

# 《蒸餸》

## 图书基本信息

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## 内容概要

蒸餸：鲜香惹味广东菜，ISBN：9787535957184，作者：梁绮玲 编著

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## 作者简介

梁绮玲，资深美食撰稿人，具有丰富的广东菜烹饪经验，曾为很多烹饪、食疗图书（如《都市人食疗》、《餐桌上的中药系列》、《专家应诊系列》）做专业技术指导及示范。在广东及港澳地区饮食类图书市场有较好的知名度，作品市场认同度较高。

## 书籍目录

看图买材料Buy ingredients according to the pictures  
买回来的材料怎样处理？ What to do with the ingredients?  
蒸Steam  
一餐中各种食物的摄取比例The proportion of different food intake during a meal  
看颜色食果蔬Choose vegetables and fruit according to colour  
开始蒸餸Start steaming  
水产Aquatic  
清蒸海上鲜Steamed fish  
海鲜扒蛋白Steamed egg white with seafood  
榄角蒸鱼腩Steamed fish belly with preserved olives  
冬菜蒸龙脷柳Steamed basa fillet with spiced cabbage  
面酱蒸狮子鱼Steamed lion fish with fermented bean paste  
柠檬蒸乌头Steamed mullet with lemon  
鸡油蒸奄仔蟹Steamed roe crab with chicken oil  
蒸酿蟹盖Steamed stuffed crab  
古法蒸蟹砵Steamed crab casserole, traditional style  
虾酱蒸鱿鱼筒Steamed squid with shrimp paste  
金银蒜蒸开边虾Steamed shrimps with minced garlic  
豉汁蒸带子豆腐Steamed scallops and beancurd with black bean sauce  
百花蒸酿豆腐Steamed stuffed beancurd with shrimp  
鲜虾油豆腐Fried beancurd with shrimp  
家禽Poultry  
家常蒸鸡Homemade steamed chicken  
古法蒸鸡翼Traditional style steamed chicken wing  
电饭煲盐焗鸡Rice cooker salt-roasted chicken  
醉鸡Drunken chicken  
龙穿凤翼Stuffed chicken wings  
话梅蒸鸡翼Steamed chicken wing with plum  
酸梅蒸鸭片Steamed duck with plum  
鲜鸡云腿冬菇块Steamed chicken and ham with mushroom  
虾米蒸水蛋Steamed egg with dried shrimp  
海鲜茶碗蒸Steamed cup custard with seafood  
猪牛Pork and Beef  
梅菜蒸肉片Steamed pork slice with preserved cabbage  
土鱿蒸肉饼Steamed minced pork with dried squid  
榨菜蒸牛肉Steamed beef with preserved vegetable  
豉汁蒸排骨Steamed spare ribs in black bean sauce  
肉碎蒸豆腐Steamed beancurd with minced pork  
咸鱼蒸肉丸Steamed salted fish with meat ball  
酿冬菇Stuffed dried mushrooms  
蔬菜Vegetables  
咸猪肉蒸冬瓜夹Steamed salted pork in winter melon sandwich  
酿藕片Steamed stuffed lotus root slices  
蒜蓉蒸茄子Steamed eggplant with minced garlic  
本菇竹荪卷Steamed bamboo fungus roll with shimeji mushroom  
三宝酿竹荪Steamed stuffed bamboo fungus

## 《蒸餸》

金银蛋蒸豆花 Steamed preserved eggs with beancurd

烹饪小词典 Cooking key words

常用调味品（附广东话发音） Common seasonings

做菜和味道的常用语 Common phrases of cooking and tastes

常用技巧 Common skills

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