

BOSTON PUBLIC LIBRARY



3 9999 08005 942 9

Classic recipes and creative new ideas  
Learn how to cook different cuts of ribs



# 怎麼做排骨

## All about Pork Ribs

### 蒸、炸、煲、炒、燻、燒、烤 排骨不敗的秘訣！

# 最好吃

經典排骨秘方大公開！  
認識排骨家族

CHINESE  
TX  
724.5  
.C5  
Z455  
2010x

Boston Public  
Library

系列好書推薦：

做菜零失敗系列 No More Failed Recipes



第一次學做菜  
ALL ABOUT HOME COOKING



怎麼做肉最好吃  
ALL ABOUT MEATS



怎麼做豆腐最好吃  
ALL ABOUT TOFU



怎麼做蛋最好吃  
All about eggs



怎麼做雞料理最好吃  
ALL ABOUT CHICKEN



第一次煲湯  
All About soups



怎麼做蒸最好吃  
ALL ABOUT STEAMING



歡喜團圓做年菜



# 怎麼做排骨

*All about Pork Ribs*

蒸、炸、煲、炒、燜、燒、烤  
排骨不敗的秘訣！

# 最好吃

## 目錄 Contents

- 4 認識排骨 About Pork Ribs
- 6 “燒、燜”排骨好吃的秘訣 Tips for Braising Pork Ribs
- 8 “烤”排骨好吃的秘訣 Tips for Grilling Pork Ribs
- 10 “炸”排骨 / 肉排好吃的秘訣  
Tips for deep-frying Pork Ribs/Pork Chop
- 12 “炒”排骨好吃的秘訣 Tips for Stir-frying Pork Ribs
- 14 蒜香蒸排骨 Steamed Garlic Pork Ribs  
為什麼“蒸”水一定要先燒開？  
Why must the water be boiling before we steam?
- 16 京都排骨 Peking Pork Ribs  
醃製排骨時，加入小蘇打粉有何用處？  
Why do we add baking soda when we marinate  
pork ribs?
- 18 無錫排骨 Wuxi Pork Ribs  
如何避免燜排骨黏鍋？  
How do we prevent the stewed ribs from sticking  
to the pan?
- 20 橙汁排骨 Tangy Pork Ribs  
用芡粉勾芡時要注意什麼？  
What should we take note of when we thicken  
with potato starch?
- 22 排骨王 King Spare Ribs  
為什麼醃製肉類時，有時要用蛋白液，有時卻用  
全蛋液？  
When we marinate meat, why do we sometimes  
use egg white, and sometimes beaten whole eggs?
- 24 粉蒸排骨 Steamed Pork Ribs



- 粉蒸排骨滑嫩多汁的秘訣！  
Secret to tender and juicy steamed pork ribs!
- 26 豉汁蒸排骨  
Pork Ribs Steamed with Black Bean Paste  
“蒸”的重要技法！  
An important technique in steaming!
- 28 糖心豬排 Sandwich Pork Chop  
如何炸出酥脆美味的豬排？  
How do we make crispy pork chop?
- 30 紅糟排骨  
Pork Ribs Stewed in Red Yeast Rice Paste  
使用紅糟醬時要注意什麼？  
What should we take note of when we use red yeast rice paste?
- 32 梅子蒸排骨  
Pork Ribs Steamed with Salted Plums  
“蒸”一定要新鮮！  
Steam only fresh ingredients!
- 34 咖啡排骨 Coffee Pork Ribs  
排骨肉不黏骨的秘訣！  
Secret to separate the meat easily from the bones!
- 36 巴拉煎南瓜排骨煲  
Belacan Pork Ribs Stew in Pumpkin  
自製巴拉煎醬料 D.I.Y Belacan paste
- 38 糖醋排骨 Sweet & Sour Pork Ribs  
排骨要怎麼炸才會外表酥脆，內裏鮮嫩？  
How do we deep-fry pork ribs to make it crispy on the outside and tender on the inside?
- 40 鹽酥排骨 Crispy Savoury Pork Ribs  
自製椒鹽 So Easy!  
It is so easy to make spiced salt at home!
- 42 叉燒排骨 Char Siew Pork Ribs  
如何讓叉燒排骨入味？  
How do we make a heavenly dish of char siew pork ribs?
- 44 蝦醬排骨 Pork Ribs with Shrimp Paste  
為什麼太白粉要與麵粉混著使用？  
Why use a mixture of potato starch and flour for coating?
- 46 苦瓜燜排骨 Pork Rib Stew with Bitter Gourd  
如何減緩苦瓜的苦味？  
How do we reduce the bitterness of the bitter gourd?
- 48 栗子燜排骨 Pork Ribs Stew with Chestnuts  
燜出排骨的風味！  
Make a flavoursome dish of stewed ribs!
- 50 蘋果醬汁豬排 Pork Ribs with Apple Sauce  
豬排為什麼要拍鬆？  
Why must we pound the pork chop?
- 52 排骨麵 Pork Rib Noodles  
煮好麵的秘訣！ Secret to delicious noodles!
- 54 冬瓜薏仁排骨湯  
Pork Rib Soup with Winter Melon & Coix Seeds  
煲湯不宜中途加水！  
Do not add water when the soup is cooking!
- 56 肉骨茶 Bah Kut Teh  
湯是不是煲得越久就越好？  
Does it mean the longer you cook the soup, the better it will taste?
- 58 蓮藕蘋果排骨湯  
Pork Ribs with Lotus Root and Apple Soup  
如何防止蓮藕變黑？  
How do we prevent the lotus root from turning black?

## 認識排骨 About Pork Ribs

排骨種類繁多，從豬胸口的肋骨到脊椎部的骨頭和連接的肉，都是排骨一家族。

排骨料理的第一步，就是先認識並瞭解各個部位的肉質與特色，在烹調時就更得心應手！

### 排骨家族

以脊椎為主，沿著脊椎的兩旁，各可以開出兩長條帶骨的豬裏脊肉排，肉和骨頭分開即為豬大排肉和豬裏脊排骨（俗稱小排）。另外在中間部分，可以開出小裏脊肉（俗稱腰肉）。

### 排骨

1. 五花子肉排：也稱肋排或子排，由背部向兩側延伸到腹部，連著五花肉的肋骨。靠近脊椎一端的肋骨肉層比較薄，靠近腹部連接五花肉的部分，肉層比較厚，且帶有瘦肥瘦三層五花肉。適合用來燒、烤。

2. 小排骨：由背部向兩側延伸到腹部，靠近肚臍邊，接近小裏肌的肋骨。骨頭較短，肉質較嫩，略帶油脂，而且易熟，適合整塊燒烤或剁塊蒸、煮、燜燒。

### 裏脊肉

1. 大裏脊肉：整條豬大排肉以前面 1/3 段比較嫩，肉呈深淺紅色，是大排肉中最好吃的一段。但要切肉絲則是以後段才適合。比較適合用來做豬排或燒烤。

2. 小裏脊肉：腰椎內側的肌肉，所以也叫腰肉，是排骨肉中最軟嫩的部分，適合蒸、煮、炒和煲。

Pork ribs come in many cuts, starting from the ribs in the chest to the bone and the attaching meat in the vertebral section.

To make cooking pork ribs a breeze, the first thing to do before you start is to get well-acquainted with the qualities and characteristics of each cut.

### The Family of Ribs

On both sides of the vertebra, you get two long slabs of bone-in loin steaks. When you separate the meat and the bones, you get pork chop and riblets. Somewhere in the mid-section, there is also the tenderloin.

### Ribs

1. Side ribs: Also called spare ribs, they stretch from the back down across both sides until the abdomen to join with the belly meat. The layer of meat near to the vertebra is thinner, while the meat near to the abdomen is thicker and comes in three layers – with one layer of fat sandwiched between two layers of lean meat. Side ribs are suitable for braising and grilling.

2. Riblets: They are bones close to the tenderloin and run from the back down across both sides, ending next to the belly. These bones are shorter, and the meat is tenderer and slightly greasy. They cook easily and are suitable for roasting in whole, or chopped up for steaming, stewing and braising.

### Loins

1. Eye of loin: Of the entire piece of pork chop, the fore one-third section of the flesh is comparatively tender and spots a dark to light red colour. It is the most delicious section of the pork chop. This cut is best made into pork chops or grilled. The short loin towards the back is better shredded before cooking.

2. Tenderloin: This is the muscle found on the inside of the loin. It is the tenderest cut of all rib meat and is suitable for steaming, boiling, stir-frying and casseroles.



五花肉子排  
side ribs



小排骨  
riplets



脊椎骨  
spine bones



猪大排肉  
pork chop



小里脊  
tenderloin

### 選購排骨

- 宜挑選肉質結實，有彈性和光澤，肉色粉紅至紅色的為佳。
- 聞起來無異味的。

### 保存排骨

- 買回家後，最好儘快料理。若沒有辦法即時烹調，可放到冷凍室冷凍，但不宜收藏過久，以免肉質的鮮味流失。
- 放入冷凍室冷凍的排骨，要放入塑膠袋包好，最好將排骨平鋪不要擠成團，這樣才可以讓排骨冷凍均勻。
- 要解凍的排骨，不要直接泡水解凍，以免肉質失去彈性。排骨最好仍放在密封的塑膠袋裏，放在流水中浸泡，使其慢慢解凍，或移至冷藏室解凍。

### 醃製排骨

排骨料理前可先醃製片刻，吃起來味道更佳！先將排骨洗淨切塊，加入醃料醃2小時以上，醃得越久就越入味。一般600克排骨的醃料：醬油2大匙、小蘇打粉1/4茶匙、鹽1/4茶匙、酒2大匙、胡椒粉2/3茶匙、糖1/3茶匙、麻油1茶匙、太白粉1茶匙（後下）

### How to Choose Pork Ribs?

- Choose pork ribs with meat that is firm and glossy. Pink and red meats are the best.
- They should not come with a strange odour or a foul smell.

### How to Store Pork Ribs?

- It is best to cook the ribs as soon as you purchase them. If you cannot cook them immediately, store them in the freezer. But do not keep them for long as this will affect their freshness and taste.
- Pork ribs that are bound for the freezer must be wrapped up properly in plastic bag. It is advisable to lay each rib down side by side rather than jumble them up so that they will freeze evenly.
- To thaw the ribs, do not put them directly in water as that will cause the meat to lose its firmness. It is best to put them in a plastic bag and thaw slowly under running water, or transfer to the refrigerating chamber to thaw.

### How to Marinate Pork Ribs?

As pork has quite a strong raw stench, you may wish to marinate it before cooking to remove the smell and improve the taste. Rinse and cut the pork ribs into chunks, and marinate for more than two hours. The longer you marinate, the tastier the ribs. Suggested marinade for 600g of pork ribs: 2 tbsps of dark soy sauce, ¼ tsp of baking soda, ¼ tsp of salt, 2 tbsps of wine, 2/3 tsp of pepper, 1/3 tsp of sugar, 1 tsp of sesame oil and 1 tsp of potato starch (to be added later).

# “燒、燜” 排骨好吃的秘訣

## Tips for Braising Pork Ribs



燒、燜就是將主料加水或湯及調味料，先以大火煮滾，再改中小火煮至軟而入味的烹調方法。

調味料和辛香料是影響“燒、燜”菜餚味道的關鍵。

### 食材處理

• 燒、燜的烹調時間相對比較長，用來燒燜的排骨，不一定要剁得很小，但排骨塊要大小均勻。這樣烹調的時候比較容易控制，盛盤也比較美觀。

• 剁塊的排骨要用水洗淨去除血水，並瀝乾水分再烹調，也可汆燙去除血水再烹調。

### 先煮至軟再調味

• 洗淨或汆燙過的排骨，開始燒、燜前，可先入鍋略炸或炒熟，再加水或高湯和辛香料，以小火燒、燜至排骨變軟，再加入調味料烹煮入味。

Braising is a cooking technique in which water or stock and seasonings are added to the main ingredient, then brought to a boil over high heat before simmering over medium low heat until the meat is tender and flavourful.

The success of a braised dish largely depends on the seasonings and spices used.

### Preparation

• It is not necessary to cut pork ribs used for braising into small pieces as a longer time is used for braising. However make sure you cut them into uniform pieces so as to ensure that they cook through evenly. This also makes a better presentation when served.

• Rinse the pieces of ribs well and drain well before cooking. May also be scalded in boiling water first to remove blood and dirt.

### Cook until tender before adding seasonings

• After rinsing or scalding the ribs, briefly deep-fry or stir-fry them before adding water or stock and spices to simmer until tender, then add seasonings to cook until flavourful.



### 燒、燜的時間掌握

- 燒燜的時間隨個人口感調整，因為每個人喜愛的口感不一樣，炊具使用的不同，也會影響燒、燜的時間。像薄的鐵鍋和厚實的砂鍋，水分蒸發的速度不一樣，燒燜的時間也要稍做調整。
- 食譜上提供的是大約的時間，可提早時間試一試個人喜愛的柔軟度，如不夠柔軟可以加水再燒燜。
- 燒燜時要蓋上鍋蓋，即可使排骨快軟，保持原汁，又可省火力。

### 調味後要收乾湯汁

- 剛開始燒、燜的時候，因為加的水量多，味道嚐不準，煮至排骨變軟，再加調味料調味。起鍋前，要開大火，收乾湯汁，燒好的排骨，味道更濃郁，菜色也更光亮。

### Control of time

- Continue to cook the ribs until a desired tenderness of meat is attained. The type of cooking pot also affects the cooking time, a thin metal pot and a thick clay pot both evaporate liquid at a different rate, thus adjust the cooking time accordingly.
- The time stated in the recipes is just a guideline, check for tenderness before the stated time and decide for yourself whether you prefer it to cook a bit longer.
- Cover the lid when braising to lock in flavour and to allow the ribs to cook faster, thus saving on power.

### Reduce the liquid after adding seasonings

- Quite a large amount of liquid is added at the beginning of cooking, thus it is not easy to gauge the taste of the dish at this time. When the ribs are tender, add seasonings, then turn up the heat before dishing up to reduce the sauce. This gives a richer flavour and an attractive sheen to the dish.

# “烤”排骨好吃的秘訣

## Tips for Grilling Pork Ribs



烤是最原始和古老的烹調方法，它是把材料放入烤爐中或架在鐵網上，以炭火、柴火、煤氣、電力等的熱力來加熱至熟的烹調方法。

Grilling is the oldest form of cooking. Food to be grilled is cooked in an oven or put on a grill to cook by burning charcoal, wood or by gas or electrical heat.

### 食材處理和挑選

- 用來烤的排骨最好選肉質油脂豐厚的五花肉子排，比較不乾柴。
- 用來烤的排骨要切大塊，且要切得大小相似、厚薄均勻的形狀，才好掌握烤的溫度和時間。
- 切好後要用水洗淨去除血水，並瀝乾水分再醃製、燒烤。

### 醃製

- 烤的肉排或排骨，一定要先醃製，可用叉子或竹籤刺在肉上刺小洞孔，有助醃料更易滲入肉內。

### Preparation

- Spare ribs or side ribs are best for grilling as the meat has more fat and is less dry.
- Chop ribs into large even sized and thickness chunks so that they can finish cooking evenly.
- Rinse and dry well before marinating and grilling.

### Marinating

- Ribs for grilling need to be marinated beforehand. Use a fork or skewer to pierce on the meat, this allows marinade to penetrate well into the meat.



### 預熱烤箱

- 排骨放入烤箱前，一定要先預熱至食譜設定的溫度，才能符合食譜上的烘烤時間。
- 預熱的時間一般是 10 分鐘，不要讓烤箱空烤太久，可能會影響烤箱的使用壽命

### 燒烤的溫度和時間

- 排骨燒烤的溫度約在 180-200°C，烘烤 30-40 分鐘
- 烘烤的時間要靈活調整，因為除了食材本身的大小、厚薄度有影響，一般家用烤箱的大小也會影響溫度，所以還是要依照烤出來的結果，再稍做調整，以免烤得過火，肉質變得乾柴，大大影響口感

### 中途翻面

- 排骨在烤製過程中，最好將排骨取出，翻面 1-2 次，同時刷上烤醬，這樣會使排骨受熱、著色更均勻
- 若排骨表面已焦黃，可以在上面蓋上一張錫箔紙，避免燒焦。

### Preheat oven

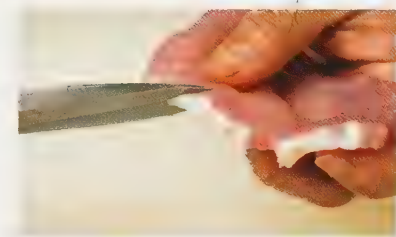
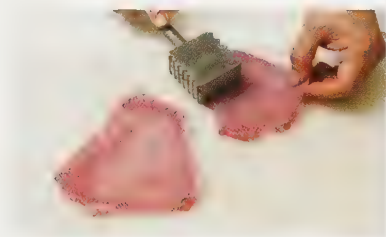
- If there is insufficient hot oil in the pot, the temperature of the oil will drop drastically when ingredients are put into it. The batter will come off easily and ingredients will lose their moisture affecting the texture of the food.
- The ideal amount of oil is one portion of ingredient to 3-4 portions of oil

### Oil temperature and time

- Double frying is often practiced. First deep-fry in 140-160°C hot oil to allow ingredients to heat through then remove and heat the oil to 170-230°C. Return ingredients to the oil to fry for 15-20 seconds until golden brown in colour. Food fried in this way is crispy on the outside and tender on the inside and not being too oily
- Make sure that you drain the oil well and place down on greasing

# “炸”排骨 / 肉排好吃的秘訣

## Tips for Deep-frying Pork Ribs/ Pork Chops



炸的菜餚具有香、酥、脆等特點，依各種食材的特性，可分成多種不同的炸法。

Deep-fried foods are fragrant and crispy. There are different ways of deep-frying depending on the characteristics of the ingredients.

### 食材處理

- 用來炸的排骨可挑肉薄一些的，同時也可用叉或竹籤在肉上刺洞孔，這樣有助醃製和烹調時更入味和容易熟透。
- 肉排的厚度最好選擇在 1.5 至 2 公分。
- 肉排要先用肉槌拍鬆兩面，再把周邊的筋剪斷，這樣可以防止料理後緊縮，拍鬆後的肉排，料理起來也更容易入味且較快熟透。

### Preparation

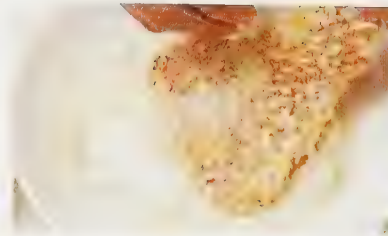
- Choose ribs with thinner meat or pierce holes on the meat with a fork or skewer, this allows marinade to penetrate more easily and also enables the ribs to cook faster.
- The ideal thickness of a piece of pork chop is 1.5-2 cm.
- Pound the pork chop on both sides to tenderize the meat, then cut away the membrane at the sides, this prevents the meat from shrinking after cooked. Tenderized meat cooks faster and absorbs flavours more easily.

### 醃製

- 已經拍鬆的肉排，醃製時間不需太長，約 30 分鐘即可；排骨的醃製則和其他烹調法一樣，要醃製 1-2 小時或以上，醃製時間越長，就越入味。
- 醃製排骨時也可加入少許的醋，防止炸好的排骨肉和骨頭沾粘。

### Marinating

- Pounded pork chop needs only about 30 minutes for marinating. The time needed for marinating ribs is the same as for other cooking methods. Ribs need to be marinated for at least 1-2 hours, the longer the marinating time, the more flavourful they will be.
- To allow the meat to fall off the bones easily when cooked, add a little vinegar to the marinade.



## 油量

- 如果油量太少，浮力不足，投入食材後，油溫會迅速下降，麵糊或粉漿不能迅速糊化，容易脫糊，食材的水分外溢，也會影響口感。
- 一般食材與油的比例以 1：3 或 4 最佳

## 油炸的溫度與時間

- 這裏常用的是複炸法。複炸法即是以 140 -160°C 的低油溫，放入食材炸，讓食材定型，讓熱量逐步滲透到食物內部，讓食材熟透，不會外焦裏生。食材經過油溫不高、短時間初炸，撈出，然後升高油溫至 170 -230°C，放入食材炸約 15-20 秒，呈金黃色撈起這樣炸出來的排骨、肉排，不但能減少菜餚的含油量，也能夠達到外酥裏嫩的效果！
- 離鍋後，一定要瀝乾油，有助再減低油膩口感。

## Amount of oil

- It is important to preheat the oven to the temperature suggested by the recipe to achieve the best result.
- Preheat the oven for about 10 minutes. Do not heat up an oven too long without placing any food to cook inside.

## Temperature and time

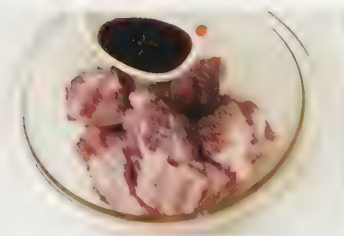
- Grilling temperature is around 180-220°C for 30-40 minutes.
- Besides the size and thickness of the food, grilling time also varies for different oven sizes. Adjust accordingly to prevent overcooking as this makes the meat tough

## Turn over in the midst of cooking

- Turn over the ribs once or twice and brush with marinade. This allows the ribs to cook evenly and t a good colour
- If the surface is charred, cover with foil to continue cooking, this will prevent burning the meat

# “炒”排骨好吃的秘訣

## Tips for Stir-frying Pork Ribs



炒排骨的「炒」並非「炒熟」，而是要利用猛油猛熱，再將食材入鍋，以高溫翻炒，使食材快速受熱至熟。如此，才可以保留食料的原味。

一般排骨都是切成小塊，用鹽焗或蒸焗方式處理，而炒排骨則要切塊較小，更細。

### 食材處理

- 用來炒的排骨，一定要切小，且大小要均勻，這樣受熱快，炒食比較容易。
- 切好後的排骨要用清水沖淨去瘀血水，並瀝乾水分再醃製。

### 先醃再炒

- 小塊大块的肉類，大部分需要醃製，醃好之後用油、薑、蒜、蔥、油、糖、酒、太白粉等。
- 有些會加入一些「蘇打粉」去醃製，它可以使肉類更嫩。

To stir fry means to toss food in a heated oiled pan until they are cooked through evenly. It is a cooking method that retain flavours of ingredients.

Pork ribs used for stir-frying are usually chopped and marinated before cooking with other ingredients or sauce.

### Preparation

- Pork ribs used for stir-frying are usually cut into small uniform pieces so as to ensure that they cook through evenly.
- Rinse the pieces of ribs well and drain well before steaming.

### Marinate before stir-frying

- The marinade used for stir-fried ribs is similar to that used for other meats. This includes dark soy sauce, pepper, sesame oil, sugar, wine and potato starch.
- A little bicarbonate of soda may also be added to help tenderize the ribs.



### 先炸再炒

●一般炒的排骨都會先炸過再下鍋炒，這樣可讓排骨的肉面緊縮，將肉汁及醃料鎖住，且炸好的排骨會形成一層酥脆的表皮，能更好的吸附配搭醬汁的味道。

### 潤鍋

●燒熱鍋後，倒入油，將鍋轉動，讓鍋面均勻地沾上油（潤鍋），再加入配料、排骨炒制，就不容易黏鍋。

### 炒拌動作要快

●炒排骨菜餚時動作要快，且要不停翻炒，讓排骨均勻裹上醬汁。由於炒制時動作要快，時間要短，所以應事先將材料準備好，炒制時才不會手忙腳亂的。尤其是已炸熟再回鍋的排骨，更不可炒久，以免肉質變老。

#### note

關於“蒸”排骨和“煲”排骨湯好吃的秘訣，可參考同系列的食譜：《怎麼做蒸最好吃》和《第一次學煲湯》

### Deep-fried before stir-frying

●Usually ribs are deep-fried first before stir-frying, this allows the surface of the meat to tighten and lock in the moisture of the meat and the marinade. Deep-fried ribs have a crispy crust which helps absorb flavours from the accompanying stir-frying sauce.

### Oil the pan

●When the pan is heated up, pour in oil and swirl the pan to allow the oil to coat well. This will prevent the ingredients from sticking onto the pan during stir-frying.

### Toss quickly

●Stir-fry ribs using swift stirring and tossing movements, making sure that the ribs are evenly coated with sauce. As the cooking movement is quick, it is important to prepare all the ingredients properly before you start cooking. Especially for ribs that have been deep-fried beforehand, it is crucial to cool them down to prevent the meat from turning tough.

For tips on steaming pork ribs and making soup with them, you may refer to our same series cookbooks: 《All About Steaming》 and 《All About Soups》.

為什麼“蒸”水一定要滾開？

Why must the water be boiling before we steam?



# 蒜香蒸排骨

## Steamed Garlic Pork Ribs

### 材 料

小排骨 400 克  
蒜泥 2 大匙

### 醃 料

鹽 ¼ 茶匙  
雞粉 ¼ 茶匙  
糖 ¼ 茶匙  
麻油 ½ 茶匙  
小蘇打粉 ½ 茶匙  
太白粉 ½ 大匙 (後下)

### 做 法

1. 小排骨剁小塊，洗去血水，瀝乾。
2. 鍋中燒熱炸油，放入一半的蒜泥，炸至金黃色，撈出。
3. 小排骨加入炸好的蒜泥、生蒜泥和醃料拌勻，醃製約 30 分鐘，再加入太白粉拌勻，盛入蒸盤。
4. 燒開蒸鍋中的水，放入小排骨，以大火蒸約 20 分鐘至熟即可。

### ● Tasty Tips

- 可在蒸盤中刷上薄薄的一層油，再放入排骨，這樣可避免蒸好的排骨黏住蒸盤。
- 太白粉待排骨醃至入味後才加入，可讓調味料均勻地附在排骨上，同時不易流失。

### Ingredients

400g riblets  
2 tbsp minced garlic

### Marinade

¼ tsp salt  
¼ tsp chicken seasoning powder  
¼ tsp sugar  
½ tsp sesame oil  
½ tsp baking soda  
½ tbsp potato starch (to be added later)

### Method

1. Chop riblets into small chunks. Rinse away the blood and drain well.
2. Heat some oil for frying. Put in half the portion of minced garlic and fry until golden brown. Remove.
3. Add riblets to the fried minced garlic, raw minced garlic and Marinade. Mix evenly and marinate for about 30 minutes. Add potato starch and mix evenly. Place in steaming plate.
4. Boil water in a steamer. Place riblets inside. Steam over high heat for about 20 minutes until cooked. Serve.

- You can brush a thin layer of oil on the steaming plate you put in the pork ribs. This will prevent the cooked ribs from sticking to the steamer.
- Add the potato starch only after the pork ribs have fully absorbed the flavours of the marinade. The coat of potato starch will let the seasonings stay on the ribs.

醃製排骨時，加入小蘇打粉有何用處？

Why do we add baking soda when we marinate pork ribs?

醃製排骨時加入小蘇打粉，排骨煮熟後會更加嫩滑，因為小蘇打具有「鬆軟肉質」的效果，但不宜多放。

If baking soda is added to the marinade, the pork ribs will be tenderer after they are cooked. This is because baking soda has a meat-tenderising effect, but do not add too much of it.



# 京都排骨

## Peking Pork Ribs

### 材 料

小排骨 500 克  
洋蔥絲 1 杯

### 醃 料

醬油 2 大匙  
鹽 ½ 茶匙  
水 2 大匙  
小蘇打粉 ¼ 茶匙  
麵粉、太白粉各 1 大匙（後下）

### 調 味 料

番茄醬 1 大匙  
烏斯特郡醬油 1 大匙  
A1 牛排醬 1 大匙  
冰 2 大匙  
糖 ½ 大匙  
麻油 ½ 大匙

### Ingredients

500g riblets  
1 cup shredded onions

### Marinade

2 tbsp dark soy sauce  
½ tsp salt  
2 tbsp water  
¼ tsp baking soda  
1 tbsp each flour and potato starch (to be added later)

### Ingredients

500g riblets  
1 cup shredded onions

### Marinade

2 tbsp dark soy sauce  
½ tsp salt  
2 tbsp water  
¼ tsp baking soda  
1 tbsp each flour and potato starch (to be added later)  
Seasonings  
1 tbsp ketchup  
1 tbsp Worcestershire sauce  
1 tbsp A1 steak sauce  
2 tbsp water  
½ tbsp sugar  
½ tbsp sesame oil

### 做 法

1. 將小排骨剝成 5 公分長段，骨頭粗的從中間劈開，洗去血水，瀝乾；加入醃料拌勻，醃製 2 小時，再加入麵粉、太白粉拌勻，醃製約 2 個小時。
2. 鍋中燒熱少許油，放入洋蔥絲炒香，加入少許鹽調味，盛盤。
3. 鍋中燒熱炸油，放入小排骨，以低油溫大火炸 10 秒鐘，轉小火炸至熟，撈出。油再燒熱至高溫，放入小排骨，以大火炸約 15 秒鐘，撈出瀝乾油。
4. 另燒熱 1 大匙油，放入調味料煮滾，加入炸好的小排骨快速拌勻，盛放在洋蔥絲上。

### Method

1. Chop riblets into 5cm-long sections. Rinse away the blood and drain well. Add Marinade and mix evenly. Marinate for 2 hours. Mix in flour and potato starch evenly. Marinate for about another 2 hours.
2. Heat up a small amount of oil and sauté shredded onions. Add a little salt to taste. Remove and place on a plate.
3. Heat up some oil for deep-frying. Deep-fry riblets in lukewarm oil over high heat for 10 seconds. Turn down the heat and deep-fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil.
4. Separately, heat up 1 tbsp of oil. Add Seasonings and bring to a boil. Add deep-fried riblets. Toss quickly and evenly. Serve on top of shredded white onions.

### Tasty Tips

A1 牛排醬味道甜中帶鹹，常用來做西式牛排。在一般超市即可購得。

• A1 steak sauce tastes sweet with a tinge of saltiness. It is often used to make Western beef steak, and is generally available at supermarkets.

如何避免爛排骨黏鍋？

How do we prevent the stewed ribs from sticking to the pan?

當排骨爛的時候，它會一直黏在鍋底，所以當它快爛的時候，就應該把鍋拿起來，搖一搖，防止排骨黏在鍋底。在排骨的爛在下面的時候，就應該把鍋拿起來，搖一搖。

During stewing, the ribs will stick to the pan after the sauce dries up. Just before the sauce dries up completely, you should lift the pan from the stove and give it a few good shakes to prevent the ribs from sticking. While you shake, do not remove the cover in case the fragrance dissipates.



# 無錫排骨

## Wuxi Pork Ribs

### 材 料

五花肉子排	600 克
蔥	2 支
薑	3 片
八角	1 顆
桂皮	1 小片

### 調 味 料

醬油	6 大匙
酒	2 大匙
冰糖	2 大匙
麻油	少許

### Ingredients

600g side ribs
2 stalks spring onion
3 slices ginger
1 star anise
1 small piece cinnamon

### Seasonings

6 tbsp dark soy sauce
2 tbsp wine
2 tbsp rock sugar
Sesame oil to taste

### 做 法

1. 五花肉子排剝成 5 公分的長段，先去血水，磨乾。
2. 鍋中燒熱 2 大匙油，放入五花肉子排，炒至肉變白色，放入薑片和蔥段炒香。
3. 加入醬油，再加入酒、冰糖、八角、桂皮和水 3 杯，煮滾後轉小火，蓋上鍋蓋，燜煮約 1 個半小時，至肉質鬆軟，醬汁收乾，淋下麻油即可。

### Method

1. Chop side ribs into 5cm long sections. Rinse away the blood and drain well.
2. Heat 2 tbsp of oil and stir-fry the side ribs until the colour turns white. Add ginger and spring onions to sauté.
3. Add dark soy sauce, followed by wine, rock sugar, star anise, cinnamon and 3 cups of water. Bring to a boil and switch to low heat. Cover and stew for about 1½ hours until the meat softens and the sauce dries up. Drizzle over with sesame oil and serve.

19

## ● Tasty Tips

- 無錫排骨的傳統做法，是將排骨先煎過，再用熱油炸至全黃再來燜，這隻只炒過即可燜煮，這樣比較少油，比較健康。
- 麻油最後才加入，香氣不會散發掉。

- The traditional way of making Wuxi Pork Ribs is to fry ribs until completely golden, then stew. The ribs in this recipe are merely stir-fried before stewing to make it less oily.
- The sesame oil is added in the last step so that its aroma will not dissipate.

用芡粉勾芡時要注意什麼？

What should we take note of when we thicken with potato starch?

勾芡時，芡粉要先用水調勻，待醬汁煮滾後才慢慢淋下芡粉水，邊淋邊攪拌，攪拌的動作要快才不會結塊。  
To thicken the dish with potato starch, you must first mix the potato starch in water. Once the sauce starts to boil, drizzle over the sauce with potato starch mixture as you stir. You must stir quickly so that the sauce will not become lumpy.



# 橙汁排骨

## Steamed Garlic Pork Ribs

### 材 料

小排骨 500 克

### 醃 料

醬油 2 大匙

小蘇打粉 ¼ 茶匙

水 2 大匙

麵粉 1 大匙 (後下)

太白粉 1 大匙 (後下)

### 醃 料

包裝橙汁 ¼ 杯

糖 1 大匙

檸檬汁 1 大匙

鮮榨橙汁 3 大匙

鹽 ¼ 茶匙

太白粉 1 茶匙

### Ingredients

500g riblets

### Marinade

2 tbsp dark soy sauce

¼ tsp baking soda

2 tbsp water

1 tbsp flour (to be added later)

1 tbsp potato starch (to be added later)

### Seasonings

¼ cup packaged orange juice

1 tbsp sugar

1 tbsp lemon juice

3 tbsp freshly squeezed orange juice

¼ tsp salt

1 tsp potato starch

### 做 法

1. 小排骨洗淨，剁成 3 公分的長段，再從中間劈開成兩半，加入醃料拌勻，醃製 2 小時，再加入麵粉和太白粉，醃製約 2 個小時。
2. 鍋中燒熱炸油，放入小排骨，以低油溫大火炸 10 秒鐘，轉小火炸至熟，撈出。油再燒熱至高溫，放入小排骨以大火炸約 15 秒，撈出瀝乾油。
3. 另燒熱鍋，放入混勻調味料煮滾，加入炸好的小排骨快速拌合即可。

### Method

1. Rinse riblets. Chop into 3cm long sections. Then chop into halves from the middle. Add Marinade and mix evenly. Steep for 2 hours. Mix in flour and potato starch. Marinate for about 2 hours.
2. Heat up some oil for deep frying. Deep fry riblets in lukewarm oil over high heat for 10 seconds. Turn over the meat and deep fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil.
3. Separately, heat up the pan. Add Seasonings and bring to a boil. Add deep-fried riblets. Toss quickly and evenly. Serve.

## ● Tasty Tips

- 包裝橙汁香氣不夠且太甜，因此要加入鮮榨檸檬汁和橙汁。
- 此橙汁醬料可冷食可熱食，也可沾點生菜沙拉一起食用，或用來拌炒海鮮皆可。

- Packaged orange juice is not sweet and not fragrant enough. freshly squeezed lemon juice and orange juice must be added.
- This orange sauce can be consumed cold or hot. You can also serve it as a dipping sauce with fresh salad, or stir-fry with seafood.

為什麼醃製肉類時，有時要用蛋白液，有時卻用全蛋液？

When we marinate meat, why do we sometimes use egg white, and sometimes beaten whole eggs?

兩者都具有密封的作用，就像保護膜一樣可使肉不流失肉汁。一般醃肉會用蛋白液，雞肉等則用全蛋液。中、西廚師均會用此方法醃肉。

Both methods help to seal in the meat juice by acting like a protective membrane to prevent the meat from losing its juice. Generally, egg white is used in marinating meat slices for a smoother and tenderer texture, while beaten whole eggs are used in marinating ribs to enhance the aroma



# 排骨王

## King Spare Ribs

**材 料**  
豬大排肉 2片  
(一片約 220 克，1.5 公分厚)

小蘇打粉 ½ 茶匙  
太白粉、麵粉 各 ½ 大匙  
(後下)

**醃 料**  
雞蛋 1 個  
蠔油 2 大匙  
鹽 ½ 茶匙  
水 3½ 大匙

**調 味 料**  
A1 牛排醬 2 大匙  
HP 醬 2 大匙  
烏斯特郡醬油 1 大匙  
水 150 毫升  
糖 2 大匙

**Ingredients**  
2 slices (about 220g and 1.5cm thick each) pork chop

½ tbsp each flour and potato starch (to be added later)

**Marinade**  
1 egg  
2 tbsp oyster sauce  
½ tsp salt  
3½ tbsp water  
½ tsp baking soda

**Seasonings**  
2 tbsp A1 steak sauce  
2 tbsp HP sauce  
1 tbsp Worcestershire sauce  
150ml water  
2 tbsp sugar

### 做 法

1. 豬大排肉洗淨，拍鬆，將周邊的筋剪斷，加入醃料拌勻，醃製 1 小時，再加入太白粉和麵粉拌勻，醃製約 30 分鐘。
2. 鍋中燒熱炸油至 160° C，放入豬大排肉，以中小火炸熟，撈出。油再燒熱，放入豬大排肉，以大火炸約 15 秒，撈出瀝乾油。
3. 另燒熱鍋，放入調味料，以小火煮滾至醬汁濃稠，加入炸過的豬大排肉快速拌勻即可。

### Method

1. Rinse pork chops. Pound the meat and cut away the membrane at the sides. Add Marinade and mix evenly. Steep for 1 hour. Mix in potato starch and flour evenly. Marinate for about another 30 minutes.
2. Heat some oil for deep-frying at 160 °C. Deep fry pork chops over medium-low heat until they are cooked. Remove. Heat up the oil again. Put pork chops back in and deep fry over high heat for around 15 seconds. Remove and drain away the oil.
3. Separately, heat up a pan and add Seasonings. Boil over low heat until the gravy thickens. Add deep-fried pork chops. Toss quickly and evenly. Serve.

### ● Tasty Tips

- 豬大排肉拍鬆後更容易入味。
- HP 醬是以醋添加水果和香料製成的，是一種常用做西式濃湯和燉肉的調味料。

- The pork chops can absorb the flavours better after they are pounded and tenderised.
- HP sauce is made by adding fruits and spices to vinegar. It is a seasoning commonly used in Western thick soups and meat stews.

粉蒸排骨滑嫩多汁的秘訣！

Secret to tender and juicy steamed pork ribs!

粉蒸排骨所用的蒸肉粉是由白米泡軟炒香，再搥成粉末而成的，因為它吸收水份很快，要避免排骨的肉汁份被蒸肉粉吸乾，可在醃製時加入少許油，蒸好的排骨不會乾澀，且更滑嫩多汁。

The steam meat powder used to steam pork ribs is made by stir-frying white rice with spices, before grinding the mixture into powder form. As the powder absorbs water and oil easily, we can add a little oil during marinating to prevent the pork ribs from drying up. Using this method to retain the meat juice, the steamed ribs will be tender and succulent.



# 粉蒸排骨

## Steamed Pork Ribs

### 材 料

小排骨 600 克  
芋頭 600 克  
蒸肉粉 240 克  
粽葉 12 張

### 醃 料

辣豆瓣醬 2 大匙  
蠔油 1 大匙  
麻油或油 1 大匙  
糖 1 大匙  
八角 2 粒

### 做 法

1. 芋頭切成厚片；粽葉泡軟，刷洗乾淨。
2. 小排骨剁小塊，洗去血水，瀝乾；加入醃料拌勻，醃製約 1 小時，再加入蒸肉粉調拌均勻。
3. 粽葉上放入 1 塊芋頭和 1 塊小排骨，排骨要沾滿蒸肉粉，包捲成筒狀，盛入蒸盤。
4. 燒開蒸鍋中的水，放入粽葉卷，蒸約 45 分鐘至熟即可。

### Ingredients

600g riblets  
600g yam  
240g steam meat powder  
12 pieces bamboo leaf

### Marinade

2 tbsp spicy broad bean paste  
1 tbsp oyster sauce  
1 tbsp sesame oil or oil  
1 tbsp sugar  
2 star anise

### Method

1. Cut yam into thick slices. Soak bamboo leaves until soft and scrub clean.
2. Chop riblets into small chunks. Rinse away the blood and drain well. Mix in Marinade and steep for about 1 hour. Add steam meat powder and mix evenly.
3. Place one piece each of yam and riblet on one bamboo leaf. The riblet must be well-coated with steam meat powder. Roll up the bamboo leaf. Place in steaming plate.
4. Boil water in a steamer. Place the bamboo leaf rolls inside. Steam for about 45 minutes until cooked. Serve.

25

## ● Tasty Tips

- 一般粉蒸多用荷葉，這裏是採用粽葉，做成 1 人份量。也可將做好的粽葉卷，收放在保鮮盒冷凍保存，待要吃時拿出來解凍再蒸即可。
- 用荷葉或粽葉包裹可增加香氣，也可將芋頭片直接鋪在蒸盤，再放上小排骨蒸熟即可。

- We normally use lotus leaves for steaming. Bamboo leaves are used here to make one serving each. You can also store the bamboo leaf rolls in a plastic container and keep them in the freezer. Just thaw and steam them before eating.
- If you find wrapping the ingredients in bamboo leaves or lotus leaves a hassle, you can arrange the yam slices directly in the steaming plate and steam together with the riblets.

## “蒸”的重要技法！ An important technique in steaming!

蒸製菜餚：水一定煲滾，火一定要大，時間一定要抓得準！

We must make sure the water is boiling before we put in the ingredients . This is to ensure ample steam inside the steamer right from the start to give the meat a tender texture .



# 豉汁蒸排骨

## Pork Ribs Steamed with Black Bean Paste

### 材 料

小排骨	300 克
豆豉	2 大匙
紅辣椒末	1 大匙
蒜末	1 大匙

### 醃 料

蠔油	1 大匙
麻油	½ 茶匙
太白粉	½ 大匙 (後下)

### 調 味 料

酒	1 大匙
鹽	¼ 茶匙
糖	1 茶匙
醬油	1 茶匙
水	2 大匙

### Ingredients

300g riblets
2 tbsp fermented black beans
1 tbsp minced red chilli
1 tbsp minced garlic

### Marinade

1 tbsp oyster sauce
½ tsp sesame oil
½ tbsp potato starch (to be added later)

### Seasonings

1 tbsp wine
¼ tsp salt
1 tsp sugar
1 tsp light soy sauce
2 tbsp water

### 做 法

1. 小排骨剁小塊，加入醃料拌勻，擱置 30 分鐘，再加入太白粉拌勻。
2. 鍋中燒熱 1 大匙油，加入豆豉炒香，淋下酒，再加入其餘調味料拌勻，熄火，放入小排骨拌合，盛入蒸盤，撒上紅辣椒末和蒜末。
3. 燒開蒸鍋中的水，放入小排骨，以大火蒸約 20 分鐘至熟即可。

### Method

1. Chop riblets into small chunks. Add marinade and mix evenly. Set aside for 30 minutes. Add potato starch and mix evenly.
2. Heat up 1 tbsp of oil and sauté black beans for 20 seconds with wine. Add the rest of the Seasonings and stir evenly. Remove from heat. Add riblets and mix well. Remove and place in a steaming plate. Sprinkle with minced red chilli and garlic.
3. Bring the water in the steamer to a boil. Place riblets inside. Steam over high heat for about 20 minutes to cook. Serve.

## ● Tasty Tips

• 豆豉炒香再蒸，可以增加香味，但炒香豆豉時火不要太大，以免豆豉產生焦苦味。

• You can improve the fragrance of the fermented black beans by sautéing before steaming. But do not sauté over high heat to avoid burning the beans and produce a bitter taste.

## 如何炸出酥脆美味的豬排？ How do we make crispy pork chop?

注意麵粉、蛋液和麵包粉的順序。先將豬排上上薄薄一層麵粉，麵粉要均勻不可過厚或結塊，再沾上蛋液，蛋液要打得勻，最後再沾上麵包粉，麵包粉要先弄散，沾好後要輕輕拍落多餘的麵包粉。

The secret is in the order of coating the meat with flour, beaten egg and bread crumbs. First, apply a thin coat of flour on the pork chop. The coat of flour must be even, and must not be too thick or lumpy. Next, coat it with beaten egg. The egg must be well beaten. Lastly, coat it with bread crumbs. The crumbs must be well spread out. After coating, pat gently to dust off the excess crumbs.



# 糖心豬排

## Sandwich Pork Chop

### 材 料

豬大排肉 2片  
(1片約120克, 1.5公分厚)

乳酪 2片

火腿 2片

麵粉 ½杯

雞蛋 1個

麵包粉 1杯

### 醃 料

鹽 ½茶匙

胡椒粉 少許

### Ingredients

2 slices (about 120g and 1.5cm thick each) pork chop

2 slices cheese

2 slices ham

½ cup flour

1 egg

1 cup bread crumbs

### Marinade

½ tsp salt

Pepper to taste

### 做 法

1. 豬大排肉縱切成活頁狀，拍鬆，將旁邊的筋剪斷，加入醃料醃約30分鐘。
2. 豬大排肉中間夾入乳酪和火腿各1片，先沾上麵粉，再沾上打散蛋液，最後沾上麵包粉。
3. 鍋中燒熱炸油至約160°C，放入豬大排肉，以中小火炸約2分鐘，再轉大火炸約20秒至金黃色，撈出豬排，瀝乾油，擱置一會兒再切成寬條即可。

### Method

1. Butterfly each slice of pork chop. Pound the meat and cut away the membrane at the sides. Add Marinade and steep for about 30 minutes.
2. Sandwich one slice each of cheese and ham between the pork. Coat the chop first with flour, followed by beaten egg and bread crumbs.
3. Heat some oil to about 160°C. Deep-fry the pork chop over medium-low heat for about 2 minutes. Switch to high heat and deep-fry for about another 20 seconds until golden brown. Remove and drain away the oil. Set the chop aside for a while before cutting it into broad strips.

29

## ● Tasty Tips

- 乳酪片有不同品牌和口味，均可選用，最好是融化後可拉絲的。
- 豬排炸好後，會漸漸浮起，表面呈金黃色即可取出。
- 豬排也可配搭汆燙蔬菜一起食用。

- Any brand or flavour of cheese slices can be used here. The best ones are those that can be stretched into strands when melted.
- As you deep-fry the pork chop, it will rise slowly to the surface and turn golden brown. This is the best time to scoop out the pork chop.
- Pork chops can also be served with boiled vegetables.

使用紅糟醬時要注意什麼？

What should we take note of when we use red yeast rice paste?

紅糟醬是用蒸熟糯米加紅酒釀發酵而成，色澤紅豔，用來烹調菜餚可增香添色。由於紅糟醬鹹味，所以使用紅糟醬時要注意鹹味的調整。

Made by fermenting rice with red yeast, the savoury red yeast rice paste can enhance the presentation of the dish with its appetising red colour. As it comes with a salty taste, you must adjust the seasonings accordingly to balance the overall taste of the dish.



# 紅糟排骨

## Pork Ribs Stewed in Red Yeast Rice Paste

### 材 料

小排骨 600 克  
蔥 2 支

### 調 味 料

紅糟醬 3 大匙  
醬油 4 大匙  
酒 4 大匙  
冰糖 2 大匙  
鹽 ½ 茶匙

### Ingredients

600g riblets  
2 stalks spring onion

### Seasonings

3 tbsp red yeast rice paste  
4 tbsp light soy sauce  
4 tbsp wine  
2 tbsp rock sugar  
½ tsp salt

### 做 法

1. 小排骨洗淨，剁成約 5 公分長段；蔥切小段。
2. 鍋中燒熱 2 大匙油，放入小排骨炒至變色，加入蔥和調味料拌炒均勻。
3. 加入水淹過小排骨，以大火煮滾後轉小火，蓋上鍋蓋，燜煮約 40 分鐘至小排骨鬆軟即可。

### Method

1. Rinse riblets. Chop into 5cm-long sections. Cut spring onions into small sections.
2. Heat up 2 tbsp of oil. Stir-fry riblets until they change colour. Add spring onions and Seasonings. Toss evenly.
3. Add water to fully submerge the riblets. Bring to a boil over high heat. Switch to low heat. Cover the pan and stew for about 40 minutes until the ribs soften. Serve.



### ● Tasty Tips

- 紅糟醬先入鍋煸炒，香氣和味道會更佳！
- 紅糟醬在一般超市都可購得。

- The red yeast rice paste will release a stronger aroma if it is sautéed beforehand
- Red yeast rice paste is generally available at supermarkets

## “蒸”一定要新鮮！ Steam only fresh ingredients!

蒸菜是中國菜中非常受歡迎的一種烹飪方法，它不需要大量的油，而且能保留食材的原汁原味，讓食材的營養和味道都得到最好的發揮。蒸菜也是一種非常健康的烹飪方法，因為它不需要大量的油，而且能保留食材的原汁原味，讓食材的營養和味道都得到最好的發揮。

Steaming is a method of cooking that rarely requires deep frying to enhance the aroma or sautéing of spices. It directly makes use of heat from steam to cook the food, and so the ingredients must be fresh in order to give us a fresh and gratifying taste.



# 梅子蒸排骨

## Pork Ribs Steamed with Salted Plums

材 料	醃 料
小排骨 400 克	酸梅醬 1 大匙
醃梅 5 粒	醬油 1 大匙
蔥 1 支	酒 1½ 茶匙
紅辣椒 1 支	油 1 茶匙
	糖 ½ 茶匙
	胡椒粉 ¼ 茶匙
	水 1 大匙
	太白粉 ½ 大匙 (後下)

### Ingredients

400g riblets  
5 salted plums  
1 stalk spring onion  
1 red chilli

### Marinade

1 tbsp plum sauce  
1 tbsp dark soy sauce  
1½ tsp wine  
1 tsp oil  
½ tsp sugar  
1 tbsp water  
½ tbsp potato starch (to be added later)

### 做 法

1. 小排骨剁小塊，洗去血水，瀝乾；醃梅去籽，壓爛；辣椒和蔥切粒。
2. 小排骨加入醃梅、紅辣椒和醃料拌均勻，醃約 30 分鐘，再加入太白粉拌均勻，盛入蒸盤。
3. 燒開蒸鍋中的水，放入小排骨，以大火蒸約 20 分鐘至熟，取出。
4. 撒上蔥花即可。

### Method

1. Chop riblets into small chunks. Rinse away the blood and drain well. Core salted plums and crush into pulp. Chop red chilli and spring onion finely.
2. Add riblets to salted plums, red chilli and Marinade (M). Mix evenly. Marinate for about 30 minutes. Add potato starch and mix evenly. Place in steaming plate.
3. Bring the water in the steamer to a boil. Place the steaming plate inside. Steam over high heat for about 20 minutes. Cook. Remove.
4. Sprinkle with chopped spring onion. Serve.

### ● Tasty Tips

● 蒸排骨宜用不銹鋼蒸盤，因為不銹鋼蒸盤受熱均勻，排骨較容易熟透。

● It is advisable to use a stainless steel steaming plate when to steam pork ribs. This is because a stainless steel steaming plate can help spread the heat evenly and make the ribs thoroughly.

排骨肉不黏骨的秘訣！

Secret to separate the meat easily from the bones!

排骨肉不黏骨的秘訣！

When we cook ribs, we would often find ourselves struggling to chew off the meat that is stuck to the bones. But if we use the right ingredients, the meat will separate easily from the bones after cooking.



# 咖啡排骨

## Coffee Pork Ribs

### 材 料

小排骨 500 克

小蘇打粉 ½ 茶匙  
麵粉、太白粉各 ½ 大匙  
(後下)

### 醃 料

雞蛋 1 個  
蠔油 1½ 大匙  
麻油 1 茶匙  
鹽 ½ 茶匙  
糖 ½ 茶匙  
水 3½ 大匙

### 調 味 料

麥芽糖 1 大匙  
糖 1 大匙  
烏斯特郡醬油 1 大匙  
即溶咖啡精 1 茶匙  
水 100 毫升

### 做 法

1. 小排骨剝成 3 公分長段，洗去血水，瀝乾；加入醃料拌勻，先醃 2 小時，再加入太白粉和麵粉拌勻，再醃約 2 個小時。
2. 鍋中燒熱炸油，放入小排骨，以低油溫大火炸 10 秒鐘，轉小火炸至熟，撈出。油再燒熱至高溫，放入小排骨，以大火炸約 15 秒，撈出瀝乾油。
3. 燒熱鍋，放入調味料，以小火煮滾至濃稠。
4. 加入炸好的小排骨快速拌勻即可。

### ● Tasty Tips

● 烏斯特郡醬油是西式醬油，有別於中式醬油，味道帶有酸辣味且沒有那麼鹹，在西式菜餚中常用來醃製肉類或做成醬料使用，在台灣較普遍的是梅林沖醬油，在一般進口超市均可購得。

### Ingredients

500g riblets

½ tbsp each potato starch and flour (to be added later)

### Marinade

1 egg  
½ tbsp oyster sauce  
1 tsp sesame oil  
½ tsp salt  
½ tsp sugar  
3½ tbsp water  
½ tsp baking soda

### Seasonings

1 tbsp maltose  
1 tbsp sugar  
1 tbsp Worcestershire sauce  
1 tsp instant coffee mix  
100ml water

### Method

1. Chop riblets into 3cm long sections. Rinse away the blood and drain well. Add Marinade and mix evenly. Steep for 2 hours. Mix in potato starch and flour evenly. Marinate for about another 2 hours.
2. Heat up some oil for deep frying. Deep fry riblets in lukewarm oil over high heat for 10 seconds. Turn down the heat and deep fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil.
3. Heat up a pan and add Seasonings. Boil over low heat until the gravy thickens.
4. Add deep-fried riblets. Toss quickly and evenly. Serve.

● Worcestershire sauce is a sauce used by Western cuisine. Unlike Chinese sauce, it is tangy and spicy and contains little sugar. A common meat marinade and gravy ingredient in Western cooking, it is generally available at supermarkets.

## 自製巴拉煎醬料

D.I.Y. Belacan Paste

### 材 料

- 辣椒乾 15 克
- 蒜 3 粒
- 紅蔥頭 15 粒
- 月桂豆 3 粒
- 巴拉煎 1 大匙 (烘香壓碎)



### 做 法

1. 將辣椒乾、蒜、紅蔥頭和月桂豆放入攪拌器攪爛，取出，加入烘香的巴拉煎拌勻成辣椒泥。
2. 鍋中燒熱油，加入辣椒泥，以中小火不停翻炒至嗆鼻的辛香味和油溢出即可。

### Ingredients

- 15g dried chilli
- 3 cloves garlic
- 15 cloves shallots
- 3 candlenut
- 1 tbsp belacan (toasted and crushed)

### Method

1. Blend dried chillies, garlic, shallots and candlenut in blender. Remove. Add toasted belacan and mix to form chilli paste.
2. Heat some oil. Add chilli paste and keep tossing over medium-low heat until it releases a pungent smell and oil.



# 巴拉煎南瓜排骨煲

## Belacan Pork Rib Stew with Pumpkin

### 材 料

小排骨 200 克  
南瓜 300 克

### 調 味 料

巴拉煎醬料 1 大匙  
亞參（羅望子） 1 大匙  
水 120 毫升  
椰漿 500 毫升  
鹽 ¼ 茶匙  
糖 ½ 茶匙

### Ingredients

200g riblets  
300g pumpkin

### Seasonings

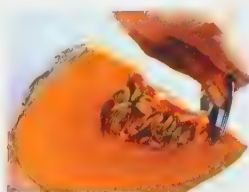
1 tbsp belacan paste  
1 tbsp assam (tamarind)  
120ml water  
500ml coconut milk  
¼ tsp salt  
½ tsp sugar

### 做 法

1. 小排骨洗淨，剝小塊，洗去血水，瀝乾；南瓜去皮，切塊。
2. 亞參加水混勻，用手抓拌片刻，濾清取汁。
3. 鍋中燒熱少許油，加入 1 大匙巴拉煎醬料炒香，加入亞參汁煮滾。
4. 加入小排骨炒香，轉小火，蓋上鍋蓋，燜煮約 15 分鐘。加入南瓜、椰漿、糖和鹽，燜煮約 25 分鐘，至排骨肉質鬆軟即可。

### Method

1. Rinse riblets and chop into small chunks. Rinse away the blood and drain well. Pare pumpkin and cut into chunks.
2. Mix assam in water. Briefly squeeze with your hands. Strain away the residue and keep the juice.
3. Heat a small amount of oil. Add 1 tbsp of belacan paste and toss until a fragrance is released. Add assam juice and bring to a boil.
4. Add riblets and toss until a fragrance is released. Switch to low heat. Cover and stew for about 15 minutes. Add pumpkin, coconut milk, sugar and salt. Stew for about 25 minutes until the meat softens. Serve.



### ● Tasty Tips

●炒巴拉煎醬料時要不停翻炒，以免黏鍋。

●When you cook belacan paste, you must keep tossing to prevent it from sticking to the pan.

排骨要怎麼炸才會外表酥脆，內裏鮮嫩？

How do we deep-fry pork ribs to make it crispy on the outside and tender on the inside?

排骨，以大火炸約 10 秒可鎖住肉汁，再轉小火，確保排骨熟透，撈出。將油再燒熱，放入排骨，以大火炸 10-15 秒，可逼出肉內多餘的油份，使排骨外表酥脆，肉質仍保持鮮嫩。

First, deep fry the ribs over high heat for about 10 seconds to seal in the meat juice. Then switch to low heat to fully cook the ribs. Make sure that the ribs are fully cooked before you scoop them out. Heat up the oil again and deep-fry the ribs over high heat for 10-15 seconds to purge the excess oil within the meat. This will make the ribs crispy on the outside and tender on the inside.

### ● Tasty Tips

- 最後放入小排骨時，要不停地拌炒以防止黏鍋。
- In the final step when you add the riblets, you must keep tossing to prevent the riblets from sticking to the pan.



# 糖醋排骨

## Sweet & Sour Pork Ribs

### 材 料

小排骨 400 克  
番薯粉 ½ 杯  
洋蔥 ¼ 個  
小黃瓜 1 條  
番茄 1 個  
鳳梨 3-4 片  
蒜 2 粒  
蔥 1 支

### 醃 料

鹽 ¼ 茶匙  
醬油 1 大匙  
胡椒粉 適量

麻油 ¼ 茶匙  
小蘇打粉 ¼ 茶匙

### 調 味 料

番茄醬 2 大匙  
白醋 1 大匙  
烏醋 2 大匙  
糖 3 大匙  
鹽 ¼ 茶匙  
酒 ½ 大匙  
麻油 ¼ 茶匙  
水 4 大匙  
太白粉 1 茶匙

### Ingredients

400g riblets  
½ cup sweet potato flour  
¼ onion  
1 small cucumber  
1 tomato  
3-4 slices pineapple  
2 cloves garlic  
1 stalk spring onion

### Marinade

¼ tsp salt  
1 tbsp dark soy sauce  
Pepper to taste

¼ tsp sesame oil  
¼ tsp baking soda

### Seasonings

2 tbsp ketchup  
1 tbsp white vinegar  
2 tbsp black vinegar  
3 tbsp sugar  
¼ tsp salt  
½ tbsp wine  
¼ tsp sesame oil  
4 tbsp water  
1 tsp potato starch

### 做 法

1. 小排骨洗淨，剝成約 3 公分塊狀，加入醃料拌勻，醃製約 2 小時，沾上番薯粉。
2. 洋蔥切方塊；小黃瓜切小塊；番茄切小瓣；鳳梨切小片；蒜切片；蔥切段。
3. 鍋中燒熱炸油，放入小排骨，先以低油大火炸約 10 秒，再轉小火炸熟，撈出。將油再燒熱至高溫，放入小排骨，以大火炸約 15 秒，撈出瀝乾油。
4. 另燒熱少許油，放入洋蔥和蒜炒香，放入小黃瓜、番茄和蔥拌炒均勻，加入調味料和鳳梨煮滾，放入炸好的小排骨快速拌勻即可。

### Method

1. Rinse riblets. Chop into 3cm chunks. Add Marinade and mix evenly. Steep for about 2 hours. Coat with sweet potato flour.
2. Cut onion into cubes; cut small cucumber into small pieces; quarter tomato into small pieces; cut pineapple into small slices; slice garlic; cut spring onion into sections.
3. Heat up some oil for deep-frying. Deep-fry riblets in lukewarm oil over high heat for 10 seconds. Turn down the heat and deep-fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil.
4. Separately, heat up a small amount of oil and sauté onion and garlic. Add small cucumber, tomato and spring onion. Toss evenly. Add Seasonings and pineapple, and bring to a boil. Add deep-fried riblets. Toss quickly and evenly. Serve.

## 自製椒鹽 So Easy!

It is so easy to make spiced salt at home!

將 1 茶匙的碎四川花椒放入乾鍋中，用低火炒 5 分鐘，直到香味釋放。加入 3 茶匙的鹽，繼續炒 2 分鐘。最後，加入 1 茶匙的碎黑胡椒和 1 茶匙的白胡椒粉。只需混合均勻即可使用。

Add 1 tsp of cracked Sichuan peppercorn into a dry pan and stir over low heat for 5 minutes until a fragrance is released. Add 3 tbsp of salt and continue to stir for 2 minutes. Lastly, add 1 tsp of cracked black pepper and 1 tsp of ground white pepper. Just give it a good mix and it is ready for use



# 鹽酥排骨

## Crispy Savoury Pork Ribs

### 材 料

小排骨 400 克  
九層塔葉 適量  
番薯粉 ½ 杯

### 醃 料

醬油 1 大匙  
鹽 ¼ 茶匙  
小蘇打粉 少許

雞蛋 1 個  
糖 ½ 茶匙

### 調 味 料

胡椒粉 適量  
椒鹽 適量

### Ingredients

400g riblets  
Some basil leaves  
½ cup sweet potato flour

### Marinade

1 tbsp dark soy sauce  
¼ tsp salt  
A little baking soda

1 egg

½ tsp sugar

### Seasonings

Ground pepper to taste  
Spiced salt to taste

### 做 法

1. 小排骨剁成 5 公分的長段，洗去血水，瀝乾；加入醃料醃製 1 小時以上，瀝乾。
2. 小排骨沾上番薯粉，擱置 5-10 分鐘，再沾一次番薯粉。
3. 鍋中燒熱炸油，放入小排骨，以低油溫大火炸約 10 秒鐘，轉小火炸至熟，撈出排骨。油再燒熱至高溫，放入小排骨，以大火炸約 15 秒鐘，撈出瀝乾油；放入九層塔葉炸酥。
4. 小排骨放入大碗中，加入調味料拌勻，撒上九層塔葉略拌即可。

### Method

1. Chop riblets into 5cm-long sections. Rinse away the blood and drain well. Add Marinade and steep for more than 1 hour. Drain well.
2. Coat riblets with sweet potato flour. Set aside for 5-10 minutes. Coat with sweet potato flour again.
3. Heat up some oil for deep-frying. Deep-fry riblets in lukewarm oil over high heat for 10 seconds. Turn down the heat and deep-fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil. Put in basil leaves to fry until crispy.
4. Put riblets in a big bowl. Add Seasonings and mix evenly. Sprinkle with basil leaves. Toss briefly and serve.

41

## ● Tasty Tips

● 番薯粉顆粒較粗，所以炸出來的表皮會有酥酥的顆粒，口感也較酥脆。

● Sweet potato flour has relatively big granules which produce crispy bits on the surface of the deep-fried riblets.

如何讓叉燒排骨入味？

How do we make a heavenly dish of char siew pork ribs?

叉燒排骨要做得入味，豬起子才合適。排骨要在醬料下醃製夠久，可以放入冰箱，讓排骨入味也保持肉質鮮度。

To make heavenly roasted char siew pork ribs, the ribs must be fully infused with the marinade. However, avoid marinating under room temperature for too long. You can put the marinated ribs in the refrigerator to allow full absorption of flavours and ensure freshness of the meat.



# 叉燒排骨

## Char Siew Pork Ribs

### 材 料

五花肉子排 500 克  
麥芽糖 100 克

### 醃 料

海鮮醬 3½ 大匙  
花生醬 2/3 大匙  
紅糟醬 2 大匙  
鹽 2 茶匙  
糖 1½ 大匙  
雞粉 1 茶匙  
五香粉 少許

### Ingredients

500g side ribs  
100g maltose

### Marinade

3½ tbsp hoisin sauce  
2/3 tbsp peanut butter  
2 tbsp red yeast rice paste  
2 tsp salt  
1½ tbsp sugar  
1 tsp chicken seasoning powder  
Five-spice powder to taste

### 做 法

1. 五花肉子排洗淨，瀝乾；加入醃料拌勻，醃製 2 小時以上。
2. 烤盤中先鋪 1 張鋁箔紙，放入五花肉子排。
3. 預熱烤箱至 220°C，放入五花肉子排，烤約 20 分鐘，取出翻面，刷上醃肉汁，再烤 10 分鐘，便可取出。
4. 將烤熟的叉燒排骨趁熱均勻刷上一層麥芽糖即可。

### Method

1. Rinse side ribs and drain well. Add Marinade and mix evenly. Steep for over 2 hours.
2. Lay a piece of aluminium foil on the oven tray. Put in side ribs.
3. Pre-heat the oven to 220°C. Put side ribs inside and roast for about 20 minutes. Remove and turn ribs over. Glaze with Marinade and roast for another 10 minutes. Remove.
4. Glaze the char siew pork ribs with a layer of maltose while they are still hot. Serve.

43

## ● Tasty Tips

- 烤箱一定要預熱，這樣才能受熱均勻。
- 麥芽糖可預先加少許水，以小火煮滾至溶化，再刷在排骨上。
- 可用竹籤或叉子在靠近骨頭處插一下，查看排骨是否熟透。

- The oven must be pre-heated to ensure an even distribution of heat.
- You can add a bit of water to the maltose and melt the mixture over low heat before you glaze the ribs.
- To test whether the pork ribs are fully cooked, you can stick a bamboo skewer or fork into the meat near to the bones.

為什麼太白粉要與麵粉混著使用？

Why use a mixture of potato starch and flour for coating?

因為太白粉質地較細，通常用於勾芡，而麵粉質地較粗，且含有蛋白質，因此多會與吉列粉一起使用，可鎖住肉質的水分，使肉質更加嫩滑。

Potato starch is finer in texture and is usually used for thickening. When combined with flour for use in coating food for deep-frying, it gives a more crispy crust aside from locking in the moisture of the meat.



# 蝦醬排骨

## Pork Ribs with Shrimp Paste

### 材 料

小排骨 500 克  
雞蛋 1 個

### 醃 料

蝦醬膏 1½ 大匙  
蠔油 1½ 茶匙  
糖 2 茶匙  
水 1½ 大匙  
雞蛋 1 個  
太白粉 ½ 大匙 (後下)  
麵粉 ½ 大匙 (後下)

### 做 法

1. 小排骨洗淨，剝成 5 公分的長段，再從中間劈開成兩半，擦乾水份。
2. 小排骨放在大碗中，加入醃料拌勻，醃製 2 小時，再加入麵粉和太白粉，醃製約 2 個小時。
3. 鍋中燒熱炸油，放入小排骨，以低油溫大火炸約 10 秒，轉小火炸至熟，撈出，將油再燒熱至高溫，放入小排骨，以大火炸 15 秒，撈出瀝乾油。

### Ingredients

500g riblets  
1 egg

### Marinade

1½ tbsp shrimp paste  
1½ tsp oyster sauce  
2 tsp sugar  
1½ tbsp water  
1 egg  
½ tbsp potato starch (to be added later)  
½ tbsp flour (to be added later)

### Method

1. Rinse riblets. Chop into 5cm long sections. Then chop into halves from the middle. Wipe them dry.
2. Put riblets in a big bowl. Add Marinade and mix evenly. Steep for 2 hours. Add flour and potato starch. Steep for about 2 hours.
3. Heat up some oil for deep-frying. Deep-fry riblets in lukewarm oil over high heat for 10 seconds. Turn down the heat and deep-fry until cooked. Remove. Heat up the oil again and deep-fry riblets over high heat for around 15 seconds. Remove and drain away the oil.

45



### Tasty Tips

• 炸的排骨要剝得小塊一些，才能炸得酥脆。

• You should cut the pork ribs into smaller pieces so that they will be crispy when deep-fried.

如何減緩苦瓜的苦味？

How do we reduce the bitterness of the bitter melon?



苦瓜的苦味來自其白膜，所以一定要刮乾淨，之後用鹽搓揉，再沖入冰水，這樣不但可以減輕苦味，也可以保留苦瓜的鮮甜味。

The white membrane of the bitter melon contains a bitter taste so it must be totally scraped off. After this, rub in a little bit of salt using your hands and drain well. Lastly, immerse it in ice water to reduce its bitterness and retain its fresh taste.



# 苦瓜燜排骨

## Pork Rib Stew with Bitter Gourd

### 材 料

小排骨	300 克
苦瓜	2 條 (約 600 克)
蒜	40 克
香菇	2 朵 (泡軟)
紅辣椒	1 支
薑	3 片
太白粉	1 茶匙

太白粉水	1 大匙
黃豆高湯	1.2 公升

### 調 味 料

酒	1 茶匙
鹽	1 茶匙
麻油	1 茶匙
糖	½ 茶匙

### Ingredients

300g riblets
2 bitter gourd (about 600g)
40g garlic
2 Chinese mushroom (soaked)
1 red chilli
3 slices ginger
1 tsp potato starch

1 tbsp potato starch mixture
1.2l soy stock

### Seasonings

1 tsp wine
1 tsp salt
1 tsp sesame oil
½ tsp sugar

### 做 法

1. 苦瓜對半切開，去籽，切小段，放入滾水中燙，撈出，沖冷水，瀝乾。
2. 小排骨洗淨，剝小塊；小排骨沾上太白粉，放入熱油中略炸；蒜整粒放入熱油中炸至金黃色。
3. 燒熱鍋，倒入一半的高湯，放入炸好的小排骨，煮滾後轉小火，蓋上鍋蓋，燜煮約 30 分鐘，至肉質鬆軟。
4. 另燒熱少許油，放入薑片和蒜爆香，加入香菇和辣椒，再加入苦瓜略炒，淋上酒，再加入剩餘黃豆高湯，煮滾後轉小火，蓋上鍋蓋，燜煮約 30 分鐘。
5. 最後放入燜煮過的小排骨和高湯以及調味料，再加入太白粉水勾芡即可。

### Method

1. Cut bitter gourd lengthwise into halves. Remove the seeds. Cut into small sections. Blanch in boiling water. Remove and rinse with cold water. Drain well.
2. Rinse riblets and chop into small chunks. Coat with potato starch and deep fry briefly. Fry the cloves of garlic in whole until golden brown.
3. Heat up a pan. Pour in half the stock. Add deep-fried riblets. Bring to a boil and switch to low heat. Cover and stew for about 30 minutes until the meat softens.
4. Separately, heat up a small amount of oil to sauté ginger and garlic. Add Chinese mushrooms and chilli, followed by bitter gourds. Toss briefly. Drizzle over with wine. Add the remaining soy stock. Bring to a boil and switch to low heat. Cover and stew for about 30 minutes.
5. Lastly, add stewed riblets, stock and Seasonings. Add potato starch mixture to thicken. Serve.

47

## ● Tasty Tips

● 家裏若有吃剩的炸排骨、蒸排骨或炒過的排骨，再拿來煎、炸、煮或炒，只會使排骨肉質變硬，不妨用來做這道燜排骨，能增添不同的風味。

● If you have leftover deep-fried ribs, steamed ribs or stir-fried ribs, re-heating them by pan-frying, sautéing or braising will only toughen the meat. You can use them in this stew for a different flavour.

燜出排骨的風味！

Make a flavoursome dish of stewed ribs!

燜排骨時，調味料和水一定要夠，而且火要小，排骨才燜得軟嫩好入口！

The amount of seasonings and water used to stew the pork ribs must be adequate. The heat must be low so as not to dry up the dish before it is well cooked.



# 栗子燜排骨

## Pork Ribs Stew with Chestnuts

### 材 料

小排骨	600 克
栗子	150 克
香菇	2 朵 (泡軟)
蔥段	40 克
薑	3 片
蒜茸	1 茶匙
太白粉水	2 大匙
高湯	450 毫升

### 調 味 料

酒	1 茶匙
麻油	1 茶匙
蠔油	1 茶匙
魚露	1 茶匙
雞粉	1 茶匙

### Ingredients

600g riblets
150g chestnut
2 Chinese mushroom (soaked)
40g spring onion (cut into sections)
3 slices ginger
1 tsp minced garlic
2 tbsp potato starch mixture
450ml stock

### Seasonings

1 tsp wine
1 tsp sesame oil
1 tsp oyster sauce
1 tsp fish sauce
1 tsp chicken seasoning powder

### 做 法

1. 栗子放入滾水氽燙，撈出，去衣膜，放入蒸鍋中蒸約 30 分鐘。
2. 小排骨洗淨，剁小塊，放入滾水中氽燙，去除血水，用冷水沖洗。
3. 小排骨加入高湯，煮滾後轉小火，蓋上鍋蓋，燜煮約 30 分鐘，至肉質鬆軟。
4. 鍋中燒熱少許油，放入蔥、薑、蒜和香菇爆香，加入小排骨、栗子、高湯和調味料，煮滾後轉小火，蓋上鍋蓋，燜煮約 30 分鐘，加入太白粉水勾芡即可。

### Method

1. Blanch chestnuts in boiling water and remove. Remove the skin and steam for about 30 minutes.
2. Rinse riblets and chop into small chunks. Blanch in boiling water to remove the blood. Rinse with cold water.
3. Add riblets into stock. Bring to a boil and switch to low heat. Cover and stew for about 30 minutes until the meat softens.
4. Heat a small amount of oil to sauté spring onion, ginger, garlic and Chinese mushrooms. Add riblets, chestnuts, stock and Seasonings. Bring to a boil. Switch to low heat and cover. Stew for about 30 minutes. Add potato starch mixture to thicken. Serve.

## ● Tasty Tips

● 小排骨先燜煮至鬆軟，再加調味料，除了口感較軟嫩也更容易入味。

● Stew the riblets until the meat softens before you add the seasoning for a tender and savoury dish.

豬排為什麼要拍鬆？

Why must we pound the pork chop?

在烹調豬排時，我們必須將肉拍鬆，這樣肉在烹調時，也不會緊縮，同時吃起來也會更嫩滑。如果肉不拍鬆，肉在烹調時，肉汁會流失，吃起來又乾又硬。

When preparing pork chops for cooking, it is necessary to pound the meat and cut away the membranes at the sides so as to tenderise the meat. This also allows the pork chop to cook faster and prevent it from shrinking. But we must also not flatten it too much and lose the meat juice, as this will contract the meat during pan-frying and make it dry and tough.



# 蘋果醬汁豬排

## Pork Ribs with Apple Sauce

<b>材 料</b>	蛋白	1 個
豬大排肉 2 片 (一片約 250 克, 1.5 公分厚)	<b>蘋果醬汁</b>	
蘋果汁 4 大匙	蘋果	2 個
奶油 1 大匙	檸檬汁	1 茶匙
	葡萄乾	2 大匙
<b>醃 料</b>	薑	1 片
鹽 少許	糖	½ 大匙
胡椒粉 少許	蘋果汁	2 杯
	肉桂粉	¼ 茶匙

### 做 法

1. 豬大排肉洗淨，抹乾，拍鬆，將旁邊的筋剪斷，加入醃料，醃約 1 小時。
2. 蘋果醬汁：蘋果去皮，切小方塊，和其他材料一起放入小鍋中，以中火煮約 10-12 分鐘，至蘋果軟化和醬汁濃稠，取出薑片，備用。
3. 鍋中燒熱 2 大匙油，放入豬大排肉，將兩面煎至微有焦痕時，轉小火續煎至熟，約 3-4 分鐘，盛起瀝乾油。
4. 另燒熱鍋，加入 4 大匙蘋果汁和奶油，煮滾至略帶濃稠，淋在豬排上。
5. 再淋上蘋果醬汁即可。

### ● Tasty Tips

- 豬大排肉的厚度以約 1.5 至 2 公分為佳，否則很難熟透。
- 煮蘋果醬汁時要記得偶爾去攪動一下，以免燒焦。

### Ingredients

2 slices (about 250g and 1.5cm thick each) pork chop  
4 tbsp apple juice  
1 tbsp butter

### Marinade

Salt to taste  
Pepper to taste

1 egg white

### Apple sauce

2 apples  
1 tsp lemon juice  
2 tbsp raisins  
1 slice ginger  
½ tbsp sugar  
2 cups apple juice  
¼ tsp cinnamon powder

### Method

1. Rinse pork chop. Wipe dry. Pound the meat and cut away the membrane at the sides. Add Marinade and steep for about 1 hour.
2. Apple sauce: Peel apples and dice them. Put into a small pan together with the other ingredients. Cook over medium heat for about 10-12 minutes until the apples soften and the sauce thickens. Remove ginger slice. Set the sauce aside.
3. Heat 2 tbsp of oil and pan-fry pork chops until both sides are slightly charred. Switch to low heat and continue to pan-fry for about 3 to 4 minutes until cooked. Remove and drain away the oil.
4. Separately, heat up a pan and add 4 tbsp of apple juice and butter. Bring to boil until the sauce turns slightly thick. Drizzle over pork chops.
5. Drizzle over with apple sauce and serve.

- The pork chop must not be too thick. Ideally, it should be 1.5-2cm thick, or else it will be hard to fully cook it.
- When you cook apple sauce, stir occasionally to prevent it from getting burnt.

煮好麵的秘訣！

## Secret to delicious noodles!

煮麵時，麵條從鍋裡取出時，儘量讓麵條沾些熱湯，不要攪起，以免麵條浮水，不要抖動在滾水中一直夾滾，把麵條攪開了，就難得有筋道的口感。取出後沖一下，可以讓麵條更爽滑些。

Disperse the noodles as you release them into boiling water. Keep stirring to prevent the noodles from sticking to the sides of the pot. When the water starts bubbling and boiling again, add some cold water. Do not let the noodles boil for long in the bubbling water in case they become mushy. When the noodles start floating, scoop out and run briefly under cold water to give them a springy texture.



# 排骨麵

## Pork Rib Noodles

材 料	醃 料
豬大排 2片 (一片約 220 克， 1.5 公分厚)	蔥花 1 大匙
豬高湯 3 杯	蒜末 1 大匙
小白菜 4 棵	醬油 2 大匙
細麵條 200 克	糖 1 茶匙
	酒 1 大匙
	胡椒粉 ¼ 茶匙
	水 2 大匙
	麵粉、太白粉各 1 大匙 (後下)

### 調 味 料

醬油	1 茶匙
鹽	適量
蔥花	1 大匙

### 做 法

1. 豬大排肉洗淨，抹乾，拍鬆，再將旁邊的筋剪斷，加入醃料，醃約 1 小時。再加入麵粉和太白粉，醃約 30 分鐘。
2. 鍋中燒熱炸油至 160°C，放入豬大排肉，先以中火炸熟，撈出。油再燒熱，放入豬大排肉，以大火炸約 15 秒鐘，撈出瀝乾油，擱置一會兒切成寬條。
3. 細麵條煮熟；小白菜燙熟。
4. 湯碗中加入調味料、細麵條和小白菜，再加入熱高湯，配上豬排即可。

### Ingredients

2 slices (about 220g and 1.5cm thick each) pork chop  
3 cups pork stock  
4 baby bok choy  
200g thin noodles

### Seasonings

1 tsp dark soy sauce  
Salt to taste  
1 tbsp chopped spring onion

### Method

1. Rinse pork chops. Wipe dry. Pound the meat and cut away the membrane at the sides. Add Marinade and steep for about 1 hour. Add flour and potato starch. Marinate for about 30 minutes.
2. Heat some oil at about 160°C. Deep-fry pork chop over medium heat until cooked. Remove. Heat up the oil again and put pork chops back in. Deep-fry for about another 15 seconds. Remove and drain away the oil. Set aside for a while before cutting into broad strips.
3. Cook the thin noodles. Boil the baby bok choy.
4. Add Seasonings, noodles and baby bok choy into a soup bowl. Pour in the piping hot pork stock. Serve with pork chops.

### Marinade

1 tbsp chopped spring onion  
1 tbsp minced garlic  
2 tbsp dark soy sauce  
1 tsp sugar  
1 tbsp wine  
¼ tsp pepper  
2 tbsp water  
1 tbsp each flour and potato starch (to be added later)

## ● Tasty Tips

- 豬排可放在麵上或另外盛盤上桌。
- 豬高湯的做法：燒開一鍋水，加入汆燙過的豬骨和少許蔥、薑、酒，一起煲約 2 小時。

- You can place the pork chops on top of the noodles, or serve separately in a plate.
- How to make pork stock: Boil a pot of water. Add scalded pig bones and some spring onions, ginger and wine. Boil for about 2 hours.

煲湯不宜中途加水！

Do not add water when the soup is cooking!

一般人煲湯的過程，往往一開始就加入太多水，然後中途又加水，導致湯的營養成份釋放，更糟的是會改變湯的味道，因此煲湯宜一開始就加入足夠的水，若非加水不可，只能加熱開水，勿加冷開水。

When the soup is cooking, some people will add more water if they find the soup too little. This will suddenly bring down the water temperature and affect the release of nutrients from the ingredients. What's worse, it will affect the taste of the soup. Therefore you should add enough water from at the start. If you must add more water, add only hot water and never cold water.



# 冬瓜薏仁排骨湯

## Pork Rib Soup with Winter Melon & Coix Seeds

### 材 料

小排骨	300 克
冬瓜	500 克
薏仁	200 克
老薑	3 片

### 調 味 料

鹽	適量
---	----

### 做 法

1. 冬瓜帶皮切大塊；薏仁略沖洗乾淨。
2. 小排骨洗淨，剝大塊，放入滾水中汆燙，去除血水，用冷水沖洗。
3. 將小排骨、薏仁和薑放入湯鍋中，加入水 1.5 公升，以大火煮滾，勺去浮沫，轉小火煲約 1 小時。
4. 加入冬瓜，轉大火煮沸，轉中小火續煲約 30 分鐘。
5. 加入鹽調味即可。

### Ingredients

300g riblets
500g winter melon
200g coix seed
3 slices old ginger

### Seasoning

Salt to taste

### Method

1. Cut winter melon into big chunks without removing the skin. Rinse coix seeds briefly.
2. Rinse riblets and chop into big chunks. Scald in boiling water to remove the blood. Rinse in cold water.
3. Put riblets, coix seeds and ginger in a soup pot. Add 1.5l of water and bring to a boil over high heat. Scoop away the scum. Switch to low heat and cook for about 1 hour.
4. Add winter melon. Bring to a boil over high heat. Switch to medium-low heat and continue to cook for about 30 minutes.
5. Season with salt and serve.

55

## ● Tasty Tips

- 冬瓜連皮一起煮，具有利尿、消水腫的功效。
- 喝湯時最好連肉一起吃，才能吸取肉類的所有營養。

- When cooked with the skin intact, winter melon has diuretic effects and reduces edema.
- When you drink the soup, it is best to also eat the meat so as to take in all the nutrients of the meat.

湯是不是煲得越久就越好？

Does it mean the longer you cook the soup, the better it will taste?

不一定。煲得越久越好，只要達到食材的精華徹底釋放出來即可。實際上，湯煲得越久，只會讓湯變得不清。一般煲魚湯約1小時，雞肉和肉骨湯則需約2小時。

This is not exactly true. The soup will taste great as long as the essences of the ingredients are completely released into the soup during cooking. In fact, a longer cooking time will just make the soup cloudy. Generally, it takes 1 hour to make fish soup, and 2 hours for chicken and pork bone soup.



# 肉骨茶

## Bah Kut Teh

材料		玉竹	6 克
五花肉子排	500 克	黨參	6 克
蒜	250 克	川芎	3 克
		白胡椒粒	1 茶匙

藥材		調味料	
桂皮	1 根	黑醬油	1 大匙
八角	2 粒	鹽	1 大匙
丁香	5 粒		
當歸	6 克		

### 做法

1. 將所有藥材放入布袋綁好，備用。
2. 五花肉子排剝成 5 公分的長段，放入滾水中汆燙，去除血水，用冷水沖洗。
3. 將所有材料放入湯鍋中，加入水 1.5 公升，以大火煮滾，勺去浮沫，轉小火煲約 1 小時，至排骨肉質鬆軟。
4. 加入黑醬油調色，再加鹽調味即可。

### Ingredients

500g side ribs  
250g garlic

6g rhizoma polygonati odorati (yu zhu)  
6g codonopsis root (dang shen)  
3g lingusticum wallichii (chuan xiong)  
1 tsp white peppercorn

### Chinese herbal ingredients

1 stick cinnamon  
2 star anise  
5 cloves  
6g Chinese angelica (dang gui)

### Seasoning

1 tbsp thick dark soy sauce  
1 tbsp salt

### Method

1. Put all Chinese herbal ingredients in a muslin bag. Tie with a string and set aside.
2. Chop side ribs into 5cm-long sections. Scald in boiling water to remove the blood. Rinse with cold water.
3. Put all ingredients in a soup pot. Add 1.5l of water and bring to a boil. Scoop away the scum. Switch to low heat and cook for about 1 hour until the meat softens.
4. Add thick dark soy sauce for the colour and salt to taste. Serve.

57

## Tasty Tips

- 也可以加入香菇增添香味。
- 一般都配白飯食用，外加油條和一小碟切片的紅辣椒和醬油。

- You can also add Chinese mushrooms to enhance the taste.
- Usually, this dish is served with white rice, and on top of that, deep-fried dough sticks and a dipping sauce made of sliced red chillies and dark soy sauce.

如何防止蓮藕變黑？

How do we prevent the lotus root from turning black?

蓮藕去皮後與空氣接觸容易變黑，削皮切塊後，要放入清水中，加入數滴醋，可使它不易變黑。

After paring, lotus root turns black easily. Hence after you take off the skin, you must soak the lotus root in clear water and add a few drops of vinegar to stop it from turning black.



# 蓮藕蘋果排骨湯

## Pork Ribs with Lotus Root and Apple Soup

### 材 料

小排骨 300 克  
蓮藕 1 節  
蘋果 1 個  
玉竹 25 克  
枸杞子 20 克

### 調 味 料

鹽 適量

### 做 法

1. 蓮藕洗淨，去皮，切片；蘋果去皮和芯，切大塊；玉竹和枸杞子略沖洗乾淨。
2. 排骨洗淨，剁大塊，放入滾水中汆燙，去除血水，用冷水沖洗。
3. 將所有材料放入湯鍋中，加入水 1.5 公升，以大火煮滾，勺去浮沫，轉小火煲約 1 個半小時。
4. 加入鹽調味即可。

### Ingredients

300g riblets  
1 joint of lotus root  
1 apple  
25g rhizome polygonati odorati (yu zhu)  
20g wolfberries

### Seasoning

Salt to taste

### Method

1. Rinse lotus root. Remove the skin and slice. Remove the apple skin and core, cut it into big chunks. Rinse the rhizome polygonati odorati and wolfberries briefly.
2. Rinse pork ribs and chop into big chunks. Scald in boiling water to remove the blood. Rinse in cold water.
3. Put all ingredients in a soup pot. Add 1.5l of water and bring to a boil over high heat. Scoop away the scum. Switch to medium-low heat and cook for about 1½ hours.
4. Season with salt and serve.



### ● Tasty Tips

● 蓮藕的外皮若沾有泥土，可先用刷子輕輕刷洗乾淨。另外，蓮藕的外皮要去除乾淨，否則在烹調的過程容易變色。

● If there is mud on the skin of the lotus root, clean it gently with a brush. You must remove the skin of the lotus root completely, or else the lotus root will change colour easily during cooking.



## 怎麼做排骨最好吃

作者 美食編輯小組企劃  
 發行人 程安琪  
 總策劃 程顯灝  
 封面設計 洪瑞伯

出版者 橘子文化事業有限公司  
 總代理 三友圖書公司  
 地址 106台北市安和路2段213號4樓  
 電話 (02) 2377-4155  
 傳真 (02) 2377-4355  
 E-mail service@sanyau.com.tw  
 郵政劃撥 05844889 三友圖書有限公司

總經理 貿騰發賣股份有限公司  
 地址 台北縣中和市中正路880號14樓  
 電話 (02) 8227-5988  
 傳真 (02) 8227-5989



初版 2010年06月  
 定價 新臺幣 149 元  
 ISBN 978-986-6890-78-9(平裝)

版權所有·翻印必究  
 書若有破損缺頁 請寄回本社更換

國家圖書館出版預行編目資料

怎麼做排骨最好吃 / 美食編輯企劃小組作. --  
 初版--臺北市 : 橘子文化, 2010. 06  
 面 : 公分. --(做菜零失敗系列)  
 ISBN : 978-986-6890-78-9 (平裝)

1.肉類食譜 2.烹飪

427.2

99009995

*All about Pork Ribs*



25  
道  
零失敗

好吃排骨料理，一點都不難！

排骨烹調最大的魅力就是千變萬化！

排骨的種類多，不同的醃料，不同的配料，不同的烹調方式，只要掌握好其中的烹調精髓，就是一道道令人回味無窮的好滋味！

25道零失敗的排骨料理，除了經典的中式排骨料理，還有本土熱門排骨料理和西、日式排骨料理。書中也特別傳授各種排骨的烹調技巧和手法，讓您輕輕鬆鬆就上手！也希望您輕輕鬆鬆就變化出家人最愛的獨門排骨料理！

每一道料理都附有好吃的情報、好吃的秘訣！  
讓下廚更輕鬆！廚房新手或百戰煮婦都實用的一本好食譜！



**Be it steaming, stewing, pan-frying, deep-frying or roasting, it is not tough at all to make tasty pork ribs!**

The greatest thing about making pork ribs is that you can cook it however you want! Pork ribs come in a variety of cuts, and there are many ways to cook them. As long as you understand the essence of cooking, you can whip up a table of mouth-watering porky goodness using different marinades, ingredients and methods of cooking. You will never go wrong with the 25 pork rib recipes featured in this book. Besides the classic Chinese pork rib cuisine, you will also get to learn how to make pork ribs in the all-time favourite local, Western and Japanese styles. Packed with cooking tips, hints and techniques, learn how to prepare, how to accentuate the flavour, how to cook and how to make food look good. Whether you are a beginner in the kitchen or an accomplished cook, whether you are cooking for yourself or cooking to impress, this book is for you.

ISBN 978-986-6890-78-9



9 789866 890789



\*07-ARK-844\*