌勻，塗抹在春雞內外醃 1.5 小時。
4. 熱鍋下油，放入春雞煎至微黃色，傾入調味料焗煮約 20 分鐘，灑橙酒，再煮 5 分鐘至汁液濃稠，待雞隻稍涼，斬件上碟。
5. 最後澆上餘下的汁料，以橙皮絲裝飾即可。

### Ingredients (Serves 3-4)

1 spring chicken (about 800 g)  
1 large sweet orange  
4 tbsp orange wine

### Marinade

3/4 tsp salt  
1 tbsp light soy sauce  
1 tsp sugar  
2 tbsp orange juice

### Seasoning

1 cup water  
1/2 tsp salt  
4 tsp sugar  
1/2 tbsp dark soy sauce

### Method

1. Make 1/2 tbsp of shredded orange zest. Squeeze 2 tbsp of juice from the orange. Set aside.
2. Rinse and pluck tiny hairs from the chicken. Wipe it dry both outside and inside.
3. Mix the marinade. Spread on the outside and inside of the chicken. Rest for 1.5 hours.
4. Add oil in a heated pot. Fry the chicken until light brown. Pour in the seasoning and cook with a lid on for 20 minutes. Sprinkle with the orange wine. Cook for another 5 minutes until the sauce reduces. Chop up the chicken when it cools down. Place on a plate.
5. Sprinkle the remaining sauce on top. Decorate with the orange zest and serve.



### ○○ 零失敗技巧 ○○ Successful Cooking Skills

用鍋焗煮春雞，比用焗爐有何分別？

用鍋烹調的春雞，肉質較濕潤，雞肉不會太乾；用焗爐烤烘的春雞，外皮香脆！

What is the difference between cooking the chicken in a pot and in an oven?

The chicken will have a moister texture by cooking in a pot whereas baking the chicken in an oven will bring a crunchy outside.

哪裏購買橙酒？

大型超級市場、酒行及烘焙材料供應店皆可找到；若不想浪費，建議購買小瓶裝的酒辦！

Where to buy orange wine?

It is available at supermarkets, wine shops, and shops for baking ingredients. If you don't want to waste any wine, buy miniature liquor instead.

春雞是貴價食材嗎？

不是！一般急凍食品店皆有出售；若想試試品質較高的春雞，可到日式超市購買，但價錢當然略貴。

Is the spring chicken expensive?

No. It can be bought at frozen food shops. If you want a quality spring chicken, buy one in the Japanese supermarket, which is more expensive.



# 金不換辣椒膏炒青口

## Stir-fried Mussels with Thai Basil and Chilli Paste

### 材料 (6 人份量)

急凍青口 600 克

金不換 2 棵

香茅 1 枝 (切碎)

紅辣椒半隻 (去籽、切碎)

蒜茸 2 茶匙

泰式辣椒膏 1 湯匙

### 調味料

鹽 1/3 茶匙

糖半茶匙

魚露 2 茶匙

胡椒粉少許

水 4 湯匙

### 做法

1. 金不換摘出葉片，去莖。
2. 急凍青口放於雪櫃下層自然解凍，放入沸水燙至略開口，盛起。
3. 燒熱油 1 湯匙，加入蒜茸、紅辣椒及香茅炒香，下青口炒勻。
4. 加入辣椒膏及調味料炒勻，加蓋，焗煮片刻。
5. 最後加入金不換葉略炒，上碟享用。



### Ingredients (Serves 6)

600 g frozen mussels  
2 stalks Thai basil  
1 stalk lemongrass (chopped)  
1/2 red chilli (deseeded; chopped up)  
2 tsp finely chopped garlic  
1 tbsp Thai chilli paste

### Seasoning

1/3 tsp salt  
1/2 tsp sugar  
2 tsp fish sauce  
ground white pepper  
4 tbsp water

### Method

1. Pick the leaves of the Thai basil. Discard the stems.
2. Defrost the mussels in the lower chamber of the refrigerator. Blanch until the shells open a little bit. Set aside.
3. Heat up 1 tbsp of oil. Stir-fry the garlic, red chilli and lemongrass until fragrant. Add the mussels and stir-fry evenly.
4. Put in the chilli paste and seasoning. Stir-fry. Put a lid on and cook for a moment.
5. Finally add the Thai basil leaves and slightly stir-fry. Serve.

### 零失敗技巧 Successful Cooking Skills

只取用金不換葉嗎？

是啊！金不換的葉片散發濃烈的香氣，是炒煮青口的最後拍檔。

Only basil leaves are used?

Yes! Basil leaves bring off an intense aroma. They are the last condiment to be cooked with the mussels.

青口為何先用沸水灼一會？

能挑出未能開口已死掉的青口。

Why blanch mussels for a while first?

It helps pick out dead mussels with closed shells.





# 椰香咖喱蟹

## Curry Crab with Coconut Milk

### 材料（4人份量）

肉蟹 1 隻（約 1 斤重）  
咖喱醬 1.5 湯匙  
椰漿 125 毫升  
紅辣椒 1 隻  
乾蔥頭 1 粒  
蒜頭 2 粒  
薑 2 片

### 調味料

清雞湯 125 毫升  
鹽 1/3 茶匙  
魚露 1 湯匙  
糖 1/4 茶匙  
胡椒粉少許  
清水 60 毫升

### 做法

1. 肉蟹洗淨，斬件，瀝乾水分。
2. 咖喱醬與水 1 湯匙拌勻。
3. 紅辣椒、乾蔥頭及蒜頭切碎。
4. 燒熱適量油，下蟹件炒至轉成紅色，盛起。
5. 熱鑊下油，下辣椒、乾蔥頭、蒜頭及薑片爆香，放入咖喱醬用小火爆香，放入蟹件及調味料拌勻，加蓋煮 10 分鐘。
6. 最後傾入椰漿煮滾，上碟即成。



### Ingredients (Serves 4)

1 mud crab (about 600 g)  
1.5 tbsp curry sauce  
125 ml coconut milk  
1 red chilli  
1 shallot  
2 cloves garlic  
2 slices ginger

### Seasoning

125 ml chicken broth  
1/3 tsp salt  
1 tbsp fish sauce  
1/4 tsp sugar  
ground white pepper  
60 ml water

### Method

1. Rinse mud crab. Chop into pieces and drain.
2. Mix curry sauce with 1 tbsp of water.
3. Chop red chilli, shallot and garlic.
4. Heat oil in a wok. Stir-fry crab until turns red. Drain.
5. Add oil into a hot wok. Stir-fry red chilli, shallot, garlic and ginger slices until fragrant. Put in curry sauce and stir-fry quickly over low heat until fragrant. Put in the crab and seasoning. Mix well and cover the lid. Cook for about 10 minutes.
6. Lastly pour in coconut milk and bring to the boil. Serve.

### 零失敗技巧 Successful Cooking Skills

咖喱醬為何用小火炒煮？

令咖喱香氣慢慢散發出來，而且避免咖喱醬焦煨，影響食味。

Why stir-frying curry sauce over low heat?

This makes the curry fragrance emit out slowly and also avoids it get charred.

如何保持濃郁的椰香味？

最後傾入椰漿，勿煮太久，上桌時椰香四溢。

How to keep the rich coconut smell?

Pour in the coconut milk at the last and do not cook for too long, there is still rich coconut smell when serving.

# 🍴 脆炸門鱔肉

Deep-fried Conger-pike Eel





## 材料（4至5人份量）

門鱘魚 1 斤

## 醃料

胡椒粉少許

幼海鹽半茶匙

粟粉 2 茶匙（後下）

## 脆漿料

自發粉半杯

水 1/3 杯

油 2 湯匙

鹽 1 茶匙

胡椒粉少許

\* 調勻，待半小時

## 做法

1. 門鱘魚洗淨，起肉及切塊，魚骨切塊留用。
2. 門鱘肉與醃料拌勻，醃半小時，再加入粟粉拌勻。
3. 魚塊放入脆漿料內拌勻，逐塊放入滾油炸至金黃及全熟，隔油，上碟。

## Ingredients (Serves 4-5)

600 g conger-pike eel

## Marinade

ground white pepper

1/2 tsp fine sea salt

2 tsp cornflour (added at last)

## Batter

1/2 cup self-raising flour

1/3 cup water

2 tbsp oil

1 tsp salt

ground white pepper

\* mixed well and leave for 1/2 hour

## Method

1. Rinse the conger-pike eel. Remove the meat from the bone. Cut the meat and bone into pieces. Reserve the bones.
2. Mix the meat with the marinade and rest for 1/2 hour. Add the cornflour and mix well.
3. Put the meat into the batter. Mix well. Put each piece of the meat into boiling oil. Deep-fry until golden and fully cooked. Drain and serve.

### 零失敗技巧 **Successful Cooking Skills**

炸門鰱肉的食味如何？

門鰱肉質厚，鮮味是魚類之冠。灑少許醃料快速炸透，香脆又美味！

What does conger-pike eel taste like?

Prized for its rich flavour, it is fleshy and possible one of the most tasty fish. Just sprinkle seasoning on top and fry over high heat quickly until done. It's crispy and delicious.

魚肉要裹上大量脆漿嗎？

只要均勻地輕輕裹上脆漿即可，別吃下厚厚的脆漿粉糰啊！

Need to coat the meat with a lot of batter for deep-frying?

Only a thin and even layer will do. Do not try a thick batter!

魚肉大約炸多久才熟透？

建議炸約 5 分鐘，魚肉必定熟透，太久容易令魚肉粗韌。

Deep-frying for how long to make it done?

It should be perfectly done to be deep-fried for about 5 minutes. Long cooking makes the meat tough.

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無論是冷盤、熱菜、燜餸，甜、酸、辣、香，百味紛陳，讓所愛的人，將惹味好吃的食物送進肚裏去。

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