

編者話 Foreword

香濃、惹味、火候十足，是煲仔菜的特色！

凜冽的寒風，令人刺骨，熱騰騰的煲仔菜及火鍋是秋冬最受歡迎的食品。現代人貪方便，愛光顧酒樓食肆，免自己辛苦之餘，也不會令屋內充斥油膩味。

烹飪導師 Feliz Chan 瞭解大家的疑慮與擔憂，精挑細選了 38 款適合自家燜煮的煲仔菜式，甚至自己控制用油量及調味份量，毋須進食街外加添了太多鈉及食油的煲仔菜，絕對是入廚者的精明選擇。

作者為了令家傭理解煲仔菜的精髓，砂煲的使用及保養資料不可缺少，而且書內介紹煲仔菜常用的調味料及配料，自由搭配材料，不局限任何食材，依着基本的煲仔菜步驟、食譜的難度指示及烹調時間指引，時刻可以享受香味繚繞的煲仔菜。

打開煲蓋……香氣、原味、熱辣，撲鼻而來，食指大動！

Clay pot dishes mean heated, great taste and aroma!

Amid the winter cold breeze, hot pot and clay pot dishes are very popular. We, urbanites, almost always eat outside for convenience and a cleaner home.

Cook tutor Feliz Chan, while understanding your choices and worries, has handpicked 38 clay pot dishes that are perfect to make at home. By controlling the oil and seasoning yourself, you can avoid the excessive sodium and fat intake from eating outside. It is the only sensible choice.

She also provides usage and maintenance guides for clay pots, and ingredients, seasonings that suit clay pot dishes well. They can be matched with endless number of ingredients; there is no limit here. You can always enjoy delicious clay pot dishes with our recipes, steps, cooking times and difficulty guides.

Open the lid……and release the aroma, taste and temperature, bon appetit!



菜式難度最高

It is the most difficult dish.

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爽口。豬肉

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嘗。家禽

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煲仔菜常用調味料

Frequently Used Seasoning in Clay Pot

Panimplang Kalimitang Ginagamit sa
Infusing Niluluto sa Palayok



南乳、腐乳 🗣️ Nam Yu, Fu Yu

用大豆發酵的醬料，味濃，香氣馥郁，無論配搭肉類或菜蔬炮製成煲仔菜，惹味好吃。市面有散裝南乳；腐乳則樽裝出售。

Red Fermented Bean Curd, Fermented Bean Curd

They are sauces made from fermented soybeans. With their strong taste and aroma, they go well with meat and vegetables in clay pot. Red fermented bean curd is available in small packs; fermented bean curd is available in bottles.

Tahore, Tausi

Any mga sarsang ito ay galling sa binurong utaw. Dahil sa kanilang matapang na lasa at amoy ay tama silang ihalo sa karne at mga gulay na niluluto sa palayok. Ang tahore ay nakapakete lamang, ang tausi ay nakalagay sa garapon.



沙茶醬 🗣️ Sa Cha Ciong

是潮汕地區的醬料，改良自馬來西亞及印尼的沙嗲醬，以蝦米、蔥、蒜、黃薑、丁香、辣椒等煮成，帶微辣及甜味。

Satay Sauce

Satay sauce is a seasoning from Chaoshan region. Improved from Malaysian and Indonesian sauces, it is made from dried shrimps, spring onion, garlic, turmeric, clove and red chilli. It is spicy and sweet.

Sarsa ng Satay

Ang sarsang ito ay nagmula sa rehiyon ng Chaoshan. Mas masarap o malasa ang ganitong sarsa na nagmula o gawa ng Malaysia at Indonesia, ito ay gawa sa pinatuyong hipon (hibe), dahon ng sibuyas, langkawas, bawang, siling labuyo. Ito ay maanghang na manamis namis ang lasa.



蝦醬、蝦膏 🗣️ Ha Ciong, Ha Gao

帶鹹香蝦味，是煲仔菜的常用調味料，配搭海鮮能提升海產之精華。蝦醬及蝦膏用銀蝦發酵而成，蝦醬呈糊稠狀；蝦膏經曬製而成，必須用水調稀使用。

Shrimp Sauce, Dried Shrimp Paste

Both sauces have strong shrimp taste and are frequently used seasonings. They are usually used in combination of other seafood. They are made from fermented small shrimps. Shrimp paste is sticky and thick, while dried ones are sun dried; it needs to be mix with water before use.

Ginamos, Bagoong Alamang

Ang parehong sarsa ay may matapang na lasa ng hipon at kalimitang ginagamit na panimpla. Ang mga ito ay kalimitang ginagamit na kahalo ng ibang laman dagat. Ang mga ito ay galing sa binurong maliliit na hipon. Ang bagoong alamang ay malagkit at malapot samantalang ang bagoong ay pinatuyo sa init ng araw at ito ay kailangan haluan ngtubig bago gamitin.

註： 🗣️ 廣東話拼音
Cantonese Pronunciation



XO 醬 🗣️ XO Ciong

醬料之極品，含乾瑤柱、金華火腿、蝦米等，其香、辣、鮮、惹味，加入煲仔菜同煮，散發與別不同的滋味。坊間有不同配料製成的 XO 醬，可選適合自己口味的。

XO Sauce

XO sauce is the premium sauce, it contains dried scallop, Jinhua ham, dried shrimps etc. Used in clay pot dishes, it releases its unique spiciness, freshness and aroma. There are many XO sauces made from different recipes available for your choice.

Sarsa XO

Ang sarsang ito ay mga pinaghalong pinatuyong kabibi, hamon ng Jinhua, pinatuyong hipon (hibe) at marami pang iba. Kapag ito ay ginamit sa mga pagkaing niluluto sa palayok lumalabas ang kanyang kakaibang hanghang, masarap na amoy ng pagkain. Maraming klase ng sarsa ng XO na gawa sa ibat-ibang paraan, pipili lang kayo ayon sa inyong gusto.

註：🔊 廣東話拼音
Cantonese Pronunciation



麵豉醬、磨豉醬

🔊 Min Ci Ciong, Mo Ci Ciong

採用黃豆發酵而成，麵豉醬有粒粒黃豆，味較淡；磨豉醬則磨至幼滑，味濃，建議到雜貨店購買散裝的。

Soybean Paste, Ground Bean Paste

Both are made from fermented soybeans. Soybean paste tastes lighter and contain whole soybeans. Ground bean paste has a stronger taste. It is suggested to buy small packs of those from grocery stores.

Miso

Ang miso ay gawa sa mga binurong munggo o utaw. Ang pinong miso ay matabang ang lasa at mayroon syang mga butil ng munggo o utaw. Subalit ang giniling na miso ay mas masarap. Ito ay mabibili sa maliliit na pakete sa mga sari-saring tindahan.



麻辣粉、麻辣醬

🔊 Ma Lat Fen, Ma Lat Ciong

麻辣醬以四川的最有名，以朝天椒、花椒、草果、桂皮、甘草等製成，嗆辣十足；麻辣粉由花椒及大紅辣椒製成，麻味重，份量毋須太多。

Sichuan Chilli Powder and Paste

Sichuan chilli paste is famous for its strong spiciness, it is made from bird's eye chilli, Sichuan peppercorn, cardamom, cassia bark, liquorice. Sichuan chilli powder is made from Sichuan peppercorn and red chilli. Do not use too much as it numbs.

Pamintang Durog

Ang pinalapot na dinurog nabuto ng paminta ay kilalang kilala sa kanyang sobrang kahanghangan. Ito ay gawa sa buto ng paminta, buto ng cardamom, anis. Ang pulbos na pang paanghang na Sichuan ay gawa sa buto ng paminta at siling labuyo. Huwag gagamitin ito ng sobra sapagkat, itoy papamlayin.



黃酒、紹酒 Wong Cau, Siu Cau

紹酒氣味濃郁、醇厚、甘甜，呈琥珀色，多用於烹調料酒，增添菜式之香氣；黃酒的酒香濃烈，有補健強身之效，黃酒煮雞更是坐月子婦女補身之品。

Chinese Yellow Wine, Shaoxing Wine

Usually used in cooking dishes, Shaoxing wine is amber in colour, and is strong, smooth and sweet. It enhances the aroma of the dishes. Chinese yellow wine has a strong wine aroma and taste and it strengthens our bodies. Chicken with Chinese yellow wine is the best dish for post-delivery recovery.

Alak na Panluto sa Intsik

Kalimitang ginagamit ito sa mga lutuin. Ang alak na Shaoxing ay medyo mapula na medyo madilaw angkulay. At ito ay matapang ang amoy at matamis. Ang dilaw na alak ng Intsik ay may matapang na amoy ng alak at pati ang lasa at nagpapalakas ito ng katawan. Ang manok na niluto sa ganitong alak ay mabuting pagkain sa mga bagong nanganak.



冰糖 Bin Tong

味清甜，加入煲仔菜燜煮肉類，味道甘醇，令肉質脂味香口，以淡黃色的堅硬塊狀較佳；但緊記加入後調至小火，以免糖質令肉類黏鍋底變焦。

Rock Sugar

Simmered in clay pot dishes, rock sugar give a sweet taste and smooth texture to the sauce, making any meats taste better. Use hard rock sugar with a light yellow colour. Turn to low heat after adding rock sugar to avoid burning and sticking.

Matigas na Asukal

Nagbibigay ito ng matamis at suwabeng lasa sa mga pagkaing niluluto sa palayok. Gamitin ang medyo madilaw na ganitong klase ng matigas na asukal. Pagkatapos maglagay ng ganitong asukal sa nilulutong pagkain, hinaan ang apoy upang hindi dumikit at masunog ang pagkain sa ilalim ng palayok.

煲仔菜常用配料

Frequently Used Condiments in Clay Pot

Rekado Kalimitang Ginagamit sa Infusing Niluluto sa Palayok



薑、葱、乾葱、蒜頭

Keong, Jung, Kong Jung, Suin Dau

煲仔菜的常用料頭，在砂煲內先爆香，再與其他醬料拌勻，令煲仔菜的味道提升不少。

Ginger, Spring Onion, Shallots, Garlic

They are usually stir fried first, before mixing with other sauce, enhancing the taste.

Luya, Dahon ng Sibuyas, Sibuyas na Pula Maliliit, Bawang

Ang mga ito ay ipiniprito muna bago ihalo sa ibang sarsa, magpataas ang lasa.

註：  廣東話拼音
Cantonese Pronunciation



鹹魚 Ham Yu

惹味香濃的鹹魚，烹調成煲仔菜絕對滋味好吃，但鹹魚的味道偏鹹，份量不宜太多。

Salted Fish

Salted fish in clay pot means great taste. Beware of the amount because it is quite salty.

Isdang Maraming Asin

Ang dinaing na isda na niluto sa palayok ay sobrang malasa. Ingat sa dami ng paggamit nito dahil ito ay medyo maalat.



芹菜、芫茜 Gan Joi, Yin Sai

香味濃郁的香草，在煲仔菜撒上一把，其特殊之香氣，為煲仔菜添上芳香之味。

Chinese Celery, Coriander

With their strong and unique taste, they are usually sprinkle on top of clay pot dishes.

Kintsay sa Intsik, Unsoy

Dahil sa kanilang matapang na amoy at kakaibang lasa sila ay kalimitang ginagamit na budbod sa ibabaw ng mga pagkaing niluto sa palayok.



金華火腿 🗣️ Kam Wa Fo Tui

浙江出產的醃製品，有一陣濃烈的鹹香肉味，炮製濃湯的煲仔菜，可品嚐金華火腿之精華。

Jinhua ham

Preserved pork meat from Zhejiang, it carries a strong salty meat taste and goes well with soup dishes.

Hamon ng Jinhua

Binabad na karne, preserbatibong karne na nagmula sa Zhejiang. Masyado o sobrang maalat ang lasa at magandang ihalo sa mga sabaw o sopas.



臘鴨髀 🗣️ Lap Ap Pe

冬天臘醃品之一，鴨香味濃，油份充足，帶陣陣酒香味，無論做煲仔飯或煲仔菜皆美味無窮。

Preserved Duck Leg

One of the preserved meat in winter, it carries plenty of taste and oil and a hint of wine aroma. Suitable for clay pot rice and dishes.

Inimbak na Paa ng Pato

Isang uri ng Inimbak na karne sa panahon ng Taglamig, ito ay malasang malasa at malangis o mamantika at medyo amoy alak. Ito ay tamang tama sa kaning sinaing sa palayok at mga ulam.



冬菇、蝦米 廣東話拼音 Tung Ku, Ha Mai

浸泡後散發菇香或蝦味，燜煮後的煲仔菜滲有濃郁香氣，配搭其他佐料，有提升味道之作用。

Dried Black Mushroom, Dried Shrimps

Their taste release after soaking thoroughly, which will infuse into the clay pot dishes.

Pinatuyong Kabute, Pinatuyong Hipon

Ang kanilang lasa ay lumalabas lamang pag nababad sa tubig ng mabuti na humahalo sa mga pagkaing niluluto sa palayok.



乾紅辣椒 廣東話拼音 Kong Hung Lat Ciu

是炮製香辣煲仔菜的香料之一，爆香後與其他配料燜煮，香辣、惹味，建議與新鮮紅辣椒爆炒使用。

Dried Red Chilli

It is one of many spices goes well with clay pot. Stir fry first and mix with other ingredients to release its aroma and spiciness. It is recommended to use with fresh red chilli.

Pinatuyong Siling Labuyo

Ito ay isa sa maraming uri ng pampaanghang sa mga pagkaing niluluto sa palayok. Kailangan na iprito muna bago ihalo sa ibang sangkap upang lumabas na mabuti ang kanyang masarap na amoy at kahanghang. At ito ay kinakailangan dun gumamit ng sariwang siling labuyo kasama ng pinatuyong siling labuyo.

Fragrant Clay Pot Dishes

滾熱辣煲仔菜

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