

<<煲汤>>

图书基本信息

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作者：梁绮玲

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内容概要

本书以省时、省事、省心、好味、营养为特色，挑选简单易学、精致地道的广东菜，除了有材料、调料和做法的详细介绍，还包括食材的选购和基本处理方法、常用技巧等技术要点；同时提供每款菜的烹饪时间、人数参考等信息。

中英对照的呈现形式，给即将到国外留学、远离家乡的朋友们提供了不错的参考。

“美食达人心动试味”及“Tips”栏目的居家烹饪心得，细致、周到又贴心。

为都市里的忙人、懒人、达人精心设计了一套全面的健康美食攻略。

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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》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。

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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?
 煲汤器具Tools for cooking soup
 看颜色食果蔬Choose vegetables and fruit according to colour
 开始煲汤Start daily soup
 水产Aquatic
 西洋菜生鱼瘦肉汤Watercress soup with snakehead fish and lean pork
 赤小豆粉葛鲮鱼汤Adzuki beans soup with kudzu and dace
 山斑鱼瘦肉汤Shan Ban fish soup with lean pork
 牛鳅鱼芡实汤Flathead fish soup with fox nuts
 花胶象拔蚌汤Fish maw soup with geoduck clams
 响螺瘦肉汤Conches soup with lean pork
 响螺苹果鸡脚雪耳汤Conches soup with apple, chicken feet and white fungus
 蚝豉发菜眉豆汤Dried oysters soup with black moss and black eye beans
 合掌瓜日月鱼明目汤Buddha hand melon good eyes soup with Yat-yuet fish
 鳄鱼肉灵芝汤Crocodile meat soup with Ganoderma
 家禽Poultry
 木瓜眉豆花生鸡汤Papaya soup with black eye beans and peanuts
 海底椰鸡汤Sea coconut soup with chicken
 清润鸡汤Chicken soup promoting fluid secretion
 西洋菜鲜鸭胗汤Watercress soup with fresh duck gizzards
 黄豆煲鸡汤Chicken soup with soy beans
 冬瓜柠檬鸭汤White gourd soup with lemons and duck
 苹果雪梨乳鸽汤Pigeon soup with apple and pear
 莲子鲜奶炖鸡汤Stewed chicken and lotus seeds in milk
 猪牛Pork and Beef
 雪梨南瓜玉米猪瘦肉汤Pears soup with pumpkin, corns and lean pork
 凉瓜咸菜猪骨汤Bitter melon soup with preserved vegetables and pork bone
 节瓜章鱼猪蹄汤Hairy gourd soup with dried octopus and pork shoulder
 腐竹白果猪肚汤Bean curd sheets soup with ginkgoes and pig's stomach
 栗子莲藕粉肠汤Chestnuts soup with lotus root and pig's intestine
 土茯苓牛大力猪脊骨汤Poria soup with showy millettia and pork back bone
 海带花生猪脚汤Kelp soup with peanuts and pork hock
 霸王花煲烧骨汤Night blooming cereus soup with roasted pork back bone
 淮山桂圆牛腩汤Chinese yam soup with dried longan and beef brisket
 青红萝卜牛汤Green radishes and carrots soup with beef shin
 金银菜咸猪手汤Salted pork knuckle soup with cabbages
 蔬菜Vegetables
 芦根老黄瓜汤Reed rhizome soup with old cucumber
 金银百合南瓜汤Fresh and dried lilies soup with pumpkin
 健康汤Healthy soup

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强健筋骨汤Soup good for physique

八宝莲藕素汤Vegetarian soup with lotus root

杂菌豆腐汤Bean curd soup with assorted mushrooms

杂锦瓜粒汤Assorted soup with white gourd dices

鱼翅瓜肉片汤Spaghetti squash and pork slice soup

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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