

My Recipes

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February 24, 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.

Contents

1 红烧排骨 Red-Braised Pork Ribs	1
2 虾仁滑蛋 Shrimp with Scrambled Eggs	2

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 stick¹

1. 将肋排切成小块，沿着骨头方向即可。
2. 把排骨冷水下锅焯水，煮沸之后冲凉水将排骨洗净。
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。
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。
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）。

1. Cut the pork ribs into small pieces, along the direction of the bones.
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. 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. Caramelizing sugar²: Add oil and 2 table-spoons of white sugar to a pan. Cook over

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

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。

medium-low heat for about 2 minutes, stirring in one direction until the sugar turns into a yellow, foamy texture.

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 amount³ 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.

2 虾仁滑蛋 Shrimp with Scrambled Eggs

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

Ingredients:

- 鲜虾（500g, 2人份）或冷冻虾仁，鸡蛋（4-5个），白胡椒粉，盐，料酒，淀粉，葱
- Fresh or frozen shrimp (500g for 2-3), eggs (4-5), white pepper, salt, cooking wine, starch, green onions
- 鲜虾去壳去虾线。虾仁加少量盐和白胡椒给底味，抓匀。加入少量料酒去腥，以及少量淀粉锁水，抓匀。
- 鸡蛋打入碗中，加少量盐和白胡椒之后打散。如果想让鸡蛋更滑嫩，可以加入少量牛奶或水淀粉。
- 热锅三四成油温，下入虾仁。使虾仁间相互分开防止粘连。转动锅让油流动，让虾肉均匀受热，直到变色定型再推散。
- 将虾仁捞出放入蛋液里，锅内留少量底油。
- Peel and devein⁴ the shrimp. Season the shrimp with a small amount of salt and white pepper, then mix well. Add a little cooking wine to remove the fishy smell and some starch to retain the moisture of the shrimp, then mix evenly.
- Crack the eggs into a bowl, add some salt and white pepper, then whisk well. To make the eggs smoother and more tender, you can add a little milk or cornstarch slurry.
- Heat the oil to 90-120 °C and add the shrimp. Separate the shrimp to prevent them

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.

- 把蛋液和虾仁同时下入锅中，用铲子慢慢地推动蛋液，尽量不要使其变为焦黄色，让蛋液尽可能包裹虾仁。
 - 当大部分蛋液凝固，还有少量液体时，关火用余温再加热几秒。装盘并用葱花点缀。
- from sticking together. Swirl the pan to move the oil around, ensuring even cooking. Once the shrimp turn pink and firm up, gently stir them.
- Remove the shrimp and place them into the egg mixture. Leave some oil in the pan.
 - Pour the egg mixture together with shrimp into the pan. Gently stir and push the eggs with a spatula, avoiding browning. Try to coat the shrimp with the egg as much as possible.
 - When most of the egg mixture has set but some liquid remains, turn off the heat and let the residual heat cook it for a few more seconds. Plate the dish and garnish with chopped green onions.

⁴Removing the vein is a matter of personal preference and taste, not hygiene. It's not harmful to eat.