

My Recipes

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February 11, 2025

Abstract

个人尝试过并且效果不错的一些菜谱，以及其参考教程和英文翻译。 Some recipes *I have personally tried* with good results, together with their reference tutorials and English translations.

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1 红烧排骨 Red-Braised Pork Ribs

Reference: <https://m.xiachufang.com/recipe/104038857/>.

Ingredients:

- 排骨 (500g, 2至3人份), 生抽, 白糖, 料酒, 生姜, 香叶, 桂皮
- Pork ribs (500g for 2-3), (light) soy sauce, white sugar, cooking wine, ginger, bay leaves, cinnamon stick ¹

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| 1. 将肋排切成小块，沿着骨头方向即可。 | 1. Cut the pork ribs into small pieces, along the direction of the bones. |
| 2. 把排骨冷水下锅焯水，煮沸之后冲凉水将排骨洗净。 | 2. Place the pork ribs in a pot of cold water and bring to a boil. Once boiling, rinse the ribs under cold water to clean them thoroughly. |
| 3. 准备几片姜片，香叶一片，桂皮一块，泡在水中作为香料水备用。 | 3. Prepare a few slices of ginger, one bay leaf, and a piece of cinnamon stick. Soak them in water to make spiced water for later use. |
| 4. 炒糖色：在锅中加入油和2大勺白糖，中小火慢熬大约2分钟，同时沿一个方向搅拌，至白糖变成黄色泡沫状即可。 | 4. Caramelizing sugar ² : Add oil and 2 table-spoons of white sugar to a pan. Cook over |
| 5. 把排骨加入糖色中翻炒，使其裹上糖汁，之后加入香料水（包含香料）。 | |

¹Bay leaves and cinnamon sticks can be substituted with other spices.

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| <ol style="list-style-type: none"> 6. 加入适量生抽和料酒，盖上锅盖中小火炖大约30分钟。 7. 当汤汁基本收成酱汁时，翻炒一下排骨让其被酱汁包裹。 | <p>medium-low heat for about 2 minutes, stirring in one direction until the sugar turns into a yellow, foamy texture.</p> <ol style="list-style-type: none"> 5. Add the pork ribs to the caramelized sugar and stir-fry until they are coated with the sugar syrup. Then add the spiced water (including the spices). 6. Add an appropriate amount ³ of light soy sauce and cooking wine. Cover the pot and simmer over medium-low heat for about 30 minutes. 7. When the sauce has reduced to a thick consistency, stir-fry the pork ribs to coat them with the sauce. |
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2 虾仁滑蛋 Shrimp with Scrambled Eggs

Reference: <https://www.youtube.com/watch?v=UB25StsHNXU>

Ingredients:

²This step is to give the dish a rich, reddish glaze. If you don't aim for this effect, you can skip this step and add dark soy sauce later as a substitute.

³For reference: 500g of pork ribs can be seasoned with 3 teaspoons of light soy sauce and 2 teaspoons of cooking wine. If you're concerned about the dish being too salty, start with a smaller amount of soy sauce, and add more during the simmering process if the flavor is too bland.