

<<蔡洁仪中国美食之旅>>

图书基本信息

书名：<<蔡洁仪中国美食之旅>>

13位ISBN编号：9787121131776

10位ISBN编号：7121131773

出版时间：2011-6

出版时间：电子工业出版社

作者：蔡洁仪

页数：160

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<蔡洁仪中国美食之旅>>

### 内容概要

本书作者蔡洁仪是资深的饮食名家，书中辑录她多年来旅游中国寻找特色地方美食的心得，精挑了50多款独特美食，以图解制作形式，并附有烹饪贴士，传授读者中国各地的美食佳肴，及各种菜系的起源、特色等，可读性强。

菜式图片精美，并附有详细操作步骤图，易于上手。

<<蔡洁仪中国美食之旅>>

书籍目录

西安、兰州XI AN AND LANZHOU 6

街头小吃STREET FOOD

山东杂粮煎饼Shandong Pancakes 8

菜盒子Stir-fried Crispy Cake Stuffed with Vegetable 10

烤羊肉串Mutton Kebab 12

小吃 / 主食SNACKS/ STAPLE FOOD

豆腐脑Spicy Jellied Tofu 14

豆腐包子Tofu Buns 16

黄桂柿子饼Persimmon Cakes with Sweet Osmanthus 18

西安葫芦头Xi An Assorted Meat in Stock 20

西安泡馍Xi An Steamed Bread 22

麻辣羊肉春卷Spicy Mutton Rolls 24

岐山哨子面Qishan Noodle 26

生煨鱿鱼丝Braised Shredded Squid 28

兰州牛肉面Lanzhou Beef Noodle 30

头盘 / 凉菜APPETIZERS / COLD DISHES

酱香乳鸽Baby Pigeon with Soy Sauce 32

香辣带鱼Hot and Spicy Belt Fish 34

芝麻肉丝 ( 兰州 ) Shredded Pork with Sesame Seed (Lanzhou) 36

芥末毛肚Beef Tripe with Mustard Sauce 38

橙汁瓜条Orange-flavoured Winter Melon 40

炝五彩洋芋丝Shredded Colourful Potato 42

关中凉肉Guanzhong Cold Cut 44

凉拌黄瓜皮Spicy Cucumber Peel 46

辣子肥肠Chili Pig ' s Colons 48

凉拌蒜泥茄条Eggplant with Minced Garlic 50

热菜HOT DISHES

香煎粟米饼Pan-fried Chicken and Corn Cakes 52

锅塌八宝桂鱼Stuffed Mandarin Fish with Minced Pork 54

酒乡葡萄Fragrant Winter Melon Balls 56

五色风沙虾Crispy Shrimps with Minced Garlic 58

干锅梅辣酱猪手Spicy Pig Knuckles with Plums 60

红烧牛尾Braised Ox Tail 62

西红柿木耳煮丝瓜Stir-fried Luffa with Tomato and Cloud Fungi 64

麻香蒜蓉豆酱鸡Sesame Garlic Chicken 66

甜品DESSERTS

八宝西瓜盅Sweet Soup in Water Melon 68

玫瑰凉糕Rose Honey Pudding 70

上海、桂林SHANGHAI AND GUILIN 72

千张夹肉 ( 上海冷菜 ) Sandwiched Meat in Bean Curd Sheet (Shanghaiese Chilled Dish) 74

香酥鸭 ( 上海热菜 ) Crispy Duck (Shanghaiese Hot Dish) 76

牛油金沙粒 ( 上海小吃 ) Buttered Corn (Shanghaiese Snack) 78

爽脆鱼皮 ( 上海 ) Crispy Fish Skin (Shanghai) 80

蒜泥肉末茄子 ( 上海 ) Eggplant with Minced Pork and Garlic (Shanghai) 82

<<蔡洁仪中国美食之旅>>

- 爆炒腰花 (上海) Stir-fried Pig Kidney (Shanghai) 84  
杭椒牛柳条 (上海) Chili Beef Sticks (Shanghai) 86  
虾子锅塌豆腐 (上海) Fried Tofu with Shrimp Roe (Shanghai) 88  
炒鳝糊 (上海) Stir-fried Eel (Shanghai) 90  
罗汉乳香鸽 (桂林) Stewed Baby Pigeon with Luo-Han-Guo (Guilin) 92  
锅烧啤酒香鱼 (桂林) Braised Fish in Beer (Guilin) 94  
罗汉果塞肉 (桂林) Stuffed Luo-Han-Guo with Meat (Guilin) 96  
广东GUANGDONG 98  
珠海横琴HENGQIN, ZHUHAI  
南乳莲藕炆生蚝 Braised Oysters and Lotus Root with Fermented Red Beancurd  
100  
横琴蚝炆鸭 Hengqin Braised Duck with Oysters 102  
金银蒜粉丝蚝 Steamed Oysters with Cellophane Noodle 104  
蚝鼓腊味饭 Steamed Rice with Dried Oysters and Assorted Chinese Sausages  
106  
沙姜走地鸡 Steamed Chicken with Spicy Ginger 108  
江门、新会JIANGMEN & XINHUI  
开平腐乳蒸豆角 (江门)  
Steamed Green Beans with Fermented Beancurd (Jiangmen) 110  
黑芝麻苋菜头猪脊骨汤 (江门)  
Pig Bone Soup with Black Sesame Seed and Chinese Spinach  
(Jiangmen) 112  
甜水萝卜煮骨腩 (江门) Braised Radish with Fish Belly (Jiangmen) 114  
桂鱼片蒸滑蛋 (江门) Steamed Eggs with Fish Fillet (Jiangmen) 116  
苦瓜扣肥肠 (江门) Braised Pig 's Colons with Bitter Melon (Jiangmen)  
118  
陈皮蒸鸡 (新会) Steamed Chicken with Dried Tangerine Peel (Xinhui)  
120  
陈皮榄鼓酱田鸡蒸饭 (新会)  
Steamed Rice with Frogs and Dried Tangerine Peel (Xinhui)  
122  
果香陈皮骨 (新会) Spare Ribs with Tangerine Peel (Xinhui) 124  
竹笙咸蛋黄煮苦瓜 (新会)  
Poached Bitter Melon with Zhusheng and Salted Egg (Xinhui)  
126  
荷塘芥蓝炒鱼腐 (新会) Stir-fried Chinese Kale with Fish Omelette (Xinhui)  
128  
美食传奇与烹调窍门  
Cuisine of Chinese Legend and Cooking Tips 130

<<蔡洁仪中国美食之旅>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>