『中餐烹調~暑期報告』

請利用「煎、煮、炒、炸、燉、溜、燴、蒸」，每一種烹調法，各自製做一道菜，共8道，菜餚不可以與中餐丙檢重複。

菜餚需拍出未烹調前刀工，完成菜餚後本人需與成品合照，並印出，黏貼於報告上完成撰寫。

【重點】

1、封面註明中餐烹調~暑期報告、班級、座號、姓名

2、每道都要寫出菜餚的「菜名、食材名稱與份量、刀工規格、調味料名稱與份量、烹調製作流程說明及食譜相關照片」

3、最後寫滿300字以上的心得感想

菜餚名稱： .

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 材料 | 刀工 | 份量 | 烹調製作流程說明 |
| 1 |  |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |
| 11 |  |  |  |
| 12 |  |  |  | 菜餚特寫照片 |
| 13 |  |  |  |  |
| 14 |  |  |  |
| 15 |  |  |  |
| 16 |  |  |  |
| 17 |  |  |  |
| 18 |  |  |  |
| 19 |  |  |  |
| 20 |  |  |  |
| 食材刀工完成照片（未烹調前刀工） | 製作完成後（本人與菜餚合照） |
|  |  |

食譜不足時，請自行列印

中餐烹調~暑期報告心得（本頁需寫滿）

班級： 姓名： 座號：

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |