



Chinese and English



菲傭入廚手記

Cooking Note for Filipino Helper

# 好味豬牛羊

## Appetizing Meat Cooking

- ✿ 38 款鮮嫩多汁肉食料理
- ✿ 家傭要懂的惹味小竅門
- ✿ 肉類與調味的搭配技巧
- ✿ 中文、英文對照



Feliz Chan 著

# 編者話

## Foreword

**你無肉不歡嗎？**

**你是牛魔王嗎？**

吃膩了煎豬扒、蒸肉餅、糖醋骨，何不翻閱此書，會給你及家傭炮製豬、牛、羊的靈感。

肉類煮得美味好吃，除了處理得宜外，醃料及調味料的配搭也非常重要。烹飪專家 Feliz Chan 選用不同的肉類部位，巧妙地運用香濃的調味，更提醒烹煮肉食的惹味要訣，為你炮製 37 款肉食菜式，每款悉心設計及配搭，讓你感受滿口肉香之餘，家傭也能掌握箇中要點，輕鬆煮吃，讓油潤豐腴的肉食俘虜你的心及胃。

**Do you love having meat?**

**Are you obsessed with any kind of beef?**

Are you tired of having fried pork chops, steamed minced pork, sweet and sour deep fried pork ribs over and over again? This book will inspire you and your domestic helper with ideas on cooking pork, beef and lamb.

Apart from preparing meat properly, it is also important to match it with marinade and seasoning. Veteran cook Feliz Chan chooses different parts of meat and matches them with strong seasonings: 37 great meat dishes are designed and presented carefully along with cooking tips. Not only does it give you the pleasure of having meat, but also your domestic helper can learn how to make them. With this your stomach and heart will certainly be satisfied.

# 目錄 Contents



## 爽口豬肉 Pork

豬肉烹調要點 4  
Tips for Cooking Pork

焗香茅豬頸肉 6  
Baked Pork Cheek with Lemongrass

紫蘇七味粉一口豚肉 9  
Diced Pork with Perilla Leaves and  
Shichimi

糖醋菠蘿雲耳豬爽肉 12  
Stir Fried Pork Butt with  
Black Fungus and Pineapple

泡菜煮五花腩 14  
Stir Fried Pork Belly with Kimchi

荷蘭豆炒豬腩瘦肉 16  
Stir Fried Pork Liver, Pork and  
Snow Peas

蔥油煎豬扒 18  
Fried Pork Chop with  
Spring Onion Oil

焗原塊叉燒醬肋排 20  
Roasted Pork Ribs in Char Siu  
Sauce

醉香豬腳 22  
Drunken Pork Trotter

生薑燒肉 24  
Stir Fried Pork with Ginger,  
Spring Onion and Coriander

陳醋蘋果肉桂燜豬軟骨 26  
Braised Pork Cartilage with  
Vinegar, Apple and Cinnamon

滷水拼盤 28  
Marinated Pork Trotter and  
Tongue

汾蹄 31  
Chilled Pork Knuckle

## 嫩滑牛肉 Beef

牛肉烹調要點 34  
Tips for Cooking Beef

芥末腰果牛柳粒 36  
Diced Beef with Cashew and  
Mustard

紅酒牛尾煲 38  
Oxtail Stew with Red Wine

鮮菌彩椒炒牛舌 40  
Stir Fried Beef Tongue with  
Mushrooms and Bell Peppers

紅酒番茄燴牛肉丸 42  
Braised Meatballs with Tomato and  
Red Wine

鬼馬牛肉 45  
Stir Fried Beef with  
Bean Curd Rolls

香草番茄牛肋條	48	黃酒老薑淮杞竹蔗羊肉湯	74
Short Ribs Stew with Tomatoes and Herbs		Goat Soup with Sugar Cane, Ginger and Wine	
秋葵牛肉卷	50	香草焗羊架	76
Okra Beef Rolls		Roasted Lamb Rack with Herbs	
木耳味菜炒牛柳絲	52	大蔥羊肉餃	79
Stir Fried Beef with Pickled Mustard Green and Wood Ear Fungus		麻辣免治羊肉茄子煲	82
煎漢堡扒	54	Spicy Lamb and Eggplant Pot	
Fried Burgers		枝竹馬蹄羊腩煲	84
川味牛腱	57	Goat Brisket Pot with Bean Curd Stick and Water Chestnut	
Sichuan Spicy Beef Shin		煎羊扒	86
串燒牛柳粒	60	Fried Lamb Chop with Tomato Salsa	
Beef and Tomato Skewers		香草西芹洋葱燴羊膝	88
韓式牛肋骨煲	62	Braised Lamb Shank with Celery, Onion and Herb	
Korean Braised Short Ribs		醬爆大蔥羊肉片	90
洋葱紅酒醋汁小牛排	64	Stir Fried Lamb and Leek	
Fried Short Ribs in Onion and Red Wine Vinegar Sauce		酥炸孜然羊排骨	92
		Deep Fried Lamb Ribs with Cumin	
<b>羊味香濃</b> Lamb			
羊肉烹調要點	66		
Tips for Cooking Lamb			
腐乳汁茺茜孜然羊肉片	68		
Stir Fried Lamb in Fermented Bean Curd Sauce			
咖喱羊腩煲	70		
Curry Lamb Brisket			
風沙羊肉塊	72		
Fried Lamb Chop with Sichuan Peppercorns and Herbs			





嫩滑牛肉  
Beef



# 紅酒番茄燴牛肉丸

Braised Meatballs with  
Tomato and Red Wine

## 惹味秘訣

燴牛肉丸要用小火慢慢燜煮，肉丸更加入味，肉質嫩滑可口。

## Tips

Meatballs should be braised slowly with low heat, they would absorb more flavours and become smoother.

## 材料

免治牛肉 300 克  
洋蔥 1/2 個  
番茄 3 個  
蒜肉 2 粒（切碎）  
方包 1 片（撕碎）  
牛油 1 片（切粒）  
雞蛋 1 個  
紅酒 1/2 杯

## 醃料

黑椒碎 1 茶匙  
生抽 1 湯匙  
水 4 湯匙

## 調味料

鹽 1 茶匙  
砂糖 1/2 茶匙

## Ingredients

300 g minced beef  
1/2 onion  
3 tomatoes  
2 cloves skinned garlic (chopped)  
1 slice bread (tear into pieces)  
1 slice butter (diced)  
1 egg  
1/2 cup red wine

## Marinade

1 tsp ground black pepper  
1 tbsp light soy sauce  
4 tbsp water

## Seasoning

1 tsp salt  
1/2 tsp sugar





## 做法

1. 洋葱去外衣，洗淨，剁碎；番茄去蒂，洗淨，切角。
2. 免治牛肉、洋葱、方包粒、雞蛋、牛油粒、醃料全部拌勻，冷藏 2 小時。
3. 取出已調味的免治牛肉，用手搓成乒乓球大小的牛肉丸，放入油鍋煎至表面呈金黃，備用。
4. 燒熱鍋下油 2 湯匙，下蒜肉、番茄炒香，加入熱水 2 1/2 杯煮滾，放入牛肉丸及紅酒煮滾，轉細火燴 30 分鐘，最後下調味料煮滾即成。

## Method

1. Peel onion, rinse and chop; cut off stalks from tomatoes, rinse and cut into wedges.
2. Mix minced beef, onion, bread, egg, butter, and marinade together. Refrigerate for 2 hours.
3. Take the marinated minced beef and shape into meatballs around the size of ping pong balls. Fry in an oiled pan until browned. Set aside.
4. Heat pan and add 2 tbsp of oil. Stir fry garlic and tomatoes until fragrant. Add 2 1/2 cups of water and bring to boil. Add meatballs and red wine and bring to boil. Turn to low heat and braise for 30 minutes. Add seasoning and bring to boil. Serve.



嫩滑牛肉  
Beef



# 鬼馬牛肉

Stir Fried Beef with  
Bean Curd Rolls



## 惹味秘訣

牛肉不宜久炒令肉質變韌；用大火快炒至牛肉兩面轉色，沒有血紅的顏色表示牛肉已熟，即可上碟。

## Tips

It is not recommend to stir fry beef for a long time, or it will become stringy. Stir fry over high heat until both sides browned. Once the beef slices is not bloody red it is cooked and ready to serve.

## 材料

急凍薄片牛肩肉 200 克  
（5.5 兩）  
紫菜豆卷 4 卷  
三色甜椒各 1 個（小）  
乾蔥 2 粒（去衣、切碎）

## 醃料

黑椒碎 1 茶匙  
生抽 1 湯匙  
紹酒 2 茶匙  
粟粉 1 茶匙  
食油 1 湯匙（後下）

## 調味料

蠔油 1 湯匙  
熱水 3 湯匙

## Ingredients

200 g frozen beef slices (shoulder)  
4 deep fried bean curd rolls with seaweed  
1 small green bell pepper  
1 small red bell pepper  
1 small yellow bell pepper  
2 shallots (peeled, chopped)

## Marinade

1 tsp ground black pepper  
1 tbsp light soy sauce  
2 tsp Shaoxing wine  
1 tsp cornflour  
1 tbsp oil (added last)

## Seasoning

1 tbsp oyster sauce  
3 tbsp hot water





## 做法

1. 薄片牛肩肉解凍，用廚房紙吸去血水，下醃料拌勻待一會。
2. 三色甜椒開邊，去蒂、去籽，洗淨，切絲。
3. 紫菜豆卷一切為二，備用。
4. 燒熱鑊下油 1 湯匙，放入三色甜椒絲炒片刻，盛起。
5. 原鑊下油 1 湯匙，下乾蔥炒香，轉大火加入牛肉鬆開煎一面，翻轉牛肉，下甜椒絲、調味料用大火快炒片刻，上碟，伴紫菜豆卷食用。

## Method

1. Defrost beef slices and wipe dry with kitchen paper. Mix well with marinade.
2. Cut bell peppers into a half, remove stalks and seeds. Rinse and shred.
3. Cut bean curd rolls in half, set aside.
4. Heat wok and add 1 tbsp of oil. Put in bell peppers and stir fry. Set aside.
5. Heat wok and add 1 tbsp of oil. Stir fry shallots until fragrant. Turn to high heat, spread beef slices on the wok evenly, fry for a few moments and flip them over. Add bell peppers and seasoning and stir fry for few moments over high heat. Plate and serve with the bean curd rolls.

羊味香濃  
Lamb



# 黃酒老薑淮杞竹蔗羊肉湯

Goat Soup with Sugar Cane,  
Ginger and Wine



## 惹味秘訣

羊肉湯加入竹蔗同煲，湯水鮮甜美味，清補而不燥。

## Tips

Sugar cane adds sweetness and flavour to goat soup, it is nourishing and not too hot for the body.

## 材料

黑草羊 1 斤（斬件）  
老薑 1 塊（約 2 兩）  
竹蔗 1 段  
淮山 8 片  
杞子 1 湯匙（洗淨）  
客家黃酒 1/2 杯

## Ingredients

600 g goat (chopped into pieces)  
1 slice mature ginger (about 75 g)  
1 section sugar cane  
8 slices dried yam  
1 tbsp Qi Zi (rinsed)  
1/2 cup Hakka yellow wine

## 做法

1. 淮山用水浸 2 小時，盛起備用。
2. 竹蔗擦淨外皮，開邊削成 4 枝；老薑洗淨，拍鬆。
3. 黑草羊放入滾水飛水，撈起，瀝乾水分。
4. 煮滾清水 10 碗，放入黑草羊、老薑、竹蔗、淮山煲滾，加入半份量黃酒，用慢火煲 1 1/2 小時，下杞子煲滾片刻，加入餘下的黃酒煲滾，趁熱飲用。

## Method

1. Soak dried yam for 2 hours. Set aside.
2. Rush sugar cane until clean, chop into 4 pieces lengthwise; rinse and crush mature ginger.
3. Scald goat pieces, remove and drain.
4. Bring 10 bowls of water to boil. Add goat, ginger, sugar cane and dried yam and bring to boil. Add half of the Hakka yellow wine. Turn to low heat and simmer for 1 1/2 hours. Add Qi Zi and boil for a few moments. Add the remaining Hakka yellow wine and bring to boil. Serve hot.

# Appetizing Meat Cooking

## 好味豬牛羊

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## 好味豬牛羊

# Appetizing Meat Cooking

牛肋骨、牛腱、豬軟骨、豬肋排、羊腩……

如何煮出肉嫩多汁的惹味肉食？家傭懂嗎？

肉香四溢，令人無可抗拒；可是，烹調不當或令肉質變韌，浪費食材。

烹飪專家 Feliz Chan 以精簡的步驟及圖片說明，讓家傭學會豬、牛、羊的處理方法及調味，並煮出嫩滑、香濃、味鮮的肉香佳餚。肉食不再是單調的菜式，稍加變化及創意，為你的餐桌增添亮點，驚喜不已！

*Beef short ribs, beef shin, pork cartilage, pork ribs, lamb brisket...*

*How to make dishes with perfectly tender and juicy meat?*

It is hard to reject the temptation of a great meaty smell. However it is a waste of ingredient if the meat are not cooked properly.

With simple steps and photo explanations, veteran cook Feliz Chan presents the proper ways to prepare, season and make meat dishes to domestic helpers. With a creative touch, dishes with smooth, strong and refreshing meats will be the spotlight of your dining table: they are going to surprise you!



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