

食谱提供 Recipes by courtesy of:

醉花林品潮轩  
Chui Huay Lim Teochew Cuisine



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传统

# 潮州菜食谱

Classic Teochew Recipes

## 潮州冻蟹

### 材料

黄膏蟹2只(400克), 子姜1件,  
青葱1棵, 香兰叶1棵, 粗盐20克,  
冰糖15克, 清水1.5公斤

### 做法

1. 将螃蟹放入冰水里冰镇, 备用。
2. 将其他材料放入深锅里煮20至30分钟。
3. 将螃蟹放入锅里, 用大火煮1至2分钟, 再转小火煮25分钟。
4. 将螃蟹捞起, 待凉后斩件。
5. 将螃蟹放入冰箱里2小时即可。

### 烹饪小贴士

- ▶ 冰箱的温度宜在0至5度, 温度越冷, 螃蟹会越好吃。

## Teochew Chilled Crab

### Ingredients

2 crabs (400g), 1 young ginger,  
1 stalk spring onion,  
1 stalk pandan leaf,  
20g coarse salt,  
15g rock sugar, 1.5kg water

### Method

1. Soak crab in iced water.
2. Put other ingredients into a deep pot and cook for 20 to 30 minutes.
3. Put the crab into the pot and cook over high heat for 1 to 2 minutes. Lower the heat and cook for 25 minutes.
4. Remove the crab from the pot and allow to cool. Cut into pieces.
5. Place the crab in the fridge for 2 hours.

### Cooking Tips

- ▶ The temperature of the fridge should be between 0°C to 5°C. The crab will taste better if chilled at a lower temperature.





## 地鱼芥兰

### 材料

地鱼1只,  
香港芥兰12棵,  
高汤100克,  
茨粉少许,  
鱼露少许,  
糖少许



### 做法

1. 削去芥兰茎的硬皮, 洗净后放入冰水里。
2. 地鱼剥皮去骨, 剪成小片。
3. 油烧热后, 将地鱼片炸至金黄色。
4. 芥兰沥干水分后, 放入沸水里略烫, 取出。
5. 锅里加入高汤、芥兰、鱼露和糖, 焖2分钟。
6. 加入茨粉水, 再放入地鱼片炒一下即可。

### 烹饪小贴士

- ▶ 芥兰处理后放入冰水里, 吃起来会比较爽脆。

## Stir-fried Kai Lan with Crispy Flat Fish

### Ingredients

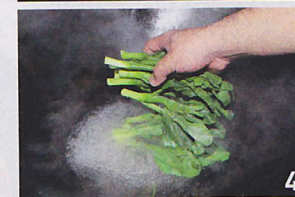
1 flat fish, 12 Hong Kong kai lan, 100g stock, a little potato flour, a little fish sauce, a little sugar

### Method

1. Shave away the tough portions from the stem of the kai lan. Wash and put in ice water.
2. Deskin and debone the flat fish. Cut into small pieces.
3. Heat oil and deep fry flat fish pieces till golden brown.
4. Drain kai lan and blanch briefly.
5. Add stock, kai lan, fish sauce and sugar into the wok. Simmer for 2 minutes.
6. Add potato flour mixed with a little water. Finally, add flat fish pieces and quickly stir-fry. Serve.

### Cooking Tips

- ▶ Immersing the kai lan in ice water helps to preserve its crispness.





## 五香虾枣

### 材料

豆腐皮1件, 面粉少许

### 馅料

虾肉300克, 肉碎300克, 五香粉1茶匙, 炸葱10克, 鸡蛋1粒, 面粉10克, 生抽1茶匙, 糖少许, 盐1茶匙, 马蹄150克, 茼蒿25克, 辣椒丝8克

### 做法

1. 将馅料材料搅拌均匀。
2. 豆腐皮切成4份, 将馅料铺在豆腐皮上, 卷起来。
3. 将包好的五香卷, 用大火蒸15分钟。
4. 将蒸好的五香卷切块, 裹上少许的面粉。
5. 放入热油里, 油炸至金黄色即可。

### 烹饪小贴士

- ▶ 搅拌馅料时, 要确保馅料不可变得太干, 会影响口感。

## Prawn Rolls

### Ingredients

1 tofu skin, a little flour

### Filling Ingredients

300g prawn meat, 300g minced meat, 1 tsp five spice powder, 10g fried shallot, 1 egg, 10g flour, 1 tsp light soy sauce, a little sugar, 1 tsp salt, 150g water chestnut, 25g coriander, 8g sliced chilli

### Method

1. Mix filling ingredients together.
2. Slice tofu skin into four portions. Lay the filling on the tofu skin and roll tightly.
3. Steam rolls over high heat for 15 minutes.
4. Cut rolls into pieces and coat with a little flour.
5. Deep fry till golden brown. Serve.

### Cooking Tips

- ▶ Ensure that the fillings do not become too dry.





## 潮州斗鲳

### 材料

斗鲳1条(800克), 咸水梅2粒, 咸菜30克, 番茄1粒(切块), 辣椒1条(切片), 葱白4条, 冬菇4朵, 姜4片

### 汤汁材料

咸水梅水25克, 鱼露5克, 清水300克

### 做法

1. 在斗鲳的身上开几刀。
2. 用筷子撑起斗鲳, 将番茄放入鱼里, 其他的材料摆放在盘子里。
3. 将汤汁材料搅拌在一起。
4. 将汤汁倒入盘子里。
5. 大火蒸8分钟即可。

### 烹饪小贴士

- ▶ 蒸斗鲳的时间须看鱼的重量而定, 每100克的鱼需蒸1分钟。

## Steamed Pomfret

### Ingredients

- 1 pomfret (800g),
- 2 salted plums,
- 30g salted vegetables,
- 1 tomato (cut into pieces),
- 1 chilli (sliced),
- 4 stalks spring onion,
- 4 mushrooms,
- 4 slices ginger

### Gravy Ingredients

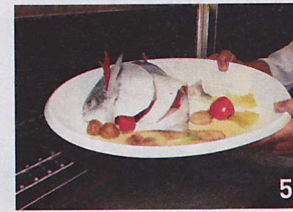
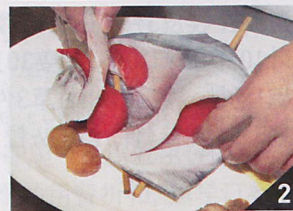
- 25g salted plum water,
- 5g fish sauce, 300g water

### Method

1. Make a few cuts on the pomfret.
2. Prop up the bottom of the pomfret with chopsticks. Put the tomatoes into the cuts of the pomfret, and the remaining ingredients in the plate.
3. Mix the gravy ingredients together.
4. Pour the gravy into the plate.
5. Steam for 8 minutes over high heat.

### Cooking Tips

- ▶ For every 100g of pomfret, steam for 1 minute.





## 潮州卤鸭

### 材料

菜鸭2.5公斤, 老抽300克,  
粗盐2汤匙, 清水2公斤

### 卤水材料

八角8粒, 桂皮3件, 丁香1汤匙,  
香叶10片, 当归10件, 南姜30克,  
花椒1汤匙, 冰糖2块, 甘草3件(切半),  
草果5粒, 党参4件, 老蒜½粒

### 做法

1. 将卤水的材料放入纱布袋里, 绑紧。
2. 水煮沸后, 放入卤水包, 用慢火煮30分钟, 再加入老抽和盐调色。
3. 清除鸭的内脏, 洗净后放入锅里, 用大火煮8至10分钟, 再转中火卤45分钟。
4. 熄火, 再浸泡15分钟, 切片上桌。

### 烹饪小贴士

▶ 可以搭配卤豆腐一起上桌。



## Teochew Braised Duck

### Ingredients

2.5kg duck, 300g dark soy sauce,  
2 tbsp coarse salt, 2kg water

### Brine Ingredients

8 star anises, 3 sticks cinnamon,  
1 tbsp cloves, 10 bay leaves,  
10 Chinese angelica, 30g galangal,  
1 tbsp pepper, 2 pieces rock sugar,  
3 pieces licorice (halved),  
5 tsaoko, 4 pieces dangshen, ½ old garlic

### Method

1. Put the brine ingredients into a muslin cloth bag. Tie tightly.
2. Boil water and put the brine bag. Cook over low heat for 30 minutes. Add dark soy sauce and salt.
3. Remove the duck innards and wash the duck. Put the duck into the pot. Cook over high heat for 8 to 10 minutes. Then over medium heat, braise for 45 minutes.
4. Turn off the heat and soak for 15 minutes. Slice and serve.

### Cooking Tips

▶ You can serve with braised tofu.

