HUIZUCUISINE · FAMILY TABLE

The Huizu Signature Dishes

回族經典食譜

Twelve dishes and traditions from HuizuCuisine, in English and Chinese.
十二款回族家常美食與飲食傳統，中英文對照。

A note on the recipes: traditional recipes do not specify most quantities, and some entries describe dishes rather than give complete recipes. This collection keeps those gaps rather than inventing measurements or steps.
資料說明：傳統食譜大多沒有列明分量，部分菜式只有簡介而非完整步驟。本冊保留原有資料，不自行補加分量或步驟。

01 / COLD DISH

Soy Sauce Braised Beef Slice

醬牛肉

Ingredients: Beef. Seasonings: Scallion, ginger, star anise, cinnamon bark, Sichuan peppercorns, fennel seeds, salt and soy sauce. Method: Cut beef into chunks, soak in water, boil 30 minutes and remove. Add water and seasonings to a pot, add beef and simmer on low for about 3 hours. Cool completely and slice. Reddish-brown, tender and rich without greasiness.

原料：牛肉適量。調料：蔥、薑、大料、桂皮、花椒、小茴香、鹽、醬油適量。製法：牛肉切塊泡水，煮30分鐘撈出；另鍋加水加調料，放入牛肉，微火燉3小時左右，晾涼切片。特色：色澤褐紅，肉質軟爛，醇香不膩。

02 / COLD DISH

Salted Duck Cold Dish

鹽水鴨

Ingredients: One duck. Seasonings: Scallion, ginger, salt, Sichuan peppercorns and bay leaves. Method: Make brine with the seasonings. Boil duck until just cooked, then marinate in brine for about 2 hours. Drain and refrigerate. Slice to serve. Light and fresh, retaining the aroma of duck.

原料：湖鴨1隻。調料：蔥、薑、鹽、花椒、香葉適量。製法：調料衝鹽水；鴨子煮至斷生，入鹽水醃約2小時，控湯冷藏。食用時切片裝盤。特色：清淡鮮美，保持鴨香，不油膩。

03 / HOT DISH

Ta Si Mi · Honey Juice Lamb

它似蜜

Ingredients: Lamb tenderloin. Seasonings: Sweet bean sauce, water starch, ginger juice, caramel, soy sauce, vinegar, sugar and sesame oil. Method: Coat lamb slices with sweet bean sauce and starch. Prepare the sauce. Fry until the lamb turns white and remove. Return to the wok, quickly fry to coat with sauce and drizzle with sesame oil. This traditional halal dish is named for its honey-like sweetness.

原料：淨羊裡脊適量。調料：甜麵醬、水淀粉、薑汁、糖色、醬油、醋、白糖、芝麻油適量。製法：羊肉片用甜麵醬、水淀粉抓勻；調芡汁。油滑至變白撈出，再回鍋快炒裹汁，淋香油。特色：色澤紅亮，滑嫩香甜似蜜。清真傳統甜菜，因香甜如蜜得名，也稱「蜜汁羊肉」。

04 / HOT DISH

Mutton Steamboat

涮羊肉

Mutton steamboat represents China’s halal grassland culture. The website recommends mutton from Xinjiang, Inner Mongolia or Ningxia, paired with sauces such as chili oil, sesame paste and chive flower sauce. Once the broth boils, briefly swish small portions of thinly sliced meat and eat as you cook. The remaining broth can soak flatbread or cook noodles. The source does not specify quantities or a broth recipe.

涮羊肉是中國清真草原文化的代表，從粗獷演變爲精細。以新疆、內蒙古、寧夏羯綿羊肉爲佳，配辣油、芝麻醬、韭菜花等十幾種調料。湯開後少量涮肉，邊吃邊涮，肉嫩湯鮮。湯可泡饃或下麵，席間氣氛熱烈。網站沒有列明食材分量或湯底做法。

05 / HOT DISH

Roasted Mutton

烤羊肉

Ingredients: Selected mutton. Seasonings: Shredded scallion, cilantro, soy sauce, shrimp oil, sesame oil, ginger juice and vinegar. Method: Marinate thin mutton slices with the seasonings, place on a grill with shredded scallion and roast over fruitwood. Once cooked, plate and sprinkle with cilantro. Beijing's Kaorou Wan is known for beef and Kaorou Ji for mutton.

原料：精選羊肉適量。調料：蔥絲、香菜、醬油、蝦油、芝麻油、薑汁、醋適量。製法：羊肉片用調料醃製，放肉炙子上加蔥絲，果木炙烤。熟後裝盤撒香菜。特色：肉嫩味香，不羶不膩。北京最著名爲「烤肉宛」（牛肉）與「烤肉季」（羊肉），口味與吃法多樣。

06 / HOT DISH

Braised Oxtail

紅燒牛尾

Ingredients: Fresh oxtail. Seasonings: Star anise, scallion, ginger, vegetable oil, soy sauce, salt, stock and starch slurry, as needed. Method: Clean and cut oxtail into sections, then boil until cooked. Sauté star anise, scallion and ginger in oil; add soy sauce, salt and stock. Add oxtail and braise until tender. Thicken with starch slurry and finish with a drizzle of hot oil. Golden-red, savory and rich, with meat falling off the bone.

原料：鮮牛尾適量。調料：大料、蔥、薑、植物油、醬油、鹽、高湯、水淀粉適量。製法：牛尾洗淨切節煮熟；大料蔥薑熗鍋，加醬油鹽高湯，下牛尾燒至酥爛，水淀粉收汁，淋明油。特色：色澤金紅，咸鮮醇厚，軟爛脫骨。

07 / NOODLES

Beef Hand-Pulled Noodles

清湯牛肉拉麵

Beef hand-pulled noodles originated in Lanzhou and are known for chewy noodles, clear broth and fresh flavor. The dough must be properly rested before pulling to ensure even thickness. Place the noodles in a bowl, ladle over savory beef broth and add cilantro, diced meat and chili oil. The source describes the dish but does not give quantities or complete dough and broth instructions.

牛肉拉麵源於蘭州，流行於全國各大城市。以麵韌、湯清、味鮮著稱。拉麵前，麵要養好才能做到粗細均勻。麵撈到碗裡後，舀上美味的牛肉湯，再放上香菜和肉丁、辣子油，一碗色香味俱全的牛肉麵即成。網站沒有列明分量或完整麵團和湯底做法。

08 / SOUP & BREAD

Lamb and Crumbled Bread Soup

羊肉泡饃

A traditional Xi’an specialty. Simmer lamb bones with spices until tender. Break flatbread into small pieces and soak glass noodles. Cook lamb, bread and noodles together in the broth and finish with a drizzle of oil. Eat without stirring, slowly from one side. Serve with sweet pickled garlic, chili sauce, sesame oil and cilantro. The source does not specify quantities.

西安傳統名吃。羊肉骨加香料煮酥爛，饃掰碎、粉絲泡好，湯中煮羊肉、饃、粉絲，淋油。泡饃湯鮮味濃，饃筋肉爛，不羶不膩。吃時勿翻攪，慢慢從一邊蠶食。佐糖蒜、辣醬、香油、香菜。網站沒有列明分量。

09 / TEA

Eight-Treasure Gaiwan Tea

八寶蓋碗茶

Gaiwan tea is a distinctive feature of Hui tea culture. The set consists of a tea bowl, saucer and lid, also known as Sanpaotai. Scented tea leaves are traditionally combined with longan, goji berries, raisins, walnut kernels, red dates, dried lychee, dried apricot and rock sugar. A simpler version with longan and rock sugar is called Three-Fragrance Tea. The website does not give quantities or brewing instructions.

蓋碗茶是回族茶文化的一大特色。蓋碗茶的茶具由茶碗、托盤、蓋子三件套組成，又稱「三泡颱」。茶葉多爲花茶，配上桂圓、枸杞、葡萄幹、核桃仁、紅棗、荔枝幹、杏幹、冰糖，名爲「八寶茶」。簡單一些的，只在茶葉裡配上桂圓、冰糖，俗稱「三香茶」。網站沒有列明分量或沖泡步驟。

Youxiang · Golden Flatbread

油香

Ingredients: Flour, cooking oil, eggs and Sichuan peppercorn water, as needed. Knead into a leavened dough, divide into even portions and roll into round cakes about 15 cm in diameter. Deep-fry in moderately hot oil until golden. A traditional Muslim food, youxiang is often given during Eid al-Fitr, Eid al-Adha, full-moon celebrations and weddings. Traditionally, break it by hand rather than biting directly. The website does not specify quantities or a leavening method.

原料：麵粉、清油、雞蛋、花椒水適量，和成發麵團，揪成均勻劑子，擀成直徑約15厘米圓餅，入適宜油溫鍋中炸至金黃。色澤金黃，味道香甜。為穆斯林傳統食品，開齋節、古爾邦節等重要節日及滿月、婚宴時常用以饋贈。食用時應掰開，忌直接咬食。網站沒有列明分量或發麵方法。

11 / SWEET

White Pea Pudding

豌豆黃

Ingredients: White peas, red dates and white sugar, as needed. Method: Cook white peas in a clay pot until soft. Add pitted red dates and sugar, stir and continue cooking until the liquid reduces. Remove from heat, cool and cut into diamond-shaped pieces. Sweet and refreshing, orange-yellow in color with embedded red dates.
原料：白豌豆、紅棗各適量。調料：白砂糖適量。製法：用砂鍋將白豌豆煮爛，並加入適量去核的紅棗、白砂糖攪拌，等水分漸幹即可停火出鍋。晾涼，切成菱形塊即可。特色：味甜，清涼爽口，顏色橙黃，滿嵌紅棗。

12 / SWEET

Walnut Paste

核桃酪

Ingredients: Walnut kernels, glutinous rice flour, small dates and sugar, as needed. Method: Soak rice flour in water. Blanch and peel walnuts, then chop them. Peel the dates. Grind everything into a fine paste and strain. Bring the liquid to a boil over high heat, add sugar, skim off the foam and serve. Sweet, with a rich walnut flavor.
原料：核桃仁、糯米粉、小棗適量，白糖適量。糯米粉泡水，核桃仁開水泡去皮切碎，小棗去皮，共磨成細漿，過籮去渣。漿汁旺火燒開加白糖，去浮沫後盛碗即成。口味香甜，核桃味濃。