

## 類 物 飲

## BEVERAGES

## (一) 法 之 茶 烹

如欲烹製好  
茶須用滾水  
爲一人飲者  
以茶葉一茶  
羹滾水一杯  
將茶葉放入  
壺內隨加滾  
水俟二三分  
鐘久便可斟  
飲倘係用糖  
者先將糖放  
在杯處然後  
斟茶倘係並  
用牛奶皮者  
亦當先放牛  
奶皮在杯內  
方斟茶其味  
必佳

(飲 物 類)

## (1) Tea

To make good tea, the water must be boiling. Allow one teaspoon of tea and one cup of boiling water to each person. Put the tea in the teapot, and pour the boiling water over it. Stand two or three minutes before pouring. If sugar is used, put the sugar into the cup before the tea is poured; also, cream, if used, should precede the tea.

## (二) 法 之 啡 咖 烹

凡人所飲之最要  
者是晨早咖啡也  
倘所飲之咖啡係  
凍或淡及所烹製  
不佳者全家亦覺  
不樂必須注意如  
下若所烹之咖啡  
是濃與新鮮及熱  
者令飲者精神及  
歡樂且可在於朝  
餐席上暢談以平  
常爲廚夫者而論  
似有難烹好咖啡  
但現有新發明之  
隔壺如以爲烹咖  
啡之用斷未有不  
佳者

## (2) Coffee

The most important beverage to many of us is our morning coffee. If the coffee is weak, cold, and badly made, gloom descends upon the whole family. 咖啡

(一)

other hand, if the coffee is strong, fresh, and hot, it cheers and braces us up, and even a little conversation may be attempted at the breakfast table. To make good coffee seems to be a very difficult feat for the average cook. I do not know why, for with the modern percolator, one need never go wrong.

## 以 隔 壺 而 烹 咖 啡 之 法

凡 烹 咖 啡 者 爲 一 人 而 飲 者 以 磨 幼 之 咖 啡 一 磨 幼 之 咖 啡 半 凍 水 一 杯 將 咖 啡 放 入 載 咖 啡 之 袋 放 水 在 底 隨 將 隔 壺 放 在 火 上 煮 至 滾 時 使 蒸 十 五 分 鐘 久 便 可 飲 之 凡 飲 咖 啡 當 要 新 鮮 烹 製 爲 佳 如 係 過 時 之 咖 啡 必 失 原 味 須 爲 注 意

## Percolator Coffee

Allow one and one-half tablespoons of finely ground coffee and one cup of cold water to each person. Put the coffee in the container and the water in the bottom. Place the percolator on the fire and allow it to come to a boil. Let it percolate for fifteen minutes after it has started to boil, and then the coffee is made. Make the coffee fresh whenever needed, because it loses its flavor when kept.

## 烹 咖 啡 之 常 法

凡 烹 咖 啡 爲 一 人 飲 者 所 用 之 咖 啡 及 水 其 數 如 上 開 列 一 般 惟 要 用 滾 水 而 已 先 將 咖 啡 放 入 煮 咖 啡 之 壺 內 卽 將 雞 蛋 一 只 打 開 連 殼 放 在 其 中 以 羹 攪 勻 旋 加 滾 水 並 將 放 在 慢 火 之 上 俟 滾 有 十 分 鐘 久 但 不 可 滾 太 速 否 則 咖 啡 必 濁 如 起 浮 雲 隨 將 置 諸 爐 面 之 後 至 二 三 分 鐘 久 咖 啡 沉 底 時 將 載 於 擺 檯 之 壺 然 後 斟 飲 其 味 甚 佳

## Boiled Coffee

Allow the same amount of coffee and water for each person, as directed for percolator coffee; but use boiling water. Put the coffee in the coffeepot, then break into the pot an egg, shell and all. Mix it into the coffee with a spoon. Then pour in the boiling water. Put it over a very slow fire, and let it boil very slowly for ten minutes. Do not let it boil hard, or the coffee will be cloudy. Set it at the back of the range for two or three minutes, so the coffee will settle. Then pour it into a serving pot. This makes delicious coffee.

## (三) 烹 朝 餐 椰 茶 之 法

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 斟 | 免 | 勻 | 雞 | 滾 | 鐘 | 水 | 成 | 滾 | 鹽 | 隨 | 先 | 奶 | 羹 | 半 | 椰 |   |
| 出 | 有 | 約 | 蛋 | 牛 | 久 | 冲 | 糊 | 水 | 等 | 以 | 將 | 兩 | 滾 | 羹 | 粉 | 材 |
| 而 | 渣 | 兩 | 之 | 奶 | 即 | 落 | 時 | 半 | 物 | 椰 | 牛 | 杯 | 水 | 白 | 一 |   |
| 飲 | 沫 | 分 | 器 | 處 | 將 | 煲 | 將 | 杯 | 和 | 粉 | 奶 | 鹽 | 兩 | 糖 | 檯 | 料 |
|   | 然 | 鐘 | 具 | 以 | 放 | 五 | 餘 | 攪 | 勻 | 白 | 煲 | 些 | 杯 | 兩 | 羹 |   |
|   | 後 | 久 | 攪 | 攪 | 入 | 分 | 之 | 至 | 下 | 糖 | 滾 | 少 | 牛 | 檯 | 零 |   |

## (8) Breakfast Cocoa

|                               |                      |
|-------------------------------|----------------------|
| 1½ tablespoons prepared cocoa | 2 cups boiling water |
| 2 tablespoons sugar           | 2 cups milk          |

Few grains salt

Scald milk. Mix cocoa, sugar, and salt, dilute with one-half cup boiling water to make smooth paste, add remaining water, and boil five minutes; turn into scalded milk and beat two minutes, using egg beater, when froth will form, preventing scum, which is so unsightly. This is known as *milling*.

# (四) 茶 肆 古 植

以磨幼之植古  
 肆兩條牛奶四  
 杯先將植古肆  
 放在兩隔之鍋  
 隨將牛奶倒入  
 連續攪勻俟植  
 古肆鎔時煮約  
 五分鐘以打起  
 之牛奶皮和勻  
 而飲倘所用之  
 植古肆若未甜  
 則加白糖至合  
 味爲度如係用  
 植古肆粉當將  
 牛奶煮滾即加  
 植古肆密手攪  
 勻煮約二分或  
 三分鐘久方飲

## (4) Chocolate

2 bars of grated chocolate      4 cups milk

Put the chocolate into a double boiler. Pour the milk over it and let it melt, stirring continually. Cook about five minutes, and serve with whipped cream.

If an unsweetened chocolate is used, add sugar to taste.

If one of the prepared instantaneous chocolates is used, bring the milk to a boil. Then stir in the chocolate. Cook for two or three minutes and serve.

# (五) 茶 冰

先將茶葉較常之烹製  
 惟比所茶之  
 葉熱分茶加  
 之五器入濾  
 俟將放時入  
 轉至合凍時  
 糖並加檸檬  
 度個及檸檬  
 一個之汁共  
 和勻之旋將  
 入極冰櫃俟  
 將茶飲之凍  
 將茶飲之凍  
 雪一飲大團  
 檸一與之及  
 檸分載橙數  
 片中浸於玻  
 其玻璃杯而飲

## (5) Iced Tea

Make the tea very strong, using double the quantity of tea used when the tea is served hot. Let stand for

about five minutes. Strain it off into a pitcher. When cool, add sugar to taste and the juice of one lemon and one orange. Put it into the ice box to become very cold. Just before serving, add a large lump of ice, and slices of lemon and of orange. Fill the glasses, in which the tea is to be served, with ice.

### (六) 冰 楂 古 聿

製古法烹古製  
冰聿幾聿冰  
楂如之楂  
之般製聿  
後楂  
將楂放  
冰聿極  
至分  
時加  
於玻  
杯之  
碎打  
之加  
將牛  
皮放  
之在  
而奶  
起冰  
鑿璃  
載凍  
俟入  
古即  
安一  
楂如  
之楂

### (6) Iced Chocolate

Prepare in the same way as hot chocolate. Then cool and put into the ice box to become very cold. Serve in glasses filled with crushed ice, with whipped cream on top.

### (七) 橙 扶 笠

橙汁材料  
橙汁兩杯半  
檸檬汁半杯  
茶羹凍水漿  
一茶羹凍水漿  
杯四分之二  
糖一杯四分  
一磨幼之橙皮  
一個  
製法  
先將橙汁與  
檸檬汁放在  
鍋中  
煮熱時即加  
水和勻之粟  
慢火煮至清  
加白糖及橙  
皮  
俟至極凍時  
高身之玻璃  
載之而飲

### (7) Orange Flip

2½ cups orange juice  
½ cup lemon juice  
1 teaspoon cornstarch

¼ cup cold water  
¼ cup sugar  
Grated peel of one orange