

懶人滷菜 (中英)



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滷，就是將食物放在加有調味料和香料的湯汁中，燒煮入味再撈出的烹調法。

一鍋好滷湯得來不易，除了製作時的方法正確外，滷湯的保存和維護也是重要的步驟，雖然如此，好的滷湯不只讓滷菜擁有香郁的口感，更不需花太多精神烹煮照顧，可重複使用且材料富變化，是現代人追求快速簡單的美食。

本書由廚房高手梁瓊白示範，從滷包的配方、滷湯的製作步驟詳細說起，再分「牛肉」、「豬肉」、「雞肉、蛋、豆乾」、及「綜合」四大篇製作基礎滷味，進而運用變化入菜。不僅讓滷菜的口味更豐富，更讓滷菜不再那麼單調，即使天天吃滷菜也有不同的新口味，無論是單一滷菜添加配料還是不同的滷菜經過組合變成另一種新菜色，書中都提供了很多可參考的實例。

想要偷懶又要兼顧美味的廚房新手及老手，完美滷菜的秘訣和方法都在這裡了，快來動手試看看，一道道令人回味的好菜就可以輕鬆快速端出。

作者介绍:

梁瓊白

從事烹飪教學及寫作二十五年歷任台視、中視、華視烹飪節目主持人漢聲電台、中廣公司烹飪主講民生報、中國時報、中華日報、自由時報專欄主筆著作「花小錢過生活」、「懶人菜」、「倆人伙食」、「麵條兒」、「一塊餅」等作品百餘冊。

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