

《做饭》

图书基本信息

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内容概要

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作者简介

梁燕：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》等）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?
做饭小秘方Cooking Tips
煮饭的技巧Cooking Techniques
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
开始做饭Let's Start!
蒸饭Steamed Rice
海鲜荷叶饭Seafood rice in lotus leaf
上海菜饭Shanghai vegetable rice
番薯饭Sweet potatoes rice
杂菌十谷炊饭Mixed mushrooms rice
豉油鸡糙米饭Brown rice with soy sauce chicken
咸鱼肉饼饭Steamed minced pork with salted fish rice
腊肠蒸鸡饭Steamed chicken rice with preserved sausages
冬菇滑鸡片饭Steamed chicken and black mushrooms rice
三色有味饭Trio tasty rice
海南鸡饭Hainanese chicken rice
豉汁排骨凤爪饭Steamed rice with spareribs, chicken feet and fermented black beans sauce
炒饭Fried Rice
西炒饭Western fried rice
扬州炒饭Yangzhou fried rice
有钱佬炒饭Richman's fried rice
咸鱼鸡粒饭Fried rice with diced chicken and salted fish
生炒牛肉饭Fried rice with beef
生炒糯米饭Stir-fried glutinous rice
肉松姜粒蛋白炒饭Fried rice with pork floss diced, ginger and egg white
菠萝炒饭Pineapple fried rice
鸳鸯炒饭Duo-colour fried rice
福建炒饭Fujian fried rice
红咖喱海鲜炒饭Fried rice with red curry seafood
日式海鲜炒饭Japanese seafood fried rice
牛仔骨咖喱炒饭Fried rice with curry beef short ribs
其他Other
台式卤肉饭Taiwanese pork rice
焗猪扒饭Baked pork chop rice
柱侯炆牛腩饭Rice with stewed spicy beef brisket
蚬肉拌饭Clams rice
韩式石头锅饭Korean stone rice
葡国鸡焗饭Baked portuguese chicken rice
西红柿盅杂菌饭Tomato pot with assorted mushrooms rice
迷你糯米鸡Mini steamed glutinous rice with chicken
烧鸭泡饭Rice with roasted duck in soup
杂锦冬瓜粒泡饭Rice with mixed white gourd in soup

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香芒糯米饭Glutinous rice with mangoes

粢饭Chinese glutinous rice roll

杂菌锅巴Crispy rice with assorted mushrooms

烹饪小词典Cooking key words

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

常用调味品（附广东话发音）Common seasonings

常用技巧Common skills

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