

<<家常菜 (中英文版)>>

图书基本信息

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内容概要

品中式美食，知中华饮食文化灿烂悠久；做中式菜肴，晓中华烹饪艺术博大精深。
精细的做法讲解，让你看的明白；分解的步骤图片，让你学的方便；温馨的医师建议，让你吃的放心；详细的营养数据，让你吃的科学。
一套献给中外饕客美味自制秘籍。
营养专家精心推荐72道可口粥面。
食用材料丰富，营养全面均衡。
烹饪方法五花八门，讲解精细易懂。
全书中英文对照，让中外读者共享中华美食！

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书籍目录

红烧牛肉面 / Simme ring Beef Noodles 什锦汤面 / Noodles with M ultiPle 1 ngredients 油豆腐细粉 / Fried Oiled To—Fu with Bean Noodles 地瓜粥 / Sweet Potato Rice Gruel 炒马龙面 / Fry Wu—Long Noodles 担仔面 / Dan—TzU Noodles 什锦炒面 / Fry Noodles with M ultiPle Ingredients 锅烧面 / Noodles by a Cooking Pot 麻辣面 / Spich Noodles 鲜虾奶油意大利面 / Creamed Sh rimP Spaghetti 红烧牛筋面 / Simmer Beef Tendon Noodles 台式炒面 / Taiwaness Fry Nooldles 干拌面 / A Noodles Served with Sauce 红油抄手 / Spricy Chao—Chou 意大利肉酱面 / Spaghetti 火腿鸡丝面 / Noodles with Ham and Chicken Shredded 大卤面 / Special Sauce Noodles 叉烧面 / Poast Pork Noodles 干炒河粉 / Dry Fried Rice Noodles with Meat 猪脚面 / Pig Feet with Noodles 牛肉炒面 / Dry F ried Beef Noodles 广东炒面 / Kwangtung Style Fried Nood Les 菜肉大馄饨 / Hun—Tun wilh meat and vegetable 烧卖 / Steamed Pie with Meat 海鲜粥 / Seafood Rice Gruel 滑蛋牛肉粥 / Beef and Egg with Rice Gruel 鲍鱼粥 / Abalone with Rice Gruel 苋菜小鱼粥 / Ama ranth and Little Fish with Rice Gruel 菜肉蛋花粥 / Vegetables , Meat and Egg with Rice Gruel 糙米排骨粥 / Unpolished Rice Gruel with Ribs 腊八粥 / Hsi-Pa rice Gruel 红萝卜小排粥 / Carrot and Small Ribs with Rice Gruel 百合红豆粥 / Lily and Red Bean with Rice Gruel 红枣干贝粥 / Red Juiube and Dried Scallop with Rice Gruel 皮蛋瘦肉粥 / Prese rved Egg and Meat with Rice Gruel 三鲜粥 / Mixed Rice Gruel 红枣百合粥 / Red Jujube and Lily with Rice Gruel 厂东粥 / Kwangtung Style Rice Gruel 干贝皮蛋粥 / Dried Scallop and Prese rved Egg with Rice Gruel 药膳粥 / Medical Rice Gruel 虾仁肠粉 / Sh rimp Rice Noodle Rolls 蛋饼 / Egg Cake 葱油饼 / Cakes with Onions 素蒸饺 / Vegetable Steamed Dumpiing 水饺 / Boiled Po rk DUmplina 韭菜合子 / Chinese Chives Cake 萝卜丝饼 / Tu rnip Cake 锅贴 / Lightly F ried Dumpiing 发菜鲜蚝粥 / Seaweed and Oyste r with Rice Gruel 鸡丝粥 / Chicken Sh redded Rice Gruel 猪肝粥 / F ried with G reen Peas Shrimp 金菇丝瓜~Gold Mush room and SpongeGourdwith Rice Gruel 虾球粥 / Sh rimp Ball Rice Gruel 台式成粥 / Taiwaness Rice Gruel 火腿玉米粥 / Ham and Co rn with Rice Gruel 榨菜肉丝面 / Pickled Vegetable and Meat with Noodles 锅烧面 / Noodles by a Cooking Pot 什锦面 / Noodles Mix 八宝冬粉 / Bean Th readS with Eight Ingredients 三鲜烩面 / Fried Noddies with Sea Food 什锦汤面 / Noodles with M ultiPle I ngredients 香菇瘦肉粥 / Fry Sliced Chicken with Bean and Brassica Cernua 蚝仔大肠面线 / Noodles Threads with Oyste rand Po rk Intestine 海产粥 / Seafood Congee 菜肉大馄饨 / Hun-Tun with meat and vegetable 糙米粥 / UnPolishev Congee 茯苓粥 / Tuckahoe Congee 糙米鸡 / SteW Chicken with UnPolished Rice SouP 三色凉面 / Colo rful Cold Noodles 芋头米粉 / Rice Noodles with Taro 炒冬粉 / Dry F ried Bean Noodles 排骨面 / Noodles with Ribs 凉面 / Cold Noodles 炸酱面 / Noodles wlh Spicy Bean Sauce 萝卜丝gig / Radish Sh redded Rice Gruel 鱼片白果粥 / Fish Sliced and White—nut with Rice Gruel 鲜蚝粥 / Oyste r Rice Gruel 虱目鱼粥 / Milkfish Rice Gruel 叉烧肠粉 / Roast Pork Rice noodle Rolls

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章节摘录

插图：

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编辑推荐

《好吃懒人菜500例》编辑推荐：我国著名医学科学家胡维勤审定推荐

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