

## 蕭秀香 (三姐) 自序

人生經歷起起伏伏，絕大部分時間都在爐火前與男人共事，伴隨煤氣爐和食具，演出一首首廚房交響樂。

《女人必學 100 道菜》帶給我的是截然不同的體驗，一本書能夠出版，這個機會得來不易，我衷心感謝每一位於《女人必學 100 道菜》付出過努力的隊友，多謝 TVB 提供一個非常好的平台，製作團隊非常專業，同時有不少空間給我發揮，亦要多謝美儀這個幕前經驗十足的好拍檔。希望這本書帶給大家不單是 100 道菜，更能激發五味糾纏的催化劑。

烹飪是我的興趣，能將興趣變為我的工作，見到每一個食客，滿面笑容，滿足地離開餐廳，讓我感到安慰。不同食材的配搭可煮出千變萬化的菜式，不斷嘗試，是我對烹飪的執着！

眾所皆知，美儀是一位資深主持人和藝人，起初當然需要磨合，不過於拍攝數天後，經已互相配合得很好，默契十足。一個入得廚房，一個出得廳堂，正正就是最完美配搭。

## 江美儀 自序

我從來沒有想過會主持一個烹飪節目，更無妄想過會出本烹飪書，還要是和專業女廚神三姐合作，這簡直是光宗耀祖的大事！

一向以來，我視烹飪為興趣，偶爾作為消遣活動，既可滿足味覺又可供奉五臟廟，超好玩！但要主持一個節目，就是兩碼子事。幸好我的搭檔是三姐，一個同我性格相近，做事認真又循循善誘的前輩，所以我們合作得非常愉快。

除此之外，多謝一班幕後敬業樂業的工作人員，為我們做好前後期製作過程的準備功夫。至於現場攝影隊友，他們每次爭先恐後去試食，又大家一同爭食雪條的情景，我到現在想起來還是會心微笑！

總括來說，感恩我有這個機會去分享一下我回憶的味道和推廣健康素食，讓大家可以多一個選擇，既煮得開心又食得健康！

### 作者簡介



2005 年參加「食神爭霸戰」，憑着一道「蓮漪飄香」勇奪金獎及最具創意獎。2007 年獲法國國際廚皇美食會頒發藍帶白金五星獎，兼入選中國飯店名人百福榜。最近更以一道「酒香瀨尿蝦」，獲得世界粵菜廚皇三粒星的評價。

現時為香港餐務管理協會副會長、世界粵菜廚皇協會會員、世界中餐名廚交流協會顧問。曾擔任香港旅遊協會飲食評判、澳門工聯會飲食評判。

三姐秉持「傳統有創新，創新不忘本」的理念烹製和創作菜餚。除經營飯店外，三姐還擔任電視台節目廚藝專家，包括《流行都市》、《都市閒情》等，分享入廚心得，廣受歡迎。先後出版《食盡其材慳家菜》及《大廚小菜：名廚三姐的 45 道創意家常菜》。而她在將軍澳開設的食肆在城中頗具名氣，更是很多藝人的飯堂，食客甚至遍及海外。

### 作者簡介



香港女演員及主持，演技廣受認同，曾奪萬千星輝頒獎典禮 2013「最佳女配角」殊榮。

部分代表角色包括：易懿芳（三姨太）《名媛望族》、方芮嘉（Head 姐）《衝上雲霄 II》、嚴查向善《親親我好媽》、姚淑嫻（Lulu）《殺手》。

幕前角色多變，台下巧手出眾，追求色香味美滿分配搭，喜與良朋好友如 Gigi 姐一同鑽研廚藝，視美食分享為快樂泉源。

## 三姐、美儀常備配料

三姐、美儀各有看家的烹飪本領，美儀的私房冬菇能將冬菇的香氣提升，無論做主角或配菜皆宜。三姐的甘草欖角惹味香濃，對菜式有畫龍點睛的效果。

### 美儀私房冬菇

Elena's signature steamed shiitake mushrooms

#### 材料

冬菇 15 朵  
薑 2 片（拍扁）  
蔥段 2 條  
生抽 2 茶匙  
糖 1 茶匙  
紹興酒 1.5 湯匙  
蠔油 2 湯匙

#### 做法

- 1 冬菇洗淨、浸軟、去蒂（水留用），加入生粉拌勻，用水沖洗，瀝乾水分。
- 2 以生抽、糖、紹興酒、蠔油醃一會，放蒸碟內，放上薑片、蔥段及適量冬菇水，以耐熱保鮮紙封好，以中火隔水蒸 30 分鐘即成。

\* 蒸製過的冬菇隨時可用，或存放冰格備用。

#### Ingredients

- 15 dried shiitake mushrooms
- 2 slices ginger (crushed)
- 2 spring onion (cut into short lengths)
- 2 tsp light soy sauce
- 1 tsp sugar
- 1.5 tbsp Shaoxing wine
- 2 tbsp oyster sauce

#### Method

- 1 Rinse the mushrooms and soak them in water till soft. Drain and set aside the soaking water. Cut off the stems. Add potato starch and mix well. Rinse off the potato starch and squeeze the mushrooms dry.
- 2 Marinate the mushrooms in light soy sauce, sugar, Shaoxing wine and oyster sauce. Arrange on a steaming plate. Arrange sliced ginger and spring onion on top. Pour the soaking water over. Cover in microwave safe cling film. Steam over medium heat for 30 minutes.

\* The shiitake mushrooms can be used right away after steamed. Or, you may keep them in freezer for later use.

### 三姐甘草欖角

Kitty's preserved black olives

#### 材料

欖角 5 粒  
果皮 1 小角  
甘草 2 片  
糖 1 茶匙  
油 2 湯匙

#### 做法

- 1 所有材料拌勻，大火蒸約 8-10 分鐘至軟身。使用前切粒。

\* 可按比例增加各材料的份量製作大份量，待欖角攤涼後放入密封瓶內，放在陰涼處貯藏。緊記油一定要蓋過欖角。

#### Ingredients

- 5 preserved black olives
- 1 small piece dried tangerine peel
- 2 slices liquorice
- 1 tsp sugar
- 2 tbsp oil

#### Method

- 1 Mix all ingredients in a steaming bowl. Steam over high heat until the olives are soft. Dice the mixture before using.

\* You may size up the amounts listed proportionally to make a big batch. When the preserved black olives are cooled completely, transfer into an airtight container and keep in a cool spot away from the sun. Make sure there is enough oil to cover the olives.

## 基本烹調技巧

**煲肉湯：**肉類放入凍水內，待滾起後撈起、瀝乾，再用少量油在鑊中略煎，肉湯會更香濃。

**煎魚：**用大火燒熱鑊，下油，待油熱後，將魚放入鑊中，要煎至魚呈金黃色，才可以反轉再煎另一邊，待煎至金黃即可以上碟。

**煎豆腐：**如果想保持豆腐的完整，將豆腐浸入鹽水中，可以令豆腐結實，同時鹹味滲入豆腐中，味道會更佳。

**炆肉：**將肉類清洗後，用鹽醃一夜，抹去鹽粒後炆或煲湯皆可，令肉質更軟滑及好味。如配料中有八角、花椒、薑、豆瓣醬、柱侯醬等，宜先爆香才放入肉類，香料才能發揮效果滲入肉類中。

**陳皮：**柑皮儲藏三年以上方可叫陳皮。陳皮氣味芳香，蒸魚、肉餅或煲湯時下陳皮，有去腥增香的功效。



苦瓜

bitter melon

# 話梅梅酒 涼拌白玉苦瓜

White bitter melon  
marinated in plum wine



## 材料

白玉苦瓜 1 條  
話梅 15 粒  
沸水 2 公升  
梅酒 600 毫升  
紫蘇葉 15 塊  
(新鮮及乾品)

## Ingredients

- 1 white bitter melon
- 15 dried liquorice plums
- 2 litres boiling water
- 600 ml plum wine
- 15 dried and fresh Shiso leaves (a.k.a. perilla leaves)



👉 品嚐三姐私房梅酒。  
Trying the plum wine  
made by Chef Kitty Siu.

## 做法

- 1 預備一個 3 公升的玻璃瓶，放入話梅及乾紫蘇葉，倒入沸水（約 7 成滿），待完全涼透。
- 2 苦瓜洗淨，切去兩端，橫切開半，刮掉瓜瓢，切條或片狀均可。
- 3 玻璃瓶內添加梅酒，加入新鮮紫蘇葉（先用手揉搓），再放進苦瓜，蓋好並放雪櫃冷藏一晚，即可享用。

## Method

- 1 Put dried plums and dried Shiso leaves into a 3-litre sealable jar. Pour in boiling water until the jar is 70% full. Leave it to cool completely.
- 2 Rinse the white bitter melon and cut off both ends. Cut in half across the length. Scoop out the seeds. Then cut into strips or slices.
- 3 Pour the plum wine into the glass jar. Rub to bruise the fresh Shiso leaves. Put the leaves into the glass jar. Then put in the white bitter melon. Seal the jar and refrigerate overnight. Serve.



## 必學不敗竅門

- 白玉苦瓜的苦味較輕，潔白如玉、苦中帶甜。苦瓜營養成分高，維他命 C 非常豐富，有降火、消除壓力之效。
- White bitter melon is not as bitter as its green counterpart. It looks white and translucent with a hint of bitterness amid sweetness. Bitter melon is rich in nutrients, especially vitamin C. Chinese herbalists believe it clear the excessing heat and relieves stress.



雞

chicken

# 電飯煲 玫瑰露豉油雞

Soy-marinated chicken  
in electric rice cooker



## 材料

雞 1 隻  
薑 4 片  
蔥絲少許

## 調味料

玫瑰露 2 湯匙  
甜豉油 8 湯匙  
老抽 1 湯匙  
糖 3 湯匙

## Ingredients

- 1 chicken
- 4 slices ginger
- finely shredded spring onion

## Seasoning

- 2 tbsp Chinese rose wine
- 8 tbsp sweet soy sauce
- 1 tbsp dark soy sauce
- 3 tbsp sugar

## 做法

- 1 雞洗淨，瀝乾水分，備用。
- 2 將薑片及調味料放入電飯煲內，按煮飯模式，待醬汁滾起後放入雞，雞胸向下，加蓋。
- 3 每 10-15 分鐘轉動雞一次，共 4 次，煮至雞全熟及雞皮上色，盛起放涼，斬件。
- 4 將餘下醬汁煮至濃稠，淋上雞面，綴上蔥絲即成。

## Method

- 1 Rinse the chicken and drain well. Set aside.
- 2 Put ginger and seasoning into a rice cooker. Turn on the rice-cooking cycle. Cook until the mixture boils. Put the chicken in with the breast side down. Cover the lid.
- 3 Flip the chicken upside-down once every 10 to 15 minutes. After you flip the chicken for 4 times and when the chicken is cooked through and evenly coloured, remove from the rice cooker to let cool. Chop into pieces and arrange on a serving plate.
- 4 Cook to reduce the remaining sauce. Drizzle over the chicken. Garnish with finely shredded spring onion. Serve.



## 必學不敗竅門

- 待醬汁煮滾才放入雞，雞肉不易霉。
- 因雞胸肉厚，排入電飯煲時建議雞胸向下，容易熟透。
- Heat the sauce till it boils before putting the chicken in. The chicken flesh is less likely to turn mushy this way.
- The breast is the fleshiest part of a chicken. It is advisable to put the chicken into the rice cooker with the breast side down, so that it can be cooked through more easily.

白鱈魚

white cod fillet

# 豆酥鱈魚

Fried cod fillet cubes with fried savory crisbean



## 材料

法國白鱈魚 400 克  
豆酥 100 克  
蒜粒 3 湯匙  
豆瓣醬 1 湯匙  
鹹蛋黃半隻  
無鹽牛油 20 克  
紹興酒少許

## 醃料

鹽、胡椒粉各少許  
生粉 2 茶匙

## Ingredients

- 400 g French white cod fillet
- 100 g fried savory crisbean
- 3 tbsp diced garlic
- 1 tbsp spicy bean sauce
- 1/2 salted egg yolk
- 20 g unsalted butter
- Shaoxing wine

## Marinade

- salt
- ground white pepper
- 2 tsp potato starch

## 做法

- 1 鹹蛋黃蒸熟，切碎備用。
- 2 白鱈魚解凍，洗淨，切大粒，塗上醃料略醃。
- 3 熱鑊下油，下白鱈魚粒煎至金黃色。
- 4 另一熱油鍋，先爆香蒜粒及豆瓣醬，下鹹蛋黃碎略爆炒，加入豆酥不停翻炒，下牛油繼續炒勻（如太乾可酌加煮食油），最後灑入紹興酒炒勻，將 2/3 豆酥料放於碟上。
- 5 將煎好的白鱈魚粒放豆酥上，撒入餘下豆酥即成。

## Method

- 1 Steam the salted egg yolk until cooked. Chop finely.
- 2 Thaw the cod. Rinse and dice coarsely. Add marinade and mix well.
- 3 Heat wok and add oil. Fry the diced cod until golden.
- 4 In another wok, stir-fry garlic and spicy bean sauce until fragrant. Add salted egg yolk. Toss briefly. Put in the fried savory crisbean and keep on tossing. Add butter and toss further. If it looks dry, add some oil at this point. Drizzle with Shaoxing wine and toss again. Transfer 2/3 of this mixture on a serving plate.
- 5 Arrange the fried cod cubes over the fried savory crisbean mixture. Then sprinkle the rest of the fried savory crisbean mixture over. Serve.



## 必學不敗竅門

- 建議用慢火將鱈魚煎熟至金黃色。
- 豆酥油香十足，在雜貨店有售。加入鹹蛋炒勻，味道濃郁，毋須另加調味料。
- Fry the cod over low heat until cooked through and golden.
- Fried savory crisbean is flavourful and aromatic. You can get it from conventional grocery stores. The savory crisbean will pick up the rich flavours of the salted egg yolk and you don't need to season it any further.

牛仔骨

beef short rib

中式  
牛仔骨

Chinese-style  
beef short ribs



材料

蘇格蘭牛仔骨 3 件  
啤酒 350 毫升  
洋葱 1 個 (切絲)  
番茄 1 個 (切細粒)  
白蘭地 1 茶匙

Ingredients

- 3 pieces Scottish beef short ribs
- 350 ml beer
- 1 onion (shredded)
- 1 tomato (diced)
- 1 tsp brandy

醬汁

喼汁 5 湯匙  
薑汁 2 湯匙  
鮮醬油 1 湯匙  
片糖碎 1.5 湯匙  
咕嚕汁 1 湯匙  
生粉 1/2 茶匙

Sauce

- 5 tbsp Worcestershire sauce
- 2 tbsp ginger juice
- 1 tbsp Maggi seasoning
- 1.5 tbsp crush raw cane sugar slab
- 1 tbsp sweet and sour sauce
- 1/2 tsp potato starch

做法

- 1 牛仔骨解凍，洗淨，吸乾水分，每件切成 3 大片，浸泡啤酒半小時，瀝乾，加入鹽少許及生粉適量拌勻，備用。
- 2 所有醬汁材料拌勻，備用。
- 3 燒熱油鑊，放入洋葱爆炒至微焦，盛起備用。
- 4 原鑊放入牛仔骨，大火煎香至兩面微黃。
- 5 同一時間，燒熱另一油鑊，放入番茄粒炒香，加入醬汁後轉小火煮滾，放入牛仔骨，轉大火炒勻收汁，放入洋葱，瀆入白蘭地，上碟即成。

Method

- 1 Thaw the beef short ribs. Rinse and wipe dry. Cut each piece into three large slices. Soak in beer for 30 minutes. Drain. Sprinkle with a pinch of salt and potato starch. Mix well.
- 2 Mix all sauce ingredients together to combine.
- 3 Heat wok and add oil. Stir-fry onion over high heat until lightly browned. Set aside.
- 4 In the same wok, put in the beef short ribs. Fry over high heat until both sides lightly browned.
- 5 Meanwhile, heat oil in another wok. Stir-fry tomato until fragrant. Add the sauce ingredients and turn to low heat. Bring to the boil. Put in the beef and turn to high heat. Toss until the sauce reduces. Add onion and drizzle with brandy. Serve.



必學不敗竅門

- 牛仔骨煮前放入啤酒浸約半小時，肉質更鬆軟。
- Soaking the beef in beer for 30 minutes helps tenderize the meat fibres. The beef will turn out more tender.



花蛤

Venus clam

# 私房梅酒 煮花蛤

Steamed clams in  
plum wine sauce



## 材料

花蛤 600 克  
梅酒 200 毫升  
梅子肉（浸過梅酒）5 粒  
芹菜 1 棵（切粒）  
芫茜 2 棵（切碎）  
蒜粒 3 湯匙  
上湯 200 毫升  
玫瑰露 1 湯匙  
黑椒碎 1/2 茶匙  
胡椒粉 1/2 茶匙  
紅椒絲少許

## Ingredients

- 600 g Venus clams
- 200 ml plum wine
- 5 plums (soaked in wine previously)
- 1 sprig Chinese celery (diced)
- 2 sprigs coriander (finely chopped)
- 3 tbsp diced garlic
- 200 ml stock
- 1 tbsp Chinese rose wine
- 1/2 tsp ground black pepper
- 1/2 tsp ground white pepper
- red chillies (shredded)

## 做法

- 1 梅子肉切碎，備用。
- 2 花蛤用海水浸泡，放雪櫃冷藏約 4 小時，吐沙後洗淨（丟掉沒張開殼的花蛤），放入沸水焯至殼打開，半熟即可盛起，瀝乾水分。
- 3 熱鑊下油，爆香蒜粒，下梅子肉、上湯，滾起後下半份量梅酒及花蛤，加黑椒碎調味，滾起後下剩餘的梅酒、芹菜粒、芫茜碎，最後瀆入玫瑰露，加入胡椒粉及以紅椒絲裝飾，上碟即成（可放入原粒梅子墊在碟底）。

## Method

- 1 Stone the plums and finely chop them.
- 2 Soak the clams in salted water. Refrigerate for 4 hours for them to spit out the sand. Rinse and blanch in boiling water until they open slightly and are half-cooked. Discard any clam that does not open. Set aside and drain well.
- 3 Heat wok and add oil. Stir-fry garlic until fragrant. Put in the plums and stock. Bring to the boil. Put in half of the plum wine and all clams. Season with ground black pepper. Bring to the boil again and add the remaining plum wine, Chinese celery and coriander. Drizzle with Chinese rose wine and sprinkle with ground white pepper. Garnish with red chillies. Save on a serving plate and serve. (Optionally, put a few whole plums on the bottom of the plate and pour the clams over.)



## 必學不敗竅門

- 煮花蛤前放入大滾水微焯至殼半開，即撈起，確保乾淨及全部新鮮，死掉的即丟掉。
- Before cooking the clams, blanch them in vigorously boiling water until they open slightly. Then drain and set aside. This step would make sure all clams are clean and fresh. Discard those dead ones so that they won't contaminate others.

# 啫啫紫蘿牛肉

Sizzling beef and pineapple in clay pot



## 材料

新鮮牛柳邊 400 克  
 鮮菠蘿 1/4 個  
 鮮菠蘿粒 3 湯匙  
 新鮮子薑 80 克 (切薄片)  
 醃酸薑片 40 克  
 青、紅燈籠椒各 1/4 個 (切片)  
 薑 4 片  
 糖醋汁 2 湯匙  
 鮮醬油 1 茶匙

## 醃料

糖 1/4 茶匙  
 油 1/2 湯匙  
 生粉 1 茶匙  
 生抽 1/2 湯匙  
 胡椒粉少許

## Ingredients

- 400 g fresh beef striploin
- 1/4 fresh pineapple
- 3 tbsp diced fresh pineapple
- 80 g fresh young ginger (sliced thinly)
- 40 g pickled ginger (sliced)
- 1/4 green bell pepper (sliced)
- 1/4 red bell pepper (sliced)
- 4 slices ginger
- 2 tbsp sweet and sour sauce
- 1 tsp Maggi seasoning

## Marinade

- 1/4 tsp sugar
- 1/2 tbsp oil
- 1 tsp potato starch
- 1/2 tbsp light soy sauce
- ground white pepper

## 做法

- 1 鮮菠蘿去皮，切件，取 2-3 件切成碎粒，備用。
- 2 新鮮牛柳邊切片，加入醃料拌勻，備用。
- 3 砂鍋燒熱，放入菠蘿片，加蓋，用小火烘香兩面，備用。
- 4 燒熱油鑊，爆香青、紅椒，盛起備用。
- 5 原鑊加入薑片爆香，放入牛柳片煎至半熟，盛起備用。
- 6 原鑊加入子薑片爆香，加入鮮菠蘿碎粒、青紅椒、醃酸薑片及牛柳片快炒，最後加入糖醋汁及鮮醬油炒勻，倒入盛有菠蘿片的砂鍋拌勻，趁熱享用。

## Method

- 1 Peel the fresh pineapple and slice it. Then finely dice 2 to 3 slices. Set aside the rest.
- 2 Slice the beef. Add marinade and mix well.
- 3 Heat a clay pot. Put in the sliced pineapple. Cover the lid. Cook over low heat until both sides browned.
- 4 Heat wok and add oil. Stir-fry bell peppers until fragrant. Set aside.
- 5 In the same wok, stir-fry ginger until fragrant. Add beef and fry until half-cooked. Set aside.
- 6 In the same wok, stir-fry young ginger until fragrant. Put in the diced pineapple, bell peppers, pickled ginger and beef. Season with Maggi, sweet and sour sauce. Toss quickly. Transfer the mixture into the clay pot over the sliced pineapple. Toss well and serve the whole pot.



✦ 牛柳邊比牛柳有較多脂肪，牛味更濃。It's advisable to ask the butcher for the fatty rim of beef striploin, which has stronger meaty flavours and more marbling.



## 必學不敗竅門

- 菠蘿煮前先用白鑊烘乾，味道更甜、更多汁。
- Before cooking pineapple, fry it in a dry wok first. That would make the pineapple sweeter and juicier.



膏蟹

female mud crab

## 大蟹蟹膏荷葉飯

Fried rice with crab wrapped  
in lotus leaf

## 材料

大膏蟹 1 隻  
新鮮荷葉 1 張  
乾荷葉 1 張  
白飯 3-4 碗  
薑粒 2 湯匙  
蒜粒 1 湯匙  
雞蛋 2 隻  
芹菜粒少許 (裝飾)  
蔥花適量 (裝飾)  
芫茜碎適量 (裝飾)

## 炒飯調味料

生抽 4 茶匙  
老抽 2 茶匙  
鹽 1/4 茶匙  
糖 1/2 茶匙

## Ingredients

- 1 female mud crab
- 1 fresh lotus leaf
- 1 dried lotus leaf
- 3 to 4 bowls steamed rice
- 2 tbsp diced ginger
- 1 tbsp diced garlic
- 2 eggs
- diced Chinese celery (as garnish)
- finely chopped spring onion (as garnish)
- finely chopped coriander (as garnish)



示範短片

## Seasoning for fried rice

- 4 tsp light soy sauce
- 2 tsp dark soy sauce
- 1/4 tsp salt
- 1/2 tsp sugar

## 做法

- 1 兩款荷葉洗淨，汆水後印乾水分，放入蒸籠內（先鋪上新鮮的再放乾品），於乾荷葉面塗油，備用。
- 2 膏蟹洗淨，掀起蟹蓋，棄去胃、鰓、腸，起蟹鉗，蟹身一開二，備用。
- 3 燒熱油鑊，先爆香薑粒，再爆蒜粒，依次放入雞蛋（免拂）及白飯，不停翻炒，期間以鑊鏟按壓白飯至飯粒散開，炒至飯粒粒分明，即可灑入少許鹽，炒勻後熄火，加入生抽、老抽及糖炒勻，放入蒸籠內，再將蟹整齊放上飯面，蟹蓋有膏一面朝上，蓋好蒸籠蓋，大火蒸 8 分鐘。
- 4 將蟹蓋反轉放回蟹身上，撒上芹菜粒、蔥花及芫茜碎，用荷葉包封好，再蒸 1 分鐘，完成後可在蟹面掃上初榨橄欖油添光澤，趁熱享用。

## Method

- 1 Rinse both lotus leaves. Blanch them in boiling water. Wipe dry. Line a bamboo steamer with the fresh one first. Top with the dried one. Brush cooking oil over the dried lotus leaf.
- 2 Rinse the crab. Pull off the carapace. Discard the sandy sac, gills and digestive tract. Cut off the pincers. Cut the body into half.
- 3 Heat wok and add oil. Stir-fry ginger until fragrant. Then put in garlic and toss until fragrant. Pour in the eggs (do not whisk them) and rice in this particular order. Toss continuously until the rice grains are evenly coated in egg. Sprinkle with a pinch of salt and toss well. Turn off the heat and add light soy sauce, dark soy sauce and sugar. Toss again. Transfer the rice into the bamboo steamer over the greased dried lotus leaf. Arrange the crab neatly over the rice. Put in the carapace with the roe side facing up. Cover the steamer and steam over high heat for 8 minutes.
- 4 Flip the carapace to cover the body of the crab. Sprinkle with Chinese celery, spring onion and coriander. Fold the lotus leaf to wrap well. Steam for 1 more minute. Brush extra-virgin olive oil over the crab to give it a sheen. Serve hot.



## 必學不敗竅門

- 將兩種荷葉汆水的原因，除了因汆燙後葉較軟易於包裹外，還可以去掉草青味。
- Both fresh and dried lotus leaves should be blanched in boiling water. First off, blanching them make them softer and less resilient, so that you can wrap the rice and filling more easily into a packet. Secondly, blanching helps remove the grassy taste.

## 瀨尿蝦

mantis shrimp

酒香  
瀨尿蝦Wine-marinated  
mantis shrimps

## 材料

瀨尿蝦 8 隻  
芫茜 1 棵  
芹菜粒少許  
蔥花 2 湯匙  
紅椒絲少許

## 浸汁

紹興酒 300 毫升  
糟滷 150 毫升  
桂花陳酒 150 毫升  
玫瑰露 1 茶匙  
糖 1/2 茶匙

## Ingredients

- 8 mantis shrimps
- 1 sprig coriander
- diced Chinese celery
- 2 tbsp finely chopped spring onion
- red chillies (shredded)

## Wine marinade

- 300 ml Shaoxing wine
- 150 ml distillers grain marinade
- 150 ml aged osmanthus wine
- 1 tsp Chinese rose wine
- 1/2 tsp sugar

## 必學不敗竅門

- 焯瀨尿蝦的時間不可太久，才能保持肉質嫩滑。
- 瀨尿蝦煮熟後立即放入冰水浸泡，再扭動屈曲外殼，可輕易起肉。
- Do not blanch the mantis shrimps for too long. Otherwise, the flesh would turn rubbery and dry.
- After blanching the mantis shrimps, dunk them into ice water immediately. Twisting the shell makes it easier to remove the shell.



## 做法

- 1 瀨尿蝦買回來用冰水浸泡以防變色，備用。
- 2 芫茜洗淨，浸白開水，加入少許白醋浸泡一會，吸乾水分，切碎備用。
- 3 大碗內放入紹興酒、糟滷、桂花陳酒、玫瑰露及糖拌勻成浸汁，備用。
- 4 瀨尿蝦放沸水內焯熟，放入冰開水內降溫，撈起，吸乾水分。
- 5 將蝦身由上至下屈曲數下，待蝦殼與肉略鬆開，用尖頭剪刀從尾部沿殼邊向頭部剪開，起肉離殼後放回殼內，以保持原貌，備用。
- 6 瀨尿蝦瀝乾水分，浸泡在浸汁內，期間翻動令蝦均勻入味，倒出浸汁，重複浸泡一次，令蝦充分吸收酒香。
- 7 取出蝦，將芫茜碎、芹菜粒及蔥花放入浸汁內拌勻，用湯匙輕壓讓香味釋出，再將浸汁淋入蝦身。
- 8 將蝦一對對整齊排入碟內，頭朝上、身微彎，最後淋上適量浸汁，以紅椒絲裝飾即成。

## Method

- 1 Soak mantis shrimps in ice water to avoid discolouration.
- 2 Rinse coriander and soak in cold drinking water with a dash of white vinegar. Drain and wipe dry. Finely chop.
- 3 Put wine marinade ingredients into a big mixing bowl. Mix well.
- 4 Blanch the mantis shrimps in boiling water until done. Dunk into ice water to cool off instantly. Drain and wipe dry.
- 5 Twist the head and tail of a mantis shrimp a few times in opposite directions. This helps separate the meat and the shell. Then cut the point edge of the shell from the tail toward the head with a pair of pointy scissors. Pull the flesh off the shell. Then put it back into the shell. Repeat this step with every shrimp.
- 6 Drain the mantis shrimps and soak them in the wine marinade. Flip the shrimps from time to time for them to pick up the seasoning evenly. Then drain the marinade once and pour it back in. That would ensure every shrimp picks up the marinade nicely.
- 7 Set the mantis shrimps aside. Put coriander, Chinese celery and spring onion into the wine marinade. Mix well. Press the aromatics with a spoon gently to release the aromas. Then pour the wine marinade onto the shrimps again.
- 8 Arrange the mantis shrimps on a serving plate in pairs with the head facing up, and the body curling. Drizzle with some of the wine marinade. Garnish with shredded red chillies. Serve.



素魚

vegetarian fish

## 素酸菜魚

Vegetarian fish with pickled mustard greens



◎ 示範短片



## 做法

- 1 鹹酸菜加少許鹽，用水浸泡 20-30 分鐘，沖洗後擠乾，切段備用。
- 2 海帶浸泡至鹹味減退（不同產地浸泡時間有別），切條備用。
- 3 雞脾菇洗淨，用手撕開一片片；豆腐切成 5 件；素魚每件切成 4 片，備用。
- 4 以白鑊將大豆芽及鹹酸菜分別烘乾，盛起備用。
- 5 燒熱油鑊，放入素魚煎至兩面金黃，盛起備用。
- 6 燒熱油鑊，先爆香薑粒，放入蒜粒及鹹酸菜爆炒，再下指天椒及花椒粒炒香，加入沸水約 1 公升，放入芫茜根煮至香味釋出後取走，放入大豆芽、雞脾菇、金菇、海帶、素魚同煮至滾。
- 7 取另一平底鍋，放入豆腐排好燒熱，放入步驟⑥的所有材料。
- 8 同步燒熱小鍋，放入花椒油煮滾，加入芫茜爆香，下麻油，倒入⑦平底鍋，最後下素魚露調味，撒上炒香芝麻即成。



## 必學不敗竅門

- 大豆芽記緊以白鑊烘乾才煮，能夠去掉豆腥味。
- 若鹹酸菜太鹹，建議用鹽水浸泡，能將鹹味有效地帶走。
- Soybean sprouts need to be fried in a dry wok until dry before used. This step would remove the grassy taste of the soy bean sprouts.
- If the pickled mustard greens are too salty, you may soak them in salted water to remove the saltiness.

## 材料

素白帶魚 3 件  
雞脾菇 2 條  
金菇 200 克  
鹹酸菜 1 棵  
海帶 80 克  
大豆芽 100 克  
布包豆腐 2 件  
薑粒適量  
蒜粒適量  
指天椒 5 隻（去蒂）  
花椒 1 湯匙  
芫茜根 5 棵  
素魚露 1 湯匙  
炒香芝麻適量

## Ingredients

- 3 pieces vegetarian hairtail
- 2 king oyster mushrooms
- 200 g enokitake mushrooms
- 1 head pickled mustard greens
- 80 g dried kelp
- 100 g soybean sprouts
- 2 cubes cloth-wrapped tofu
- diced ginger
- diced garlic
- 5 bird's eye chillies (stems cut off)
- 1 tbsp Sichuan peppercorns
- 5 stems coriander roots
- 1 tbsp vegetarian fish sauce
- toasted sesames

## 芫茜花椒油

花椒油 150 毫升  
芫茜 5 棵（切碎）  
麻油 1 湯匙

## Coriander Sichuan peppercorn oil

- 150 ml Sichuan peppercorn oil
- 5 sprigs coriander (finely chopped)
- 1 tbsp sesame oil

## Method

- 1 Add a pinch of salt to the pickled mustard greens. Soak in water for 20 to 30 minutes. Rinse and squeeze dry. Cut into short lengths.
- 2 Soak kelp in water to make it less salty (the soaking time depends on where the kelp comes from). Cut into strips.
- 3 Rinse the king oyster mushrooms. Tear into slices. Set aside. Cut tofu into 5 pieces. Set aside. Cut each piece of vegetarian hairtail into 4 slices.
- 4 Heat a dry wok. Put in soybean sprouts and pickled mustard greens. Fry until dry. Set aside.
- 5 Heat wok and add oil. Fry the vegetarian hairtail until both sides golden. Set aside.
- 6 Heat the same wok and add oil. Stir-fry diced ginger until fragrant. Put in diced garlic and pickled mustard greens. Toss well. Add bird's eye chillies and Sichuan peppercorns. Toss until fragrant. Add 1 litre of boiling water. Put in the coriander roots until their flavour is infused. Remove the coriander roots. Put in soybean sprouts, king oyster mushrooms, enokitake mushrooms, kelp and vegetarian hairtail. Bring to the boil.
- 7 In a pan, arrange the tofu neatly and heat. Pour the mixture from step 6 over the tofu.
- 8 Meanwhile, heat a small pot and put in the Sichuan peppercorn oil. Cook until smoking hot. Put in the coriander and add sesame oil. Pour the mixture over the ingredients in the pan. Lastly season with vegetarian fish sauce. Sprinkle with toasted sesames. Serve.

## 猴頭菇

monkey head mushroom

香橙  
猴頭菇Dried-fried monkey head mushrooms  
in orange glaze

## 材料

素猴頭菇丁 400 克 (已調味)  
生粉 3 湯匙

## 濃縮橙醬

濃縮橙汁 420 毫升  
橙 1 個  
吉士粉 1 茶匙  
白醋 380 毫升  
水 75 毫升  
糖 100 克  
鹽 1/4 茶匙

## Ingredients

- 400 g diced monkey head mushrooms (seasoned)
- 3 tbsp potato starch

## Orange glaze

- 420 ml concentrated orange juice
- 1 orange
- 1 tsp custard powder
- 380 ml white vinegar
- 75 ml water
- 100 g sugar
- 1/4 tsp salt

## 做法

- 1 素猴頭菇丁解凍，加入生粉拌勻，備用。
- 2 橙洗淨，起肉、切粒，備用。
- 3 吉士粉加 3.5 茶匙水調成薄芡，備用。
- 4 熱鑊下油，下猴頭菇丁半煎炸至金黃，盛起，隔油備用。
- 5 將所有濃縮橙醬材料（鹽及吉士粉除外）拌勻，放進熱鑊煮滾，加鹽調味，盛起，取約 100 毫升，加入吉士粉芡煮至濃稠。
- 6 另一熱鍋下猴頭菇丁炒熱，加入濃縮橙醬拌勻，上碟後以食用花點綴即成。

## Method

- 1 Thaw the diced monkey head mushrooms. Add potato starch and mix well.
- 2 Rinse the orange. Peel and tear into segments. Remove the pith. Dice the flesh.
- 3 Add 3.5 tsp of water to custard powder. Mix well.
- 4 Heat wok and add oil. Cook the monkey head mushrooms in semi-deep frying manner until golden. Drain and set aside.
- 5 Mix all glaze ingredients (except salt and custard powder) until well combined. Pour into a hot wok and bring to the boil. Season with salt. Set aside. Pour 100 ml of the orange juice mixture into another pot. Stir in the custard powder mixture from step 3. Cook while stirring until it thickens.
- 6 In another wok, stir-fry the monkey head mushrooms until heated through. Pour in the orange glaze. Toss well. Save on a serving plate. Garnish with edible flowers. Serve.



## 必學不敗竅門

- 煮醬汁時要不斷攪拌；而且下少許鹽調味，能令酸甜味更突出。
- 加入吉士粉芡，令橙醬的顏色更美觀。
- When you make the orange glaze, make sure you keep stirring it while heating. Seasoning with a pinch of salt would accentuate the sourness.
- Adding custard powder mixture to the glaze makes the orange colour brighter so that the dish looks more appetizing.