



梁燕 編著

新手入廚系列

炒出美味



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即叫即炒、熱辣辣的「大排檔」美食是香港人至愛的集體回憶之一，廚師把食材放在鑊中炒一炒、拋兩拋，再贊一贊酒，在分秒之間，食物的味道得以昇華，一道道鑊氣十足的小菜立即上碟。除了小菜的色、香、味，最重要是將熱騰騰的菜式送到桌上。

用快炒的方式將食物快速炒熟，用油量較少，可保留食物中的營養素和食材的原有味道。但要注意用大火炒鑊，食油溫度容易過熱，食油也有可能產生化學變化。

讀者家中爐頭的火力雖然不及大牌檔的火水爐或酒樓、餐廳的石油氣爐，但在家中也可練成幾道「鑊氣」撚手小菜如薑葱炒蟹、雪菜炒年糕、乾隆炒鵪鶉、炒雜錦粒粒和回鍋肉等，才稱得上懂得享受人生。



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看圖買材料做菜

Buy ingredients according to the pictures

牛肉 (炒)

要帶少許肥肉。

Beef (for stir-frying)

Should contains a little fat.



豬肉 (炒)

要購買柳梅，因比較稔。

Pork (for stir-frying)

Purchase pork fillet as the texture is more tender.

魚柳

顏色鮮明。

Fish fillets

Bright colors.





蜆

蜆殼開了不合的，即表示死了，不可購買。

Clams

Should not buy clams with shell opened as that means the clam is dead.

蟹

拍拍蟹蓋，蟹的眼睛活動得很靈活表示未死。

Crabs

Pat the shell of crab, the crab is alive if the eyes are very flexible.



蝦

有光澤，蝦頭不要呈黑色。

Shrimps

Shrimps should look shiny. Do not buy those with black heads.



生魚

身上沒有瘀紅或傷痕。

Raw fish

Do not have any red or stasis wound on fish body.

洋葱

完整光滑，沒有損傷。

Onion

Complete, smooth and not rotten.



蜜糖豆

青綠而脆。

Sugar snap peas

Green and crispy.



番茄

紅色圓大。

Tomatoes

Round, big and red in color.

韭黃

黃色，尾部不要變黑和爛。

Chives

Yellow in color, tail part should not be black and rotten.



沙葛

表面沒有損爛。

Shage

Surface is not rotten.

年糕

顏色要白，不要有黑點。

Pudding cake

Color should be white and do not have black spots.



鹹酸菜

不要選擇太黃的，可能加了色素。

Pickled cabbage

Do not choose those in dark yellow color, pigment may be added.

XO 醬

成份要多瑤柱。

XO paste

Should contains more dried scallops.



滾刀塊

切成不規則的形狀。

Pieces in rolling cut

Cut ingredients into irregular shapes by rolling the ingredients.

起雙飛

魚肉切第一刀時不要切斷，要餘下少許，再切第二刀就要切斷，兩片魚肉都要薄而相連。

Butterflying

Do not cut off fish at the first cut, then cut off at the second cut, two slices should be thin and connected continuously.

勾芡（埋芡）

食物煮熟後加生粉水。

Thickening

Ingredients are cooked and add cornstarch solution to thicken.

玻璃芡

生粉加水不加其他顏色。

Transparent thickening sauce

Cornstarch with water without adding other colors.

汆水

食物放滾水中再撈起。

Blanch

Blanch ingredients in boiling water and then dish up.

過冷河

食物放滾水中再撈起，放凍水中沖過，瀝乾水分。

Cooling off in water

Blanch ingredients in boiling water and then dish up, put in cold water and drain.

泡油

將食物放滾油中一會即撈起。

Blanch with oil

Place food in boiling oil for a while and drain.

回鑊

食物泡油後再放回鑊中與其他材料一起炒。

Return to wok

Blanch food in boiling oil and then return to wok and stir-fry along with other ingredients.

買回來的材料怎麼辦？

What to do with the ingredients?

剖蟹 Gut Crabs

洗蟹：用牙刷擦去腳邊的污泥，但要小心紮着的繩不要鬆脫。

Clean crabs: Brush the feet of crabs with a toothbrush but do not loose the rope holding crabs.

剖蟹步驟見下圖：

See pictures below for cutting crabs:



切牛肉 Cut Beef

牛肉用橫紋切才不會韌。

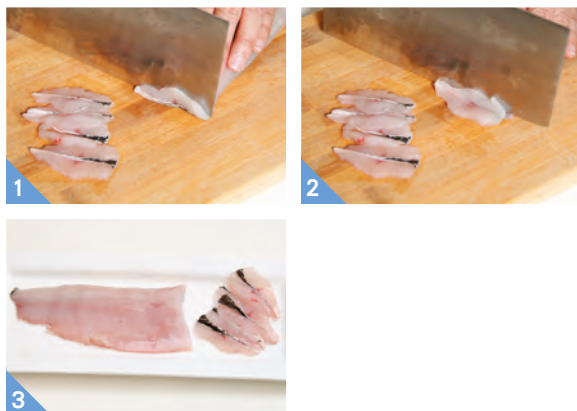
Cut beef against the stripes to avoid tough texture.



切魚片 Cut Fish Fillets

魚肉切第一刀時不要切斷，要餘下少許，再切第二刀就要切斷，兩片魚肉都要薄而相連。

Do not cut off fish at the first cut, then cut off at the second cut, two slices should be thin and connected continuously.



買回來的材料怎樣處理？

How to deal with the ingredients bought?

魚：買回來要即時放入雪櫃保持新鮮。

Fish: Put fish into refrigerator immediately after buying to keep fresh.

蝦：去殼去腸，洗淨，用少許鹽水浸着，放入雪櫃，可令蝦爽脆。

Shrimp: Shell and devein shrimp, rinse and soak with some salty water. Put in refrigerator can keep texture crispy.

菜：買回來要保持新鮮，用報紙包好，放入雪櫃。

Vegetables: To maintain vegetables fresh, wrap with newspaper and place in refrigerator.

辣椒：放冰箱內可保存數個月。

Chili: Red chili can be stored in refrigerator for a few months.

炒餸也好味

Stir-fry

原理：以油作為傳熱媒介，將加工成的食材用旺火快速加熱，充分攪拌，使油、食材和調味料迅速融合而成菜。

Principle: Oil is the heat transfer medium: heat the processed ingredients over high heat quickly. Stir-fry thoroughly to integrate oil, ingredients and seasonings into a dish.

優點：保持食材的鮮味；調味方法變化多，味覺和視覺上豐富多彩。

Advantages: To maintain freshness of ingredients. Variety in seasonings, taste and visual effect is rich.

20 分鐘
20 minutes

4 人
Serves 4



時蔬炒魚塊

Stir-fried Fish Fillets with Vegetables

材料 | Ingredients

菜芯 200 克	200 g Choi Sum
魚柳 2 條	2 slices fish fillets
薑 2 片	2 slices ginger
米酒 2 茶匙	2 tsps rice wine

醃料 | Marinade

雞蛋白 1/2 隻	1/2 egg white
酒 1 茶匙	1 tsp wine
生粉 1 茶匙	1 tsp cornstarch
胡椒粉 1/2 茶匙	1/2 tsp pepper
雞粉 1/2 茶匙	1/2 tsp chicken powder

調味料 | Seasonings

鹽 1/2 茶匙	1/2 tsp salt
糖 1/3 茶匙	1/3 tsp sugar

做法 | Method

1. 魚柳洗淨，切成魚塊，瀝乾水分，加入醃料拌勻，醃約 15 分鐘。
 2. 菜芯棄掉老葉，洗淨，切段。
 3. 燒熱鑊，下油約 1 碗，待油燒滾後下魚塊泡油至 7 成熟，取出並用廚房紙稍吸去油分。
 4. 再燒熱鑊，下油約 1/2 湯匙，爆香薑片，下菜芯略炒，加調味料拌勻，將魚塊回鑊炒勻，灑酒，即可上碟。
1. Rinse fish fillets, cut into pieces, drain. Marinate for about 15 minutes.
 2. Discard old leaves of Choi Sum, rinse and cut into sections.
 3. Heat wok and bring a bowl of oil to a boil, add fish fillets and cook until 70% done. Dish up and absorb excess oil by kitchen paper.
 4. Heat wok again, add 1/2 tbsp of oil and sauté ginger slices. Sauté Choi Sum, add seasonings and mix well. Return fish fillets to wok, stir well, drizzle wine. Serve.

入廚貼士 | Cooking Tips

- 魚柳加酒醃可除去魚的腥味。
- Marinate fish fillets with wine can remove unpleasant smell.

鹹酸菜炒魚鬆

Stir-fried Minced Dace with Pickled Cabbage

材料 | Ingredients

原味絞鯪魚肉 200 克	200 g minced dace (original flavor)
鹹酸菜梗 2 塊	2 stalks pickled cabbage
蔥段 2 棵	2 stalks spring onion (sectioned)
紅燈籠椒 1 隻	1 red bell pepper
蒜蓉 1 茶匙	1 tsp minced garlic

醃料 | Marinade

胡椒粉 1/2 茶匙	1/2 tsp pepper
鹽 1/2 茶匙	1/2 tsp salt
生粉 1 1/2 茶匙	1 1/2 tsps cornstarch
水 2 湯匙	2 tsps water

20 分鐘
20 minutes

4 人
Serves 4



調味料 | Seasonings

生抽 2 茶匙	2 tsps soy sauce
糖 2 茶匙	2 tsps sugar
生粉 1 茶匙	1 tsp cornstarch
麻油 1/2 茶匙	1/2 tsp sesame oil
胡椒粉 1/2 茶匙	1/2 tsp pepper

做法 | Method

1. 鹹酸菜梗洗淨，切絲，用鹽水浸 15 分鐘，榨乾水分待用。
 2. 絞鯪魚肉加醃料醃 15 分鐘。
 3. 紅燈籠椒洗淨，去籽，切絲。
 4. 燒熱鑊，下油約 1/2 湯匙，下絞鯪魚肉，壓成圓餅形，煎至兩面金黃，待涼後切成條狀。
 5. 燒熱鑊，下油約 1/2 湯匙，爆香蒜蓉，下紅燈籠椒、鹹酸菜，絞鯪魚肉條，加入調味料和蔥段拌勻即可。
1. Rinse pickled cabbage stems and shred. Soak in salty water for 15 minutes, drain and squeeze out excess water.
 2. Marinate minced dace for 15 minutes.
 3. Rinse red bell pepper, seed and shred.
 4. Heat wok and add 1/2 tbsp of oil, pan-fry minced dace and press into a round pie. Pan-fry until golden on both sides, leave to cool and cut into strips.
 5. Heat wok with 1/2 tbsp of oil, sauté minced garlic, red bell pepper, pickled cabbage stems and stripped minced dace. Add seasonings and spring onion and mix well.

入廚貼士 | Cooking Tips

- 鹹酸菜用鹽水略浸可減去鹹味。
- The salty taste of pickled cabbage could be reduced if soaked in salty water.

20 分鐘
20 minutes

4 人
Serves 4



勝瓜雲耳炒生魚片
Stir-fried Snakehead with
Angled Luffa and Ear Fungus

材料 | Ingredients

- 勝瓜（絲瓜）2 條
- 雪耳 4 朵
- 生魚（去骨）1 條
- 蒜蓉 2 茶匙
- 薑 2 片
- 2 angled luffa
- 4 ear fungus
- 1 snakehead fish (deboned)
- 2 tsps garlic
- 2 slices ginger

醃料 | Marinade

鹽 1/4 茶匙	1/4 tsp salt
胡椒粉少許	Pinch of pepper

調味料 | Seasonings

鹽 1/2 茶匙	1/2 tsp salt
雞粉 1/2 茶匙	1/2 tsp chicken powder
生抽 1/2 茶匙	1/2 tsp soy sauce
糖 1/4 茶匙	1/4 tsp sugar
水 1/2 杯	1/2 cup water

做法 | Method

1. 勝瓜去皮，洗淨，切滾刀塊。
2. 雪耳浸發後洗淨，去蒂，切小朵。
3. 生魚洗淨，切雙飛，下醃料拌勻。
4. 燒熱鑊，下油約 1/2 湯匙，爆香蒜蓉和薑片，下勝瓜和雪耳炒至熟，加入調味料拌勻。加入生魚片，輕力炒至熟透即可。

1. Peel angled luffa, rinse and cut into irregular pieces.
2. Soak ear fungus until soft, rinse and remove stalks, cut into small pieces.
3. Rinse snakehead, butterfly, marinate and mix well.
4. Heat wok with 1/2 tbsp of oil, sauté minced garlic and ginger slices, add angled luffa and ear fungus and stir-fry until done. Add seasonings and mix well. Add snakehead slices and gently stir-fry until done.

入廚貼士 | Cooking Tips

- 生魚可請魚檔代為去骨起肉。
- May ask the staff help to remove the bones of snakehead.

珊瑚蚌炒蜜糖豆

Stir-fried Canadian Red Sea Cucumber with Sugar Snap Peas

材料 | Ingredients

珊瑚蚌 180 克
中蝦 8 隻
蜜糖豆 150 克
芹菜 2 棵
乾蔥蓉 2 茶匙
薑米 1 茶匙
米酒 2 茶匙

180 g Canadian red sea cucumber meat
8 medium shrimps
150 g sugar snap peas
2 stalks Chinese celery
2 tsps chopped shallots
1 tsp minced ginger
2 tsps rice wine

25 分鐘
25 minutes

4 人
Serves 4





醃料 | Marinade

胡椒粉 2 茶匙
生粉 1/2 茶匙
雞粉 1/4 茶匙

2 tsps pepper
1/2 tsp cornstarch
1/4 tsp chicken powder

芡汁 | Thickening

蠔油 1 1/2 湯匙
生粉 2 茶匙
麻油 1/2 茶匙
雞粉 1/2 茶匙
水 3 湯匙

1 1/2 tbsps oyster sauce
2 tsps cornstarch
1/2 tsp sesame oil
1/2 tsp chicken powder
3 tbsps water

做法 | Method

1. 珊瑚蚌洗淨，瀝乾水分備用；蜜糖豆洗淨，摘去兩邊根莖，汆水備用；芹菜洗淨，切去根部和葉，切段。
 2. 中蝦洗淨，去殼去腸，放水龍頭下沖 10 分鐘，瀝乾水分。加醃料拌勻，放雪櫃中 1/2 小時。
 3. 燒熱鑊，下油約 1/2 湯匙，爆香薑米和乾蔥蓉，加入中蝦和珊瑚蚌略炒，瀆酒，炒至香味溢出。
 4. 芡汁放碗中拌勻，下芡汁煮滾，再放蜜糖豆和芹菜，炒至芡汁稍收乾即可上碟。
1. Rinse Canadian red sea cucumber meat, drain for later use. Rinse sugar snap peas, remove woody outer fibers on both sides, blanch. Rinse Chinese celery, cut roots and leaves, section.
 2. Rinse shrimps, shell and devein. Rinse under the tap for 10 minutes and drain. Add marinade and mix well, put in refrigerator for 1/2 hours.
 3. Heat wok with 1/2 tbsp of oil, sauté minced ginger and shallots, add shrimps and Canadian red sea cucumber meat. Drizzle wine and stir-fry until aroma comes out.
 4. Mix sauce in a bowl. Heat wok and bring thickening to a boil. Add sugar snap peas and Chinese celery, stir-fry until sauce is slightly dried. Serve.

入廚貼士 | Cooking Tips

- 蜜糖豆要汆水以去除草青味，炒時不要炒得太脆，味道才好。
- Blanch sugar snap peas to remove grass flavor, do not overcook to keep crispy texture.

15 分鐘
15 minutes

6 人
Serves 6



象拔蚌炒西蘭花
Stir-fried Geoduck Clams with Broccoli

材料 | Ingredients

西蘭花 1 棵 (約 250 克)	1 pc broccoli (around 250g)
象拔蚌 200 克	200 g geoduck clams
蒜蓉 1 茶匙	1 tsp minced garlic
薑汁 1 茶匙	1 tsp ginger sauce

芡汁 | Thickening

清雞湯 3 湯匙	3 tbsps chicken broth
生抽 2 茶匙	2 tsps light soy sauce
生粉 1 茶匙	1 tsp caltrop starch
糖 1/2 茶匙	1/2 tsp sugar
麻油少許	Some sesame oil

做法 | Method

1. 象拔蚌洗淨，切薄片。
2. 西蘭花洗淨，切細。
3. 燒熱一鍋水，下 1 湯匙油，放入西蘭花汆水，瀝乾。
4. 燒熱 2 湯匙油，爆香蒜蓉，下象拔蚌快手兜炒，再加入薑汁和西蘭花，下芡汁炒勻便可上碟。

1. Rinse and cut geoduck clams into thin slices.
2. Rinse broccoli and cut into small pieces.
3. Heat a wok of water, add 1 tbsp of oil, blanch broccoli and drain.
4. Heat 2 tbsps of oil, sauté minced garlic and toss with geoduck clams quickly. Stir in ginger sauce and broccoli, then toss with thickening until well combined and dish up.

入廚貼士 | Cooking Tips

- 這款快炒方法，簡單方便又容易處理，但是必須緊記即炒即吃。
- This stir-frying method is simple and easy to handle but remember that the dish must be served hot.

炒出美味

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萬里機構



萬里 Facebook

即叫即炒、熱辣辣的「大排檔」美食是香港人至愛的集體回憶之一，除了小菜的色、香、味，最重要是將熱騰騰的菜式送到桌上。

炒鑊的「鑊氣」沿自以高溫使食材受熱焦化後，釋放獨特香氣和味道。食材在短時間內煮熟，又保持鮮嫩。根據書中三十多道精選菜式，在家中也可享受原汁原味的撚手小菜。



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