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# 日常廚具小知識

## Knowledge of Cooking Tools

工欲善其事，必先利其器，要做好一件事，必須有充足準備。對於烹飪新手來說，要對日常使用的烹調工具有概念，實戰時自然能更加得心應手。

Sharp tools make good work. If you want to do your job successfully, you have get yourself prepared. For those who are a beginner cook, the first thing you have to learn is the knowledge of the everyday cooking tools.



### 電飯煲

#### Rice Cooker

主要用於煲飯，有保溫功能，也可以煲粥或蒸饅。市面上有些較高檔的多功能電飯煲，甚至可以蒸蛋糕。以電源驅動，毋須明火。

#### 日常清潔：

外膽及煲底只需用微濕的布抹淨。內膽先用熱水浸泡一會，才用清水刷洗，必須要抹乾水分才可放回外膽內。

Mainly for rice cooking; it has a thermostat to keep the cooked rice warm. Rice cooker also can be used to make congee or steamed dishes. There are some high-tech rice cookers, which with multiple functions, even can be used as a cake maker. It is an electric cooking tool.

#### Cleaning:

You can use wet towel to clean the body and the outer pot. For the inner pot, pour in hot water and soak for a while before cleaning up with running water. Make sure the inner pot is dry before putting back to the outer pot.



## 瓦煲 Clay Pot

用陶土製成，耐熱性高。主要用於明火煮食，常用作煲老火湯、煮薑醋。

### 使用要點：

首次使用前，先用清水浸泡一晚，再塗上油待其風乾；或用水浸泡後，以小火熬煮粥水，免其烹調食物時因受熱太過而裂開。適宜使用慢火烹調。

Made of clay, it has high thermal conductivity. It is suitable for open flame cooking. Clay pot is used for cooking double-boiled soup or boiled pork trotter with ginger in vinegar sauce.

### Tips:

To prevent the clay pot from breaking during the cooking process, before the first use, pour water in the clay pot and leave for overnight, then spread a layer of oil on it and let it air dry. Alternately, soak it in water for a while, then put a small quantity of rice and water into it, boil for a while.



## 砂煲 Casserole

以石英、黏土等用料製成，透氣性強，使火力更均勻滲透至食材。常用作烹調煲仔飯、煲仔菜及燜煮肉類等。

### 使用要點：

請參看「瓦煲」的使用要點。

Made from materials such as quartz and clay, it has high air permeability that is an excellent cooking tools for long cooking time dishes over open flame. It is usually used for cooking clay pot rice; clay pot dishes or stews.

### Tips:

Please refer to the Tips of "Clay Pot".



## 不鏽鋼煲

### Stainless Steel Pot

傳熱快、容易打理，款色和呎吋選擇多，是常用的煮食用具，常用於煮麵條、煮粥、滾湯或蒸饅等。切忌烹調酸味的食材，因酸性物質或會令受熱的不鏽鋼煲釋放對人體有害的物質。

#### 日常清潔：

避免用鐵絲球刷洗；因鐵絲球令不鏽鋼煲表面的保護膜受損，烹調時有機會釋放有害物質。用清水浸泡一會後，再用百潔布或毛巾擦洗便可。

It is a good conductor of heat, and is easy to use; clean and maintain. There are various shapes and sizes of them. Stainless steel pot is a common cooking tool that is usually used for cooking noodles; congee; quick-boiled soup or steamed dishes. Don't use it to cook sour food too often, as when stainless steel heat up with acidic substance; it may release substance that will harm the body.

#### Cleaning:

Don't use stainless steel sponge or the first layer of the pot's surface will be harmed when cleaning; which may release substance that will harm your body. Therefore, soak it in water for a while, then clean with scour pad or towel.





## 壓力煲

### Pressure Cooker

壓力煲的特點是透過高溫水蒸氣令食物迅速熟透及軟腩，常用於燜煮食物、煲湯或煲粥。

#### 使用要點：

由於其高壓式快速烹調的設計特色，使用時有一定危險，使用前切記細閱使用說明書。烹調後切忌即時打開煲蓋，需待氣壓排出及煲身稍降溫後才揭開。

Pressure cooker can cook food and makes the food tender speedily, by the effect of vapour pressure. It is commonly used for stews; double-boiled soup or congee.

#### Tips:

Using pressure cooker could be a risk, therefore, you should be very careful when using it and must read the user guide beforehand to make sure you operate it properly. To prevent yourself get hurt, after the food is cooked, wait till the air released and the pot cools down a bit before open the lid.





# 基本烹調技法

## Basic Cooking Techniques

要學得一手好廚藝，必須要學會煎、炒、煮、炸、燜、燉、煲等最基本的烹調方法。這一章，介紹的就是各種基本烹調方法與技巧，助你更易掌握烹飪的竅門。

The only way to become a great cook, is to know and learn the basic cooking techniques accurately. Here, we introduce all the important basic techniques; along with some useful cooking tips; to you in order to help you get through the struggle of cooking easier and faster.



### 煎

#### Pan Frying

用少量熱油將食物烹調至熟。適宜較薄身的肉類如扒、雞中翼、魚、雞蛋、茄子等。

#### 方法：

將油澆在平底鑊上燒熱，放下食物煎至微香及轉色，翻轉食物另一面，煎香及轉色即可。

Use very little oil to cook food. This way is suitable for ingredients that is not too thick, like steak; chicken wing (middle part); fish; egg and eggplant.

#### How to do:

Pour oil into the pan, and heat it up over low heat. Put ingredient in and pan fry until fragrant and the colour changed. Turn the ingredient up-side-down, cook until fragrant again and the colour of the other side changed.



## 煎魚如何不煎爛？

How to prevent fish from breaking during pan-frying?



- 魚身內外必須抹乾，沒有一點水分。
- 烹調前先在魚身撲上一層薄薄的生粉。
- 用大火燒熱平底鑊，在鑊上掃上薄薄一層油。
- 起鑊時用大火，放入魚後即轉中火，待魚煎脆後再轉小火煎熟。
- 魚身翻轉後，再澆少許油，確保魚身不黏底。
- Make sure the inner and outer part of the fish are all dry.
- Pat a thin layer of caltrop starch on the fish.
- Heat up the pan over high heat, wipe a thin layer of oil onto it.
- Use high heat to heat up the pan, then turn to medium heat when put in the fish. Turn to low heat after the fish is light brown.
- Add a little oil into the pan after you turn the fish up-side-down can prevent it from sticking onto the pan.



## 牛扒如何煎至外脆內軟？

How to make a crispy beef cut with juicy and tender texture?

- 下牛扒時，先用大火將牛扒兩面煎香。
- 轉至中慢火，將牛扒煎至喜歡的熟度。
- Use high heat to pan fry the beef steak, until both sides are fragrant.
- Turn to medium-low heat and pan fry till its doneness reaches your own expectation.

## 甚麼是半煎炸？

What is the meaning of shallow frying?



顧名思義，半煎炸介乎煎和炸之間，這種烹調方法油量比煎多但比炸少，效果比煎的香脆、炸的健康。

Shallow frying is a cooking method in-between pan frying and deep frying. In this way, the oil you will use is more than pan frying but less than deep frying. Compare with pan fried food, shallow fried food is more tasty and crispy; and is more healthy than deep fried food.



## 炒

### Stir Frying

以鑊作烹調工具，用大火將食物快速煮熟，能保留較多食物營養，適宜用於烹調蔬菜、肉片、肉絲、魚片等。

#### 方法：

大火燒熱鑊，下油燒香，放入食物快手用鑊鏟兜炒至熟。

#### 提示：

在燒熱油後，先放入薑片、蒜茸或乾蔥片等爆香，以增添香味和惹味。

Use wok as a tool to cook food speedily over high heat. This way can keep the nutrients in the food. It is suitable for cooking vegetable; sliced meat; shredded meat or sliced fish.

#### How to do:

Heat up a wok over high heat, pour in oil and boil until fragrant. Put in the food and stir with a wok spatula until the food is done.

#### Tips:

Before putting in the main ingredients, put in some sliced ginger; chopped garlic or sliced shallot and stir fry until flavour, it can benefit the taste and aroma of the dish.

## 如何炒魚塊才不散開？

### How to prevent sliced fish from breaking while stir frying?

- 魚塊要切厚身及順紋切。
- 烹調前先將魚塊放熱油內燙一燙。
- Cut fish into thick pieces. Make sure you are following the grain when cutting.
- Scald sliced fish in hot oil before stir frying.



## 如何炒滑蛋？

### How to make a smooth scrambled egg?



想要做出滑嫩的炒蛋，可在蛋漿混入少許鮮奶，烹調時用略多油及小火快手翻炒。

The secret of making a smooth scrambled egg is, mix some milk into the egg wash. Use more oil and keep stirring the egg quickly over low heat.

## 如何炒出脆嫩蔬菜？

### How to make stir fried vegetable fresh and crunchy?



炒菜需用較多油，加薑汁和紹酒，可保持蔬菜的色澤和外形。蔬菜是快熟食物，剛熟即上碟，否則過熟導致營養流失及外形不漂亮。

Use more oil with some ginger juice and Shaoxing wine to keep the vegetable in bright colour and good shape. Also, cook vegetable till just done and dish up would be fine enough; or it will be over-cooked, which will destroy the nutrients in the vegetable and affect both the taste and the presentation.





## 如何做出乾爽的炒飯？

How to make a nice stir fried rice?



- 建議用隔夜飯。
- 多油及大火快速兜炒。
- 加入雞蛋炒飯，令炒飯更香味誘人。
- Use a day-old rice instead.
- Use lots of oil and stir fry as quick as you can over high heat.
- Add an egg to enrich the flavour.



# 基本刀法

## Basic Cutting Method

食物的切法，對於烹調或食物最終的賣相，都有一定影響。這一章介紹烹飪中常用的主要刀法，予家傭參考及學習。

The way you cut an ingredient definitely will affect your cooking performance and the presentation of your dishes. Here we introduce all the important cutting methods that are useful and practical for domestic helpers.

### 切片

#### Slicing

將食材直切、橫切或斜切成片，有厚片和薄片之分。厚度在 0.3 厘米以上視為厚片。

Evenly cut ingredient into thick or thin slices horizontally; vertically or diagonally. Cut into thick slice means the ingredient should be cut into slices with at least 3 mm thickness.

### 應用舉例

#### Demonstrations



### 薯仔切圓片

#### Slicing potato into round chips

原個薯仔橫切成一片片厚度平均的薯片。

Slice a whole of potato horizontally and evenly.





## 牛肉切薄片

### Finely slicing beef

牛肉切片時必須順橫紋切開，令牛肉更滑嫩。

Finely cut beef across to the grains into slices. The meat will be soft.



## 切魚片

### Slicing fish

將魚鋪平，切成約1厘米厚的魚片。

Lay the fish flat on the cutting board, cut into 1 cm thick slices.



## 帶子切片

### Slicing Scallop

**厚片：**帶子平放砧板，用手按着，橫切一刀成兩片。

**Coarsely slicing:** Lay scallop on a cutting board, press with your hand. Cut lengthwise into two thick slices.

**薄片：**帶子平放砧板，用手按着，貼近砧板水平橫切成薄片，再橫入切第二片。一顆帶子約切三片。

**Finely slicing:** Lay scallop on a cutting board, press with your hand, cut the first slice from the part close to the cutting board lengthwise. Then cut the second slices.





## 切塊

### Cutting into pieces

將一個完整食材切成厚身塊狀，橫切縱切均可。

Cut an intact ingredient into thick pieces horizontally or vertically.

## 應用舉例

### Demonstration



## 椰菜切塊

### Cutting cabbage into pieces

從椰菜中間切一刀，取半邊，切掉蒂部，縱切三刀後再橫切三刀。

Cut the cabbage in the middle in half. Take a half and cut off the stalk. Make three cuts lengthwise and across respectively.



## 蓮藕切塊

### Cutting lotus root into pieces

切去藕節，肉身切段，再縱切成塊。

Cut off the joints from the lotus root. Section the lotus root, then cut into pieces vertically.



## 洋葱切塊

### Cutting onion into pieces

對半縱切，取其中一邊，中間切十字形，左右兩邊各切一刀。

Cut onion vertically in half. Take a half and cut a cross in the middle. Make a cut on both the left and right side respectively.



## 蘿蔔切排骨塊

### Cutting radish into rib-like shape

蘿蔔橫切成圓段，圓段放平，切十字成四等份，左右兩邊各切一刀成八塊。

Cut radish into round sections. Lay on the cutting board flat. Crosscut into quarter. Make a cut on both the left and right sides giving a total of 8 pieces.



## 魚切厚塊

### Cutting fish into thick pieces

此方法適宜魚身及魚塊較大的魚。取一塊大魚塊，從中間切開，去骨，切成厚塊。

This cutting method is for fish with large size. Take a large piece of fish. Cut in the middle and remove the bone. Then cut into thick pieces.



## 鮮魷魚切塊

### Cutting squid into pieces

魷魚背鰭向下平鋪，從中間縱切開，用刀刮去污物，輕切直紋，橫切成兩塊，再輕切橫紋，斜刀切成小塊。

Lay squid flat on a cutting board, with the dorsal fin down. Lengthwise cut into half. Scrape off the dirt with a knife. Slightly cut some vertical patterns on the flesh. Then cut it crosswise. Score lengthwise into crisscross patterns. Cut into pieces diagonally.





## 切絲

### Cutting into shreds

將食材切成薄片後，再切成絲狀，適合快炒。

Slice an ingredient, then cut into shreds. This method is suitable for stir frying quickly.

## 應用舉例

### Demonstration



## 雞肉切幼絲

### Finely shred chicken meat

雞肉斜刀切薄片，再切成絲狀。

Thinly slice the chicken meat diagonally. Cut into fine shreds.





# 家禽及肉類的處理方法

## Handling of Poultry and Meat

這一章介紹豬、牛、羊和雞、鴨、鵝等家禽的基本處理技巧。現時市場能購買的有鮮宰、冰鮮和雪藏肉類及家禽等。

Here we introduce the basic techniques for preparing meat such as pork; beef; lamb and poultry like chicken; duck and goose. In the local markets, we can find freshly butchered; chilled and frozen meat and poultry.

### 肉類的切法

#### Meat Cutting

不論是牛、豬或羊，切肉方式大致相同，在切肉前先考慮所煮的是甚麼菜式，因為不同切法會帶來不同的口感。

Generally, the method of cutting pork; lamb and beef are same. What you have to know is, the way you cut the meat will affect the texture of it, therefore, when you are preparing to cut the meat, you should think about what kind of dishes you are going to cook.



#### 順紋切

##### Cutting meat across the grains

此方法能保留肉的纖維，烹調後的肉較有口感。適合用於切絲炒或切件燜煮。

Cut meat vertically across the grains can keep the muscle tissue in a good situation that the meat will come with a nice chewy mouthfeel after cooked. This way is suitable for stir fried shredded meat and stewed meat chunks.



#### 逆紋切

##### Cutting meat against the grains

由於逆紋切會切斷肉的纖維，煮後的肉會較脆和較易咀嚼。適合用於切片快炒或切塊慢煎。

Cut meat against the grains will destroy the muscle tissue that the meat will be soft and tender after cooked. This method is suitable for stir fried sliced meat or pan fried meat pieces.



## 豬肉

### Pork

**常用烹調方法：**蒸、煎、炸、炒、煮、燜、烤，煲湯或煮粥。

**Cooking method of pork:** Steaming; pan frying; deep frying; stir frying; simmering; stewing and grilling. Making soup or congee.



## 如何處理豬肺？

### How to prepare pork lungs?

1. 請肉檔檔販代為清洗豬肺。
  2. 豬肺置於水喉下，將水喉套入豬肺的喉管，灌水，直至豬肺脹滿，將豬肺倒轉，讓水傾出。重複此步驟直至豬肺顏色變白。
  3. 豬肺去掉筋膜，飛水。
  4. 豬肺沖水，切件，用白鑊烘至水分收乾，盛起，沖洗乾淨。
1. Ask the butcher to clean the pork lungs once before taking it home.
  2. Hold the pork lungs under the pipe. Insert the pipe into the pork lungs through its trachea. Fill up the pork lungs. Turn it up-side-down and let water running out. Repeat several times until the pork lungs change to white colour.
  3. Remove the veins and tissue from the pork lungs. Scald.
  4. Take out the pork lungs and cut into pieces. Stir fry in a dry wok until dried up. Rinse.

## 豬肺常見食法

### Serving suggestions

加杏仁和杏汁烹調成滋潤湯水。

Make nourishing soup with sweet and bitter almonds and almonds juice.





## 如何處理豬肚？

### How to prepare pork stomach?

1. 豬肚放水喉下沖淨，用粗鹽將豬肚內外擦淨，沖洗。
2. 放入白鑊略烘，用薑葱飛水 3 分鐘。
3. 取出豬肚，刮去黃色薄膜，內外翻轉，剪去脂肪層，用清水洗淨。

1. Put pork stomach under running water and rinse thoroughly. Rub it inside and outside with coarse salt, rinse well.
2. Put the pork stomach in the dry wok and stir fry. Then scald it in boiling water with spring onion and ginger for 3 minutes.
3. Take out the pork stomach. Scrape off the yellow membrane. Turn the inside of pork stomach out. Cut off the fat and rinse well.

## 豬肚常見食法

### Serving suggestions

煮成胡椒豬肚湯；或作滷水料。

Making soup with white peppercorns; or used in Chinese marinated dishes.



## 牛肉

### Beef

常用烹調方法：炒、煎、水煮、燜、焗。

**Cooking method of beef:** Stir frying; pan frying; boiling; stewing or braising.

### 如何處理牛腩？

#### How to prepare beef brisket?

1. 牛腩洗淨，飛水。
2. 牛腩浸入冰水冷卻後焗煮，肉質爽滑；如想牛腩軟滑，可省卻浸冰水步驟。
3. 牛腩宜原塊焗煮，最後才切塊回鍋烹調。

1. Rinse and scald beef brisket.
2. Soak beef brisket in iced water and let it cool down before stewing, the brisket have some chews; if you want tender beef brisket, skip the cool down step.
3. Suggest to stew beef brisket in whole piece, cut into pieces at last and put it back to a pot stewing continuously.

### 如何處理牛肚？

#### How to prepare beef stomach?

1. 用粗鹽將牛肚內外擦淨，以去掉黏液和雜質，再以少許醋擦洗。
2. 用清水洗淨牛肚，重複上述步驟，再用清水洗兩遍。
3. 欲除去由醋而來的酸味，可在清水加一點梳打粉。

1. Rub and rinse the beef stomach with coarse salt to remove the slime and dirt. Rub and rinse with vinegar.
2. Rinse beef stomach well. Repeat the above steps once. Wash in water twice.
3. If you don't like the flavour from the vinegar, add a little baking soda into the water when wash the beef stomach.

### 牛肚常見食法

#### Serving suggestions

滷水；涼拌或炒吃。

Used to make Chinese marinade dishes; appetizer or stir fried.



# 烹調術語

## Cooking Terms

### 飛水

#### Scalding

將未烹調的食材放進滾水內略滾即拿出來。

Put the ingredient into boiling water and boil for a while, then take it out.



### 脫水

#### Dehydrating

透過日曬或微波爐加熱，令食材脫乾水分。

Dehydrate an ingredient by sun-drying; heating up with microwave.

### 走油

#### Deep frying in oil for a while

用大量油將未烹調的食物炸至半熟。

Use lots of oil to deep fry an ingredient until half done, before cook it.



### 過冷河

#### Rinse under tap water

將煮熟或煮熟後的食物放於水喉下略沖，或用冷水浸泡一會。

Rinse cooked or heat ingredient under the tap water, or soak into iced water for a while.





## 生粉水

### Potato starch solution

以生粉與水混合攪拌均勻的液體，帶黏性，常用作打獻或醃製食物。

A mixture of potato starch and water that with a sticky texture. It is usually used for thickening sauce or marinating food.

## 打獻

### Thickening glaze

以生粉加水拌勻，在烹調尾聲時傾入鍋，令汁液變得濃稠，能黏附食物上，提升食味。

Use potato starch solution to thicken the sauce so the sauce can be stuck on the food to enrich the flavour.



## 白鑊

### Stir frying without oil

鑊內不放油，放入食物烘炒。

Stir fry food in a wok without any oil.



## 回鑊

### Back to wok

將已煮熟的食物，再放回鑊內快炒一遍。

Put the cooked food back into a wok and stir fry again briefly.

## 原鑊

### Same wok

食物回鑊時，放回原來未清洗的鑊繼續烹調。

When putting the food back into wok for stir frying, use the same wok.