【美食作家王刚】大锅炒底料 - <https://youtu.be/EP-QEFopRvQ>

视频时长 11:40，预计发布时间为北京时间11月24日晚

这是刚哥最新的视频私享链接，方便大家提前添加字幕，文字稿在下面

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0:00:00.240,0:00:01.580

哈喽大家好

Hello everyone

0:00:01.580,0:00:02.780

最近这个天气有点凉

It's been quite chilly these days

0:00:03.260,0:00:06.365

所以我准备了20斤牛油

so, I've got 20kg of beef fat

0:00:06.365,0:00:09.215

做一顿麻辣牛油火锅来吃

to prepare a spicy hotpot

0:00:09.215,0:00:11.385

跟我伯爷还有我们一家人吃

for my uncle and the whole family

0:00:11.665,0:00:12.955

四伯爷你吃得辣不辣哦

Uncle, should I make it spicy?

0:00:13.895,0:00:16.615

不要整很辣嘛

(Not too spicy)

0:00:16.620,0:00:19.180

今天晚上我们一起烫个火锅吃

We are having hotpot for dinner

0:00:19.180,0:00:20.180

好好好

(Great)

0:00:20.540,0:00:22.160

来 漆二娃端过去

Qi Erwa, hold this for me

0:00:23.740,0:00:26.680

我这里准备了一些姜还有葱

I've got some ginger and spring onion

0:00:26.935,0:00:29.785

做火锅的话这些东西是少不了的

These are essential for a good hotpot

0:00:36.540,0:00:38.760

这里总共是20斤牛油

So, for the 20kg of beef fat

0:00:38.920,0:00:42.500

然后配了3斤姜跟这个3斤大葱

we need 3kg each for ginger and spring onion

0:00:42.820,0:00:44.400

用这个来炸这个油

we will deep fry them in the fat

0:00:44.400,0:00:45.520

炸得更香

for a nice flavor

0:00:47.860,0:00:50.340

我把这个切好了再去配香料

Let me first chop these before preparing the spices.

0:00:58.700,0:00:59.340

漆二娃

Qi Erwa!

0:00:59.340,0:01:00.080

嗯

(Yes?)

0:01:00.160,0:01:03.140

不是你来切我去弄香料

Why don't you do the chopping?

0:01:06.260,0:01:07.680

正好你拿去练哈刀工

You could use some practice

0:01:13.960,0:01:15.540

现在我们来配点香料

Now, the spices

0:01:16.320,0:01:18.360

我们家庭里面就少放一些

We don't need that much for everyday cooking at home

0:01:18.620,0:01:21.780

因为普通老百姓掌握不了这些香料的量

it's hard to get the amount right if you are not experienced

0:01:21.780,0:01:23.720

如果香料放多了之后

If you put too much

0:01:24.520,0:01:26.340

做的不好的话可能有一些苦涩味

it might become bitter and astringent

0:01:27.040,0:01:31.700

放点这个去籽的草果

Tsaoko fruits in, without the seeds

0:01:34.220,0:01:35.680

然后放点八角

then Star Anise

0:01:36.560,0:01:37.780

这个三奈

some Aromatic Ginger

0:01:38.185,0:01:40.825

还有这个桂皮 桂皮把它弄小一点

and some Cinnamon, in small pieces

0:01:43.895,0:01:45.345

放点这个陈皮

some dried Tangerine peel

0:01:50.545,0:01:51.635

再放几片香叶

a few Bay leaves

0:01:56.305,0:01:58.785

香叶少一点放多了味道很冲

Don't put too many as they are very pungent

0:01:59.315,0:02:00.695

放几颗丁香

now a few cloves

0:02:03.285,0:02:04.485

放点白蔻

a few Baikou (fruit of Amomum cardamomum)

0:02:06.040,0:02:07.560

再放一颗罗汉果

one Monk Fruit (fruit of Fructus momordicae)

0:02:07.560,0:02:10.900

因为这个火锅的话有点上火

Spicy hotpot induces yeet-hay

0:02:10.900,0:02:13.040

放一下这个进去润一下肺

so we need the Monk Fruit to compensate that and ease our lungs

0:02:16.025,0:02:17.925

最后再倒点白酒进去

Lastly we pour some Chinese spirits in

0:02:19.860,0:02:22.980

其实放白酒把它湿润一下

mainly to soak the spices a little bit

0:02:23.040,0:02:27.580

好让这个香料能够更好的吧这个香味释放出来

in order to bring the aroma out when frying

0:02:31.940,0:02:32.940

好

Okay

0:02:33.280,0:02:34.900

再放一点花椒

Now, the Szechuan pepper

0:02:35.100,0:02:37.320

花椒单独用这个白酒泡

mix them separately with the Chinese spirits

0:02:43.240,0:02:46.315

用白酒浸过的香料也不容易糊

it prevents the Szechuan peppers from burning

0:02:46.315,0:02:47.905

然后更容易入味

and makes it easier to introduce the flavour

0:02:48.260,0:02:49.140

出味道

and to get the flavour out

0:02:54.340,0:02:57.180

这个水是倒来做糍粑辣椒的

We will use the water to prepare the chili paste

0:03:04.145,0:03:05.905

要放这么多辣椒吗

(This many?)

0:03:06.475,0:03:07.865

做糍粑辣椒都嘛

Sure, because we need to chop them later

0:03:10.815,0:03:12.915

其实我们做火锅底料的话

For the hotpot base

0:03:13.475,0:03:15.605

这个干辣椒非常的重要

we need choose the right types of dried chili pepper

0:03:16.225,0:03:19.445

这个是子弹头不是特别辣

This one is called "bullet head", it's not too spicy

0:03:19.715,0:03:21.655

待会儿再配点灯笼椒进去

Later we will put some dried bell peppers

0:03:23.395,0:03:25.965

因为我伯爷说不要吃太辣

Uncle doesn't like it to be too spicy

0:03:25.965,0:03:27.140

所以就选择了这个辣椒

that's why we picked these types.

0:03:29.780,0:03:33.420

这个糍粑辣椒就是火锅底料里面非常重要的一个

chili paste is a key ingredient in hotpot

0:03:33.480,0:03:36.280

就是一定要把它煮软然后把它剁碎

We need to biol the chili peppers and chop them

0:03:36.300,0:03:40.660

剁碎了炒在牛油里面的话它非常非常的红

then fry them in beef fat to get the bright red colour out

0:03:40.800,0:03:44.080

很香很红也不是特别辣

also to release the aroma without being too spicy

0:03:54.560,0:03:56.600

刚哥应该差不多可以了吧

(I think it's amlmost ready)

0:03:57.240,0:03:58.620

你过来看看

(Can you have a look?)

0:04:05.500,0:04:06.740

嗯 可以啦

Yes that's ready

0:04:06.840,0:04:08.180

这个辣椒就是

You know it's ready

0:04:08.180,0:04:10.080

煮到它这个你看

when you get the red color

0:04:10.220,0:04:12.600

有红色的能够捏出红色的东西就可以了

once you sqeeze it with your fingers

0:04:12.600,0:04:13.740

就说明已经OK了

Then it's OK.

0:04:23.415,0:04:24.415

我给你说这个

To prepare this

0:04:24.780,0:04:26.160

这个先这样

First you slice them like this

0:04:26.840,0:04:30.540

把它切细点然后再拿这个来砍

then chop them into small pieces

0:04:44.860,0:04:46.680

把它切细了之后就这样子

like this

0:04:46.900,0:04:48.000

就可以这样子宰了

now you finely chop them

0:04:51.020,0:04:55.380

这个糍粑辣椒以前在我们老家都是用怼窝（石臼）来钟

We used to use make the paste with a mortar and a pestle.

0:04:56.040,0:05:00.840

但是现在没有怼窝（石臼）的话就用刀慢慢剁

We don't have them now, so we must chop with a knife.

0:05:00.920,0:05:03.140

剁细了也是一样的

It's the same if you chop them finely

0:05:09.180,0:05:10.160

懂了吗

Get it?

0:05:10.160,0:05:10.960

懂了

(Yes)

0:05:10.960,0:05:11.780

但是

(well, in theory)

0:05:12.880,0:05:14.640

但是手不一定懂啊

(maybe not in practice)

0:05:20.660,0:05:22.180

剁到这个样子就差不多了

It's ready like this

0:05:22.180,0:05:22.760

嗯

(OK)

0:05:22.800,0:05:24.760

这个不用剁得太细

It doesn't have to be too fine，

0:05:24.760,0:05:27.020

但是能够起蓉就可以了

as long as it turns into a paste

0:05:29.780,0:05:32.020

它能够贴到刀上起容就可以了

like this, when it gets sticky on the knife.

0:05:33.400,0:05:37.320

好 现在我们要开始做这个火锅底料了

Alright, let's start cooking

0:05:37.340,0:05:39.840

现在把牛油全部放到锅里面去

First, put the beef fat in the pot

0:05:40.060,0:05:41.080

把它烧化

Melt it down

0:05:41.880,0:05:43.100

这熬来可以装起来吗

(Can we keep it for the future?)

0:05:43.100,0:05:44.300

可以啊

Sure

0:05:44.540,0:05:47.200

这个可以放得到一段时间

You can even keep it for a while.

0:05:47.400,0:05:48.280

火烧大点

More heat.

0:05:48.300,0:05:52.540

天都黑了完了一会儿吃到这个火锅害怕摸到吃哦

It's getting dark soon. Are we going to eat it in the dark?

0:05:54.865,0:05:56.055

有灯都嘛

(We have lamps right?)

0:05:57.900,0:06:03.180

我们吃上这锅火锅的话应该要等到1个多小时以后了

We might still need one hour to prepare this hotpot.

0:06:05.700,0:06:09.340

这个油温已经差不多了现在我要下姜葱下去

OK the temperature is good enough for the ginger and spring onion

0:06:12.220,0:06:15.820

这个姜一盆一盆的放有点奢侈

That's a bit luxurious isn't it, to use this much?

0:06:21.260,0:06:25.820

我们这个料下去的时候不能一盆一起全部一下子倒下去

Be careful, you should not pour it in all together

0:06:25.820,0:06:27.460

就怕这个油扑起来

the hot oil may splash.

0:06:29.000,0:06:30.360

所以要慢慢的抓

You should do it sloly by hand.

0:06:39.380,0:06:43.000

姜下去没一会儿然后我们要把这个葱一起放下去

Gingers in, now let's put the spring onion in.

0:06:47.420,0:06:49.580

火锅香不香全靠这一步

This is the most crucial step to determine the aroma.

0:06:56.080,0:07:00.340

好 现在我们就慢慢的把这个姜葱炸干炸香

Alright, we just need to slowly fry them until they are dry and fragrant

0:07:00.340,0:07:02.240

炸干炸香之后再捞出来

then we can take them out

0:07:04.720,0:07:08.220

好啦我们这个姜葱已经金黄酥脆了

OK, the ginger and spring onion are golden and crispy

0:07:12.060,0:07:14.500

毕竟我们只要的是姜葱的香味

We only need their flavour and aroma

0:07:14.660,0:07:16.760

不要这个黑色的东西

not the leftovers

0:07:25.320,0:07:28.060

好 现在我们这个油已经烧得差不多了

OK the oil is ready

0:07:29.700,0:07:31.820

大概5成油温的样子

at about medium temperature

0:07:31.820,0:07:34.260

现在我们把刚刚剁好的糍粑辣椒放下去

chili paste in

0:07:37.660,0:07:40.660

再不炒的话等一下天都要黑完了

We really need to fry it before it gets too dark

0:07:40.820,0:07:43.920

这个也同样一样少少的放

Same as before, put it in slowly and carefully

0:07:43.920,0:07:45.760

要不然这个油会扑出来

to prevent the oil from splashing

0:07:58.540,0:08:01.580

我们这个糍粑辣椒下去的话就是为了

We fry the chili paste to extract the

0:08:02.000,0:08:04.480

要这个颜色还有这个辣味

red colour and the spiciness.

0:08:04.480,0:08:05.900

慢慢的炒

Stir gently

0:08:07.200,0:08:10.780

我们见到这个油变成红色的时候

Once the oil turs red

0:08:10.780,0:08:12.240

转小火慢慢来

lower the heat

0:08:16.300,0:08:18.520

好 这个油已经变红了

OK, it's turning red

0:08:18.520,0:08:20.160

现在把香料放进去

Now, let's put the spices in.

0:08:22.400,0:08:25.375

为什么我们这个香料要先放呢

Why do we put them in now?

0:08:25.380,0:08:27.640

因为这个没有打碎的

Because they are not ground

0:08:27.820,0:08:30.920

所以提前放下去多熬一会儿

so, it takes longer for them

0:08:31.020,0:08:32.780

要不然香味出不来

to release the aroma

0:08:38.640,0:08:41.380

好 现在香料下去差不多

OK the spices are ready

0:08:41.555,0:08:44.115

然后下这个灯笼椒多下一点

Let's put more of the dried bell peppers

0:08:44.435,0:08:45.875

大家都不能吃辣

We are not eating too spicy today

0:08:46.355,0:08:48.255

但是这个灯笼椒很香

But the bell peppers are very fragrant.

0:08:56.520,0:08:58.460

现在这个油已经很红了

The oil is turning red.

0:08:58.500,0:09:01.680

在我们闻到香味的时候再把豆瓣酱放下去

The aroma is also there, so it's time for the Doubanjiang (chili bean paste)

0:09:02.020,0:09:06.240

20斤（牛油）的话可能要放3-4斤豆瓣酱

You need 3-4 kg for the 20kg of beef fat

0:09:06.720,0:09:08.860

这个豆瓣酱主要是调咸味

The paste mainly provides saltiness

0:09:09.320,0:09:10.460

还有香味

and aroma

0:09:10.820,0:09:15.060

所以到这一步的时候我们基本上就不去看时间

There is no fixed cooking time for this step

0:09:15.060,0:09:17.095

我们这一步就看豆瓣酱

We need to keep checking the paste

0:09:17.100,0:09:19.520

豆瓣酱的水份略干

When it gets a bit drier

0:09:19.560,0:09:21.620

闻到香的时候散籽的时候

also, when you can smell the aroma and (散籽不太确定啥意思)

0:09:22.095,0:09:23.695

再下其它辅料

it's time for the other ingredients

0:09:24.805,0:09:26.685

现在非常的红亮这个

What a bright red colour.

0:09:27.380,0:09:32.200

好 这个豆瓣酱已经开始酥香酥香的了

The paste is also crispy and aromatic.

0:09:33.000,0:09:34.540

开始放其它的料

Time for the rest of the ingredients.

0:09:38.215,0:09:40.005

现在把这个豆豉放下去

Black bean paste in

0:09:40.325,0:09:43.095

豆豉是增香的 特别的香

It's also for the aroma

0:09:45.575,0:09:48.685

好现在豆瓣酱已经很香很香了

OK it smells great.

0:09:49.835,0:09:52.185

这个时候再把花椒放下去

Now the Szechuan peppers

0:09:52.655,0:09:54.035

这个花椒

Remember

0:09:54.555,0:09:56.315

是用白酒浸泡过的

these have bee soaked in Chinese spirits

0:09:58.025,0:09:59.695

吃得麻的话可以多放一点

you can put more init if you like the numbness.

0:10:03.695,0:10:06.485

好啦 花椒的水份已经差不过了

Alright, it's getting dried.

0:10:06.485,0:10:09.475

放点醪糟 放这么一点就够了

Let's put a bit of Laozao (Fermented glutinous rice)

0:10:09.475,0:10:10.475

这个不能多放

not too much

0:10:11.375,0:10:14.495

这个放下去的话炒一会儿

Let it fry for a while

0:10:14.495,0:10:16.565

闻到醪糟的香味就可以放冰糖了

When we smell the aroma of Laozao, we can put the crystal sugar in.

0:10:17.320,0:10:19.580

冰糖也不用太多 这么一点就可以了

Also, not too much, this will do.

0:10:19.680,0:10:21.420

因为在做火锅的时候

That's because, later,

0:10:21.500,0:10:23.660

都还要再继续加糖来调味的

we will add sugar when we eat.

0:10:30.240,0:10:31.560

好 差不多了

OK almost done.

0:10:31.740,0:10:36.060

最后再放一点白酒

Last step, the Chinese spirits.

0:10:36.300,0:10:37.480

放多少呢

How much do we need?

0:10:37.480,0:10:38.560

3瓶盖

Three "caps"

0:10:40.160,0:10:41.160

1盖

One

0:10:43.195,0:10:44.195

2盖

Two

0:10:46.905,0:10:47.905

3盖

Three

0:10:50.465,0:10:51.535

让它再挥发一下

Let the alcohol evaporate a little bit.

0:10:52.680,0:10:55.440

这高度白酒放下去会非常的香

It smells very good with the Chinese spirits.

0:10:59.400,0:11:02.660

好啦 这个火锅底料就差不多完成了

Alright, we are almost done.

0:11:02.975,0:11:04.545

待会儿再把它装起来

We will pour it out

0:11:05.205,0:11:06.635

装到托盘里面

into a tray

0:11:11.695,0:11:14.715

这个就相当于我们的模具

The tray works as a mold.

0:11:14.715,0:11:17.025

它凉了之后就是这样子的

It will stay in shape once it cools down.

0:11:20.860,0:11:22.900

等一下小煮一锅来试一下

Let's try it in a pot

0:11:23.260,0:11:24.540

现在天气已经晚了

It's getting late

0:11:24.540,0:11:26.200

然后不好拍了

It's not easy to film anymore.

0:11:26.200,0:11:29.160

我们今天晚上就将就一下先吃吃了再说

We will give it a try first tonight.

0:11:29.260,0:11:33.100

等下一次这个火锅底料硬了之后

Later, when the sause gets solidified

0:11:33.100,0:11:34.780

切下来 再跟大家分享

we cut it and show you

0:11:34.820,0:11:36.240

调这个底料

how to season the hotpot

0:11:36.340,0:11:38.340

好啦 本期视频就到这里结束

Alright, that's it for today

0:11:38.340,0:11:39.340

拜拜

Bye-bye!