

<<大厨小贴士>>

图书基本信息

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## <<大厨小贴士>>

### 内容概要

豆腐煮到体无完肤？

鱿鱼变“

油鱼”？

非鲜勿蒸？

煲鸡汤需不断撇油？

煮绿豆沙不“起沙”？

……拥有30多年入厨和烹饪培训经验的国家级大厨廖教贤和黎耀成一一解答厨房新手的奇难杂症，并示范50多道美味又易学的家常菜肴，包括肉类、海鲜、蔬菜、蛋、粥粉面饭和糖水。

全书用词简洁有趣，让读者即时掌握做菜秘诀。

让大厨手把手教你入厨，享受入厨乐趣吧！

How to keep tofu intact? What is the right way to deep fry squids? Steam only the freshest food? Why so busy skimming the grease off your chicken soup? How come your green bean sweet soup never turns starchy? Especially written for novice cooks with emphasis on commonly encountered problems, concise and witty, this book will definitely bring you both skills and fun of cooking.

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### 作者简介

廖教贤，在本地及海外掌勺30多年，1997至2011年任职于香港专业教育学院酒店、服务及旅游学系，任职中菜厨艺导师，桃李逾千。曾在各大报章杂志撰写食谱，现为顾问公司之餐饮顾问、厨艺中心导师、英国环境卫生协会特许导师、酒店中式餐饮学会顾问、香港餐饮专业技师（国家职业资格）协会委员，具国家职业技能鉴定中式烹调高级技师的专业资格，并曾获第五届全国烹饪技术比赛团体赛银奖。

A veteran chef active in the business for over 30 years , Liu worked as an instructor in Chinese cuisine in the Department of Hotel , Service and Tourism Studies of the Hong Kong Institute of Vocational Education from 1997 to 2011 , having taught over a thousand students.

Currently a catering consultant , a culinary training instructor , Chartered Institute of Environmental Health ( CIEH ) Trainer Charter , executive committee member of the Hotel Chinese Catering Society and a member of Hong Kong Catering Masters ( National Occupational Qualification ) Association , Liu has attained the title of Senior Technician in the mainland professional charter system.

He was also named the Overall Silver Medal Winner in the team category of the 5th National Culinary Competition.

黎耀成，拥有逾30年饮食行业的经验，1997年起加入香港专业教育学院酒店、服务及旅游学系，出任中菜厨艺导师，培训学生过千。先后取得内地及香港多间机构颁发职业资格证书（技师）及食品卫生证书等，并曾获第五届全国烹饪技术比赛团体赛银奖。

With over 30 years of experience in the food and beverage industry , Lai has joined the Department of Hotel , Service and Tourism Studies of IVE to be an instructor in Chinese cuisine since 1997.

Over a thousand students accomplished their study under the guidance of Lai and he has acquired a number of professional qualifications from various local and mainland institutions , including Technician-China National Occupational Qualification , and Food Hygiene Certificate , etc.

He also won the Overall Silver Medal in the team category of the 5th National Culinary Competition.

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### 编辑推荐

廖教贤、黎耀成编写的《给入厨新鲜人的大厨小贴士》和坊间食谱不同。

全书均从厨房新丁常见问题入手，提供实用的入门知识和烹饪贴士，配合易学的家常菜食谱，由三菜一汤、粥粉面饭到糖水一一俱备，用词简洁，务求让厨房新手在短时间内掌握基本技巧，做出好菜。

相信读者阅毕本书，学懂的将不单是50多个菜肴，还会明白个中烹调窍门，从而减少出错机会，并融会贯通，发挥创意，继续进步。

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