

{"_id":{"\$oid":"59ae250e9cdb745c7f700e5c"},"dish_name":["杂粮粥"],"material":["小米","红豆","薏仁","黑米","绿豆","黄豆","黑豆","荞麦","燕麦","枸杞","红枣","冰糖","葡萄干"],"style":["粥"]}

{"_id":{"\$oid":"59ae251e9cdb745c7f700e5d"},"dish_name":["香菇鸡汤"],"material":["香菇干","鸡肉","红枣","盐","姜","葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae251f9cdb745c7f700e5e"},"dish_name":["日式味噌汤"],"material":["白萝卜","香菇","黑木耳（浸泡过）","豆腐","猪肉","红萝卜","味增酱","木鱼精"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25249cdb745c7f700e5f"},"dish_name":["玉米渣粥"],"material":["玉米渣","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae252b9cdb745c7f700e60"},"dish_name":["凉拌鱼腥草叶"],"material":["鱼腥草","辣椒油","辣椒丝","蒜蓉","酱油","醋","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae252c9cdb745c7f700e61"},"dish_name":["肉酱"],"material":["猪五花肉","看情况","胡萝卜","糖","盐巴","味精","干葱","青红椒","蚝油","香菇"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae252d9cdb745c7f700e62"},"dish_name":["高汤"],"material":["鸡","葱（打结）","姜","枸杞","猪蹄膀","（最好买的时候）"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae252f9cdb745c7f700e63"},"dish_name":["厚蛋烧"],"material":["鸡蛋","牛奶","盐","番茄酱","随意","食用油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae25319cdb745c7f700e64"},"dish_name":["香蕉牛奶"],"material":["香蕉","牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae25339cdb745c7f700e65"},"dish_name":["可乐姜汤"],"material":["可乐","姜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25349cdb745c7f700e66"},"dish_name":["水蒸鸡蛋羹"],"material":["鸡蛋","盐","香油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25389cdb745c7f700e67"},"dish_name":["猪杂粥"],"material":["白粥","半锅","猪肝","瘦肉","猪心","葱","姜","料酒","生抽","盐（腌肉用）","花生油","盐（煮粥用）"],"style":["粥"]}

{"_id":{"\$oid":"59ae253f9cdb745c7f700e68"},"dish_name":["豆腐鱼汤"],"material":["鲫鱼","豆腐","姜丝","纯牛奶","香菜","花生油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25409cdb745c7f700e69"},"dish_name":["家常鸡蛋饼"],"material":["鸡蛋","面粉","食用油","盐","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25419cdb745c7f700e6a"},"dish_name":["蛋黄小米粥"],"material":["小米","鸡蛋","大枣","枸杞","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25429cdb745c7f700e6b"},"dish_name":["肉末香菇豆腐"],"material":["豆腐","前腿肉","香菇","蒜苗","蒜头","小米椒","油","盐","生抽","木薯粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25449cdb745c7f700e6c"},"dish_name":["红枣桂圆枸杞茶"],"material":["红枣","桂圆","枸杞","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae25469cdb745c7f700e6d"},"dish_name":["虾米菌菇汤"],"material":["干香菇","黑木耳","金针菇","虾米","油","盐","鸡精","葱","青菜","生姜","大蒜","淀粉","高汤"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25479cdb745c7f700e6e"},"dish_name":["翡翠白玉羹"],"material":["小白菜","豆腐","盐","胡椒粉","香油","鸡精","水淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae254a9cdb745c7f700e6f"},"dish_name":["奶油南瓜浓汤"],"material":["南瓜","淡奶油","牛奶"],"style":["粥"]}

{"_id":{"\$oid":"59ae25529cdb745c7f700e70"},"dish_name":["奶黄包"],"material":["面粉","酵母","温牛奶","糖","吉士粉","澄粉","奶粉","黄油","鸡蛋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25539cdb745c7f700e71"},"dish_name":["酱油炒饭"],"material":["米饭","鸡蛋","油","儿童酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25549cdb745c7f700e72"},"dish_name":["磨牙棒"],"material":["鸡蛋","低粉","黄油","糖粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25559cdb745c7f700e73"},"dish_name":["绿茶酥"],"material":["水油皮材料","中筋面粉","细砂糖","猪油","水","油酥材料","低筋面粉","猪油","绿茶粉","馅料","红豆沙馅"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25579cdb745c7f700e74"},"dish_name":["蜜渍柠檬"],"material":["柠檬","蜂蜜","2.5 k g"],"style":["饮品"]}

{"_id":{"\$oid":"59ae255a9cdb745c7f700e75"},"dish_name":["萝卜丝鲫鱼汤"],"material":["白萝卜","鲫鱼","香叶","葱姜蒜","花椒","枸杞","香菜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae255b9cdb745c7f700e76"},"dish_name":["黄骨鱼豆腐汤"],"material":["姜","黄骨鱼","鸡精","泡椒","蒜","豆腐","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae255e9cdb745c7f700e77"},"dish_name":["潮汕砂锅粥"],"material":["大米","鲮鱼（干）","香菇（干）","猪瘦肉","葱","香菜","盐","鸡粉","胡椒粉","香油","腌肉料":"盐","鸡粉","生抽","淀粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae255f9cdb745c7f700e78"},"dish_name":["营养八宝粥"],"material":["八宝米","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae25669cdb745c7f700e79"},"dish_name":["绿豆糕"],"material":["脱皮绿豆","糖","植物油（或黄油）","抹茶粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25679cdb745c7f700e7a"},"dish_name":["家常红烧肉"],"material":["猪肉五花肉","西兰花","大葱","姜","冰糖","盐","生抽","红烧酱油","料酒","鸡精","大料","花椒","草果","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25689cdb745c7f700e7b"},"dish_name":["油焖笋"],"material":["笋","葱","蒜","红干椒","老抽","糖","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25699cdb745c7f700e7c"},"dish_name":["酱猪蹄"],"material":["猪蹄","橘皮","啤酒","料酒","生抽或黄豆酱油","黄豆酱","花椒","1 小捏","大料","香叶","草果","桂皮","白芷","葱姜蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae256b9cdb745c7f700e7d"},"dish_name":["菠萝芒果汁"],"material":["菠萝","芒果"],"style":["饮品"]}

{"_id":{"\$oid":"59ae256d9cdb745c7f700e7e"},"dish_name":["酸辣汤"],"material":["豆腐","冬笋","木耳","黄花","鸡蛋","香菜","盐","淀粉","鸡粉","米醋","胡椒粉","老抽","香油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae256e9cdb745c7f700e7f"},"dish_name":["腊鸭腿炖萝卜"],"material":["腊鸭腿","白萝卜","红萝卜","八角","红干椒","葱","香菜","姜","糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25719cdb745c7f700e80"},"dish_name":["冬瓜排骨海带汤"],"material":["排骨","冬瓜","海带","胡萝卜","香菜","姜","小香葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae25729cdb745c7f700e81"},"dish_name":["菊叶蛋汤"],"material":["菊花脑","鸡蛋","猪油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae257a9cdb745c7f700e82"},"dish_name":["清蒸石斑鱼"],"material":["石斑鱼","葱","葱","姜","盐","料酒","食用油","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae257b9cdb745c7f700e83"},"dish_name":["黑芝麻糊"],"material":["黑芝麻","

糯米","糖"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae257d9cdb745c7f700e84"},"dish_name":["蜜汁叉烧肉"],"material":["猪肉五花","蜂蜜水","姜","叉烧酱（李锦记）","酱油","料酒","鸡粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae257d9cdb745c7f700e85"},"dish_name":["南瓜豆沙包"],"material":["南瓜","馒头自发粉","红豆沙"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25829cdb745c7f700e86"},"dish_name":["文思豆腐"],"material":["内脂豆腐","金华火腿","鸡汤","盐","白糖","胡椒粉","水淀粉","葱叶"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25849cdb745c7f700e87"},"dish_name":["花生豆浆"],"material":["花生","黄豆","糖"],["style":["饮品"]}

{"_id":{"\$oid":"59ae25849cdb745c7f700e88"},"dish_name":["平桥豆腐羹"],"material":["嫩豆腐","金华火腿","香菇","姜","盐","白糖","胡椒粉","香油","高汤","香菜叶","水淀粉"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25869cdb745c7f700e89"},"dish_name":["苦瓜黄豆排骨汤"],"material":["苦瓜","黄豆","排骨","盐","清水"],["style":["汤"]}

{"_id":{"\$oid":"59ae25879cdb745c7f700e8a"},"dish_name":["西红柿鸡蛋疙瘩汤"],"material":["鸡蛋","西红柿","黄瓜","盐","耗油"],["style":["汤"]}

{"_id":{"\$oid":"59ae258f9cdb745c7f700e8b"},"dish_name":["花开富贵"],"material":["新鲜对虾","鲜花菇","西兰花","胡萝卜","韭菜花","食用油","蚝油","酱油","生粉","料酒","盐","胡椒粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25909cdb745c7f700e8c"},"dish_name":["红烧牛肉"],"material":["牛肉","生姜","大蒜","大葱","花椒","桂皮","香叶","干辣椒","八角","老抽","生抽","冰糖","料酒","油","盐","水"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25919cdb745c7f700e8d"},"dish_name":["巧克力甜甜圈"],"material":["高筋粉","牛奶","鸡蛋","白糖","盐","发酵粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25939cdb745c7f700e8e"},"dish_name":["清蒸鲈鱼"],"material":["鲈鱼","葱","姜","料酒","盐","蒸鱼豉油","油"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25969cdb745c7f700e8f"},"dish_name":["关东煮"],"material":["昆布（或者海带）","白萝卜","香菇","大米","杂料（甜不辣等）","酱油","盐","胡椒","番茄沙拉","烧烤酱"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25989cdb745c7f700e90"},"dish_name":["玉米鸡蛋羹"],"material":["鸡蛋","玉米","花生油","花生油","葱叶","葱叶（香葱）"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25999cdb745c7f700e91"},"dish_name":["炖鸽子汤"],"material":["鸽子","红枣","枸杞","桂圆","党参","蜜枣","北芪","玉竹","盐","白云山山泉水","料酒","苹果醋"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae259c9cdb745c7f700e92"},"dish_name":["羊汤"],"material":["羊骨肉","山药","香菜","姜","枸杞","盐","鸡精","胡椒粉"],["style":["汤"]}

{"_id":{"\$oid":"59ae259d9cdb745c7f700e93"},"dish_name":["花生猪脚汤"],"material":["猪脚","花生","枸杞","西洋菜","猪油","生姜","大葱","盐","鸡精","料酒","白胡椒粉"],["style":["汤"]}

{"_id":{"\$oid":"59ae25a49cdb745c7f700e94"},"dish_name":["水煎包"],"material":["普通面粉","牛肉馅","大葱碎","姜末","香油","酱油","盐","香菜末"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25a59cdb745c7f700e95"},"dish_name":["番茄炒鸡蛋"],"material":["西红柿","鸡蛋","葱末","姜末","食用油","水淀粉","盐","糖"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25a69cdb745c7f700e96"},"dish_name":["黄瓜炒鸡蛋"],"material":["黄瓜","

鸡蛋","油"," 盐","白糖","蒜","料酒"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25a79cdb745c7f700e97"},"dish_name":["醋熘土豆丝"],"material":["土豆","红椒","油"," 盐"," 白米醋","胡椒粉","味精","蒜"," 葱"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25a99cdb745c7f700e98"},"dish_name":["火龙果泥"],"material":["火龙果","水"],["style":["饮品"]}

{"_id":{"\$oid":"59ae25ab9cdb745c7f700e99"},"dish_name":["鱼头炖豆腐"],"material":["草鱼","豆腐","大蒜","姜","料酒"," 鸡精"," 海鲜酱油"," 红辣椒"," 食盐","大葱"," 色拉油"," 开水"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25ac9cdb745c7f700e9a"},"dish_name":["牛肉炖萝卜"],"material":["牛肉","萝卜","蚝油","料酒"," 老抽","葱","姜","蒜"," 盐"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25ae9cdb745c7f700e9b"},"dish_name":["冰镇酸梅汤"],"material":[" 乌梅干","山楂","玫瑰茄","桂花","甘草","陈皮","冰糖","红糖"],["style":["饮品"]}

{"_id":{"\$oid":"59ae25b09cdb745c7f700e9c"},"dish_name":["猪肝菠菜汤"],"material":["猪肝","菠菜","姜"," 盐","胡椒粉"," 鸡精","食用油","葱"," 小彩椒"],["style":["汤"]}

{"_id":{"\$oid":"59ae25b19cdb745c7f700e9d"},"dish_name":["黄豆猪脚汤"],"material":["猪蹄","黄豆","红枣","蜜枣","淮山"," 红皮花生","枸杞","生姜"," 盐"],["style":["汤"]}

{"_id":{"\$oid":"59ae25b79cdb745c7f700e9e"},"dish_name":["韭菜炒鸭血"],"material":["韭菜","鸭血","葱","姜","蒜","干辣椒"," 盐","味精","白糖","料酒","胡椒粉","淀粉"," 老抽"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25b89cdb745c7f700e9f"},"dish_name":["桃酥"],"material":[" 普通面粉","核桃"," 细砂糖"," 玉米油","鸡蛋","小苏打"," 泡打粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25b99cdb745c7f700ea0"},"dish_name":["紫薯酥"],"material":[" 低筋面粉","猪油"," 低筋面粉","猪油"," 紫薯粉","紫薯"," 炼乳"," 无盐黄油"," 水油皮材料：糖分"," 水油皮材料：凉开水"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25ba9cdb745c7f700ea1"},"dish_name":["肥牛金针菇卷"],"material":["金针菇","蚝油","胡椒粉"," 生抽","糖","淀粉"," 水"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25bc9cdb745c7f700ea2"},"dish_name":["菠菜炒鸡蛋"],"material":["菠菜","鸡蛋","葱","姜","蒜"," 盐"," 鸡粉","胡椒粉","香油"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25be9cdb745c7f700ea3"},"dish_name":["花生炖猪脚"],"material":["猪脚","花生米","大枣"," 甜醋"," 鲜姜","八角"," 香叶","料酒","白糖"," 精盐"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25bf9cdb745c7f700ea4"},"dish_name":["肉末豆腐羹"],"material":["豆腐","肉末","葱","干辣椒"," 老抽"," 生抽"," 盐","糖","水淀粉"," 色拉油"," 水"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25c09cdb745c7f700ea5"},"dish_name":["炒肝"],"material":["猪肝","圆葱","青椒","油"," 盐"," 生抽","味精"],["style":["汤羹"]}

{"_id":{"\$oid":"59ae25c29cdb745c7f700ea6"},"dish_name":["番茄紫菜蛋花汤"],"material":["番茄","紫菜","鸡蛋"," 葱花","油"," 盐","番茄酱","淀粉"],["style":["汤"]}

{"_id":{"\$oid":"59ae25c39cdb745c7f700ea7"},"dish_name":["菠菜豆腐汤"],"material":["菠菜","豆腐","虾皮"],["style":["汤"]}

{"_id":{"\$oid":"59ae25cb9cdb745c7f700ea8"},"dish_name":["土豆烧排骨"],"material":[" 猪排骨","土豆","胡萝卜"," 八角 桂皮 香叶","姜"," 盐","水淀粉"," 生抽 老抽","香醋"," 开水"," 香葱"," 干红辣椒","味精","芝麻油","花生油"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25cc9cdb745c7f700ea9"},"dish_name":["家常烧鸡"],"material":[" 鸡仔","葱","姜","蒜"," 盐","味精","白糖"," 老抽"," 生抽","蚝油","大料","花椒","桂皮"," 香叶"," 草果","小茴香 ","料酒"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae25cd9cdb745c7f700eaa"},"dish_name":["酸豆角炒鸡胗"],"material":["酸豆角","鸡胗","葱","姜","青蒜","杭椒","小米椒","盐","味精","白糖","蚝油","鸡粉","干辣椒","料酒","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25ce9cdb745c7f700eab"},"dish_name":["杏仁瓦片"],"material":["低筋面粉","绵白糖","水","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25d09cdb745c7f700eac"},"dish_name":["土豆煎饼"],"material":["面粉","土豆","葱","鸡蛋","水","盐","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25d19cdb745c7f700ead"},"dish_name":["鱼头豆腐汤"],"material":["鱼头","鱼尾","嫩豆腐","青蒜","盐","料酒","食用油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25d39cdb745c7f700eae"},"dish_name":["香蕉鸡蛋羹"],"material":["鸡蛋","香蕉","牛奶"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25d49cdb745c7f700eaf"},"dish_name":["香菇豆腐羹"],"material":["豆腐","小白菜","香菇","葱","盐","鸡精","香油","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25d69cdb745c7f700eb0"},"dish_name":["排骨萝卜汤"],"material":["排骨","白萝卜","姜","香菜","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae25d89cdb745c7f700eb1"},"dish_name":["豆腐金针菇汤"],"material":["金针菇","水豆腐","瘦肉","葱","盐","淀粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae25dc9cdb745c7f700eb2"},"dish_name":["鸡蛋糕"],"material":["鸡蛋","虾米","葱白","花椒面","油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae25de9cdb745c7f700eb3"},"dish_name":["香辣干锅土豆片"],"material":["土豆","红小辣椒","五花肉","杭椒","洋葱","大蒜","姜","香菜","盐","料酒","干辣椒","花椒","老抽","生抽","鸡粉","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e09cdb745c7f700eb4"},"dish_name":["杭椒牛柳"],"material":["牛柳","杭椒","葱姜蒜","鸡蛋","盐","蚝油","料酒","鸡汁","白糖","淀粉","老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e19cdb745c7f700eb5"},"dish_name":["红烧猪蹄"],"material":["猪蹄","葱","姜","大蒜","香菜","蚝油","酱豆腐汁","大料","桂皮","老抽","生抽","鸡粉","料酒","香叶","胡椒粉","白糖","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e29cdb745c7f700eb6"},"dish_name":["黄豆芽炒粉条"],"material":["黄豆芽","葱","姜","蒜","盐","味精","料酒","老抽","白糖","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e39cdb745c7f700eb7"},"dish_name":["芥蓝炒腊肉"],"material":["芥蓝","腊肉","红椒","葱","姜","蒜","盐","味精","白糖","鸡粉","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e59cdb745c7f700eb8"},"dish_name":["鸽子汤"],"material":["鸽子","山药","红枣","枸杞","桂圆","黑木耳(泡发)","精盐","鸡精","生姜","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25e69cdb745c7f700eb9"},"dish_name":["青椒肉丝"],"material":["里脊肉","青椒","葱","姜","盐","鸡粉","老抽","料酒","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25e79cdb745c7f700eba"},"dish_name":["肉末酸豆角"],"material":["里脊肉","酸豇豆","红辣椒","葱","姜","盐","鸡粉","花椒","香油","胡椒粉","生抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25ea9cdb745c7f700ebb"},"dish_name":["红枣银耳汤"],"material":["银耳","莲子","红枣","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae25eb9cdb745c7f700ebc"},"dish_name":["香菇鸡腿汤"],"material":["鸡腿","香菇","鸡腿菇","香菜","花椒","八角","盐","姜","葱","香叶","料酒","生抽"],"style":["汤"]}

{"_id":{"\$oid":"59ae25ef9cdb745c7f700ebd"},"dish_name":["凉拌酸辣土豆丝"],"material":["

土豆（中等大小）","青椒","胡萝卜","大蒜","小米椒","生抽","醋","糖","盐","鸡精","香油","芝麻","辣椒面"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae25f29cdb745c7f700ebe"},"dish_name":["干煸黄豆芽"],"material":["黄豆芽","干辣椒","味精","葱姜蒜","盐","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25f39cdb745c7f700ebf"},"dish_name":["毛豆炒肉丁"],"material":["鸡腿","盐","毛豆","白糖","胡萝卜","蚝油","生抽","水淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25f49cdb745c7f700ec0"},"dish_name":["木耳炒蛋"],"material":["鸡蛋","虾米","黄瓜","洋葱","木耳","食用油","盐","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25f59cdb745c7f700ec1"},"dish_name":["红烧肉炖土豆"],"material":["大肉","土豆","油","盐","老抽","料酒","糖","鸡精","花椒","八角","朝天椒","葱姜蒜","双椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25f79cdb745c7f700ec2"},"dish_name":["爆米花"],"material":["白糖","黄油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae25fa9cdb745c7f700ec3"},"dish_name":["冬瓜汆丸子"],"material":["肉馅","冬瓜","葱","姜","香菜","枸杞","鸡蛋","盐","味精","鸡粉","料酒","胡椒粉","白糖","淀粉","香油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25fa9cdb745c7f700ec4"},"dish_name":["紫菜蛋花汤"],"material":["紫菜","鸡蛋","香菜","盐","鸡粉","胡椒粉","香油","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25fc9cdb745c7f700ec5"},"dish_name":["豆腐羹"],"material":["黑木耳","豆腐","火腿","麻油","青菜叶","鸡精","胡椒粉","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae25fe9cdb745c7f700ec6"},"dish_name":["山药乌鸡汤"],"material":["乌鸡","山药","玉竹","党参","红枣","百合","石斛","枸杞","茯苓","山楂","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae25ff9cdb745c7f700ec7"},"dish_name":["鲶鱼豆腐汤"],"material":["鲶鱼","豆腐","动物一油","料酒","盐","蒜","葱头","白糖","姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae26049cdb745c7f700ec8"},"dish_name":["心太软"],"material":["红枣","糯米粉","糖","热水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26079cdb745c7f700ec9"},"dish_name":["肉沫酸豆角"],"material":["里脊肉沫","酸豇豆","干辣椒","葱","姜","盐","鸡粉","花椒","香油","胡椒粉","生抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26089cdb745c7f700eca"},"dish_name":["金针菇炒肉丝"],"material":["金针菇","通脊","葱姜蒜","红椒","青椒","盐","味精","白糖","料酒","老抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae260a9cdb745c7f700ecb"},"dish_name":["肉沫烧粉条"],"material":["肉馅","葱","姜","蒜","香葱","盐","味精","鸡粉","白糖","大料","胡椒粉","香油","老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae260a9cdb745c7f700ecc"},"dish_name":["金针菇汆肥牛"],"material":["金针菇","肥牛卷","姜","葱","蒜","黄瓜","小红椒","香菜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae260c9cdb745c7f700ecd"},"dish_name":["黄金玉米烙"],"material":["玉米","胡萝卜","白糖","淀粉","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae260e9cdb745c7f700ece"},"dish_name":["蛋皮菠菜"],"material":["菠菜","鸡蛋","花生油","香油","鸡精"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae260f9cdb745c7f700ecf"},"dish_name":["排骨冬瓜汤"],"material":["冬瓜","排骨","葱","姜","蒜","香菜","八角","一枚","枸杞子","老抽","料酒","盐","鸡精"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26119cdb745c7f700ed0"},"dish_name":["银耳莲子汤"],"material":["银耳","莲子","红枣","枸杞","冰糖","白云山山泉水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26149cdb745c7f700ed1"},"dish_name":["清炖鸽子汤"],"material":["鸽子","红枣","香菇","莲子","桂圆","姜","盐","开水"],"style":["汤"]}

{"_id":{"\$oid":"59ae26149cdb745c7f700ed2"},"dish_name":["海带丝豆腐汤"],"material":["海带","豆腐","高汤","青萝卜丝","绿豆粉丝","油","葱花","姜丝","蚝油","干虾仁","大料","料酒","棉白糖","醋","酱油"],"style":["汤"]}

{"_id":{"\$oid":"59ae26169cdb745c7f700ed3"},"dish_name":["青椒回锅肉"],"material":["猪五花肉","青椒","红椒","洋葱","葱姜蒜","油","甜面酱","白酒","煮肉用料","葱","姜","大料","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae26199cdb745c7f700ed4"},"dish_name":["酸辣藕片"],"material":["莲藕","一节","小米椒","生姜","小葱","食用油","清水","淀粉","白米醋","食盐","白糖","料酒","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae261b9cdb745c7f700ed5"},"dish_name":["秘制酱肘子"],"material":["猪前肘","葱姜蒜","冰糖","干红","香叶","大料","黄豆酱","老抽","白酒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae261c9cdb745c7f700ed6"},"dish_name":["干炸香菇"],"material":["香菇","面粉","淀粉","鸡蛋","盐","五香粉","生抽","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae261d9cdb745c7f700ed7"},"dish_name":["辣炒鸡胗"],"material":["鸡胗","蒜薹","柿子椒","大蒜","小葱","小尖椒","料酒","红烧酱油","耗油","盐","姜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae261e9cdb745c7f700ed8"},"dish_name":["西瓜冰沙"],"material":["西瓜","白砂糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26209cdb745c7f700ed9"},"dish_name":["家常炒猪肝"],"material":["猪肝","一叶","油","盐","黄色柿子椒","红色柿子椒","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26229cdb745c7f700eda"},"dish_name":["红枣银耳羹"],"material":["银耳","红枣","枸杞","葡萄干","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26239cdb745c7f700edb"},"dish_name":["香菇丸子"],"material":["料酒","前腿肉","香菇","耗油","酱油","鸡蛋","生粉","食用油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26259cdb745c7f700edc"},"dish_name":["海带汤"],"material":["泡发好的海带","猪骨","玉米","胡萝卜","一小节","姜","盐","胡椒粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26279cdb745c7f700edd"},"dish_name":["清炖海带排骨汤"],"material":["排骨","海带","木耳","大葱","姜","八角","桂皮","花椒","食盐","鸡精","少于","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae26299cdb745c7f700ede"},"dish_name":["茺茜鱼头豆腐汤"],"material":["鱼头","胡椒粉","姜","茺茜（香菜）","酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae262a9cdb745c7f700edf"},"dish_name":["麻辣牛肉面"],"material":["牛腩","切面","葱","姜","蒜","香菜","盐","花椒油","料酒","味精","白糖","大重庆","大料"],"style":["面食"]}

{"_id":{"\$oid":"59ae262b9cdb745c7f700ee0"},"dish_name":["西红柿鸡蛋面"],"material":["西红柿","切面","鸡蛋","葱","姜","蒜","香葱","盐","鸡粉","生抽","料酒","淀粉","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae262e9cdb745c7f700ee1"},"dish_name":["自制薯条"],"material":["土豆","油","盐","淀粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26309cdb745c7f700ee2"},"dish_name":["腊肠干煸四季豆"],"material":["四季豆","腊肠","葱","姜","大蒜","干辣角","花椒","食用油","盐","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26319cdb745c7f700ee3"},"dish_name":["包菜粉丝"],"material":["粉丝","瘦肉","葱","青蒜","红萝卜","生姜","香菇","油","盐","味精","料酒","醋","老抽","生抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26339cdb745c7f700ee4"},"dish_name":["土豆海带烧肉"],"material":["猪肉","土豆","海带","大葱","生姜","蒜头","八角","菜籽油","冰糖","老抽","料酒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26339cdb745c7f700ee5"},"dish_name":["家常烧带鱼"],"material":["带鱼","鸡蛋","淀粉","油","盐","葱","姜","花椒","八角","六月鲜酱油","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26359cdb745c7f700ee6"},"dish_name":["家常红焖羊肉"],"material":["羊肉","羊排","葱","姜","蒜","花椒","干红辣椒","花椒粉","盐","姜粉","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26389cdb745c7f700ee7"},"dish_name":["萝卜炖牛肉"],"material":["牛肉","萝卜","盐","大料","枸杞","生姜","黑胡椒面"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26389cdb745c7f700ee8"},"dish_name":["米汤鸡蛋羹"],"material":["鸡蛋","盐","葱花","米汤","120左右","色拉油","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae263a9cdb745c7f700ee9"},"dish_name":["干煸鱿鱼丝"],"material":["鱿鱼","香芹","辣椒","酱油","盐","香油","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae263c9cdb745c7f700eea"},"dish_name":["生菜鸡蛋汤"],"material":["生菜","番茄","鸡蛋","油","盐","香醋","香油","淀粉","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae263d9cdb745c7f700eeb"},"dish_name":["紫菜豆腐汤"],"material":["豆腐","紫菜","盐","鸡精","胡椒粉","葱花","虾米"],"style":["汤"]}

{"_id":{"\$oid":"59ae263e9cdb745c7f700eec"},"dish_name":["番茄金针菇蛋花疙瘩汤"],"material":["番茄","金针菇","鸡蛋","面粉","凉水","油麦菜","油","盐","鸡精","辣椒油"],"style":["汤"]}

{"_id":{"\$oid":"59ae263f9cdb745c7f700eed"},"dish_name":["莲子百合薏仁汤"],"material":["百合","红莲子","薏米","小米","清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae26419cdb745c7f700eee"},"dish_name":["凉拌莴苣"],"material":["莴苣","小米椒","油","盐","白糖","香油","鸡粉","蒜","葱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26439cdb745c7f700eef"},"dish_name":["香辣豆腐干"],"material":["豆腐干","青椒","红椒","胡萝卜","小米椒","油","盐","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26449cdb745c7f700ef0"},"dish_name":["红烧米豆腐"],"material":["米豆腐","黄豆酱","生抽","蚝油","水","老抽","花生油","盐","葱花"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26469cdb745c7f700ef1"},"dish_name":["土豆烧牛腩"],"material":["牛肉","土豆","蕃茄","葱","姜","蒜","青椒","花椒","茴香","盐","白糖","食用油","鸡精","料酒","生抽","红辣椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26479cdb745c7f700ef2"},"dish_name":["家常炒豆腐"],"material":["嫩豆腐","白芝麻","盐","白糖","自制辣椒油","花椒","八角","干辣椒","葱","姜","蒜","红烧酱油","蚝油","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26489cdb745c7f700ef3"},"dish_name":["蛋白椰蓉球"],"material":["椰蓉","椰蓉","奶粉","低筋面粉","蛋白","细砂糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae264a9cdb745c7f700ef4"},"dish_name":["虾皮蒸蛋"],"material":["土鸡蛋","水","虾皮","盐","枸杞"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae264c9cdb745c7f700ef5"},"dish_name":["酸菜肥牛"],"material":["香菜","金

针菇","乌冬面","肥牛","葱","姜","花椒","酸菜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae264d9cdb745c7f700ef6"},"dish_name":["炒苋菜"],"material":["苋菜","橄榄油","葱","姜","蒜","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae264f9cdb745c7f700ef7"},"dish_name":["小笋千张骨头汤"],"material":["小竹笋","猪骨头","油","盐","姜","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae26519cdb745c7f700ef8"},"dish_name":["猪骨野淮山汤"],"material":["野淮山","乡下猪骨","水","盐","胡椒"],"style":["汤"]}

{"_id":{"\$oid":"59ae26529cdb745c7f700ef9"},"dish_name":["青豆瓜丝汤"],"material":["青豆","小瓜","醋"],"style":["汤"]}

{"_id":{"\$oid":"59ae26549cdb745c7f700efa"},"dish_name":["胡萝卜玉米筒骨汤"],"material":["猪筒骨","胡萝卜","玉米","食盐","生姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae26569cdb745c7f700efb"},"dish_name":["手撕凉拌包菜"],"material":["食用油","干辣椒","花椒","黑芝麻","白糖","醋","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26589cdb745c7f700efc"},"dish_name":["葱爆牛肉"],"material":["牛腿瘦肉","大葱","红椒","姜","蒜","食用油","生抽","蚝油","料酒","淀粉","盐","黑胡椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae265a9cdb745c7f700efd"},"dish_name":["莴笋炒肉片"],"material":["莴笋","猪肉","胡萝卜","盐","葱花"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae265b9cdb745c7f700efe"},"dish_name":["醋溜藕片"],"material":["莲菜","青辣椒","干辣椒","蒜","花椒","油","盐","白醋","糖","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae265b9cdb745c7f700eff"},"dish_name":["蒜蓉蒸扇贝"],"material":["活扇贝","大蒜","1头","红小辣椒","橄榄油","香菜","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae265d9cdb745c7f700f00"},"dish_name":["猪脚姜"],"material":["猪脚","米醋","甜醋","姜","雞蛋","冰糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae265f9cdb745c7f700f01"},"dish_name":["萝卜炖羊排"],"material":["羊排","青萝卜","葱","姜","八角","香叶","花椒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26619cdb745c7f700f02"},"dish_name":["奶汤冬瓜炖排骨"],"material":["排骨","冬瓜","胡萝卜","盐","牛奶","姜","米酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26629cdb745c7f700f03"},"dish_name":["烧杂拌"],"material":["牛肉","青菜","木耳","皮肚","胡萝卜","肉丸","香肠","素丸","鱼丸","豆芽","蘑菇","香葱","腐竹","盐","麻油","胡椒粉","水淀粉","醋","生抽","黄酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26649cdb745c7f700f04"},"dish_name":["猪脚莲藕汤"],"material":["猪蹄","莲藕","胡萝卜","葱","姜","干辣椒","花椒","盐","胡椒粉","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae26659cdb745c7f700f05"},"dish_name":["黄瓜蛋汤"],"material":["黄瓜","鸡蛋","葱头","油","盐","鸡精","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae26669cdb745c7f700f06"},"dish_name":["虾头豆腐汤"],"material":["白对虾虾头","豆腐","糖","盐","油","姜","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae26689cdb745c7f700f07"},"dish_name":["虫草花排骨汤"],"material":["排骨","虫草花","盐","鸡粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae266a9cdb745c7f700f08"},"dish_name":["生菜沙拉"],"material":["生菜","番茄","甜玉米","蘑菇","橄榄油","葡萄醋","黑胡椒粉","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae266d9cdb745c7f700f09"},"dish_name":["番茄大虾"],"material":["大虾","番茄酱","料酒","生抽酱油","白醋","蚝油","盐","白糖","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae266f9cdb745c7f700f0a"},"dish_name":["家常扬州炒饭"],"material":["剩米

饭","青辣椒","胡萝卜"," 火腿肠","鸡蛋","玉米","油"," 盐"," 鸡精"," 葱花"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26739cdb745c7f700f0b"},"dish_name":["香菇黄豆猪蹄煲"],"material":["猪蹄","香菇","黄豆"," 甜醋","冰糖","辛夷"," 芫荽","八角"," 香叶","桂皮"," 姜蒜"," 生抽","料酒"," 王致和腐乳汁"," 盐"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26759cdb745c7f700f0c"},"dish_name":["银耳木瓜羹"],"material":["银耳","木瓜","冰糖"],"style":["汤羹"]}}

{"_id":{"\$oid":"59ae26779cdb745c7f700f0d"},"dish_name":["香辣炒蟹"],"material":["螃蟹","香芹","葱","姜","大蒜"," 指天椒"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26779cdb745c7f700f0e"},"dish_name":["家常红烧带鱼"],"material":["带鱼"," 葱姜蒜"," 花椒、大料、香叶","米醋","白糖"," 啤酒","1 听"," 米椒"," 海鲜酱油"," 鸡精"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26779cdb745c7f700f0f"},"dish_name":["鲜虾蒸蛋羹"],"material":[" 土鸡蛋","虾"," 水","香油"," 盐"],"style":["汤羹"]}}

{"_id":{"\$oid":"59ae267a9cdb745c7f700f10"},"dish_name":["西红柿蛋花汤"],"material":[" 西红柿","鸡蛋","葱","花生油"," 盐"," 清水"],"style":["汤"]}}

{"_id":{"\$oid":"59ae267a9cdb745c7f700f11"},"dish_name":["荷兰豆炒胡萝卜"],"material":["荷兰豆","胡萝卜","油"," 盐"," 鸡精","料酒"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae267b9cdb745c7f700f12"},"dish_name":["蔬菜瘦身汤"],"material":["芋头","白萝卜","胡萝卜"," 土豆（小）","海带"," 味噌","洋葱"],"style":["汤"]}}

{"_id":{"\$oid":"59ae267c9cdb745c7f700f13"},"dish_name":["蛋花汤"],"material":["鸡蛋","西红柿","紫菜","虾皮","香菜","香葱"," 芝麻香油"," 白胡椒粉"," 盐"," 鸡精"],"style":["汤"]}}

{"_id":{"\$oid":"59ae267d9cdb745c7f700f14"},"dish_name":["粉葛猪骨汤"],"material":["猪骨","粉葛","生姜","红枣","枸杞子"," 食盐"],"style":["汤"]}}

{"_id":{"\$oid":"59ae267f9cdb745c7f700f15"},"dish_name":["糟卤毛豆"],"material":["毛豆"," 葱结"," 香叶","花椒"," 糟卤汁"," 干红辣椒","八角"],"style":["凉菜"]}}

{"_id":{"\$oid":"59ae26829cdb745c7f700f16"},"dish_name":["鲶鱼炖豆腐"],"material":["鲶鱼","豆腐","葱","大蒜","姜","醋","料酒"," 盐"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26839cdb745c7f700f17"},"dish_name":["盐烤花生米"],"material":["花生米","八角"," 香叶","桂皮"," 盐"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26859cdb745c7f700f18"},"dish_name":["四川回锅肉"],"material":["五花肉"," 自制剁椒酱"," 甜面酱"," 大红辣椒"," 大蒜苗","豆豉","姜","糖"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26879cdb745c7f700f19"},"dish_name":["玉米羹"],"material":["鸡蛋","鸡肉","玉米","冬菇"," 盐","白糖","米酒"],"style":["汤羹"]}}

{"_id":{"\$oid":"59ae26889cdb745c7f700f1a"},"dish_name":["冰糖雪梨银耳羹"],"material":["银耳","梨","冰糖","枸杞"," 枣"],"style":["汤羹"]}}

{"_id":{"\$oid":"59ae268a9cdb745c7f700f1b"},"dish_name":["日式鸡蛋羹"],"material":["鸡蛋","香菇"," 银杏（熟）","虾仁","料酒"," 出し素（鸡精）"," 清水"," 淡口酱油"],"style":["汤羹"]}}

{"_id":{"\$oid":"59ae268b9cdb745c7f700f1c"},"dish_name":["家常糖醋鱼"],"material":["鲤鱼","油 料酒 番茄酱"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae268d9cdb745c7f700f1d"},"dish_name":["雪梨银耳汤"],"material":["枸杞","茉莉 12"],"style":["汤"]}}

{"_id":{"\$oid":"59ae268e9cdb745c7f700f1e"},"dish_name":["排骨莲藕汤"],"material":[" 猪龙骨","莲藕"," 老姜","花椒","黄酒","枸杞","葱"],"style":["汤"]}}

{"_id":{"\$oid":"59ae26909cdb745c7f700f1f"},"dish_name":["红枣桂圆补血汤"],"material":["新鲜桂圆","红枣","白果仁","红糖","纯净水"],"style":["汤"]}

{"_id":{"\$oid":"59ae26919cdb745c7f700f20"},"dish_name":["玉米鸡汤"],"material":["鸡骨","玉米","胡萝卜","黑木耳","鸡精","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae26929cdb745c7f700f21"},"dish_name":["粉葛龙骨汤"],"material":["龙骨","粉葛","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae26949cdb745c7f700f22"},"dish_name":["老醋木耳"],"material":["木耳","陈醋","美极鲜味汁","辣椒油","香菜","小红辣椒","蒜","芝麻","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26979cdb745c7f700f23"},"dish_name":["拔丝紫薯"],"material":["紫薯","西兰花","食用油","白砂糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26989cdb745c7f700f24"},"dish_name":["甜甜圈"],"material":["苹果","面粉","鸡蛋","糖","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae269a9cdb745c7f700f25"},"dish_name":["家常红烧茄子"],"material":["茄子","青椒","蒜头","葱","生抽","生粉","白糖","盐","花生油","老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae269b9cdb745c7f700f26"},"dish_name":["南瓜羹"],"material":["南瓜","大米","水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae269d9cdb745c7f700f27"},"dish_name":["清炖排骨"],"material":["排骨","菠萝","八角","花椒","桂皮","白芷","姜","葱","精盐","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae269e9cdb745c7f700f28"},"dish_name":["枸杞银耳羹"],"material":["银耳","莲子","枸杞","薏米","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae269f9cdb745c7f700f29"},"dish_name":["茭白炒肉丝"],"material":["茭白","青椒","红椒","胡萝卜","肉丝","油","盐","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26a19cdb745c7f700f2a"},"dish_name":["排骨汤"],"material":["小排","胡萝卜","茼蒿","葱、姜、料酒、盐、白胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae26a29cdb745c7f700f2b"},"dish_name":["清炖鲫鱼汤"],"material":["鲫鱼","生姜","花生油","盐","水","酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae26a39cdb745c7f700f2c"},"dish_name":["干煸苦瓜"],"material":["花椒","盐","食用油","鸡精","青椒（切丝）","盐（腌制）","苦瓜（大）"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26a49cdb745c7f700f2d"},"dish_name":["木瓜鸡丁"],"material":["木瓜","鸡脯肉","红椒","青椒","油","姜","料酒","淀粉","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26a59cdb745c7f700f2e"},"dish_name":["黄桃蛋挞"],"material":["蛋挞皮","牛奶","奶油","糖粉","低筋面粉","黄桃罐头"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26a79cdb745c7f700f2f"},"dish_name":["蓝莓慕斯"],"material":["牛奶","细砂糖","蓝莓果酱","动物性淡奶油","戚风蛋糕","做慕斯底","镜面","蓝莓QQ糖","清水","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26a99cdb745c7f700f30"},"dish_name":["芦笋拌虾仁"],"material":["芦笋","虾仁","香油","盐","鸡精","芥末油","糖","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26ac9cdb745c7f700f31"},"dish_name":["炸洋葱圈"],"material":["洋葱","草鸡蛋","油","盐","生粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26ad9cdb745c7f700f32"},"dish_name":["蚕豆炒鸡蛋"],"material":["蚕豆","鸡蛋","姜","蒜","盐","香油","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26ae9cdb745c7f700f33"},"dish_name":["牙签肉"],"material":["猪肉（半肥半精）","胡萝卜","苹果","生菜","鸡蛋","番茄酱","若干","生抽","若干","实用生粉","若干","糖","料酒","若干","姜","胡椒粉","盐","牙签"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26b19cdb745c7f700f34"},"dish_name":["清炖羊肉"],"material":["羊肉","黄酒","葱","姜","大料","花椒","干红辣椒","盐","胡萝卜","香菜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b19cdb745c7f700f35"},"dish_name":["蛋羹"],"material":["鸡蛋","盐","水","海鲜酱油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b39cdb745c7f700f36"},"dish_name":["木耳豆腐汤"],"material":["豆腐","黑木耳","油","盐","鸡精","香葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b49cdb745c7f700f37"},"dish_name":["鱼丸"],"material":["草鱼","生粉","姜汁","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b59cdb745c7f700f38"},"dish_name":["牛肉汤"],"material":["牛肉","胡萝卜","玉米","木耳","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b69cdb745c7f700f39"},"dish_name":["红豆汤"],"material":["红豆","糖","清水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26b99cdb745c7f700f3a"},"dish_name":["冬笋炒腊肉"],"material":["冬笋","腊肉","香葱","食用油","食盐","白糖","料酒","清水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26b99cdb745c7f700f3b"},"dish_name":["家常葱花饼"],"material":["中筋面粉","开水","鸡蛋","葱花","盐","油（饼内）","油（烙饼用）"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26bb9cdb745c7f700f3c"},"dish_name":["拔丝芋头"],"material":["荔浦芋头","白糖","油","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26bb9cdb745c7f700f3d"},"dish_name":["桂花蜜汁山药"],"material":["山药","山楂卷","糖桂花","糖","清水","湿淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26bd9cdb745c7f700f3e"},"dish_name":["姜汁松花蛋"],"material":["松花蛋","蒜","香葱","蒜","盐","味精","生抽","米醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26be9cdb745c7f700f3f"},"dish_name":["凉拌鸡丝"],"material":["鸡胸肉","白菜心","干辣椒","鸡精","醋","蚝油","花椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26c09cdb745c7f700f40"},"dish_name":["茶树菇炒肉片"],"material":["茶树菇","土猪肉","青辣椒","红辣椒","蒜头","生抽","生粉","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c19cdb745c7f700f41"},"dish_name":["梅干菜扣肉"],"material":["五花肉","梅干菜","油","盐","鸡精","白糖","生姜","八角","桂皮","干辣椒","香叶","笋干","香葱","老抽","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c29cdb745c7f700f42"},"dish_name":["荷包蛋"],"material":["鸡蛋","食用油","盐","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c39cdb745c7f700f43"},"dish_name":["柠檬水果甜汤"],"material":["鲜柠檬","苹果","梨","冰糖","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26c49cdb745c7f700f44"},"dish_name":["酸辣鸡蛋汤"],"material":["鸡蛋","香菜","红辣椒","浓汤宝","味极鲜","香油","米醋"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae26c69cdb745c7f700f45"},"dish_name":["糖葫芦"],"material":["山楂","适当","香蕉","橘子","葡萄","适当","芝麻","白糖","开水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c79cdb745c7f700f46"},"dish_name":["素炒藕片"],"material":["莲藕","蒜苗","油","盐","鸡精","大蒜","剁椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c89cdb745c7f700f47"},"dish_name":["自制牛轧糖"],"material":["棉花糖","花生","黄油","奶粉","糖纸","糯米纸"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26c99cdb745c7f700f48"},"dish_name":["苦瓜炒蛋"],"material":["苦瓜","鸡蛋","油","盐","水","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26cb9cdb745c7f700f49"},"dish_name":["尖椒豆腐皮"],"material":["尖椒"]}

"红椒","豆腐皮","油","盐","料酒","水淀粉","葱","姜","蒜","味精","鸡粉"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae26cc9cdb745c7f700f4a"},"dish_name":["韭菜炒香干"],"material":["韭菜","香干","红椒","油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26ce9cdb745c7f700f4b"},"dish_name":["素炒三丁"],"material":["豌豆","胡萝卜","盐","鸡粉","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26ce9cdb745c7f700f4c"},"dish_name":["荔枝肉"],"material":["猪里脊肉","蒜头","食用油","油炸荔枝肉配料:","食盐","味精","酱油","淀粉","面粉","小苏打","糖醋酱汁配料:","酱油","白糖","白米醋","清水","淀粉","蒜末"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d09cdb745c7f700f4d"},"dish_name":["杏鲍菇炒肉"],"material":["杏鲍菇","五花肉","葱","生姜","蒜","红辣椒(干的)","盐","十三香","鸡精","生抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d19cdb745c7f700f4e"},"dish_name":["香辣鸡"],"material":["鸡腿","红椒","青椒","花椒","姜","蒜","盐","料酒","老抽","香油","花椒油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d39cdb745c7f700f4f"},"dish_name":["老醋菠菜"],"material":["菠菜","花生米","蒜末","葱","盐","鸡粉","老陈醋","海鲜酱油","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae26d59cdb745c7f700f50"},"dish_name":["肥牛金针菇"],"material":["肥牛","金针菇","红尖椒","青尖椒","葱白","姜","蒜","油","酱油","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d69cdb745c7f700f51"},"dish_name":["蔓越莓脆饼"],"material":["黄油","红糖","盐","蛋白","低筋面粉","小苏打","蔓越莓干"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d79cdb745c7f700f52"},"dish_name":["清炒虾仁"],"material":["青虾仁","葱末","姜末","蒜末","黄瓜","胡萝卜","盐","料酒","胡椒粉","水淀粉","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26d89cdb745c7f700f53"},"dish_name":["南瓜蒸百合"],"material":["南瓜","百合","红枣","淀粉","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26da9cdb745c7f700f54"},"dish_name":["蒜薹炒肉"],"material":["五花肉","蒜薹","红辣椒","油","盐","生抽","料酒","白糖","鸡精","姜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26db9cdb745c7f700f55"},"dish_name":["蒜香骨"],"material":["排骨","独头蒜","酱油","蚝油","料酒","糖","生粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26dc9cdb745c7f700f56"},"dish_name":["肉末豌豆"],"material":["青豌豆","胡萝卜","猪肉末","红椒","盐","姜","蒜","黄酒","生粉","老抽","白胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26dd9cdb745c7f700f57"},"dish_name":["腊味荷兰豆"],"material":["荷兰豆","腊肉肠","食用油","红辣椒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26de9cdb745c7f700f58"},"dish_name":["油炸糕"],"material":["糯米面","粘玉米面","红豆","糖","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26e09cdb745c7f700f59"},"dish_name":["家常酸菜鱼"],"material":["鲈鱼","酸菜","姜、蒜、干辣椒","花椒、大料、葱","油、料酒、鸡精、淀粉","白胡椒粉、盐、白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26e19cdb745c7f700f5a"},"dish_name":["鸡蛋炒苦瓜"],"material":["鸡蛋","苦瓜","姜","油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26e29cdb745c7f700f5b"},"dish_name":["酱爆春笋"],"material":["春笋","葱","油、盐、水淀粉","生抽、料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae26e49cdb745c7f700f5c"},"dish_name":["白灼上海青"],"material":["上海青"]}

,"蒜头","盐","油"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26e59cdb745c7f700f5d"},"dish_name":["香辣毛豆"],"material":["毛豆","八角","香叶","桂皮","花椒","干辣椒","蒜头","红葱头","酱油","盐","料酒","油","水"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26e79cdb745c7f700f5e"},"dish_name":["爽口萝卜"],"material":["白萝卜","盐","小米椒","米醋","生抽","白糖"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26e89cdb745c7f700f5f"},"dish_name":["香椿拌蒜薹"],"material":["香椿","蒜薹","盐","味极鲜酱油","香油"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26ea9cdb745c7f700f60"},"dish_name":["黄金玉米烙"],"material":["玉米","玉米淀粉","玉米淀粉","植物油","白糖"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26ec9cdb745c7f700f61"},"dish_name":["韭菜鸡蛋饼"],"material":["鸡蛋","韭菜","面粉","油","盐"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26ed9cdb745c7f700f62"},"dish_name":["香辣肉丝"],"material":["猪里脊肉","尖椒","香菜","生抽","水淀粉","胡椒粉","料酒","味精或鸡精","蒜末","盐","植物油"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26ef9cdb745c7f700f63"},"dish_name":["滑蛋牛肉"],"material":["牛肉","鸡蛋","葱","生粉","盐","酱油"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26ef9cdb745c7f700f64"},"dish_name":["莴笋炒虾仁"],"material":["莴笋","虾仁","胡萝卜","蒜","胡椒粉","盐"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f19cdb745c7f700f65"},"dish_name":["蚝油手撕包菜"],"material":["蚝油","生抽","葱花","干辣椒","盐"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f19cdb745c7f700f66"},"dish_name":["香煎藕饼"],"material":["藕","五花肉","鸡蛋","精盐","酱油","料酒","胡椒粉","淀粉","葱末"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f39cdb745c7f700f67"},"dish_name":["五香萝卜干"],"material":["大白萝卜","水","粗盐","花椒","大料","香叶","桂皮","五香粉","盐"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f49cdb745c7f700f68"},"dish_name":["素烧萝卜"],"material":["萝卜","蒜苗","盐","老抽","糖","姜","葱","八角"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f59cdb745c7f700f69"},"dish_name":["拔丝苹果"],"material":["苹果","生粉","油","白糖","香精粉"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f69cdb745c7f700f6a"},"dish_name":["芋儿鸡"],"material":["鸡","芋头","火锅料","花椒","味精","葱","盐","植物油","大蒜","姜","酱油","醋"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f89cdb745c7f700f6b"},"dish_name":["山楂糕"],"material":["山楂","冰糖","水"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26f99cdb745c7f700f6c"},"dish_name":["尖椒土豆丝"],"material":["土豆","尖椒","葱末","姜末","蒜末","白醋","糖","食用油"],"style":["家常菜"]}

{ "_id":{"\$oid":"59ae26fa9cdb745c7f700f6d"},"dish_name":["凉拌红薯叶"],"material":["新鲜红薯叶","香油、醋、糖、盐"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26fb9cdb745c7f700f6e"},"dish_name":["凉拌韭菜"],"material":["韭菜","油","生抽","酱油","蚝油","香油","花椒","盐","鸡精"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26fd9cdb745c7f700f6f"},"dish_name":["鸟巢"],"material":["鹌鹑蛋","鸡蛋","生菜","胡萝卜","黑芝麻","芝麻酱","盐"],"style":["凉菜"]}

{ "_id":{"\$oid":"59ae26ff9cdb745c7f700f70"},"dish_name":["芹菜炒粉条"],"material":["芹菜","红椒","葱","姜","蒜头","生抽","老抽","白糖","水（兑汁用）","盐","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27009cdb745c7f700f71"},"dish_name":["干烧鱼"],"material":["豆芽菜","鲫鱼","五花肉","米酒","葱","姜","五花肉","糖","味精","盐","油","糖","味精","葱","姜","酱油","米酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27019cdb745c7f700f72"},"dish_name":["清蒸大闸蟹"],"material":["大闸蟹","姜","酱油","醋","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27029cdb745c7f700f73"},"dish_name":["酿苦瓜"],"material":["苦瓜","肉馅（现成的）","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27039cdb745c7f700f74"},"dish_name":["糖烤栗子"],"material":["栗子","玉米油","砂糖","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27059cdb745c7f700f75"},"dish_name":["香菇油菜"],"material":["油菜","香菇","酱油","油","盐","姜","蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27069cdb745c7f700f76"},"dish_name":["土豆胡萝卜烧牛腩"],"material":["鲜牛腩","土豆","胡萝卜","洋葱","辣椒","南姜","生粉","调味油","料酒","老抽","沙茶酱","味精盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27069cdb745c7f700f77"},"dish_name":["韭菜饺子"],"material":["韭菜","豆干","饺子皮","肉","葱","虾皮沫","白糖","油","盐","可自己调放","醋","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27089cdb745c7f700f78"},"dish_name":["银鱼炒蛋"],"material":["银鱼","鸡蛋","葱花","盐","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27099cdb745c7f700f79"},"dish_name":["蒜蓉茄子"],"material":["长茄子","蒜头","香葱","油","盐","香醋","蒜蓉辣酱","小米椒","芝麻油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae270a9cdb745c7f700f7a"},"dish_name":["蛤蜊蒸蛋"],"material":["蛤蜊","鸡蛋","2枚","葱","盐","胡椒粉","蒸鱼豉豆"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae270b9cdb745c7f700f7b"},"dish_name":["尖椒肉丝"],"material":["猪肉","尖椒","红尖椒","洋葱","油","盐","老抽","白胡椒粉","白糖","一筷子头","淀粉","生抽","花椒水","葱姜蒜","白酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae270d9cdb745c7f700f7c"},"dish_name":["家常麻婆豆腐"],"material":["豆腐","肉末","香菜葱","蒜","蚝油","香辣酱","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae270e9cdb745c7f700f7d"},"dish_name":["山楂酱"],"material":["山楂","冰糖","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae270f9cdb745c7f700f7e"},"dish_name":["香葱肉松卷"],"material":["高筋面粉","牛奶","鸡蛋","白糖","盐","黄油","酵母粉","香葱花","白芝麻","肉松"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27119cdb745c7f700f7f"},"dish_name":["凉拌拍青瓜"],"material":["青瓜","红指天椒","蒜头","香油","耗油","生抽","盐","醋","糖","葱","姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27129cdb745c7f700f80"},"dish_name":["煮毛豆"],"material":["毛豆","盐","大料","花椒","小茴香","辣椒","姜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27149cdb745c7f700f81"},"dish_name":["家常烙饼"],"material":["面粉","葱花","盐","芝麻","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27159cdb745c7f700f82"},"dish_name":["家常炒茄丝"],"material":["圆茄子","青红椒","蒜","大葱","食用油","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27169cdb745c7f700f83"},"dish_name":["炒年糕"],"material":["胡萝卜","黄瓜","年糕","1袋","韩式辣酱","番茄酱","糖","盐","油","葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27189cdb745c7f700f84"},"dish_name":["焖南瓜"],"material":["南瓜","盐"]}

","油"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27199cdb745c7f700f85"},"dish_name":["水蒸蛋"],"material":["鸡蛋","葱","盐","生抽","油"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae271b9cdb745c7f700f86"},"dish_name":["香葱花卷"],"material":["中筋面粉","泡打粉","酵母","绵白糖","水","香葱","色拉油","色拉油","食用盐"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae271b9cdb745c7f700f87"},"dish_name":["茭白肉丝"],"material":["茭白","猪肉丝","黄瓜","大头菜","老姜","葱","生粉","料酒","老抽","盐"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae271d9cdb745c7f700f88"},"dish_name":["蒜蓉苋菜"],"material":["苋菜","蒜蓉","油","盐"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae271e9cdb745c7f700f89"},"dish_name":["麻辣藕片"],"material":["藕","油","葱","干辣椒","麻椒","酱油","白糖","盐","白醋"],["style":["凉菜"]}]

{"_id":{"\$oid":"59ae271f9cdb745c7f700f8a"},"dish_name":["凉拌莴苣百叶丝"],"material":["莴苣","百叶","香菜","大蒜","盐","醋","香油","蒸鱼豉油"],["style":["凉菜"]}]

{"_id":{"\$oid":"59ae27219cdb745c7f700f8b"},"dish_name":["琥珀核桃仁"],"material":["核桃","冰糖"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27229cdb745c7f700f8c"},"dish_name":["海米冬瓜"],"material":["冬瓜","海米","菜籽油","蚝油","生姜粉","食盐","鸡精"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27239cdb745c7f700f8d"},"dish_name":["苦瓜酿肉"],"material":["苦瓜","五花肉","红萝卜","葱","姜","大蒜","枸杞","鸡蛋液","香油","料酒","生抽"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27239cdb745c7f700f8e"},"dish_name":["草莓果酱"],"material":["草莓","细砂糖","柠檬"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27259cdb745c7f700f8f"},"dish_name":["翠竹报春"],"material":["黄瓜","猪肉末","红辣椒","葱花"],["style":["凉菜"]}]

{"_id":{"\$oid":"59ae27279cdb745c7f700f90"},"dish_name":["辣椒油"],"material":["香叶","油","辣椒面","大料","盐","五香粉","味精","芝麻"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27289cdb745c7f700f91"},"dish_name":["咸蛋蒸肉饼"],"material":["鸡粉","花生油","肉末","黑胡椒粉","葱花","咸蛋","鸡蛋清","生粉","生菜","盐","酱油","泡发香菇"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27299cdb745c7f700f92"},"dish_name":["奶香玉米"],"material":["玉米","牛奶","黄油","牛奶"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae272b9cdb745c7f700f93"},"dish_name":["素炒藕条"],"material":["藕","盐","辣椒","酱油","葱","味精","蒜","油"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae272c9cdb745c7f700f94"},"dish_name":["宫爆鸡丁"],"material":["五香花生米","老抽","姜","蒜","酱油","麻椒","淀粉","油","葱白","干辣椒","绵白糖","盐","醋","鸡胸"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae272d9cdb745c7f700f95"},"dish_name":["麻辣鱼块"],"material":["花椒","香菜","茴香","鱼","白芷","葱姜蒜","味精","料酒","干辣椒","糖"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae272e9cdb745c7f700f96"},"dish_name":["鸡蛋肉卷"],"material":["鸡蛋","盐","香葱","上等瘦肉","胡萝卜丝","香油","玉米粉"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27309cdb745c7f700f97"},"dish_name":["小鸡炖蘑菇"],"material":["盐","干蘑菇","大葱","大料","姜","食用油","水","料酒","三黄鸡","红烧酱油"],["style":["家常菜"]}]

{"_id":{"\$oid":"59ae27309cdb745c7f700f98"},"dish_name":["避风塘炒蟹"],"material":["青螃

蟹","蒜头"," 小姜","青椒","红椒"," 生粉"," 盐"," 葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27319cdb745c7f700f99"},"dish_name":["五香花生"],"material":["味精","姜"," 新鲜带壳花生"," 盐","葱"," 五香粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27339cdb745c7f700f9a"},"dish_name":["藕片炒肉"],"material":["藕","1 节","香芹"," 瘦肉","糖"," 生抽","料酒","香油"," 葱姜蒜","干辣椒"," 生粉"," 盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27349cdb745c7f700f9b"},"dish_name":["霸王鸡"],"material":[" 鸡","半支","辣椒"," 红辣椒"," 辣椒粉","蒜","葱"," 辣椒酱","姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27359cdb745c7f700f9c"},"dish_name":["凉拌耳丝"],"material":["香葱","姜","蒜"," 朝天椒"," 生抽"," 盐","糖","醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27369cdb745c7f700f9d"},"dish_name":["盐焗鸡"],"material":[" 三黄鸡","高度白酒","生姜","味精","香油","香油"," 姜黄粉"," 精盐","胡椒粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27379cdb745c7f700f9e"},"dish_name":["椒盐花生米"],"material":["花生米","食用油"," 花椒盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27399cdb745c7f700f9f"},"dish_name":["秘制辣椒油"],"material":[" 辣椒面"," 白芝麻"," 盐","花椒","桂皮","大料"," 香叶"," 豆油","洋葱","姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae273b9cdb745c7f700fa0"},"dish_name":["椰汁红豆糕"],"material":[" 清水"," 马蹄粉"," 椰浆","红豆","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae273d9cdb745c7f700fa1"},"dish_name":["叉烧包"],"material":["面粉"," 生抽","蚝油","香油"," 叉烧肉","白糖"," 葱姜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae273e9cdb745c7f700fa2"},"dish_name":["清炒南瓜丝"],"material":[" 盐","醋"," 鸡精"," 嫩南瓜","香葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27409cdb745c7f700fa3"},"dish_name":["蒜蓉蒸丝瓜"],"material":["丝瓜","鸡粉","油","蒜头"," 盐","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27419cdb745c7f700fa4"},"dish_name":["香辣烤鱼"],"material":["草鱼","洋葱"," 姜末"," 香水芹"," 植物油"," 干红椒"," 高汤","料酒","蒜"," 盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27429cdb745c7f700fa5"},"dish_name":["家常炒饼"],"material":[" 盐","醋"," 剩烙饼"," 白菜丝(娃娃菜)","酱油"," 牛肉丝"," 葱, 姜, 蒜末"," 青椒丝"," 调料水(自制)"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27439cdb745c7f700fa6"},"dish_name":["苦瓜煎蛋"],"material":["鸡蛋","苦瓜"," 盐"," 鸡精"," 植物油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27449cdb745c7f700fa7"},"dish_name":["辣炒土豆丝"],"material":["土豆"," 柿子椒"," 葱、姜、蒜"," 精盐","耗油","醋"," 辣椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27459cdb745c7f700fa8"},"dish_name":["蛤蜊炖蛋"],"material":["鸡蛋","蛤蜊"," 鲜酱油","麻油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27469cdb745c7f700fa9"},"dish_name":["酸豆角炒肉沫"],"material":["五花肉"," 泡红椒"," 植物油","姜"," 酸豆角","料酒"," 老抽"," 青尖椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27489cdb745c7f700faa"},"dish_name":["糟香毛豆"],"material":["毛豆","盐"," 宝鼎糟卤","一袋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27499cdb745c7f700fab"},"dish_name":["什锦大拌菜"],"material":["香油","胡萝卜"," 干海带丝","香菜","青椒","葱白","味精"," 生抽","红椒"," 熟芝麻"," 盐","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27499cdb745c7f700fac"},"dish_name":["卤鸭翅"],"material":[" 盐","香油"," 珠江卤水汁","鸭翅"," 生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae274b9cdb745c7f700fad"},"dish_name":["糯米枣"],"material":["红枣","糯米粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae274c9cdb745c7f700fae"},"dish_name":["油酥花生米"],"material":["盐","食用油","花生米"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae274d9cdb745c7f700faf"},"dish_name":["灯影牛肉丝"],"material":["牛肉","盐","糖","鸡精","八角","花椒","干辣椒","辣椒粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27509cdb745c7f700fb0"},"dish_name":["西多士"],"material":["鸡蛋","芝士","沙拉酱或花生酱","午餐肉","或火腿"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27529cdb745c7f700fb1"},"dish_name":["椒盐小土豆"],"material":["小土豆","辣椒","蒜蓉","十三香","盐","花椒","小葱","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27539cdb745c7f700fb2"},"dish_name":["家常菜韭菜炒鸡蛋"],"material":["韭菜","鸡蛋","盐","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27549cdb745c7f700fb3"},"dish_name":["香辣蟹"],"material":["螃蟹","生姜","大蒜","大葱","干尖椒","色拉油","花椒","桂皮","八角","盐","鸡精","料酒","海鲜酱","麻辣酱","红辣椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27559cdb745c7f700fb4"},"dish_name":["冰糖肘子"],"material":["猪肘子","冰糖","八角","桂皮","葱、姜、蒜","料酒","老抽","盐","醋","十三香"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27569cdb745c7f700fb5"},"dish_name":["蝴蝶酥"],"material":["面粉","黄油","细砂糖","盐","水","黄油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27589cdb745c7f700fb6"},"dish_name":["江米条"],"material":["水","糯米粉","糖","沾表面用","食用油","炸制用","麦芽糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27599cdb745c7f700fb7"},"dish_name":["家常小炒肉"],"material":["油","青小米辣","料酒","老抽","美人椒","盐","红小米辣","三线肉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae275a9cdb745c7f700fb8"},"dish_name":["红烧猪手"],"material":["老抽","生抽","鸡精","食用油","猪手","八角","料酒","香叶","白糖","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae275c9cdb745c7f700fb9"},"dish_name":["油豆腐酿肉"],"material":["酱油","香菜","油豆腐泡1","肉沫","红椒","葱","食用油","料酒","香油","淀粉","姜","白胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae275d9cdb745c7f700fba"},"dish_name":["土豆焖鸭"],"material":["鸭肉","土豆","生抽","玉米油","蒜头","孜然粉","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae275f9cdb745c7f700fbb"},"dish_name":["香卤猪肝"],"material":["猪肝","老橙皮","蒜头","姜","八角","盐","酱油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27609cdb745c7f700fbc"},"dish_name":["白灼西兰花"],"material":["西兰花","葱丝","姜丝","干辣椒","蒸鱼豉油","糖","鸡汁","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27619cdb745c7f700fbd"},"dish_name":["家常番茄炒蛋"],"material":["西红柿","鸡蛋","盐","糖","酱油","油","葱","蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27639cdb745c7f700fbe"},"dish_name":["木瓜椰汁西米露"],"material":["西米","木瓜","椰浆","牛奶","炼乳"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27649cdb745c7f700fbf"},"dish_name":["葱油鸡"],"material":["鲜鸡","大葱","青葱","红葱头","生姜","食盐","花生油","白糖","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27669cdb745c7f700fc0"},"dish_name":["油爆虾"],"material":["明虾","葱花","蚝油","盐","糖","黄酒","生姜","生粉","酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27679cdb745c7f700fc1"},"dish_name":["椒盐手抓饼"],"material":["面粉","花生油","椒盐","温开水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27689cdb745c7f700fc2"},"dish_name":["大葱烧豆腐"],"material":["葱白","豆腐","盐","酱油","食用油","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27689cdb745c7f700fc3"},"dish_name":["红烧鲈鱼"],"material":["鲈鱼","小葱","油","生姜","番茄酱","生抽","蒸鱼鼓油","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27699cdb745c7f700fc4"},"dish_name":["香蕉核桃马芬"],"material":["鸡蛋","低粉","牛奶","玉米油","泡打粉","小苏打","香蕉","核桃仁","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae276b9cdb745c7f700fc5"},"dish_name":["红薯豆沙饼"],"material":["红豆沙","红薯","糯米粉","杏仁","熟白芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae276c9cdb745c7f700fc6"},"dish_name":["家常油饼"],"material":["白面","白糖","盐","开水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae276d9cdb745c7f700fc7"},"dish_name":["挂霜腰果"],"material":["腰果","白糖","色拉油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae276e9cdb745c7f700fc8"},"dish_name":["家常麻辣香锅"],"material":["冻豆腐","黑木耳","粉丝","小葱","超辣干红椒","麻椒","白糖","白酒","植物油","盐","味极鲜","米醋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae276f9cdb745c7f700fc9"},"dish_name":["香辣水煮肉片"],"material":["里脊肉","茼蒿","油麦菜","青笋","蒜","香菜","花椒","干辣椒","花椒粉","辣椒粉","糖","盐","蛋清","淀粉","料酒","葱","青椒（或线椒）","十三香"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27719cdb745c7f700fca"},"dish_name":["腐乳葱香饼"],"material":["面粉","白糖","跟面粉相比，适中就好。"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27729cdb745c7f700fcb"},"dish_name":["胡萝卜小餐包"],"material":["高筋面粉","食用油","全蛋液","砂糖","奶粉","盐","酵母","水","高筋面粉（汤种）"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27739cdb745c7f700fcc"},"dish_name":["青椒炒肉"],"material":["五花肉","青尖椒","生抽","盐","孜然","洋葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27749cdb745c7f700fcd"},"dish_name":["凉拌五香花生米"],"material":["花生米","芹菜","胡萝卜","一小节","盐","香油","生姜","香叶","草果","八角","桂皮","花椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27769cdb745c7f700fce"},"dish_name":["酱鸭"],"material":["鸭肉","姜","大蒜","干辣椒","八角","料酒","生抽","老抽","鸡精","盐","白胡椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27779cdb745c7f700fcd"},"dish_name":["麻辣香酒鬼花生"],"material":["花生","食用油","干辣椒","花椒","盐","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27789cdb745c7f700fd0"},"dish_name":["香菇蒸虾盏"],"material":["香菇","基围虾","猪肉末","姜末","葱","盐","淀粉","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27799cdb745c7f700fd1"},"dish_name":["菠菜炒粉丝"],"material":["菠菜","粉丝","盐","味精","香油","大葱","黄酒","姜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae277a9cdb745c7f700fd2"},"dish_name":["醋溜土豆丝"],"material":["土豆","小红椒","青菜","油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae277c9cdb745c7f700fd3"},"dish_name":["小鸡炖蘑菇"],"material":["童子鸡","干榛蘑","老抽","料酒","生抽","盐","白糖","干红辣椒","蒜","八角"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae277d9cdb745c7f700fd4"},"dish_name":["梅子烧鸡"],"material":["鸡腿","紫苏梅","酱油","葱","冰糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae277e9cdb745c7f700fd5"},"dish_name":["芦笋炒腊肉"],"material":["芦笋","

腊肉","油"," 红辣椒"," 干红辣椒","生姜","大蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27809cdb745c7f700fd6"},"dish_name":["香煎杏鲍菇"],"material":["杏鲍菇"," 孜然、蚝油、生抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27819cdb745c7f700fd7"},"dish_name":["凉拌油麦菜"],"material":["油麦菜","油"," 盐","香油","味精","干辣椒","蒜"," 生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27829cdb745c7f700fd8"},"dish_name":["凉拌鸡腿肉"],"material":[" 鸡大腿","料酒"," 姜粉","蒜","小葱","红椒"," 熟花生米","油"," 盐","醋","糖"," 味极鲜"," 辣子面"," 白芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27839cdb745c7f700fd9"},"dish_name":["凉拌花生米"],"material":[" 生花生米","黄瓜"," 红尖椒","蒜","香菜"," 生抽","醋","糖","麻油"," 盐"," 色拉油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27849cdb745c7f700fda"},"dish_name":["凉拌粉丝菠菜"],"material":["菠菜","粉丝"," 盐"," 味极鲜酱油","香油","花椒粉","少于"," 鸡精","少于"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27859cdb745c7f700fdb"},"dish_name":["刀拍黄瓜"],"material":["黄瓜","葱","香油"," 生抽","白糖"," 盐","香醋"," 辣椒油","蒜","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27879cdb745c7f700fdc"},"dish_name":["凉拌山药"],"material":["山药","醋"," 盐"," 小米椒","葱","装饰用"," 鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27889cdb745c7f700fdd"},"dish_name":["菠菜粉丝汤"],"material":["菠菜","粉丝"," 鲜虾仁"," 姜（切末）"," 盐"," 鸡精","香油"],"style":["汤"]}

{"_id":{"\$oid":"59ae27889cdb745c7f700fde"},"dish_name":["五指毛桃煲鸡汤"],"material":["鸡","五指毛桃"," 瘦肉","姜"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae278a9cdb745c7f700fdf"},"dish_name":["滋补羊肉汤"],"material":[" 羊肉（腰窝肉）","胡萝卜","木耳"," 红薯粉丝","食用油"," 盐","葱","姜","蒜"," 青蒜苗","黄芪"," 麦冬"," 红辣椒","料酒"," 生抽"],"style":["汤"]}

{"_id":{"\$oid":"59ae278b9cdb745c7f700fe0"},"dish_name":["豆腐鲫鱼汤"],"material":["鲫鱼","豆腐","小葱","香菜"," 盐","料酒"," 耗油","油"],"style":["汤"]}

{"_id":{"\$oid":"59ae278c9cdb745c7f700fe1"},"dish_name":["泥鳅淮山汤"],"material":["泥鳅","淮山","葱","姜"," 盐","花生油"],"style":["汤"]}

{"_id":{"\$oid":"59ae278d9cdb745c7f700fe2"},"dish_name":["清炖牛肉萝卜汤"],"material":["牛肉","白萝卜","葱","姜"," 水","香菜"," 盐"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae278e9cdb745c7f700fe3"},"dish_name":["小白菜丸子汤"],"material":[" 猪肉馅","白菜"," 色拉油"," 葱花"," 鸡蛋清"," 盐","姜","淀粉","料酒"," 鸡精"," 海菜","红萝卜","八角"],"style":["汤"]}

{"_id":{"\$oid":"59ae278f9cdb745c7f700fe4"},"dish_name":["蘑菇鸡蛋汤"],"material":["蘑菇","鸡蛋","韭菜","猪肉"," 葱花","油"," 盐","酱油"," 鸡精"," 十三香"],"style":["汤"]}

{"_id":{"\$oid":"59ae27919cdb745c7f700fe5"},"dish_name":["羊排山药汤"],"material":[" 羊排肉","山药","枸杞","大枣","葱","姜","香菜","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae27929cdb745c7f700fe6"},"dish_name":["椰浆蘑菇浓汤"],"material":["蘑菇","火腿","洋葱","面粉"," 椰浆","黑芝麻"," 白芝麻"," 橄榄油","白胡椒"," 椒盐"," 食盐","白糖","香葱","料酒"," 清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae27939cdb745c7f700fe7"},"dish_name":["白萝卜大骨汤"],"material":["白萝卜"," 猪大骨"," 盐"," 葱，姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae27949cdb745c7f700fe8"},"dish_name":["姜汤"],"material":["姜"," 枣","枸杞","红糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae27969cdb745c7f700fe9"},"dish_name":["家常烧茄子"],"material":["茄子","青椒","西红柿","洋葱","油","盐","调味料","白糖","老抽","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27979cdb745c7f700fea"},"dish_name":["冰糖银耳莲子羹"],"material":["银耳","莲子","冰糖","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27989cdb745c7f700feb"},"dish_name":["椰浆西米露"],"material":["西米","椰浆","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27999cdb745c7f700fec"},"dish_name":["菠菜面"],"material":["菠菜","胡萝卜","猪肉","鸡蛋","油","盐","生抽","葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae279a9cdb745c7f700fed"},"dish_name":["家常炒茄子"],"material":["茄子","辣椒","大蒜","油","鸡精","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae279b9cdb745c7f700fee"},"dish_name":["家常烧鲈鱼"],"material":["鲈鱼","葱","姜","大料","大蒜","糖","料酒","一品鲜酱油","白醋","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae279d9cdb745c7f700fef"},"dish_name":["凉拌裙带菜"],"material":["裙带菜（干的）","虾皮","大蒜","红椒","辣椒油","香油","酱油（捞拌汁）","白糖","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae279e9cdb745c7f700ff0"},"dish_name":["自制叉烧肉"],"material":["米酒","盐","色拉油","蜂蜜","生抽","梅花肉（精五花）","蒸鱼豉油","蚝油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae279f9cdb745c7f700ff1"},"dish_name":["炒田螺"],"material":["田螺","姜","蒜头","红椒","生抽","料酒","葱","盐（洗螺用）","盐（煮菜用）","茶仔油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a09cdb745c7f700ff2"},"dish_name":["腊八蒜"],"material":["大蒜","米醋","冰糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a29cdb745c7f700ff3"},"dish_name":["白切肉"],"material":["五花肉","大蒜","红绿辣椒","茴香桂皮","干红辣椒","盐","料酒","耗油","六月鲜酱油","醋","香油","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a39cdb745c7f700ff4"},"dish_name":["卤猪脚"],"material":["猪脚","老卤汁","一大钵","薄荷"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a59cdb745c7f700ff5"},"dish_name":["白灼菠菜"],"material":["菠菜","大蒜","红椒","香油","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a59cdb745c7f700ff6"},"dish_name":["凉拌老虎菜"],"material":["黄瓜","青椒","香菜","香葱","红椒","盐","醋","香油","鸡粉","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a79cdb745c7f700ff7"},"dish_name":["豆豉鲈鱼拌油麦菜"],"material":["豆豉鲈鱼罐头","油麦菜","生抽","耗油","大蒜","1头","盐","白芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a89cdb745c7f700ff8"},"dish_name":["凉拌豆腐皮韭菜"],"material":["韭菜","豆腐皮","胡萝卜","盐","生抽","辣椒油","醋","白糖","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27a99cdb745c7f700ff9"},"dish_name":["凉拌螺旋藻"],"material":["干螺旋藻","香菜","蒜米","姜","糖","盐","陈醋","红辣椒/辣椒酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27ab9cdb745c7f700ffa"},"dish_name":["西芹凉拌腐竹"],"material":["西芹","腐竹","胡萝卜","盐","花椒油","糖","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27ac9cdb745c7f700ffb"},"dish_name":["凉拌松花蛋"],"material":["松花蛋","豆腐","胡萝卜","生抽","芝麻油","料酒","食醋","香菜","辣椒","盐","味精","大蒜","生姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27ae9cdb745c7f700ffc"},"dish_name":["幸福魔方"],"material":["胡萝卜","心里美萝卜","白萝卜","沙窝萝卜","盐","醋","糖","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27af9cdb745c7f700ffd"},"dish_name":["凉拌香辣土豆丝"],"material":["土豆","3","五香粉","醋","大蒜","白糖","辣椒粉","酱油","干辣椒","盐","葱花"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27b09cdb745c7f700ffe"},"dish_name":["凉拌腐竹银耳"],"material":["腐竹","银耳","黄瓜","红椒","大蒜","辣椒油","酱油","陈醋","香油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27b19cdb745c7f700fff"},"dish_name":["凉拌地皮菜"],"material":["地皮菜","油","花椒","干辣椒","葱","姜","蒜","醋","白糖","盐","香菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27b29cdb745c7f701000"},"dish_name":["冬瓜羊肉汤"],"material":["羊肉","冬瓜","生姜","小葱","枸杞","清水","食盐","味精","胡椒粉","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae27b39cdb745c7f701001"},"dish_name":["胡萝卜猪骨汤"],"material":["胡萝卜","猪骨","1斤","赤小豆","1小扎","茨实","1小扎","淮山","红枣","水","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae27b59cdb745c7f701002"},"dish_name":["冬瓜薏米骨头汤"],"material":["冬瓜","鸡精","大骨","薏米","盐","姜","香芹"],"style":["汤"]}

{"_id":{"\$oid":"59ae27b69cdb745c7f701003"},"dish_name":["当归黄芪土鸡汤"],"material":["土鸡","当归","黄芪","红枣","枸杞","老姜","葱白","盐","普通电饭煲"],"style":["汤"]}

{"_id":{"\$oid":"59ae27b89cdb745c7f701004"},"dish_name":["鲑鱼干花生排骨汤"],"material":["排骨","花生","鲑鱼（干）","八角桂皮","料酒","白醋","盐","葱花"],"style":["汤"]}

{"_id":{"\$oid":"59ae27b99cdb745c7f701005"},"dish_name":["素烩汤"],"material":["木耳","黄瓜","番茄","上海青","淀粉","盐","胡椒粉","醋","芝麻油"],"style":["汤"]}

{"_id":{"\$oid":"59ae27ba9cdb745c7f701006"},"dish_name":["天麻鱼头汤"],"material":["鲫鱼","野生天麻","枸杞","生姜","花椒","油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae27bb9cdb745c7f701007"},"dish_name":["玉米胡萝卜山药排骨汤"],"material":["排骨","玉米","胡萝卜","山药","盐","姜","米酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae27bd9cdb745c7f701008"},"dish_name":["白萝卜汤"],"material":["白萝卜","猪骨","葱","姜","盐","鸡精","胡椒粉","枸杞"],"style":["汤"]}

{"_id":{"\$oid":"59ae27be9cdb745c7f701009"},"dish_name":["酸辣香菇豆腐汤"],"material":["豆腐","香菇","胡萝卜","油菜","浓汤宝","酱油","盐","醋","胡椒粉","淀粉","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae27bf9cdb745c7f70100a"},"dish_name":["鲜味蛤蜊汤"],"material":["蛤蜊","瘦肉","姜","盐","胡椒粉","料酒","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae27c09cdb745c7f70100b"},"dish_name":["猴头菇骨头汤"],"material":["猪骨","猴头菇","竹荪","虫草花","莲子","红枣","老姜","小香葱","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae27c29cdb745c7f70100c"},"dish_name":["金针菇鲫鱼汤"],"material":["金针菇","鲫鱼","葱","姜","料酒","盐","花生油"],"style":["汤"]}

{"_id":{"\$oid":"59ae27c39cdb745c7f70100d"},"dish_name":["家常回锅肉"],"material":["鲜带皮猪肉","油","小葱苗","红圆葱","豆鼓酱","盐","姜","陈皮","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27c39cdb745c7f70100e"},"dish_name":["过桥米线"],"material":["干米线","青菜","绿豆芽","海带丝","鸡胸肉","辣椒油","浓汤宝","料酒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27c59cdb745c7f70100f"},"dish_name":["香辣烤凤爪"],"material":["凤爪","油","盐","自然粉","味精","辣椒粉","花椒粉","老抽","姜","蒜","葱","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27c69cdb745c7f701010"},"dish_name":["家常带鱼"],"material":["带鱼","鸡"]}

蛋","面粉"," 五香粉"," 椒盐粉","胡椒粉"," 生抽","姜","孜然粉","料酒"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae27c79cdb745c7f701011"},"dish_name":["凉拌酸辣藕片"],"material":[" 葱,姜,蒜","白糖"," 红醋"," 生抽"," 辣椒油","香油"," 花椒油"," 盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27c89cdb745c7f701012"},"dish_name":["凉拌包菜"],"material":["油"," 盐"," 鸡精"," 麻辣鲜"," 黑胡椒粉","花椒","醋","香油"," 蒸鱼豉油"," 辣椒面"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27c99cdb745c7f701013"},"dish_name":["凉拌猪耳朵"],"material":["香菜","葱","生姜"," 朝天椒","大葱"," 香叶","桂皮","八角"," 熟白芝麻","白糖"," 盐"," 老抽","香醋"," 生抽"," 辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27ca9cdb745c7f701014"},"dish_name":["拌金针菇"],"material":[" 金针菇"," 小米椒","蒜","花生油"," 陈醋"," 生抽","香油"," 盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27cb9cdb745c7f701015"},"dish_name":["凉拌蒜苔丝"],"material":["蒜苔","大蒜"," 小辣椒"," 盐"," 生抽","香醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27cc9cdb745c7f701016"},"dish_name":["凉拌素什锦"],"material":["蒜","4瓣","黄瓜"," 泡发黑木耳"," 白菜花"," 紫洋葱"," 泡发腐竹","白醋","香油"," 生抽凉拌酱油"," 鸡汁"," 盐","花椒","胡萝卜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27ce9cdb745c7f701017"},"dish_name":["减肥沙拉"],"material":[" 大芒果","苹果"," 丑橘","酸奶"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27cf9cdb745c7f701018"},"dish_name":["芥末木耳"],"material":["木耳","芥末膏","胡萝卜"," 生抽","醋"," 盐","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d09cdb745c7f701019"},"dish_name":["凉拌黄瓜"],"material":["黄瓜","蟹味菇","香菜"," 味极鲜","香醋","香油"," 盐"," 鸡精"," 剁椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d19cdb745c7f70101a"},"dish_name":["水晶猪蹄"],"material":["猪蹄","大葱","姜","大蒜","花椒","八角"," 香叶","桂皮","料酒"," 生抽","醋","香油"," 盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d29cdb745c7f70101b"},"dish_name":["红油猪耳朵"],"material":["黄瓜","盐","糖","香油"," 生抽","醋"," 辣椒油"," 葱花"," 蒜末"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d39cdb745c7f70101c"},"dish_name":["凉拌菠菜粉丝"],"material":["菠菜","粉丝","腐竹"," 核桃油","香油","大蒜"," 味极鲜"," 盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d59cdb745c7f70101d"},"dish_name":["自制豆腐"],"material":[" 黄豆","盐卤或内脂"," 清水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d69cdb745c7f70101e"},"dish_name":["马兰头拌香干"],"material":["马兰头","一篮子"," 香干","麻油"," 盐","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d89cdb745c7f70101f"},"dish_name":["凉拌菠菜金针菇"],"material":["菠菜","金针菇"," 盐","麻油"," 生抽","姜","醋","蒜"," 鼓油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27d99cdb745c7f701020"},"dish_name":["凉拌空心菜"],"material":["空心菜","蒜","葱"," 生抽"," 辣椒油","香油","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27da9cdb745c7f701021"},"dish_name":["紫甘蓝沙拉"],"material":["紫甘蓝","生菜"," 盐"," 沙拉酱"," 凉开水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27db9cdb745c7f701022"},"dish_name":["瘦肉枸杞叶汤"],"material":[" 盐"," 水"," 瘦肉","枸杞叶","花生油"],"style":["汤"]}

{"_id":{"\$oid":"59ae27dc9cdb745c7f701023"},"dish_name":["玉米胡萝卜排骨汤"],"material":["排骨","胡萝卜","玉米","姜","葱"," 盐","胡椒粉","白糖"," 鸡汁","味精"],"style":["汤"]}

{"_id":{"\$oid":"59ae27dd9cdb745c7f701024"},"dish_name":["花蛤豆腐汤"],"material":["葱","花

蛤","姜","盐","豆腐"],"style":["汤"]}

{"_id":{"\$oid":"59ae27df9cdb745c7f701025"},"dish_name":["银耳紫薯汤"],"material":["银耳","紫薯","冰糖","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e09cdb745c7f701026"},"dish_name":["冰糖雪梨银耳汤"],"material":["雪梨","干银耳","冰糖","枸杞"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e19cdb745c7f701027"},"dish_name":["玉米甜汤"],"material":["玉米","枸杞","水","冰糖","玉米淀粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e29cdb745c7f701028"},"dish_name":["冬瓜肉圆汤"],"material":["冬瓜","瘦肉","油盐","葱姜","料酒","淀粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e49cdb745c7f701029"},"dish_name":["蛤蜊海鲜汤"],"material":["蛤蜊","豆腐","自磨虾粉","姜","香菜","油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e59cdb745c7f70102a"},"dish_name":["黄辣丁豆腐汤"],"material":["黄辣丁","豆腐","姜","葱","盐","料酒","猪油","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e69cdb745c7f70102b"},"dish_name":["五红汤"],"material":["红豆","红枣","枸杞","花生","红糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e79cdb745c7f70102c"},"dish_name":["红枣桂圆汤"],"material":["红枣","桂圆","红糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae27e99cdb745c7f70102d"},"dish_name":["番茄炖牛腩"],"material":["番茄","牛腩","葱","姜","料酒","番茄酱","水","白糖","盐","花生油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae27e99cdb745c7f70102e"},"dish_name":["金沙玉米"],"material":["咸蛋黄","香菜","油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27eb9cdb745c7f70102f"},"dish_name":["家常拔丝红薯"],"material":["地瓜","白糖","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27eb9cdb745c7f701030"},"dish_name":["咸鸭蛋炒南瓜"],"material":["南瓜","1","咸鸭蛋黄","2","胡萝卜","香油","高乐高","橙味粉","牛奶","土豆","奶粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27ed9cdb745c7f701031"},"dish_name":["煮花生"],"material":["花生","八角","桂皮","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27ee9cdb745c7f701032"},"dish_name":["猪油手撕圆白菜"],"material":["圆白菜","干辣椒","麻椒","猪油","盐","糖","鸡汁","陈醋","蒜末"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27ef9cdb745c7f701033"},"dish_name":["家常香辣烤鱼"],"material":["活鲫鱼","小葱","姜蒜","胡椒粉","海鲜酱油","鸡精","料酒","米醋","白糖","米椒","烤肉料"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27f09cdb745c7f701034"},"dish_name":["香肠炒蒜苔"],"material":["蒜薹","香肠","红辣椒","姜","葱","蒜","植物油","生抽","五香粉","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27f19cdb745c7f701035"},"dish_name":["鲜橙蒸蛋"],"material":["香橙","鸡蛋","白砂糖","樱桃","若干（装饰）"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae27f39cdb745c7f701036"},"dish_name":["豌豆凉粉"],"material":["豌豆粉","1份","清水","6份"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27f49cdb745c7f701037"},"dish_name":["蒜蓉木耳菜"],"material":["木耳菜","蒜","1头","耗油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27f59cdb745c7f701038"},"dish_name":["糖醋脆萝卜"],"material":["白萝卜","红辣椒","姜","白糖","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27f69cdb745c7f701039"},"dish_name":["橙汁山药"],"material":["铁棍山药

","橙子","蜂蜜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27f79cdb745c7f70103a"},"dish_name":["麻辣拌藕片"],"material":["藕","一节","葱","辣椒粉","盐","白糖","鸡精","炒菜王","半山","老抽","醋","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27f99cdb745c7f70103b"},"dish_name":["凉拌米线"],"material":["米线","红椒","香菜","葱","生抽","香油","辣椒油","味精","花椒粉","油酥花生米"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27fa9cdb745c7f70103c"},"dish_name":["炅拌金针菇"],"material":["金针菇","胡萝卜","青椒","盐","五香面","胡椒粉","味极鲜","醋","白糖","芝麻香油","香菜末"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27fb9cdb745c7f70103d"},"dish_name":["泡鸡脚"],"material":["鸡脚","洋葱","柠檬","盐","花椒","姜","白糖","味精","胡椒粉","小米椒","大蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae27fc9cdb745c7f70103e"},"dish_name":["凉拌杏鲍菇"],"material":["杏鲍菇","姜","蒜","香醋","香油","盐","辣椒油","生抽","香菜","白糖","花椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28059cdb745c7f70103f"},"dish_name":["凉拌菠菜花生米"],"material":["菠菜","花生米","玉米油","香油","盐","陈醋","蒜","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28059cdb745c7f701040"},"dish_name":["香辣凉拌藕片"],"material":["藕","1节","香芹","辣椒油","盐","醋","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28069cdb745c7f701041"},"dish_name":["香卤鹌鹑蛋"],"material":["鹌鹑蛋","老抽","生抽","白酒","耗油","白糖","盐","醋","十三香"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28079cdb745c7f701042"},"dish_name":["鸡丝拌春笋"],"material":["鸡胸肉","春笋","黑芝麻","生姜","葱","生抽","盐","香菜","味精","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28089cdb745c7f701043"},"dish_name":["葱油豆腐皮"],"material":["豆腐皮","金针菇","50G","油","葱","红辣椒","生抽","花椒","生姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28099cdb745c7f701044"},"dish_name":["五香卤蛋"],"material":["鹌鹑蛋","红糖","各类卤料","若干"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae280a9cdb745c7f701045"},"dish_name":["金针菇豆腐汤"],"material":["豆腐","金针菇","猪肉","葱","2跟","淀粉","盐","酱油","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae280a9cdb745c7f701046"},"dish_name":["猪骨汤"],"material":["猪骨","淮山","红枣","龙眼干","薏米","枸杞","盐","葱花"],"style":["汤"]}

{"_id":{"\$oid":"59ae280c9cdb745c7f701047"},"dish_name":["冰糖银耳红枣汤"],"material":["银耳","红枣","冰糖","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae280d9cdb745c7f701048"},"dish_name":["海米冬瓜汤"],"material":["海米","冬瓜","玉米胚芽油","香油","葱白","姜末","绿葱叶","盐","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae280e9cdb745c7f701049"},"dish_name":["石斛炖瘦肉汤"],"material":["石斛","瘦肉","麦冬","蜜枣","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28109cdb745c7f70104a"},"dish_name":["银耳甜汤"],"material":["银耳","枸杞","百合","玫瑰花","红枣","莲子","冰糖","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae28119cdb745c7f70104b"},"dish_name":["炖鸡汤"],"material":["鸡","金龙鱼胶","花旗参","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28129cdb745c7f70104c"},"dish_name":["筒骨莲藕汤"],"material":["盐","莲藕","筒骨"],"style":["汤"]}

{"_id":{"\$oid":"59ae28149cdb745c7f70104d"},"dish_name":["鲜菇清炖鸡汤"],"material":["鸡肉","香菇","姜","盐","酱油"],"style":["汤"]}

{"_id":{"\$oid":"59ae28159cdb745c7f70104e"},"dish_name":["丝瓜炒鸭蛋"],"material":["丝瓜","盐","油","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28169cdb745c7f70104f"},"dish_name":["香辣牛肚丝"],"material":["牛肚","老干妈","青红黄彩椒","蒜","生姜","黄酒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28189cdb745c7f701050"},"dish_name":["家常清炒丝瓜"],"material":["丝瓜","大葱","花椒","温水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28199cdb745c7f701051"},"dish_name":["干煸菜花五花肉"],"material":["有机菜花","五花肉","胡萝卜","色拉油","盐","味精","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae281b9cdb745c7f701052"},"dish_name":["鸡丝凉面"],"material":["鸡胸肉","黄瓜","辣椒油","盐","熟花生米","葱叶","花椒油","麻酱","米醋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae281c9cdb745c7f701053"},"dish_name":["鲜肉月饼"],"material":["水油皮：面粉","水油皮：玉米油","水油皮：白砂糖","水油皮：水","油酥：面粉","油酥：玉米油","猪肉馅","馅：白砂糖","蜂蜜","熟芝麻","香油","酱油","料酒","盐","表面装饰：蛋黄","黑芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae281d9cdb745c7f701054"},"dish_name":["凉拌龙须菜"],"material":["龙须菜","辣椒","芝麻","盐","调料酱油","醋","糖","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae281e9cdb745c7f701055"},"dish_name":["红油腐竹"],"material":["黄瓜","腐竹","胡萝卜","盐","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28209cdb745c7f701056"},"dish_name":["酱油鸡"],"material":["童子鸡","老抽","姜","蒜","香葱","花椒","大料","盐","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28209cdb745c7f701057"},"dish_name":["凉拌猪心"],"material":["猪心","花椒","八角","葱姜蒜","调料汁","胡萝卜","香菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28219cdb745c7f701058"},"dish_name":["凉拌黄花菜"],"material":["黄花菜","蒜","香菜","红椒","盐","醋","糖","味精","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28239cdb745c7f701059"},"dish_name":["爽口大拌菜"],"material":["黄瓜","圣女果","紫甘蓝","洋葱","苦菊","蒜末","鲜酱油","白米醋","糖","盐","花椒","小辣椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28249cdb745c7f70105a"},"dish_name":["翡翠凉粉"],"material":["红薯淀粉","菠菜","盐","味精","鸡精","生抽","醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28259cdb745c7f70105b"},"dish_name":["陈醋菠菜花生米"],"material":["菠菜","花生米","食用油","盐","糖","白酒","白芝麻","陈醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28269cdb745c7f70105c"},"dish_name":["凉拌五香豆腐干"],"material":["五香豆腐干","花生米","盐","生抽","香油","辣椒油","白芝麻","葱蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28289cdb745c7f70105d"},"dish_name":["凉拌鲫鱼"],"material":["鲫鱼","大蒜","一头","小葱","小辣椒","味极鲜酱油","盐","料酒","花椒","胡椒粉","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28299cdb745c7f70105e"},"dish_name":["姜汁拌腐竹"],"material":["腐竹","柠檬蜂蜜汁","白醋","姜沫"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28299cdb745c7f70105f"},"dish_name":["黄瓜拌猪耳"],"material":["黄瓜","咸猪耳","胡萝卜","蒜头","麻油","盐","牛肉酱","生抽","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae282c9cdb745c7f701060"},"dish_name":["凉拌芦笋"],"material":["猪肚","芦笋","黄瓜","胡萝卜","香菜","盐","花生油","香油","蚝油","凉拌菜酱油","白糖","香醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae282d9cdb745c7f701061"},"dish_name":["卤鸡翅鸡爪"],"material":["鸡翅","

若干","鸡爪","蒜头","姜","老抽","生抽","五香粉","盐","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae282d9cdb745c7f701062"},"dish_name":["凉拌花菜"],"material":["花菜","红萝卜","木耳","葱","蒜头","小米椒","玉米油","麻油","盐","生抽","山西凉拌醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae282e9cdb745c7f701063"},"dish_name":["蒜苗拌金针菇"],"material":["金针菇","蒜苗","蒜","香菜","若干","油、香油","盐","香醋","糖","辣子油","耗油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae282f9cdb745c7f701064"},"dish_name":["西葫芦鸡蛋汤"],"material":["西葫芦","鸡蛋","油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28319cdb745c7f701065"},"dish_name":["番茄鸡蛋汤"],"material":["西红柿","鸡蛋","水淀粉","香菜","盐","鸡粉","胡椒粉","芝麻油"],"style":["汤"]}

{"_id":{"\$oid":"59ae28329cdb745c7f701066"},"dish_name":["柳蒿芽土豆汤"],"material":["柳蒿芽","土豆","植物油","盐","胡椒粉","生抽","味精","葱","清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae28339cdb745c7f701067"},"dish_name":["红白萝卜鲫鱼汤"],"material":["鲫鱼","白萝卜","红萝卜","糙米","蜜枣","生姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae28349cdb745c7f701068"},"dish_name":["茶树菇煲鸭汤"],"material":["茶树菇","鸭","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28359cdb745c7f701069"},"dish_name":["桂圆枸杞龙骨汤"],"material":["桂圆","枸杞","红枣"],"style":["汤"]}

{"_id":{"\$oid":"59ae28379cdb745c7f70106a"},"dish_name":["芥菜咸蛋汤"],"material":["芥菜","咸蛋（生的）","盐","酱油"],"style":["汤"]}

{"_id":{"\$oid":"59ae28389cdb745c7f70106b"},"dish_name":["豆腐紫菜汤"],"material":["嫩豆腐","紫菜","葱花","盐","鸡精","高汤"],"style":["汤"]}

{"_id":{"\$oid":"59ae28399cdb745c7f70106c"},"dish_name":["肉丸冬瓜汤"],"material":["冬瓜","猪肉丸子","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae283b9cdb745c7f70106d"},"dish_name":["萝卜粉丝汤"],"material":["萝卜丝","粉丝","葱姜","盐","鸡粉","排骨汤"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae283c9cdb745c7f70106e"},"dish_name":["鲤鱼炖豆腐"],"material":["鲤鱼","豆腐","香菇","胡萝卜","葱","姜","生抽","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae283e9cdb745c7f70106f"},"dish_name":["家常红烧鱼"],"material":["鲫鱼","油","葱姜蒜","生抽","黄酒","冰糖","小红辣椒","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae283e9cdb745c7f701070"},"dish_name":["炸酱"],"material":["鸡蛋","甜面酱","食用油","葱","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae283f9cdb745c7f701071"},"dish_name":["苦瓜鸡蛋"],"material":["苦瓜","鸡蛋","鸡精","盐","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28419cdb745c7f701072"},"dish_name":["凉拌黄瓜粉丝"],"material":["黄瓜","粉丝","香油","葱","蒜沫","醋","味达美","盐","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28429cdb745c7f701073"},"dish_name":["凉拌拍黄瓜"],"material":["黄瓜","香葱","油","盐","干红辣椒","麻椒","香醋","白糖","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28439cdb745c7f701074"},"dish_name":["糖醋黄瓜"],"material":["黄瓜","苹果醋","蜂蜜","白糖","柠檬"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28459cdb745c7f701075"},"dish_name":["凉拌木耳菜花"],"material":["菜花","黑木耳","黄瓜","盐","辣椒油","香油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28469cdb745c7f701076"},"dish_name":["凉拌海带"],"material":["海带","蒜

头","生抽","香油","白糖","陈醋","盐","鸡粉","芝麻","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28479cdb745c7f701077"},"dish_name":["芝麻盐"],"material":["芝麻","食用盐","食用盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28499cdb745c7f701078"},"dish_name":["凉拌水萝卜"],"material":["水萝卜","黄瓜","蒜","海鲜酱油","香油","白醋","糖","鸡粉","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae284a9cdb745c7f701079"},"dish_name":["炅拌圆白菜"],"material":["圆白菜","香菜","小米椒","剁椒","蚝油","生抽","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae284c9cdb745c7f70107a"},"dish_name":["凉拌花椒芽"],"material":["花椒芽","蒜末","陈醋或米醋","盐","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae284d9cdb745c7f70107b"},"dish_name":["双色肉皮冻"],"material":["猪皮","蔬菜汁","盐","味精","柚子皮","香叶","八角"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae284e9cdb745c7f70107c"},"dish_name":["凉拌田七木耳"],"material":["田七","木耳","蒜","盐","蜂蜜","香油","醋","黄瓜","枸杞"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae284f9cdb745c7f70107d"},"dish_name":["炅拌土豆丝"],"material":["土豆","线椒","葱","油","盐","五香粉","大蒜","红干辣椒","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28509cdb745c7f70107e"},"dish_name":["凉拌木耳拍黄瓜"],"material":["黄瓜","泡发木耳","蒜","香菜","盐","海鲜酱油","醋","糖","米椒","鸡粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28529cdb745c7f70107f"},"dish_name":["凉拌蒲公英"],"material":["香醋","香油","蒜","蒲公英","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28529cdb745c7f701080"},"dish_name":["麻辣凉拌毛豆"],"material":["毛豆","盐","姜","麻椒","川油辣子","蒜","香油","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28539cdb745c7f701081"},"dish_name":["凉拌石花菜"],"material":["石花菜","黄瓜丝","胡萝卜丝","盐","蒜末","苹果醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28549cdb745c7f701082"},"dish_name":["宫廷桃酥"],"material":["面粉","玉米面","核桃仁","鸡蛋","油","糖","小苏打","泡打粉","芝麻"],"style":["面食"]}

{"_id":{"\$oid":"59ae28569cdb745c7f701083"},"dish_name":["香葱鸡蛋饼"],"material":["鸡蛋","葱末","水","盐","面粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae28579cdb745c7f701084"},"dish_name":["本帮葱油拌面"],"material":["葱","油","生抽","老抽","蚝油","白糖","挂面"],"style":["面食"]}

{"_id":{"\$oid":"59ae28589cdb745c7f701085"},"dish_name":["芹菜猪肉包"],"material":["五花肉","芹菜","辣椒粉","酱油","葱姜","粉丝","胡椒粉","鸡精","五香粉","花椒粉","盐","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae28599cdb745c7f701086"},"dish_name":["肉夹馍"],"material":["五花肉","料酒","老抽","生抽","八角","盐","白糖","面粉","温水","发酵粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae285a9cdb745c7f701087"},"dish_name":["西红柿鸡蛋炒饭"],"material":["西红柿","鸡蛋","米饭","瘦肉末","生菜","盐","料酒","生姜丝","蒜末","鸡精","食物油"],"style":["面食"]}

{"_id":{"\$oid":"59ae285c9cdb745c7f701088"},"dish_name":["冰花煎饺"],"material":["饺子","油","淀粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae285e9cdb745c7f701089"},"dish_name":["虾仁清汤面"],"material":["虾仁","油","盐","调味料","鸡汤","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae285f9cdb745c7f70108a"},"dish_name":["窝窝头"],"material":["生玉米粉","1/2","面粉","1/2","裸米粉(酒米粉)","白糖","安琪"],"style":["面食"]}

{"_id":{"\$oid":"59ae28609cdb745c7f70108b"},"dish_name":["双色梅花馒头"],"material":["白

面","牛奶"," 安琪酵母"," 干面粉"],["style":["面食"]}

{"_id":{"\$oid":"59ae28619cdb745c7f70108c"},"dish_name":["潮汕丝瓜鱼丸子汤"],"material":["丝瓜"," 潮汕鱼丸","草菇"],["style":["汤"]}

{"_id":{"\$oid":"59ae28629cdb745c7f70108d"},"dish_name":["杂菌汤"],"material":["猴头菇","金针菇","香菇","蜜枣","桂圆肉","无花果","眉豆"," 花生仁","生姜"],["style":["汤"]}

{"_id":{"\$oid":"59ae28639cdb745c7f70108e"},"dish_name":["生化汤"],"material":["当归","8 钱"," 川芎","6 钱"," 桃仁（去蕊）","5 分","米酒"," 干姜（炮黑）","5 分"," 炙甘草","5 分"],["style":["汤"]}

{"_id":{"\$oid":"59ae28659cdb745c7f70108f"},"dish_name":["马铃薯玉米浓汤"],"material":["马铃薯","奶油"," 玉米酱罐头","牛奶"," 洋香菜","若干","鸡蛋"],["style":["汤"]}

{"_id":{"\$oid":"59ae28669cdb745c7f701090"},"dish_name":["冬瓜大骨汤"],"material":[" 大骨","冬瓜","生姜","葱"," 盐","料酒","醋"," 鸡精味精"],["style":["汤"]}

{"_id":{"\$oid":"59ae28679cdb745c7f701091"},"dish_name":["高丽参鸡汤"],"material":["高丽参"," 嫩鸡"," 盐"," 开水"],["style":["汤"]}

{"_id":{"\$oid":"59ae28689cdb745c7f701092"},"dish_name":["小白菜豆腐汤"],"material":["豆腐","小白菜","生姜","大蒜","葱白"," 蔬之鲜","猪油"," 盐"],["style":["汤"]}

{"_id":{"\$oid":"59ae286a9cdb745c7f701093"},"dish_name":["丝瓜肉丸汤"],"material":["丝瓜","肉丸","鸡蛋","油"," 盐"],["style":["汤"]}

{"_id":{"\$oid":"59ae286b9cdb745c7f701094"},"dish_name":["酸菜鱼"],"material":["草鱼","生姜","蒜","干辣椒"," 生粉"," 酸菜","芹菜"," 盐","胡椒粉","味精","花生油"],["style":["汤"]}

{"_id":{"\$oid":"59ae286c9cdb745c7f701095"},"dish_name":["鸡骨草茯苓养肝祛湿汤"],"material":["鸡骨草","茯苓","薏米","绿豆","蜜枣"," 猪横利"," 猪瘦肉","500G"," 盐"],["style":["汤"]}

{"_id":{"\$oid":"59ae286e9cdb745c7f701096"},"dish_name":["白萝卜猪肺汤"],"material":["猪肺","白萝卜","雪梨","姜"," 葱花"," 盐","米酒"," 玉米油"," 生粉"],["style":["汤"]}

{"_id":{"\$oid":"59ae286f9cdb745c7f701097"},"dish_name":["湘式小炒五花肉"],"material":["五花肉","青椒","生姜","蒜头","葱"," 白酒"," 老抽"," 盐","蚝油"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28709cdb745c7f701098"},"dish_name":["鱼香鸡丝"],"material":[" 鸡脯肉","木耳","胡萝卜","青椒","洋葱","大葱","生姜","蒜头","食用油","料酒"," 盐","糖","醋"," 老抽","水淀粉"," 白胡椒粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28719cdb745c7f701099"},"dish_name":["巧克力慕斯"],"material":[" A:牛奶"," 蛋黄"," 淡奶油"," 细砂糖"," 香草精"," B:牛奶"," 蛋黄"," 淡奶油"," 细砂糖"," 香草精"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28739cdb745c7f70109a"},"dish_name":["梅干菜干煸豆角"],"material":["豆角"," 梅干菜"," 青红椒"," 肥肉"," 生抽"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28749cdb745c7f70109b"},"dish_name":["溜腰花"],"material":["猪腰","胡萝卜","青椒","红椒","葱","姜","蒜"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28759cdb745c7f70109c"},"dish_name":["家常茄子烧肉"],"material":["五花肉","茄子","葱","蒜","干辣椒"," 盐"," 玉米油"," 生抽"," 老抽","白糖"," 鸡精","八角","姜","香叶"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28769cdb745c7f70109d"},"dish_name":["鲫鱼豆腐汤"],"material":["鲫鱼","豆腐","葱","姜","香菜"," 盐"," 鸡粉","料酒","香油","胡椒粉"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28779cdb745c7f70109e"},"dish_name":["凉拌土豆丝"],"material":[" 去皮的土豆","香菜","红椒"," 盐","味精","白糖","白醋","香油"],["style":["家常菜"]}

{"_id":{"\$oid":"59ae28789cdb745c7f70109f"},"dish_name":["清蒸草鱼"],"material":["草鱼","葱","姜","红椒","香菜","盐","胡椒粉","豉油","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae287a9cdb745c7f7010a0"},"dish_name":["凉拌肉"],"material":["五花肉","姜(煮肉用)","蒜","姜","香葱","辣椒油","花椒油","香油","盐","味精","糖","醋","酱油","芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae287b9cdb745c7f7010a1"},"dish_name":["凉拌娃娃菜"],"material":["娃娃菜","葱姜蒜","生抽","香油","香醋","蒜蓉辣酱","白砂糖","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae287c9cdb745c7f7010a2"},"dish_name":["凉拌卷心菜"],"material":["卷心菜","杨葱","美人椒","油","盐","椒麻油","姜蒜醋","耗油","蒜","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae287d9cdb745c7f7010a3"},"dish_name":["凉拌黄瓜金针菇"],"material":["黄瓜丝","金针菇","辣椒面","蒜","红米椒","葱","香菜","油","盐","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae287e9cdb745c7f7010a4"},"dish_name":["蒜香茄子"],"material":["茄子","蒜泥","酱油","糖","蚝油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae287f9cdb745c7f7010a5"},"dish_name":["凉拌香椿芽"],"material":["香椿","蒜薹","柿子椒","盐","味极鲜酱油","香油","虾皮"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28819cdb745c7f7010a6"},"dish_name":["凉拌豆腐丝"],"material":["白豆腐皮","香菜","大蒜","辣椒油","盐","白醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28849cdb745c7f7010a7"},"dish_name":["肉丝拉皮"],"material":["五花肉","拉皮","葱","姜","蒜","胡萝卜","尖椒","盐","味精","白糖","料酒","鸡粉","胡椒粉","老抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28b29cdb745c7f7010a8"},"dish_name":["糖醋凉拌紫甘蓝"],"material":["紫甘蓝","花生","香菜","葱","蒜","干辣椒","醋","盐","糖","生抽","玉米油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28b29cdb745c7f7010a9"},"dish_name":["姜汁皮蛋"],"material":["皮蛋","生姜","生抽","白糖","香醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28b39cdb745c7f7010aa"},"dish_name":["蒜蓉凉拌西兰花"],"material":["西兰花","蒜末","生抽","麻油","味素","红剁椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28b49cdb745c7f7010ab"},"dish_name":["凉拌萝卜丝"],"material":["白萝卜","熟花生米","香油","生抽","香醋","盐","白糖","胡椒粉","辣椒油","蒜","香菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28b59cdb745c7f7010ac"},"dish_name":["全麦消化饼干"],"material":["全麦粉","植物油","红糖","盐","小苏打","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae28b79cdb745c7f7010ad"},"dish_name":["家常汤面"],"material":["龙须面","西红柿","紫菜","香菜","葱","盐","生抽","白胡椒粉","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae28b89cdb745c7f7010ae"},"dish_name":["发面饼"],"material":["面粉","酵母粉","糖","香油或食用油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae28b99cdb745c7f7010af"},"dish_name":["炸油饼"],"material":["食用油","泡打粉","小苏打","普遍面粉","盐","杂豆(打豆浆用)"],"style":["面食"]}

{"_id":{"\$oid":"59ae28ba9cdb745c7f7010b0"},"dish_name":["香蕉卷"],"material":["香蕉","混沌皮","蜂蜜"],"style":["面食"]}

{"_id":{"\$oid":"59ae28bb9cdb745c7f7010b1"},"dish_name":["西葫芦饼"],"material":["西葫芦","鸡蛋","面粉","葱","盐","玉米淀粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae28bd9cdb745c7f7010b2"},"dish_name":["荠菜饺子"],"material":["荠菜","韭菜","鸡蛋","肉丁","盐","油","生抽","味精"],"style":["面食"]}

{"_id":{"\$oid":"59ae28bf9cdb745c7f7010b3"},"dish_name":["酸菜肉丝面"],"material":["肉丝

","酸菜","油","葱","酱油","鸡精","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae28bf9cdb745c7f7010b4"},"dish_name":["鸡丝面"],"material":["鸡腿","黄瓜丝","辣椒油","花椒","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c09cdb745c7f7010b5"},"dish_name":["陕西凉皮"],"material":["高筋面粉","红薯粉","菠菜","豆芽","大蒜","新姜","新鲜红辣椒","大葱叶"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c29cdb745c7f7010b6"},"dish_name":["花样馒头"],"material":["面粉","紫薯","菠菜","南瓜","一圈","白砂糖","酵母粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c49cdb745c7f7010b7"},"dish_name":["口水凉面"],"material":["绿豆芽","黄瓜","胡萝卜","火腿肠","脱皮花生","油","盐","生抽","香醋","麻油","白糖","胡椒粉","油辣子","蒜","香菜","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c49cdb745c7f7010b8"},"dish_name":["红油榨菜肉丝面"],"material":["挂面","猪里脊肉","榨菜","1袋","葱","姜","香菜","酱油","料酒","水淀粉","豆油"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c59cdb745c7f7010b9"},"dish_name":["紫薯糖不甩"],"material":["紫薯汤圆","紫薯","白糖","花生米","椰丝","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c79cdb745c7f7010ba"},"dish_name":["玉米面馒头"],"material":["面粉","玉米粉","安琪酵母粉","半袋","白糖","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae28c89cdb745c7f7010bb"},"dish_name":["松茸排骨汤"],"material":["排骨","干松茸","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28ca9cdb745c7f7010bc"},"dish_name":["土豆排骨汤"],"material":["排骨","土豆","葱","姜","蒜","八角","桂皮","花椒","香叶","枸杞","老抽"],"style":["汤"]}

{"_id":{"\$oid":"59ae28cb9cdb745c7f7010bd"},"dish_name":["家常番茄鸡蛋汤"],"material":["西红柿","鸡蛋","油","盐","蒜"],"style":["汤"]}

{"_id":{"\$oid":"59ae28cc9cdb745c7f7010be"},"dish_name":["红枣山药排骨汤"],"material":["排骨","山药","枸杞","红枣","生姜","大蒜","盐","白糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae28ce9cdb745c7f7010bf"},"dish_name":["西式南瓜浓汤"],"material":["南瓜","水","炼奶","盐","糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae28cf9cdb745c7f7010c0"},"dish_name":["萝卜鲫鱼汤"],"material":["鲫鱼","萝卜","姜","枸杞","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d09cdb745c7f7010c1"},"dish_name":["菠菜鸡蛋汤"],"material":["菠菜","鸡蛋","盐","五香粉","生抽","香油","食用油"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d19cdb745c7f7010c2"},"dish_name":["蕃茄鱼片汤"],"material":["蕃茄","青鱼","蕃茄酱","油","盐","料酒","生粉","姜","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d29cdb745c7f7010c3"},"dish_name":["椰子乌鸡汤"],"material":["乌鸡","椰子","红枣","枸杞","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d39cdb745c7f7010c4"},"dish_name":["榴莲壳煲鸡汤"],"material":["乌鸡","胡萝卜","榴莲内壳","香菇","小香葱","老姜","红枣","枸杞","食盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d49cdb745c7f7010c5"},"dish_name":["清炖羊肉汤"],"material":["羊肉","白萝卜","姜","枸杞","料酒","醋","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d69cdb745c7f7010c6"},"dish_name":["冬瓜排骨玉米汤"],"material":["冬瓜","玉米","排骨","盐","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d79cdb745c7f7010c7"},"dish_name":["日式味增汤"],"material":["味增汤料","生虾","豆腐","蛤蜊","豆泡","鸡腿蘑","裙带菜","香葱","水","700ML"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d89cdb745c7f7010c8"},"dish_name":["蔬菜汤"],"material":["土豆","胡萝

卜","圆白菜","西红柿","玉米"," 番茄沙司"," 盐"," 玉米油"],"style":["汤"]}

{"_id":{"\$oid":"59ae28d99cdb745c7f7010c9"},"dish_name":["银鱼鸡蛋羹"],"material":["鸡蛋","银鱼","葱"," 味极鲜"," 盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae28da9cdb745c7f7010ca"},"dish_name":["鸡刨豆腐"],"material":["豆腐","鸡蛋"," 尖椒","红椒","葱","姜","蒜"," 盐","味精","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28db9cdb745c7f7010cb"},"dish_name":["椒油白萝卜丝"],"material":["白萝卜","葱","姜","蒜","胡萝卜","香菜"," 盐","糖"," 鸡粉","味精","胡椒粉","香油"," 花椒油","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28dd9cdb745c7f7010cc"},"dish_name":["腊味合蒸"],"material":["腊肉","腊肠","葱","姜","蒜","豆腐","香葱","料酒","白糖","胡椒粉","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28de9cdb745c7f7010cd"},"dish_name":["麻辣鸡丝"],"material":[" 鸡胸肉","葱","姜","蒜","香芹","洋葱"," 小红椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28df9cdb745c7f7010ce"},"dish_name":["麻辣鸡丝凉面"],"material":[" 鸡胸肉"," 切面","黄瓜","红椒","大葱","香菜","蒜"," 盐","味精","白糖","麻油"," 辣椒面"," 生抽","米醋","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e09cdb745c7f7010cf"},"dish_name":["皮蛋瘦肉粥"],"material":["皮蛋","大米"," 瘦肉","香葱","姜","大葱"," 盐","胡椒粉","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e19cdb745c7f7010d0"},"dish_name":["生焗鲜鱼块"],"material":[" 主料","洋葱","姜","大蒜"," 红辣椒","香葱"," 盐","味精","白糖","料酒","胡椒粉","蚝油"," 生抽","鸡汁"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e39cdb745c7f7010d1"},"dish_name":["嫩蛋牛柳"],"material":["鸡蛋","牛柳","葱","姜","蒜","青椒","洋葱"," 盐","蚝油"," 鸡粉","白糖","料酒"," 老抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e49cdb745c7f7010d2"},"dish_name":["茄子炖土豆粉条"],"material":["茄子","土豆","葱","姜","蒜","香葱"," 盐","大料","白糖","料酒"," 生抽"," 鸡粉","胡椒粉","味精","香油","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e59cdb745c7f7010d3"},"dish_name":["香辣啤酒鸭"],"material":[" 鸭子","青椒","红椒","洋葱"," 啤酒","一罐","姜","葱"," 红尖椒","花椒","八角","桂皮"," 盐 ","酱油","料酒"," 鸡精","醋","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e69cdb745c7f7010d4"},"dish_name":["迷迭香烤土豆"],"material":[" 小土豆","若干"," 盐"," 橄榄油","迷迭香"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e89cdb745c7f7010d5"},"dish_name":["香辣豆腐"],"material":["豆腐","香油","料酒"," 辣椒酱"," 肉糜","辣椒"," 盐","食用油"," 生抽","大蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae28e99cdb745c7f7010d6"},"dish_name":["菠菜拌粉丝"],"material":["菠菜","粉丝","蒜","红椒"," 盐"," 鸡粉","白糖","香油","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28ea9cdb745c7f7010d7"},"dish_name":["红油金针菇"],"material":["金针菇"," 辣椒油"," 花椒油"," 葱蒜末"," 盐"," 生抽","米醋","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28eb9cdb745c7f7010d8"},"dish_name":["凉菜"],"material":[" 生抽","粉丝"," 蒜蓉","黄瓜","腐竹"," 盐","胡萝卜","芹菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28ec9cdb745c7f7010d9"},"dish_name":["凉拌粉丝"],"material":[" 粉丝","青红椒"," 熟花生芝麻","黑木耳"," 蘑菇酱"," 辣椒油"," 盐"," 鸡精"," 生抽"," 葱丝","米醋","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28ee9cdb745c7f7010da"},"dish_name":["凉拌烤麸"],"material":[" 水发烤麸","黄瓜","木耳","胡萝卜","青笋","大蒜"," 盐","味精","白糖"," 生抽","香油","米醋"]}

"},"style":["凉菜"]}

{"_id":{"\$oid":"59ae28ef9cdb745c7f7010db"},"dish_name":["黄瓜卷"],"material":["黄瓜","醋","蒜","香油","盐","鸡精","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f09cdb745c7f7010dc"},"dish_name":["酸辣凉拌土豆丝"],"material":["土豆","线椒","红美人","白醋","盐","味极鲜","油泼辣椒","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f29cdb745c7f7010dd"},"dish_name":["凉拌猪皮"],"material":["猪皮","胡萝卜","香菜","香油","盐","生抽","白糖","姜","老抽","香醋","油辣子","小葱","大葱","1小节","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f39cdb745c7f7010de"},"dish_name":["凉拌芹菜叶"],"material":["芹菜叶","鸡蛋","生抽","醋","白芝麻","辣椒油","盐","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f49cdb745c7f7010df"},"dish_name":["凉拌莲藕"],"material":["莲藕","香葱","蒜","小米椒","生抽","醋","五香粉","食用油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f69cdb745c7f7010e0"},"dish_name":["拌三丝"],"material":["土豆","胡萝卜","青椒","干辣椒丝","盐","香油","麻油","蒜沫","鸡精","辣椒油","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f79cdb745c7f7010e1"},"dish_name":["凉拌干豆腐丝"],"material":["干豆腐","胡萝卜","葱","红干椒","大蒜","香菜","辣椒面","芝麻","醋","生抽","糖","香油","盐","鸡精","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28f89cdb745c7f7010e2"},"dish_name":["凉拌银耳"],"material":["大银耳","黑木耳","黄瓜","花生米","辣油","生抽","鸡精","醋","","若干"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae28fa9cdb745c7f7010e3"},"dish_name":["腐乳肉"],"material":["五花肉","腐乳汁","油盐","酱油","醋","冰糖","八角","葱姜蒜","朝天椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae28fb9cdb745c7f7010e4"},"dish_name":["盐煎肉"],"material":["五花肉","青蒜","生姜末","豆豉","料酒","白胡椒粉","生抽","鸡精","盐","白糖","蒜泥","杭椒","红色小米椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae28fc9cdb745c7f7010e5"},"dish_name":["蒜蓉蒸金针菇"],"material":["金针菇","大蒜","盐","味极鲜酱油","玉米油","芝麻油","香菜末"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae28fe9cdb745c7f7010e6"},"dish_name":["凉拌金针菇"],"material":["金针菇","蒜","小米椒","红杭椒","葱","色拉油","生抽","醋","盐","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae28ff9cdb745c7f7010e7"},"dish_name":["干锅肥肠"],"material":["猪大肠","蒜苗","小辣椒","干辣椒","蒜头","姜","花椒","生抽","老抽","盐","鸡精","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29019cdb745c7f7010e8"},"dish_name":["红烧黄鱼"],"material":["黄鱼","姜","葱","蒜头","油","盐","糖","料酒","醋","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29029cdb745c7f7010e9"},"dish_name":["酱汁杏鲍菇"],"material":["杏鲍菇","生抽","老抽","糖","醋","水","淀粉","料酒","白芝麻","香葱","生菜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29039cdb745c7f7010ea"},"dish_name":["红豆饭"],"material":["红豆","大米","糯米","柿子椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29049cdb745c7f7010eb"},"dish_name":["蚝油手撕杏鲍菇"],"material":["杏鲍菇","胡萝卜","青椒","蚝油","盐","酱油","十三香","葱","蒜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29059cdb745c7f7010ec"},"dish_name":["木樨肉"],"material":["鸡蛋","黄瓜","木耳","精肉丝","葱姜","淀粉","蛋清"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29069cdb745c7f7010ed"},"dish_name":["八宝饭"],"material":["糯米","蜜枣","杏干","葡萄干","蔓越莓干","芒果干","黑芝麻","豆沙馅儿"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae290c9cdb745c7f7010ee"},"dish_name":["腐乳粉蒸肉"],"material":["五花肉","土豆","腐乳蒸肉粉","1 袋","油","料酒","香葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae290c9cdb745c7f7010ef"},"dish_name":["香芋扣肉"],"material":["五花肉","香芋","西兰花","盐","生抽","蚝油","八角","桂皮","葱","红油腐乳","老抽","料酒","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae290d9cdb745c7f7010f0"},"dish_name":["麻酱烧饼"],"material":["普通面粉","盐","芝麻酱","香油","熟芝麻","熟花椒粉","熟小回香粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae290e9cdb745c7f7010f1"},"dish_name":["芝士培根意大利面"],"material":["意大利火腿","洋葱","鸡蛋","4 枚","帕玛森芝士","盐","黑胡椒","大蒜","橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae290f9cdb745c7f7010f2"},"dish_name":["凉拌凉面"],"material":["圆挂面","黄瓜","花生米","大蒜","香葱","生抽","香醋","蚝油","白糖","盐","香油","花椒油或花椒粉","随意","油辣子","随意","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae29119cdb745c7f7010f3"},"dish_name":["双色紫薯馒头卷"],"material":["紫薯","面粉","白糖","酵母","温水","食用油（刷蒸格防粘）"],"style":["面食"]}

{"_id":{"\$oid":"59ae29129cdb745c7f7010f4"},"dish_name":["开花馒头"],"material":["面粉","红心火龙果","南瓜","发酵母","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae29139cdb745c7f7010f5"},"dish_name":["自制煎饼"],"material":["面粉","肉、韭菜、火腿肠","盐","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae29159cdb745c7f7010f6"},"dish_name":["红枣馒头"],"material":["面粉","大枣","酵母","水","红糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae29169cdb745c7f7010f7"},"dish_name":["香菇猪肉包"],"material":["五花肉","香菇","大葱","生姜","面粉","酵母","香油","盐","糖","料酒","生抽","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae29179cdb745c7f7010f8"},"dish_name":["馒头片"],"material":["馒头","鸡蛋","油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae291a9cdb745c7f7010f9"},"dish_name":["南瓜玫瑰花馒头"],"material":["面粉","南瓜泥","发酵粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae291b9cdb745c7f7010fa"},"dish_name":["茴香包子"],"material":["茴香","方肉","面粉","酵母","温水","盐","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae291c9cdb745c7f7010fb"},"dish_name":["螃蟹馒头"],"material":["面粉","南瓜","茼蒿","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae291d9cdb745c7f7010fc"},"dish_name":["茄丁打卤面"],"material":["茄子","西红柿","辣椒","猪肉沫","大蒜","姜","葱","油","盐","花椒","辣椒粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae291e9cdb745c7f7010fd"},"dish_name":["蔬菜拌面"],"material":["面粉","胡萝卜","菠菜","苦苣","黄瓜","香肠","小葱","芝麻","东姑一品鲜酱油","自榨辣椒油","鹿肉香菇酱","香菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae291f9cdb745c7f7010fe"},"dish_name":["凉拌花生芽"],"material":["花生芽","干辣椒","葱花","辣椒粉","白芝麻","生抽","醋","香油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae29209cdb745c7f7010ff"},"dish_name":["肉丝面"],"material":["猪肉","干挂面","盐","虾皮","葱","小青菜","胡椒粉","生抽","料酒","老抽","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae29219cdb745c7f701100"},"dish_name":["简易拌面"],"material":["面饼","胡萝卜","肉丁","豆角","黄豆酱","蚝油","生抽","老抽","水","花生油(炒肉丁)","花生油(酱汁)","生粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae29229cdb745c7f701101"},"dish_name":["馒头卷"],"material":["普通面粉","鸡蛋","白糖","板栗馅","盐","酵母","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae29249cdb745c7f701102"},"dish_name":["玉米山药排骨汤"],"material":["猪龙骨","玉米","铁棍山药","胡萝卜","西兰花","米酒","姜","花椒","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29259cdb745c7f701103"},"dish_name":["菠菜蛋花汤"],"material":["菠菜","土鸡蛋","面粉","香葱","香油","盐","十三香"],"style":["汤"]}

{"_id":{"\$oid":"59ae29269cdb745c7f701104"},"dish_name":["猪脚黄豆汤"],"material":["猪脚","黄豆","枸杞","生姜","胡椒粉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29299cdb745c7f701105"},"dish_name":["牛骨汤"],"material":["洋葱","蘑菇","香菜","牛骨","姜","胡萝卜","盐","葱","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae29299cdb745c7f701106"},"dish_name":["芙蓉鲜蔬汤"],"material":["鸡蛋","胡萝卜","泡发香菇","油麦菜","黄瓜","香葱","盐","鸡精","清水","水淀粉","油"],"style":["汤"]}

{"_id":{"\$oid":"59ae292a9cdb745c7f701107"},"dish_name":["排骨山药汤"],"material":["排骨","山药","姜山","杞子","盐","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae292c9cdb745c7f701108"},"dish_name":["莲藕猪骨汤"],"material":["莲藕","3节","猪骨","红枣","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae292c9cdb745c7f701109"},"dish_name":["咸蛋芥菜汤"],"material":["芥菜","咸蛋","姜","油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae292e9cdb745c7f70110a"},"dish_name":["翡翠白玉汤"],"material":["豆腐","火腿","鸡蛋","木耳（水发后）","盐","水淀粉","香菜","葱丝","香油","白胡椒"],"style":["汤"]}

{"_id":{"\$oid":"59ae292f9cdb745c7f70110b"},"dish_name":["羊排萝卜汤"],"material":["羊排","红萝卜","桂皮","料酒","花椒","八角","姜","蒜","葱白","盐","香菜末","葱末","醋"],"style":["汤"]}

{"_id":{"\$oid":"59ae29309cdb745c7f70110c"},"dish_name":["羊肉丸子汤"],"material":["羊肉馅","鸡蛋","面粉","葱姜蒜末","生抽","醋","盐","五香粉","胡椒粉","芝麻香油","白菜叶"],"style":["汤"]}

{"_id":{"\$oid":"59ae29319cdb745c7f70110d"},"dish_name":["素汤"],"material":["番茄","红萝卜","鸡腿菇","菇","胡椒粉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29329cdb745c7f70110e"},"dish_name":["鱼丸汤"],"material":["鳊鱼","红椒","青菜","一株","盐","鸡精","鸡蛋","生姜","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae29339cdb745c7f70110f"},"dish_name":["冬瓜肉丸汤"],"material":["冬瓜","肉丸","盐","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae29349cdb745c7f701110"},"dish_name":["清炖鲫鱼汤"],"material":["鲫鱼","油","盐","葱","姜","蒜","香葱","香葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae29369cdb745c7f701111"},"dish_name":["花胶煲鸡"],"material":["花胶","三黄鸡","黄芪","红枣"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae29389cdb745c7f701112"},"dish_name":["冰糖银耳羹"],"material":["银耳","冰糖","水","豆浆机"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae29399cdb745c7f701113"},"dish_name":["香辣虾"],"material":["海白虾","大重庆","葱","蒜","姜","香菜","花椒","盐","白糖","胡椒粉","料酒","干辣椒","鸡粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae293a9cdb745c7f701114"},"dish_name":["凉拌苦瓜"],"material":["苦瓜","红

椒","盐","白糖","味精","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae293b9cdb745c7f701115"},"dish_name":["蒸茄子"],"material":["长茄子","青红椒","葱","蒜","1头","糖","盐","鸡精","米醋","花椒油","辣椒油","生抽","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae293c9cdb745c7f701116"},"dish_name":["椰蓉球"],"material":["奶粉","黄油","糖粉","椰蓉","蛋黄","低筋面粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae293e9cdb745c7f701117"},"dish_name":["粉蒸排骨"],"material":["肋排","蒸肉米粉","1袋","姜","小葱","腐乳汁","老抽","蚝油","糖","盐","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae293f9cdb745c7f701118"},"dish_name":["卤鸭掌"],"material":["鸭掌","随便","干辣椒","花椒","卤二姐","香料(超市一袋一袋的)"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29409cdb745c7f701119"},"dish_name":["东北大拉皮"],"material":["黄瓜","胡萝卜","干豆腐","酱油","盐","醋","蒜","香油","香菜","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29419cdb745c7f70111a"},"dish_name":["青椒皮蛋"],"material":["青椒","皮蛋","盐","蒜头","酱油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29429cdb745c7f70111b"},"dish_name":["皮冻"],"material":["猪皮","姜","盐","白酒","八角","桂皮","丁香","茴香子"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29449cdb745c7f70111c"},"dish_name":["凉拌海蜇头"],"material":["海蜇头","香菜","大葱","香油","白糖","白米醋","生抽","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29459cdb745c7f70111d"},"dish_name":["凉拌蕨菜"],"material":["蕨菜","植物油","辣椒粉","盐","鸡粉","味精","白醋","生抽","蒜","干红椒","白糖","香油","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29469cdb745c7f70111e"},"dish_name":["酸甜脆黄瓜"],"material":[],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29479cdb745c7f70111f"},"dish_name":["凉拌芹菜腐竹"],"material":["芹菜","彩椒","盐","凉拌酱油","鸡味鲜汁","蒜末","香油花椒油","水发香菇","水发腐竹"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29499cdb745c7f701120"},"dish_name":["凉拌桂林米粉"],"material":["桂林米粉","黄瓜","香菜","汁：东古一品鲜","醋","白糖","蚝油","香油麻油","辣椒油","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29499cdb745c7f701121"},"dish_name":["凉拌海蜇皮"],"material":["凉拌醋、香醋、蚝油、香油、麻油、盐、白糖、味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae294a9cdb745c7f701122"},"dish_name":["凉拌海藻"],"material":["盐渍海藻","蒜蓉","老干妈","芝麻油","生抽","元西","陈醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae294c9cdb745c7f701123"},"dish_name":["凉拌马兰头"],"material":["醋","马兰头","生抽","金针菇","蒜头","盐","麻油","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae294d9cdb745c7f701124"},"dish_name":["盐焗鹌鹑蛋"],"material":["鹌鹑蛋","海盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae294e9cdb745c7f701125"},"dish_name":["凉拌酸辣木耳"],"material":["蒜","芝麻油","花椒油","熟芝麻","砂糖","干木耳","红色小泰椒","陈醋","生抽","香菜","小葱","橄榄油或花生油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae294f9cdb745c7f701126"},"dish_name":["自制午餐肉"],"material":["猪肉馅","精盐","十三香","孜然粉","白糖","生抽","蚝油","蒸鱼豉油","蛋清","玉米淀粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29519cdb745c7f701127"},"dish_name":["豆腐皮肉卷"],"material":["豆腐皮

,"猪肉","胡萝卜","葱","盐","鸡粉","老抽","生抽","沙茶或五香粉","料酒","生粉","生粉","style":["下饭菜"]}

{"_id":{"\$oid":"59ae29529cdb745c7f701128"},"dish_name":["红烧黄鳝"],"material":["黄鳝","青椒","红椒","蒜头","姜","小米椒","葱","油","盐","冰糖","料酒","香醋","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29539cdb745c7f701129"},"dish_name":["蒜苔炒肉丝"],"material":["蒜苔","肉丝","植物油","姜","盐","淀粉","料酒","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29559cdb745c7f70112a"},"dish_name":["香菇炖鸡"],"material":["虫草花","香菇","盐","木耳","当归","1支","鸡","红枣","黄芪","葱","老姜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29579cdb745c7f70112b"},"dish_name":["油豆腐烧肉"],"material":["豆腐","猪肉","西红柿","油","酱油","姜","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29589cdb745c7f70112c"},"dish_name":["辣椒炒肉"],"material":["花生油","云南皱皮椒（或螺丝椒）","油渣","半肥猪瘦肉（肥瘦六四开）","瘦肉","生姜","大蒜","蒜苗","白糖","酱油","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29599cdb745c7f70112d"},"dish_name":["咖喱牛肉"],"material":["牛上脑肉","土豆","胡萝卜","葱姜","洋葱","料酒","咖喱（微辣）","植物油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae295a9cdb745c7f70112e"},"dish_name":["油焖辣椒"],"material":["辣椒","花生油","白砂糖","醋","生抽","盐","鸡精","姜丝"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae295b9cdb745c7f70112f"},"dish_name":["酸辣鸡杂"],"material":["小红辣椒","小泡椒","姜","蒜","鸡杂","盐","酱油","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae295e9cdb745c7f701130"},"dish_name":["麻辣干锅虾"],"material":["虾","藕","芹菜","香菜","葱","蒜","姜","红干椒","花椒油","盐","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae295f9cdb745c7f701131"},"dish_name":["孜然羊肉"],"material":["羊肉","香菜","鸡蛋","葱姜蒜","孜然","辣椒面","盐","味精","白糖","淀粉","料酒","胡椒粉","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29609cdb745c7f701132"},"dish_name":["什锦豆腐"],"material":["嫩豆腐","烤肠","猪肉丁","豌豆","鸡蛋","玉米油","料酒","葱姜蒜","盐","鸡精","生抽","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29619cdb745c7f701133"},"dish_name":["三杯鸡"],"material":["鸡腿","葱","姜","蒜","米酒","黑麻油","生抽","老抽","冰糖","罗勒（九层塔）","红辣椒","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29639cdb745c7f701134"},"dish_name":["炖肘子"],"material":["肘子","茴香桂皮香叶","油","盐","料酒","耗油","六月鲜酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29639cdb745c7f701135"},"dish_name":["老面馒头"],"material":["老面肥","面粉","盐","食用碱"],"style":["面食"]}

{"_id":{"\$oid":"59ae29649cdb745c7f701136"},"dish_name":["老北京打卤面"],"material":["五花肉","香菇","木耳","黄花","松茸帽","鸡蛋","老抽","淀粉","食盐","八角","料酒","花椒油","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae29659cdb745c7f701137"},"dish_name":["紫玫瑰馒头"],"material":["紫薯泥","面粉","干酵母","牛奶"],"style":["面食"]}

{"_id":{"\$oid":"59ae29679cdb745c7f701138"},"dish_name":["花样面食"],"material":["面粉","胡萝卜","盐","开水"],"style":["面食"]}

{"_id":{"\$oid":"59ae29689cdb745c7f701139"},"dish_name":["紫甘蓝炒面"],"material":["面","紫甘蓝","葱","生抽","老抽","水（兑汁用）","白糖","白醋","花生油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29699cdb745c7f70113a"},"dish_name":["西红柿打卤面"],"material":["面粉","鸡蛋","西红柿","食用油","盐","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae296b9cdb745c7f70113b"},"dish_name":["花馒头"],"material":["面粉","白糖","酵母","水","红枣","番茄酱"],"style":["面食"]}

{"_id":{"\$oid":"59ae296b9cdb745c7f70113c"},"dish_name":["鸡蛋炒馒头"],"material":["馒头","1","鸡蛋","2","咸鸭蛋黄","2","香油","盐","油","小葱","胡萝卜"],"style":["面食"]}

{"_id":{"\$oid":"59ae296d9cdb745c7f70113d"},"dish_name":["蝴蝶馒头"],"material":["面粉","牛奶","一袋","花生酱","麻将","盐","香油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae296e9cdb745c7f70113e"},"dish_name":["炫彩焖面"],"material":["蒸面","紫甘蓝","鸡蛋","胡萝卜","豆角","金针菇","线椒","芹菜","香菇","盐","十三香","酱油","料酒","葱","蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae296f9cdb745c7f70113f"},"dish_name":["猪肉白菜包子"],"material":["面粉","白菜","肉馅","酵母","温水","葱","姜","盐","五香粉","味精","味极鲜酱油","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29719cdb745c7f701140"},"dish_name":["枣花馒头"],"material":["小麦面粉","红枣","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae29729cdb745c7f701141"},"dish_name":["清炖牛肉面"],"material":["牛腱","盐","香菜","玉竹","党参","红枣"],"style":["面食"]}

{"_id":{"\$oid":"59ae29749cdb745c7f701142"},"dish_name":["香菇猪肉包子"],"material":["水","南瓜","葱","干酵母","酱油","鸡精","面粉","耗油","姜","绞猪肉","香菇","蒜","白糖","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae29759cdb745c7f701143"},"dish_name":["胡萝卜肉包子"],"material":["胡萝卜","梅花肉","面粉","酵母","葱","姜","植物油","盐","料酒","糖","老抽","蚝油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29769cdb745c7f701144"},"dish_name":["芹菜肉包子"],"material":["盐","肉馅","植物油","香油","生抽","芹菜","小香葱","五香粉","味精","料酒","老抽","豆豉"],"style":["面食"]}

{"_id":{"\$oid":"59ae29789cdb745c7f701145"},"dish_name":["花旗参炖鸡汤"],"material":["鸡","瘦肉","花旗参","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29799cdb745c7f701146"},"dish_name":["番茄土豆牛肉汤"],"material":["牛肉","土豆","番茄","八角","生姜","香葱","盐","料酒","醋"],"style":["汤"]}

{"_id":{"\$oid":"59ae297a9cdb745c7f701147"},"dish_name":["法式奶油蘑菇汤"],"material":["口蘑","紫皮洋葱","淡奶油","鸭汤","盐","黄油","低筋面粉","香叶","黑胡椒粉","白兰地"],"style":["汤"]}

{"_id":{"\$oid":"59ae297b9cdb745c7f701148"},"dish_name":["鱼头汤"],"material":["鱼头","鸡蛋","油","生姜","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae297d9cdb745c7f701149"},"dish_name":["虫草花龙骨汤"],"material":["龙骨","虫草花","百合","红枣","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae297e9cdb745c7f70114a"},"dish_name":["白菜豆腐汤"],"material":["娃娃菜","豆腐","鲜香菇","胡萝卜","葱","姜","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae297f9cdb745c7f70114b"},"dish_name":["冬瓜薏米老鸭汤"],"material":["冬瓜","瘦肉","老鸭","茨实","薏米","陈皮"],"style":["汤"]}

{"_id":{"\$oid":"59ae29819cdb745c7f70114c"},"dish_name":["时蔬排骨汤"],"material":["猪排","胡萝卜","莲藕","西兰花","木耳","大料","葱","姜","食盐","水","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae29829cdb745c7f70114d"},"dish_name":["番茄鲫鱼汤"],"material":["鲫鱼","番茄","葱","姜","水","料酒","盐","花生油"],"style":["汤"]}

{"_id":{"\$oid":"59ae29839cdb745c7f70114e"},"dish_name":["虾皮冬瓜汤"],"material":["冬瓜","虾皮","葱","姜","蒜","盐","鸡粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae29859cdb745c7f70114f"},"dish_name":["黄瓜蛋花汤"],"material":["黄瓜","鸡蛋","香油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29869cdb745c7f701150"},"dish_name":["雪梨银耳红枣汤"],"material":["银耳","红枣","雪梨","冰糖","清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae29879cdb745c7f701151"},"dish_name":["五红补血养颜汤"],"material":["红腰豆","红豆","红枣","枸杞（红）","红糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae29899cdb745c7f701152"},"dish_name":["百合绿豆汤"],"material":["百合","绿豆","白糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae298a9cdb745c7f701153"},"dish_name":["榨菜肉丝汤"],"material":["榨菜","肉","葱","香菜","枸杞","姜","鸡精","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae298b9cdb745c7f701154"},"dish_name":["清炖排骨汤"],"material":["排骨","葱","料酒","蒜","姜","盐","香葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae298c9cdb745c7f701155"},"dish_name":["广式月饼"],"material":["中筋面粉","油","转化糖浆","枧水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae298d9cdb745c7f701156"},"dish_name":["糯米糍"],"material":["糯米粉","澄面","木薯粉","豆沙馅","椰蓉","糖","牛奶"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae298f9cdb745c7f701157"},"dish_name":["干锅花菜"],"material":["花菜","胡萝卜","五花肉","姜","花椒","醋","蒜","生抽","味精","鲜红辣椒","开水","蚝油","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29909cdb745c7f701158"},"dish_name":["凉拌桔梗"],"material":["桔梗","辣椒油","盐","白糖","料酒","味精","鸡粉","姜","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29909cdb745c7f701159"},"dish_name":["蒜蓉茼蒿"],"material":["茼蒿","蒜头","小米椒","盐","色拉油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29919cdb745c7f70115a"},"dish_name":["小葱拌豆腐"],"material":["小葱","卤水北豆腐","盐","生抽","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29929cdb745c7f70115b"},"dish_name":["凉拌五彩丝"],"material":["白菜","红萝卜","生菜","红辣椒","葱姜丝","白芝麻(熟)","盐","生抽","糖","米醋","香油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29949cdb745c7f70115c"},"dish_name":["凉拌马齿苋"],"material":["马齿苋","辣椒油","陈醋","酱油","香油","盐","花椒油","大蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29959cdb745c7f70115d"},"dish_name":["西芹拌腐竹"],"material":["西芹","腐竹","黄瓜","洋葱","盐","鸡精","陈醋","香油","花椒、辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29969cdb745c7f70115e"},"dish_name":["芥菜丝"],"material":["芥菜","线椒","大蒜","花椒","八角","油","盐","干辣椒","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29989cdb745c7f70115f"},"dish_name":["白灼金针菇"],"material":["金针菇","小米辣","白砂糖","味事达酱油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29999cdb745c7f701160"},"dish_name":["芥末凉拌黑木耳"],"material":["黑木耳","大葱","盐","鸡精","白糖","凉拌醋","胡椒粉","芥末"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29999cdb745c7f701161"},"dish_name":["卤鹌鹑蛋"],"material":["鹌鹑蛋","八角","挂皮","陈皮","红茶","花椒","姜","葱白","五香粉","老抽","生抽","盐"],"style":["

凉菜"]}

{"_id":{"\$oid":"59ae299b9cdb745c7f701162"},"dish_name":["绝味泡椒凤爪"],"material":["鸡爪","香料","桂皮","花椒","香叶","大料","泡椒泡姜","盐","鸡精","白醋","料酒","凉开水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae299c9cdb745c7f701163"},"dish_name":["凉拌窝笋丝"],"material":["莴笋","粉丝","胡萝卜","生姜","大蒜","葱","盐","酱油","醋","香油","花生油","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae299e9cdb745c7f701164"},"dish_name":["凉拌菜"],"material":["桔梗","腐竹","豆皮","辣椒油","盐","酱油","鸡粉","白糖","料酒","陈醋","洋葱","姜","蒜","胡萝卜","黄瓜","香菜","麻椒粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae299f9cdb745c7f701165"},"dish_name":["新凉拌三丝"],"material":["胡萝卜","大葱","黄瓜","大酱","大葱","胡萝卜","番茄酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae299f9cdb745c7f701166"},"dish_name":["麻汁蒜泥豆角"],"material":["豆角","麻汁","味极鲜酱油","醋","盐","凉开水","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29a19cdb745c7f701167"},"dish_name":["泡椒鸡爪"],"material":["鸡爪","泡椒","大蒜","1头","白醋","糖","盐","花椒","葱","姜","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29a29cdb745c7f701168"},"dish_name":["泡椒牛肉"],"material":["牛肉","泡椒","荸荠","菜苔","香葱","蒜头","红椒","姜","芝麻","盐","糖","生抽","胡椒粉","麻油","淀粉","味精","黄酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a39cdb745c7f701169"},"dish_name":["菠萝古老肉"],"material":["五花肉","菠萝","红椒","青椒","鸡蛋","面粉","盐","料酒","番茄酱","醋","清水","白糖","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a49cdb745c7f70116a"},"dish_name":["咖喱鸡肉饭"],"material":["土豆","西芹","胡萝卜","红椒","花菜","洋葱","鸡肉","咖喱","生粉","橄榄油","西梅果酱","?"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a69cdb745c7f70116b"},"dish_name":["爆炒鸡胗"],"material":["鸡胗","圆椒","红椒","葱","姜","蒜","料酒","耗油","海天酱油","花生油","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a79cdb745c7f70116c"},"dish_name":["烧茄子"],"material":["盐","姜","圆茄子","西红柿","青椒（灯笼椒）","食用油","白糖","蒜","葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a89cdb745c7f70116d"},"dish_name":["鱼香茄子煲"],"material":["茄子","里脊肉","一小快","葱","料酒","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29a99cdb745c7f70116e"},"dish_name":["酿青椒"],"material":["辣椒","五花肉","土豆","香菇","姜粉","葱沫","油","盐","鸡精","蚝油","料酒","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29aa9cdb745c7f70116f"},"dish_name":["酸菜土豆丝"],"material":["酸菜","土豆","豆油","葱","蒜","姜","十三香","生抽","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29ac9cdb745c7f701170"},"dish_name":["酸辣白菜"],"material":["白菜","油","盐","鸡精","米醋","辣椒","白砂糖","生粉","耗油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29ad9cdb745c7f701171"},"dish_name":["爆炒猪肝"],"material":["猪肝","干辣椒","大蒜骨","青辣椒","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29ae9cdb745c7f701172"},"dish_name":["双椒炒猪肝"],"material":["猪肝","蒜苗","青辣椒","红辣椒","胡萝卜","胡椒粉","姜","生粉","料酒","鸡精","盐","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29b09cdb745c7f701173"},"dish_name":["黯然销魂叉烧饭"],"material":["

米","冷水","鸡蛋","一枚","菜心","蒜","酱油","油","猪肉（梅花肉或五花肉）","李锦记叉烧酱","蜂蜜","老抽","白酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29b19cdb745c7f701174"},"dish_name":["炒鱿鱼"],"material":["鱿鱼","土豆","泡生姜","泡豇豆","洋葱","小米椒","青椒","生姜","蒜","干海椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae29b29cdb745c7f701175"},"dish_name":["鸡蛋馒头片"],"material":["馒头","鸡蛋","盐","椒盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b39cdb745c7f701176"},"dish_name":["刺猬馒头"],"material":["面粉","奶粉","酵母","糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b49cdb745c7f701177"},"dish_name":["螺旋面"],"material":["芹菜叶","面粉","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b69cdb745c7f701178"},"dish_name":["陕西油泼面"],"material":["面粉","水","盐(加面粉里)","小油菜","芝麻辣椒粉","醋","生抽","食用油","大蒜","小葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b79cdb745c7f701179"},"dish_name":["酱拌面"],"material":["拉面","西红柿、青椒、红椒","香肠","葱","油、鸡精、白糖","黄豆酱"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b89cdb745c7f70117a"},"dish_name":["韭菜面片"],"material":["小麦面粉","韭菜","盐","花椒粉","牛肉粉","胡椒粉","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29b99cdb745c7f70117b"},"dish_name":["香菇肉包"],"material":["面粉","猪肉","干香菇","盐","老抽","牛奶"],"style":["面食"]}

{"_id":{"\$oid":"59ae29ba9cdb745c7f70117c"},"dish_name":["生煎小馒头"],"material":["馒头自发粉","温水","肉末","香菇","葱","姜","盐","酒","海鲜调料","生粉","熟黑芝麻","一台"],"style":["面食"]}

{"_id":{"\$oid":"59ae29bb9cdb745c7f70117d"},"dish_name":["彩色蝴蝶面"],"material":["面粉","西红柿","红心火龙果","南瓜","紫甘蓝","菠菜","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae29bc9cdb745c7f70117e"},"dish_name":["姜蛋索面"],"material":["温州索面","姜","鸡蛋","糖","木耳","平菇","米酒","酱油","味精"],"style":["面食"]}

{"_id":{"\$oid":"59ae29bd9cdb745c7f70117f"},"dish_name":["羊肉拉面"],"material":["羊腩","手工拉面","大葱","蒜","1头","姜","盐","胡椒粉","羊辣油","香菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae29bf9cdb745c7f701180"},"dish_name":["鸡蛋面条"],"material":["鸡蛋","西红柿","植物油","香油","盐","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c09cdb745c7f701181"},"dish_name":["紫米馒头"],"material":["白面粉","紫米粉","酵母粉","糖","泡打粉","牛奶","温水","食用碱水"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c19cdb745c7f701182"},"dish_name":["重庆凉面"],"material":["黄瓜","香菜","糖","醋","酱油","红油","辣椒油","蒜末","熟芝麻","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c29cdb745c7f701183"},"dish_name":["西葫芦鸡蛋包子"],"material":["西葫芦","面粉","鸡蛋","油","盐","调味自然鲜"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c39cdb745c7f701184"},"dish_name":["白菜肉包子"],"material":["普通面粉","酵母","瘦肉","香菇","白菜","盐","酱油","食用油","葱花"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c49cdb745c7f701185"},"dish_name":["烤冷面"],"material":["冷面","鸡蛋","香菜","辣椒酱","甜面酱","水","醋","白芝麻（可省略）","植物油"],"style":["面食"]}

{"_id":{"\$oid":"59ae29c69cdb745c7f701186"},"dish_name":["紫菜蛋汤"],"material":["紫菜","鸭蛋","小葱头","盐","油","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae29c79cdb745c7f701187"},"dish_name":["平菇鸡蛋汤"],"material":["平菇","鸡蛋","香菜","葱","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae29c89cdb745c7f701188"},"dish_name":["排骨藕汤"],"material":["排骨","莲藕","葱","姜","枸杞","生抽","料酒","醋","盐","鸡精","清水","食用油","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae29ca9cdb745c7f701189"},"dish_name":["冬瓜海带汤"],"material":["海带","冬瓜","猪骨头","盐","鸡精","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae29cb9cdb745c7f70118a"},"dish_name":["排骨玉米汤"],"material":["排骨","甜玉米","马蹄（荸荠）","胡萝卜","盐","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae29cc9cdb745c7f70118b"},"dish_name":["海鲜汤"],"material":["大虾","干蛤蜊肉","生姜","大葱","小葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae29cd9cdb745c7f70118c"},"dish_name":["鱼头萝卜汤"],"material":["萝卜","鱼头","猪肉","盐","油","水","南北杏","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae29ce9cdb745c7f70118d"},"dish_name":["莲子银耳汤"],"material":["银耳","莲子","梨","红枣","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d09cdb745c7f70118e"},"dish_name":["鸭血粉丝汤"],"material":["鸭血","粉丝","油","盐","胡椒粉","鸡精","姜","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d19cdb745c7f70118f"},"dish_name":["茶树菇老鸭汤"],"material":["老鸭","茶树菇","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d39cdb745c7f701190"},"dish_name":["老鸭汤"],"material":["老鸭","1/4","竹笋","木耳","白芸豆","四川泡菜","香料","鸡精","盐","黄酒","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d49cdb745c7f701191"},"dish_name":["皮蛋黄瓜汤"],"material":["黄瓜","皮蛋","生姜","葱","油","盐","芝麻油","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d59cdb745c7f701192"},"dish_name":["排骨海带汤"],"material":["盐","干海带结","排骨","黄豆"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d79cdb745c7f701193"},"dish_name":["西红柿土豆牛肉汤"],"material":["牛肉","番茄","土豆","香菜","姜","盐","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae29d89cdb745c7f701194"},"dish_name":["广式豆沙蛋黄月饼"],"material":["馅料：红豆","馅料：白砂糖","馅料：食用油","馅料：咸蛋黄","面皮：转化糖浆","面皮：枧水","面皮：食用油","面皮：高筋面粉","面皮：低筋面粉","表面装饰：蛋黄","表面装饰：蛋清"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29da9cdb745c7f701195"},"dish_name":["五仁月饼"],"material":["面粉","熟花生","熟腰果","瓜子仁","白芝麻","糯米粉","杏仁","奶粉","花生油","麦芽糖","玉米油","冰糖","糖浆","枧水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29da9cdb745c7f701196"},"dish_name":["花生牛轧糖"],"material":["原味棉花糖","全脂奶粉","红皮花生","糖纸","糖袋","牛轧糖糯米纸"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29de9cdb745c7f701197"},"dish_name":["红焖羊肉"],"material":["羊排","胡萝卜","油","葱","姜","蒜","干辣椒","葡萄酒","桂皮","草寇","肉寇","八角","花椒","小茴香","盐","糖","老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29e29cdb745c7f701198"},"dish_name":["肉末茄子"],"material":["肉末","茄子","葱","姜","蒜","香葱","盐","味精","鸡粉","料酒","淀粉","香油","老抽","白糖","胡椒粉","米醋","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae29e39cdb745c7f701199"},"dish_name":["清蒸山藥"],"material":["山药","鹽巴","葱","生抽"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29e49cdb745c7f70119a"},"dish_name":["醋泡花生米"],"material":["花生米"]}

"尖椒","小洋葱","黄瓜","香菜","香油","醋","酱油","糖","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29e59cdb745c7f70119b"},"dish_name":["黑芝麻蛋卷"],"material":["鸡蛋","低筋面粉","玉米油","白糖","盐","黑芝麻","随意"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29e69cdb745c7f70119c"},"dish_name":["自制油条"],"material":["面粉","热水（50~60 度左右）","植物油（用来炸制）"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29e89cdb745c7f70119d"},"dish_name":["回锅豆腐"],"material":["豆腐","青椒","红椒","黑木耳","油","盐","生抽","白糖","胡椒粉","蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29e99cdb745c7f70119e"},"dish_name":["紫薯饼"],"material":["紫薯","白砂糖","糯米粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29ea9cdb745c7f70119f"},"dish_name":["芝麻酱烧饼"],"material":["普通面粉","白芝麻","孜然粉","熟花椒粉","小茴香粉","热食用油","盐","淡盐水","泡打粉","酵母","平底锅","烤箱"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29eb9cdb745c7f7011a0"},"dish_name":["香椿摊鸡蛋"],"material":["香椿","鸡蛋","油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29ed9cdb745c7f7011a1"},"dish_name":["炒土豆丝"],"material":["土豆","青椒","干辣椒","油","盐","调料","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29ee9cdb745c7f7011a2"},"dish_name":["清炒藕片"],"material":["鸡精","油","莲藕","盐","清水","酱油","耗油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29ef9cdb745c7f7011a3"},"dish_name":["清炒丝瓜"],"material":["丝瓜","葱姜","味精","红椒","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f19cdb745c7f7011a4"},"dish_name":["鸡蛋卷饼"],"material":["鸡蛋","胡萝卜","大葱","猪肉","生抽","料酒","水","半锅","盐","花生油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f29cdb745c7f7011a5"},"dish_name":["清炒西兰花"],"material":["西兰花","蒜","食用油","料酒","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f39cdb745c7f7011a6"},"dish_name":["清炒苋菜"],"material":["苋菜","味精","葱","蒜","半头","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f59cdb745c7f7011a7"},"dish_name":["香菇扒油菜"],"material":["香菇（鲜）","油菜芯","油","蒜","蚝油","盐","水淀粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f69cdb745c7f7011a8"},"dish_name":["东北地三鲜"],"material":["土豆","茄子","青椒","色拉油","酱油","大蒜","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae29f79cdb745c7f7011a9"},"dish_name":["烧椒皮蛋"],"material":["皮蛋","青椒","剁椒酱","食用油","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29f89cdb745c7f7011aa"},"dish_name":["胭脂藕"],"material":["嫩藕","紫甘蓝","白醋","白糖","盐","小米椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29f99cdb745c7f7011ab"},"dish_name":["桂花糖藕"],"material":["藕","一节","糯米","糖桂花","红糖","红枣"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29fb9cdb745c7f7011ac"},"dish_name":["凉拌干豆腐"],"material":["干豆腐","胡萝卜","芹菜芯","盐","白糖","米醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29fd9cdb745c7f7011ad"},"dish_name":["红薯凉粉"],"material":["红薯粉","清水","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae29fe9cdb745c7f7011ae"},"dish_name":["手撕鸡"],"material":["土鸡","葱花","美人椒","香菜","花椒","盐","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a019cdb745c7f7011af"},"dish_name":["家常凉菜"],"material":["冰糖萝卜","胡萝卜","大白菜","黄瓜","鸡蛋","粉皮","花生米（熟）","盐","海鲜酱油","老陈醋","

花椒油","蒜","半头（切成末）"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a019cdb745c7f7011b0"},"dish_name":["红酒雪梨"],"material":["红酒","雪梨","冰糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a039cdb745c7f7011b1"},"dish_name":["金针菇拌黄瓜"],"material":["金针菇","黄瓜","蒜"," 酱汁料： "," 盐"," 鸡粉"," 生抽"," 陈醋","白糖","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a049cdb745c7f7011b2"},"dish_name":["凉拌米粉"],"material":[" 泡好的米粉"," 豆干酱","金针菇","黄瓜"," 红美人"," 辣椒油"," 盐"," 鸡精"," 味极鲜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a059cdb745c7f7011b3"},"dish_name":["糖醋心里美"],"material":[" 心里美","白糖"," 盐","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a079cdb745c7f7011b4"},"dish_name":["绿豆凉粉"],"material":[" 水"," 绿豆粉"," 容器"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a089cdb745c7f7011b5"},"dish_name":["凉拌莴笋片"],"material":["莴笋","老干妈香辣酱菜"," 香菜叶子"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a099cdb745c7f7011b6"},"dish_name":["炆土豆丝"],"material":["土豆","葱花","干辣椒","醋"," 盐"," 味达美","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a0b9cdb745c7f7011b7"},"dish_name":["洋葱炒肥牛"],"material":["洋葱","肥牛","酱油","油","白糖"," 盐"," 鸡精","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a0c9cdb745c7f7011b8"},"dish_name":["春笋炒腊肉"],"material":["春笋","腊肉","香葱"," 清水","食用油"," 食盐","白糖","料酒","生姜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a0d9cdb745c7f7011b9"},"dish_name":["蒜蓉粉丝娃娃菜"],"material":["娃娃菜","粉丝","1 捆","蒜","1 头","油"," 盐","干辣椒"," 蒸鱼豉油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a0f9cdb745c7f7011ba"},"dish_name":["麻辣牛肉干"],"material":["新鲜牛肉","大葱"," 老姜","大蒜"," 香料"," 菜籽油","胡椒粉","花椒粉","孜然粉"," 鱼露"," 辣椒粉"," 白芝麻","白糖"," 生抽"," 白酒"," 黑胡椒粉"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a109cdb745c7f7011bb"},"dish_name":["酱爆鱿鱼"],"material":["鱿鱼","红黄彩椒"," 葱花"," 姜沫","蒜"," 东北大酱"," 生抽","花椒粉","蚝油"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a119cdb745c7f7011bc"},"dish_name":["芹菜肉丝"],"material":["芹菜","里脊肉"," 姜丝","花椒粉"," 盐","淀粉","酱油","料酒"," 橄榄油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a129cdb745c7f7011bd"},"dish_name":["海鲜焗饭"],"material":[" 虾壳粉"," 马苏里拉奶酪碎"," 熟米饭","油"," 盐","酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a139cdb745c7f7011be"},"dish_name":["莴苣炒肉片"],"material":[" 瘦肉","莴苣"," 小米辣","蒜头","葱","生姜","料酒"," 生粉"," 老抽"," 盐","油"," 清水"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a149cdb745c7f7011bf"},"dish_name":["韩式拌饭"],"material":[" 熟米饭"," 鸡胸"," 中等大小青椒","香菇"," 中等洋葱","胡萝卜","西红柿"," 韩式大酱"," 韩式辣酱"," 生抽"," 盐"," 泰式酸辣酱"," 白开水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a169cdb745c7f7011c0"},"dish_name":["剁椒蒸带鱼"],"material":["带鱼","剁椒","香菜","姜","料酒"," 盐","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a179cdb745c7f7011c1"},"dish_name":["杏鲍菇炒肉丝"],"material":["杏鲍菇","猪肉"," 葱姜蒜"," 老抽"," 生抽"," 盐","食用油"," 十三香"," 鸡粉"," 生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a189cdb745c7f7011c2"},"dish_name":["炒豆角"],"material":["豆角","味精"]}

"," 葱姜"," 盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a199cdb745c7f7011c3"},"dish_name":["全麦刀切馒头"],"material":["全麦面粉"," 普通面粉"," 酵母"," 温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a1b9cdb745c7f7011c4"},"dish_name":["紫薯玫瑰花馒头"],"material":["紫薯粉","面粉"," 酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a1c9cdb745c7f7011c5"},"dish_name":["炒面"],"material":["一份","鸡蛋","火腿肠","青椒","红椒","胡萝卜","鸡腿菇","油"," 盐"," 生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a1d9cdb745c7f7011c6"},"dish_name":["微波炉煮方便面"],"material":["康师傅方便面","1 袋","青菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a1e9cdb745c7f7011c7"},"dish_name":["烩面片"],"material":["土豆","香菇","木耳","腐竹","红萝卜","火腿","西红柿","黄花草","豆角","香菜","韭菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a1f9cdb745c7f7011c8"},"dish_name":["菊花馒头"],"material":["南瓜","中筋面粉"," 干酵母","白糖"," 干面粉"," 花生油(刷架子用)"," 芹菜叶(装饰用)"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a209cdb745c7f7011c9"},"dish_name":["家常意大利面"],"material":["意大利面"," 鲜虾","胡萝卜"," 西蓝花","洋葱","黄油"," 盐","番茄酱"," 黑胡椒粉"," 橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a229cdb745c7f7011ca"},"dish_name":["炆锅面"],"material":["香菇","西红柿","青椒","青菜","食用油"," 盐"," 五香粉","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a239cdb745c7f7011cb"},"dish_name":["浆水面"],"material":["面粉"," 浆水汤","小葱"," 红辣椒","香菜"," 盐","味精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a259cdb745c7f7011cc"},"dish_name":["奶香馒头"],"material":["牛奶","一袋"," 酵母","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a269cdb745c7f7011cd"},"dish_name":["韭菜鸡蛋豆腐包子"],"material":["韭菜","鸡蛋","豆腐","面粉","油"," 盐"," 鸡精"," 麻辣粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a279cdb745c7f7011ce"},"dish_name":["豆腐包子"],"material":["花椒粉","自发粉","香油"," 老干妈辣椒","豆腐","小葱"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a289cdb745c7f7011cf"},"dish_name":["意式肉酱面"],"material":["橄榄油"," 拿波里肉酱"," 通心面","洋葱"," 盐"," 拿波里肉酱","番茄酱"," 肉末"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a2a9cdb745c7f7011d0"},"dish_name":["炒面片"],"material":["番茄"," 盐","西红柿","莲花菜"," 味极鲜"," 油"," 洋葱","豆角","土豆"," 鸡精"," 大肉","芹菜","生姜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a2b9cdb745c7f7011d1"},"dish_name":["肉包子"],"material":["发酵好的面团"," 肉馅"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a2c9cdb745c7f7011d2"},"dish_name":["茶树菇鸡汤"],"material":["鸡肉","茶树菇","姜","蒜","八角","大葱"," 小香葱"," 海天酱油老抽"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a2e9cdb745c7f7011d3"},"dish_name":["木瓜花生排骨汤"],"material":["木瓜","花生","排骨"," 盐"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a359cdb745c7f7011d4"},"dish_name":["木耳鸡蛋汤"],"material":["黑木耳","鸡蛋"," 植物油"," 盐","胡椒粉"," 鸡粉","水淀粉","香菜","香油","酱油"," 清水"," 葱花"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a369cdb745c7f7011d5"},"dish_name":["南瓜汤"],"material":["南瓜","洋葱","黄油"," 鲜奶","蒜头"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a379cdb745c7f7011d6"},"dish_name":["苹果汤"],"material":["苹果","银耳"]}

," 大红枣","枸杞子","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a379cdb745c7f7011d7"},"dish_name":["养生鸡汤"],"material":["土鸡","党参","红枣","5 枚","枸杞","清水","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a389cdb745c7f7011d8"},"dish_name":["银耳枸杞红枣汤"],"material":["银耳","枸杞","红枣","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a399cdb745c7f7011d9"},"dish_name":["桂圆红枣银耳汤"],"material":["红枣","桂圆干","银耳","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a3b9cdb745c7f7011da"},"dish_name":["花旗参石斛瘦肉汤"],"material":["花旗参","石斛","瘦肉","鸡爪","排骨","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a3c9cdb745c7f7011db"},"dish_name":["薏米红豆汤"],"material":["红豆","薏米","清水","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a3e9cdb745c7f7011dc"},"dish_name":["乌鸡汤"],"material":["乌鸡","枸杞","红枣","葱","姜","香叶","八角","桂皮","料酒","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a3f9cdb745c7f7011dd"},"dish_name":["黄花菜排骨汤"],"material":["黄花菜","排骨","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a409cdb745c7f7011de"},"dish_name":["西红柿蛋汤"],"material":["西红柿","鸡蛋","花生油","盐","葱花","番茄酱"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a429cdb745c7f7011df"},"dish_name":["蚕豆鸡蛋汤"],"material":["蚕豆","鸡蛋","食用油","盐","淀粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a439cdb745c7f7011e0"},"dish_name":["白萝卜排骨汤"],"material":["白萝卜","排骨","姜","葱白","料酒","盐","鸡精","白胡椒粉","随意","白糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a449cdb745c7f7011e1"},"dish_name":["胡辣汤"],"material":["小葱","海带","鸡蛋","油","水","600mL","生粉","香油","瘦肉","美味鲜酱油","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2a489cdb745c7f7011e2"},"dish_name":["红烧冬瓜"],"material":["冬瓜","葱","姜","蒜","香菜","盐","味精","白糖","鸡粉","料酒","大料","蚝油","老抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a499cdb745c7f7011e3"},"dish_name":["水晶猪皮冻"],"material":["猪皮","盐","白酒","醋","蒜","红椒","香菜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a4a9cdb745c7f7011e4"},"dish_name":["啤酒鸭"],"material":["新鲜鸭肉","蒜苗","八角","桂皮","香叶","生姜","干辣椒","食用油","酱油","蚝油","料酒","盐","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a4b9cdb745c7f7011e5"},"dish_name":["香蕉派"],"material":["黄油","低粉","糖","水(牛奶)","香蕉","马苏里拉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a4c9cdb745c7f7011e6"},"dish_name":["醋溜土豆丝"],"material":["土豆","青椒","红椒","食用油","陈醋","蚝油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a4e9cdb745c7f7011e7"},"dish_name":["老婆饼"],"material":["水油波：普通面粉","水","白砂糖","猪油","油酥：普通面粉","猪油","馅：糯米粉","白砂糖","水","白芝麻","椰蓉","猪油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a4f9cdb745c7f7011e8"},"dish_name":["紫薯蛋挞"],"material":["淡奶油","牛奶","鸡蛋黄","低筋粉","白糖","炼乳","紫薯","蛋挞皮"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a509cdb745c7f7011e9"},"dish_name":["青椒土豆丝"],"material":["青椒","土豆","红椒","油","盐","胡椒粉","白糖","味精","蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2a519cdb745c7f7011ea"},"dish_name":["豆沙包"],"material":["面粉","红豆沙馅","酵母粉","温水","白糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a529cdb745c7f7011eb"},"dish_name":["蒜蓉西兰花"],"material":["西兰花","蒜","花生油","精盐","鸡精（可不加）"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a539cdb745c7f7011ec"},"dish_name":["电饭锅蛋糕"],"material":["鸡蛋","低筋面粉","鲜牛奶","细砂糖","细砂糖","玉米油","40"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a549cdb745c7f7011ed"},"dish_name":["清炒芦笋"],"material":["芦笋","海鲜菇","蟹味菇","油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a569cdb745c7f7011ee"},"dish_name":["水煮毛豆"],"material":["毛豆","香叶","桂皮","干辣椒","八角","油","料酒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a579cdb745c7f7011ef"},"dish_name":["土豆饼"],"material":["土豆","全脂牛奶","细沙糖","鸡蛋","糯米粉","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a589cdb745c7f7011f0"},"dish_name":["韭菜馅饼"],"material":["水","韭菜","面粉","猪肉馅","料酒","饼铛","盐","酱油","色拉油","十三香","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a5a9cdb745c7f7011f1"},"dish_name":["山药炒木耳"],"material":["山药","木耳","胡萝卜","青椒","食用油","醋","佐料","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a5c9cdb745c7f7011f2"},"dish_name":["红薯饼"],"material":["红薯","面粉","食用油","白糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a5c9cdb745c7f7011f3"},"dish_name":["南瓜饼"],"material":["南瓜","糯米粉","面粉","白芝麻","黑芝麻","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2a5d9cdb745c7f7011f4"},"dish_name":["芥末菠菜"],"material":["菠菜","炸豆腐叶子","粉丝","芥末","白芝麻(熟)","香油","米醋","白糖","鸡精","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a5e9cdb745c7f7011f5"},"dish_name":["凉拌千张"],"material":["胡萝卜","芹菜或香菜","油","盐","糖","醋","酱油","香油","葱","姜","蒜","干辣椒","胡椒","花椒粉","芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a5f9cdb745c7f7011f6"},"dish_name":["椒麻鸡"],"material":["童子鸡","芝麻","花椒粉","辣椒粉","白胡椒粉","盐","糖","鸡精","姜","劲葱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a609cdb745c7f7011f7"},"dish_name":["酸辣凉粉"],"material":[],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a629cdb745c7f7011f8"},"dish_name":["老醋花生米"],"material":["花生","洋葱","油","白糖","醋","黄瓜","红绿尖椒","香菜","酱油","耗油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a639cdb745c7f7011f9"},"dish_name":["日式土豆沙拉"],"material":["土豆","鸡蛋","红萝卜","毛豆（或者黄瓜）","沙拉酱","醋","盐","橄榄油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a649cdb745c7f7011fa"},"dish_name":["水晶皮冻"],"material":["鲜猪皮","400","白酒","食盐","陈醋","生抽","麻油","白砂糖","红指天椒","香菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a659cdb745c7f7011fb"},"dish_name":["韩国辣白菜"],"material":["大白菜","白萝卜","梨","韭菜","香葱","姜","蒜","辣椒粉","鱼露","虾酱","糯米粉","粗盐","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a679cdb745c7f7011fc"},"dish_name":["凉拌青笋"],"material":["青笋","青笋叶子","若干","新鲜小红辣椒","姜","花椒","盐","米醋","色拉油","香油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a689cdb745c7f7011fd"},"dish_name":["凉拌粉皮"],"material":["粉皮","黄瓜","过水黄豆芽","色拉油","香油","辣椒面","盐","蒜末","醋","鸡精","熟白芝麻"]}

"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a6a9cdb745c7f7011fe"},"dish_name":["凉拌豆皮"],"material":["豆皮","青、红椒","黄瓜","1 节","盐","白糖","鸡精","蒸鱼豉油或生抽","麻椒油","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a6b9cdb745c7f7011ff"},"dish_name":["凉拌豆腐"],"material":["嫩豆腐","茄子（小）","秋葵","小西红柿","丁香鱼","香油","醋","糖","盐","白芝麻（磨成粉末使用）","韩国辣酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a6c9cdb745c7f701200"},"dish_name":["越南春卷"],"material":["越南米纸","一袋","小黄瓜","胡萝卜","蟹肉棒","米粉","蒜末","小葱","小米椒","鱼露","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a6e9cdb745c7f701201"},"dish_name":["凉拌苦菊"],"material":["苦菊","大蒜","干红辣椒","生抽","耗油","味极鲜","香醋","芝麻香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a6f9cdb745c7f701202"},"dish_name":["盐水煮毛豆"],"material":["毛豆","盐","花椒","干辣椒（去籽）","桂皮","香叶","姜","八角","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2a719cdb745c7f701203"},"dish_name":["红烧大肠"],"material":["大肠","老抽","生抽","料酒","鸡精","盐","白胡椒","老姜","八角","桂皮"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a729cdb745c7f701204"},"dish_name":["干锅茶树菇"],"material":["茶树菇","五花肉","葱","姜","蒜","洋葱","杭椒","红小米椒","盐","味精","白糖","鸡粉","干辣椒","料酒","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a739cdb745c7f701205"},"dish_name":["糖醋白菜"],"material":["白菜","香醋","糖","盐","植物油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a749cdb745c7f701206"},"dish_name":["粉蒸肉"],"material":["带皮五花肉","土豆","蒸肉米粉","葱花","姜末","生抽","酱油","料酒","腐乳","生粉","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a759cdb745c7f701207"},"dish_name":["肉丁辣椒酱"],"material":["新鲜红辣椒","姜末","蒜葱末","鲜肉丁","白糖","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a779cdb745c7f701208"},"dish_name":["梅菜扣肉"],"material":["五花肉","梅干菜","葱","姜","盐","料酒","八角","海鲜酱","蚝油","老抽","白糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a789cdb745c7f701209"},"dish_name":["蟹黄豆腐"],"material":["内酯豆腐","咸鸭蛋黄","葱花","玉米淀粉","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a799cdb745c7f70120a"},"dish_name":["什锦豌豆糯米饭"],"material":["豌豆","玉米","胡萝卜","火腿肉","猪油","盐","味精","香肠"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a7a9cdb745c7f70120b"},"dish_name":["咖喱鸡"],"material":["鸡胸肉","土豆","胡萝卜","洋葱","咖喱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a7c9cdb745c7f70120c"},"dish_name":["羊肉抓饭"],"material":["羊肉","大米","胡萝卜","油","盐","糖蒜","几头"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a7e9cdb745c7f70120d"},"dish_name":["乌米饭"],"material":["南烛叶（乌米叶）","糯米","白糖","（熟）白芝麻"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2a809cdb745c7f70120e"},"dish_name":["香椿拌面"],"material":["香椿芽","胡萝卜咸菜","鸡蛋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a809cdb745c7f70120f"},"dish_name":["虾仁意面"],"material":["意大利面","虾仁","火腿肠","蕃茄","青豆","番茄酱","盐","橄榄油","黑胡椒粉","蒜蓉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a819cdb745c7f701210"},"dish_name":["重庆小面"],"material":["骨头汤

","一小盆","重庆小面料","蒜末","芝麻酱","酱油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a829cdb745c7f701211"},"dish_name":["金银馒头"],"material":["面粉","牛奶","南瓜","鸡蛋","1","奶粉","咸鸭蛋","1","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a839cdb745c7f701212"},"dish_name":["上海阳春面"],"material":["挂面","鸡蛋","葱花","猪油","盐","鸡精","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a859cdb745c7f701213"},"dish_name":["排骨包子"],"material":["排骨","白菜","葱","姜","黄酱","糖","牛肉粉","五香粉","料酒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a869cdb745c7f701214"},"dish_name":["手工炸酱面"],"material":["肉丁","青菜","甜面酱","半袋","料酒","花椒粉","葱、姜","黄瓜、红萝卜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a879cdb745c7f701215"},"dish_name":["京味打卤面"],"material":["鸡蛋","2-3枚","五花肉","五花肉","香菇仔","黄花","酱肉老汤","木耳","香葱,香菜,姜丝","糖,盐,白胡椒粉","老抽,生抽,黄酒,香油,花生油","香菜,香葱,姜丝","盐,糖,白胡椒粉,淀粉","酱肉老汤"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a889cdb745c7f701216"},"dish_name":["自制家常意大利面"],"material":["意面","番茄","葱头","鸡蛋","盐","糖","胡椒粉","橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a899cdb745c7f701217"},"dish_name":["西葫芦鸡蛋素馅包子"],"material":["西葫芦","鸡蛋","粉丝","木耳","油","盐","紫薯","红色柿子椒","黄色柿子椒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a8a9cdb745c7f701218"},"dish_name":["凉拌莜面"],"material":["莜面","油泼辣子","生抽","盐","味精","鸡精","香油","蒜蓉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a8c9cdb745c7f701219"},"dish_name":["炒方便面"],"material":["方便面","2袋","小葱","青椒","胡萝卜","洋葱","玉米油","温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a8d9cdb745c7f70121a"},"dish_name":["小面"],"material":["面粉","鸡蛋","重庆小面料","醋","酱油","蒜末","油菜","骨头汤","小半盆"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a8f9cdb745c7f70121b"},"dish_name":["凉面"],"material":["鸡蛋","酱油","木耳","油","湿淀粉","耗油","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a909cdb745c7f70121c"},"dish_name":["汤面"],"material":["鸡蛋","干挂面","小青菜","虾皮","猪油","盐","鸡精","生抽","香葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a919cdb745c7f70121d"},"dish_name":["虾仁意大利面"],"material":["意大利面","罗勒叶酱","起司碎","虾仁","盐巴","黑胡椒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a929cdb745c7f70121e"},"dish_name":["萝卜馅包子"],"material":["猪肉馅","中筋面粉","玉米面","香油","盐","五香粉","生抽","姜末","大葱","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2a949cdb745c7f70121f"},"dish_name":["萝卜骨头汤"],"material":["萝卜","骨头","香菜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a959cdb745c7f701220"},"dish_name":["香菇豆腐汤"],"material":["香菇","豆腐","番茄","青菜叶","鸡精","麻油","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a969cdb745c7f701221"},"dish_name":["老母鸡汤"],"material":["老母鸡","党参","枸杞","红枣","小黄姜","料酒","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a979cdb745c7f701222"},"dish_name":["蘑菇浓汤"],"material":["蘑菇","排骨","猪心","瘦肉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a999cdb745c7f701223"},"dish_name":["清炖鸡汤"],"material":["土鸡","胡萝卜","山药","枸杞","盐","料酒","胡椒","干椒","八角","香叶","桂皮","姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a9a9cdb745c7f701224"},"dish_name":["菌菇豆腐汤"],"material":["蟹味菇","白玉菇","水豆腐","排骨","鸡爪","葱","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a9c9cdb745c7f701225"},"dish_name":["芦笋浓汤"],"material":["芦笋","洋葱","土豆","大蒜","橄榄油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a9d9cdb745c7f701226"},"dish_name":["猴头菇排骨汤"],"material":["干猴头菇","排骨","红枣","姜","大葱","盐","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a9e9cdb745c7f701227"},"dish_name":["味噌汤"],"material":["豆腐","鸡蛋","味噌酱","葱花","雪白菇","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2a9f9cdb745c7f701228"},"dish_name":["青菜豆腐汤"],"material":["小白菜","豆腐","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa09cdb745c7f701229"},"dish_name":["冬瓜玉米排骨汤"],"material":["排骨","玉米","冬瓜","盐","花椒","姜","干辣椒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa19cdb745c7f70122a"},"dish_name":["山药鲫鱼汤"],"material":["鲫鱼","山药","蘑菇","大蒜","盐","胡椒粉","生姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa39cdb745c7f70122b"},"dish_name":["玉米山药炖鸡汤"],"material":["老鸡","山药","玉米","红萝卜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa49cdb745c7f70122c"},"dish_name":["番茄蛋汤"],"material":["番茄","油","鸡精","葱花","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa59cdb745c7f70122d"},"dish_name":["番茄鸡蛋菠菜汤"],"material":["西红柿","鸡蛋","菠菜","葱花","油","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2aa69cdb745c7f70122e"},"dish_name":["蜂蜜柠檬"],"material":["柠檬","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2aa79cdb745c7f70122f"},"dish_name":["黑豆浆"],"material":["黑豆","核桃","糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2aa89cdb745c7f701230"},"dish_name":["火龙果牛奶西米露"],"material":["火龙果","西米","纯牛奶","蜂蜜","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2aa99cdb745c7f701231"},"dish_name":["木瓜香蕉奶昔"],"material":["木瓜","香蕉","牛奶","枸杞"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2aaa9cdb745c7f701232"},"dish_name":["自制甜酒"],"material":["糯米","水","酒饼"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ab39cdb745c7f701233"},"dish_name":["蒜蓉拌茄子"],"material":["茄子","蒜","生抽","老抽","醋","糖","红辣椒","葱","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ab49cdb745c7f701234"},"dish_name":["糖三角"],"material":["面粉","酵母","白糖","泡打粉","食用碱水(看着添加)","红糖","面粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ab59cdb745c7f701235"},"dish_name":["榨菜肉丝"],"material":["涪陵榨菜","猪精瘦肉","大蒜","白糖","生抽","开水","生粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ab69cdb745c7f701236"},"dish_name":["手擀面"],"material":["面粉","温水","卤子","黄瓜丝"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ab79cdb745c7f701237"},"dish_name":["凤梨酥"],"material":["低筋面粉","黄油","糖粉","奶粉","鸡蛋","蛋黄","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ab89cdb745c7f701238"},"dish_name":["水煮鱼"],"material":["草鱼","白菜","盐","料酒","胡椒粉","生粉","蛋清","干辣椒","小米辣椒","八角","桂皮","葱姜蒜","香菜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2aba9cdb745c7f701239"},"dish_name":["炸藕盒"],"material":["藕","一节","

猪肉馅","葱末","姜末","香油","生抽","盐","胡椒粉","面粉","玉米油"],"style":["家常菜"]}}

{"_id":{"\$oid":"59ae2abc9cdb745c7f70123a"},"dish_name":["糖醋丸子"],"material":["丸子","一盘","葱姜蒜","料酒","1份","生抽","2份","白糖","3份","白醋","4份","水","5份","番茄酱","生粉","冰糖老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2abc9cdb745c7f70123b"},"dish_name":["酸菜鱼"],"material":["酸菜","色拉油","红干椒","泡椒","红袍花椒","盐","白胡椒粉","料酒","白糖","泡姜","蒜","鲜汤","鸡蛋（用蛋清）"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2abd9cdb745c7f70123c"},"dish_name":["黄豆炖猪蹄"],"material":["猪蹄","黄豆","八角","盐","白糖","生抽","老抽","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2abf9cdb745c7f70123d"},"dish_name":["蚝油杏鲍菇"],"material":["杏鲍菇","鸡蛋","青椒","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ac09cdb745c7f70123e"},"dish_name":["姜撞奶"],"material":["牛奶","白糖","姜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac19cdb745c7f70123f"},"dish_name":["炸茄盒"],"material":["鸡蛋液","胡萝卜","肉馅","茄子","色拉油","调味品"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac29cdb745c7f701240"},"dish_name":["南瓜发糕"],"material":["南瓜","面粉","酵母","白糖","蔓越莓","葡萄干"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac39cdb745c7f701241"},"dish_name":["蓑衣黄瓜"],"material":["黄瓜","蒜头","油","醋","糖","干辣椒","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac49cdb745c7f701242"},"dish_name":["红豆沙"],"material":["红豆","沙糖","油","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac59cdb745c7f701243"},"dish_name":["春饼"],"material":["面粉","开水","配菜","菠菜","绿豆芽","粉丝","鸡蛋","韭菜","白肉","猪头肉","甜面酱"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac69cdb745c7f701244"},"dish_name":["玉米面发糕"],"material":["玉米面","白面","蔓越莓干","白糖","红枣","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac79cdb745c7f701245"},"dish_name":["家常红烧豆腐"],"material":["豆腐","猪瘦肉","淀粉","香菜","油","盐","料酒","鸡精","酱油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ac99cdb745c7f701246"},"dish_name":["凉拌白菜"],"material":["大白菜","红甜椒（切丝）","一小","香油","盐（腌制）","鸡精","芝麻","香葱","蒜（剁成泥）"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2aca9cdb745c7f701247"},"dish_name":["凉拌香椿"],"material":["香椿芽","大蒜籽","小米椒","食用油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2acb9cdb745c7f701248"},"dish_name":["凉拌酱汁豆角"],"material":["豆角","生姜","生抽","盐","鸡精","食用油","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2acc9cdb745c7f701249"},"dish_name":["凉拌苋菜"],"material":["苋菜","葱","姜","蒜","干辣椒","芝麻","油","盐","调料","鸡汁","醋","凉开水","小盆"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2acd9cdb745c7f70124a"},"dish_name":["凉拌麻辣鸡丝"],"material":["鸡胸肉","辣椒油","盐","酱油","米醋","白砂糖","香油","香菜","味精","红小米辣","姜","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2acf9cdb745c7f70124b"},"dish_name":["芝麻菠菜"],"material":["菠菜","芝麻(熟)","红辣椒","盐","鸡精","花生油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2acf9cdb745c7f70124c"},"dish_name":["凉皮"],"material":["面粉","水(和面用)","盐","黄瓜","豆芽(煮熟的)","花生米","老干妈","姜","蒜(捣成泥)","小葱","生抽","醋","香油","花椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad19cdb745c7f70124d"},"dish_name":["凉拌酸辣黄豆"],"material":["黄豆","芹菜","胡萝卜","红美人","白醋","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad29cdb745c7f70124e"},"dish_name":["棒棒鸡"],"material":["鸡胸肉","葱","生姜","料酒","熟白芝麻","芝麻油","辣椒油","糖","白醋","芝麻酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad39cdb745c7f70124f"},"dish_name":["凉拌花生米菠菜"],"material":["菠菜","豆腐干","熟花生","虾皮","盐","蒜","酱油","醋","鸡精","麻油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad49cdb745c7f701250"},"dish_name":["黄瓜拌金针菇"],"material":["金针菇","黄瓜","蒜苗","辣椒油","盐","鸡精","白醋","味极鲜","麻辣粉","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad69cdb745c7f701251"},"dish_name":["韩式拌杂菜"],"material":["红薯粉","牛肉","香菇","洋葱","胡萝卜","菠菜","芝麻","盐","酱油","鱼露","芝麻香油","胡椒粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad79cdb745c7f701252"},"dish_name":["拍黄瓜"],"material":["黄瓜","大蒜","盐","味精","米醋","生抽","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ad89cdb745c7f701253"},"dish_name":["麻辣鸡丝"],"material":["鸡胸肉","黄瓜","胡萝卜","姜","花椒","麻椒","盐","油","碎辣椒","蒜","酱油","醋","白糖","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ada9cdb745c7f701254"},"dish_name":["炆拌酸辣土豆丝"],"material":["土豆","葱","剁椒","蒜","花椒","盐","糖","白醋","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ada9cdb745c7f701255"},"dish_name":["五福临门"],"material":["豆腐","豆泡","五香豆干","豆腐皮","腐竹","海带","虾","木耳","胡萝卜","花生油","醋","高汤","盐","料酒","香叶","八角","老抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2adb9cdb745c7f701256"},"dish_name":["茶树菇炒五花肉"],"material":["五花肉","茶树菇","干辣椒","姜","葱花"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2add9cdb745c7f701257"},"dish_name":["虎皮尖椒"],"material":["尖椒","豆豉","葱","姜","蒜","盐","白糖","鸡粉","醋","生抽","油","淀粉","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ade9cdb745c7f701258"},"dish_name":["叉烧饭"],"material":["梅花肉","叉烧酱","生抽","烧烤酱","蜂蜜","葱头","姜蒜","蜂蜜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2adf9cdb745c7f701259"},"dish_name":["韭菜花小炒肉"],"material":["盐","红甜椒","韭菜花","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae19cdb745c7f70125a"},"dish_name":["菠萝咕老肉"],"material":["猪里脊","青椒","红椒","油","盐","鸡精","糖","醋","生抽","南德调料粉","蕃茄酱","淀粉","面粉","水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae29cdb745c7f70125b"},"dish_name":["毛血旺"],"material":["鸭血","黄喉","百叶","午餐肉","火锅底料","1袋","黄豆芽","干辣椒","盐","葱","花椒","小葱","姜","油","黄酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae39cdb745c7f70125c"},"dish_name":["蒜苗炒腊肉"],"material":["腊肉","蒜苗","葱","姜","生抽","盐","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae49cdb745c7f70125d"},"dish_name":["什锦菠萝饭"],"material":["菠萝","胡萝卜","玉米","青椒","红椒","香菇","鸡蛋","米饭","盐","油","葱","姜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae69cdb745c7f70125e"},"dish_name":["酿油豆腐"],"material":["油豆腐","五花肉","葱","蒜","酱油","生粉","油","盐","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae79cdb745c7f70125f"},"dish_name":["豉汁蒸排骨"],"material":["肋排软骨","盐","糖","干豆豉","蒜","姜","料酒","生抽","老抽","葱","生粉","蚝油","油","红灯笼椒","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae79cdb745c7f701260"},"dish_name":["黑椒牛柳"],"material":["嫩牛肉","洋葱","红椒","青椒","生抽酱油","蚝油","盐","糖","料酒","食用油","水淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ae99cdb745c7f701261"},"dish_name":["台湾卤肉饭"],"material":["五花肉","洋葱","肉皮","干香菇","盐","生抽","鸡精","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2aea9cdb745c7f701262"},"dish_name":["干锅兔"],"material":["兔肉","洋葱","青红椒","干辣椒","花椒","八角","陈皮","盐","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2aeb9cdb745c7f701263"},"dish_name":["笋干烧肉"],"material":["笋干","五花肉","生姜","小葱","干辣椒","食用油","清水","食盐","味精","白糖","生抽","老抽","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2aed9cdb745c7f701264"},"dish_name":["咖喱土豆牛肉"],"material":["咖喱","土豆","牛肉","蒜末","葱末"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2aee9cdb745c7f701265"},"dish_name":["糖醋里脊"],"material":["猪里脊","姜","蒜","盐","白糖","味精","胡椒粉","番茄酱","醋","生粉","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2af09cdb745c7f701266"},"dish_name":["手撕茄子"],"material":["茄子","香菜","葱","蒜","辣椒","酱油","糖","盐","油","辣椒粉","醋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2af19cdb745c7f701267"},"dish_name":["岐山臊子面"],"material":["五花肉","土豆","红萝卜","豆王","鸡蛋","木耳","若干","炸豆腐","韭菜","若干","岐山醋","一袋","盐","姜粉","五香粉","老抽","淀粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af29cdb745c7f701268"},"dish_name":["杂酱面"],"material":["青椒","番茄","肉","葱","油","料酒","洋葱","酱油","红椒","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af39cdb745c7f701269"},"dish_name":["酸辣面"],"material":["面粉","水","鸡蛋","蒜","辣椒油","糖醋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af49cdb745c7f70126a"},"dish_name":["懒人西红柿鸡蛋拌面"],"material":["番茄","鸡蛋","一盘","盐","白糖","番茄沙司"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af59cdb745c7f70126b"},"dish_name":["什锦乌冬面"],"material":["乌冬面","黄瓜","胡萝卜","火腿肠","葱","生抽","蚝油","番茄酱","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af69cdb745c7f70126c"},"dish_name":["香肠炒面条"],"material":["香肠","西红柿","莲花白","油","盐","鸡精","味极鲜","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af89cdb745c7f70126d"},"dish_name":["番茄意大利面"],"material":["意大利面","一人份","番茄酱","番茄","盐","糖","洋葱","蒜","胡椒粉","芝士粉","方腿或火腿","橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2af99cdb745c7f70126e"},"dish_name":["茶树菇酱肉包"],"material":["干黄酱","圆白菜","胡萝卜","茶树菇","猪肉","姜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2afa9cdb745c7f70126f"},"dish_name":["菠萝咕嚕肉盖浇面"],"material":["里脊肉","面","菠萝肉","西红柿","空心菜","葱","水淀粉","番茄酱","油","盐","白醋","白砂糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2afb9cdb745c7f701270"},"dish_name":["清汤面"],"material":["猪棒骨","葱姜","盐","挂面","葱末","香菜","油菜","八角","花椒","胡椒粉","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2afd9cdb745c7f701271"},"dish_name":["陕西油泼扯面"],"material":["面粉","黄豆芽","青菜","油","醋","味极鲜","盐","鸡精","辣椒面"],"style":["面食"]}

{"_id":{"\$oid":"59ae2afe9cdb745c7f701272"},"dish_name":["番茄肉酱意大利面"],"material":["盐","黑胡椒","番茄","黄油","意大利面","肉酱","洋葱","番茄酱","淀粉","料酒","食用油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2aff9cdb745c7f701273"},"dish_name":["羊肉面"],"material":["羊肉","生姜","料酒","白胡椒粉","香菜、小葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b009cdb745c7f701274"},"dish_name":["排骨豆角焖面"],"material":["猪排骨","扁豆角","新鲜手擀面","大料","花椒","姜","大葱","蒜","盐","料酒","蚝油","生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b029cdb745c7f701275"},"dish_name":["素包子"],"material":["杏鲍菇","黑木耳","黄花菜","小油菜","鸡蛋","葱姜末","蚝油","鸡汁","香油","盐","面粉","酵母","泡打粉","糖","生抽酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b029cdb745c7f701276"},"dish_name":["大肉包"],"material":["白面","猪绞肉","干香菇","木耳","姜末","香葱","生抽","油","盐","生粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b049cdb745c7f701277"},"dish_name":["豆角肉丝焖面"],"material":["豆角","肉丝","油","盐","糖","老抽","料酒","生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b059cdb745c7f701278"},"dish_name":["香菇蚝油拌面"],"material":["香菇","胡萝卜","青瓜","蚝油","老抽","生抽","白醋","白糖","香油","清水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b069cdb745c7f701279"},"dish_name":["鲜味玉米节瓜汤"],"material":["节瓜","玉米","虾米","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b079cdb745c7f70127a"},"dish_name":["韩式大酱汤"],"material":["韩式大酱","韩式辣酱(可以不放)","牛肉粉","角瓜","土豆","豆腐","鲜香菇","洋葱","尖椒","淘米水","葱花","五花肉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b089cdb745c7f70127b"},"dish_name":["白萝卜骨头汤"],"material":["猪骨","白萝卜","红枣","胡椒粉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b099cdb745c7f70127c"},"dish_name":["肉沫茄子煲"],"material":["圆茄子","香菇辣酱","猪肉沫","葱姜蒜","生抽","老抽","白糖","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b0b9cdb745c7f70127d"},"dish_name":["板栗鸡汤"],"material":["土鸡","板栗","红枣","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b0c9cdb745c7f70127e"},"dish_name":["黄豆猪蹄汤"],"material":["猪蹄","黄豆","生姜","枸杞","精盐","花生油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b0d9cdb745c7f70127f"},"dish_name":["萝卜丝汤"],"material":["红皮萝卜","黑木耳","葱丝","水淀粉","香油","陈醋","白胡椒粉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b0e9cdb745c7f701280"},"dish_name":["胡椒猪肚汤"],"material":["猪肚","胡椒","红枣","枸杞","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b0f9cdb745c7f701281"},"dish_name":["金银花枸杞汤"],"material":["金银花","枸杞","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b119cdb745c7f701282"},"dish_name":["冬瓜老鸭汤"],"material":["老鸭","冬瓜","姜","红枣","淮山","枸杞","北芪","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b129cdb745c7f701283"},"dish_name":["清炖狮子头"],"material":["五花肉","荸荠","油菜心","枸杞","盐","葱姜水","蛋清","淀粉","料酒","六月鲜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2b139cdb745c7f701284"},"dish_name":["乌梅汤"],"material":["山楂","乌梅"]}

","甘草","陈皮"," 水","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b159cdb745c7f701285"},"dish_name":["炖鱼汤"],"material":["鲫鱼","豆腐","生姜","大葱"," 蒜叶","食用油","料酒"," 盐"," 白胡椒粉"," 干淀粉"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b169cdb745c7f701286"},"dish_name":["水果奶昔"],"material":["香蕉","草莓","树莓","酸奶","糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b179cdb745c7f701287"},"dish_name":["梨汁"],"material":[" 酥梨"," 纯净水","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b189cdb745c7f701288"},"dish_name":[" 红豆糖水"],"material":[" 红豆"," 黄糖"," 水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1a9cdb745c7f701289"},"dish_name":["胡萝卜柳橙汁"],"material":["胡萝卜","甜橙"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1a9cdb745c7f70128a"},"dish_name":["红枣桂圆豆浆"],"material":["黄豆","红枣","桂圆","白糖","红豆"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1c9cdb745c7f70128b"},"dish_name":["蛋酒"],"material":[" 米酒（孝感米酒）","鸡蛋","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1d9cdb745c7f70128c"},"dish_name":["柚子冰糖水"],"material":[" 干柚子皮"," 清水","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1e9cdb745c7f70128d"},"dish_name":["菠菜汁"],"material":["菠菜"," 凉开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b1f9cdb745c7f70128e"},"dish_name":["菠萝奶昔"],"material":["菠萝","酸奶","牛奶"," 炼乳（可选）"," 盐水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b209cdb745c7f70128f"},"dish_name":["咖啡"],"material":[" 速溶咖啡"," 牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b219cdb745c7f701290"},"dish_name":["菠萝苹果香蕉汁"],"material":["菠萝","苹果","香蕉"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b229cdb745c7f701291"},"dish_name":[" 银耳 红枣 枸杞 养颜汤"],"material":["银耳","红枣","枸杞","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b249cdb745c7f701292"},"dish_name":["桑葚果汁"],"material":[" 桑椹"," 红糖","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b259cdb745c7f701293"},"dish_name":["西瓜雪糕"],"material":["西瓜"," 牛奶","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b279cdb745c7f701294"},"dish_name":["萝卜炖牛腩"],"material":["牛腩","萝卜"," 生抽"," 盐","冰糖","料酒","花椒","小茴香 "," 干红辣椒","姜","蒜","八角","桂皮","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2b289cdb745c7f701295"},"dish_name":[" 芝麻烧饼"],"material":[" 富强粉"," 酵母"," 盐","糖"," 玉米油"," 水"," 富强粉"," 芝麻酱","香油"," 五香粉"," 水"," 白芝麻","蜂蜜"," 老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2b299cdb745c7f701296"},"dish_name":["辣炒年糕"],"material":[" 年糕"," 青椒","红椒","洋葱","番茄酱"," 韩式辣椒酱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2b2a9cdb745c7f701297"},"dish_name":["西葫芦炒虾仁"],"material":["西葫芦","虾"," 葱花"," 盐","花椒粉"," 鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2b2c9cdb745c7f701298"},"dish_name":["荷兰豆炒腊肉"],"material":["荷兰豆","腊肉"," 盐"," 十三香"," 生抽"," 鸡粉"," 大红椒"," 姜蒜","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2b2d9cdb745c7f701299"},"dish_name":["西红柿炖牛腩"],"material":["牛腩

,"西红柿","豆蔻","丁香","花椒","大料","酱油","料酒","鸡汁","食用油"],"style":["家常菜"]}
{ "_id":{"\$_oid":"59ae2b2e9cdb745c7f70129a"},"dish_name":["炸萝卜丸子"],"material":["萝卜","生姜","大蒜","鸡蛋","胡椒粉","淀粉","面粉","油","盐"],"style":["家常菜"]}
{ "_id":{"\$_oid":"59ae2b329cdb745c7f70129b"},"dish_name":["糖醋萝卜丝"],"material":["心里美萝卜","白醋","白糖"],"style":["家常菜"]}
{ "_id":{"\$_oid":"59ae2b339cdb745c7f70129c"},"dish_name":["榴莲酥"],"material":["印度飞饼","一袋","榴莲","蛋液"],"style":["家常菜"]}
{ "_id":{"\$_oid":"59ae2b359cdb745c7f70129d"},"dish_name":["蜜红豆"],"material":["红豆","冰糖","土蜂蜜"],"style":["家常菜"]}
{ "_id":{"\$_oid":"59ae2b359cdb745c7f70129e"},"dish_name":["糖醋藕条"],"material":["莲藕","大葱","番茄酱","耗油","香醋","盐","白糖","黑芝麻（熟）"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b369cdb745c7f70129f"},"dish_name":["番茄炒蛋"],"material":["西红柿","鸡蛋","蒜","番茄酱","儿童酱油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b379cdb745c7f7012a0"},"dish_name":["清炒包菜"],"material":["小米椒","蒜头","油","盐"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b399cdb745c7f7012a1"},"dish_name":["炒空心菜"],"material":["空心菜","香蒜头","花生油","盐"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b399cdb745c7f7012a2"},"dish_name":["凉拌豇豆"],"material":["豇豆","剁椒","红米椒","盐","糖","香油","白醋","鸡精"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b3a9cdb745c7f7012a3"},"dish_name":["凉拌茄子"],"material":["茄子","小青辣椒","蒜","小葱","美味鲜酱油","油","老干妈","盐","生抽","香油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b3c9cdb745c7f7012a4"},"dish_name":["葱烧木耳"],"material":["木耳","五花肉","大葱","盐","鸡精","蚝油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b3d9cdb745c7f7012a5"},"dish_name":["胡萝卜炒金针菇"],"material":["胡萝卜","金针菇","木耳","葱","大蒜","盐","花生油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b3e9cdb745c7f7012a6"},"dish_name":["干煸豇豆"],"material":["豇豆","干辣椒","盐","生姜末","八角","花椒","糖","鸡精","麻油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b409cdb745c7f7012a7"},"dish_name":["鱼香白菜"],"material":["白菜","葱","姜","酱汁调料","生抽","老抽","醋","糖","淀粉","清水"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b419cdb745c7f7012a8"},"dish_name":["咸蛋焗南瓜"],"material":["南瓜","油","盐","咸蛋黄（熟）","葱花"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b429cdb745c7f7012a9"},"dish_name":["香脆炒黄瓜"],"material":["黄瓜","辣椒碎","盐","香油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b449cdb745c7f7012aa"},"dish_name":["桂花绿豆糕"],"material":["绿豆面","香油","蜂蜜","桂花酱","色拉油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b449cdb745c7f7012ab"},"dish_name":["炒豇豆"],"material":["豇豆","大蒜籽","食用油","盐"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b469cdb745c7f7012ac"},"dish_name":["彩椒三丝"],"material":["植物油","里脊肉","胡椒粉","红彩椒","黄彩椒","生抽"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b479cdb745c7f7012ad"},"dish_name":["芹菜拌花生米"],"material":["芹菜","花生米","生抽","盐","糖","香油"],"style":["素菜"]}
{ "_id":{"\$_oid":"59ae2b489cdb745c7f7012ae"},"dish_name":["凉拌绿豆芽"],"material":["豆芽菜","胡萝卜","盐","糖","香油","蚝油","食用油","花椒"],"style":["凉菜"]}
{ "_id":{"\$_oid":"59ae2b4a9cdb745c7f7012af"},"dish_name":["凉拌手撕蒜苔"],"material":["蒜苔

","蒜","小米椒","陈醋","盐","辣椒油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b4b9cdb745c7f7012b0"},"dish_name":["凉粉"],"material":["豌豆面","水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b4c9cdb745c7f7012b1"},"dish_name":["馄饨"],"material":["猪肉","芹菜","面粉","植物油","盐","胡椒粉","味素","鸡精","生抽","葱","姜","鸡蛋","紫菜","香菜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b4d9cdb745c7f7012b2"},"dish_name":["香辣鱼块"],"material":["草鱼","香葱","姜","螺丝椒","酱油","盐","小米椒","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b4e9cdb745c7f7012b3"},"dish_name":["凉拌芹菜金针菇"],"material":["芹菜","金针菇","胡萝卜","蒜末","生抽","醋","鸡精","香油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b509cdb745c7f7012b4"},"dish_name":["凉拌拉皮"],"material":["黄瓜","干豆腐丝","胡萝卜丝","心里美萝卜丝","水晶拉皮","猪肉","盐","醋","辣椒油","芝麻酱","白糖","大蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b509cdb745c7f7012b5"},"dish_name":["蒜香腐汁豆角"],"material":["豆角","蒜","腐乳","香油","陈醋","盐","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b529cdb745c7f7012b6"},"dish_name":["凉拌胡萝卜丝"],"material":["胡萝卜","大蒜","香菜","盐","味精","白醋","香油","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b539cdb745c7f7012b7"},"dish_name":["凉拌鸡蛋"],"material":["鸡蛋","白糖","清水","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b559cdb745c7f7012b8"},"dish_name":["凉拌小黄瓜"],"material":["黄瓜","蒜","辣椒","盐","白醋","生抽","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b559cdb745c7f7012b9"},"dish_name":["凉拌莴笋丝"],"material":["莴笋","姜","蒜头","小米椒","白砂糖","生抽","盐","白醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b579cdb745c7f7012ba"},"dish_name":["蓑衣凉拌黄瓜"],"material":["黄瓜","米椒","大蒜","盐","海鲜酱油","麻椒油","醋","糖","鸡粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b589cdb745c7f7012bb"},"dish_name":["水晶肉皮冻"],"material":["葱","姜","料酒","盐","肉皮"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b599cdb745c7f7012bc"},"dish_name":["凉拌皮蛋豆腐"],"material":["皮蛋","豆腐","香菜","盐","味精","六月鲜酱油","蒸鱼豉油","醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2b5a9cdb745c7f7012bd"},"dish_name":["家常豆腐"],"material":["姜蒜","水淀粉","开水","青椒","小米辣","肉末","酱油","鸡精","葱","芝麻油","十三香","豆腐","花生油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b5b9cdb745c7f7012be"},"dish_name":["干煸四季豆"],"material":["四季豆","肉馅","葱","姜","蒜","盐","味精","鸡粉","白糖","料酒","胡椒粉","干辣椒","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b5c9cdb745c7f7012bf"},"dish_name":["豆角烧茄子"],"material":["长豆角","茄子","小米椒","油","盐","生抽","胡椒粉","白糖","鸡精","蒜","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b5d9cdb745c7f7012c0"},"dish_name":["菠萝饭"],"material":["菠萝","青椒","火腿肠","洋葱","熟米饭","葱花","姜末","蒜末","盐","咖喱粉","白芝麻","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b5f9cdb745c7f7012c1"},"dish_name":["芽菜扣肉"],"material":["五花猪肉","碎米芽菜","姜","葱","干辣椒","甜红酱油(自己密制)","生抽","冰糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b609cdb745c7f7012c2"},"dish_name":["双拼剁椒鱼头"],"material":["鱼头","红剁椒","黄剁椒","香葱","生姜","食盐","食用油","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b629cdb745c7f7012c3"},"dish_name":["西红柿烧茄子"],"material":["茄子","西红柿","葱","姜","蒜","1头","面粉","青红椒","酱油","盐","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b639cdb745c7f7012c4"},"dish_name":["蒸米粉肉"],"material":["黑毛猪五花肉","土豆","小葱","米粉料","水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b649cdb745c7f7012c5"},"dish_name":["蒸酿豆腐"],"material":["猪腿肉肉泥","豆腐泡","葱","干香菇","胡萝卜丝","生抽","盐","青椒","红椒","地瓜粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b659cdb745c7f7012c6"},"dish_name":["茄汁豆腐"],"material":["豆腐","葱","生抽","蚝油","生粉","番茄酱","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b679cdb745c7f7012c7"},"dish_name":["西红柿炒土豆片"],"material":["土豆","蕃茄","玉米油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b689cdb745c7f7012c8"},"dish_name":["芒果糯米饭"],"material":["芒果","糯米","大米"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b699cdb745c7f7012c9"},"dish_name":["板栗焖排骨"],"material":["中排","板栗","盐","老抽","料酒","花生油","辣腐乳"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b6a9cdb745c7f7012ca"},"dish_name":["锅包肉"],"material":["猪外脊","淀粉","姜","葱","胡萝卜","油","糖","醋","水","盐","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b6b9cdb745c7f7012cb"},"dish_name":["醋溜白菜片"],"material":["白菜","大葱","蒜","葱","老抽","油","十三香","陈醋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b6c9cdb745c7f7012cc"},"dish_name":["黄金蛋炒饭"],"material":["米饭","胡萝卜","青椒","香菇","火腿肠","鸡蛋","葱","盐","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b6d9cdb745c7f7012cd"},"dish_name":["水煮肉"],"material":["猪肉","油麦菜","食用油","盐","白糖","料酒","淀粉","花椒","干红辣椒","大蒜","孜然粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2b6f9cdb745c7f7012ce"},"dish_name":["茄子打卤面"],"material":["茄子","猪肉","小葱","生抽","料酒","盐","鸡精","水淀粉","清水","食用油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b709cdb745c7f7012cf"},"dish_name":["鸡蛋酱拌面条"],"material":["鸡蛋","3","甜面酱","食用油","胡萝卜","黄瓜","糖","盐","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b719cdb745c7f7012d0"},"dish_name":["宜宾燃面"],"material":["机制碱水面","猪肉","原味炒熟花生","熟油","生抽","米醋","白糖","香油","花椒粉","油辣子","葱花","小米椒","宜宾芽菜","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b729cdb745c7f7012d1"},"dish_name":["西红柿牛肉面"],"material":["西红柿","挂面","牛肉汤","盐","鸡蛋","葱花"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b749cdb745c7f7012d2"},"dish_name":["雪菜肉丝面"],"material":["雪菜","肉丝","一份","水面","酱油","橄榄油","葱花","猪油","糖","料酒","姜","淀粉","胡椒粉","花椒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b759cdb745c7f7012d3"},"dish_name":["菠菜手擀面"],"material":["高筋面粉","菠菜汁","盐","配菜辅料","新鲜香菇","猪肉","生姜","葱花","蚝油","油","酱油","料酒","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b779cdb745c7f7012d4"},"dish_name":["紫薯双色馒头"],"material":["紫薯","白糖","白面粉+紫薯面粉","发酵粉","多半袋","适中"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b789cdb745c7f7012d5"},"dish_name":["牛肉汤面"],"material":["面","牛

腱肉","辣椒","葱"," 水","1L","孜然粉","黑胡椒","白胡椒","酱油","醋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b799cdb745c7f7012d6"},"dish_name":["小白菜素馅小包子"],"material":["小白菜","一小扎","粉丝","1 团","鸡蛋","豆腐干","面粉","食用油"," 盐","蚝油"," 姜沫","香油"," 五香粉"," 酵母","糖"," 温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7a9cdb745c7f7012d7"},"dish_name":["玫瑰馒头"],"material":["高筋面粉","紫甘蓝"," 水"," 奶粉","白糖"," 酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7b9cdb745c7f7012d8"},"dish_name":["奶香南瓜馒头"],"material":["中筋馒头粉","南瓜"," 奶粉"," 酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7c9cdb745c7f7012d9"},"dish_name":["炒乌冬面"],"material":["乌冬面"," 瘦肉","胡萝卜"," 青红椒","洋葱"," 生抽","料酒"," 老抽","蚝油","糖"," 盐"," 鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7d9cdb745c7f7012da"},"dish_name":["煎馒头片"],"material":["馒头","鸡蛋","油"," 绵白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7e9cdb745c7f7012db"},"dish_name":["芝麻包子"],"material":["酵母","普通面粉"," 温水","猪油"," 糖粉"," 盐"," 黑芝麻(馅)"," 糖粉(馅)"," 猪油(馅)"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b7f9cdb745c7f7012dc"},"dish_name":["青菜鸡蛋面"],"material":["挂面","鸡蛋","青菜"," 盐","胡椒粉"," 植物油","葱","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b819cdb745c7f7012dd"},"dish_name":["酸辣荞麦面"],"material":["荞麦面","面粉","醋"," 鸡精"," 辣椒油"," 盐"," 生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b829cdb745c7f7012de"},"dish_name":["炸馒头片"],"material":["馒头","鸡蛋"," 盐"," 五香粉","胡椒粉"," 清水","食用油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b839cdb745c7f7012df"},"dish_name":["煎馒头片"],"material":["馒头","鸡蛋","油"," 烧烤酱","黑芝麻","孜然"," 黑胡椒粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2b849cdb745c7f7012e0"},"dish_name":["丝瓜肉片汤"],"material":["猪肉","丝瓜"," 姜丝","油"," 水"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b859cdb745c7f7012e1"},"dish_name":["墨鱼排骨汤"],"material":["排骨","墨鱼干","生姜","料酒"," 盐","醋"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b869cdb745c7f7012e2"},"dish_name":["荠菜豆腐汤"],"material":["荠菜","嫩豆腐","猪肉","生姜"," 高汤"," 清水","食用油"," 食盐","味精","淀粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b889cdb745c7f7012e3"},"dish_name":["笋干老鸭汤"],"material":["老姜"," 盐","干黄花菜"," 山笋干","料酒"," 老鸭","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b889cdb745c7f7012e4"},"dish_name":["番茄疙瘩汤"],"material":["番茄","面粉","鸡蛋","香葱","食用油"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b899cdb745c7f7012e5"},"dish_name":["西红柿疙瘩汤"],"material":["西红柿","鸡蛋","面粉","小葱","豌豆"," 盐","糖","香油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b8b9cdb745c7f7012e6"},"dish_name":["番茄猪肝汤"],"material":["番茄","猪肝","生姜"," 盐","胡椒粉","料酒"," 葱花"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b8c9cdb745c7f7012e7"},"dish_name":["苹果银耳红枣汤"],"material":["银耳","红枣","苹果","红糖"," 清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b8d9cdb745c7f7012e8"},"dish_name":["南瓜红枣汤"],"material":["南瓜","红枣","红糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b8f9cdb745c7f7012e9"},"dish_name":["玉米萝卜排骨汤"],"material":["玉米","萝卜","排骨"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b8f9cdb745c7f7012ea"},"dish_name":["鸡汤"],"material":["土鸡","猪肚","干茶树菇","猴头菇","干淮山","茨实","莲子","红枣","水","盐","生粉（洗猪肚用）"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b909cdb745c7f7012eb"},"dish_name":["绿豆排骨汤"],"material":["猪肋排","绿豆","姜","香葱","盐","香菜","蒜头","食用油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b929cdb745c7f7012ec"},"dish_name":["海鲜疙瘩汤"],"material":["蛤蜊肉","扇贝肉","虾仁","鸡蛋","白菜叶","面粉","生姜","胡椒粉","若干","盐","香油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b939cdb745c7f7012ed"},"dish_name":["鲜菌奶白鲫鱼汤"],"material":["鲫鱼","鲜香菇","草菇","干辣椒","若干","香葱","若干","生姜","蒜头","盐","味精","白胡椒粉","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b959cdb745c7f7012ee"},"dish_name":["木耳鸽子汤"],"material":["鸽子","木耳","1份","枸杞","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2b969cdb745c7f7012ef"},"dish_name":["排骨汤"],"material":["排骨","白萝卜","水发木耳","香菜","桂皮","干人参","香叶","花椒","大葱","姜","香醋","食盐","十三香"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2b979cdb745c7f7012f0"},"dish_name":["冬瓜排骨汤"],"material":["排骨","冬瓜","香油","盐","鸡精","葱","蒜","姜","大料"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2b989cdb745c7f7012f1"},"dish_name":["奶香蒸蛋羹"],"material":["鸡蛋","牛奶","1袋"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2b9a9cdb745c7f7012f2"},"dish_name":["豆腐汤"],"material":["豆腐","小肉丸","油","盐","香菜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2b9b9cdb745c7f7012f3"},"dish_name":["银耳莲子红枣汤"],"material":["银耳","莲子","红枣","雪梨","枸杞","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b9c9cdb745c7f7012f4"},"dish_name":["芋头西米露"],"material":["芋头","椰奶","一罐","冰糖","西米","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b9d9cdb745c7f7012f5"},"dish_name":["超简单自制奶茶"],"material":["茶叶","奶粉","3调羹","红糖","2调羹"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b9d9cdb745c7f7012f6"},"dish_name":["桂园莲子银耳糖水"],"material":["桂圆","银耳","红枣","莲子","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2b9f9cdb745c7f7012f7"},"dish_name":["红枣豆浆"],"material":["黄豆","大半被","红枣","清水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba09cdb745c7f7012f8"},"dish_name":["自制蜂蜜柚子茶"],"material":["柚子","蜂蜜","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba29cdb745c7f7012f9"},"dish_name":["黄瓜汁"],"material":["黄瓜","苹果","苦瓜","1/3"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba29cdb745c7f7012fa"},"dish_name":["草莓奶昔"],"material":["草莓","一盘","牛奶","酸奶","盐"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba49cdb745c7f7012fb"},"dish_name":["百香果果汁"],"material":["百香果","海南青桔","蜂蜜","凉开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba59cdb745c7f7012fc"},"dish_name":["红豆烧仙草"],"material":["仙草粉","椰子粉","红豆","葡萄干","蔓越莓","蜂蜜","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba79cdb745c7f7012fd"},"dish_name":["鸡蛋茶"],"material":["鸡蛋","单晶冰糖","开水","麻油"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba89cdb745c7f7012fe"},"dish_name":["棉花糖布丁"],"material":["纯牛奶","1 袋"," 棉花糖","1 袋"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ba99cdb745c7f7012ff"},"dish_name":["酵素"],"material":["橙子","苹果","火龙果","柠檬","柚子","红糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2baa9cdb745c7f701300"},"dish_name":["木瓜酸奶"],"material":["木瓜","原味酸奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2bab9cdb745c7f701301"},"dish_name":["玫瑰花茶"],"material":[" 玫瑰花"," 热水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2bac9cdb745c7f701302"},"dish_name":["洋葱蚝油牛肉"],"material":["牛里脊","蚝油"," 生抽","糖"," 生粉"," 黑胡椒粉","蒜","姜","水淀粉","油","青椒","洋葱","香油"," 蛋液","料酒"," 盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bad9cdb745c7f701303"},"dish_name":["家常葱油饼"],"material":["普通面粉"," 开水"," 盐"," 玉米油"," 葱花"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bae9cdb745c7f701304"},"dish_name":["金玉满堂"],"material":["南瓜","西米","酒酿","葡萄干"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb09cdb745c7f701305"},"dish_name":["奶香玉米饼"],"material":["玉米","糖","面粉","牛奶","1 袋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb19cdb745c7f701306"},"dish_name":["自制黑芝麻糊"],"material":["黑芝麻","糯米"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb29cdb745c7f701307"},"dish_name":["焗饭"],"material":["白米饭","鸡蛋","青椒","胡萝卜"," 火腿丁","肉松"," 马苏里拉奶酪"," 黑胡椒粉"," 披萨草"," 小虾米","油","料酒"," 盐"," 鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb49cdb745c7f701308"},"dish_name":["凉拌黄瓜"],"material":["黄瓜","小米辣椒"," 盐"," 生抽","醋","白糖"," 辣椒粉","芝麻","香油"," 多功能切菜刀"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb59cdb745c7f701309"},"dish_name":["蒜苗炒猪肝"],"material":["猪肝","蒜苗","生姜","料酒"," 姜粉","花椒粉"," 盐"," 玉米淀粉"," 生抽","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb69cdb745c7f70130a"},"dish_name":["香蕉松饼"],"material":["鸡蛋","低粉","香蕉"," 玉米油","白砂糖","牛奶"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb79cdb745c7f70130b"},"dish_name":["干煸杏鲍菇"],"material":["杏鲍菇"," 干红辣椒"," 葱姜丝","胡椒粉"," 盐"," 鸡精"," 熟芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bb99cdb745c7f70130c"},"dish_name":["西芹炒腰果"],"material":["西芹","生腰果","油"," 盐"," 耗油","味精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2bba9cdb745c7f70130d"},"dish_name":["清炒豇豆"],"material":["豇豆","鸡精","蒜","糖"," 盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bbb9cdb745c7f70130e"},"dish_name":["白灼菜心"],"material":["菜心","蒜蓉","花生油"," 生抽"," 鸡精"," 生粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bbc9cdb745c7f70130f"},"dish_name":["凉拌莴苣丝"],"material":["莴苣","花生米"," 红辣椒"," 盐","酱油","醋","蚝油","芝麻","花椒","油","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bbe9cdb745c7f701310"},"dish_name":["清炒胡萝卜"],"material":["胡萝卜","姜","蒜"," 盐","香油","蒜苗"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bbf9cdb745c7f701311"},"dish_name":["呛土豆丝"],"material":["土豆","大蒜"," 红米椒","油"," 盐"," 陈醋"," 鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc09cdb745c7f701312"},"dish_name":["清炒甘蓝"],"material":["紫甘蓝","油","盐","干辣椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc19cdb745c7f701313"},"dish_name":["绿豆芽"],"material":["绿豆"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc29cdb745c7f701314"},"dish_name":["清炒山药片"],"material":["山药","水发木耳","青椒","胡萝卜","橄榄油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc49cdb745c7f701315"},"dish_name":["清炒莴笋片"],"material":["莴笋","胡萝卜","一小节","油","盐","大蒜","小米椒","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc59cdb745c7f701316"},"dish_name":["蒜蓉菜心"],"material":["菜心","蒜","半头","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc69cdb745c7f701317"},"dish_name":["油茶"],"material":["面粉","熟核桃仁","熟花生仁","熟黑芝麻","熟白芝麻","橄榄油或香油或牛油均可"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc89cdb745c7f701318"},"dish_name":["粗粮小窝头"],"material":["玉米面","糯米粉","红豆粉","葡萄干","白糖","温水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bc99cdb745c7f701319"},"dish_name":["清炒莴苣丝"],"material":["莴苣","胡萝卜","油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2bca9cdb745c7f70131a"},"dish_name":["红油百叶"],"material":["鲜牛百叶","大蒜","香菜","香葱","盐","味精","白糖","辣椒面","花椒油","香油","老干妈豆豉","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bcc9cdb745c7f70131b"},"dish_name":["凉拌樱桃小萝卜"],"material":["樱桃小萝卜","蒜","香葱","盐","味精","香油","糖","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bcd9cdb745c7f70131c"},"dish_name":["凉拌苕蓝丝"],"material":["腌过的苕蓝","橄榄油","辣椒油","盐","味精","海鲜酱油","醋精","白糖","蒜末","葱末"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bce9cdb745c7f70131d"},"dish_name":["凉拌手撕鸡"],"material":["三黄鸡","黄瓜","盐","蒜","花椒粉","姜","芝麻油","酱油","醋","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd09cdb745c7f70131e"},"dish_name":["凉拌西兰花"],"material":["西兰花","胡萝卜","大蒜","盐","鸡精","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd19cdb745c7f70131f"},"dish_name":["盐水鸭肝"],"material":["鸭肝","葱","黄酒","花椒","桂皮","茴香","姜","食盐","八角（大料）","香叶","干辣椒","高度白酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd29cdb745c7f701320"},"dish_name":["自制凉皮"],"material":["面粉","清水","黄瓜","芝麻酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd39cdb745c7f701321"},"dish_name":["蓝莓山药泥"],"material":["山药","蓝莓酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd49cdb745c7f701322"},"dish_name":["自制咸鸭蛋"],"material":["鸭蛋","盐","1/2 袋","白醋","高度白酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd69cdb745c7f701323"},"dish_name":["腐竹木耳拌黄瓜"],"material":["干腐竹","黄瓜","木耳","香菜","盐","醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd79cdb745c7f701324"},"dish_name":["糯米藕"],"material":["鲜藕","糯米","红糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd89cdb745c7f701325"},"dish_name":["川北凉粉"],"material":["豌豆粉","水","花生米","随意","油辣子","葱花","醋","生抽酱油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bd99cdb745c7f701326"},"dish_name":["糖醋藕片"],"material":["藕","一节"]}

","大蒜","姜","香葱","八角"," 生抽","醋","白糖"," 盐","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bdb9cdb745c7f701327"},"dish_name":["捞汁凉菜"],"material":["金针菇","胡萝卜","黄瓜","洋葱"," 冻粉"," 银耳, 木耳","圣女果","松花蛋"," 盐","白糖","米醋"," 鸡精","香油","蒜"," 小红辣椒"," 生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2bdc9cdb745c7f701328"},"dish_name":["西红柿炒蛋"],"material":["西红柿","鸭蛋"," 盐","料酒"," 耗油","味精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bdd9cdb745c7f701329"},"dish_name":["焦溜丸子"],"material":[" 猪肉馅"," 鲜马蹄","鸡蛋"," 盐","胡椒粉","葱白","姜","料酒","淀粉"," 生抽","糖","醋"," 清水"," 老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bde9cdb745c7f70132a"},"dish_name":["鱼香杏鲍菇"],"material":["杏鲍菇","胡萝卜","青椒","木耳","油"," 郫县辣椒酱"," 葱、姜、蒜"," 镇江香醋"," 生抽","糖"," 芝麻香油"," 盐"," 大葱（葱白和葱绿相接部分）"," 干淀粉","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bdf9cdb745c7f70132b"},"dish_name":["大盘鸡"],"material":[" 三黄鸡"," 土豆","干辣椒","辣椒","花椒","大料","酱油"," 葱姜蒜"," 白沙糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be19cdb745c7f70132c"},"dish_name":["卤肉饭"],"material":["五花肉","洋葱","鸡蛋","葱","姜","料酒"," 生抽"," 老抽"," 盐","糖"," 蠔油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be29cdb745c7f70132d"},"dish_name":["无水红烧肉"],"material":["五花肉","干辣椒","姜","料酒","酱油","冰糖","茴香","小葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be39cdb745c7f70132e"},"dish_name":["陈皮辣牛肉"],"material":[" 牛腿肉"," 新会陈皮","干辣椒"," 花辣椒","生姜","花生油","酱油"," 盐","白糖","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be59cdb745c7f70132f"},"dish_name":["青椒土豆片"],"material":["青椒"," 土豆"," 猪瘦肉","食用油"," 盐"," 鸡精"," 清水","水淀粉","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be69cdb745c7f701330"},"dish_name":["肉沫豆腐"],"material":[" 黄豆酱"," 肉沫","胡椒粉","豆腐","蒜头","小葱","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be89cdb745c7f701331"},"dish_name":["青椒炒猪肝"],"material":["青椒"," 猪肝","酱油","油"," 盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2be99cdb745c7f701332"},"dish_name":["干煸肥肠"],"material":["猪大肠"," 青椒","洋葱"," 干红辣椒","葱","生姜","大蒜","胡椒粉","糖"," 盐"," 生抽","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bea9cdb745c7f701333"},"dish_name":["泡椒春笋"],"material":[" 盐","春笋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2beb9cdb745c7f701334"},"dish_name":["香辣墨鱼仔"],"material":[" 墨鱼仔","青椒","红椒"," 姜丝","料酒"," 盐"," 海鲜酱油"," 香辣酱"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bed9cdb745c7f701335"},"dish_name":["干锅菜花"],"material":["菜花"," 五花肉","洋葱"," 青蒜苗","干辣椒","蒜"," 色拉油"," 盐"," 老抽","香油"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bee9cdb745c7f701336"},"dish_name":["陈皮牛肉"],"material":[" 牛肉"," 九制陈皮","生姜","八角"," 香叶","料酒"," 老抽","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2bef9cdb745c7f701337"},"dish_name":["奶香蝴蝶馒头"],"material":["面粉","牛奶"," 酵母","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf09cdb745c7f701338"},"dish_name":["胡萝卜羊肉包子"],"material":["面粉","胡萝卜","蒜苗","羊肉"," 酵母粉"," 纯牛奶"," 麻椒油"," 生抽"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf19cdb745c7f701339"},"dish_name":["黄金馒头片"],"material":[" 馒头

","鸡蛋","黑芝麻","胡椒粉","油"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf49cdb745c7f70133a"},"dish_name":["双色馒头"],"material":[" 低筋粉"," 糖粉"," 酵母","鸡蛋","牛奶","可可粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf49cdb745c7f70133b"},"dish_name":["松软馒头"],"material":[" 中筋面粉","牛奶"," 酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf59cdb745c7f70133c"},"dish_name":["玉米馒头"],"material":[" 玉米面粉"," 普通面粉"," 酵母","白糖"," 温开水"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf79cdb745c7f70133d"},"dish_name":["芝麻馒头"],"material":[" 普通面粉"," 芝麻糊"," 温水"," 酵母","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf89cdb745c7f70133e"},"dish_name":["南瓜小馒头"],"material":["南瓜","面粉"," 温水"," 酵母","糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bf99cdb745c7f70133f"},"dish_name":["包子"],"material":["面粉"," 酵母","糖"," 水","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bfa9cdb745c7f701340"},"dish_name":["黑米面馒头"],"material":[" 普通面粉"," 黑米面","糖"," 温水"," 酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bfb9cdb745c7f701341"},"dish_name":["馒头片煎鸡蛋"],"material":[" 馒头","鸡蛋","油"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bfc9cdb745c7f701342"},"dish_name":["奶香小馒头"],"material":["面粉","牛奶","白糖"," 酵母"," 炼乳","随意"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bfd9cdb745c7f701343"},"dish_name":["拌冷面"],"material":[" 挂面"," 花生酱"," 芝麻酱"," 橄榄油（花生油代替）","麻油","蚝油"," 生抽"," 黄豆酱"," 辣椒酱","依口味添加"," 大蒜籽","香葱"," 小米椒（装饰用）"," 香菜叶"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bfe9cdb745c7f701344"},"dish_name":["香菇酱肉包"],"material":["面粉","酵母粉"," 猪肉馅","香菇"," 各种调料"," 水","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2bff9cdb745c7f701345"},"dish_name":["辣椒鸡蛋炒馒头"],"material":[" 奶香小馒头","辣椒","鸡蛋","海鲜菇"," 水发木耳","香肠","油"," 盐"," 剁椒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c009cdb745c7f701346"},"dish_name":["蔬菜面条"],"material":[" 高粉","菜心"," 黄心番薯"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c029cdb745c7f701347"},"dish_name":["西红柿鸡蛋热汤面"],"material":["西红柿","鸡蛋"," 米面"," 盐","胡椒"," 鸡精","香葱","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c039cdb745c7f701348"},"dish_name":["油泼扯面"],"material":[" 面粉","辣椒面"," 菜籽油","醋"," 生抽"," 盐"," 鸡精","绿豆芽"," 小油菜"," 小香葱","蒜","1半","花椒"," 水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c049cdb745c7f701349"},"dish_name":["番茄猪蹄汤"],"material":["猪蹄","番茄","姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c059cdb745c7f70134a"},"dish_name":["豆腐丸子汤"],"material":["豆腐","肉馅","香菇馅"," 葱姜末","青菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c069cdb745c7f70134b"},"dish_name":["海米丝瓜豆腐汤"],"material":["丝瓜","海米","豆腐"," 姜丝","胡椒粉"," 盐","香油"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c079cdb745c7f70134c"},"dish_name":["南瓜绿豆汤"],"material":["绿豆","南瓜","白糖"," 矿泉水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c099cdb745c7f70134d"},"dish_name":["首乌乌鸡汤"],"material":["何首乌","16","乌鸡","黑豆"," 薏米","红枣","枸杞","生姜"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c0a9cdb745c7f70134e"},"dish_name":["椰子炖乌鸡汤"],"material":[" 新

鲜乌鸡肉","新鲜椰子","枸杞","红枣","生姜","食用盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c0b9cdb745c7f70134f"},"dish_name":["黄豆苦瓜排骨汤"],"material":["苦瓜","排骨","黄豆","萝卜干","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c0d9cdb745c7f701350"},"dish_name":["奶油蘑菇汤"],"material":["蘑菇","洋葱","牛奶","1袋","黄油","高汤","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c0e9cdb745c7f701351"},"dish_name":["丝瓜猪肝瘦肉汤"],"material":["丝瓜","猪肝","瘦肉","姜","料酒","盐","油","白醋"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c0f9cdb745c7f701352"},"dish_name":["老北京疙瘩汤"],"material":["普通面粉","西红柿","小油菜","鸡蛋","香油","食用油","葱末","姜末","盐","鲜酱油","鸡汁","白胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c109cdb745c7f701353"},"dish_name":["黄豆花生猪脚汤"],"material":["新鲜猪脚","黄豆","花生","桂皮","红枣","枸杞","生姜","盐","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c129cdb745c7f701354"},"dish_name":["牛肉萝卜汤"],"material":["牛肉","萝卜","香菜","山楂","葱","姜","大料","花椒","盐","水","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c139cdb745c7f701355"},"dish_name":["番茄肉片汤"],"material":["番茄","海带","酱油","盐","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c149cdb745c7f701356"},"dish_name":["米酒蛋花汤"],"material":["米酒","鸡蛋","枸杞","清水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c169cdb745c7f701357"},"dish_name":["榴莲壳乌鸡汤"],"material":["乌鸡","榴莲壳","灵芝","枸杞子","红枣","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c179cdb745c7f701358"},"dish_name":["番茄蛋花汤"],"material":["番茄","鸡蛋","葱","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c189cdb745c7f701359"},"dish_name":["咸金桔"],"material":["食用盐","新鲜金桔"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c199cdb745c7f70135a"},"dish_name":["红豆牛奶西米露"],"material":["红豆","西米","牛奶","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c1b9cdb745c7f70135b"},"dish_name":["香浓豆浆"],"material":["黄豆","小米","砂糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c1c9cdb745c7f70135c"},"dish_name":["木瓜奶昔"],"material":["木瓜","鲜牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c1e9cdb745c7f70135d"},"dish_name":["红糖姜茶"],"material":["红糖","生姜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c1f9cdb745c7f70135e"},"dish_name":["双薯糖水"],"material":["紫薯","甜蕃薯","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c209cdb745c7f70135f"},"dish_name":["红枣银耳莲子汤"],"material":["银耳","红枣","莲子","百合","枸杞","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c229cdb745c7f701360"},"dish_name":["踏雪寻梅"],"material":["西红柿","百合","西芹","盐","水","白糖","植物油"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c239cdb745c7f701361"},"dish_name":["柠檬醋"],"material":["柠檬","白醋","单晶冰糖","密封罐"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c249cdb745c7f701362"},"dish_name":["水果酸奶"],"material":["酸奶","提子","黄桃","荔枝"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c269cdb745c7f701363"},"dish_name":["绿意盎然"],"material":["猪肉","蒜蓉","盐","鸡精"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c279cdb745c7f701364"},"dish_name":["核桃黑芝麻糊"],"material":["黑芝麻","核桃","糯米","糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c279cdb745c7f701365"},"dish_name":["水果西米露"],"material":["西米","芒果","草莓","椰汁","香蕉","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c299cdb745c7f701366"},"dish_name":["黑木耳红枣汤"],"material":["黑木耳","红枣","糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c2a9cdb745c7f701367"},"dish_name":["牛油果奶昔"],"material":["牛油果","香蕉","牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c2b9cdb745c7f701368"},"dish_name":["红枣姜茶"],"material":["红枣","姜","黑糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2c2d9cdb745c7f701369"},"dish_name":["红豆西米露"],"material":["红豆","纯牛奶","西米露","冰糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c2d9cdb745c7f70136a"},"dish_name":["蛋黄酥"],"material":["中筋面粉（油皮用）","猪油（油皮用）","水（油皮用）","细砂糖（油皮用）","低筋面粉（油酥用）","猪油（油酥用）","咸蛋黄","豆沙","440","黑芝麻","蛋黄液"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c2f9cdb745c7f70136b"},"dish_name":["米汉堡"],"material":["剩米饭","肉沫","鸭蛋","生菜","油","盐","料酒","六月鲜酱油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c309cdb745c7f70136c"},"dish_name":["蔬果沙拉"],"material":["火龙果","香蕉","牛油果","圣女果","柠檬汁","熟鸡蛋","沙拉酱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c319cdb745c7f70136d"},"dish_name":["香椿拌豆腐"],"material":["内酯豆腐","香椿芽","盐","五香粉","芝麻香油","芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c329cdb745c7f70136e"},"dish_name":["红烧排骨"],"material":["猪大排","葱","生姜","蒜","香叶","八角","桂皮","熟芝麻","色拉油","冰糖","老抽","料酒","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c339cdb745c7f70136f"},"dish_name":["自制草莓酱"],"material":["草莓","冰糖","白糖","柠檬汁"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c359cdb745c7f701370"},"dish_name":["糖醋鱼"],"material":["鲤鱼","果脯","鸡蛋","淀粉","油","盐","番茄酱","蒜","葱","料酒","糖","醋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c369cdb745c7f701371"},"dish_name":["手抓饼"],"material":["面粉","180","鸡蛋","玉米油","盐","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c379cdb745c7f701372"},"dish_name":["鸡蛋三明治"],"material":["吐司","1枚","鸡蛋","沙拉酱","柠檬汁（没有也行）","黄油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2c389cdb745c7f701373"},"dish_name":["红烧腐竹"],"material":["腐竹","黄瓜","葱","姜末","酱油","盐","香油","水淀粉","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3a9cdb745c7f701374"},"dish_name":["青椒炒香干"],"material":["香干","青椒","红辣椒","油","盐","生抽","胡椒粉","白糖","味精","蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3b9cdb745c7f701375"},"dish_name":["木瓜红枣汤"],"material":["木瓜","红枣","银耳","冰糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3c9cdb745c7f701376"},"dish_name":["清炒三丝"],"material":["盐","鲜藕","大蒜","胡萝卜","香水芹","植物油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3c9cdb745c7f701377"},"dish_name":["毛毛虫"],"material":["紫薯","南瓜","面粉","核桃仁","酵母粉","食用碱","红豆","白糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3e9cdb745c7f701378"},"dish_name":["南瓜饭"],"material":["南瓜","米饭","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c3f9cdb745c7f701379"},"dish_name":["手 抻 面 条"],"material":["面 粉","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c409cdb745c7f70137a"},"dish_name":["清炒香菇油菜"],"material":["香菇","油菜","葱","姜","花生油","盐","生抽","蚝油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c429cdb745c7f70137b"},"dish_name":["烙韭菜饼"],"material":["韭菜","油","鸡蛋","盐","面粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c439cdb745c7f70137c"},"dish_name":["凉拌魔芋"],"material":["魔芋","小米椒","蒜头","3 瓣","香油","白砂糖","生抽","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c449cdb745c7f70137d"},"dish_name":["蒜香西兰花"],"material":["西兰花","大蒜","油","盐","鸡精","干辣椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c459cdb745c7f70137e"},"dish_name":["钵仔糕"],"material":["粘米粉","粟粉","木薯粉","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c469cdb745c7f70137f"},"dish_name":["清炒苦瓜山药片"],"material":["苦瓜","山药","蒜","盐","鸡粉","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c479cdb745c7f701380"},"dish_name":["清炒香菇上海青"],"material":["上海青","香菇","大蒜","植物油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c489cdb745c7f701381"},"dish_name":["葱香芋头"],"material":["芋头","葱","盐","适合","油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c499cdb745c7f701382"},"dish_name":["清炒藕丝"],"material":["莲藕","1 节","胡萝卜","葱","姜","花生油","盐","味达美","醋","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c4b9cdb745c7f701383"},"dish_name":["清炒茄子"],"material":["茄子","葱","红辣椒","花生油","盐","五香粉","味精","生抽","老抽","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c4c9cdb745c7f701384"},"dish_name":["清炒菜花"],"material":["菜花","葱姜蒜","青椒","盐","酱油","醋","糖","味精","色拉油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2c4e9cdb745c7f701385"},"dish_name":["凉拌葱油皮蛋豆腐"],"material":["皮蛋","小葱","虾皮","榨菜","红尖椒","蒜末","生抽","盐","香油","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c4e9cdb745c7f701386"},"dish_name":["凉拌圆白菜"],"material":["圆白菜","盐","蒜","小葱","辣椒油","香油","白砂糖","白醋","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c509cdb745c7f701387"},"dish_name":["清炒苦瓜"],"material":["苦瓜","红椒","1/2","油","盐","大蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c519cdb745c7f701388"},"dish_name":["糖醋拌苦瓜"],"material":["苦瓜","盐","花椒","糖","醋","辣椒","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c539cdb745c7f701389"},"dish_name":["素拌苦苣菜"],"material":["苦苣菜","紫甘蓝","杭椒","香醋","生抽","蚝油","香油","盐","熟芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c549cdb745c7f70138a"},"dish_name":["凉拌猪肝"],"material":["猪肝","盐","葱","姜","大料","花椒","香叶","辣椒","料酒","生抽","醋","蒜","剁椒","香菜","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c559cdb745c7f70138b"},"dish_name":["凉拌苦瓜虾仁"],"material":["苦瓜","虾仁","红辣椒","葱","蒜","耗油","盐","鸡粉","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c579cdb745c7f70138c"},"dish_name":["凉拌毛豆"],"material":["毛豆","干辣椒","油","盐","胡椒粉","生抽","香醋","白糖","香油","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c589cdb745c7f70138d"},"dish_name":["凉拌蒸茄子"],"material":["茄子","大蒜","香菜","芝麻酱","醋","盐","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c599cdb745c7f70138e"},"dish_name":["凉拌青木瓜丝"],"material":["青木瓜","盐","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c5a9cdb745c7f70138f"},"dish_name":["麻汁豆角"],"material":["豆角","麻酱","味极鲜酱油","米醋","白糖","盐","香油","熟芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2c5b9cdb745c7f701390"},"dish_name":["农家小炒肉"],"material":["猪肉","洋葱","面粉","小米辣","青红椒","花椒","花生油","蚝油","盐","醋","黑木耳","酱油","淀粉","姜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c5d9cdb745c7f701391"},"dish_name":["酸菜炒肉丝"],"material":["酸白菜","里脊肉","葱","姜","蒜","香菜","盐","味精","鸡粉","白糖","蛋清","淀粉","料酒","胡椒粉","香油","大料"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c5e9cdb745c7f701392"},"dish_name":["剁椒金针菇"],"material":["金针菇","剁椒","蒸鱼豉油","香菜","辣椒油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c5f9cdb745c7f701393"},"dish_name":["手撕杏鲍菇"],"material":["杏鲍菇","胡萝卜","尖椒","食用油","盐","生抽","蚝油","葱","蒜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c609cdb745c7f701394"},"dish_name":["咕鲁肉"],"material":["里脊肉","青椒","红椒","黄椒","油","鸡蛋清","面粉","胡椒粉","盐","料酒","番茄酱","白醋","白糖","水淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c619cdb745c7f701395"},"dish_name":["酸豇豆炒肉末"],"material":["酸豇豆","五花肉","青线椒","红椒","葱白","姜","大蒜","食用油","盐","十三香","老抽","料酒","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c629cdb745c7f701396"},"dish_name":["炒三丁"],"material":["1罐","胡萝卜","1节","黄瓜","1节","白糖","清水","水淀粉","食用油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c649cdb745c7f701397"},"dish_name":["葱爆羊肉"],"material":["葱白","香菜","盐","料酒","生抽","白糖","米醋","香油","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c659cdb745c7f701398"},"dish_name":["鲜油焖笋"],"material":["鲜笋","生抽","老抽","白糖","料酒","葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c679cdb745c7f701399"},"dish_name":["蒜蓉粉丝蒸娃娃菜"],"material":["蒜蓉","红椒","酱油","盐","青椒","娃娃菜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c689cdb745c7f70139a"},"dish_name":["木须肉"],"material":["鸡蛋","里脊肉","木耳","胡萝卜","黄瓜","姜","葱","蒜","盐","胡椒粉","料酒","淀粉","鸡粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c699cdb745c7f70139b"},"dish_name":["茄子豆角"],"material":["茄子","豆角","辣椒","油","盐","酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c6a9cdb745c7f70139c"},"dish_name":["土豆焖饭"],"material":["五花肉","土豆","胡萝卜","植物油","葱白","姜","生抽","蚝油","盐","大米","清水","葱绿(香葱)","熟黑芝麻","米酒(料酒)"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c6b9cdb745c7f70139d"},"dish_name":["辣炒鱿鱼"],"material":["鱿鱼","姜","干红辣椒","花椒","蚝油","香油","蒜","盐","尖椒","葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c6c9cdb745c7f70139e"},"dish_name":["咖喱牛腩饭"],"material":["蒜蓉","洋葱","牛腩","小土豆","红萝卜","调味剂","咖喱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c6d9cdb745c7f70139f"},"dish_name":["手撕香菇根"],"material":["葱","盐","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2c6f9cdb745c7f7013a0"},"dish_name":["牛肉萝卜馅包子"],"material":["面粉","牛肉馅","红皮萝卜","油","海鲜酱油","盐鸡粉","葱","姜","十三香","白糖","鲜牛奶"]}

","半代"," 酵母粉","1 代"," 小苏打"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c709cdb745c7f7013a1"},"dish_name":["金炸馒头片"],"material":[" 白馒头","鸡蛋"," 盐"," 水","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c719cdb745c7f7013a2"},"dish_name":["榨菜肉丝面"],"material":["香菜","盐","青蒜"," 生抽"," 猪油(或者芝麻油)"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c729cdb745c7f7013a3"},"dish_name":["热汤面"],"material":["土豆","豆角","西红柿","油","面粉"," 盐"," 鸡精","木耳","一小盘","葱"," 火腿肠","酱油","大蒜"," 水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c749cdb745c7f7013a4"},"dish_name":["鲜虾炒面"],"material":["基围虾","白菜","胡萝卜"," 生面","葱","芹菜","料酒"," 盐","白糖","蚝油","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c759cdb745c7f7013a5"},"dish_name":["葱油拌面"],"material":[" 普通面粉"," 温水","香葱"," 味极鲜酱油","蚝油","白糖","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c769cdb745c7f7013a6"},"dish_name":["麻汁凉面"],"material":[" 盐"," 胡萝卜和香椿芽咸菜末"," 麻汁","醋"," 水"," 辣椒油"," 黄瓜丝"," 晾好的直饮水","一盆","白砂糖"," 蒜泥"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c779cdb745c7f7013a7"},"dish_name":["酸汤面"],"material":["面粉"," 葱花","紫菜","香菜"," 牛油"," 盐"," 鸡精","味精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c789cdb745c7f7013a8"},"dish_name":["家常菜肉包子"],"material":["面粉","猪肉","韭菜"," 酵母"," 温水","香油"," 盐"," 生抽","鸡蛋"," 姜泥"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c7a9cdb745c7f7013a9"},"dish_name":["卤肉面"],"material":["五花肉","洋葱","干香菇","油"," 盐"," 生抽"," 老抽","料酒","花椒"," 香叶","八角"," 蛋清","青菜","姜","蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c7b9cdb745c7f7013aa"},"dish_name":["花生酱拌面"],"material":[" 挂面"," 花生酱"," 生抽"," 水","香油","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c7d9cdb745c7f7013ab"},"dish_name":["酸辣拌面"],"material":["1 份","青菜","花生米"," 盐"," 生抽","醋"," 辣椒油","蒜"," 葱花"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c7e9cdb745c7f7013ac"},"dish_name":["蜂蜜面包"],"material":["牛奶","鸡蛋"," 盐"," 白沙糖"," 高筋面粉"," 酵母","黄油"," 蜂蜜(刷表面)"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c7f9cdb745c7f7013ad"},"dish_name":["云吞面"],"material":[" 云吞"," 排骨面"," 油菜心"," 盐","蚝油"," 生抽","胡椒粉"," 芝麻香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c809cdb745c7f7013ae"},"dish_name":["鸡蛋面"],"material":["鸡蛋"," 菜心"," 盐","花生油"," 水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c829cdb745c7f7013af"},"dish_name":["三丝炒面"],"material":[" 面饼","鸡蛋","火腿","葱","油"," 盐","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c839cdb745c7f7013b0"},"dish_name":["酱肉包"],"material":["面粉"," 大肉","圆白菜","香菇","葱","姜"," 哮母粉"," 泡打粉"," 五香粉","味精"," 鸡精","酱油","香油"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2c849cdb745c7f7013b1"},"dish_name":["养生八宝粥"],"material":[" 八宝米(超市买配好的)","5 小快","红枣"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2c859cdb745c7f7013b2"},"dish_name":["银耳红枣莲子汤"],"material":["银耳","莲子","红枣","冰糖"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2c869cdb745c7f7013b3"},"dish_name":["四红补血粥"],"material":["红豆","红皮花生","红米","红枣","红糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2c879cdb745c7f7013b4"},"dish_name":["虾米冬瓜海带汤"],"material":["虾

米","冬瓜","海带","油"," 盐","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c899cdb745c7f7013b5"},"dish_name":["清炖乌鸡汤"],"material":["乌鸡","姜","枸杞"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c8a9cdb745c7f7013b6"},"dish_name":["猪骨头萝卜汤"],"material":["猪筒骨","萝卜","姜","葱"," 盐"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c8b9cdb745c7f7013b7"},"dish_name":["萝卜排骨汤"],"material":["白萝卜","排骨"," 盐","料酒"," 耗油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c8d9cdb745c7f7013b8"},"dish_name":["海带豆腐味噌汤"],"material":["海带","豆腐","排骨","番茄"," 盐"," 生抽"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c8e9cdb745c7f7013b9"},"dish_name":["莲藕龙骨汤"],"material":[" 盐","花生米","莲藕"," 龙骨"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c8f9cdb745c7f7013ba"},"dish_name":["南瓜火腿疙瘩汤"],"material":["南瓜","火腿","鸡蛋"," 绿叶菜","面粉"," 盐","葱"," 水","香油","油"," 水"," 鸡粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c909cdb745c7f7013bb"},"dish_name":["菠菜鱼丸汤"],"material":["菠菜","墨鱼丸"," 水"," 家乐浓汤宝"," 生抽","香油","枸杞"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c919cdb745c7f7013bc"},"dish_name":["冰糖银耳雪梨汤"],"material":["银耳","梨","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c939cdb745c7f7013bd"},"dish_name":["雪梨银耳汤"],"material":["雪梨","银耳","冰糖","枸杞"," 水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c949cdb745c7f7013be"},"dish_name":["面片汤"],"material":["木耳","菠菜","鸡蛋","西红柿","葱","姜","面粉"," 盐","酱油"," 耗油"," 白胡椒粉","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c959cdb745c7f7013bf"},"dish_name":["羊血粉丝汤"],"material":["羊血","龙口粉丝","一小扎","香菜"," 盐"," 葱姜蒜碎","胡椒粉"," 清水"," 芝麻香油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c969cdb745c7f7013c0"},"dish_name":["红枣莲子银耳汤"],"material":["银耳","莲子","红枣"," 水","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c989cdb745c7f7013c1"},"dish_name":["山药玉米排骨汤"],"material":[" 仔排"," 水果玉米","山药","料酒","桂皮"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2c999cdb745c7f7013c2"},"dish_name":["葱花火腿鸡蛋羹"],"material":["鸡蛋"," 火腿肠"," 盐","少"," 葱末"," 牛油果油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2c9a9cdb745c7f7013c3"},"dish_name":["虾仁鸡蛋羹"],"material":["鸡蛋","虾仁","小葱","酱油"," 盐"," 凉白开"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2c9b9cdb745c7f7013c4"},"dish_name":["肉末豆腐蒸蛋羹"],"material":["鸡蛋","豆腐"," 肉末"," 盐","油","小葱","酱油","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2c9c9cdb745c7f7013c5"},"dish_name":["牛奶鸡蛋羹"],"material":["鸡蛋","纯牛奶","猕猴桃","芒果"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2c9e9cdb745c7f7013c6"},"dish_name":["酸汤肥牛"],"material":["肥牛","金针菇","香菜","小葱"," 红绿辣椒"," 姜蒜"," 剁椒"," 盐","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2c9f9cdb745c7f7013c7"},"dish_name":["莲藕玉米排骨汤"],"material":["排骨","胡萝卜","葱","姜"," 盐"," 白醋（泡藕用）","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2ca09cdb745c7f7013c8"},"dish_name":["椰汁芒果西米露"],"material":["西米"," 椰汁","芒果","白糖"," 水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca19cdb745c7f7013c9"},"dish_name":["奶香玉米汁"],"material":[" 水","牛奶","糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca39cdb745c7f7013ca"},"dish_name":["米汤"],"material":["大米","糯米","红枣"," 小黄米","冰糖","水淀粉"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca49cdb745c7f7013cb"},"dish_name":["红枣枸杞玫瑰花茶"],"material":["红枣","枸杞"," 玫瑰花"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca59cdb745c7f7013cc"},"dish_name":["南瓜米糊"],"material":["大米","南瓜"," 清水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca79cdb745c7f7013cd"},"dish_name":["椰汁西米露"],"material":["西米","椰汁","红豆"," 红薯粉","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca89cdb745c7f7013ce"},"dish_name":["苹果奶昔"],"material":["苹果","牛奶"," 炼奶","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ca99cdb745c7f7013cf"},"dish_name":["鲫鱼汤"],"material":[" 鲫鱼小","香菜","葱","姜","料酒"," 盐","花生油"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2caa9cdb745c7f7013d0"},"dish_name":["山楂银耳羹"],"material":[" 山楂果","银耳"," 桂圆干","大枣"," 干百合","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cac9cdb745c7f7013d1"},"dish_name":["菊花水果茶"],"material":["苹果","菊花","红枣","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cad9cdb745c7f7013d2"},"dish_name":["绿豆糖水"],"material":["绿豆","花生","姜","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cae9cdb745c7f7013d3"},"dish_name":["五谷豆浆"],"material":["黄豆","红枣","红豆","花生"," 水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb09cdb745c7f7013d4"},"dish_name":["梨藕汁"],"material":["梨","莲藕","一节","冰糖"," 水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb19cdb745c7f7013d5"},"dish_name":["香芋紫薯糖水"],"material":["芋头","紫薯","白糖"," 清水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb29cdb745c7f7013d6"},"dish_name":["芝麻黑豆浆"],"material":["黑豆","白芝麻"," 黑香米","花生米","莲子","红枣","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb49cdb745c7f7013d7"},"dish_name":["冰糖炖梨"],"material":["雪梨","冰糖","莲子","百合","枸杞"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb59cdb745c7f7013d8"},"dish_name":["蜂蜜南瓜饮"],"material":["南瓜","糯米"," 水","蜂蜜"," 豆浆机"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2cb79cdb745c7f7013d9"},"dish_name":["鲫鱼豆腐"],"material":[" 鲫鱼 ","卤水豆腐","鹌鹑蛋","香菇","芹菜","葱","蒜","姜","花椒"," 色拉油","黄酒"," 生抽"," 老抽","盐"," 清水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cb89cdb745c7f7013da"},"dish_name":["果仁菠菜"],"material":["菠菜","花生米"," 蒜末","糖"," 陈醋"," 盐","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cb99cdb745c7f7013db"},"dish_name":["干煸土豆条"],"material":["土豆","芹菜"," 蒜","姜","花椒","孜然","芝麻"," 盐"," 鸡粉"," 米椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cba9cdb745c7f7013dc"},"dish_name":["如意蛋卷"],"material":[" 肉馅（之前用剩的）","鸡蛋","淀粉"," 水","紫菜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cbb9cdb745c7f7013dd"},"dish_name":["腊肠炒荷兰豆"],"material":["腊肠","荷兰豆"," 盐"," 鸡粉","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cbc9cdb745c7f7013de"},"dish_name":["北海道吐司"],"material":[" 高粉（中种）","牛奶"," 蛋白"," 淡奶油","糖","黄油"," 酵母"," 蛋白（主面团）"," 奶粉","糖"," 盐","黄油"," 酵母"," 蛋液"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cbe9cdb745c7f7013df"},"dish_name":["胡萝卜炒肉丝"],"material":["胡萝卜","猪里脊肉","生抽","淀粉","盐","葱姜蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2cbf9cdb745c7f7013e0"},"dish_name":["素菜炒面"],"material":["蒸面","西红柿","莲花白","蒜苔","油","盐","麻辣粉","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc09cdb745c7f7013e1"},"dish_name":["浆面条"],"material":["1份","黄豆芽","芹菜","一份","油","盐","醋","五香粉","花生米"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc19cdb745c7f7013e2"},"dish_name":["清炒山药丝"],"material":["山药","木耳","青红椒","鸡精","盐","白醋","花生油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc29cdb745c7f7013e3"},"dish_name":["清炒萝卜丝"],"material":["白萝卜","盐","红椒","姜","蒜","青椒","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc39cdb745c7f7013e4"},"dish_name":["清炒刀豆"],"material":["盐","干辣椒","鸡精","刀豆","葱姜蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc49cdb745c7f7013e5"},"dish_name":["凉拌秋葵"],"material":["秋葵","葱","蒜头","指天椒","花生油","盐","凉拌粉","生抽","香醋","豆豉酱"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc59cdb745c7f7013e6"},"dish_name":["清炒菜心"],"material":["菜心","大蒜","植物油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc69cdb745c7f7013e7"},"dish_name":["清炒芥兰"],"material":["芥蓝","蒜","食用油","料酒","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cc89cdb745c7f7013e8"},"dish_name":["清炒芦笋肉丝"],"material":["芦笋","红椒","蒜头","肉丝","油","盐","料酒","生抽"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cca9cdb745c7f7013e9"},"dish_name":["凉拌西红柿"],"material":["西红柿","白砂糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ccb9cdb745c7f7013ea"},"dish_name":["清炒胡萝卜丝"],"material":["胡萝卜","生抽","油","蒜","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ccc9cdb745c7f7013eb"},"dish_name":["孔雀开屏"],"material":["草鱼","姜","料酒","海鲜酱油","盐","葱","胡椒粉","小辣椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ccd9cdb745c7f7013ec"},"dish_name":["软炸鲜蘑"],"material":["蘑菇","鸡蛋","面粉","玉米淀粉","盐","椒盐+辣椒面","4:1"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cce9cdb745c7f7013ed"},"dish_name":["微波炉烤红薯"],"material":["红薯","纸"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cd09cdb745c7f7013ee"},"dish_name":["清炒莲藕"],"material":["莲藕","蒜","油","盐","南乳","淀粉","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cd09cdb745c7f7013ef"},"dish_name":["清炒金针菇"],"material":["金针菇","青瓜","胡萝卜","葱","盐","鸡粉","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cd29cdb745c7f7013f0"},"dish_name":["银耳雪梨羹"],"material":["银耳","梨","红枣","枸杞","冰糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2cd39cdb745c7f7013f1"},"dish_name":["乡巴佬卤蛋"],"material":["鸡蛋","八角","桂皮","香叶","草果","冰糖","老抽","生抽","盐","啤酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cd59cdb745c7f7013f2"},"dish_name":["凉拌双耳"],"material":["黑木耳","银耳","香油","盐","料酒","白糖","醋","酱油","鸡粉","味精","干红椒","香菜","姜","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cd69cdb745c7f7013f3"},"dish_name":["拌菠菜"],"material":["菠菜","蒜泥","食用油","酱油","盐","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cd79cdb745c7f7013f4"},"dish_name":["凉拌海蜇丝"],"material":["即食

海蜇丝","酱油","芥末油","醋","盐","糖","芥末油","味精","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cd89cdb745c7f7013f5"},"dish_name":["凉拌豆芽"],"material":["豆芽","油","盐","芝麻油","醋","生抽","酱油","葱","蒜","糖","鸡精","红椒","辣椒粉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cda9cdb745c7f7013f6"},"dish_name":["凉拌莴笋叶"],"material":["莴笋叶","盐","白糖","米醋","酱油","麻酱","枸杞"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cdb9cdb745c7f7013f7"},"dish_name":["茶叶蛋"],"material":["鸡蛋","红茶","桂皮","花椒","八角","香叶","精盐","白糖","老抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cdc9cdb745c7f7013f8"},"dish_name":["凉拌虫草花"],"material":["鲜虫草花","黄瓜","胡萝卜","大蒜","生抽","香醋","盐","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cdd9cdb745c7f7013f9"},"dish_name":["拌凉菜"],"material":["泡发腐竹","洋葱","黄瓜","泡发木耳","蒜末","调味料油","香油","盐","生抽酱油","鲜鸡汁","香菜末"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2cde9cdb745c7f7013fa"},"dish_name":["五香花生米"],"material":["花生米","当归","盐","花椒","八角","桂皮","小茴","香叶","干橘子皮"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce09cdb745c7f7013fb"},"dish_name":["水晶肘子"],"material":["肘子","醋","蒜末","香油","辣椒油","生抽","糖","蒸鱼豉油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce19cdb745c7f7013fc"},"dish_name":["蔬菜沙拉"],"material":["黄瓜","胡萝卜","圣女果","苦菊","生菜叶","沙拉酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce29cdb745c7f7013fd"},"dish_name":["凉拌酸辣白菜"],"material":["白菜","辣椒","醋","香葱","姜丝","糖","盐","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce39cdb745c7f7013fe"},"dish_name":["凉拌西葫芦"],"material":["西葫芦","干辣椒","盐","鸡精","白糖","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce49cdb745c7f7013ff"},"dish_name":["蒜茄子"],"material":["蒜","2头","盐","小茄子"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce69cdb745c7f701400"},"dish_name":["肉松寿司"],"material":["米饭","肉松","火腿肠","香肠","青瓜","鸡蛋","盐","醋","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce79cdb745c7f701401"},"dish_name":["蚂蚁上树"],"material":["红薯粉丝","青椒","甜椒","姜蒜","猪油","骨头汤","葱","酱油醋","盐","胡椒粉","精瘦肉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2ce89cdb745c7f701402"},"dish_name":["焖牛腩"],"material":["牛腩","姜","香料","2元（汤料店配好的）","盐","花生油","豉油","蚝油","酒","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ce99cdb745c7f701403"},"dish_name":["爽口泡菜"],"material":["圆白菜","胡萝卜","白糖","盐","白醋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cea9cdb745c7f701404"},"dish_name":["菠萝咕咾肉"],"material":["菠萝","里脊肉","葱","姜","蒜","胡萝卜","黄瓜","白糖","白醋","淀粉","盐","料酒","番茄酱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ceb9cdb745c7f701405"},"dish_name":["竹筒饭"],"material":["黄瓜","红辣椒","胡萝卜","米饭","香葱","盐","生抽","鸡蛋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2ced9cdb745c7f701406"},"dish_name":["干煸菜花"],"material":["菜花","青椒","红辣椒","油","盐","胡椒粉","白糖","生抽","鸡精","蒜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cee9cdb745c7f701407"},"dish_name":["干锅杏鲍菇"],"material":["杏鲍菇","猪肉","青红椒","香菜","红干椒","姜","蒜","糖","盐","生抽","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cef9cdb745c7f701408"},"dish_name":["椒盐排骨"],"material":["排骨","青椒","干辣椒","蒜","小葱","油","盐","料酒","淀粉","自制椒盐","盐","辣椒粉","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf09cdb745c7f701409"},"dish_name":["熘肝尖"],"material":["猪肝","黄瓜","冬笋","木耳","葱姜蒜","盐","味精","胡椒粉","白糖","老抽","淀粉","料酒","鸡粉","香油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf19cdb745c7f70140a"},"dish_name":["香辣干锅鸡"],"material":["琵琶腿","土豆","洋葱","芹菜","花菜","香菇","青椒","红椒","黄灯笼椒","花生","蒜","香菜","木耳","亲亲肠","油","盐","奥尔良腌料","海底捞麻辣香锅料"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf39cdb745c7f70140b"},"dish_name":["排骨饭"],"material":["大米","排骨","生抽","海天拌饭酱","白砂糖","食用油","姜","葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf49cdb745c7f70140c"},"dish_name":["鱼香肉丝"],"material":["猪里脊","冬笋","木耳","胡萝卜","尖椒","葱","姜","蒜","盐","鸡粉","老抽","生抽","香醋","味精","胡椒粉","料酒","白糖","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf59cdb745c7f70140d"},"dish_name":["鸡蛋炒粉丝"],"material":["鸡蛋","杂粮粉丝","胡萝卜","香菜杆","生抽","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf69cdb745c7f70140e"},"dish_name":["腰果鸡丁"],"material":[],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf89cdb745c7f70140f"},"dish_name":["小酥肉"],"material":["鸡胸肉","红薯淀粉","油","红薯淀粉","孜然粉","十三香","白胡椒粉","椒盐","料酒","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cf99cdb745c7f701410"},"dish_name":["猪肉炖粉条"],"material":["五花肉","葱","姜","蒜","香菜","盐","味精","白糖","蚝油","料酒","老抽","南乳汁","大料","香叶","桂皮"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cfa9cdb745c7f701411"},"dish_name":["麻辣香锅"],"material":["猪里脊","土豆","香菇","杏鲍菇","金针菇","娃娃菜","油麦菜","木耳","火腿","莲藕","豆腐皮","千页豆腐","平菇","生菜","土豆粉","1袋","麻花","香菜","熟花生","白芝麻","麻辣香锅料","食用油","盐","葱姜蒜","干辣椒","灯笼椒","花椒","淀粉","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cfc9cdb745c7f701412"},"dish_name":["小炒菜花"],"material":["白菜花","五花肉","葱","姜","蒜","杭椒","小米椒","芹菜","盐","味精","白糖","料酒","淀粉","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2cfd9cdb745c7f701413"},"dish_name":["番茄鸡蛋面"],"material":["番茄","鸡蛋","龙须面","盐","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2cfe9cdb745c7f701414"},"dish_name":["蔬菜炒面"],"material":["甜椒","胡萝卜","西红柿","鸡蛋","挂面","葱","油","盐","酱油","番茄沙司"],"style":["面食"]}

{"_id":{"\$oid":"59ae2cff9cdb745c7f701415"},"dish_name":["玉米面酸菜猪肉包"],"material":["玉米面","白面粉","酸菜","猪肉","葱","姜","酱油","料酒","胡椒粉","盐","十三香","香油","泡打粉","酵母粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d019cdb745c7f701416"},"dish_name":["川味凉面"],"material":["水面","橄榄油","黄瓜","红椒","小葱","大蒜","花生","白糖","蚝油","鸡精","花椒粉","油泼辣子","芝麻酱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d019cdb745c7f701417"},"dish_name":["手工杂酱面"],"material":["杂酱材料","猪瘦肉","蒜","洋葱","海鲜酱","高精面粉","全蛋液","盐","水","配菜","黄瓜","胡萝卜","土豆","辅料","油","盐","生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d029cdb745c7f701418"},"dish_name":["土豆面"],"material":["土豆","南瓜","面粉","西红柿","鸡蛋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d049cdb745c7f701419"},"dish_name":["扁豆焖面"],"material":["五花肉","扁豆","葱","姜末","料酒","老抽","盐","味精","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d059cdb745c7f70141a"},"dish_name":["大包子"],"material":["面粉","白菜","鸡蛋","木耳","虾皮"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d069cdb745c7f70141b"},"dish_name":["黑木耳韭菜鸡蛋蒸包子"],"material":["黑木耳","韭菜","鸡蛋","油","盐","姜","蒜","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d079cdb745c7f70141c"},"dish_name":["豇豆猪肉包"],"material":["中筋面粉","酵母","水（温水）","猪肉","豇豆角","大葱","姜","鸡蛋","盐","酱油","十三香","白糖","老抽","香油","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d099cdb745c7f70141d"},"dish_name":["蒸卤面"],"material":["西红柿","长豆角","猪肉","干辣椒","葱","姜","八角","花椒","食用油","老抽","生抽","料酒","盐","鸡精","味精","耗油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d0a9cdb745c7f70141e"},"dish_name":["拌莜面"],"material":["开水","莜面","盐","老抽","生抽","色拉油","芥末油","香油","鸡精粉","香葱","蒜末","油辣子","山西陈醋","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d0b9cdb745c7f70141f"},"dish_name":["原汁牛肉面"],"material":["牛腩","若干","香菜","小油菜","葱","姜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d0d9cdb745c7f701420"},"dish_name":["武汉热干面"],"material":["黄瓜","香菜","油","醋","盐","生抽","胡椒粉","水","八宝菜","1小袋","辣椒油","葱","芝麻酱","香油","鸡精","糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d0f9cdb745c7f701421"},"dish_name":["韩国冷面"],"material":["冷面","辣白菜","柠檬汁（汤料）","熟鸡蛋","苹果醋（汤料。水果醋、黑醋皆可）","凉水（冰水）（汤料）","糖（汤料）","淡口酱油（汤料）"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d0f9cdb745c7f701422"},"dish_name":["羊肉炒面"],"material":["羊肉","芹菜","蒜薹","青椒","红椒","土豆","西红柿","橄榄油","小葱","大蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d109cdb745c7f701423"},"dish_name":["酒酿开花小馒头"],"material":["面粉","酒酿"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d149cdb745c7f701424"},"dish_name":["香煎馒头片"],"material":["馒头","鸡蛋","牛奶","食用油","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2d149cdb745c7f701425"},"dish_name":["南瓜小米糊"],"material":["小米","30","米饭","100","南瓜","150","盐"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d159cdb745c7f701426"},"dish_name":["瑶柱瘦肉粥"],"material":["瑶柱","瘦肉","青菜","泰国香米","姜末","葱末","食用油","盐","蚝油"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d169cdb745c7f701427"},"dish_name":["煮粥"],"material":["花生","红豆","大米","薏米","绿豆","生燕麦","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d179cdb745c7f701428"},"dish_name":["小米苹果粥"],"material":["小米","水","去皮苹果"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d189cdb745c7f701429"},"dish_name":["干贝排骨粥"],"material":["排骨","干贝","白米","玉米","盐","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d199cdb745c7f70142a"},"dish_name":["蘑菇鲜虾粥"],"material":["基围虾","胡萝卜","青豆","玉米","香葱","香菇","香菜","盐","鸡精"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d1a9cdb745c7f70142b"},"dish_name":["四红补血养胃粥"],"material":["红

豆","花生","枸杞","红枣","冰糖","小米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d1b9cdb745c7f70142c"},"dish_name":["桂圆红枣枸杞茶"],"material":["红枣","枸杞子","红糖","桂圆肉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d209cdb745c7f70142d"},"dish_name":["苹果粥"],"material":["苹果","米","若干","枸杞","若干","金盏菊","干桂圆","金边玫瑰花","千日红","香蕉奶酪","苹果汁","苹果果酱","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d209cdb745c7f70142e"},"dish_name":["窝蛋牛肉粥"],"material":["大米","牛肉","生菜丝/葱末","油","精盐","胡椒粉","生姜","酱油","鸡蛋","!"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d219cdb745c7f70142f"},"dish_name":["小米红枣银耳粥"],"material":["小米","红枣","银耳","清水","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d229cdb745c7f701430"},"dish_name":["红枣桂圆小米粥"],"material":["糯小米","红枣","桂圆肉","枸杞子","冰糖","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d239cdb745c7f701431"},"dish_name":["红薯杂粮粥"],"material":["大米","棒渣","燕麦","红薯","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d259cdb745c7f701432"},"dish_name":["小米燕麦粥"],"material":["有机小米","水","枸杞","百合"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d269cdb745c7f701433"},"dish_name":["银耳粥"],"material":["银耳","大米","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d279cdb745c7f701434"},"dish_name":["红豆花生黑米粥"],"material":["红豆","花生","黑米","大米","糯米","银耳"],"style":["粥"]}

{"_id":{"\$oid":"59ae2d299cdb745c7f701435"},"dish_name":["羊肉萝卜汤"],"material":["羊肉","萝卜","枸杞","生姜","香葱","清水","料酒","食盐","味精","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d2a9cdb745c7f701436"},"dish_name":["大骨冬瓜汤"],"material":["猪骨头","冬瓜","葱","姜","枣","枸杞"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d2b9cdb745c7f701437"},"dish_name":["玉米香菇排骨汤"],"material":["排骨","干香菇","玉米","生姜","盐","鸡精","葱","胡萝卜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d2d9cdb745c7f701438"},"dish_name":["红枣木瓜银耳汤"],"material":["银耳","红枣","木瓜","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d2d9cdb745c7f701439"},"dish_name":["牛肉粉丝汤"],"material":["粉丝","香菜","盐","生抽","黑胡椒粉","花椒粉","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d2e9cdb745c7f70143a"},"dish_name":["山药枸杞骨头汤"],"material":["大骨头","山药","枸杞","葱","姜","干红辣椒","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d309cdb745c7f70143b"},"dish_name":["咸肉冬瓜汤"],"material":["冬瓜","咸肉","姜","蒜","小红椒","黄酒","小葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d319cdb745c7f70143c"},"dish_name":["红豆薏米百合汤"],"material":["赤小豆","小薏米","干百合","纯净水","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d329cdb745c7f70143d"},"dish_name":["竹荪排骨汤"],"material":["猪骨","竹荪","山药","生姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d349cdb745c7f70143e"},"dish_name":["虫草乌鸡汤"],"material":["乌鸡","虫草花","枸杞","枣","盐","姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d369cdb745c7f70143f"},"dish_name":["辣白菜豆腐汤"],"material":["辣白菜","猪五花","豆腐","葱花","牛肉粉","食盐","蒜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d369cdb745c7f701440"},"dish_name":["紫菜虾皮南瓜汤"],"material":["紫菜","虾皮","南瓜","葱","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d379cdb745c7f701441"},"dish_name":["菠菜猪肝汤"],"material":["猪肝","菠菜","木耳","盐","猪油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d399cdb745c7f701442"},"dish_name":["清炖排骨萝卜汤"],"material":["排骨","白萝卜","干香菇","生姜","葱"],"style":["汤"]}

{"_id":{"\$oid":"59ae2d3a9cdb745c7f701443"},"dish_name":["海带排骨汤"],"material":["小排","小鸡腿","海带","胡萝卜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2d3b9cdb745c7f701444"},"dish_name":["上汤豆苗"],"material":["瘦肉","红萝卜","草菇(小)","皮蛋","姜(丝)","食用油","酱油","生粉","盐","鸡精"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2d3d9cdb745c7f701445"},"dish_name":["肚包鸡"],"material":["猪肚","老母鸡","红枣、枸杞、去芯莲子","生姜","葱白","盐、胡椒粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2d3e9cdb745c7f701446"},"dish_name":["海参蒸蛋羹"],"material":["海参","鸡蛋"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2d3f9cdb745c7f701447"},"dish_name":["绿豆汤"],"material":["绿豆","水","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2d419cdb745c7f701448"},"dish_name":["鲜榨玉米汁"],"material":["玉米","纯牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d429cdb745c7f701449"},"dish_name":["绿豆沙"],"material":["绿豆","糖","糖浆","黄油","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d439cdb745c7f70144a"},"dish_name":["木瓜雪耳糖水"],"material":["木瓜","雪耳","冰糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d459cdb745c7f70144b"},"dish_name":["银耳雪梨糖水"],"material":["银耳","冰糖","红枣","雪梨","枸杞"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d469cdb745c7f70144c"},"dish_name":["蜂蜜柚子酱"],"material":["柚子","冰糖","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d479cdb745c7f70144d"},"dish_name":["冰镇原味珍珠奶茶"],"material":["奶粉","红茶","珍珠","白糖或蜂蜜","开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d499cdb745c7f70144e"},"dish_name":["胡萝卜苹果汁"],"material":["胡萝卜","苹果","凉开水","0·6L"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4a9cdb745c7f70144f"},"dish_name":["柠檬蜂蜜水"],"material":["柠檬","蜂蜜","温开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4b9cdb745c7f701450"},"dish_name":["海带绿豆糖水"],"material":["海带丝","绿豆","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4c9cdb745c7f701451"},"dish_name":["番薯糖水"],"material":["番薯","白糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4d9cdb745c7f701452"},"dish_name":["五谷养生糊"],"material":["红豆","黑豆","绿豆","薏仁米","玉米渣","花生","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4e9cdb745c7f701453"},"dish_name":["冰糖银耳梨汤"],"material":["贡梨","银耳","冰糖","枸杞"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d4f9cdb745c7f701454"},"dish_name":["百香果汁"],"material":["百香果","冬蜜","温开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d519cdb745c7f701455"},"dish_name":["马蹄银耳木瓜糖水"],"material":["马蹄","银耳","木瓜","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d529cdb745c7f701456"},"dish_name":["老北京面茶"],"material":["糜子

面","白芝麻","盐","纯芝麻酱","纯香油"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2d539cdb745c7f701457"},"dish_name":["香煎培根金针菇卷"],"material":["金针菇","芦笋","西兰花","烤肉酱","牙签"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d549cdb745c7f701458"},"dish_name":["家常红烧牛肉"],"material":["牛肉","白萝卜","盐","八角","香叶","肉桂","姜","蚝油","水淀粉","开水","菜籽油","干红辣椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d569cdb745c7f701459"},"dish_name":["黄瓜拌皮蛋"],"material":["黄瓜","皮蛋","线椒","红美人","盐","香油","白糖","味极鲜","香醋","鸡精","凉开水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d579cdb745c7f70145a"},"dish_name":["完美家常红烧鱼"],"material":["鲢鱼","红辣椒","香葱","老姜","大蒜籽","食用油","料酒","香醋","老抽","黄豆酱","香菜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d589cdb745c7f70145b"},"dish_name":["麻辣烫"],"material":["米粉","一人份","干红辣椒","骨头汤","一小盆","青菜","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d5a9cdb745c7f70145c"},"dish_name":["早餐蛋饼"],"material":["面粉","香肠","玉米油","一碟","鸡蛋","白糖","一碟","黑芝麻","牛奶"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d5b9cdb745c7f70145d"},"dish_name":["家常酸辣粉"],"material":["红薯粉","空心菜","油酥花生米","葱花","姜米","蒜泥","生抽","红油辣椒","花椒粉","花椒油","藤椒油","盐","鸡精","醋","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d5c9cdb745c7f70145e"},"dish_name":["香菇西兰花"],"material":["西兰花","香菇","酱汁料":"蚝油","生抽","盐","鸡粉","淀粉","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d5e9cdb745c7f70145f"},"dish_name":["芒果西米捞"],"material":["西米","牛奶","芒果","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d5f9cdb745c7f701460"},"dish_name":["小炒圆白菜"],"material":["圆白菜","辣椒","蒜","盐","醋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d609cdb745c7f701461"},"dish_name":["蒜薹炒鸡蛋"],"material":["蒜薹","鸡蛋","木耳","油","盐","花椒水","葱","料酒","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d619cdb745c7f701462"},"dish_name":["家常油爆虾"],"material":["虾","干辣椒","花生油","料酒","盐","鸡精","姜","蒜","葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d639cdb745c7f701463"},"dish_name":["白菜炖冻豆腐"],"material":["大白菜","冻豆腐","赤贝肉","胡萝卜","香菜","盐","花生油","生抽","鸡精","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d649cdb745c7f701464"},"dish_name":["蜜汁山药"],"material":["铁棍山药","蜂蜜","冰糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2d669cdb745c7f701465"},"dish_name":["清炒空心菜"],"material":["空心菜","蒜","油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d679cdb745c7f701466"},"dish_name":["虎皮辣椒"],"material":["辣椒","2","平菇","3","姜","香菜","葱","精肉","油","精盐","海鲜酱油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d689cdb745c7f701467"},"dish_name":["荷塘素炒"],"material":["青椒","木耳","盐","藕","胡萝卜","味精","胡椒粉","蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d699cdb745c7f701468"},"dish_name":["清炒茼蒿"],"material":["茼蒿","大蒜","葱","姜","花生油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d6b9cdb745c7f701469"},"dish_name":["清炒莴苣"],"material":["莴苣","枸杞","盐","鸡精","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d6d9cdb745c7f70146a"},"dish_name":["香菇青菜"],"material":["香菇","青菜","瘦猪肉","火腿","盐","鸡粉","生抽","蚝油","水淀粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d6e9cdb745c7f70146b"},"dish_name":["清炒绿豆芽"],"material":["绿豆芽","干辣椒","香葱","盐","鸡精","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d6f9cdb745c7f70146c"},"dish_name":["清炒南瓜"],"material":["南瓜","蒜","油","盐","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d709cdb745c7f70146d"},"dish_name":["清炒豆苗"],"material":["豆苗","红柿子椒","小葱","大蒜","花椒","盐","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d719cdb745c7f70146e"},"dish_name":["清炒油菜"],"material":["油菜","花生油","蒜","盐","淀粉","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d729cdb745c7f70146f"},"dish_name":["油炸花生米"],"material":["花生米","食用油","食盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d749cdb745c7f701470"},"dish_name":["素丸子"],"material":["南瓜","芹菜","胡萝卜","豆腐干","面粉","芝麻油","盐","五香粉","姜","淀粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d759cdb745c7f701471"},"dish_name":["菠菜饼"],"material":["菠菜","鸡蛋","面粉","木耳","海米","盐","胡椒粉","食用油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d769cdb745c7f701472"},"dish_name":["清炒秋葵"],"material":["盐","鸡精","蒜叶","秋葵","大蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d779cdb745c7f701473"},"dish_name":["清炒小白菜"],"material":["小白菜","蒜","油","鸡糖","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d789cdb745c7f701474"},"dish_name":["炸蘑菇"],"material":["盐","十三香","泡打粉","面粉","鲜蘑","淀粉","胡椒粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d7a9cdb745c7f701475"},"dish_name":["西芹炒百合"],"material":["西芹","百合","油","盐","蚝油","水淀粉","蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d7b9cdb745c7f701476"},"dish_name":["清炒莴笋叶"],"material":["莴笋叶","油","盐","味精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2d7c9cdb745c7f701477"},"dish_name":["凉拌秋葵"],"material":["秋葵","大蒜","小米椒","生抽","白糖","醋","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d7d9cdb745c7f701478"},"dish_name":["酱肘子"],"material":["猪前肘","煮肉料","大葱","姜","白糖","老抽","盐","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d7f9cdb745c7f701479"},"dish_name":["老醋花生"],"material":["花生","山西陈醋","生抽","盐","香葱","白糖","油","没过花生"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d809cdb745c7f70147a"},"dish_name":["寿司"],"material":["大米","黄瓜","胡萝卜","火腿肠","肉松","寿司海苔","寿司醋","韩国甜面酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d819cdb745c7f70147b"},"dish_name":["口水鸡"],"material":["三黄鸡","核桃仁","辣椒油","姜","蒜","香油","花椒油","白糖","盐","红椒","生抽","胡椒粉","黄酒","香料(桂皮,香叶,八角)","干椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d829cdb745c7f70147c"},"dish_name":["土豆沙拉"],"material":["土豆","金锣火腿","生菜","沙拉酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d839cdb745c7f70147d"},"dish_name":["凉拌卤牛肉"],"material":["牛腱","紫甘蓝","胡萝卜","香菜","卤肉用料","八角","桂皮","香叶","花椒、干辣椒","小茴香","草果","姜、葱白","老抽","白酒","盐","黑胡椒粉(卤前腌制)","盐(卤前腌制)","凉拌料汁","蒜","小米辣椒","陈醋","生抽","红油","香油","熟芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d879cdb745c7f70147e"},"dish_name":["水果沙拉"],"material":["苹果","猕

猴桃","火龙果","香蕉","菠萝"," 沙拉酱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d879cdb745c7f70147f"},"dish_name":["凉拌鸡丝"],"material":["鸡腿","糖"," 红干椒","木耳"," 胡萝卜丝","姜"," 盐","醋","麻油","蒜"," 葱花","黄瓜"," 鸡精","芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d899cdb745c7f701480"},"dish_name":["老虎菜"],"material":["黄瓜"," 尖椒","香菜","红椒"," 盐","味精","白糖","香油","白醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d8a9cdb745c7f701481"},"dish_name":["猪皮冻"],"material":["猪皮"," 清水","葱白","生姜"," 生抽"," 盐","陈皮","草果"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d8b9cdb745c7f701482"},"dish_name":["酸辣黄瓜条"],"material":["黄瓜"," 油泼辣子"," 盐","糖","白醋","油","蒜","香菜","若干"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d8c9cdb745c7f701483"},"dish_name":["麻辣凉拌海带"],"material":[" 干海带"," 红辣椒","大蒜"," 老抽"," 盐","油","生姜","芝麻油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d8d9cdb745c7f701484"},"dish_name":["炆拌土豆丝"],"material":["土豆"," 青椒"," 干红椒"," 植物油"," 盐","花椒","醋","白糖","葱","姜","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d8f9cdb745c7f701485"},"dish_name":["麻辣毛豆"],"material":["毛豆","姜","蒜"," 香叶"," 小辣椒","花椒","八角"," 盐","酱油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d909cdb745c7f701486"},"dish_name":["凉拌茼蒿"],"material":["茼蒿","蒜","1 头"," 盐"," 生抽"," 辣椒面","白糖","麻油"," 色拉油","味精"," 熟芝麻","香醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d919cdb745c7f701487"},"dish_name":["香椿芽拌豆腐"],"material":["香椿芽","豆腐"," 盐","时间"," 玉米油"," 水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2d929cdb745c7f701488"},"dish_name":["溜肉段"],"material":[" 瘦肉"," 尖椒","胡萝卜","葱","蒜","淀粉"," 水","油"," 腌肉用:"," 生抽","料酒"," 蛋清"," 盐"," 鸡精"," 调酱汁:"," 生抽","白糖","白醋","蚝油","淀粉"," 盐"," 鸡精"," 水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d949cdb745c7f701489"},"dish_name":["京酱肉丝"],"material":[" 里脊肉","鸡蛋"," 大葱白","豆皮"," 甜面酱","姜","料酒","白糖"," 鸡粉","淀粉"," 盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d959cdb745c7f70148a"},"dish_name":["咖喱牛肉饭"],"material":["牛肉"," 土豆","胡萝卜","洋葱","西兰花"," 盐"," 香叶","姜","黑芝麻"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d969cdb745c7f70148b"},"dish_name":["清炒莴笋"],"material":["莴笋","大蒜","枸杞","油"," 盐","味精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d979cdb745c7f70148c"},"dish_name":["椒盐花生"],"material":["花生"," 椒盐"," 盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d999cdb745c7f70148d"},"dish_name":["葱烧海参"],"material":["海参","葱白","蚝油","料酒"," 生抽","油","白糖","水淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d9a9cdb745c7f70148e"},"dish_name":["炒豆角丝"],"material":[" 姜末"," 葱花"," 牛肉丝"," 宽豆角"," 小红辣椒"," 蒜末"," 酿造酱油"," 盐","食用油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d9b9cdb745c7f70148f"},"dish_name":["干豆角红烧肉"],"material":["五花肉"," 干豆角","八角","干辣椒","冰糖"," 老抽"," 生抽","葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d9c9cdb745c7f701490"},"dish_name":["叉烧肉"],"material":["五花肉"," 叉烧酱","蒜","辣椒","葱","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d9d9cdb745c7f701491"},"dish_name":["酱爆茄子"],"material":["茄子","西红柿","蒜","辣椒","油"," 盐","酱油","糖"," 鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2d9f9cdb745c7f701492"},"dish_name":["醋熘白菜"],"material":["白菜","小米椒","生姜","五花肉","食用油","食盐","白米醋","清水","料酒","白糖","味精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da09cdb745c7f701493"},"dish_name":["麻辣小龙虾"],"material":["小龙虾","调料","一袋","香菜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da19cdb745c7f701494"},"dish_name":["酸甜黄花鱼"],"material":["黄花鱼","红辣椒","芹菜","李锦记甜辣酱","盐","白糖","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da29cdb745c7f701495"},"dish_name":["酱鸡脖"],"material":["鸡脖子","老抽","糖","葱姜","辣椒","花椒","盐","八角","水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da39cdb745c7f701496"},"dish_name":["卤排骨"],"material":["排骨","蒜头","壹","干香菇","桂皮","买","八角","料","酱油","姜","红辣椒","圆","香叶","大"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da59cdb745c7f701497"},"dish_name":["辣炒蛤蜊"],"material":["蛤蜊","彩椒","生姜","葱","盐","黄酒","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da69cdb745c7f701498"},"dish_name":["五香酱牛肉"],"material":["牛肉","大葱","花椒","大料","豆冠","草果","桂皮","丁香","黄酱","老抽酱油","盐","白糖","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2da79cdb745c7f701499"},"dish_name":["川味麻辣凉面"],"material":["机制水面","熟菜籽油","鸡胸肉","生抽","陈醋","花椒粉","白糖","蒜水","姜","花椒","小米椒","葱花","盐","豆豉","炒黄豆","辣椒油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2da89cdb745c7f70149a"},"dish_name":["炒馒头"],"material":["馒头","鸡蛋","火腿肠","灯笼椒","木耳","油","盐","料酒"],"style":["面食"]}

{"_id":{"\$oid":"59ae2daa9cdb745c7f70149b"},"dish_name":["孜然炒面"],"material":["食用油","鸡蛋","肉","胡萝卜","鸡腿菇","青红椒","葱","孜然粉","姜","料酒","胡椒粉","盐","淀粉","酱油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dab9cdb745c7f70149c"},"dish_name":["卤面"],"material":["干贝","虾干","五花肉","香菇","大白菜","3页","八角","蒜头","蒜苗","香菜","葱","洋葱","1/4","盐","鸡精","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dac9cdb745c7f70149d"},"dish_name":["麻酱凉面"],"material":["面粉","黄瓜","杏鲍菇","尖椒(罗丝椒)","鸡蛋","胡萝卜","麻酱","蒜","盐","醋","鸡精","生抽","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dad9cdb745c7f70149e"},"dish_name":["炒泡面"],"material":["方便面","西红柿","青椒","娃娃菜","鸡蛋","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dae9cdb745c7f70149f"},"dish_name":["西北油泼面"],"material":["面粉","水","鸡蛋","汁：东古一品鲜酱油","白糖","蚝油","蒜末葱花","辣椒粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db09cdb745c7f7014a0"},"dish_name":["青椒肉丝面"],"material":["青椒","红椒","里脊肉","葱花","姜丝","玉米淀粉","酱油","盐","料酒","高汤","大蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db19cdb745c7f7014a1"},"dish_name":["家常炒面"],"material":["面饼","鸡蛋","葱","1份","蒜头","油","盐","生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db29cdb745c7f7014a2"},"dish_name":["韭菜馅包子"],"material":["面粉","发酵粉","水","韭菜","鸡蛋","虾皮","盐","芝麻香油","五香粉","色拉油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db49cdb745c7f7014a3"},"dish_name":["素馅包子"],"material":["胡萝卜","

豆腐","木耳","午餐肉","葱"," 花椒面"," 盐"," 安琪酵母","少半袋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db59cdb745c7f7014a4"},"dish_name":["南瓜面"],"material":["南瓜"," 高筋粉"," 肉末酱","黄瓜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db69cdb745c7f7014a5"},"dish_name":["番茄意面"],"material":[" 意大利面","西红柿","猪肉","洋葱","酱油"," 盐","番茄酱","油"," 黑胡椒粉","黑芝麻"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db89cdb745c7f7014a6"},"dish_name":["花朵馒头"],"material":[" 面粉"," 紫薯粉"," 菠菜汁"," 酵母"," 糖粉"," 温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2db99cdb745c7f7014a7"},"dish_name":["鸡蛋炸酱面"],"material":["面粉"," 鸡蛋(双黄)","油","葱"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dba9cdb745c7f7014a8"},"dish_name":["西红柿凉拌面"],"material":["西红柿"," 葱沫","小葱","酱油"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dbb9cdb745c7f7014a9"},"dish_name":["朝鲜冷面"],"material":[" 面"," 黄瓜丝"," 豆芽","海带"," 葱花","香菜","姜","蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dbc9cdb745c7f7014aa"},"dish_name":["槐花包子"],"material":["槐花","韭菜","猪肉","花生油"," 盐","味精"," 生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2dbd9cdb745c7f7014ab"},"dish_name":["花生牛奶燕麦粥"],"material":["花生","大米","燕麦","牛奶"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dbf9cdb745c7f7014ac"},"dish_name":["生滚海鲜粥"],"material":["大米","干贝","虾"," 花甲","葱"," 老姜","油"," 盐"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dbf9cdb745c7f7014ad"},"dish_name":["青菜粥"],"material":[" 珍珠米","青笋叶"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc19cdb745c7f7014ae"},"dish_name":["黑米红枣粥"],"material":["黑米","红枣","枸杞","冰糖"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc29cdb745c7f7014af"},"dish_name":["红豆小米粥"],"material":["小米","红豆","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc39cdb745c7f7014b0"},"dish_name":["核桃花生红枣粥"],"material":["花生","核桃","红枣","粳米","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc59cdb745c7f7014b1"},"dish_name":["补血养颜粥"],"material":["红豆","黑米","大米"," 花生（红皮小花生）","红枣"," 红糖（冰糖）"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc69cdb745c7f7014b2"},"dish_name":["枸杞黑豆粥"],"material":["大米","黑豆","枸杞"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc79cdb745c7f7014b3"},"dish_name":["补血养生粥"],"material":[" 红枣","10 枚","桂圆","红豆","花生","莲子","黑米","大米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dc99cdb745c7f7014b4"},"dish_name":["小米百合粥"],"material":["小米","百合","枸杞","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dca9cdb745c7f7014b5"},"dish_name":["红枣补血养颜粥"],"material":[" 红枣"," 红皮花生","红豆","紫米","大米","红糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dcb9cdb745c7f7014b6"},"dish_name":["绿豆薏米粥"],"material":["绿豆","薏米","莲子","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dcc9cdb745c7f7014b7"},"dish_name":["大米绿豆粥"],"material":["大米","绿豆"," 尖糯米","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dcd9cdb745c7f7014b8"},"dish_name":["红枣黑米粥"],"material":["大米","红枣","黑米"," 麦仁","花生"," 开水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2dce9cdb745c7f7014b9"},"dish_name":["木瓜银耳红枣汤"],"material":["水果木瓜","白木耳","红枣","枸杞子","莲子","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd09cdb745c7f7014ba"},"dish_name":["红糖姜汤"],"material":["红枣","姜","红糖","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd19cdb745c7f7014bb"},"dish_name":["山药鸽子汤"],"material":["鸽子","山药","盐","枸杞","木耳"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd39cdb745c7f7014bc"},"dish_name":["西红柿酸辣汤"],"material":["西红柿","金针菇","鸡蛋","紫菜","油","香菜","生姜","醋","大蒜","盐","辣椒末","红薯粉","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd59cdb745c7f7014bd"},"dish_name":["鲫鱼萝卜丝汤"],"material":["鲫鱼","萝卜","鸡蛋清","葱","姜","花椒","花生油","料酒","米醋","鸡精","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd59cdb745c7f7014be"},"dish_name":["紫菜番茄蛋花汤"],"material":["西红柿","鸡蛋","紫菜","盐","香油","香菜","油"],"style":["汤"]}

{"_id":{"\$oid":"59ae2dd69cdb745c7f7014bf"},"dish_name":["番茄洋葱汤"],"material":["胡萝卜","番茄","洋葱","蒜","胡椒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2dd79cdb745c7f7014c0"},"dish_name":["冬瓜丸子汤"],"material":["猪肉","冬瓜","淀粉","鸡蛋","姜","酱油","鸡精","枸杞","盐","芝麻油","饮用水","胡椒粉","葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2dd99cdb745c7f7014c1"},"dish_name":["番茄牛腩汤"],"material":["牛腩","西红柿","洋葱","香菇","油","小葱","花椒","大蒜","盐","醋","酱油","白酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2dda9cdb745c7f7014c2"},"dish_name":["石斛灵芝炖鸡汤"],"material":["石斛","灵芝","花旗参","鸡","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2ddc9cdb745c7f7014c3"},"dish_name":["西红柿鸡蛋汤"],"material":["西红柿","鸡蛋","香菜","盐","鸡粉","胡椒粉","香油","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2ddc9cdb745c7f7014c4"},"dish_name":["胡萝卜排骨汤"],"material":["排骨","胡萝卜","鲑鱼干","香菇","姜","醋","料酒","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2ddf9cdb745c7f7014c5"},"dish_name":["玉米浓汤"],"material":["玉米","洋葱","蘑菇","红萝卜","牛奶","黄油","面粉","盐和黑胡椒","淡奶油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2ddf9cdb745c7f7014c6"},"dish_name":["银耳枸杞南瓜盅"],"material":["小南瓜","银耳","枸杞","清水","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2de09cdb745c7f7014c7"},"dish_name":["番茄牛肉汤"],"material":["牛肉","西红柿","洋葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2de19cdb745c7f7014c8"},"dish_name":["牛奶鸡蛋醪糟"],"material":["牛奶","鸡蛋","醪糟","核桃","葡萄干","枸杞子","黑芝麻","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de29cdb745c7f7014c9"},"dish_name":["黑芝麻核桃豆浆"],"material":["黄豆","黑芝麻","核桃仁","清水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de49cdb745c7f7014ca"},"dish_name":["紫薯西米露"],"material":["西米","紫薯","椰奶","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de59cdb745c7f7014cb"},"dish_name":["姜枣茶"],"material":["红枣","红糖","生姜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de69cdb745c7f7014cc"},"dish_name":["甜酒酿"],"material":["糯米(江米)","甜酒曲"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de89cdb745c7f7014cd"},"dish_name":["苹果汁"],"material":["苹果","纯净水","柠檬"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2de99cdb745c7f7014ce"},"dish_name":["香蕉草莓奶昔"],"material":["草莓","香蕉"," 纯牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2deb9cdb745c7f7014cf"},"dish_name":["红枣桂圆黄芪茶"],"material":["红枣","桂圆","黄芪"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2dec9cdb745c7f7014d0"},"dish_name":["红豆豆浆"],"material":["红豆","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ded9cdb745c7f7014d1"},"dish_name":["甜玉米梨子糖水"],"material":["玉米"," 梨子","枸杞","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ded9cdb745c7f7014d2"},"dish_name":["草莓酸奶"],"material":[" 纯牛奶","白砂糖","草莓"," 酸奶机"," 菌粉"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2def9cdb745c7f7014d3"},"dish_name":["水果茶"],"material":[" 木瓜干","水","冰糖","桂花"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2df09cdb745c7f7014d4"},"dish_name":["莲子百合糖水"],"material":[" 新鲜莲子","百合","冰糖"," 水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2df19cdb745c7f7014d5"},"dish_name":["柠檬薏米水"],"material":["柠檬","薏米","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2df29cdb745c7f7014d6"},"dish_name":["山药汁"],"material":["山药"," 水","白砂糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2df39cdb745c7f7014d7"},"dish_name":["山楂罐头"],"material":["山楂","若干","冰糖","若干"," 或白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2df49cdb745c7f7014d8"},"dish_name":["酸辣黄瓜"],"material":["黄瓜","盐","米醋"," 辣椒油"," 剁椒","白糖","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2df69cdb745c7f7014d9"},"dish_name":["蒜茸茼蒿"],"material":["茼蒿","大蒜","1 头"," 海天蚝油"," 盐"," 鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2df79cdb745c7f7014da"},"dish_name":["家常茄子"],"material":["茄子","青椒","红椒"," 葱花","花生油"," 盐","味精"," 生抽","淀粉","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2df99cdb745c7f7014db"},"dish_name":["家常清蒸鲈鱼"],"material":["鲈鱼","柠檬","葱白","姜"," 小米椒"," 盐"," 生抽","料酒"," 芥花油"," 蒸鱼豉油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dfa9cdb745c7f7014dc"},"dish_name":["西红柿土豆炖牛肉"],"material":["牛肉","土豆","西红柿","姜","八角"," 大葱、小葱"," 生抽","料酒"," 盐"," 鸡精"," 清水","食用油"," 香叶"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dfb9cdb745c7f7014dd"},"dish_name":["香浓玉米汁"],"material":[" 甜玉米"," 水","牛奶","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dfc9cdb745c7f7014de"},"dish_name":["水煮花生"],"material":["花生","八角"," 香叶","桂皮","花椒","姜"," 盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dfd9cdb745c7f7014df"},"dish_name":["家常红烧鸡块"],"material":["鸡腿","青椒","红椒","料酒"," 生抽酱油","米醋","糖"," 盐","胡椒粉","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dfe9cdb745c7f7014e0"},"dish_name":["春笋红烧肉"],"material":["五花肉"," 大春笋","姜","八角","冰糖"," 红干椒","小葱"," 生抽"," 老抽","料酒"," 盐"," 鸡精"," 清水","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2dff9cdb745c7f7014e1"},"dish_name":["蜜汁叉烧排骨"],"material":["猪肋排"," 叉烧酱","蒜","大葱"," 白酒","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e019cdb745c7f7014e2"},"dish_name":["芦笋炒虾仁"],"material":["芦笋","

青虾仁","料酒","盐","白胡椒粉","糖","水淀粉","食用油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e029cdb745c7f7014e3"},"dish_name":["排骨炖小土豆"],"material":["排骨","小土豆","香葱","八角","陈皮","草果","香叶","生姜","花生油","酱油","食盐","鸡精","白糖","玉米淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e039cdb745c7f7014e4"},"dish_name":["红豆糕"],"material":["红豆（干）","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e059cdb745c7f7014e5"},"dish_name":["爆炒猪心"],"material":["猪心","青椒","红椒","姜","生抽","蚝油","料酒","盐","胡椒粉","水淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e069cdb745c7f7014e6"},"dish_name":["家常凉面"],"material":["胡萝卜","豇豆(长豆角)","香油","盐","生抽","香醋","白糖","鸡精","油辣子","葱","蒜","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2e079cdb745c7f7014e7"},"dish_name":["拌凉粉"],"material":["凉粉","油","辣子面","大蒜","香菜","生抽","老陈醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e099cdb745c7f7014e8"},"dish_name":["麻酱菠菜"],"material":["麻酱","菠菜","大蒜","盐","糖","黄瓜","枸杞","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e0a9cdb745c7f7014e9"},"dish_name":["清炒菠菜"],"material":["菠菜","玉米油","盐","橄榄油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e0b9cdb745c7f7014ea"},"dish_name":["清炒洋葱"],"material":["洋葱","青椒","胡萝卜","葱","姜","盐","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e0d9cdb745c7f7014eb"},"dish_name":["清炒豆角丝"],"material":["豆角","红椒","葱白","味精","食用油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e0e9cdb745c7f7014ec"},"dish_name":["手撕圆白菜"],"material":["圆白菜","青椒","红椒","生抽","大蒜","白糖","菜籽油","盐","葱白"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e0f9cdb745c7f7014ed"},"dish_name":["清炒双丝"],"material":["杏鲍菇","胡萝卜","油","盐","生抽","白糖","鸡精","青蒜苗"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e119cdb745c7f7014ee"},"dish_name":["清炒山药"],"material":["山药","黑木耳","胡萝卜","盐","鸡精","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e129cdb745c7f7014ef"},"dish_name":["清炒莴笋丝"],"material":["莴笋","油","盐","鸡精","大蒜","胡萝卜丝"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e139cdb745c7f7014f0"},"dish_name":["烤红薯"],"material":["烤红薯","烤盘","水果刀"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e159cdb745c7f7014f1"},"dish_name":["丝瓜汤"],"material":["丝瓜","猪肉","油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e169cdb745c7f7014f2"},"dish_name":["香椿炒鸡蛋"],"material":["香椿","鸡蛋","盐","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e179cdb745c7f7014f3"},"dish_name":["油焖茄子"],"material":["茄子","油","老干妈","盐","鸡精","糖","大蒜","小葱","生抽","青椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e189cdb745c7f7014f4"},"dish_name":["凉拌菜花"],"material":["花菜","蒜","花椒油","辣椒油","生抽","醋","盐","味精","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e1a9cdb745c7f7014f5"},"dish_name":["宫保豆腐"],"material":["西瓜皮","胡萝卜","青椒","红辣椒","葱姜蒜","料酒","味极鲜酱油","醋","盐","糖","味精","香油","淀粉","花椒粉","红油辣椒酱","花生米","（油炸）","豆腐","（老）","豆腐","（老）"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e1b9cdb745c7f7014f6"},"dish_name":["山楂果酱"],"material":["山楂","冰

糖","油","白糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2e1c9cdb745c7f7014f7"},"dish_name":["蜂蜜芹菜汁"],"material":["新鲜芹菜","蜂蜜","温水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e1d9cdb745c7f7014f8"},"dish_name":["凉拌五香牛肉"],"material":["牛腱子肉","葱","姜","桂皮","香叶","大料","干辣椒","生抽","盐","料酒","白糖","蒜","香油","香菜","辣椒面","白芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e1e9cdb745c7f7014f9"},"dish_name":["家常素炒饼"],"material":["食用油","面粉","胡萝卜","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e1f9cdb745c7f7014fa"},"dish_name":["醉虾"],"material":["河虾","香菜","青红尖椒","香菜","姜","葱","蒜","醋","生抽","红腐乳汁","香油","白胡椒粉","白酒","黄酒","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e219cdb745c7f7014fb"},"dish_name":["凉拌青豆"],"material":["青豆","鸡精","蒜","半头","香油","小米椒","盐","香葱","凉拌醋","糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e219cdb745c7f7014fc"},"dish_name":["香辣花生"],"material":["花生米","干辣椒","麻椒","花椒","糖","盐","芝麻","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e239cdb745c7f7014fd"},"dish_name":["香煎带鱼"],"material":["带鱼","料酒","盐","五香粉","葱姜蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e249cdb745c7f7014fe"},"dish_name":["蜜汁玫瑰山药"],"material":["山药","玫瑰酱","蜂蜜","单晶冰糖","水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e259cdb745c7f7014ff"},"dish_name":["蓝莓山药"],"material":["山药","牛奶","盐","蓝莓果酱","蜂蜜","凉白开水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e269cdb745c7f701500"},"dish_name":["红油凉拌皮蛋"],"material":["皮蛋","大葱","3小节","小米椒","生抽","盐","白糖","味精","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e289cdb745c7f701501"},"dish_name":["凉拌蕨根粉"],"material":["红椒","熟花生米","小葱","蒜","油","香油","白芝麻","醋","味极鲜","白糖","味精","麻油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e299cdb745c7f701502"},"dish_name":["凉拌面条"],"material":["面粉","水","黄瓜","1跟","炒鸡蛋","芝麻酱","香油","辣椒油","盐","生抽","醋","味精","蒜沫"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e2a9cdb745c7f701503"},"dish_name":["蒜泥茄子"],"material":["茄子","青椒","蕃茄","蒜泥","植物油","酱油","盐","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e2c9cdb745c7f701504"},"dish_name":["桂花糯米藕"],"material":["莲藕","2节","糯米","冰糖","糖桂花"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e2d9cdb745c7f701505"},"dish_name":["凉拌鱼腥草"],"material":["鱼腥草","葱","生抽","醋","盐","胡椒粉","芝麻油","花椒油","蒜泥","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e2e9cdb745c7f701506"},"dish_name":["黄瓜拌粉皮"],"material":["黄瓜","粉皮","葱","蒜","红辣椒","香菜","醋","蚝油","盐","白糖","鸡精","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2e309cdb745c7f701507"},"dish_name":["麻辣鸡块"],"material":["鸡大腿","红椒","青椒","姜","葱白","盐","味精","料酒","干辣角","酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e319cdb745c7f701508"},"dish_name":["干豇豆红烧肉"],"material":["五花肉","水发干豇豆","生姜","干红椒","生抽","老抽","花椒","八角","桂皮","香叶","盐","冰糖","料酒","食用油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e329cdb745c7f701509"},"dish_name":["椒丝腐乳空心菜"],"material":["空

心菜","红彩椒","姜","盐","鸡粉","味精","腐乳","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e349cdb745c7f70150a"},"dish_name":["牛肉酱"],"material":["牛肉","耗油","熟花生米","红干辣椒","元葱","玉米油","稍多","料酒","朝天椒","芝麻"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e359cdb745c7f70150b"},"dish_name":["凉拌折耳根"],"material":["葱花","小红椒","蒜末","花生油","生抽","老干妈辣椒酱","香醋","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e369cdb745c7f70150c"},"dish_name":["青椒蒜苗炒腊肉"],"material":["腊肉","青椒","蒜苗","油","鸡精","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e379cdb745c7f70150d"},"dish_name":["酱油鸡翅"],"material":["鸡翅","姜","酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e389cdb745c7f70150e"},"dish_name":["素鱼香肉丝"],"material":["卤面筋","青辣椒","胡萝卜","黑木耳","春笋","2小节","姜末","蒜末","香醋","生抽","糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e399cdb745c7f70150f"},"dish_name":["土豆烧牛肉"],"material":["牛肉","土豆","葱姜蒜","盐","味精","酱油","料酒","冰糖","花椒","干辣椒","八角","白芷"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e3a9cdb745c7f701510"},"dish_name":["蒜香鸡翅根"],"material":["土豆","大蒜","食用油","葱","姜","料酒","八角","醋","盐","老抽","冰糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e3c9cdb745c7f701511"},"dish_name":["醋溜白菜"],"material":["白菜梆","一盘","小辣椒","盐","糖","生抽","醋","淀粉","香油","花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e3d9cdb745c7f701512"},"dish_name":["芹菜炒香干"],"material":["芹菜","香干","油","盐","白糖","胡椒粉","生抽","味精","干辣椒","蒜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e3f9cdb745c7f701513"},"dish_name":["菊花茄子"],"material":["紫色茄子","色拉油","盐","生粉","鸡精","鸡蛋清","番茄酱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e409cdb745c7f701514"},"dish_name":["客家煎酿豆腐"],"material":["豆腐","猪肉","蛋清","油","盐","料酒","生抽","鸡精","蚝油","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e419cdb745c7f701515"},"dish_name":["干煸豆角"],"material":["豆角","牛肉丝","葱花","姜末","蒜末","酱油","盐","大料","小辣椒","食用油","香油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e429cdb745c7f701516"},"dish_name":["腊味煲仔饭"],"material":["广式腊肠","盐","白糖","大米","鸡蛋","油","耗油","香油","小油菜","老抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2e449cdb745c7f701517"},"dish_name":["老北京炸酱面"],"material":["干黄酱","1袋","肉馅","黄瓜","胡萝卜","豆芽","芹菜","蒜","1头","姜","葱","八角","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e459cdb745c7f701518"},"dish_name":["紫薯玫瑰馒头"],"material":["面粉","水","酵母","紫薯","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e469cdb745c7f701519"},"dish_name":["青菜大肉包"],"material":["面粉","开水","糖","面粉","酵母","肉馅","白菜","葱","姜","花生油","蚝油","生抽","盐","花椒粉","鸡精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e489cdb745c7f70151a"},"dish_name":["番茄肉酱意面"],"material":["意大利面","猪肉","番茄酱","黄油","西红柿","洋葱","大蒜","罗勒","黑胡椒粉","盐","橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e499cdb745c7f70151b"},"dish_name":["凉拌面"],"material":["黄瓜","圆葱","木耳","香菜","花生","芝麻","大蒜","胡萝卜","酱油（东古一品鲜）","米醋","白糖","辣椒"]}

油"," 耗油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e4a9cdb745c7f70151c"},"dish_name":["蝴蝶面"],"material":[" 红萝卜汁"," 菠菜汁"," 红色火龙果汁"," 南瓜泥"," 高筋面粉","500"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e4c9cdb745c7f70151d"},"dish_name":["青椒肉丝炒面"],"material":["青椒","胡萝卜","猪肉","葱","酱油","油","料酒"," 盐"," 姜粉"," 五香粉","蚝油"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e4d9cdb745c7f70151e"},"dish_name":["热干面"],"material":[" 碱水面"," 榨菜"," 酸豆角","油","酱油","香醋","白糖","味精","胡椒粉"," 芝麻酱","香油","葱","香菜"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e4e9cdb745c7f70151f"},"dish_name":["彩色面条"],"material":[" 高筋面粉"," 压面机","一台"," 原汁机","一台","菠菜","红萝卜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e4f9cdb745c7f701520"},"dish_name":["川味鸡丝凉面"],"material":["黄瓜"," 鸡胸肉"," 油炸熟花生","香油"," 生抽","香醋"," 芝麻酱"," 油辣子(辣椒油)"," 花椒油"," 白糖","蒜","葱"," 榨菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e509cdb745c7f701521"},"dish_name":["炒面条"],"material":["洋葱","鸡蛋","胡萝卜"," 葱末","油","酱油"," 盐","味精"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e529cdb745c7f701522"},"dish_name":["肉丝炒面"],"material":[" 切面"," 五花肉","葱","姜","蒜","青椒","红萝卜","洋葱"," 盐","味精"," 鸡粉","白糖","胡椒粉","香油"," 生抽","料酒","米醋"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e539cdb745c7f701523"},"dish_name":["南瓜手擀面"],"material":["南瓜"," 面粉"," 水"," 玉米面"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e549cdb745c7f701524"},"dish_name":["西红柿鸡蛋打卤面"],"material":[" 面粉（饺子粉）"," 盐"," 温水","西红柿","鸡蛋"," 葱花","油"," 盐"," 鸡精","料酒"," 生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e559cdb745c7f701525"},"dish_name":["刀切馒头"],"material":[" 面粉"," 酵母"," 泡打粉"," 温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e579cdb745c7f701526"},"dish_name":["家常包子"],"material":[" 猪肉馅","面粉","白菜","油"," 盐","葱","姜","香油","胡椒粉"," 生抽","青蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e589cdb745c7f701527"},"dish_name":["油豆角焖面"],"material":["油豆角"," 鲜切面","葱","姜","蒜","大料"," 耗油"," 味极鲜酱油"," 盐","排骨"," 玉米油"," 开水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e599cdb745c7f701528"},"dish_name":["葱油面"],"material":[" 生抽"," 盐","油","葱"," 红尖椒"," 冷开水","虾","没有可省略"],"style":["面食"]}

{"_id":{"\$oid":"59ae2e5a9cdb745c7f701529"},"dish_name":["生滚鱼片粥"],"material":["鲈鱼"," 元骨","大米","花生油"," 盐","胡椒粉"," 蛋清","小葱","姜","洋葱","面粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e5c9cdb745c7f70152a"},"dish_name":["鲍鱼鲜虾粥"],"material":[" 小鲍鱼","海虾","大米","西兰花"," 姜丝"," 盐"," 水","胡椒粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e5d9cdb745c7f70152b"},"dish_name":["杂粮八宝粥"],"material":[" 黑米"," 血糯米"," 燕麦米"," 薏米仁","红米"," 内蒙古杂交麦","糯米"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e5e9cdb745c7f70152c"},"dish_name":["菠菜粥"],"material":[" 粳米","菠菜"," 盐","味精"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e5f9cdb745c7f70152d"},"dish_name":["青菜瘦肉粥"],"material":[" 瘦肉"," 葱姜","胡椒粉"," 味极鲜","青菜"," 盐"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e609cdb745c7f70152e"},"dish_name":["小米红枣粥"],"material":["小米"," 红枣","红糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e629cdb745c7f70152f"},"dish_name":["花生青菜粥"],"material":["花生","青菜","大米","枸杞","盐","花生油","胡椒粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e639cdb745c7f701530"},"dish_name":["瘦肉皮蛋粥"],"material":["大米粥(鲜煮)","玉米仁(新鲜)","猪肉","松花蛋","姜丝","食用油","盐","鸡粉","青菜丝","胡椒粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e649cdb745c7f701531"},"dish_name":["香菇粥"],"material":["香菇","胡萝卜","1节","木耳","干贝","盐","胡椒粉","葱花"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e669cdb745c7f701532"},"dish_name":["紫薯粥"],"material":["紫薯","红糖","大米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e679cdb745c7f701533"},"dish_name":["香蕉小米粥"],"material":["小米","香蕉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e689cdb745c7f701534"},"dish_name":["什锦水果粥"],"material":["大米","苹果","西瓜","油桃","樱桃","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e699cdb745c7f701535"},"dish_name":["红枣小米粥"],"material":["红枣","小米","百合干","黄冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e6a9cdb745c7f701536"},"dish_name":["补气固脾八宝粥"],"material":["红豆","黑豆","大米","紫米","薏米粉","茯苓粉","莲子肉粉","芡实粉","大枣","四","桂圆肉","水","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e6b9cdb745c7f701537"},"dish_name":["五谷杂粮粥"],"material":["山药","红豆","黑米","燕麦","薏米","红枣","枸杞","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e6d9cdb745c7f701538"},"dish_name":["绿豆小米粥"],"material":["绿豆","枸杞","黄豆","小米","纯净水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e6e9cdb745c7f701539"},"dish_name":["猪肝瘦肉粥"],"material":["鸡精","生粉","猪瘦肉","香菜","猪肝","盐","生抽","油"],"style":["粥"]}

{"_id":{"\$oid":"59ae2e6f9cdb745c7f70153a"},"dish_name":["丝瓜花蛤汤"],"material":["花蛤蜊","丝瓜","葱姜蒜","盐","胡椒粉","干辣椒","花生油","香菜"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e709cdb745c7f70153b"},"dish_name":["牛奶玉米浓汤"],"material":["牛奶","黄油","面粉","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e729cdb745c7f70153c"},"dish_name":["红豆年糕汤"],"material":["红豆","年糕","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e739cdb745c7f70153d"},"dish_name":["豆腐鱼头汤"],"material":["葱","鱼头","盐","豆腐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e749cdb745c7f70153e"},"dish_name":["鲫鱼萝卜汤"],"material":["鲫鱼","白萝卜","姜","葱","盐","植物油","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e759cdb745c7f70153f"},"dish_name":["鸡腿竹荪山药汤"],"material":["竹荪","鸡腿","山药","红枣","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e779cdb745c7f701540"},"dish_name":["大枣银耳木瓜汤"],"material":["银耳","新疆和田大枣","木瓜","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e789cdb745c7f701541"},"dish_name":["茶树菇炖鸡汤"],"material":["鸡肉","茶树菇","红枣","姜","盐","鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae2e799cdb745c7f701542"},"dish_name":["西红柿牛肉汤"],"material":["牛肉","西红柿(大的)","姜","八角","生抽","料酒","盐","鸡精","香菜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e7b9cdb745c7f701543"},"dish_name":["蒸蛋羹"],"material":["鸡蛋","葱叶","盐","芝麻油","温开水(加蛋液里)","冷开水(泡葱花)"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e7c9cdb745c7f701544"},"dish_name":["桃胶银耳羹"],"material":["桃胶","银耳","莲子","百合","红枣","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e7d9cdb745c7f701545"},"dish_name":["韩式泡菜豆腐汤"],"material":["香菇","泡菜","火腿","大蒜","油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e7e9cdb745c7f701546"},"dish_name":["肉末蒸蛋羹"],"material":["鸡蛋","温水","猪肉","小葱","生抽","料酒","盐","鸡精","淀粉","油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e809cdb745c7f701547"},"dish_name":["陈皮雪梨汤"],"material":["雪梨","陈皮","枸杞子","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e829cdb745c7f701548"},"dish_name":["红豆莲子羹"],"material":["红豆","莲子","薏米","冰糖","清水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e839cdb745c7f701549"},"dish_name":["银耳雪梨汤"],"material":["雪梨","银耳","冰糖","水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e849cdb745c7f70154a"},"dish_name":["青菜鸡蛋面疙瘩汤"],"material":["面粉","菠菜","西红柿","鸡蛋","葱","香菜","油","香油","酱油","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e859cdb745c7f70154b"},"dish_name":["木瓜银耳羹"],"material":["木瓜","银耳","枸杞","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2e879cdb745c7f70154c"},"dish_name":["卤鸭"],"material":["水鸭","香菇","八角","花椒","酱油","老抽","老姜","蒜头","盐","十三香","料酒","生粉"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e879cdb745c7f70154d"},"dish_name":["啤酒卤蛋"],"material":["鸡蛋","啤酒","冰糖","大葱","一小节","八角","干辣椒","香叶","桂皮","水","盐","酱油","老抽","香果"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e899cdb745c7f70154e"},"dish_name":["早味卤花生"],"material":["花生","桂皮","香叶","八角","干辣椒","冰糖","老抽","盐","色拉油","清水"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e899cdb745c7f70154f"},"dish_name":["五香卤鸡爪"],"material":["鸡爪","葱姜蒜","白糖","冰糖","大料","花椒","香叶","桂皮","老抽","味达美","精盐"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e8b9cdb745c7f701550"},"dish_name":["卤鸭腿"],"material":["鸭腿","干辣椒","茴香桂皮","盐","料酒","六月鲜酱油","耗油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e8c9cdb745c7f701551"},"dish_name":["电饭锅卤猪手"],"material":["猪手","八角","桂皮","生姜","葱白","香叶","生抽","老抽","料酒"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e8d9cdb745c7f701552"},"dish_name":["卤水鸡脚"],"material":["鸡脚","蒜头","姜","生菜","珠江桥牌卤水汁","芝麻油","老抽","盐","白糖"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e8e9cdb745c7f701553"},"dish_name":["五香啤酒卤蛋"],"material":["鸡蛋","啤酒","一罐","香叶","八角","桂皮","1断","姜","蒜","六月雪","1株","冰糖","生抽","料酒"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e8f9cdb745c7f701554"},"dish_name":["卤花生"],"material":["花生","花椒","香叶","八角","桂皮","盐"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e909cdb745c7f701555"},"dish_name":["麻辣卤鸡爪"],"material":["鸡爪","麻椒","干辣椒","葱姜蒜","盐","料酒","生抽","老抽","糖","陈醋"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e929cdb745c7f701556"},"dish_name":["自制卤肉"],"material":["五花肉","鸭蛋","生菜","茴香桂皮香叶","洋葱","油","盐","料酒","耗油","六月鲜酱油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2e949cdb745c7f701557"},"dish_name":["红枣桂圆枸杞红糖水"]}

"],"material":["桂圆肉","红枣","枸杞","红糖"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e949cdb745c7f701558"},"dish_name":["桂花酸梅汤"],"material":["乌梅","桂花","山楂","陈皮","冰糖","洛神花"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e959cdb745c7f701559"},"dish_name":["金芒鲜奶西米露"],"material":["金芒","西米","牛奶","蜂蜜"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e979cdb745c7f70155a"},"dish_name":["芒果牛奶西米露"],"material":["西米","芒果","牛奶","冰糖"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e989cdb745c7f70155b"},"dish_name":["芒果酸奶"],"material":["鲜奶","白糖","酸奶发酵剂","芒果"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9a9cdb745c7f70155c"},"dish_name":["金桔蜂蜜茶"],"material":["金桔","蜂蜜","清水","食盐"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9b9cdb745c7f70155d"},"dish_name":["玫瑰红枣茶"],"material":["玫瑰花干","大红枣","水"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9c9cdb745c7f70155e"},"dish_name":["生姜红糖水"],"material":["葱白","红糖"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9e9cdb745c7f70155f"},"dish_name":["番茄汁"],"material":["番茄","清水"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9f9cdb745c7f701560"},"dish_name":["鲜榨西瓜汁"],"material":["西瓜","柠檬"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2e9f9cdb745c7f701561"},"dish_name":["桑葚汁"],"material":["桑葚","水","蜂蜜"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2ea19cdb745c7f701562"},"dish_name":["红枣茶"],"material":["红枣","沸水"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2ea29cdb745c7f701563"},"dish_name":["黑米薏仁豆浆"],"material":["薏仁","黑米","水"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2ea39cdb745c7f701564"},"dish_name":["鲜榨橙汁"],"material":["新鲜橙子","凉白开","冬蜜"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2ea59cdb745c7f701565"},"dish_name":["菠萝汁"],"material":["菠萝","凉白开","无"],"style":["饮品"]}
{ "_id":{"\$oid":"59ae2ea69cdb745c7f701566"},"dish_name":["年夜饭～小鸡饭团"],"material":["米饭","鸡蛋黄(煮熟的)","胡萝卜","海苔","番茄酱","沙拉酱","牛肉丝","生菜叶","苹果醋"],"style":["创意菜"]}
{ "_id":{"\$oid":"59ae2ea79cdb745c7f701567"},"dish_name":["黑芝麻戚风蛋糕"],"material":["黑芝麻粉","面粉","鸡蛋","植物油","白砂糖","牛奶"],"style":["创意菜"]}
{ "_id":{"\$oid":"59ae2ea89cdb745c7f701568"},"dish_name":["咸鸭蛋"],"material":["水","盐","一袋","鸭蛋"],"style":["创意菜"]}
{ "_id":{"\$oid":"59ae2ea89cdb745c7f701569"},"dish_name":["豉汁烤鱼"],"material":["鲤鱼","豆豉","香葱","姜","蒜","八角","香叶等大料","料酒","盐","白糖","鸡精","李锦记蒸鱼豉汁","青辣椒","花椒粉","孜然粉","胡椒粉","辣椒粉","淀粉"],"style":["创意菜"]}
{ "_id":{"\$oid":"59ae2eaa9cdb745c7f70156a"},"dish_name":["榴莲芝士蛋糕"],"material":["榴莲","酌情添加","奶油奶酪","奥利奥","黄油","牛奶","淡奶油","酸奶","砂糖","朗姆酒","柠檬汁"],"style":["创意菜"]}
{ "_id":{"\$oid":"59ae2eab9cdb745c7f70156b"},"dish_name":["鲫鱼塞肉"],"material":["鲫鱼","鸡蛋","小葱","猪肉","干香菇","胡萝卜","洋葱","食用油","清水","胡椒粉","白糖","味精","食

盐","淀粉"," 生抽"," 老抽","料酒","生姜","面粉"," 牙签","若干"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2eac9cdb745c7f70156c"},"dish_name":["魔芋鸭块"],"material":["鸭肉","料酒"," 老抽"," 盐"," 鸡精"," 红油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ead9cdb745c7f70156d"},"dish_name":["水晶白菜蒸饺"],"material":["小麦淀粉"," 玉米淀粉"," 肉馅"," 植物油","菠菜"," 开水"," 葱姜","酱油"," 盐","料酒","白糖"," 鸡精"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2eae9cdb745c7f70156e"},"dish_name":["奥尔良鸡翅"],"material":["鸡翅","奥尔良腌料","油","生菜"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2eaf9cdb745c7f70156f"},"dish_name":["赛螃蟹"],"material":["火腿","鸡蛋","食用油"," 咸蛋白"," 盐"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2eb19cdb745c7f701570"},"dish_name":["DIY 奶油草莓蛋糕"],"material":["鸡蛋","面粉"," 玉米油","牛奶","糖","糖","草莓","奶油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2eb29cdb745c7f701571"},"dish_name":["腌制萝卜"],"material":["白萝卜","辣椒","醋"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb39cdb745c7f701572"},"dish_name":["糖蒜"],"material":["新蒜","白糖","白醋"," 米醋（或者陈醋）"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb59cdb745c7f701573"},"dish_name":["腌制咸鸭蛋"],"material":["生鸭蛋"," 盐"," 白酒"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb69cdb745c7f701574"},"dish_name":["油泼辣子"],"material":["辣椒碎","油"," 盐"," 白芝麻","胡椒粉"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb79cdb745c7f701575"},"dish_name":["酸甜脆萝卜"],"material":["白萝卜","糖","醋"," 盐"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb89cdb745c7f701576"},"dish_name":["腌蒜薹"],"material":["蒜苔"," 盐"," 鲜味酱油","醋","糖"," 辣椒油 / 辣椒酱"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eb99cdb745c7f701577"},"dish_name":["酱黄瓜"],"material":[],"style":["腌制"]}

{"_id":{"\$oid":"59ae2eba9cdb745c7f701578"},"dish_name":["腌鸭蛋"],"material":["鸭蛋"," 黄泥"," 盐"," 酒"," 小桶(容器)"],"style":["腌制"]}

{"_id":{"\$oid":"59ae2ebd9cdb745c7f701579"},"dish_name":["凤梨馅"],"material":["菠萝","冬瓜","冰糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ebe9cdb745c7f70157a"},"dish_name":["牛肉香菇酱"],"material":["牛肉","香菇","葱","蒜","姜","料酒","水淀粉","胡椒粉"," 生抽","蚝油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ebf9cdb745c7f70157b"},"dish_name":["杨梅酱"],"material":["苹果","冰糖","砂糖","杨梅","柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec19cdb745c7f70157c"},"dish_name":["桑葚酱"],"material":["桑葚","一盘","柠檬","蜂蜜","柠檬","蜂蜜","白糖","冰糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec29cdb745c7f70157d"},"dish_name":["香辣猪肉酱"],"material":["鲜红辣椒","猪肉","花生米"," 核桃仁"," 白芝麻","大蒜","姜","食用油"," 白酒"," 鸡精","花椒"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec39cdb745c7f70157e"},"dish_name":["自制香菇酱"],"material":["干香菇","葱","姜","蒜头","胡萝卜","干辣椒","酱油","蚝油","白糖"," 黄豆酱"," 五香粉"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec59cdb745c7f70157f"},"dish_name":["玫瑰酱"],"material":["水","糖","盐"," 柠檬汁"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec59cdb745c7f701580"},"dish_name":["豆沙馅"],"material":["赤小豆","玉米油","白糖","水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec79cdb745c7f701581"},"dish_name":["老北京炸酱"],"material":["猪肉","黄酱","1袋","甜面酱","1袋","葱","姜","油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec89cdb745c7f701582"},"dish_name":["炸鸡蛋酱"],"material":["鸡蛋","青辣椒","葱","干辣椒面","玉米油","凉水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ec99cdb745c7f701583"},"dish_name":["清汤火锅底料"],"material":["猪棒子骨","牛棒子骨","鸡爪骨","生姜","大葱","料酒","鸡精","味精"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2eca9cdb745c7f701584"},"dish_name":["火锅底料"],"material":["菜油","牛油","干辣椒","生姜","大蒜","大葱","冰糖","醪糟汁","八角","三奈","桂皮","小茴","草果","紫草","香叶","香草","公丁香"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ecb9cdb745c7f701585"},"dish_name":["橙子果酱"],"material":["橙子","柠檬","白砂糖","清水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ecc9cdb745c7f701586"},"dish_name":["自制红豆沙馅"],"material":["红豆","食用油","白糖或红糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ecd9cdb745c7f701587"},"dish_name":["自制黑芝麻酱"],"material":["黑芝麻"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ecf9cdb745c7f701588"},"dish_name":["香菇肉酱"],"material":["海天黄豆酱","猪五花肉","香菇","红葱头","食用油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ed09cdb745c7f701589"},"dish_name":["香菇牛肉酱"],"material":["牛肉碎","椴木香菇","葱末","姜末","黄酱","酱油","盐","香油","食用油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ed19cdb745c7f70158a"},"dish_name":["自制无添加樱桃果酱"],"material":["樱桃","绵白糖","柠檬汁","水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae2ed39cdb745c7f70158b"},"dish_name":["香橙蒸蛋"],"material":["橙","鸡蛋","糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed39cdb745c7f70158c"},"dish_name":["牛奶蒸蛋"],"material":["鸡蛋","牛奶","白糖","芒果丁"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed49cdb745c7f70158d"},"dish_name":["雪糕"],"material":["各种时令水果","五颜六色的","果汁"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed59cdb745c7f70158e"},"dish_name":["雪媚娘"],"material":["糯米粉","玉米淀粉","糖粉","牛奶","淡奶油","桃罐头","熟糯米粉","黄油"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed69cdb745c7f70158f"},"dish_name":["芒果班戟"],"material":["鸡蛋","牛奶","低筋面粉","糖粉","玉米淀粉","黄油","夹心部分","奶油","芒果"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed89cdb745c7f701590"},"dish_name":["自制冰激凌"],"material":["鸡蛋黄","纯牛奶","雀巢淡奶油","白糖","草莓口味果味粉","新鲜草莓","饼干棒（用来装饰）","随意"],"style":["冰品"]}

{"_id":{"\$oid":"59ae2ed99cdb745c7f701591"},"dish_name":["奶油香草冰淇淋"],"material":[],"style":["冰品"]}

{"_id":{"\$oid":"59ae2edc9cdb745c7f701592"},"dish_name":["水煮豌豆"],"material":["豌豆","八角","苳菠","盐","白果"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2edd9cdb745c7f701593"},"dish_name":["香辣豆豉蒸鲈鱼"],"material":["鲈鱼","豆豉","小米辣","蒜","葱","姜","油","盐","蚝油","胡椒粉","料酒","味极鲜","花椒","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ede9cdb745c7f701594"},"dish_name":["孜然牛肉粒"],"material":["牛里脊","洋葱","香芹","姜丝","鸡蛋","油（煎炸用）","盐","生抽","蚝油","料酒","胡椒粉","肉桂粉","孜然粉","鸡粉","老干妈辣酱","玉米淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2edf9cdb745c7f701595"},"dish_name":["泡菜炒年糕"],"material":["年糕","五花肉","韩式泡菜","韩式甜辣酱","腌泡菜的汁","葱","洋葱","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee09cdb745c7f701596"},"dish_name":["清炒木耳菜"],"material":["黑木耳","青椒","红椒","油","盐","白糖","胡椒粉","味精","蒜"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee29cdb745c7f701597"},"dish_name":["家常春饼"],"material":["面粉","开水","玉米油","香肠","黄瓜","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee39cdb745c7f701598"},"dish_name":["琥珀核桃"],"material":["核桃仁","白糖","油","水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee49cdb745c7f701599"},"dish_name":["蒜茸粉丝娃娃菜"],"material":["娃娃菜","粉丝","蒜末","油","盐","生抽","蚝油","胡椒粉","小米辣"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee59cdb745c7f70159a"},"dish_name":["红烧排骨土豆"],"material":["排骨","土豆","姜","葱","花椒","大蒜","盐","红烧酱油","料酒","冰糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee69cdb745c7f70159b"},"dish_name":["香酥菠萝包"],"material":["奶粉","盐","糖","鸡蛋液","牛奶","色拉油","黄油","酵母","黄油（菠萝皮）","低筋面粉","奶粉","鸡蛋液","盐","糖粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee89cdb745c7f70159c"},"dish_name":["樱桃果酱"],"material":["樱桃","绵白糖","柠檬"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2ee99cdb745c7f70159d"},"dish_name":["酱爆香螺"],"material":["海香螺","青红椒","葱","姜","蒜","料酒","糖","盐","热水","干红辣椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2eea9cdb745c7f70159e"},"dish_name":["西兰花炒虾球"],"material":["西兰花","虾","胡椒粉","蒜","蚝油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2eea9cdb745c7f70159f"},"dish_name":["酱小土豆"],"material":["小土豆","一盘","蒜头","香菜","油","海天草菇老抽","六月鲜甜面酱","白糖","芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2eeb9cdb745c7f7015a0"},"dish_name":["铁板烧"],"material":["鱿鱼","五花肉","葱头","小尖椒","胡萝卜","韭菜","葱","姜","甜面酱","番茄沙司","老干妈辣椒","盐","香油","白醋","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae2eee9cdb745c7f7015a1"},"dish_name":["蒜蓉烤茄子"],"material":["大茄子","大蒜","肉末（没有可不放）","孜然烧烤调味料"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef09cdb745c7f7015a2"},"dish_name":["西红柿炒菜花"],"material":["菜花","西红柿","葱末","姜末","糖","盐","水淀粉","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef19cdb745c7f7015a3"},"dish_name":["香菇炒油菜"],"material":["油菜","香菇","盐","生抽","糖","水淀粉","鸡精","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef29cdb745c7f7015a4"},"dish_name":["豆腐丸子"],"material":["豆腐","姜","蒜","淀粉","鸡蛋","油","盐","味精","料酒","生抽","胡椒粉","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef39cdb745c7f7015a5"},"dish_name":["炒饼"],"material":["熟大饼","白菜帮","牛肉丝","葱","姜末","蒜末","酱油","盐","醋","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef49cdb745c7f7015a6"},"dish_name":["清炒荷兰豆"],"material":["荷兰豆","一盘","红辣椒","油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef69cdb745c7f7015a7"},"dish_name":["清爽小炒"],"material":["银耳","木耳","胡萝卜","白菜","醋","生抽","白糖","鸡精","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef79cdb745c7f7015a8"},"dish_name":["香菇烧豆腐"],"material":["豆腐","干香菇","小米椒","香葱","姜","大蒜","家乐浓汤宝（鸡汤口）","生抽"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef89cdb745c7f7015a9"},"dish_name":["玉米烙"],"material":["玉米","白砂糖","玉米淀粉","糯米粉","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2ef99cdb745c7f7015aa"},"dish_name":["清炒蚕豆"],"material":["蚕豆","猪油","葱花","盐","橄榄油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2efa9cdb745c7f7015ab"},"dish_name":["蒜蓉空心菜"],"material":["空心菜","姜","蒜","小红椒","盐","香油","花椒油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2efb9cdb745c7f7015ac"},"dish_name":["荷塘小炒"],"material":["荷兰豆","莲藕","泡发木耳","泡发银耳","胡萝卜","糖","盐","鸡精","水淀粉","油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2efc9cdb745c7f7015ad"},"dish_name":["清炒佛手瓜"],"material":["佛手瓜","小米辣","青椒","葱","姜","蒜头","盐","油","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2efd9cdb745c7f7015ae"},"dish_name":["酱扒茄子"],"material":["茄子","黄豆酱","小葱","姜","蒜","花椒粉","醋","白糖","生抽","色拉油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2efe9cdb745c7f7015af"},"dish_name":["炆炒包菜"],"material":["油","花椒","干辣椒","大蒜","生抽","醋","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2f009cdb745c7f7015b0"},"dish_name":["蒜泥黄瓜"],"material":["黄瓜","大蒜","半头","胡萝卜","精盐","白糖","花椒","辣椒","味精","鸡精","米醋","香油","味达美"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2f019cdb745c7f7015b1"},"dish_name":["炒素三丝"],"material":["青椒","胡萝卜","香菇","油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2f029cdb745c7f7015b2"},"dish_name":["清炒西瓜皮"],"material":["西瓜皮","葱姜","干辣椒","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae2f069cdb745c7f7015b3"},"dish_name":["洋葱拌木耳"],"material":["紫洋葱","干黑木耳","红椒","青椒","香油","生抽","白米醋","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f069cdb745c7f7015b4"},"dish_name":["手撕包菜"],"material":["干红辣椒","独蒜","玉米油","食盐","陈醋","糖","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f079cdb745c7f7015b5"},"dish_name":["自制辣白菜"],"material":["白菜","苹果","胡萝卜","食盐","味精","辣椒面"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f089cdb745c7f7015b6"},"dish_name":["麻酱豆角"],"material":["豆角","300","芝麻酱","蒜","香油","盐","生抽","醋","凉白开"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f0a9cdb745c7f7015b7"},"dish_name":["五香毛豆"],"material":["毛豆","桂皮","香叶","适当","盐","白糖","花椒","八角","适当"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f0b9cdb745c7f7015b8"},"dish_name":["凉拌田七"],"material":["田七","蒜","半头","自制花生酱","盐","鸡精","糖","醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f0c9cdb745c7f7015b9"},"dish_name":["皮蛋豆腐"],"material":["嫩脂豆腐","皮蛋","香葱","青椒","红椒","盐","味精","生抽","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f0e9cdb745c7f7015ba"},"dish_name":["辣白菜"],"material":["1头","生姜","苹果","梨","辣椒面","盐","糖","糯米粉","大白菜","（或者娃娃菜）"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f0f9cdb745c7f7015bb"},"dish_name":["酸辣蕨根粉"],"material":["红美人","线椒","陈醋","盐","鸡精","味极鲜","辣椒油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f109cdb745c7f7015bc"},"dish_name":["肉皮冻"],"material":["肉皮","水","蚝油","料酒","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f119cdb745c7f7015bd"},"dish_name":["鸡刨豆腐"],"material":["豆腐","鸡

蛋","盐","葱花","味精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f139cdb745c7f7015be"},"dish_name":["酱牛肉"],"material":["牛肉","盐","桂皮","香叶","花椒","料酒","葱姜蒜","冰糖","茴香","干辣椒","老抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f149cdb745c7f7015bf"},"dish_name":["红油黄瓜拌耳丝"],"material":["黄瓜","胡萝卜","红油","盐","白糖","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f159cdb745c7f7015c0"},"dish_name":["凉拌香菜萝卜丝"],"material":["水萝卜","香菜","葱","香油","醋","盐","白糖","味精","白芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f179cdb745c7f7015c1"},"dish_name":["凉拌金针黄瓜"],"material":["金针菇","黄瓜","姜","蒜头","盐","生抽","香油","白砂糖","小米椒","白醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f189cdb745c7f7015c2"},"dish_name":["韩国泡菜"],"material":["大白菜","白萝卜","鲜红辣椒","220","辣椒粉","大蒜","姜","苹果","梨","菠萝","葡萄干","鱼干","鱼露","咸虾酱","西芹","韭菜","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae2f1a9cdb745c7f7015c3"},"dish_name":["栗子红烧肉"],"material":["五花肉","栗子","油","冰糖","老抽","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f1c9cdb745c7f7015c4"},"dish_name":["高压锅土豆炖排骨"],"material":["排骨","土豆","姜","大蒜","葱","干辣椒","料酒","老抽","冰糖","盐","鸡精","花椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f209cdb745c7f7015c5"},"dish_name":["豆豉鲮鱼油麦菜"],"material":["油麦菜","豆豉鲮鱼罐头","红椒","葱","蒜","盐","糖","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f219cdb745c7f7015c6"},"dish_name":["麻辣豆腐"],"material":["嫩豆腐","肉末","蒜苗","辣椒粉","花椒粉","生抽","盐","葱姜末","水淀粉","花生油","豆豉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f229cdb745c7f7015c7"},"dish_name":["胡萝卜炖羊肉"],"material":["羊肉","胡萝卜","姜","大茴","料酒","胡椒粉","盐","生抽","香菜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f239cdb745c7f7015c8"},"dish_name":["沙茶酱爆鱿鱼"],"material":["鱿鱼","青椒","葱","姜","沙茶酱","蒜蓉酱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f249cdb745c7f7015c9"},"dish_name":["椒香土豆丝"],"material":["鸡精","大土豆","盐","白醋","姜末","蒜末"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f259cdb745c7f7015ca"},"dish_name":["剁椒蒸金针菇"],"material":["金针菇","剁椒","水（蒸菜用）"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f269cdb745c7f7015cb"},"dish_name":["姜葱鱿鱼卷"],"material":["鱿鱼","姜","大葱","木耳","胡萝卜","青椒","芥花油","料酒","生抽","蒸鱼豉油","盐"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f289cdb745c7f7015cc"},"dish_name":["椒麻鸭掌"],"material":["八角","百果","醋","干辣椒","鸭掌","料酒","盐","糖","生抽","老抽","四川花椒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f299cdb745c7f7015cd"},"dish_name":["西兰花蒸虾仁"],"material":["西兰花","干虾仁","白糖","番茄酱","食用油","香葱","蒜头","姜","生粉","蚝油","海鲜酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f2a9cdb745c7f7015ce"},"dish_name":["蒜香烤排骨"],"material":["猪肋排","蒜蓉","蜂蜜","生抽","米酒","韩式腌肉酱","叉烧酱","蠔油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f2c9cdb745c7f7015cf"},"dish_name":["水晶虾饺"],"material":["小麦淀粉","生粉","虾","肉茸","胡萝卜","油","盐","胡椒粉","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f2d9cdb745c7f7015d0"},"dish_name":["耗油豆角"],"material":["豆角","红椒","精瘦猪肉（或鸡胸肉）","蛋清","淀粉","耗油","生抽","葱花","姜丝","耗油","生

抽","盐","白糖","香油"],["style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f2e9cdb745c7f7015d1"},"dish_name":["肉末豆腐"],"material":["豆腐","肉末","葱姜蒜","米椒","香菜","盐","鸡粉","胡椒粉","水淀粉","海鲜酱油"],["style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f309cdb745c7f7015d2"},"dish_name":["烤羊肉串"],"material":["羊腿肉","油","生抽","胡椒粉","孜然粉","盐"],["style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f309cdb745c7f7015d3"},"dish_name":["黑胡椒牛排饭"],"material":["澳洲牛排","洋葱","西蓝花","小番茄","熟黑芝麻","熟米饭","水"],["style":["下饭菜"]}

{"_id":{"\$oid":"59ae2f339cdb745c7f7015d4"},"dish_name":["番茄鸡蛋拌面"],"material":["番茄","鸡蛋","番茄酱","白糖","面粉","料酒（蛋液里）","一盖","盐"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f349cdb745c7f7015d5"},"dish_name":["什锦炒面"],"material":["手切面","各种食材","随心所配","调料"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f369cdb745c7f7015d6"},"dish_name":["蒸馒头"],"material":["金龙鱼高筋麦芯面粉","牛奶","酵母","白糖"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f369cdb745c7f7015d7"},"dish_name":["特色炸酱面"],"material":["鸡蛋","胡萝卜","洋葱","黄瓜","豆芽","老干妈","油","盐","鸡精","老抽","炒菜王","花生米","葱"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f379cdb745c7f7015d8"},"dish_name":["紫薯牛奶馒头"],"material":["面粉","紫薯","牛奶","白糖","发酵母"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f389cdb745c7f7015d9"},"dish_name":["拌面"],"material":["花生米","糖","老干妈","味精","蔬菜","芝麻油","盐"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f3a9cdb745c7f7015da"},"dish_name":["海鲜面"],"material":["小皎瓜","圆葱","西红柿","大虾","蛤","油","盐","味精","味达美"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f3b9cdb745c7f7015db"},"dish_name":["牛肉番茄沙司意大利面"],"material":["牛绞肉","意大利面","洋葱","胡萝卜","番茄沙司","番茄膏","盐和黑胡椒","蒜"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f3d9cdb745c7f7015dc"},"dish_name":["红烧排骨面"],"material":["原味挂面","排骨","油菜","鸡蛋","生姜","大葱","草果","八角","陈皮","橘子皮","香叶","花生油","酱油","白糖","食盐"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f3d9cdb745c7f7015dd"},"dish_name":["番茄牛肉酱意大利面"],"material":["番茄","意大利面","洋葱","西芹","牛肉","胡萝卜","蒜末","橄榄油","番茄沙拉","盐","黑胡椒","蜂蜜","水"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f3f9cdb745c7f7015de"},"dish_name":["紫薯馒头"],"material":["低筋面粉","紫薯","酵母","白糖"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f409cdb745c7f7015df"},"dish_name":["鸡蛋炸馒头片"],"material":["鸡蛋","馒头","油","盐"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f419cdb745c7f7015e0"},"dish_name":["四川凉面"],"material":["香油","新鲜切面(细棍)","绿豆芽","炒熟白芝麻","黄瓜","老抽","盐","大蒜","五辨","鸡精","白糖","生抽","色拉油或花生油","辣椒油","香葱","醋","花椒油","炒香花生碎"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f429cdb745c7f7015e1"},"dish_name":["长寿面"],"material":["湿面","虾","小青菜","猪油","盐","味精","葱"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f439cdb745c7f7015e2"},"dish_name":["香菇鸡丝面"],"material":["鸡腿肉","香菇","蒜","食盐","料酒","老抽","耗油","小香葱","白糖"],["style":["面食"]}

{"_id":{"\$oid":"59ae2f459cdb745c7f7015e3"},"dish_name":["馒头"],"material":["高粉(中粉)","糖","酵母","水","高粉(中粉)"],"style":["面食"]}

{"_id":{"\$oid":"59ae2f469cdb745c7f7015e4"},"dish_name":["全麦馒头"],"material":["全麦粉","普通面粉","泡打粉","酵母","温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae2f479cdb745c7f7015e5"},"dish_name":["猪肉芸豆包子"],"material":["面团:中粉","面团:糖","面团:酵母","面团:水","馅:芸豆","馅:猪肉末","油","盐","生抽","姜","蒜","葱","蚝油","生粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae2f499cdb745c7f7015e6"},"dish_name":["韩式南瓜粥"],"material":["南瓜","红枣","糯米粉","糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f499cdb745c7f7015e7"},"dish_name":["明目补肾粥"],"material":["大米","黑米","薏米","黑豆","大枣","枸杞","百合","花生米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f4b9cdb745c7f7015e8"},"dish_name":["鲜虾粥"],"material":["大米","鲜虾","萝卜干","九层塔","油","盐","料酒","鸡精"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f4c9cdb745c7f7015e9"},"dish_name":["白粥"],"material":["大米","高粱米","小米","枸杞子","清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f4e9cdb745c7f7015ea"},"dish_name":["红豆薏米粥"],"material":["红豆","薏米","清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f4f9cdb745c7f7015eb"},"dish_name":["小米绿豆粥"],"material":["绿豆","小米","清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f509cdb745c7f7015ec"},"dish_name":["菠菜猪肝粥"],"material":["猪肝","大米","菠菜","盐","葱","姜","胡椒粉","料酒","生粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f529cdb745c7f7015ed"},"dish_name":["小米南瓜粥"],"material":["南瓜","糯米","小米","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f539cdb745c7f7015ee"},"dish_name":["玫瑰粥"],"material":["花生","大米","玫瑰"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f549cdb745c7f7015ef"},"dish_name":["小米红枣南瓜粥"],"material":["小米","南瓜","红枣"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f569cdb745c7f7015f0"},"dish_name":["养生杂粮粥"],"material":["苦荞麦","荞麦","小米","枸杞子","绿豆","黄豆","红豆","薏仁","冰糖","清水","沾米","黑豆"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f579cdb745c7f7015f1"},"dish_name":["山药薏米粥"],"material":["薏米","大米","山药","大枣","枸杞"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f589cdb745c7f7015f2"},"dish_name":["健脾补虚粥"],"material":["莲子","芡实","薏米","山药","桂圆","红枣","白扁豆","粳米","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f599cdb745c7f7015f3"},"dish_name":["红豆黑米美颜粥"],"material":["黑米","红豆","大枣","糯米","枸杞"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f5a9cdb745c7f7015f4"},"dish_name":["咸蛋粥"],"material":["大米","咸蛋","瘦肉","青菜","盐","鸡精"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f5c9cdb745c7f7015f5"},"dish_name":["健脾粥"],"material":["红小豆","薏仁米","大米","小米","山药","大枣","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f5d9cdb745c7f7015f6"},"dish_name":["香蕉粥"],"material":["东北大米","香蕉","水","800ml"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f5f9cdb745c7f7015f7"},"dish_name":["海参粥"],"material":["海参","大米","生姜","盐","香菜","香油"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f609cdb745c7f7015f8"},"dish_name":["苹果麦片粥"],"material":["燕麦","苹果","水","枣","蔓越莓"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f619cdb745c7f7015f9"},"dish_name":["银耳紫薯粥"],"material":["银耳","紫薯","红糖","大米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f629cdb745c7f7015fa"},"dish_name":["红枣莲子粥"],"material":["红枣","莲子","水","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f639cdb745c7f7015fb"},"dish_name":["牛奶燕麦红豆粥"],"material":["红豆","燕麦米","牛奶","一袋","纯净水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f659cdb745c7f7015fc"},"dish_name":["糯米银耳莲子粥"],"material":["糯米","大米","莲子","银耳","红枣","冰糖","枸杞"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f669cdb745c7f7015fd"},"dish_name":["红豆山药粥"],"material":["红豆","铁棍山药","黑豆","黑米","大米","糯米"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f679cdb745c7f7015fe"},"dish_name":["红薯粥"],"material":["红薯","大米","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f689cdb745c7f7015ff"},"dish_name":["黑米黑豆粥"],"material":["黑豆","黑米","冰糖","清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f699cdb745c7f701600"},"dish_name":["猪肝粥"],"material":["大米","猪瘦肉","猪肝","葱","盐","鸡粉","胡椒粉","香油","腌肉料：","鸡精","盐","生抽","油","淀粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f6a9cdb745c7f701601"},"dish_name":["木耳红枣粥"],"material":["花生","红枣","木耳","粳米","水","冰糖","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f6c9cdb745c7f701602"},"dish_name":["营养米糊"],"material":["大米","小米","黑米","燕麦","薏米","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f6c9cdb745c7f701603"},"dish_name":["海参小米粥"],"material":["海参","小米","香葱末","姜末","口蘑","白胡椒粉","橄榄油"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f6e9cdb745c7f701604"},"dish_name":["荷叶粥"],"material":["大米","糯米","小米","燕麦","清水","玄米（糙米）","干荷叶"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f6f9cdb745c7f701605"},"dish_name":["地瓜粥"],"material":["地瓜","大米","红糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f709cdb745c7f701606"},"dish_name":["蔬菜粥"],"material":["剩米饭","清水","生菜叶","葱绿","盐","香油"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f719cdb745c7f701607"},"dish_name":["南瓜小米粥"],"material":["南瓜","小米","清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f729cdb745c7f701608"},"dish_name":["虾米青菜粥"],"material":["剩米饭","生菜","虾皮","盐","香油","水","适当","枸杞"],"style":["粥"]}

{"_id":{"\$oid":"59ae2f759cdb745c7f701609"},"dish_name":["猪骨黄豆苦瓜汤"],"material":["猪骨","苦瓜","黄豆","盐","鸡粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f769cdb745c7f70160a"},"dish_name":["木瓜银耳百合汤"],"material":["银耳","木瓜","百合干","枣","枸杞","冰糖","水"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f779cdb745c7f70160b"},"dish_name":["枸杞山药排骨汤"],"material":["猪排骨","山药","枸杞","胡萝卜","花椒","八角","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f789cdb745c7f70160c"},"dish_name":["火腿冬瓜汤"],"material":["火腿肠","冬瓜","姜","盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f7a9cdb745c7f70160d"},"dish_name":["当归红枣党参鸡汤"],"material":["

三黄鸡","党参","当归","红枣","百合"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f7b9cdb745c7f70160e"},"dish_name":["番茄排骨汤"],"material":["油","番茄","排骨","大葱","食用盐","料酒","花椒"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f7b9cdb745c7f70160f"},"dish_name":["虫草花豆腐汤"],"material":["虫草花","猪瘦肉","豆腐","葱","油","盐","生粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f7d9cdb745c7f701610"},"dish_name":["炖墨鱼排骨汤"],"material":["墨鱼干","排骨","盐","白醋（香醋也可）"],"style":["汤"]}

{"_id":{"\$oid":"59ae2f7e9cdb745c7f701611"},"dish_name":["黄瓜皮蛋汤"],"material":["黄瓜","皮蛋","姜","盐","鸡精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f7f9cdb745c7f701612"},"dish_name":["菌菇肉片汤"],"material":["金针菇","凤尾菇","香菇","猪肉","香葱","食用油","食盐","清水","淀粉","白糖"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f819cdb745c7f701613"},"dish_name":["茶树菇排骨汤"],"material":["茶树菇","1小扎","排骨","盐","鸡精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f829cdb745c7f701614"},"dish_name":["三鲜汤"],"material":["香菇","金针菇","海鲜菇","西洋菜","姜","香葱","蒜头","油","盐","五香粉","米醋","酱油","生粉","肉","麻油"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f839cdb745c7f701615"},"dish_name":["菌菇汤"],"material":["野菌菇","鸡汤(骨头汤)","葱花"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f859cdb745c7f701616"},"dish_name":["大骨汤"],"material":["猪脊骨","香菇","葱","姜","蒜头","盐"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f869cdb745c7f701617"},"dish_name":["香菇炖鸡汤"],"material":["全鸡","干香菇","枸杞","红枣","生姜","油","盐","料酒","十三香"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae2f879cdb745c7f701618"},"dish_name":["盐水毛豆"],"material":["毛豆","盐"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f889cdb745c7f701619"},"dish_name":["斛汁煎青鱼"],"material":["青鱼","铁皮石斛","盐","生姜","胡椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f899cdb745c7f70161a"},"dish_name":["香菇炒鸡蛋"],"material":["鲜香菇","笨鸡蛋","红色小米椒","葱花","姜末","蒜蓉","胡椒粉","盐","鸡精","生抽"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f8b9cdb745c7f70161b"},"dish_name":["小虾米炒猪血"],"material":["猪血","小虾米","油","盐","酱油","料酒","地瓜粉","蒜末","姜丝","葱"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f8c9cdb745c7f70161c"},"dish_name":["茄汁肉沫酿广茄"],"material":["长茄子","肉沫","葱","蒜","姜","香葱","盐","白糖","鸡粉","淀粉","料酒","番茄酱","色拉油"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f8d9cdb745c7f70161d"},"dish_name":["五香牛肉"],"material":["牛肉","油","八角","当归","桂皮","辣椒","香叶","白糖","大蒜","盐","味精","鸡精"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f8e9cdb745c7f70161e"},"dish_name":["水煮肉片"],"material":["猪瘦肉","金针菇","黄豆芽","白菜","小红辣椒","香葱","蒜头","姜","食用油","老抽","蚝油","生抽","辣椒油","花椒","八角","生粉","蛋清","盐","蒜苗","麻油","五香粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f8f9cdb745c7f70161f"},"dish_name":["炒花蛤"],"material":["花蛤","青椒","红椒","蒜头","葱","姜","油","盐","生抽","鸡精","生粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f909cdb745c7f701620"},"dish_name":["茄汁脆皮豆腐"],"material":["嫩

豆腐","白芝麻","生粉","番茄酱","油","盐","糖"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f919cdb745c7f701621"},"dish_name":["生爆盐煎肉"],"material":["五花肉","青蒜","油","盐","料酒","白糖","味精","姜","豆豉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f939cdb745c7f701622"},"dish_name":["东北溜肉段"],"material":["里脊肉","青红椒","葱姜蒜","海鲜酱油","料酒","香油","蚝油","盐","胡椒粉","淀粉","水淀粉","花椒粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f949cdb745c7f701623"},"dish_name":["番茄烧茄子"],"material":["紫茄子","番茄","肉","油","小葱","盐","白糖","水淀粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae2f979cdb745c7f701624"},"dish_name":["川贝炖枇杷"],"material":["枇杷","川贝","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f989cdb745c7f701625"},"dish_name":["平菇肉片汤"],"material":["猪瘦肉","平菇","油","盐","料酒","玉米淀粉","鸡精","姜","葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f999cdb745c7f701626"},"dish_name":["桃胶炖银耳"],"material":["桃胶","银耳","雪梨","蔓越莓干","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f9a9cdb745c7f701627"},"dish_name":["玉米鱼头豆腐汤"],"material":["鱼头","豆腐","玉米","水","油","盐","酱油","白糖","料酒","鸡精","生姜","大蒜","小葱"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f9c9cdb745c7f701628"},"dish_name":["罗宋汤"],"material":["胡萝卜","洋葱","土豆","牛肉","黑胡椒粉","番茄","味极鲜","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f9d9cdb745c7f701629"},"dish_name":["肉燕"],"material":["燕皮","清水","猪肉","香葱","香菇","鸡蛋","淀粉","食盐","味精","白糖","酱油","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f9e9cdb745c7f70162a"},"dish_name":["益母草大枣鸡蛋汤"],"material":["益母草","大枣","鸡蛋","红糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2f9f9cdb745c7f70162b"},"dish_name":["霸王花煲猪骨"],"material":["霸王花","蜜枣","雪耳","沙参","百合","海底椰","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa09cdb745c7f70162c"},"dish_name":["紫薯银耳汤"],"material":["银耳","紫薯","红枣","冰糖","水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa19cdb745c7f70162d"},"dish_name":["海带豆腐汤"],"material":["海带","北豆腐","白蛤","芹菜","姜","胡椒粉","盐","油","料酒","猪肉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa29cdb745c7f70162e"},"dish_name":["百合莲子汤"],"material":["百合","莲子","雪梨","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa49cdb745c7f70162f"},"dish_name":["紫薯银耳羹"],"material":["紫薯","银耳","冰糖","清水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa59cdb745c7f701630"},"dish_name":["虫草花木瓜排骨汤"],"material":["虫草花","木瓜","排骨","鸡爪","瘦肉","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa79cdb745c7f701631"},"dish_name":["当归红枣蛋"],"material":["当归","红枣","鸡蛋","红糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fa89cdb745c7f701632"},"dish_name":["冬阴功汤"],"material":["基围虾","文蛤","花蛤","平菇","青菜","西红柿","鱼丸","柠檬叶","香茅草","甜姜","咖喱膏","干辣椒","椰浆","青柠檬"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2faa9cdb745c7f701633"},"dish_name":["粉丝豆腐汤"],"material":["粉丝","豆腐","青菜","鸡蛋","水","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae2fab9cdb745c7f701634"},"dish_name":["卤鸭胗"],"material":["盐","耗油","六月鲜酱油","鸭胗","料酒","茴香桂皮香叶"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fac9cdb745c7f701635"},"dish_name":["卤牛肉"],"material":["牛肉"," 十三香"," 油盐"," 冰糖, 生抽, 老抽"," 葱姜蒜"," 花椒, 八角"," 香叶"," 京葱"," 黄豆酱"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fae9cdb745c7f701636"},"dish_name":["卤面筋"],"material":[" 面筋"," 肉末","香菇","小葱"," 茴香桂皮香叶","油"," 盐","料酒"," 耗油"," 六月鲜酱油"," 蒸鱼豉油"," 香油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2faf9cdb745c7f701637"},"dish_name":["五香卤水鸭翅"],"material":["鸭翅","花椒","八角","桂皮","干辣椒"," 卤水汁","料酒"," 老抽"," 生抽","冰糖"," 盐"," 香叶"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb19cdb745c7f701638"},"dish_name":["电饭煲卤鸡爪"],"material":["鸡爪","姜","花椒","大葱"," 朝天辣椒"," 香叶","桂皮"," 生抽"," 老抽","白糖","料酒"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb19cdb745c7f701639"},"dish_name":[" 卤牛肚"],"material":[" 冰冻牛肚","料酒","生姜","小葱","桂皮","茴香"," 香叶","草果","白糖","味精"," 盐"," 生抽"," 老抽","朝天辣椒","花椒"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb39cdb745c7f70163a"},"dish_name":[" 卤海带"],"material":["海带","猪皮","香油"," 盐","冰糖","花椒"," 香叶","八角","桂皮","干辣椒","姜","蒜","葱","料酒"," 老抽","生抽"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb49cdb745c7f70163b"},"dish_name":[" 卤腐竹"],"material":["腐竹","花椒","油"," 生抽"," 盐"," 耗油"," 鸡精","大蒜","八角","桂皮","胡椒粉","干辣椒","若干"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb59cdb745c7f70163c"},"dish_name":[" 卤五花肉"],"material":[" 五花肉","洋葱","大蒜"," 盐","料酒"," 耗油"," 六月鲜"," 蒸鱼豉油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb79cdb745c7f70163d"},"dish_name":[" 卤猪肝"],"material":["猪肝","陈皮","姜","花椒","小葱","干辣椒"," 香叶","桂皮","八角","料酒","糖"," 盐"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb89cdb745c7f70163e"},"dish_name":[" 卤鸡爪"],"material":["鸡爪","香菜","生姜","油"," 盐","酱油","冰糖"," 老干妈风味豆豉"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fb99cdb745c7f70163f"},"dish_name":[" 香辣卤鸭掌"],"material":["鸭掌","花椒","八角","桂皮"," 香叶","生姜"," 十三香"," 草菇老抽","油"," 食盐","干辣椒"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fbb9cdb745c7f701640"},"dish_name":[" 卤水猪蹄"],"material":[" 猪蹄","茴香桂皮香叶","油"," 盐","料酒"," 耗油"," 六月鲜酱油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fbb9cdb745c7f701641"},"dish_name":[" 卤鸡腿"],"material":[" 鸡腿"," 卤料(八角、桂皮、香叶、花椒等)"," 红烧酱油"," 海盐","生姜","蒜头","香葱","白糖"," 橄榄油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fc19cdb745c7f701642"},"dish_name":[" 五香卤牛肉"],"material":[" 牛腱","大葱","蒜","半头","桂皮","草果","白豆蔻","白芷","干辣椒","八角","小茴香","花椒"," 五香粉","冰糖","山楂"," 水","黄酒"," 生抽"," 老抽"," 盐"," 鸡精"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fc39cdb745c7f701643"},"dish_name":[" 辣卤鸭爪"],"material":[" 鸭脚"," 柠檬","辣椒"," 蒜蓉"," 生抽"," 盐","白糖","姜","米酒"," 辣椒酱","白醋"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fc59cdb745c7f701644"},"dish_name":[" 台式卤肉饭"],"material":[" 五花肉"," 菜芯","鸡蛋","米饭"," 调合油"," 老抽"," 生抽","米酒","冰糖"," 红葱头","干香菇","蒜","八角"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fc59cdb745c7f701645"},"dish_name":[" 卤猪舌"],"material":[" 猪舌头","

茴香桂皮","干红辣椒","香菜","红绿辣椒","姜蒜","盐","料酒","耗油","六月鲜酱油","醋","香油"],"style":["卤菜"]}

{"_id":{"\$oid":"59ae2fc89cdb745c7f701646"},"dish_name":["香甜玉米汁"],"material":["玉米","冰糖","清水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fc99cdb745c7f701647"},"dish_name":["木瓜牛奶"],"material":["木瓜","牛奶","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fcb9cdb745c7f701648"},"dish_name":["芒果西米露"],"material":["芒果","西米","椰奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fcc9cdb745c7f701649"},"dish_name":["柚子蜂蜜茶"],"material":["干柚子皮或湿柚子皮都","蜂蜜","开水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fcd9cdb745c7f70164a"},"dish_name":["蜂蜜柠檬茶"],"material":["新鲜柠檬","细砂糖","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fce9cdb745c7f70164b"},"dish_name":["核桃露"],"material":["核桃","糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fcf9cdb745c7f70164c"},"dish_name":["水果红茶"],"material":["火龙果","苹果","皇帝柑","红茶","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd19cdb745c7f70164d"},"dish_name":["薏米柠檬水"],"material":["薏米","柠檬"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd29cdb745c7f70164e"},"dish_name":["枇杷糖水"],"material":["枇杷","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd39cdb745c7f70164f"},"dish_name":["双皮奶"],"material":["蛋清","全脂牛奶","糖","鲜橙"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd49cdb745c7f701650"},"dish_name":["绿豆豆浆"],"material":["绿豆","水","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd59cdb745c7f701651"},"dish_name":["柠檬蜂蜜茶"],"material":["柠檬","立顿红茶","蜂蜜","1大罐"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd69cdb745c7f701652"},"dish_name":["南瓜玉米汁"],"material":["老南瓜","甜玉米","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd79cdb745c7f701653"},"dish_name":["芒果布丁"],"material":["芒果","鸡蛋","奶粉","冰糖","纯净水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fd89cdb745c7f701654"},"dish_name":["木瓜银耳糖水"],"material":["木瓜","银耳","鲜莲子","鲜百合","红枣","鹌鹑蛋","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fda9cdb745c7f701655"},"dish_name":["奶茶"],"material":["牛奶"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fdb9cdb745c7f701656"},"dish_name":["热巧克力"],"material":["鲜奶油","鲜牛奶","砂糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fdc9cdb745c7f701657"},"dish_name":["鲜榨草莓汁"],"material":["草莓","冰糖","盐","纯净水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fde9cdb745c7f701658"},"dish_name":["糖水菠萝"],"material":["菠萝","冰糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fde9cdb745c7f701659"},"dish_name":["木瓜炖奶"],"material":["木瓜","纯牛奶","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fdf9cdb745c7f70165a"},"dish_name":["消暑绿豆沙"],"material":["脱皮绿豆","糖","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe09cdb745c7f70165b"},"dish_name":["可爱多甜橙芒果汁"],"material":["芒果","橙子","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe19cdb745c7f70165c"},"dish_name":["蜂蜜柠檬水"],"material":["柠檬","蜂蜜","盐"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe39cdb745c7f70165d"},"dish_name":["芒果冰糖饮"],"material":["芒果","枸杞子","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe49cdb745c7f70165e"},"dish_name":["神奇去脂瘦身汤"],"material":["陈皮","山楂","甘草","野菊花","白糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe59cdb745c7f70165f"},"dish_name":["芒果汁"],"material":["芒果","冷水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe69cdb745c7f701660"},"dish_name":["奶昔"],"material":["奶油奶酪（室温软化）","自制酸奶（无糖）","炼乳","草莓"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe79cdb745c7f701661"},"dish_name":["南瓜豆浆"],"material":["南瓜","黄豆","水","砂糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fe89cdb745c7f701662"},"dish_name":["椰香芒果西米露"],"material":["西米","芒果","椰汁"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fea9cdb745c7f701663"},"dish_name":["红枣酸奶"],"material":["酸奶","红枣"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2feb9cdb745c7f701664"},"dish_name":["柠檬红茶"],"material":["柠檬","小种红茶","冰糖"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fec9cdb745c7f701665"},"dish_name":["白酿葡萄酒"],"material":["葡萄","纱布","玻璃罐","白糖","塑料薄膜（保鲜膜）","一卷"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fee9cdb745c7f701666"},"dish_name":["蛋糕"],"material":["蛋糕粉","白糖","南瓜子油","温水","鸡蛋","香草糖","泡打粉"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2fef9cdb745c7f701667"},"dish_name":["杨枝甘露"],"material":["西米","水","大芒果/小香芒","椰浆","椰浆（装饰用）","西柚/葡萄柚","牛奶","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff09cdb745c7f701668"},"dish_name":["自制奶茶"],"material":["清水","红茶","纯牛奶","蜂蜜"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff19cdb745c7f701669"},"dish_name":["自制甜酒酿"],"material":["糯米","水","酒曲"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff29cdb745c7f70166a"},"dish_name":["港式奶茶"],"material":["牛奶","冰糖","红茶","水"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff49cdb745c7f70166b"},"dish_name":["柠檬可乐生姜茶"],"material":["可乐","生姜","柠檬"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff59cdb745c7f70166c"},"dish_name":["蜂蜜柚子茶"],"material":["蜂蜜","柚子","冰糖","白砂糖","盐"],"style":["饮品"]}

{"_id":{"\$oid":"59ae2ff79cdb745c7f70166d"},"dish_name":["滋滋柠香盐烤秋刀鱼"],"material":["秋刀鱼","内酯豆腐","酱黄瓜","泡菜","柠檬","盐"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ff89cdb745c7f70166e"},"dish_name":["牛肉汤河粉"],"material":["风干牛肉","河粉","番茄","大蒜","柠檬","辣椒","盐"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ffa9cdb745c7f70166f"},"dish_name":["春意盎然"],"material":["去皮莴笋","金针菇","圣女果","大蒜","鸡精","盐","香油","酱汁","蚝油","生抽","盐","糖","醋","白胡椒粉","淀粉","清水"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ffb9cdb745c7f701670"},"dish_name":["红酒炖牛肉"],"material":["牛肉","西红柿","胡萝卜","姜","葱","八角","红酒","醋","胡椒","油","盐","清水"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ffd9cdb745c7f701671"},"dish_name":["苦苣杂蔬色拉（自制蒜泥花生酱）"],"material":["苦苣","山药","黄瓜","胡萝卜","彩椒","花生","芝麻酱","水","盐","醋","芝麻","大蒜"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae2ffe9cdb745c7f701672"},"dish_name":["五味尚膳酸梅桂花糕"],"material":["五味尚膳酸梅汤","糖桂花","白糖","油","糯米粉","澄粉","糖桂花（装饰）","蜂蜜（装饰）"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30009cdb745c7f701673"},"dish_name":["蝦仁彩蔬拌飯"],"material":["白米飯","腊肉","蝦仁","蔥花","食油","胡椒粉","鹽","蒜蓉"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30009cdb745c7f701674"},"dish_name":["桂花卤汁豆干"],"material":["白豆干","桂花干","油","盐","老抽","鸡精","冰糖","蜂蜜","清水","芝麻","八角"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30019cdb745c7f701675"},"dish_name":["水果拼盘"],"material":["西瓜","橙子","紫葡萄","牙签"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30039cdb745c7f701676"},"dish_name":["黄豆酱萝卜烧牛肉"],"material":["牛肋肉","白萝卜","油","黄豆酱","干红椒","青蒜花","姜"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30049cdb745c7f701677"},"dish_name":["凉拌长豆角"],"material":["长豆角(豇豆)","小米椒","香油","生抽","香醋","白糖","蒜","姜","盐","油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30059cdb745c7f701678"},"dish_name":["五彩菠萝饭"],"material":["瘦肉","菠萝","豌豆","胡萝卜","香菇","五枚","米饭","盐","蔬之鲜","淀粉","玉米油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30079cdb745c7f701679"},"dish_name":["猴赛雷汤圆"],"material":["糯米粉","可可粉","粉色色素","热开水","内馅","花生芝麻馅"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30079cdb745c7f70167a"},"dish_name":["麻酱凤尾"],"material":["莴笋叶","芝麻酱","红糖","生抽","盐","香油","白芝麻","醋"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30089cdb745c7f70167b"},"dish_name":["五彩素丁黄瓜桶"],"material":["土豆","青豆","胡萝卜","黄瓜","油","盐","鸡精","蒜","姜"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae300a9cdb745c7f70167c"},"dish_name":["牛尾浓汤"],"material":["牛尾","土豆","番茄","胡萝卜","洋葱","葱结","姜","盐","料酒"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae300b9cdb745c7f70167d"},"dish_name":["火龙果酸奶冻"],"material":["红心火龙果","酸奶","糖","凉开水（泡吉利丁）"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae300c9cdb745c7f70167e"},"dish_name":["彩环沙拉"],"material":["土豆","虾","毛豆","黄椒","青椒","红椒","紫甘蓝","木耳","海鲜菇","胡萝卜","酱油","耗油","芥末","盐","香醋","鸡精","糖"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae300d9cdb745c7f70167f"},"dish_name":["香煎三文鱼排"],"material":["三文鱼排","生姜","柠檬","萝卜丝","黄瓜丝","盐","胡椒粉","橄榄油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae300f9cdb745c7f701680"},"dish_name":["苏打饼烤薯条"],"material":["土豆（大）","苏打饼干","半袋","橄榄油","盐"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30109cdb745c7f701681"},"dish_name":["花蚬蒸蛋"],"material":["鸡蛋","花蚬","枸杞子","葱","香油","盐","姜","料酒"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30119cdb745c7f701682"},"dish_name":["自制芒果冰激凌"],"material":["牛奶","棉花糖","1袋","芒果","装饰饼干","樱桃","果酱"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30129cdb745c7f701683"},"dish_name":["红烧带鱼"],"material":["带鱼","葱姜蒜","花椒","大料","糖","盐","啤酒","醋","米椒","海鲜酱油","鸡粉"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30139cdb745c7f701684"},"dish_name":["四鲜肉腐"],"material":["猪肉","日本豆腐","胡萝卜","黑木耳","白胡椒粉","黄酒","盐","葱","生抽","鱼露","淀粉","鸡蛋","清水"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30149cdb745c7f701685"},"dish_name":["清蒸桂鱼"],"material":["桂鱼","红辣椒","青椒","油","料酒","盐","蒸鱼鼓油","味极鲜","大葱","姜"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30169cdb745c7f701686"},"dish_name":["彩虹馄饨"],"material":["菠菜","胡萝卜","紫甘蓝","面粉","温水","猪肉（三肥七瘦）","胡萝卜","泡发香菇","食用油","生抽","料酒","姜","葱","花椒粉","盐","鸡精","香油"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30179cdb745c7f701687"},"dish_name":["韩式甜辣炸鸡"],"material":["鸡翅","淀粉","韩式炸鸡粉","蒜","干辣椒","醋","红糖","盐","胡椒","姜","芝麻"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae30189cdb745c7f701688"},"dish_name":["小猪豆沙包"],"material":["面粉","水","酵母","自制豆沙馅"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301a9cdb745c7f701689"},"dish_name":["DIY 麻花"],"material":["普通面粉","牛奶","鸭蛋","酵母","蜂蜜","油","玉米油","盐","白糖"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301b9cdb745c7f70168a"},"dish_name":["美乃滋鸡蛋三文治"],"material":["鸡蛋","吐司","美乃滋","盐和黑胡椒"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301c9cdb745c7f70168b"},"dish_name":["红豆糯米凉糕"],"material":["红豆馅","青果干","菠萝干","红萝卜干","热水"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301d9cdb745c7f70168c"},"dish_name":["小熊馒头"],"material":["面粉","可可粉","酵母","白糖"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301e9cdb745c7f70168d"},"dish_name":["巧克力芒果拉花酸奶杯"],"material":["酸奶","芒果","小装饰"],"style":["创意菜"]}

{"_id":{"\$oid":"59ae301f9cdb745c7f70168e"},"dish_name":["腌酸豆角"],"material":["长豆角","冰糖","盐","水","白酒","蒜"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30209cdb745c7f70168f"},"dish_name":["腌鸡蛋"],"material":["新鲜鸡蛋","二锅头白酒","精盐","保鲜膜"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30219cdb745c7f701690"},"dish_name":["腌萝卜干"],"material":["萝卜干","盐","豆油","酱油","香油","辣椒面","白芝麻","味精","大蒜","小米椒","葱","香菜"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30229cdb745c7f701691"},"dish_name":["黄瓜咸菜"],"material":["黄瓜","老抽酱油","100ml","八角","香叶","白糖","胡椒粉","花椒"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30249cdb745c7f701692"},"dish_name":["快速腌咸鸭蛋"],"material":["咸鸭蛋","盐","白酒"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30269cdb745c7f701693"},"dish_name":["腌黄瓜"],"material":["黄瓜","小尖椒","姜","白糖","白酒","酱油","色拉油"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30279cdb745c7f701694"},"dish_name":["四川泡菜"],"material":["白萝卜","青萝卜","红皮萝卜","卷心菜","洋葱","红辣椒","长豇豆","嫩姜","盐","纯净水","八角","桂皮","花椒","白酒","梨","冰糖","香叶","姜","蒜"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30279cdb745c7f701695"},"dish_name":["自腌咸鸭蛋"],"material":["新鲜鸭蛋","白酒","盐","塑料纸或保鲜膜"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30289cdb745c7f701696"},"dish_name":["腌糖蒜"],"material":["白糖","蒜","盐","醋"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302a9cdb745c7f701697"},"dish_name":["腌韭菜"],"material":["韭菜","香油","大蒜","生姜","红辣椒","盐"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302b9cdb745c7f701698"},"dish_name":["腌萝卜"],"material":["白萝卜","白醋","盐","白糖","干辣椒","泡椒"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302c9cdb745c7f701699"},"dish_name":["腌香椿"],"material":["香椿","1 盘","香油","盐","花生碎","核桃"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302d9cdb745c7f70169a"},"dish_name":["腌蒜苔"],"material":["新鲜蒜苔","清水","陈醋","盐","白砂糖"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302e9cdb745c7f70169b"},"dish_name":["糖醋腌萝卜条"],"material":["白萝卜","胡萝卜","糖","醋","香油"],"style":["腌制"]}

{"_id":{"\$oid":"59ae302f9cdb745c7f70169c"},"dish_name":["腌笃鲜"],"material":["咸肉","五花肉","冬笋","百叶","香葱","生姜","清水"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30309cdb745c7f70169d"},"dish_name":["酸辣腌黄瓜"],"material":["黄瓜","姜","干红辣椒","八角","花椒","油","盐","鸡精","醋","糖","香油"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30319cdb745c7f70169e"},"dish_name":["韩式辣白菜"],"material":["洋葱","胡萝卜","韭菜","白菜","梨子","苹果","辣椒粉","盐","糖","大葱","生姜","蒜子","芝麻","泡椒","泡椒水"],"style":["腌制"]}

{"_id":{"\$oid":"59ae30359cdb745c7f70169f"},"dish_name":["自制草莓果酱"],"material":["新鲜草莓","冰糖","新柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30369cdb745c7f7016a0"},"dish_name":["花生酱"],"material":["花生","黄油","盐","白糖","食用油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30389cdb745c7f7016a1"},"dish_name":["香辣肉酱"],"material":["老干妈香辣酱","葱花","鸡精","食用油","白糖","生姜末","猪瘦肉+肥肉","甜面酱","白芝麻(需要提前炒熟)","花生米(需要提前炒熟)"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30399cdb745c7f7016a2"},"dish_name":["苹果酱"],"material":["苹果","糖","生粉","水","盐","柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae303a9cdb745c7f7016a3"},"dish_name":["剁椒酱"],"material":["美人椒","小米椒","油","独蒜","白芝麻","烈酒","盐"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae303c9cdb745c7f7016a4"},"dish_name":["百香果果酱"],"material":["百香果","凤梨","柠檬汁","黄糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae303d9cdb745c7f7016a5"},"dish_name":["自制花生酱"],"material":["花生","植物油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae303e9cdb745c7f7016a6"},"dish_name":["辣椒酱"],"material":["辣椒","熟花生","熟芝麻","白酒","白糖","盐"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30409cdb745c7f7016a7"},"dish_name":["杨梅果酱"],"material":["杨梅","多晶冰糖","50"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30419cdb745c7f7016a8"},"dish_name":["草莓酱"],"material":["草莓","白糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30429cdb745c7f7016a9"},"dish_name":["自制番茄酱"],"material":["番茄","白糖","蒜","盐","植物油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30439cdb745c7f7016aa"},"dish_name":["菠萝果酱"],"material":["菠萝","白砂糖","冰糖","盐","柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30449cdb745c7f7016ab"},"dish_name":["黑胡椒酱"],"material":["黑胡椒粉","紫皮洋葱","大蒜","番茄酱","蚝油","盐","砂糖","黄油","花生油","水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30469cdb745c7f7016ac"},"dish_name":["蓝莓果酱"],"material":["蓝莓","冰糖","柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30479cdb745c7f7016ad"},"dish_name":["自制披萨酱"],"material":["西红柿","洋葱","大蒜","盐","黄油","白砂糖","罗勒叶","黑胡椒粉","牛至叶"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30489cdb745c7f7016ae"},"dish_name":["自制无添加番茄酱"],"material":["番茄","柠檬","冰糖","盐"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae304a9cdb745c7f7016af"},"dish_name":["自制苹果酱"],"material":["苹果","白糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae304b9cdb745c7f7016b0"},"dish_name":["自制红豆馅"],"material":["红豆","白糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae304c9cdb745c7f7016b1"},"dish_name":["芒果酱"],"material":["芒果（去皮去核）","冰糖","青柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae304e9cdb745c7f7016b2"},"dish_name":["凤梨果酱"],"material":["凤梨","糖","柠檬汁"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae304f9cdb745c7f7016b3"},"dish_name":["自制辣椒酱"],"material":["新鲜红辣椒","五花肉","大蒜子","姜"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30509cdb745c7f7016b4"},"dish_name":["杏肉果酱"],"material":["杏","冰糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30519cdb745c7f7016b5"},"dish_name":["香菇酱"],"material":["香菇","洋葱","水","油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30539cdb745c7f7016b6"},"dish_name":["鱼子酱"],"material":["明太鱼鱼子","虾酱","蒜","4头","糖","鸡精","辣椒粉"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30549cdb745c7f7016b7"},"dish_name":["鸡蛋炸酱"],"material":["鸡蛋","葱伴侣","葱","油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30559cdb745c7f7016b8"},"dish_name":["自制香甜草莓酱"],"material":["草莓","白糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30569cdb745c7f7016b9"},"dish_name":["意大利面酱"],"material":["西红柿","洋葱","肉末","蒜","黄油","盐","胡椒粉","白糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30589cdb745c7f7016ba"},"dish_name":["卡仕达酱"],"material":["低筋面粉","鸡蛋黄","牛奶","糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30599cdb745c7f7016bb"},"dish_name":["奶黄馅"],"material":["鸡蛋","牛奶","黄油","糖","吉士粉","面粉"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae305a9cdb745c7f7016bc"},"dish_name":["自制樱桃酱"],"material":["樱桃","白糖","柠檬汁"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae305c9cdb745c7f7016bd"},"dish_name":["自制蛋黄沙拉酱"],"material":["蛋黄","玉米油","米醋","糖粉"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae305d9cdb745c7f7016be"},"dish_name":["自制莲蓉馅"],"material":["莲子","白糖","食用油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae305e9cdb745c7f7016bf"},"dish_name":["番茄牛肉酱"],"material":["番茄","一罐","番茄糊罐头","一罐","大蒜","牛绞肉","月桂叶","意大利香料","盐和黑胡椒","苹

果酒"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae305f9cdb745c7f7016c0"},"dish_name":["杏 酱 "],"material":["杏 ","480G","糖"," 水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30609cdb745c7f7016c1"},"dish_name":["南瓜酱"],"material":["南瓜","黄油","砂糖"," 炼奶"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30669cdb745c7f7016c2"},"dish_name":["自制芒果酱"],"material":["芒果","冰糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30679cdb745c7f7016c3"},"dish_name":["鸡蛋酱"],"material":["鸡蛋"," 香其酱","1 袋"," 植物油","味精"," 葱花"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30689cdb745c7f7016c4"},"dish_name":["芒果果酱"],"material":["芒果","柠檬"," 冰糖（或白砂糖）","麦芽糖"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30699cdb745c7f7016c5"},"dish_name":["东北蘑菇酱"],"material":[" 滑子蘑"," 香其酱","1 袋"," 植物油","味精","葱","姜"," 清水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae306b9cdb745c7f7016c6"},"dish_name":["披萨酱"],"material":["西红柿","洋葱","蒜","番茄酱"," 食盐","白糖","胡椒粉"," 玉米淀粉"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae306c9cdb745c7f7016c7"},"dish_name":["橘子酱"],"material":[" 贡桔","糖","柠檬"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae306e9cdb745c7f7016c8"},"dish_name":["酸甜菠萝酱"],"material":["菠萝","柠檬","白砂糖"," 水"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae306f9cdb745c7f7016c9"},"dish_name":["自制沙拉酱"],"material":["鸡蛋","蛋黄"," 橄榄油","白醋"," 盐"," 芥末酱"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30709cdb745c7f7016ca"},"dish_name":["蒜蓉辣椒酱"],"material":["辣椒","蒜头","酱油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30719cdb745c7f7016cb"},"dish_name":["豆豉牛肉酱"],"material":["牛肉","豆豉"," 干红辣椒","料酒","花生","芝麻","糖","蚝油"],"style":["自制酱料"]}

{"_id":{"\$oid":"59ae30759cdb745c7f7016cc"},"dish_name":["抹茶冰淇淋"],"material":[" 蛋黄","牛奶"," 淡奶油","白砂糖"," 抹茶"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30759cdb745c7f7016cd"},"dish_name":["冰 淇 淋 "],"material":[" 炼 乳"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30779cdb745c7f7016ce"},"dish_name":["火龙果奶昔"],"material":["火龙果","酸奶"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30789cdb745c7f7016cf"},"dish_name":["蜜豆双皮奶"],"material":[" 鸡蛋清","奶油","糖"," 蜜小豆"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30799cdb745c7f7016d0"},"dish_name":["酸奶水果沙拉"],"material":["雪梨","猕猴桃","火龙果","圣女果"],"style":["冰品"]}

{"_id":{"\$oid":"59ae307b9cdb745c7f7016d1"},"dish_name":["香蕉奶昔"],"material":[" 花生奶","一袋","香蕉"],"style":["冰品"]}

{"_id":{"\$oid":"59ae307c9cdb745c7f7016d2"},"dish_name":["草莓慕斯"],"material":[" 草莓泥"," 淡奶油"," 细砂糖"," 装饰草莓大约"],"style":["冰品"]}

{"_id":{"\$oid":"59ae307d9cdb745c7f7016d3"},"dish_name":["冰皮月饼"],"material":["糯米粉","粘米粉"," 澄粉"," 糖粉"," 鲜奶"," 橄榄油"," 紫薯泥"," 豆沙馅儿"," 糯米粉(熟)"],"style":["冰品"]}

{"_id":{"\$oid":"59ae307e9cdb745c7f7016d4"},"dish_name":["水果刨冰"],"material":["西瓜","苹果","草莓"," 西瓜冰沙","白砂糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae307f9cdb745c7f7016d5"},"dish_name":["提拉米苏"],"material":["手指饼干","淡奶油","马斯卡彭芝士","KAHLUA 咖啡酒","细砂糖","蛋黄","吉利丁粉","水","防潮糖粉","可可粉"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30819cdb745c7f7016d6"},"dish_name":["芒果冰淇淋"],"material":["芒果冰淇淋粉","牛奶","黄桃罐头"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30829cdb745c7f7016d7"},"dish_name":["芒果奶昔"],"material":["芒果","纯牛奶"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30839cdb745c7f7016d8"},"dish_name":["芒果沙冰"],"material":["芒果","冰","糖浆"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30849cdb745c7f7016d9"},"dish_name":["草莓果冻"],"material":["草莓","白糖","果冻胶","柠檬","水"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30869cdb745c7f7016da"},"dish_name":["自制酸奶"],"material":["全脂牛奶","川秀益生菌粉"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30879cdb745c7f7016db"},"dish_name":["冻酸奶"],"material":["纯牛奶","1L","发酵剂","白糖","酸奶机"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30889cdb745c7f7016dc"},"dish_name":["冰淇淋华夫饼"],"material":["牛奶","鸡蛋","低筋面粉","黄油","细砂糖","盐","干酵母粉"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30899cdb745c7f7016dd"},"dish_name":["香浓奶油冰淇淋"],"material":["蛋黄","奶油","牛奶","绵白糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae308a9cdb745c7f7016de"},"dish_name":["冰淇淋铜锣烧"],"material":["低粉","牛奶","鸡蛋","冰淇淋","糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae308c9cdb745c7f7016df"},"dish_name":["酸奶蛋糕"],"material":["鸡蛋","酸奶","糖(蛋黄)","糖(蛋白)","泡打粉","低筋粉","玉米油"],"style":["冰品"]}

{"_id":{"\$oid":"59ae308d9cdb745c7f7016e0"},"dish_name":["自制西瓜冰棍"],"material":["西瓜","白糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae308f9cdb745c7f7016e1"},"dish_name":["香蕉冰激凌"],"material":["香蕉(熟透的)","奶油奶酪","淡奶油","炼乳"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30909cdb745c7f7016e2"},"dish_name":["冰激凌"],"material":["蛋黄","白糖","牛奶","奥利奥饼干","樱桃"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30919cdb745c7f7016e3"},"dish_name":["手工自制冰淇淋"],"material":["纯牛奶","淡奶油","鸡蛋黄","白砂糖","香草精"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30929cdb745c7f7016e4"},"dish_name":["红豆牛奶冰沙"],"material":["牛奶","红豆"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30939cdb745c7f7016e5"},"dish_name":["抹茶慕斯"],"material":["马斯卡彭泥","蛋黄","水","糖","吉利丁","抹茶粉","打发淡奶","防潮糖粉","黑樱桃","百利甜酒"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30949cdb745c7f7016e6"},"dish_name":["草莓冰淇淋"],"material":["草莓","炼乳","淡奶油","白糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30959cdb745c7f7016e7"},"dish_name":["雪梅娘"],"material":["糯米粉","玉米淀粉","糖","色拉油","牛奶","紫薯粉","淡奶油","糖","熟糯米粉"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30959cdb745c7f7016e8"},"dish_name":["草莓冰激凌"],"material":["牛奶","1袋","草莓味棉花糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30979cdb745c7f7016e9"},"dish_name":["蓝莓酸奶冰淇淋"],"material":["自制酸奶","蓝莓干(鲜蓝莓)","炼乳"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30989cdb745c7f7016ea"},"dish_name":["自制冰淇淋"],"material":["猕猴桃"," 纯牛奶","糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30999cdb745c7f7016eb"},"dish_name":["樱桃慕斯"],"material":[" 六寸松脆海绵蛋糕"," 去核去蒂樱桃"," 安佳动物淡奶油"," 柠檬汁","吉利丁粉"," 水","100ML","糖霜"," 装饰樱桃糖果","自定义"],"style":["冰品"]}

{"_id":{"\$oid":"59ae309a9cdb745c7f7016ec"},"dish_name":["酸奶提子冰棒"],"material":[" 纯牛奶"," 酸奶菌粉"," 炼乳"," 提子干"],"style":["冰品"]}

{"_id":{"\$oid":"59ae309b9cdb745c7f7016ed"},"dish_name":["奥利奥冰激凌"],"material":[" 奶油(动物性)","白糖"," 奥利奥"],"style":["冰品"]}

{"_id":{"\$oid":"59ae309d9cdb745c7f7016ee"},"dish_name":["银耳羹"],"material":["银耳"," 薏米","红枣","冰糖"," 水"],"style":["冰品"]}

{"_id":{"\$oid":"59ae309e9cdb745c7f7016ef"},"dish_name":["草莓西米露"],"material":[" 西米露","牛奶"," 椰奶","糖","草莓"," 凉水"],"style":["冰品"]}

{"_id":{"\$oid":"59ae309f9cdb745c7f7016f0"},"dish_name":["蛋奶芒果冰激凌"],"material":[" 淡奶油","鸡蛋"," 细砂糖"," 芒果（大）"," 柠檬汁"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30a09cdb745c7f7016f1"},"dish_name":["玉米汁"],"material":[" 甜玉米","水"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30a19cdb745c7f7016f2"},"dish_name":["焦糖布丁"],"material":[" 纯牛奶"," 鸡蛋液","糖","糖"," 水"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30a29cdb745c7f7016f3"},"dish_name":["酸梅汤"],"material":["乌梅","山楂","陈皮"," 干桂花","丁香","甘草"," 洛神花（又叫玫瑰茄）","冰糖"],"style":["冰品"]}

{"_id":{"\$oid":"59ae30a89cdb745c7f7016f4"},"dish_name":["红烧狮子头"],"material":[" 肉馅","鸡蛋","葱","姜","香菜"," 盐","味精","白糖","料酒","大料"," 老抽","胡椒粉","蚝油"," 鸡粉"," 生粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30a99cdb745c7f7016f5"},"dish_name":["剁椒鱼头"],"material":[" 鱼头","红剁椒"," 绿剁椒","姜","小葱"," 盐","胡椒粉","料酒","白糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30aa9cdb745c7f7016f6"},"dish_name":["可乐鸡翅"],"material":[" 鸡翅","可乐","1 罐","葱","姜","蒜"," 盐","胡椒粉","料酒"," 鸡粉","味精"," 生抽"," 老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30ab9cdb745c7f7016f7"},"dish_name":["辣子鸡"],"material":[" 鸡腿肉","干辣椒","葱","姜","蒜"," 葱姜蒜","花椒"," 熟芝麻"," 盐","白糖","料酒","胡椒粉"," 老抽","鸡粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30ad9cdb745c7f7016f8"},"dish_name":["辣炒花蛤"],"material":[" 花蛤","红辣椒"," 盐","蒜"," 郫县辣椒酱"," 清水","葱","姜","油"," 生抽","料酒","糖"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30ae9cdb745c7f7016f9"},"dish_name":["酱烧茄子"],"material":[" 圆茄","猪肉馅"," 色拉油"," 干黄酱","生菜","葱","姜","蒜","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30af9cdb745c7f7016fa"},"dish_name":["板栗红烧肉"],"material":[" 五花肉","栗子","蚝油","料酒"," 老抽"," 盐"," 葱姜蒜","冰糖","油"," 胡椒粉花椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b09cdb745c7f7016fb"},"dish_name":["红烧肉"],"material":[" 五花肉","大葱","生姜"," 葱花","白砂糖"," 黄豆酱"," 生抽"," 白酒"," 豆腐乳"," 耗油","番茄酱"," 鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b29cdb745c7f7016fc"},"dish_name":["红烧鲫鱼"],"material":[" 鲫鱼","葱

,"姜","蒜","香菇","冬笋","五花肉","香菜","盐","味精","蚝油","老抽","料酒","大料","花椒","鸡粉","白糖","米醋","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b39cdb745c7f7016fd"},"dish_name":["土豆炖牛肉"],"material":["牛肉","土豆","葱","姜","花椒","油","盐","酱油","料酒","山楂"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b49cdb745c7f7016fe"},"dish_name":["鱼香茄子"],"material":["茄子","猪肉糜","料酒","葱姜蒜","醋","盐","生抽","糖","生粉","水淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b69cdb745c7f7016ff"},"dish_name":["蒜香排骨"],"material":["排骨","大蒜","红椒","青椒","洋葱","盐","味精","鸡粉","料酒","白糖","胡椒粉","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b79cdb745c7f701700"},"dish_name":["西红柿炒鸡蛋"],"material":["西红柿","鸡蛋","葱","大蒜","香菜","盐","糖","鲍鱼汁","香油","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b89cdb745c7f701701"},"dish_name":["清蒸鱼"],"material":["草鱼","葱","姜","红椒","香菜","盐","料酒","胡椒粉","豉油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30b99cdb745c7f701702"},"dish_name":["红烧肉"],"material":["五花肉","油菜","生姜","蒜","葱","盐","冰糖","八角","香叶","料酒","老抽","鸡粉","生抽","味精","红曲米","老抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30bb9cdb745c7f701703"},"dish_name":["西红柿鸡蛋"],"material":["鸡蛋","2枚","西红柿","植物油","盐","味精","葱","清水"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30bc9cdb745c7f701704"},"dish_name":["油饼"],"material":["面粉","温水","胡萝卜丝黄瓜丝","玉米油","盐"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30bd9cdb745c7f701705"},"dish_name":["酱大骨"],"material":["猪腿骨","姜","辣椒","八角","花椒","肉蔻丁香等大料","冰糖老抽","生抽","老抽","料酒","冰糖","盐","甜面酱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30be9cdb745c7f701706"},"dish_name":["醋溜西葫芦丝"],"material":["西葫芦","水发木耳","盐","油","干辣椒","蒜","醋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30bf9cdb745c7f701707"},"dish_name":["黄瓜炒猪肝"],"material":["猪肝","黄瓜","姜","蒜","盐","鸡粉","油","腌肉料:","盐","蚝油","白醋","生抽","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c09cdb745c7f701708"},"dish_name":["电饭煲焖鸡"],"material":["三黄鸡","蚝油","老抽","盐","姜","香菇","葱","蒜头"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c29cdb745c7f701709"},"dish_name":["芋头糕"],"material":["香芋","五花肉","干虾仁","腊肉","香葱","白芝麻","大蒜","油、盐、水","五香粉、鸡精","糖","生抽","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c39cdb745c7f70170a"},"dish_name":["锅塌豆腐"],"material":["豆腐","鸡蛋","葱","姜","蒜","香菜","盐","味精","鸡汁","白糖","淀粉","香油","料酒","胡椒粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c49cdb745c7f70170b"},"dish_name":["蜜汁鸡翅"],"material":["鸡翅","柠檬","生抽","黄酒","胡椒粉","盐","蜂蜜","葱头","姜蒜","黄油","食用油","熟芝麻"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c69cdb745c7f70170c"},"dish_name":["咖喱鸡翅"],"material":["鸡翅","土豆","胡萝卜","洋葱","蒜","黄油","椰浆","盐","胡椒粉","料酒","罗勒叶","装饰"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c79cdb745c7f70170d"},"dish_name":["家常红烧排骨"],"material":["排骨","西兰花","生姜","盐","油","八角","冰糖","老抽","清水","料酒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c89cdb745c7f70170e"},"dish_name":["家常红烧猪蹄"],"material":["猪蹄","大蒜","姜","八角","茴香","香叶","干辣椒丝","花椒","葱","香菜","桂皮","小米椒","盐","花生油","白酒","老抽","生抽","料酒","胡椒粉","鸡粉","蚝油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30c99cdb745c7f70170f"},"dish_name":["酱排骨"],"material":["排骨","葱","姜","蒜","胡椒粉","料酒","黄豆酱","甜面酱","白酒","红糖","油","大料","香叶","热水","面粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30cb9cdb745c7f701710"},"dish_name":["木耳炒山药"],"material":["水发木耳","山药","葱","姜","蒜","红椒","青椒","盐","味精","白糖","料酒","鸡粉","淀粉","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30cc9cdb745c7f701711"},"dish_name":["韭菜炒鸡蛋"],"material":["韭菜","鸡蛋","盐","鸡粉","料酒","胡椒粉","香油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30cd9cdb745c7f701712"},"dish_name":["微波番茄虾"],"material":["明虾","番茄酱","生抽","料酒","盐","蚝油","胡椒粉","姜","葱","生菜(装饰用的)","可有可无"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30ce9cdb745c7f701713"},"dish_name":["杏鲍菇炒芹菜"],"material":["杏鲍菇","芹菜","胡萝卜","食用油","蚝油","白糖","盐","葱"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30cf9cdb745c7f701714"},"dish_name":["清炖牛肉"],"material":["牛腩肉","香菜","生姜","大葱","大料","盐","生抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d09cdb745c7f701715"},"dish_name":["小炒牛肉片"],"material":["牛肉","青辣椒","红辣椒(小米辣)","洋葱","大蒜","生姜","葱白","料酒","白糖","老抽","蚝油","盐","鸡精","胡椒粉","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d29cdb745c7f701716"},"dish_name":["褡裢火烧"],"material":["面粉","肉馅","葱","油","盐","花椒油","生抽"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d39cdb745c7f701717"},"dish_name":["酒酿圆子"],"material":["糯米粉","米酒","糖","开水","枸杞","鸡蛋"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d49cdb745c7f701718"},"dish_name":["家常炒鸡"],"material":["鸡腿","青椒","红椒","姜","蒜","油","盐","糖","料酒","老抽","桂皮","八角","花椒"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d69cdb745c7f701719"},"dish_name":["家常炖鲈鱼"],"material":["鲈鱼","香葱","生姜","大葱","大料","花椒","盐","生抽","米醋","红烧酱油","蚝油","料酒","花生油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d79cdb745c7f70171a"},"dish_name":["粉蒸芹菜叶"],"material":["芹菜叶","面粉","蒜","盐","花椒","醋","油"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30d89cdb745c7f70171b"},"dish_name":["银鱼炒鸡蛋"],"material":["银鱼","胡萝卜","蒜","鸡蛋","油","盐","糖","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30da9cdb745c7f70171c"},"dish_name":["茄汁家常豆腐"],"material":["豆腐","番茄","蒜","香菜","油","生抽","盐","鸡精"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30db9cdb745c7f70171d"},"dish_name":["小炒牛肉"],"material":["牛里脊","香菜梗","小米椒","鸡蛋清","葱","姜","青蒜","盐","味精","白糖","蚝油","老抽","料酒","淀粉"],"style":["家常菜"]}

{"_id":{"\$oid":"59ae30df9cdb745c7f70171e"},"dish_name":["清炒土豆丝"],"material":["土豆","盐","油","五香粉","米醋","香葱","姜","蒜头"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e09cdb745c7f70171f"},"dish_name":["蒜香荷兰豆"],"material":["荷兰豆","3瓣","盐","食用油","鸡味鲜汁"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e29cdb745c7f701720"},"dish_name":["地三鲜"],"material":["土豆","茄子"]}

,"青椒","蒜","葱","色拉油","生抽","醋","白糖","淀粉","鸡精","盐","清水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e39cdb745c7f701721"},"dish_name":["丝瓜炒蛋"],"material":["丝瓜","鸡蛋","花生油","盐"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e49cdb745c7f701722"},"dish_name":["红烧茄子"],"material":["茄子","肉沫","青椒","西红柿","蒜","葱","盐","料酒","白糖","味精","鸡粉","胡椒粉","番茄酱","蚝油","生抽","醋"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e59cdb745c7f701723"},"dish_name":["酸辣土豆丝"],"material":["土豆","青椒","红椒","剁椒","姜","蒜","葱","盐","鸡粉","白醋","香油","味精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e69cdb745c7f701724"},"dish_name":["韭菜鸡蛋"],"material":["鸡蛋","韭菜","虾皮","玉米淀粉","水","生抽","盐","料酒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e89cdb745c7f701725"},"dish_name":["荷塘小炒"],"material":["荷兰豆","藕","1 小节","胡萝卜","木耳","百合","油","盐","白糖","鸡精","姜","蒜","生粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30e99cdb745c7f701726"},"dish_name":["番茄豆腐"],"material":["番茄","豆腐","葱","盐","鸡精","糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ea9cdb745c7f701727"},"dish_name":["番茄菜花"],"material":["白菜花","西红柿","番茄酱","葱","姜","蒜","盐","老抽","味精","白糖","料酒","淀粉","鸡粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30eb9cdb745c7f701728"},"dish_name":["葱油爽脆南瓜"],"material":["南瓜","葱","盐","味极鲜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ec9cdb745c7f701729"},"dish_name":["莴笋炒鸡蛋"],"material":["莴笋","鸡蛋","红椒","小葱","油","盐","鸡精","清水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ed9cdb745c7f70172a"},"dish_name":["泡菜饼"],"material":["面粉","泡菜","发酵粉","油泼辣椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ee9cdb745c7f70172b"},"dish_name":["清炒山药西兰花"],"material":["山药","西蓝花","姜","红椒","大蒜","油","盐","十三香"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ef9cdb745c7f70172c"},"dish_name":["红豆薏米水"],"material":["薏米","红豆","绿豆","糯米","糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f09cdb745c7f70172d"},"dish_name":["素炒年糕"],"material":["拉架","胡萝卜","木耳","盐","生抽","耗油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f29cdb745c7f70172e"},"dish_name":["尖椒皮蛋"],"material":["皮蛋","尖椒","生姜","生抽","陈醋","香油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f39cdb745c7f70172f"},"dish_name":["糖醋白菜卷"],"material":["胡萝卜","木耳","白菜","鸡蛋","醋","糖","生粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f49cdb745c7f701730"},"dish_name":["莴笋炒山药"],"material":["莴笋","山药","红椒","盐","白醋","葱姜丝","鸡精","香油","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f59cdb745c7f701731"},"dish_name":["香辣金针菇"],"material":["金针菇","糖","盐","油","麻椒","番茄酱","面酱","辣酱"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f79cdb745c7f701732"},"dish_name":["丝瓜炒豆腐"],"material":["丝瓜","豆腐","葱","花生油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f89cdb745c7f701733"},"dish_name":["香辣海带丝"],"material":["海带","剁辣椒","陈醋","糖","姜","生抽","蒜","盐","小辣椒"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30f99cdb745c7f701734"},"dish_name":["拔丝地瓜"],"material":["地瓜","白

砂糖","食用油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30fb9cdb745c7f701735"},"dish_name":["西芹百合"],"material":["西芹","百合","小麻花","植物油","盐","味精","葱姜蒜末"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30fc9cdb745c7f701736"},"dish_name":["意大利面"],"material":["公鸡螺丝形意大利面","公鸡罗勒意大利面酱","洋葱","火腿丁","盐","黑胡椒粉","水"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30fd9cdb745c7f701737"},"dish_name":["素炒空心菜"],"material":["空心菜","指天椒","油","盐","鸡精","蚝油"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30fe9cdb745c7f701738"},"dish_name":["小豆腐"],"material":["雪里蕻","(新鲜的小萝卜樱)","豆面","葱","姜","五香粉","盐","蔬菜精","沾料(辣椒油葱)"],"style":["素菜"]}

{"_id":{"\$oid":"59ae30ff9cdb745c7f701739"},"dish_name":["清炒白萝卜"],"material":["白萝卜","葱","姜","花生油","盐","味极鲜酱油","清水","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31009cdb745c7f70173a"},"dish_name":["清炒生菜"],"material":["生菜","蒜","油","盐","白糖"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31029cdb745c7f70173b"},"dish_name":["香辣土豆丝"],"material":["土豆","干辣椒","油","盐","胡椒粉","白糖","生抽","蒜"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31039cdb745c7f70173c"},"dish_name":["素炒三鲜"],"material":["甜玉米","黄瓜","胡萝卜","盐","酱油","葱"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31049cdb745c7f70173d"},"dish_name":["清炒茭白"],"material":["茭白","青椒","红椒","蒜头","油","盐","鸡精"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31059cdb745c7f70173e"},"dish_name":["番茄炒西兰花"],"material":["西红柿","西兰花","葱","姜","蒜","盐","鸡粉","白糖","料酒","淀粉"],"style":["素菜"]}

{"_id":{"\$oid":"59ae31089cdb745c7f70173f"},"dish_name":["白灼虾"],"material":["虾","生姜","大蒜","小葱","辣椒粉","芝麻","花椒","蒸鱼豉油","陈醋","油","盐","水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae310a9cdb745c7f701740"},"dish_name":["麻辣腌黄瓜"],"material":["黄瓜","油","盐","鸡精","调料","花椒","辣椒面"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae310b9cdb745c7f701741"},"dish_name":["凉拌木耳"],"material":["木耳","洋葱","大蒜","香菜","红椒","盐","生抽","鸡精","米醋","香油","味精","白糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae310c9cdb745c7f701742"},"dish_name":["凉拌海蜇"],"material":["海蜇头","油","鸡精","胡萝卜","白萝卜","盐","糖","生抽","陈醋","芝麻香油","香菜","一枝","蒜","小米辣"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae310d9cdb745c7f701743"},"dish_name":["凉拌鸡爪"],"material":["鸡脚","辣椒","酱油","水塔陈醋","盐","鸡精","花椒麻油","芝麻油","蒜头","香菜","八角","桂皮","一小节","香叶","姜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae310e9cdb745c7f701744"},"dish_name":["东北大拌菜"],"material":["大白菜叶","小柿子","青红椒","小元葱","大蒜","1头","香油","白糖","白醋","盐","鸡精","海鲜酱油","熟芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31109cdb745c7f701745"},"dish_name":["蒜泥白肉"],"material":["五花肉","大蒜","生姜","大葱","八角","香油","酱油","陈醋","辣椒粉","白芝麻","油","盐","水"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31119cdb745c7f701746"},"dish_name":["秘制老醋花生"],"material":["花生"]}

米","醋","白糖","生抽","食用油","蒜","小米椒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31129cdb745c7f701747"},"dish_name":["凉拌豆角"],"material":["长豆角","蒜","盐","米醋","生抽","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31139cdb745c7f701748"},"dish_name":["生椒凉拌黑木耳"],"material":["干黑木耳","杭椒","小米椒","小嫩葱","胡萝卜","玉米淀粉或小苏打（清洗木耳用）","色拉油","糖","醋","生抽","蚝油","蒸鱼豉油","青芥辣酱","熟白芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31149cdb745c7f701749"},"dish_name":["凉拌黑木耳"],"material":["干黑木耳","香菜","红辣椒","油","盐","生抽","白芝麻","大蒜","生姜","醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31169cdb745c7f70174a"},"dish_name":["玫瑰山药"],"material":["长山药","干玫瑰花","糖玫瑰酱","白糖","冰糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31179cdb745c7f70174b"},"dish_name":["凉拌藕片"],"material":["藕","1节","红尖椒","油","鸡精","花椒","白米醋","盐","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31189cdb745c7f70174c"},"dish_name":["凉拌黄豆芽"],"material":["黄豆芽","葱","香菜","蒜","生抽","醋","香油","糖","盐","鸡精","辣椒面","芝麻","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31199cdb745c7f70174d"},"dish_name":["凉拌芹菜"],"material":["芹菜","胡萝卜","木耳","盐","鸡精","白糖","干辣椒","食用油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae311a9cdb745c7f70174e"},"dish_name":["凉拌香菜"],"material":["香菜","香油","白芝麻","生抽","鸡精","红辣椒","醋","生姜","大蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae311b9cdb745c7f70174f"},"dish_name":["凉拌牛肉"],"material":["牛腱","青瓜","香菜","红尖椒","大蒜","生抽","陈醋","红油","香油","芝麻"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae311d9cdb745c7f701750"},"dish_name":["凉拌腐竹"],"material":["腐竹","木耳","芹菜","胡萝卜","干红椒","香菜","香油","盐","白糖","醋","味精","鸡粉","料酒","生抽","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae311e9cdb745c7f701751"},"dish_name":["凉拌三丝"],"material":["黄瓜","胡萝卜","香菜","香油","生抽","香醋","胡椒粉","白糖","盐","味精","油辣子","葱","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae311f9cdb745c7f701752"},"dish_name":["凉拌莴笋"],"material":["莴笋","干辣椒","葱白","枸杞","白芝麻","油","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31219cdb745c7f701753"},"dish_name":["芹菜拌腐竹"],"material":["芹菜","腐竹","红椒","盐","味精","白糖","米醋","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31229cdb745c7f701754"},"dish_name":["凉拌西瓜皮"],"material":["糖","醋","香葱","西瓜皮","蒜","盐","香油","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31229cdb745c7f701755"},"dish_name":["彩色猪皮冻"],"material":["猪皮","白酒","盐"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31249cdb745c7f701756"},"dish_name":["凉拌胡萝卜"],"material":["胡萝卜","香菜","盐","醋","糖","鸡粉","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31259cdb745c7f701757"},"dish_name":["凉拌西芹"],"material":["西芹","蒜头","姜","白醋","盐","生抽","香油","小米椒","白砂糖"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31269cdb745c7f701758"},"dish_name":["凉拌四季豆"],"material":["四季豆","蒜","盐","生抽","醋","香油","蚝油","油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31279cdb745c7f701759"},"dish_name":["凉拌豆腐皮"],"material":["味精","胡萝卜","黄瓜","豆腐皮","醋","鸡精","香菜","盐","香油","蒜"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31289cdb745c7f70175a"},"dish_name":["凉拌大头菜"],"material":["大头

菜","辣椒油","核桃油","盐","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312a9cdb745c7f70175b"},"dish_name":["凉拌皮蛋"],"material":["皮蛋","大蒜","葱","辣椒","香菜","盐","黑醋","糖","酱油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312b9cdb745c7f70175c"},"dish_name":["糖醋萝卜"],"material":["心里美萝卜","糖","盐","醋","麻油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312c9cdb745c7f70175d"},"dish_name":["凉拌鸡胗"],"material":["鸡胗","红椒","尖椒","香菜","葱","姜","蒜","大料","桂皮","干辣椒","盐","生抽","醋","香油","料酒"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312d9cdb745c7f70175e"},"dish_name":["凉拌青瓜"],"material":["青瓜","香菜","小辣椒","盐","油","鸡粉","胡椒油","醋","酱油","蒜蓉"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312e9cdb745c7f70175f"},"dish_name":["凉拌菠菜"],"material":["菠菜","花生米","盐","粉丝","鸡精","醋","白糖","蒜末","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae312f9cdb745c7f701760"},"dish_name":["凉拌穿心莲"],"material":["穿心莲","蒜","半头","醋","盐","糖","鸡精"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31309cdb745c7f701761"},"dish_name":["凉拌紫甘蓝"],"material":["紫甘蓝","葱","蒸鱼豉油","盐","醋","鸡精","糖","香油"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31319cdb745c7f701762"},"dish_name":["凉拌面筋"],"material":["面筋","蒜苗","胡萝卜","黄瓜","青椒","大蒜","盐","一品鲜酱油","香醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31339cdb745c7f701763"},"dish_name":["凉拌海带丝"],"material":["海带丝","大蒜","香菜","红尖椒","盐","味精","米醋","香油","白糖","生抽"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31349cdb745c7f701764"},"dish_name":["泡椒凤爪"],"material":["凤爪","山泡椒","一袋","姜","葱","4跟","花椒","料酒","山泡椒","1袋","白糖","盐","米醋"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31359cdb745c7f701765"},"dish_name":["皮蛋拌豆腐"],"material":["皮蛋","嫩豆腐","香油","白糖","盐","生抽","香醋","胡椒粉","辣椒油","小米椒","蒜","葱"],"style":["凉菜"]}

{"_id":{"\$oid":"59ae31389cdb745c7f701766"},"dish_name":["白切鸡"],"material":["三黄鸡","小葱","姜","盐","鸡粉","胡椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae313a9cdb745c7f701767"},"dish_name":["蚝油生菜"],"material":["莴笋叶","蚝油","生抽","生粉","红椒","葱、鸡精、盐","花生油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae313b9cdb745c7f701768"},"dish_name":["可乐排骨"],"material":["排骨","生姜","可乐","葱","酱油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae313c9cdb745c7f701769"},"dish_name":["水煮牛肉"],"material":["牛里脊肉","窝笋","蒜苗","菜籽油","醪糟汁","干红椒","红袍花椒","花椒面","蒜","姜","料酒","生抽","盐","水淀粉","香菜叶","鲜汤","永川豆豉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae313d9cdb745c7f70176a"},"dish_name":["麻辣鱼"],"material":["草鱼","干辣椒","花椒","蒜","老抽","姜","白糖","大葱"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae313e9cdb745c7f70176b"},"dish_name":["西芹百合炒腰果"],"material":["腰果","姜蒜","少于","西芹","盐","少于"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31409cdb745c7f70176c"},"dish_name":["回锅肉"],"material":["五花肉","蒜苗","盐","生姜","红袍花椒","色拉油","白糖"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31419cdb745c7f70176d"},"dish_name":["青椒炒肉丝"],"material":["肉丝","胡萝卜","青椒","料酒","香油","鲜酱油","盐","芡水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31429cdb745c7f70176e"},"dish_name":["红烧鱼块"],"material":["草鱼","五

花肉","葱","冬笋","姜","蒜","香菜","盐","味精","白糖","米醋","老抽","生抽","淀粉","胡椒粉","大料","花椒","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31439cdb745c7f70176f"},"dish_name":["蒜苔炒腊肉"],"material":["蒜苗","腊肉","葱","姜","红椒","盐","味精","白糖","鸡粉","料酒","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31459cdb745c7f701770"},"dish_name":["秘制红焖羊肉"],"material":["羊腿肉","葱","姜","蒜","香菜","花椒","火锅底料","盐","料酒","味精","生抽","胡椒粉","白糖","蚝油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31469cdb745c7f701771"},"dish_name":["菠萝咕嚕肉"],"material":["猪里脊肉","青红甜椒","菠萝","淀粉","胡椒粉","鸡蛋","生抽","蕃茄沙司","料酒","面粉","椒盐","油","清水","醋","盐","水淀粉","水粉 1:4"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31479cdb745c7f701772"},"dish_name":["虎皮青椒"],"material":["青椒","油","生抽","盐","糖","醋","蒜"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31499cdb745c7f701773"},"dish_name":["土豆炖排骨"],"material":["土豆","排骨","葱","姜","蒜","香菜","盐","味精","白糖","料酒","蚝油","南乳汁","大料"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae314a9cdb745c7f701774"},"dish_name":["宫保鸡丁"],"material":["鸡脯肉","花生米","鸡蛋","葱","姜","蒜","干辣椒","花椒","盐","生抽","老抽","料酒","淀粉","鸡粉","胡椒粉","白糖","醋"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae314b9cdb745c7f701775"},"dish_name":["虾仁豆腐"],"material":["内脂豆腐","大虾","猪油","生抽","盐","白糖","水淀粉","葱姜末","葱花","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae314c9cdb745c7f701776"},"dish_name":["辣炒海带丝"],"material":["海带","红椒","油","盐","生抽","白糖","味精","蒜","葱","香油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae314d9cdb745c7f701777"},"dish_name":["干锅牛蛙"],"material":["酱油","海底捞麻辣锅底","葱","蒜","白胡椒粉","盐","茭白","平菇","多放","牛蛙","青笋","白芝麻","耗油","姜","腐竹"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae314f9cdb745c7f701778"},"dish_name":["酸甜排骨"],"material":["鸡蛋排骨","番茄","香菜","生蛋黄","葱","番茄酱","糖","醋","盐","生粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31509cdb745c7f701779"},"dish_name":["可乐红烧肉"],"material":["五花肉","土豆","生姜","香葱","小白菜","白芝麻","百事可乐","1听","食用油","食盐","老抽","料酒"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31519cdb745c7f70177a"},"dish_name":["滑蛋虾仁"],"material":["鲜虾","鸡蛋","葱","水淀粉","盐","料酒","蛋清","玉米淀粉","胡椒粉","油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31529cdb745c7f70177b"},"dish_name":["水煮鱼片"],"material":["黑鱼","葱姜蒜","红干椒","白菜","芹菜","胡椒粉","花椒粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31549cdb745c7f70177c"},"dish_name":["板栗烧鸡"],"material":["板栗","鸡腿","姜","蒜","小红椒","盐","黄酒","胡椒粉","鸡精"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31559cdb745c7f70177d"},"dish_name":["清蒸金鲳鱼"],"material":["金鲳鱼","大葱","鲜红椒","蒜头","姜","料酒","盐","油","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31569cdb745c7f70177e"},"dish_name":["家乡豆腐"],"material":["老豆腐","红椒","大蒜","胡萝卜","瘦肉","黑木耳","菜油","盐","淀粉","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31579cdb745c7f70177f"},"dish_name":["黄豆焖猪蹄"],"material":["猪蹄","黄豆","蒜头","葱头","米酒","老抽","酱油","冰糖","盐巴","水"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31599cdb745c7f701780"},"dish_name":["红烧鸡翅"],"material":["鸡翅","八

角","桂皮","姜","干辣椒","生抽","料酒","老抽","单晶冰糖","盐","白芝麻"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae315a9cdb745c7f701781"},"dish_name":["粉蒸排骨藕"],"material":["猪排骨(直排)","莲藕","糯米","姜","葱","酱油","蒸肉粉","一袋","腐乳汁"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae315c9cdb745c7f701782"},"dish_name":["油炸臭豆腐"],"material":["臭豆腐","花生油","番茄酱","葱花","生抽","香醋","香油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae315d9cdb745c7f701783"},"dish_name":["麻婆豆腐"],"material":["韧豆腐","牛肉","小葱","蒜","花椒","盐","鸡粉","老抽","淀粉","花椒油"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae315e9cdb745c7f701784"},"dish_name":["香辣牛肉"],"material":["牛肉","干辣椒","姜","料酒","生粉","鸡精","花生油","青葱","盐","蒜","生抽"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae315f9cdb745c7f701785"},"dish_name":["糖醋排骨"],"material":["葱","姜","熟芝麻","盐","味精","鸡粉","胡椒粉","番茄酱","白醋","白糖","淀粉"],"style":["下饭菜"]}

{"_id":{"\$oid":"59ae31639cdb745c7f701786"},"dish_name":["红烧牛肉面"],"material":["牛肉","白萝卜","盐","花椒","干红尖椒","八角","葱、姜、蒜","红烧酱油","香菜、西红柿","冰糖","桂皮"],"style":["面食"]}

{"_id":{"\$oid":"59ae31659cdb745c7f701787"},"dish_name":["玫瑰花馒头"],"material":["普通面粉","酵母","盐","白糖","枸杞子","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae31669cdb745c7f701788"},"dish_name":["杂粮馒头"],"material":["白面","3份","玉米面","1份","豆面","1份","高粱面","1份","白糖","酵母","温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae31689cdb745c7f701789"},"dish_name":["炸酱面"],"material":["切面","干黄酱","葱姜蒜","水发黄豆","芹菜","黄瓜","豆芽","胡萝卜","圆白菜","五花肉","白糖","香油","大料","甜面酱"],"style":["面食"]}

{"_id":{"\$oid":"59ae31699cdb745c7f70178a"},"dish_name":["油条"],"material":["面粉","无铝泡打粉","酵母粉","盐","食用油"],"style":["面食"]}

{"_id":{"\$oid":"59ae316a9cdb745c7f70178b"},"dish_name":["白面馒头"],"material":["面粉","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae316b9cdb745c7f70178c"},"dish_name":["紫薯开花馒头"],"material":["面粉","紫薯","酵母","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae316d9cdb745c7f70178d"},"dish_name":["豆渣馒头"],"material":["普通面粉","豆渣","鸡蛋","盐","白糖","酵母粉","植物油"],"style":["面食"]}

{"_id":{"\$oid":"59ae316e9cdb745c7f70178e"},"dish_name":["牛奶刀切馒头"],"material":["中筋面粉","纯牛奶","酵母","水"],"style":["面食"]}

{"_id":{"\$oid":"59ae316f9cdb745c7f70178f"},"dish_name":["红糖馒头"],"material":["面粉","红糖","水","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae31709cdb745c7f701790"},"dish_name":["旺仔小馒头"],"material":["土豆淀粉","玉米淀粉","低粉","糖粉","奶粉","泡打粉","鸡蛋"],"style":["面食"]}

{"_id":{"\$oid":"59ae31809cdb745c7f701791"},"dish_name":["南瓜馒头"],"material":["面粉","南瓜","酵母粉","枸杞"],"style":["面食"]}

{"_id":{"\$oid":"59ae31809cdb745c7f701792"},"dish_name":["海鲜意大利面"],"material":["橄榄油","盐","黑胡椒碎","白葡萄酒","水","意大利面","青酱","洋葱","虾"],"style":["面食"]}

{"_id":{"\$oid":"59ae31819cdb745c7f701793"},"dish_name":["韭菜盒子"],"material":["韭菜","鸡蛋","大虾","虾皮","面粉","玉米油","盐","五香粉","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31819cdb745c7f701794"},"dish_name":["阳春面"],"material":["龙须面","

高汤","洋葱","小葱","青蒜","猪油"," 盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae31829cdb745c7f701795"},"dish_name":["油炒面"],"material":["黑芝麻","花生米","面粉","油","适当","白糖"],"style":["面食"]}

{"_id":{"\$oid":"59ae31839cdb745c7f701796"},"dish_name":["面条"],"material":[" 面"," 瘦肉","胡萝卜","生菜","虾米","葱"," 盐"," 鸡粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae31859cdb745c7f701797"},"dish_name":["小馒头"],"material":[" 玉米淀粉"," 低筋面粉","油","20"," 糖粉","鸡蛋"],"style":["面食"]}

{"_id":{"\$oid":"59ae31869cdb745c7f701798"},"dish_name":["高汤排骨面"],"material":["排骨","花菇"," 面"," 虾油","料酒"],"style":["面食"]}

{"_id":{"\$oid":"59ae31879cdb745c7f701799"},"dish_name":["肉酱意面"],"material":[" 意大意面","1 小掇"," 肉沫","番茄","葱"," 盐"," 生抽","蚝油","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31889cdb745c7f70179a"},"dish_name":["三鲜炒面"],"material":[" 青菜","肉丝","蘑菇","绿豆芽"," 葱姜蒜"," 老抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae31899cdb745c7f70179b"},"dish_name":["河南卤面"],"material":["猪肉","扁豆"," 豆芽","圆白菜"," 葱花","姜","葱"," 盐","料酒"," 老抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae318a9cdb745c7f70179c"},"dish_name":["番茄肉末意大利面"],"material":["意大利面"," 猪肉末","西红柿","洋葱头"," 番茄沙司"," 橄榄油"," 黑胡椒粉","糖"," 盐","蚝油","薄荷","圣女果","淀粉"," 生抽"],"style":["面食"]}

{"_id":{"\$oid":"59ae318c9cdb745c7f70179d"},"dish_name":["冷面"],"material":["黄瓜","鸡蛋","香菜","香肠"," 辣椒油","苹果"," 盐","味素","糖","醋"," 辣椒粉"," 熟芝麻","大蒜"],"style":["面食"]}

{"_id":{"\$oid":"59ae318d9cdb745c7f70179e"},"dish_name":["韩式炸酱面"],"material":["土豆","猪肉或牛肉"," 韩国真味春酱"," 角瓜","洋葱","胡萝卜","大葱","淀粉"," 水","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae318f9cdb745c7f70179f"},"dish_name":["意大利肉酱面"],"material":[" 意大利面"," 牛肉馅"," 大虾","西红柿","洋葱","少取","番茄酱"," 清水","黑胡椒","黄油"," 盐","生菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae31909cdb745c7f7017a0"},"dish_name":["牛肉面"],"material":[" 鲜牛肉","香菜"," 葱碎","料酒"," 盐"," 水","面粉"," 白胡椒粉"," 鸡粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae31919cdb745c7f7017a1"},"dish_name":["紫甘蓝手擀面"],"material":["紫甘蓝","面粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae31929cdb745c7f7017a2"},"dish_name":["西红柿鸡蛋面"],"material":["西红柿","油","鸡蛋"," 盐","葱"," 鸡精","胡椒粉"," 干挂面"],"style":["面食"]}

{"_id":{"\$oid":"59ae31939cdb745c7f7017a3"},"dish_name":["炒面线"],"material":[" 熟面线","鲜香菇","香肠","小葱","青椒","红椒"," 鲜豆角","油"," 盐"," 十三香","味精","花椒","干辣椒","八角"],"style":["面食"]}

{"_id":{"\$oid":"59ae31949cdb745c7f7017a4"},"dish_name":["臊子面"],"material":["番茄酱","香菜","豆角","豆腐"," 猪瘦肉","酱油","面粉","土豆","蒜"," 盐","味精"," 鸡精","青辣椒","葱","油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31969cdb745c7f7017a5"},"dish_name":["油泼辣子面"],"material":["洋葱","花生油"," 油辣子"," 调好的味碟"," 油辣子"," 调好的味碟"],"style":["面食"]}

{"_id":{"\$oid":"59ae31979cdb745c7f7017a6"},"dish_name":["肉酱意大利面"],"material":[" 意大利面"," 肉（猪肉牛肉都行）","番茄酱","黄油","西红柿","洋葱","蒜"," 罗勒"," 黑胡椒粉","盐"," 橄榄油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31989cdb745c7f7017a7"},"dish_name":["牛奶馒头"],"material":["自发小麦粉","纯牛奶","植物油","白糖","温水"],"style":["面食"]}

{"_id":{"\$oid":"59ae319a9cdb745c7f7017a8"},"dish_name":["鲜肉包"],"material":["精面粉","猪肉","姜末","葱","盐","酱油","五香粉","料酒","生粉","酵母","泡打粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae319b9cdb745c7f7017a9"},"dish_name":["芹菜包子"],"material":["面粉","芹菜","五花肉","木耳","葱姜","盐","生抽","老抽","料酒","十三香","鸡精","酵母"],"style":["面食"]}

{"_id":{"\$oid":"59ae319c9cdb745c7f7017aa"},"dish_name":["饅面馒头"],"material":["面粉","酵母","牛奶","碱面","面粉","白糖","温水","猪油"],"style":["面食"]}

{"_id":{"\$oid":"59ae319d9cdb745c7f7017ab"},"dish_name":["扯面"],"material":["面粉","青菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae319e9cdb745c7f7017ac"},"dish_name":["焖面"],"material":["生面","洋葱","菜椒","肉饼","上海青","水芹","葱花","盐","酱油","香菜"],"style":["面食"]}

{"_id":{"\$oid":"59ae319f9cdb745c7f7017ad"},"dish_name":["打卤面"],"material":["糖","盐","木耳","猪里脊肉","鸡精","蒜花","生粉","火腿肠","鸡蛋","香菇","西红柿","黄花菜","生抽","老抽","切面"],"style":["面食"]}

{"_id":{"\$oid":"59ae31a19cdb745c7f7017ae"},"dish_name":["酱油炒面"],"material":["甜椒","酱油","黑胡椒粉"],"style":["面食"]}

{"_id":{"\$oid":"59ae31a29cdb745c7f7017af"},"dish_name":["葱油鸡丝拌面"],"material":["一份","鸡胸肉","生菜","香葱","油","盐","料酒","生抽","香醋"],"style":["面食"]}

{"_id":{"\$oid":"59ae31a39cdb745c7f7017b0"},"dish_name":["老北京素炸酱面"],"material":["黄豆酱","面粉","紫薯","白砂糖","蒜末","姜末","油","虾皮"],"style":["面食"]}

{"_id":{"\$oid":"59ae31a99cdb745c7f7017b1"},"dish_name":["油泼面"],"material":["手擀面","香菜","辣椒面","葱","姜","大蒜","盐","味精","生抽","鸡粉","香油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31a99cdb745c7f7017b2"},"dish_name":["葱油饼"],"material":["面粉","热水","葱花","油","胡椒粉","盐"],"style":["面食"]}

{"_id":{"\$oid":"59ae31ab9cdb745c7f7017b3"},"dish_name":["豆角焖面"],"material":["扁豆","葱","姜","蒜","五花肉","盐","老抽","生抽","白糖","料酒","大料","鸡粉","耗油"],"style":["面食"]}

{"_id":{"\$oid":"59ae31ad9cdb745c7f7017b4"},"dish_name":["玉米粥"],"material":["白砂糖","米","玉米"],"style":["粥"]}

{"_id":{"\$oid":"59ae31ae9cdb745c7f7017b5"},"dish_name":["鲍鱼粥"],"material":["鲍鱼","鸡中翅","瘦肉","植物油","盐","酱油","米","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31af9cdb745c7f7017b6"},"dish_name":["红豆粥"],"material":["红小豆","水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c09cdb745c7f7017b7"},"dish_name":["海鲜粥"],"material":["珍珠米","水","虾","蟹","盐","葱花"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c09cdb745c7f7017b8"},"dish_name":["八宝粥"],"material":["大米","小米","绿豆","花生","红枣","荞麦","莲子","麦仁","枸杞","百合","热水","浸泡米凉水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c19cdb745c7f7017b9"},"dish_name":["小米粥"],"material":["小米","清水","玉米渣","百合干"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c39cdb745c7f7017ba"},"dish_name":["排骨南瓜米粥"],"material":["排骨

","大米","南瓜"," 盐","胡椒粉","料酒"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c49cdb745c7f7017bb"},"dish_name":["山药小米粥"],"material":["小米","山药","冰糖"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c59cdb745c7f7017bc"},"dish_name":["紫薯燕麦粥"],"material":["紫薯","大米"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c69cdb745c7f7017bd"},"dish_name":["红豆黑米粥"],"material":["红豆","黑米","花生","红枣","红糖"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c89cdb745c7f7017be"},"dish_name":["香菇鸡肉粥"],"material":[" 鸡胸肉","香菇","大米","糯米"," 盐"," 老抽","葱","生姜"],"style":["粥"]}

{"_id":{"\$oid":"59ae31c99cdb745c7f7017bf"},"dish_name":["黑芝麻粥"],"material":["大米","黑芝麻"],"style":["粥"]}

{"_id":{"\$oid":"59ae31ca9cdb745c7f7017c0"},"dish_name":["山药粥"],"material":["山药","红枣","大米"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31cc9cdb745c7f7017c1"},"dish_name":["南瓜粥"],"material":[" 小南瓜","小米","大米","酱油"],"style":["粥"]}

{"_id":{"\$oid":"59ae31cd9cdb745c7f7017c2"},"dish_name":["皮蛋瘦肉粥"],"material":[" 剩米饭","皮蛋"," 瘦肉","生菜"," 盐"],"style":["粥"]}

{"_id":{"\$oid":"59ae31ce9cdb745c7f7017c3"},"dish_name":["芝麻糊"],"material":["黑芝麻","糯米","黑米","白糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31cf9cdb745c7f7017c4"},"dish_name":["绿豆百合粥"],"material":["绿豆","百合","白糖","枸杞"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d19cdb745c7f7017c5"},"dish_name":["茯苓粥"],"material":["茯苓","红枣","山药","大米","红糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d29cdb745c7f7017c6"},"dish_name":["香菇瘦肉粥"],"material":["香菇","瘦肉","香米","胡萝卜","芝麻油","葱","蒜苗","香菜"," 盐"," 味极鲜"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d39cdb745c7f7017c7"},"dish_name":["薏米百合绿豆粥"],"material":["绿豆","薏仁","百合","大米","冰糖"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d49cdb745c7f7017c8"},"dish_name":["小米山药粥"],"material":["铁棍山药","小米"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d59cdb745c7f7017c9"},"dish_name":["山楂高粱米粥"],"material":[" 山楂糕","高粱米"," 黑加仑","枸杞"," 橄榄油","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d69cdb745c7f7017ca"},"dish_name":["火腿鲜虾粥"],"material":["米饭","水","胡萝卜","火腿","虾"," 盐"," 生抽"," 白胡椒粉"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d79cdb745c7f7017cb"},"dish_name":["健脾鲜玉米粥"],"material":["玉米"," 水"," 盐或糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d89cdb745c7f7017cc"},"dish_name":["紫薯山药粥"],"material":["小米","山药","紫薯"],"style":["粥"]}

{"_id":{"\$oid":"59ae31d99cdb745c7f7017cd"},"dish_name":["黄瓜肉末粥"],"material":["大米","糯米","黄瓜","猪肉"," 葱花"," 盐","胡椒粉"," 生抽","香油"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31db9cdb745c7f7017ce"},"dish_name":["南瓜绿豆薏仁粥"],"material":[" 北大米","薏米仁"," 绿豆","南瓜"," 水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31dc9cdb745c7f7017cf"},"dish_name":["五谷养生粥"],"material":["花生","红豆","绿豆","薏米","赤豆"," 燕麦米"," 玉米渣","糯米"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31dd9cdb745c7f7017d0"},"dish_name":["皮蛋粥"],"material":["大米","皮蛋"]}

"," 里脊肉"," 盐","芝麻"],"style":["粥"]}

{"_id":{"\$oid":"59ae31de9cdb745c7f7017d1"},"dish_name":["黑米粥"],"material":["黑米","燕麦","枸杞","红枣"," 黑糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31df9cdb745c7f7017d2"},"dish_name":["薏米红豆粥"],"material":["薏米","红豆","红枣","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31e09cdb745c7f7017d3"},"dish_name":["燕麦粥"],"material":["山药"," 干果"],"style":["粥"]}

{"_id":{"\$oid":"59ae31e29cdb745c7f7017d4"},"dish_name":["绿豆粥"],"material":["绿豆","大米","糯米","冰糖"," 清水"],"style":["粥"]}

{"_id":{"\$oid":"59ae31e29cdb745c7f7017d5"},"dish_name":["薏米红豆莲子粥"],"material":["莲子","薏米","红豆","一抓","冰糖"],"style":["粥"]}

{"_id":{"\$oid":"59ae31e49cdb745c7f7017d6"},"dish_name":["腊八粥"],"material":["莲子","百合","红豆","薏米","黑豆","大米","小米"," 小玉米茬","干枣","枸杞","紫米"],"style":["粥"]}

{"_id":{"\$oid":"59ae31e79cdb745c7f7017d7"},"dish_name":["柠檬水果甜汤"],"material":["柠檬","苹果","雪梨","葡萄","木瓜","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae31e89cdb745c7f7017d8"},"dish_name":["鲜虾鸡肉丸子汤"],"material":["鲜虾仁"," 料酒（洗虾仁用）"," 淀粉（洗虾仁用）"," 鸡肉馅"," 鸡精（肉馅用）"," 椒盐（肉馅用）"," 香油（肉馅用）"," 花椒粉（肉馅用）"," 清水"," 椒盐"," 鸡精","香油"," 芝麻粉"," 姜（切末）"," 香葱（切末）"," 淀粉（鸡肉馅用）"],"style":["汤"]}

{"_id":{"\$oid":"59ae31ea9cdb745c7f7017d9"},"dish_name":["玉米排骨汤"],"material":["猪排","玉米","胡萝卜","白醋","姜","葱"," 盐"," 饮用水"],"style":["汤"]}

{"_id":{"\$oid":"59ae31eb9cdb745c7f7017da"},"dish_name":["山药排骨汤"],"material":["排骨","山药","枸杞","葱","姜"," 盐"," 鸡粉","料酒"],"style":["汤"]}

{"_id":{"\$oid":"59ae31ec9cdb745c7f7017db"},"dish_name":["大酱汤"],"material":["白萝卜","山药"," 丸子","小白菜"," 大酱","蚝油"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae31ed9cdb745c7f7017dc"},"dish_name":["木瓜鲫鱼汤"],"material":["木瓜","鲫鱼","葱","姜"," 盐","花生油"," 水"],"style":["汤"]}

{"_id":{"\$oid":"59ae31ee9cdb745c7f7017dd"},"dish_name":["木瓜银耳汤"],"material":["木瓜","银耳","大枣","冰糖","莲子"," 水"],"style":["汤"]}

{"_id":{"\$oid":"59ae31f19cdb745c7f7017de"},"dish_name":["牛蒡排骨汤"],"material":["牛蒡","排骨","枸杞"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f29cdb745c7f7017df"},"dish_name":["虫草花乌鸡汤"],"material":["乌鸡","虫草花","当归","党参","北芪","红枣"," 水（煲汤用）"," 水（焯水用）"," 盐"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f39cdb745c7f7017e0"},"dish_name":["酸甜杨梅汤"],"material":["杨梅","白糖"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f69cdb745c7f7017e1"},"dish_name":["羅宋汤"],"material":["牛肉","洋葱","番茄"," 黑木耳（干）","胡萝卜","土豆","番茄酱","油"," 盐","胡椒粉"," 生抽"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f69cdb745c7f7017e2"},"dish_name":["冬瓜薏米排骨汤"],"material":["冬瓜","薏米","姜","排骨"," 清水"," 盐"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f79cdb745c7f7017e3"},"dish_name":["虫草花玉米排骨汤"],"material":["虫草花","玉米","排骨","枸杞","红枣"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31f89cdb745c7f7017e4"},"dish_name":["红糖苹果银耳汤"],"material":["苹

果","银耳","红糖"," 水"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae31fa9cdb745c7f7017e5"},"dish_name":["羊杂汤"],"material":[" 羊杂","香菜","葱","姜","干辣椒","料酒"," 盐"," 鸡精","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae31fb9cdb745c7f7017e6"},"dish_name":["小鱼汤"],"material":[" 小银鱼","茼蒿","蒜","食用油"," 盐"],"style":["汤"]}

{"_id":{"\$oid":"59ae31fc9cdb745c7f7017e7"},"dish_name":["疙瘩汤"],"material":["面粉","鸡蛋","油菜","西红柿","葱","姜"," 盐","味精"," 生抽"," 鸡粉","胡椒粉"],"style":["汤"]}

{"_id":{"\$oid":"59ae31fd9cdb745c7f7017e8"},"dish_name":["黑鱼汤"],"material":["黑鱼","咸肉","木耳","枸杞"," 盐","葱","料酒","姜"],"style":["汤"]}

{"_id":{"\$oid":"59ae31ff9cdb745c7f7017e9"},"dish_name":["鱼汤"],"material":["鲫鱼","豆腐","白萝卜","大葱","香菜","生姜"," 盐"," 鸡精"],"style":["汤"]}

{"_id":{"\$oid":"59ae32009cdb745c7f7017ea"},"dish_name":["木瓜银耳莲子汤"],"material":["木瓜","银耳","莲子","冰糖"],"style":["汤"]}

{"_id":{"\$oid":"59ae32019cdb745c7f7017eb"},"dish_name":["丝瓜皮蛋豆腐汤"],"material":["丝瓜","豆腐","皮蛋"," 盐"," 鸡精","少于","黑胡椒","少于"],"style":["汤"]}

{"_id":{"\$oid":"59ae32029cdb745c7f7017ec"},"dish_name":["莲藕排骨汤"],"material":["排骨","莲藕","马蹄"," 盐"," 鸡精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae32039cdb745c7f7017ed"},"dish_name":["莲藕花生排骨汤"],"material":["肋骨","莲藕","1 节","花生","香葱","生姜"," 盐"," 鸡精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae32059cdb745c7f7017ee"},"dish_name":["木瓜排骨汤"],"material":["排骨","木瓜","薏米","料酒"," 盐","味精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae32069cdb745c7f7017ef"},"dish_name":["酸萝卜老鸭汤"],"material":["鸭肉","山药","枸杞"," 酸萝卜"," 饮用水","葱","姜","花椒"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae32079cdb745c7f7017f0"},"dish_name":["薏米冬瓜排骨汤"],"material":["冬瓜","薏米","排骨","生姜","大葱"," 盐","小葱"," 鸡精"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae32099cdb745c7f7017f1"},"dish_name":["清汤娃娃菜"],"material":["娃娃菜","粉丝"," 盐","八角","香油"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae320a9cdb745c7f7017f2"},"dish_name":["萝卜枸杞乌鸡汤"],"material":["乌鸡","胡萝卜","枸杞","排骨"," 盐"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae320b9cdb745c7f7017f3"},"dish_name":["玉米莲藕排骨汤"],"material":["排骨","莲藕","一节","姜","胡椒"," 盐","冰糖","玉米"],"style":["煲汤"]}

{"_id":{"\$oid":"59ae320f9cdb745c7f7017f4"},"dish_name":["丝瓜炒油条"],"material":["丝瓜","红椒","油"," 盐","胡椒粉","白糖","味精","蒜"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32109cdb745c7f7017f5"},"dish_name":["氽丸子"],"material":["猪肉","葱","姜","花椒粉"," 盐"," 鸡精","香油","酱油","料酒"," 黑胡椒粉","青菜"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32119cdb745c7f7017f6"},"dish_name":["当归补血汤"],"material":["当归","黄芪","红枣","鹌鹑蛋","红糖"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32139cdb745c7f7017f7"},"dish_name":["家常回锅肉"],"material":["五花肉","黑木耳"," 尖椒","花生油"," 盐","酱油","葱","姜","花椒","大料"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32149cdb745c7f7017f8"},"dish_name":["照烧鸡肉饭"],"material":["鸡腿","鸡蛋"," 盐"," 白胡椒粉"," 玉米淀粉"," 照烧酱","材料"," 日本酱油"," 味淋"," 白葡萄酒","白糖","水淀粉"," 盐"," 柠檬汁"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32159cdb745c7f7017f9"},"dish_name":["酱香狼牙土豆"],"material":["土豆","青椒","西红柿","洋葱"," 盐","白糖","香葱","姜","蒜"," 干红辣椒","花椒","八角"," 鸡精","

味之鲜酱油","香油","醋","耗油"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32169cdb745c7f7017fa"},"dish_name":["双椒牛柳"],"material":["牛肉","尖椒","红椒","盐","料酒","酱油","花椒粉","胡椒粉","鸡精","香油","鸡蛋","淀粉","葱姜蒜","糖"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32179cdb745c7f7017fb"},"dish_name":["油条烩丝瓜"],"material":["丝瓜","大蒜","葱","盐","胡椒粉","料酒","辣椒","白糖"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32199cdb745c7f7017fc"},"dish_name":["黄金蝴蝶虾"],"material":["明虾","面粉","鸡蛋","盐","糖"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae321a9cdb745c7f7017fd"},"dish_name":["凉拌空心菜"],"material":["空心菜","小米椒","油","盐","生抽","香醋","白糖","香油","蒜"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae321b9cdb745c7f7017fe"},"dish_name":["咸蛋黄酿五花肉"],"material":["五花肉","咸蛋黄","酱油","红烧酱油","料酒","蚝油","醋","白糖","牙签","若干","葱"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae321d9cdb745c7f7017ff"},"dish_name":["三文鱼蔬菜色拉"],"material":["三文鱼","洋葱","西兰花","小番茄","橄榄油","盐","白醋","糖","柠檬汁","冰水"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae321e9cdb745c7f701800"},"dish_name":["猪肉脯"],"material":["猪瘦肉","生抽","料酒","鱼露","蜂蜜","白糖","盐","黑胡椒粉或碎","芝麻"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae321f9cdb745c7f701801"},"dish_name":["肉末芥兰"],"material":["芥兰","瘦肉","大蒜","油、盐、鸡精、酱油","耗油、生粉、枸杞"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32209cdb745c7f701802"},"dish_name":["尖椒炒肉"],"material":["盐","油","生抽","尖椒","瘦肉","小米椒","味精","白糖","胡椒粉","料酒","姜","蒜","玉米淀粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32229cdb745c7f701803"},"dish_name":["鹌鹑蛋烧排骨"],"material":["排骨","鹌鹑蛋","油","盐","生抽","老抽","料酒","冰糖","姜","大葱","1小节","香葱","八角","香叶"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32239cdb745c7f701804"},"dish_name":["双椒鱼头"],"material":["浏阳豆豉","胡椒粉","盐","生姜","野山椒","鸡精","老兵剁椒","大头鱼头","味精","蒸鱼豉油","香菜","啤酒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32249cdb745c7f701805"},"dish_name":["西红柿炒鸡蛋"],"material":["西红柿","青椒","洋葱","油","葱蒜","白糖","一筷子","老抽","盐","蒜"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32269cdb745c7f701806"},"dish_name":["香辣口水鱼"],"material":["草鱼","豆豉","脱皮熟花生","小米椒","油","盐","生抽","醋","料酒","白糖","胡椒粉","味精","花椒","油辣子(辣椒油)","姜","蒜","葱","淀粉","香油","熟白芝麻"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32279cdb745c7f701807"},"dish_name":["蒜泥白肉"],"material":["五花肉","黄瓜","香油","生抽","盐","白糖","味精","红油(油辣子)","姜","蒜","葱","花椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32289cdb745c7f701808"},"dish_name":["酸甜猪蹄"],"material":["猪蹄","红糖","陈醋","姜","葱","蒜","八角","香叶","干红辣椒","米酒","玉米油","盐","生抽","蚝油"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32299cdb745c7f701809"},"dish_name":["葱爆牛肉片"],"material":["牛肉","葱","姜","蒜","红辣椒","盐","白糖","料酒","黑胡椒粉","鸡精","食用油","淀粉","青红椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae322a9cdb745c7f70180a"},"dish_name":["黑米烧麦"],"material":["糯米","黑

米","猪肉","香菇","豌豆"," 饺子皮","若干"," 生抽","蚝油"," 葱花"," 盐"," 十三","食用油",
"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae322c9cdb745c7f70180b"},"dish_name":["广东白切鸡"],"material":[" 鸡","
食用油"," 生抽","姜","麻油"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae322d9cdb745c7f70180c"},"dish_name":["蒜蓉扇贝"],"material":["扇贝","生
姜","蒜","小葱"," 红辣椒"," 绿豆粉丝","料酒"," 蒸鱼豉油","蚝油"," 盐","香油"],"style":["私
房菜"]}

{"_id":{"\$oid":"59ae322e9cdb745c7f70180d"},"dish_name":["玉米烧排骨"],"material":["排骨","
玉米","油"," 盐"," 生抽"," 老抽","料酒","冰糖","胡椒粉","八角"," 香叶","姜","蒜","葱
"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32319cdb745c7f70180e"},"dish_name":["自制泡菜"],"material":["胡萝卜","
泡野山椒"," 白酒"," 白米醋","花椒","干辣椒","姜","蒜","红糖"," 盐"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32319cdb745c7f70180f"},"dish_name":["土豆丝炒肉"],"material":["土豆","
肉","红椒","油"," 盐"," 生抽","白糖","胡椒粉","料酒","淀粉","蒜","葱"," 白米醋"],"style":["
私房菜"]}

{"_id":{"\$oid":"59ae32329cdb745c7f701810"},"dish_name":["擀面皮"],"material":["面粉"," 玉
米淀粉","黄瓜","芹菜","绿豆芽"," 面筋","葱","姜","大料"," 辣椒面"," 花椒碎","芝麻"," 盐
","醋"," 生抽"," 鸡精","白糖"," 麻酱"," 水"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32339cdb745c7f701811"},"dish_name":["酱炒鸡心"],"material":["鸡心","蒜
","姜","小葱"," 耗油","料酒","胡椒粉"," 盐","八角","花椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32359cdb745c7f701812"},"dish_name":["香烤法棍面包粒"],"material":["
橄榄油"," 蒜粉"," 巴西里碎"," 盐和黑胡椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32369cdb745c7f701813"},"dish_name":["酸豆角炒肉末"],"material":[" 酸
豆角"," 瘦肉","油"," 盐","姜"," 干红辣椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32379cdb745c7f701814"},"dish_name":["咸鱼炒豆角"],"material":[" 咸鱼
","长豆角"," 白芝麻"," 干辣椒角","蒜","姜","油"," 盐"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32399cdb745c7f701815"},"dish_name":["酿豆腐煲"],"material":[" 豆腐","
猪肉馅（三肥七瘦）"," 鸡蛋清","香菇","胡椒粉"," 盐","蚝油","酱油"," 葱花"," 生粉","水淀
粉"," 蒜末"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae323a9cdb745c7f701816"},"dish_name":["剁椒蒸鱼"],"material":[" 鱼头","
葱花","油"," 盐","料酒"," 蒸鱼豉油"," 剁椒"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae323b9cdb745c7f701817"},"dish_name":["香菇蒸鸡"],"material":["鸡肉","香
菇"," 生抽"," 老抽"," 盐","料酒"," 鸡精","葱头"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae323d9cdb745c7f701818"},"dish_name":["香煎豆腐"],"material":[" 豆腐","鸡
蛋"," 盐"," 鸡粉"," 蒸鱼豉油","香油","青椒","红椒","香葱"," 干淀粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae323e9cdb745c7f701819"},"dish_name":["珍珠丸子"],"material":[" 肉馅","
糯米","枸杞","葱","姜","香菜","鸡蛋"," 盐","料酒","味精"," 鸡粉","胡椒粉","淀粉","香油
"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32409cdb745c7f70181a"},"dish_name":["清蒸螃蟹"],"material":["螃蟹","生
姜","大蒜","小葱"," 蒸鱼豉油","香油"," 陈醋"," 水（蒸螃蟹用）"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32419cdb745c7f70181b"},"dish_name":["四喜丸子"],"material":[" 肉馅","
鸡蛋","油菜","葱","姜"," 盐","淀粉"," 鸡粉","胡椒粉","料酒"," 花椒大料共"],"style":["私房
菜"]}

{"_id":{"\$oid":"59ae32429cdb745c7f70181c"},"dish_name":["油焖虾"],"material":[" 虾"," 水","

蒜","生姜","葱","料酒","盐","生抽","油","蕃茄酱"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32439cdb745c7f70181d"},"dish_name":["辣炒鸡腿肉"],"material":["鸡边腿","青辣椒","红椒","干红辣椒","料酒","老抽","香醋","白糖","盐","鸡精","花椒粉"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32439cdb745c7f70181e"},"dish_name":["酸梅蔬菜色拉"],"material":["嫩豆腐","番茄","话梅","橄榄油","鱼露","生抽","青紫苏叶","做配菜"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32449cdb745c7f70181f"},"dish_name":["菠萝酸甜排骨"],"material":["菠萝","青椒","红辣椒","排骨","洋葱","番茄酱","料酒","白糖","生粉","酱油","白醋","盐"],"style":["私房菜"]}

{"_id":{"\$oid":"59ae32489cdb745c7f701820"},"dish_name":["参枣乌鸡汤"],"material":["乌鸡","清水","料理米酒","枸杞","红枣","当归","落地","党参","3支","川芎"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32499cdb745c7f701821"},"dish_name":["山药枸杞乌鸡汤"],"material":["乌鸡","山药","枸杞","红枣","生姜","葱","盐","料酒"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae324b9cdb745c7f701822"},"dish_name":["海带枸杞排骨汤"],"material":["排骨","鲜海带","红枣","枸杞","葱","姜","黄酒","盐","鸡精","清水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae324b9cdb745c7f701823"},"dish_name":["番茄冬瓜汤"],"material":["香菜","西红柿","冬瓜","葱白","食用油","鸡精","精盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae324d9cdb745c7f701824"},"dish_name":["鲜菇红枣鸡汤"],"material":["香菇","老鸡","红枣","姜","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae324e9cdb745c7f701825"},"dish_name":["冰糖雪梨"],"material":["梨子","冰糖","枸杞","水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32509cdb745c7f701826"},"dish_name":["蒸鸡蛋羹"],"material":["鸡蛋","盐","白糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32519cdb745c7f701827"},"dish_name":["胡萝卜玉米排骨汤"],"material":["排骨","盐","排骨炖料","1袋","胡萝卜","甜玉米","生姜","料酒","葱花"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32529cdb745c7f701828"},"dish_name":["香菇乌鸡汤"],"material":["乌鸡","香菇","枸杞","红枣","姜"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32549cdb745c7f701829"},"dish_name":["鲫鱼头豆腐汤"],"material":["鲫鱼头","豆腐","嫩葱","香菜","姜","枸杞","油","盐","料酒","香油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32559cdb745c7f70182a"},"dish_name":["冬瓜薏仁鲫鱼汤"],"material":["鲫鱼","冬瓜","薏仁","料酒","姜","蒜","大葱","花椒","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32569cdb745c7f70182b"},"dish_name":["西红柿蛋花汤"],"material":["西红柿","鸡蛋","黄瓜","1小节","葱白","1节","盐","生抽","香油","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32579cdb745c7f70182c"},"dish_name":["鸡蛋羹"],"material":["鸡蛋","香葱","盐","色拉油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32589cdb745c7f70182d"},"dish_name":["莲藕炖排骨"],"material":["排骨","莲藕","葱","姜","枸杞","盐","鸡粉","味精","白糖","料酒","香叶"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32599cdb745c7f70182e"},"dish_name":["三鲜豆腐羹"],"material":["蛤蜊","基围虾","豆腐","蟹味菇","葱花","油","盐","料酒","耗油"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae325a9cdb745c7f70182f"},"dish_name":["猪肚鸡"],"material":["猪肚","老鸡","胡椒","纯牛奶","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae325c9cdb745c7f701830"},"dish_name":["金针菇煮鲫鱼"],"material":["鲫鱼","金针菇","大蒜","小葱","花椒","油","盐"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae325e9cdb745c7f701831"},"dish_name":["西湖牛肉羹"],"material":["牛里

脊","豆腐","葱","姜","香菜","盐","味精","鸡粉","胡椒粉","淀粉","香油","料酒","鸡蛋清"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae325e9cdb745c7f701832"},"dish_name":["红枣银耳莲子羹"],"material":["红枣","银耳","莲子","枸杞","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae325f9cdb745c7f701833"},"dish_name":["银耳莲子羹"],"material":["雪梨","银耳","莲子","土冰糖","水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32609cdb745c7f701834"},"dish_name":["橙香鸡蛋羹"],"material":["牛奶一袋","果珍","淀粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32629cdb745c7f701835"},"dish_name":["银耳山药莲杞羹"],"material":["银耳","山药","莲子","枸杞","冰糖"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32639cdb745c7f701836"},"dish_name":["虾仁豆腐羹"],"material":["鲜河虾仁","内脂豆腐","青豆（熟）","色拉油","料酒","胡椒粉","盐","浓缩鸡汁","生粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32659cdb745c7f701837"},"dish_name":["山药炖鸡汤"],"material":["山药","柴鸡","葱","姜","大枣","枸杞","盐","鸡粉"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32669cdb745c7f701838"},"dish_name":["虾皮鸡蛋羹"],"material":["鸡蛋","凉开","盐","红彩椒","洋葱","葱","虾皮","凉拌酱油","香油","热开水"],"style":["汤羹"]}

{"_id":{"\$oid":"59ae32799cdb745c7f701839"},"dish_name":["糖醋蓑衣黄瓜"],"material":["水黄瓜","小米椒","大蒜","香油","白醋","白糖","生抽","精盐"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae327a9cdb745c7f70183a"},"dish_name":["凉拌凉粉"],"material":["凉粉","香葱","大蒜","辣椒面","白芝麻","食用油","盐","生抽","醋","十三香"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae327b9cdb745c7f70183b"},"dish_name":["木瓜椰奶奶冻"],"material":["木瓜","牛奶","椰浆","糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae327c9cdb745c7f70183c"},"dish_name":["蒜泥豆腐"],"material":["内脂豆腐","松花蛋","青","红辣椒","盐","白糖","黑胡椒粉","醋","生抽","鸡精","香油","蒜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae328c9cdb745c7f70183d"},"dish_name":["蜂蜜桂花糕"],"material":["黄糯米粉","水","豆沙","蜂蜜桂花"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae328e9cdb745c7f70183e"},"dish_name":["十分钟大米粥"],"material":["剩米饭","水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae328f9cdb745c7f70183f"},"dish_name":["苹果蜂蜜伴"],"material":["苹果","蜂蜜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae32909cdb745c7f701840"},"dish_name":["猪肉金针菇打卤面"],"material":["猪肉","金针菇","胡萝卜","油","盐","酱油","料酒","五香粉","淀粉","水淀粉","水","葱"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae32919cdb745c7f701841"},"dish_name":["黄瓜爱心大米饼"],"material":["大米饭","黄瓜","胡萝卜","鸡蛋","番茄酱","油","盐","酱油","料酒","五香粉","葱","面粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae32929cdb745c7f701842"},"dish_name":["西兰花树"],"material":["西兰花","红萝卜","蒜头","油","盐","酱油"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae32a19cdb745c7f701843"},"dish_name":["蓝莓酱小饼干"],"material":["低筋面粉","黄油","细砂糖","糖粉","鸡蛋","蓝莓果酱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a29cdb745c7f701844"},"dish_name":["南瓜戚风蛋糕"],"material":["蛋

白","水","蛋黄","低筋面粉","食盐","南瓜泥","绵白糖","植物油","奶粉（烘焙奶粉）","糖粉","塔塔粉","食用香精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a49cdb745c7f701845"},"dish_name":["芒果芝士蛋糕"],"material":["消化饼干","黄油","芒果肉","奶油奶酪","动物鲜奶油","细沙糖","饼干模具"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a59cdb745c7f701846"},"dish_name":["玛格丽特"],"material":["低筋面粉","玉米淀粉","黄油","糖粉","盐","熟蛋黄"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a69cdb745c7f701847"},"dish_name":["紫薯发糕"],"material":["紫薯","面","安琪","葡萄干","红枣"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a79cdb745c7f701848"},"dish_name":["胡萝卜餐包"],"material":["高筋面粉","奶粉","砂糖","酵母","盐","胡萝卜泥","水","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a89cdb745c7f701849"},"dish_name":["玛格丽特饼干"],"material":["低筋面粉","玉米淀粉","黄油","熟蛋黄","糖粉","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32a99cdb745c7f70184a"},"dish_name":["无水蜂蜜小蛋糕"],"material":["低筋面粉","鸡蛋","白糖","蜂蜜","食用油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ab9cdb745c7f70184b"},"dish_name":["麻辣牛肉干"],"material":["牛肉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae32ac9cdb745c7f70184c"},"dish_name":["木瓜糯米糍"],"material":["木瓜","水","糯米粉","奶粉","澄面","椰蓉","色拉油","蜂蜜","糖粉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae32af9cdb745c7f70184d"},"dish_name":["豉油鸡"],"material":["鸡","酱油","油","姜","蒜头","盐","香油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae32b49cdb745c7f70184e"},"dish_name":["花生酱饼干"],"material":["低筋面粉","黄油","花生酱","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32b69cdb745c7f70184f"},"dish_name":["豆沙蛋黄酥"],"material":["高筋粉","低筋粉","黄油","猪油","豆沙馅","糖","水","咸蛋黄","蛋黄","黑芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32b79cdb745c7f701850"},"dish_name":["可可双色土司"],"material":["高筋面粉","黄油","白砂糖","食盐","奶粉","全蛋液","耐高糖酵母","水","可可粉","水（可可粉用）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32b89cdb745c7f701851"},"dish_name":["辣白菜炒年糕"],"material":["年糕","辣白菜","葱","盐","鸡精","水","植物油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32b99cdb745c7f701852"},"dish_name":["草莓奶油蛋糕卷"],"material":["蛋糕","低粉","吉士粉","盐","白糖","水","玉米油","鸡蛋","草莓","奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ba9cdb745c7f701853"},"dish_name":["布朗尼蛋糕"],"material":["黄油","低粉","糖粉","鸡蛋","可可粉","核桃仁","提子","百利甜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32bb9cdb745c7f701854"},"dish_name":["全麦吐司"],"material":["高筋面粉","全麦面粉","奶粉","盐","酵母","糖","水","200左右（自行加减）","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32bc9cdb745c7f701855"},"dish_name":["红豆天使蛋糕"],"material":["柠檬汁","蜜红豆","细砂糖","低筋粉","蛋清","玉米淀粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32be9cdb745c7f701856"},"dish_name":["纽约芝士蛋糕"],"material":["奶油奶酪","低筋面粉","鸡蛋","消化饼干","白砂糖","黄油","酸奶","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32bf9cdb745c7f701857"},"dish_name":["南瓜黑芝麻汤圆"],"material":["

汤圆配料：","南瓜","糯米粉","白砂糖","猪油","黑芝麻","煮汤圆配料：","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32c19cdb745c7f701858"},"dish_name":["戚风蛋糕"],"material":["低筋面粉","鸡蛋","淀粉","牛奶","白砂糖","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32c59cdb745c7f701859"},"dish_name":["蒜苗炒腊肠"],"material":["蒜苗","腊肠","菜籽油","盐","味精","料酒","葱","姜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae32c99cdb745c7f70185a"},"dish_name":["吐司面包"],"material":["水","鸡蛋","盐","糖","酵母","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ca9cdb745c7f70185b"},"dish_name":["蜂蜜小面包"],"material":["普通面粉（和面用）","安琪酵母（和面用）","蜂蜜（和面用）","鸡蛋（和面用）","糖（和面用）","盐（和面用）","清水（和面用）","植物油（和面用）","熟白芝麻（蘸底部用）","低粉（蘸底部用）","白糖（蘸底部用）","水（蘸底部用）","植物油（倒在模具底部）","蜂蜜水（刷表面用 蜂蜜：水=1:1）（刷表明用）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32cb9cdb745c7f70185c"},"dish_name":["玫瑰芝士蛋糕"],"material":["饼底：酥性饼干","黄油","蛋糕体：奶油奶酪","淡奶油","牛奶","糖粉","玫瑰酱","镜面：纯净水","玫瑰酱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32cc9cdb745c7f70185d"},"dish_name":["奶香曲奇"],"material":["黄油","糖粉","底筋面粉","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ce9cdb745c7f70185e"},"dish_name":["红豆面包"],"material":["高筋面粉","水或者牛奶","鸡蛋","盐","糖","酵母","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32cf9cdb745c7f70185f"},"dish_name":["韩式炒年糕"],"material":["韩式年糕","白菜","胡萝卜","葱","洋葱","韩式辣酱","清水","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d09cdb745c7f701860"},"dish_name":["老式面包"],"material":["主料高筋面粉","主料酵母粉","主料白糖","主料盐","主料牛奶","高筋面粉","白糖","牛奶","鸡蛋","盐","黄油","鸡蛋液（涂抹用）","黄油（涂抹用）","蜂蜜（涂抹用）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d19cdb745c7f701861"},"dish_name":["黑芝麻吐司"],"material":["高筋面粉","白砂糖","奶粉","盐","蛋液","酵母","水","黄油","熟黑芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d29cdb745c7f701862"},"dish_name":["巧克力戚风蛋糕"],"material":["鸡蛋","低筋蛋糕粉","玉米油","泡打粉","白糖","白糖","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d39cdb745c7f701863"},"dish_name":["黑巧克力慕斯蛋糕"],"material":["鸡蛋","牛奶","白糖","白糖","低粉","玉米油","淡奶油","白糖","QQ糖","可可粉","装饰饼干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d59cdb745c7f701864"},"dish_name":["全蛋海绵蛋糕"],"material":["黄油（室温软化的）","白砂糖","鸡蛋","低筋面粉","泡打粉","香草精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32d89cdb745c7f701865"},"dish_name":["菠萝鸭"],"material":["鸭肉","菠萝","红椒","青椒","生姜","葱","盐","生抽","料酒","白糖","蚝油","食用油","清水"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae32db9cdb745c7f701866"},"dish_name":["原味慕斯蛋糕"],"material":["消化饼干","黄油","奶油奶酪","淡奶油","糖粉","防潮糖霜","可可粉","吉利丁粉","凉开水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae32dd9cdb745c7f701867"},"dish_name":["原味芝士蛋糕"],"material":["原味消化饼干","奶油奶酪（软化的）","酸奶油","黄油（融化的）","白砂糖","鸡蛋","蛋黄","淡奶油","玉米淀粉","低筋面粉","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32de9cdb745c7f701868"},"dish_name":["清水纸杯小蛋糕"],"material":["鸡蛋","玉米油","白砂糖","低筋面粉","柠檬汁（白醋）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32df9cdb745c7f701869"},"dish_name":["土鸡蛋戚风蛋糕"],"material":["低筋面粉","土鸡蛋","牛奶","花生油","白砂糖(蛋白)","白砂糖(蛋黄)","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e09cdb745c7f70186a"},"dish_name":["天使蛋糕"],"material":["玉米淀粉","低筋面粉","蛋白","盐","砂糖","柠檬汁/白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e19cdb745c7f70186b"},"dish_name":["葡萄奶酥"],"material":["低筋面粉","蛋黄","奶粉","黄油","细砂糖","葡萄干","刷表面:蛋黄"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e39cdb745c7f70186c"},"dish_name":["红豆吐司"],"material":["高筋面粉","牛奶","盐","白糖","发酵粉","鸡蛋","熟红豆","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e49cdb745c7f70186d"},"dish_name":["核桃酥饼"],"material":["食用油","淡奶油","鸡蛋","糖粉","低筋面粉","核桃碎","盐","小苏打","泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e59cdb745c7f70186e"},"dish_name":["葡式蛋挞"],"material":["蛋挞皮","动物淡奶油","纯牛奶","细砂糖","鸡蛋黄","低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e69cdb745c7f70186f"},"dish_name":["葡萄干司康"],"material":["普通面粉","黄油","白糖","泡打粉","鸡蛋","牛奶","葡萄干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e79cdb745c7f701870"},"dish_name":["葱香曲奇"],"material":["盐","糖粉","低筋面粉","黄油","葱","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32e89cdb745c7f701871"},"dish_name":["奶酪蛋糕"],"material":["低粉","奶油奶酪","鸡蛋","牛奶","黄油","细砂糖","柠檬汁","淡奶油","细砂糖（加入淡奶油）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ea9cdb745c7f701872"},"dish_name":["干锅千页豆腐"],"material":["千页豆腐","五花肉","青红椒","胡萝卜","洋葱","蒜苗","盐","生抽","料酒","糖","芝麻油","鸡精","葱姜蒜","干红辣椒","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae32ed9cdb745c7f701873"},"dish_name":["椒盐土豆片"],"material":["土豆","椒盐","辣椒粉","孜然粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae32ef9cdb745c7f701874"},"dish_name":["鸡蛋吐司"],"material":["高筋粉","全麦粉","酵母粉","鸡蛋","鲜奶","白糖","盐","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f09cdb745c7f701875"},"dish_name":["蜂巢蛋糕"],"material":["白砂糖","水","炼奶","蜂蜜","玉米油","低筋面粉","小苏打","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f19cdb745c7f701876"},"dish_name":["巧克力饼干"],"material":["米粉","低筋面粉","奶粉","牛奶","鸡蛋液","色拉油","蜂蜜","花生仁","葡萄干","蔓越莓干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f39cdb745c7f701877"},"dish_name":["沙琪玛"],"material":["普通面粉","鸡蛋","泡打粉","白糖","麦芽糖","水","黑芝麻","葡萄干","小红果","青梅","菠萝干","食用油","山楂糕","饼干模具","炸锅","煮锅"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f49cdb745c7f701878"},"dish_name":["椰汁西米糕"],"material":["椰汁","西米","白糖","吉利丁粉","椰蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f59cdb745c7f701879"},"dish_name":["巧克力蛋糕卷"],"material":["A:低筋粉","黄油","细砂糖","蛋白","B:鸡蛋","玉米油","淡奶油","低筋粉","可可粉","细砂糖","盐","柠檬汁","香草精","C:淡奶油","细砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f79cdb745c7f70187a"},"dish_name":["法式海绵蛋糕"],"material":["低筋面粉","鸡蛋","细砂糖","葵花籽油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f89cdb745c7f70187b"},"dish_name":["酸奶芒果慕斯蛋糕"],"material":["芒果泥","原味酸奶","牛奶","细砂糖","镜面:","芒果汁","芒果口味 QQ 糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32f99cdb745c7f70187c"},"dish_name":["生日蛋糕"],"material":["低筋面粉","黄油","牛奶","鸡蛋","糖","彩色糖针","淡奶油","糖","食用色素"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32fa9cdb745c7f70187d"},"dish_name":["草莓慕斯蛋糕"],"material":["淡奶油","鲜草莓","鲜草莓","白糖","吉利丁粉","牛奶","黄油","奥利奥"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32fc9cdb745c7f70187e"},"dish_name":["熔岩巧克力蛋糕"],"material":["黄油","糖","鸡蛋","低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae32ff9cdb745c7f70187f"},"dish_name":["干锅鸡翅"],"material":["鸡翅中","土豆","洋葱","青菜颈","蒜薹","葱","姜","红柿子椒","香菜","老抽酱油","耗油","料酒","盐","辣椒酱","胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33019cdb745c7f701880"},"dish_name":["苦瓜炒鸡蛋"],"material":["苦瓜","鸡蛋","葱","蒜","姜","盐","味精","白糖","胡椒粉","料酒","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33049cdb745c7f701881"},"dish_name":["奶油芒果雪糕"],"material":["雀巢奶油","糖","炼乳"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33059cdb745c7f701882"},"dish_name":["豌豆黄"],"material":["泡发的豌豆","冰糖","白糖","水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33069cdb745c7f701883"},"dish_name":["重芝士蛋糕"],"material":["奶油芝士（芝士糊）","淡奶油（芝士糊）","炼奶（芝士糊）","酸奶油（芝士糊）","糖粉（芝士糊）","玉米淀粉（芝士糊）","低筋面粉（芝士糊）","鸡蛋（芝士糊）","柠檬皮（芝士糊）","消化饼干（蛋糕底）","黄油（蛋糕底）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33079cdb745c7f701884"},"dish_name":["苏式鲜肉月饼"],"material":["特级精白粉","猪油","开水","猪肉糜","水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33089cdb745c7f701885"},"dish_name":["可可奶油蛋糕卷"],"material":["鸡蛋","低筋面粉","可可粉","牛奶","玉米油","糖","糖","泡打粉","塔塔粉","淡奶油","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae330a9cdb745c7f701886"},"dish_name":["华夫饼"],"material":["中筋面粉","黄油","糖","椰浆","鸡蛋","酵母粉","盐","菠萝碎"],"style":["糕点"]}

{"_id":{"\$oid":"59ae330a9cdb745c7f701887"},"dish_name":["巧克力蛋糕"],"material":["鸡蛋","黄油","白糖","低粉","牛奶","白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae330c9cdb745c7f701888"},"dish_name":["瑞士卷"],"material":["鸡蛋","黄油","牛奶","糖","柠檬汁","低筋面粉","淡奶油","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae330d9cdb745c7f701889"},"dish_name":["蔓越莓司康"],"material":["蔓越莓","黄油","低筋面粉","泡打粉","盐","细砂糖","牛奶","蛋黄（刷表面用）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae330e9cdb745c7f70188a"},"dish_name":["北海道戚风蛋糕"],"material":["鸡蛋","低筋面粉","细砂糖","细砂糖","色拉油","牛奶","24","香草奶油馅","见我的菜谱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33109cdb745c7f70188b"},"dish_name":["五香茶叶蛋"],"material":["香叶","糖","生抽","十三香粉","盐","茶叶","土鸡蛋","桂皮","八角","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33149cdb745c7f70188c"},"dish_name":["家常手撕鸡"],"material":["琵琶鸡腿","尖椒","小米椒","脱皮花生","油","盐","生抽","白糖","胡椒粉","花椒粉","油辣子","蒜","葱","姜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33169cdb745c7f70188d"},"dish_name":["红酒鸡翅"],"material":["鸡翅","红酒","姜","八角","干辣椒","蒜","盐","酱油","冰糖","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33199cdb745c7f70188e"},"dish_name":["芝士蛋糕"],"material":["鸡蛋","牛奶","砂糖","黄油","芝士","柠檬汁","淡奶油","栗粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae331a9cdb745c7f70188f"},"dish_name":["香煎南瓜饼"],"material":["南瓜","糯米粉","油","白芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae331b9cdb745c7f701890"},"dish_name":["蛋挞"],"material":["蛋黄","牛奶","蛋挞皮","糖粉","面粉","炼乳"],"style":["糕点"]}

{"_id":{"\$oid":"59ae331d9cdb745c7f701891"},"dish_name":["绿豆饼"],"material":["小麦粉","牛奶","绿豆","芝麻","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae331e9cdb745c7f701892"},"dish_name":["巧克力糯米滋"],"material":["糯米粉","白糖","可可粉","温水","椰蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae331f9cdb745c7f701893"},"dish_name":["红枣酸奶蛋糕"],"material":["低筋面粉","玉米淀粉","鸡蛋","红枣酸奶","白糖","玉米油","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33209cdb745c7f701894"},"dish_name":["千层酥皮"],"material":["低筋面粉","高筋面粉","黄油（裹入用）","黄油（和面用）","白糖","盐","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33219cdb745c7f701895"},"dish_name":["土豆鸡蛋饼"],"material":["鸡蛋","土豆","面粉","生姜","小葱","盐","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33239cdb745c7f701896"},"dish_name":["葡萄干戚风小蛋糕"],"material":["低筋面粉","鸡蛋","玉米油","牛奶","砂糖","淀粉","葡萄干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33249cdb745c7f701897"},"dish_name":["椰香戚风蛋糕"],"material":["鸡蛋","椰子","玉米油","低筋面粉","白糖","白糖","塔塔粉","椰蓉（装饰表面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33259cdb745c7f701898"},"dish_name":["热狗面包卷"],"material":["高筋面粉","低筋面粉","奶粉","糖","盐","鸡蛋","酵母","水","黄油","香肠","全蛋液（刷表面用）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33299cdb745c7f701899"},"dish_name":["南乳猪手"],"material":["猪手","香叶","八角","丁香","小茴香","草果","陈皮","胡椒","桂皮","酱油","老抽","盐","味精","鸡精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae332c9cdb745c7f70189a"},"dish_name":["西红柿土豆炖牛腩"],"material":["牛腩","大的西红柿","土豆","葱","姜","蒜","花椒","桂皮","八角","罗勒","黑胡椒碎","老抽","生抽","盐","鸡精","开水","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae332f9cdb745c7f70189b"},"dish_name":["草莓鲜奶油蛋糕"],"material":["戚风蛋糕用料","牛奶","低筋面粉","白糖（蛋黄用）","白糖（蛋白用）","鸡蛋","橄榄油","柠檬","食盐","裱花蛋糕用料","草莓","奶油","250ML","白糖","吉利丁粉","朗姆酒","可可粉","糖霜","薄荷","温水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33309cdb745c7f70189c"},"dish_name":["小餐包"],"material":["高筋面粉","水","鸡蛋液","白砂糖","色拉油","盐","奶粉","酵母"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33329cdb745c7f70189d"},"dish_name":["榴莲糯米糍"],"material":["糯米粉","奶粉","糖","水","榴莲肉","椰蓉","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33339cdb745c7f70189e"},"dish_name":["面包"],"material":["高筋面粉","低筋面粉","牛奶","细砂糖","鸡蛋","奶粉","酵母","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33349cdb745c7f70189f"},"dish_name":["蜂蜜小蛋糕"],"material":["面粉","

白糖","鸡蛋","色拉油","蜂蜜","水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33359cdb745c7f7018a0"},"dish_name":["玫瑰花面包"],"material":["高筋面粉","酵母","砂糖","盐","蛋液","牛奶","淡奶油","黄油","鸡蛋液刷表面"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33379cdb745c7f7018a1"},"dish_name":["原味戚风蛋糕"],"material":["鸡蛋","低筋面粉","玉米油","牛奶","砂糖（蛋白）","砂糖（蛋黄）","柠檬汁","香草精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33389cdb745c7f7018a2"},"dish_name":["红枣糕"],"material":["去核红枣","鸡蛋","牛奶","低筋面粉","红糖","泡打粉","玉米油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33399cdb745c7f7018a3"},"dish_name":["核桃酥"],"material":["低筋面粉","鸡蛋","糖","玉米油","泡打粉","核桃仁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae333b9cdb745c7f7018a4"},"dish_name":["黑芝麻面包"],"material":["高筋面粉","全麦面粉","白砂糖","盐","酵母","水","黄油","熟黑芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae333c9cdb745c7f7018a5"},"dish_name":["巧克力布朗尼"],"material":["黄油","低筋面粉","鸡蛋","糖","（我买了德芙的）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33409cdb745c7f7018a6"},"dish_name":["爆炒腰花"],"material":["猪腰","泡菜","姜","蒜","小葱","料酒","香油","生粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33439cdb745c7f7018a7"},"dish_name":["西红柿木耳炒鸡蛋"],"material":["西红柿","鸡蛋","木耳","香菜","花生油","葱花","盐","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33459cdb745c7f7018a8"},"dish_name":["巧克力蛋卷"],"material":["蛋黄","蛋清","泡打粉","低粉","香草精","色拉油","水或奶","60","实盐","白砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33479cdb745c7f7018a9"},"dish_name":["红丝绒蛋糕"],"material":["食用油","低筋面粉","鸡蛋","绵白糖","糖粉","食盐","塔塔粉","烘焙奶粉","温水","食用红曲粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33489cdb745c7f7018aa"},"dish_name":["黑芝麻饼干"],"material":["低筋面粉","黄油","鸡蛋","白糖","盐","泡打粉","熟黑芝麻","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33499cdb745c7f7018ab"},"dish_name":["蓝莓蛋糕卷"],"material":["蛋黄","低粉","砂糖","牛奶","玉米油","蛋白","砂糖","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae334a9cdb745c7f7018ac"},"dish_name":["红枣玉米发糕"],"material":["玉米面","白面","大枣","泡打粉","孝母粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae334c9cdb745c7f7018ad"},"dish_name":["椰蓉餐包"],"material":["高筋面粉","低筋面粉","细砂糖","蛋液","淡奶油","牛奶","盐","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae334d9cdb745c7f7018ae"},"dish_name":["枣泥蛋糕"],"material":["鸡蛋","红枣","色拉油","低筋面粉","红糖","白醋","温水","冻奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae334e9cdb745c7f7018af"},"dish_name":["黄金蛋糕"],"material":["鸡蛋黄","鸡蛋清","白糖","色拉油","低筋面粉","盐","白醋","鸡蛋黄","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae334f9cdb745c7f7018b0"},"dish_name":["芒果蛋糕"],"material":["柠檬汁","细砂糖","奶酪奶油","消化饼","芒果果肉","淡奶油","黄油","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33509cdb745c7f7018b1"},"dish_name":["椰蓉吐司"],"material":["高粉","水","牛奶","奶粉","鸡蛋","糖","盐","酵母","黄油","椰蓉","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33519cdb745c7f7018b2"},"dish_name":["大理石芝士蛋糕"],"material":["奶油奶酪","牛奶","黄油","低筋面粉","玉米淀粉","细砂糖","鸡蛋","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33549cdb745c7f7018b3"},"dish_name":["茭白炒肉"],"material":["茭白","猪肉","葱","姜","蒜","红椒","盐","味精","鸡粉","酱油","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33569cdb745c7f7018b4"},"dish_name":["酸菜豆腐鱼"],"material":["黑鱼","酸菜","豆腐","姜","黄酒","红椒","盐","生粉","胡椒粉","葱","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33959cdb745c7f7018b5"},"dish_name":["豆沙酥"],"material":["中筋粉(油皮)","猪油(油皮)","白砂糖(油皮)","水(油皮)","低筋粉(油酥)","猪油(油酥)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33969cdb745c7f7018b6"},"dish_name":["自制放心油条"],"material":["面粉","盐","温开水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33979cdb745c7f7018b7"},"dish_name":["南瓜小饼"],"material":["南瓜","糯米粉","面粉","白砂糖","食用油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33999cdb745c7f7018b8"},"dish_name":["椒盐酥饼"],"material":["低筋面粉","水","猪油","盐","油","酵母","椒盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339a9cdb745c7f7018b9"},"dish_name":["发糕"],"material":["南瓜","紫薯","面粉","酵母粉","白砂糖","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339b9cdb745c7f7018ba"},"dish_name":["清明团子"],"material":["艾叶","粳米粉","糯米粉","黑芝麻","花生","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339c9cdb745c7f7018bb"},"dish_name":["雨花石汤圆"],"material":["糯米粉","可可粉","抹茶粉","红曲粉","黑芝麻馅(自制)","花生馅(自制)","红豆沙(自制)","黄油(放红豆用)","白糖(黑芝麻,花生)","红糖(放红豆用)","食用油(黑芝麻花生)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339d9cdb745c7f7018bc"},"dish_name":["棉花蛋糕"],"material":["低筋面粉","鸡蛋","黄油","牛奶","白砂糖","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339e9cdb745c7f7018bd"},"dish_name":["无水蜂蜜蛋糕"],"material":["鸡蛋","蜂蜜","白糖","低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae339f9cdb745c7f7018be"},"dish_name":["蛋糕卷"],"material":["鸡蛋","细砂糖","牛奶","玉米油","低粉","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33b79cdb745c7f7018bf"},"dish_name":["完美戚风"],"material":["鸡蛋","糖","玉米淀粉","低筋面粉","色拉油","牛奶","胡萝卜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33ba9cdb745c7f7018c0"},"dish_name":["红烧鲤鱼"],"material":["鲤鱼","蒜","料酒","花椒","盐","葱","干辣椒","姜","油","八角"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33bc9cdb745c7f7018c1"},"dish_name":["香菇菜心"],"material":["香菇","油菜心","盐","食用油","水淀粉","鸡精","生抽","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33be9cdb745c7f7018c2"},"dish_name":["粽子"],"material":["五花肉, 胡椒, 绿豆, 花生油, 糯米, 红蓝菜, ","若干","红蓝菜, 野菠萝叶子","若干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c09cdb745c7f7018c3"},"dish_name":["法式全蛋海绵蛋糕"],"material":["鸡蛋","面粉","玉米油","白沙糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c19cdb745c7f7018c4"},"dish_name":["生煎包"],"material":["馅：肉末","葱","蚝油","盐","酱油","老抽","料酒","白糖","水","生粉","面团：面粉","盐","白糖","酵母","水","黑芝麻(装饰)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c39cdb745c7f7018c5"},"dish_name":["火腿披萨"],"material":["高筋粉","鸡蛋","白糖","盐","牛奶","玉米油","发酵粉","烤肠","虾仁","青椒","葱头","小番茄","披萨酱","马苏里拉奶酪"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c49cdb745c7f7018c6"},"dish_name":["酸奶慕斯蛋糕"],"material":["奥

利奥饼干","黄油","酸奶"," 淡奶油","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c59cdb745c7f7018c7"},"dish_name":["红糖发糕"],"material":["面粉","温水","葡萄干"," 酵母粉","红糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c79cdb745c7f7018c8"},"dish_name":["提拉米苏蛋糕"],"material":[" 马斯卡彭芝士"," 动物性鲜奶油（冷藏的）"," 蛋黄"," 细砂糖"," 手指饼干"," 咖啡酒 A"," 咖啡酒 B"," 冲泡好的浓缩咖啡"," 可可粉（装饰表面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c89cdb745c7f7018c9"},"dish_name":["蒿子粑粑"],"material":["艾草","粘米粉","糯米粉","腊肉","蒜苗","生姜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33c99cdb745c7f7018ca"},"dish_name":["羊角酥"],"material":["食用油","水"," 自制红豆沙","鸡蛋"," 低筋面粉"," 食红"," 奶粉"," 自制糖浆"," 枧水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33ca9cdb745c7f7018cb"},"dish_name":["葡萄干发糕"],"material":["面粉","葡萄干","椰子粉"," 酵母"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33cb9cdb745c7f7018cc"},"dish_name":["黄油蛋糕"],"material":["黄油","细糖","鸡蛋"," 低粉"," 泡打粉"," 柠檬皮"," 柠檬汁","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33ce9cdb745c7f7018cd"},"dish_name":["鱼籽烧豆腐"],"material":["鱼籽","北豆腐"," 辣椒酱"," 盐","香菜","胡椒粉"," 鸡精","料酒"," 味极鲜","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae33d19cdb745c7f7018ce"},"dish_name":["酱爆肉"],"material":["五花肉","大蒜苗","大蒜"," 老干妈油辣椒","姜"," 盐, 白糖, 料酒, 味精"," 红柿椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae33db9cdb745c7f7018cf"},"dish_name":["巧克力曲奇"],"material":["低筋粉","黄油","鸡蛋","可可粉","砂糖"," 糖粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33dc9cdb745c7f7018d0"},"dish_name":["香蕉磅蛋糕"],"material":["黄油"," 细砂糖"," 低筋麵粉"," 全蛋液","香蕉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33dd9cdb745c7f7018d1"},"dish_name":["微波炉蛋糕"],"material":["鸡蛋","蛋糕粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33de9cdb745c7f7018d2"},"dish_name":["玉米发糕"],"material":["酵母粉"," 新鲜玉米","白糖"," 温水","面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33df9cdb745c7f7018d3"},"dish_name":["烧饼"],"material":[" 金龙鱼高筋麦芯粉"," 纯净水"," 酵母"," 芝麻酱"," 老抽","白糖"," 盐"," 盐"," 花椒大料粉"," 茴香粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e09cdb745c7f7018d4"},"dish_name":["酸奶水果雪糕"],"material":[" 自制酸奶"," 当季各种新鲜水果","蜂蜜"," 棒冰模具","一套"," 淡奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e29cdb745c7f7018d5"},"dish_name":["蒸蛋"],"material":["鸡蛋"," 凉开水"," 盐","酱油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e39cdb745c7f7018d6"},"dish_name":["奶酪面包"],"material":[" 高筋粉"," 酵母"," 有盐黄油"," 奶油奶酪"," 细砂糖"," 盐","鸡蛋"," 温水或牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e49cdb745c7f7018d7"},"dish_name":["芒果慕斯蛋糕"],"material":[" 6 寸戚风蛋糕胚","芒果"," 淡奶油","吉利丁粉"," 纯净水"," 糖粉（或白砂糖）"," 橙汁（镜面）"," 吉利丁粉（镜面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e59cdb745c7f7018d8"},"dish_name":["椰蓉面包"],"material":["面粉","牛奶","鸡蛋","白糖"," 盐"," 发酵粉","黄油"," 椰蓉"," 蛋黄"," 淡奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e69cdb745c7f7018d9"},"dish_name":["母亲节蛋糕"],"material":[" 六寸戚风蛋糕","奶油","葡萄","火龙果","芒果"],"style":["糕点"]}

{"_id":{"\$oid":"59ae33e99cdb745c7f7018da"},"dish_name":["老干妈蒸排骨"],"material":["老

干妈","葱","姜","蒜","香葱","白糖","蚝油","鸡粉","料酒","胡椒粉","味精","生抽","南乳汁","淀粉"],"style":["荤菜"]}

{"_id":{"\$_oid":"59ae33ea9cdb745c7f7018db"},"dish_name":["黑椒牛排粒"],"material":["科尔沁肉眼牛排","老抽","黑胡椒粉","鲜酱油","橄榄油"],"style":["荤菜"]}

{"_id":{"\$_oid":"59ae33ed9cdb745c7f7018dc"},"dish_name":["冬瓜炒虾仁"],"material":["虾仁","冬瓜","半边","食用油","适当","盐","适当"],"style":["热菜"]}

{"_id":{"\$_oid":"59ae33ef9cdb745c7f7018dd"},"dish_name":["酸奶戚风蛋糕"],"material":["酸奶","玉米油","鸡蛋","低筋面粉","细砂糖","盐"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f09cdb745c7f7018de"},"dish_name":["清香红豆糕"],"material":["西米","红豆","红糖"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f19cdb745c7f7018df"},"dish_name":["菊花酥"],"material":["普通面粉","色拉油","水","盐","以上是水油皮材料","低筋面粉","色拉油","以上是油酥材料","豆沙馅儿"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f29cdb745c7f7018e0"},"dish_name":["肉松面包卷"],"material":["面团材料","高筋面粉","低筋面粉","细砂糖","盐","酵母","水","鸡蛋液","奶粉","黄油","夹馅及装饰","沙拉酱","白芝麻","肉松","全蛋液","葱"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f39cdb745c7f7018e1"},"dish_name":["电饭煲蒸蛋糕"],"material":["低筋面粉","鸡蛋","玉米油","白糖(加蛋黄中)","白糖(加蛋白中)","牛奶","香草精","熟黑芝麻(撒表面)","随意"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f59cdb745c7f7018e2"},"dish_name":["可可戚风蛋糕"],"material":["低筋面粉","可可粉","植物油","牛奶","30","绵白糖","鸡蛋"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f69cdb745c7f7018e3"},"dish_name":["百香果磅蛋糕"],"material":["黄油","糖粉","百香果","鸡蛋","低粉","糖粉","泡打粉"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f79cdb745c7f7018e4"},"dish_name":["腊味萝卜糕"],"material":["白萝卜","粘米粉","玉米淀粉","腊肉","腊肠","香芹","油","盐","糖","鸡粉"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f89cdb745c7f7018e5"},"dish_name":["老式海绵蛋糕"],"material":["鸡蛋","低粉","白糖","植物油"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33f99cdb745c7f7018e6"},"dish_name":["巧克力杯子蛋糕"],"material":["2oz","无盐黄油","可可粉","低筋面粉","小苏打","泡打粉","盐","鸡蛋","细砂糖","红糖","酪乳(牛奶+白醋)"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33fa9cdb745c7f7018e7"},"dish_name":["酥皮月饼"],"material":["中粉(水油皮)","猪油(水油皮)","糖(水油皮)","水(水油皮)","中粉(油皮)","猪油","豆沙"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae33fd9cdb745c7f7018e8"},"dish_name":["新疆手抓饭"],"material":["大米","土豆","洋葱","胡萝卜","羊肉","盐","熟芝麻(饭熟在加)"],"style":["主食"]}

{"_id":{"\$_oid":"59ae33fe9cdb745c7f7018e9"},"dish_name":["芝麻酥饼"],"material":["鸡蛋清","玉米淀粉","低粉","黑芝麻","糖粉","黄油"],"style":["主食"]}

{"_id":{"\$_oid":"59ae34009cdb745c7f7018ea"},"dish_name":["青椒炒面筋"],"material":["水面筋","青椒","耗油","姜末","蒜末","盐","糖"],"style":["热菜"]}

{"_id":{"\$_oid":"59ae34029cdb745c7f7018eb"},"dish_name":["奶香吐司"],"material":["盐","高筋面粉","糖","淡奶油","酵母","鸡蛋","低筋面粉"],"style":["糕点"]}

{"_id":{"\$_oid":"59ae34049cdb745c7f7018ec"},"dish_name":["红豆酥"],"material":["普通面粉","黄油","蛋清","白糖","30","水","35","蛋黄","红豆馅","板栗馅","芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34059cdb745c7f7018ed"},"dish_name":["冻酸奶芝士蛋糕"],"material":["奶油奶酪","酸奶"," 淡奶油"," 低筋面粉"," 玉米淀粉","糖","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34069cdb745c7f7018ee"},"dish_name":["无油无水蛋糕"],"material":["鸡蛋"," 低筋面粉","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34089cdb745c7f7018ef"},"dish_name":["苹果蛋糕"],"material":["苹果","鸡蛋","黄油","糖"," 泡打粉","柠檬","蜂蜜"," 低粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34099cdb745c7f7018f0"},"dish_name":["烧卖"],"material":["糯米"," 饺子皮","青豆","玉米","香菇","腊肠"," 盐"," 生抽"," 老抽"],"style":["糕点"]}

{"_id":{"\$oid":"59ae340a9cdb745c7f7018f1"},"dish_name":["桂花糕"],"material":["糯米"," 粳米"," 糖霜"," 干桂花"," 金桂花"," 清水","蜂蜜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae340b9cdb745c7f7018f2"},"dish_name":["蜂蜜鸡蛋玉米面发糕"],"material":["面粉"," 玉米面粉","大枣"," 一盘","枸杞","适当","葡萄干","适当","鸡蛋","牛奶","蜂蜜"," 安琪酵母粉"," 蒸锅里的水","适当"],"style":["糕点"]}

{"_id":{"\$oid":"59ae340d9cdb745c7f7018f3"},"dish_name":["香橙蛋糕"],"material":[" 低筋粉"," 玉米油","鸡蛋"," 橙汁","白砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae340e9cdb745c7f7018f4"},"dish_name":["五分钟微波炉蛋糕"],"material":["微波蛋糕粉","鸡蛋"," 橄榄油"," 蔓越莓干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae340f9cdb745c7f7018f5"},"dish_name":["粘米糕"],"material":["糯米"," 豆沙馅","糖","黄油"," 盐"," 椰蓉"," 熟豆面"," 抹茶粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34129cdb745c7f7018f6"},"dish_name":["西红柿鸡蛋炒年糕"],"material":["西红柿","鸡蛋"," 年糕","葱","油"," 盐"," 生抽"," 黑胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae34139cdb745c7f7018f7"},"dish_name":["烫面葱油饼"],"material":["面粉"," 葱"," 开水"," 盐"," 植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae34159cdb745c7f7018f8"},"dish_name":["土豆鸡腿"],"material":["土豆","鸡腿","葱","姜","花椒","八角","油"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae34189cdb745c7f7018f9"},"dish_name":["清香马蹄糕"],"material":[" 马蹄粉"," 水","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34199cdb745c7f7018fa"},"dish_name":["荠菜肉丝炒年糕"],"material":["年糕","荠菜","五花肉","香菇","生姜","食用油"," 食盐","味精","白糖","料酒"],"style":["糕点"]}

{"_id":{"\$oid":"59ae341a9cdb745c7f7018fb"},"dish_name":["奶黄冰皮月饼"],"material":["鸡蛋"," 糖粉","牛奶"," 粘米粉"," 玉米油","牛奶","黄油"," 澄粉"," 炼乳"," 澄粉","糯米粉"," 炼乳"," 熟糯米粉（手粉）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae341b9cdb745c7f7018fc"},"dish_name":["原味曲奇"],"material":[" 黄油 "," 低粉（蛋糕粉）"," 扁桃仁粉"," 糖粉（或糖霜）"," 蛋黄"," 盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae341d9cdb745c7f7018fd"},"dish_name":["抹茶戚风蛋糕"],"material":[" 低筋面粉","鸡蛋","牛奶"," 玉米油","糖"," 塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae341d9cdb745c7f7018fe"},"dish_name":["无水蛋糕"],"material":["鸡蛋"," 低筋面粉","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae341f9cdb745c7f7018ff"},"dish_name":["戚风蛋糕"],"material":[" 低筋麵粉"," 蛋黄"," 蛋白","牛奶"," 細砂糖（蛋黄中）"," 細砂糖（蛋白中）"," 無味植物油"," 檸檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34209cdb745c7f701900"},"dish_name":["蔓越莓小蛋糕"],"material":["鸡蛋","牛奶"," 低面粉"," 盐","糖","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34219cdb745c7f701901"},"dish_name":[" 奶酪小蛋糕"],"material":[" 蛋糕粉","鸡蛋"," 牛油"," 奶油奶酪"," 水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34239cdb745c7f701902"},"dish_name":[" 自制雪糕"],"material":[" 奶粉"," 白糖"," 小洋人"," 盐"," 纯净水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34239cdb745c7f701903"},"dish_name":[" 自制山楂糕"],"material":[" 山楂"," 冰糖"," 水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34269cdb745c7f701904"},"dish_name":[" 葱香花卷"],"material":[" 面粉"," 葱花"," 酵母"," 油"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae34289cdb745c7f701905"},"dish_name":["米饭鸡蛋饼"],"material":["米饭"," 鸡蛋"," 南瓜"," 胡椒粉"," 孜然粉"," 鸡汁"," 盐"," 芝麻油"],"style":["主食"]}

{"_id":{"\$oid":"59ae342a9cdb745c7f701906"},"dish_name":["蚝油鸡腿菇"],"material":["鸡腿菇"," 青椒"," 胡萝卜"," 蒜头"," 蚝油"," 生抽"," 白糖"," 盐"," 老抽"," 纯净水"," 淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae342d9cdb745c7f701907"},"dish_name":[" 红曲戚风"],"material":[" 盐"," 白醋"," 红曲粉"," 色拉油"," 低筋面粉"," 白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae342e9cdb745c7f701908"},"dish_name":[" 木糠布丁蛋糕"],"material":[" 消化饼干"," 奶油"," 吉利丁"," 可可粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae342f9cdb745c7f701909"},"dish_name":["肉松饼干"],"material":["黄油"," 肉松"," 低筋面粉"," 黑芝麻"," 糖粉"," 蛋黄"," 鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34319cdb745c7f70190a"},"dish_name":[" 蔓越莓麦芬"],"material":[" 色拉油"," 牛奶"," 蛋液"," 砂糖"," 低筋面粉"," 泡打粉"," 盐"," 小苏打"," 蔓越莓干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34339cdb745c7f70190b"},"dish_name":[" 天然酵种巧克力蛋糕"],"material":[" 中粉或低粉"," 牛奶"," 鸡蛋"," 盐"," 可可粉"," 咖啡粉"," 香草精"," 小苏打"," 砂糖"," 植物油"," 天然酵种"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34349cdb745c7f70190c"},"dish_name":[" 马拉糕"],"material":[" 低筋面粉"," 泡打粉"," 白糖"," 牛奶"," 鸡蛋"," 黄油"," 蔓越梅"," 若干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34359cdb745c7f70190d"},"dish_name":["可可杏仁蛋糕"],"material":["鸡蛋"," 牛奶"," 玉米油"," 可可粉"," 低筋面粉"," 杏仁"," 糖"," 糖"," 香草精"," 泡打粉"," 塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34369cdb745c7f70190e"},"dish_name":[" 花式豆沙面包"],"material":[" 高筋面粉"," 150G"," 奶粉"," 10G"," 白砂糖"," 15G"," 盐"," 1G"," 酵母"," 2G"," 水"," 70G"," 黄油"," 15G"," 鸡蛋"," 豆沙馅"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34399cdb745c7f70190f"},"dish_name":[" 酸奶芝士蛋糕"],"material":[" 自發酸奶"," 奶油奶酪"," 淡奶油"," 低筋麵粉"," 細砂糖"," 檸檬汁"," 蛋黄"," 蛋白"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34399cdb745c7f701910"},"dish_name":["咖啡蛋糕卷"],"material":["鸡蛋"," 低粉"," 咖啡粉"," 白糖"," 牛奶"," 玉米油"," 白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae343b9cdb745c7f701911"},"dish_name":["抹茶蛋糕卷"],"material":["鸡蛋"," 低筋面粉"," 抹茶粉"," 油"," 牛奶"," 塔塔粉"," 泡打粉"," 白糖"," 金钻奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34b49cdb745c7f701912"},"dish_name":[" 燕 麦 奶 香 馒 头"],"material":[],"style":["主食"]}

{"_id":{"\$oid":"59ae34b59cdb745c7f701913"},"dish_name":["鸳鸯蒸饺"],"material":["面粉"," 胡萝卜"," 辣椒"," 鸡蛋"," 蚝油"," 盐"," 橄榄油"," 葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae34b69cdb745c7f701914"},"dish_name":["丝瓜炒鸡蛋"],"material":["丝瓜","鸡蛋","油","盐","料酒","白糖","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae34b99cdb745c7f701915"},"dish_name":["南瓜戚风"],"material":["南瓜泥","低筋粉","牛奶","玉米油","鸡蛋","柠檬汁","细沙糖放蛋黄里","细沙糖放蛋白里"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34ba9cdb745c7f701916"},"dish_name":["豆渣蛋糕"],"material":["豆渣","低粉","蛋黄","糖(蛋黄用)","蛋白","糖(蛋白用)","食用油(无味)","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34bc9cdb745c7f701917"},"dish_name":["彩虹蛋糕"],"material":["低筋粉","玉米淀粉","鸡蛋","白糖","玉米油","纯酸奶","色素"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34bd9cdb745c7f701918"},"dish_name":["饼干"],"material":["干酵母","面粉","白糖","盐","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34bf9cdb745c7f701919"},"dish_name":["慕斯蛋糕"],"material":["八寸蛋糕胚","淡奶油","糖粉","芒果","纯牛奶","QQ糖橙子味","朱古力针"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c09cdb745c7f70191a"},"dish_name":["原味蛋糕卷"],"material":["鸡蛋","白砂糖","牛奶","玉米油","玉米淀粉","低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c19cdb745c7f70191b"},"dish_name":["抹茶蛋糕"],"material":["鸡蛋","低粉","糖","油","抹茶粉","奶粉","酸奶","盐","泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c29cdb745c7f70191c"},"dish_name":["红豆雪糕"],"material":["红豆","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c49cdb745c7f70191d"},"dish_name":["小蛋糕"],"material":["鸡蛋","面粉","白糖","调和油","芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c59cdb745c7f70191e"},"dish_name":["芝麻酥"],"material":["面粉","玉米油","糖粉","鸡蛋","泡打粉","黑芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae34c79cdb745c7f70191f"},"dish_name":["香橙蛋糕卷"],"material":["鸡蛋","水","低筋面粉","奶粉","盐","食用油","香橙L","绵白糖(香橙)","糖粉(蛋黄)","淡奶油","塔塔粉","绵白糖(蛋白)","烘焙高脂奶粉","糖粉(淡奶油)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35259cdb745c7f701920"},"dish_name":["猪肉洋葱馅饼"],"material":["洋葱","面粉","酵母","浓汤宝","水","猪里脊肉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35259cdb745c7f701921"},"dish_name":["韭菜虾仁饺子"],"material":["韭菜","肉","虾仁","姜","油","盐","白糖","十三香","味精","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35259cdb745c7f701922"},"dish_name":["辣椒炒蛭子"],"material":["海蛭","蒜苗","剁椒","蒜","姜","生抽","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae35259cdb745c7f701923"},"dish_name":["肉松卷"],"material":["低粉","盐","糖","发酵粉","牛奶","鸡蛋","肉松","葱","芝麻","沙拉酱","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35259cdb745c7f701924"},"dish_name":["酥皮点心"],"material":["水油皮:面粉","水油皮:猪油","水油皮:水","油酥:低粉","油酥:猪油","粘米面","核桃碎","花生碎","黑芝麻","白芝麻","菠萝干","葡萄干","蜂蜜","食用油","白糖","杏仁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35279cdb745c7f701925"},"dish_name":["炸糖糕"],"material":["中筋面粉","油","开水","白糖","面粉","炸油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35289cdb745c7f701926"},"dish_name":["百香果慕斯蛋糕"],"material":["慕斯部分","消化饼干","隔化黄油","牛奶","百香果泥","蛋黄","砂糖","吉利丁粉","水","淡奶油","镜面部分","水","砂糖","百香果汁","吉利丁粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35299cdb745c7f701927"},"dish_name":["牛奶红豆雪糕"],"material":["纯

牛奶"," 蜜红豆"," 鸡蛋黄","白糖"," 炼乳"," 玉米淀粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352a9cdb745c7f701928"},"dish_name":["焦糖菠萝翻转蛋糕"],"material":["焦糖用料: "," 细砂糖"," 热水","黄油"," 新鲜菠萝"," 分蛋式海绵蛋糕体: ","黄油"," 蛋黄"," 细砂糖"," 低筋面粉"," 蛋白"," 细砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352b9cdb745c7f701929"},"dish_name":["果酱蛋糕卷"],"material":["鸡蛋"," 牛奶"," 橄榄油"," 白糖（蛋清）"," 白糖（蛋黄）"," 白醋或柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352d9cdb745c7f70192a"},"dish_name":["奶油小蛋糕"],"material":[" 低筋面粉","鸡蛋","白糖","白糖"," 玉米油","牛奶"," 塔塔粉"," 淡奶油","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352d9cdb745c7f70192b"},"dish_name":["柠檬戚风蛋糕"],"material":["鸡蛋"," 糖粉（蛋黄用）"," 玉米淀粉"," 玉米油"," 盐"," 泡打粉","牛奶","白砂糖"," 柠檬汁"," 低筋粉"," 柠檬皮蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352e9cdb745c7f70192c"},"dish_name":["奶酪戚风蛋糕"],"material":[" 8 寸戚风蛋糕"," 奶油奶酪"," 淡奶油"," 糖粉"," 奶粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae352f9cdb745c7f70192d"},"dish_name":["枸杞玉米面发糕"],"material":["玉米面"," 白面","鸡蛋"," 三色葡萄干蔓越梅干","白糖"," 酵母"," 牛奶或水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35349cdb745c7f70192e"},"dish_name":["肉桂卷"],"material":[" 白砂糖"," 盐"," 低筋面粉"," 内馅: 肉桂粉","黄油"," 蛋液"," 高筋面粉"," 酵母","牛奶"," 内陷: 白砂糖"," 内陷: 融化黄油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35349cdb745c7f70192f"},"dish_name":["玉米炒饭"],"material":["玉米"," 胡萝卜","大蒜"," 肉卷"," 盐","食用油","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35359cdb745c7f701930"},"dish_name":["南瓜面疙瘩"],"material":["南瓜"," 面粉","猪油","葱"," 盐","糖"," 鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae35369cdb745c7f701931"},"dish_name":["凤尾虾"],"material":["油"," 对虾","鸡蛋","胡椒粉","面粉"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae35389cdb745c7f701932"},"dish_name":["猪肉白菜炖粉条"],"material":["五花肉","白菜","油"," 盐","酱油","小葱","生姜","蚝油"," 鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae353b9cdb745c7f701933"},"dish_name":["紫薯糯米糕"],"material":["糯米粉"," 粘米粉","紫薯","糖","枸杞"," 温水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae353b9cdb745c7f701934"},"dish_name":["番茄炒年糕"],"material":["番茄"," 年糕","番茄酱"," 盐"," 葱花","糖"," 植物油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae353c9cdb745c7f701935"},"dish_name":["枣花糕"],"material":["面粉"," 水"," 发酵粉"," 熟红枣"],"style":["糕点"]}

{"_id":{"\$oid":"59ae353d9cdb745c7f701936"},"dish_name":["奶油蛋糕"],"material":["鸡蛋","白糖"," 玉米油"," 低筋面粉","牛奶"," 淡奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae353f9cdb745c7f701937"},"dish_name":["玛芬蛋糕"],"material":["黄油"," 白砂糖"," 原味酸奶"," 低筋面粉","鸡蛋"," 蔓越梅干","牛奶"," 泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35409cdb745c7f701938"},"dish_name":["麻花"],"material":["糖"," 盐","鸡蛋"," 水","面粉"," 酵母"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35419cdb745c7f701939"},"dish_name":["炸年糕"],"material":["年糕"," 番茄沙司","油","鸡蛋","淀粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35429cdb745c7f70193a"},"dish_name":["炸油条"],"material":["高筋面粉"," 水"," 酵母粉","小苏打","油"," 盐"," 炸锅油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35439cdb745c7f70193b"},"dish_name":["香芋派"],"material":["香芋馅","

面粉","玉米油","面粉","玉米油","白糖","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35459cdb745c7f70193c"},"dish_name":["章鱼烧"],"material":["低筋面粉","泡打粉","澄粉","鸡蛋","盐","水","胡萝卜","章鱼头","绿甘蓝","海苔","生抽","鲍鱼汁","淀粉","蛋黄酱","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35469cdb745c7f70193d"},"dish_name":["红豆煎饼"],"material":["红豆","鸡蛋","面粉","花生油","盐","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35479cdb745c7f70193e"},"dish_name":["韭菜鸡蛋煎饼"],"material":["韭菜","面粉","盐","油","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae35499cdb745c7f70193f"},"dish_name":["火腿鸡蛋饼"],"material":["鸡蛋","火腿肠","普通面粉","玉米淀粉（没有不加）","白糖（不喜甜换成盐）","清水（牛奶也行）","香葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae354a9cdb745c7f701940"},"dish_name":["端午节粽子"],"material":["糯米","糖","红枣或蜜枣"],"style":["主食"]}

{"_id":{"\$oid":"59ae354b9cdb745c7f701941"},"dish_name":["香煎肉饼"],"material":["面粉","泡打粉","馅料","油","盐","味精","芹菜末","胡萝卜丝","香菇","八角粉","猪肉"],"style":["主食"]}

{"_id":{"\$oid":"59ae354e9cdb745c7f701942"},"dish_name":["黄桥烧饼"],"material":["面粉","泡打粉","小苏打","油酥面","食用油","牛肉馅","葱","姜末","香油","白胡椒粉","白芝麻","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae354f9cdb745c7f701943"},"dish_name":["台湾芋圆"],"material":["芋头（去皮）","地瓜（去皮）","太白粉","番薯粉","白砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35519cdb745c7f701944"},"dish_name":["香肉粽子"],"material":["糯米","粽子叶","里脊肉","酱油","盐","耗油","白酒","猪油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35529cdb745c7f701945"},"dish_name":["红枣发糕"],"material":["面粉","白糖","发酵粉","温水","红枣"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35539cdb745c7f701946"},"dish_name":["电饭锅蒸蛋糕"],"material":["鸡蛋","白醋","牛奶","面粉（低筋面粉）","食用油","40","白砂糖","泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35549cdb745c7f701947"},"dish_name":["鸡蛋火腿三明治"],"material":["吐司","火腿（火腿肠）","黄瓜","/2很","鸡蛋","番茄酱","沙拉酱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35569cdb745c7f701948"},"dish_name":["肉丝炒年糕"],"material":["年糕","猪肉","葱","姜","老抽","生抽","料酒","糖","盐","植物油","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35579cdb745c7f701949"},"dish_name":["电压力锅蛋糕"],"material":["低粉","牛奶","色拉油","糖","糖","泡打粉","柠檬汁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35589cdb745c7f70194a"},"dish_name":["黄金煎饼"],"material":["红薯","糯米粉","糖渍椰丝","食用油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35599cdb745c7f70194b"},"dish_name":["电饭锅做蛋糕"],"material":["鸡蛋","低筋面粉","白糖","花生油","油纸","醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae355c9cdb745c7f70194c"},"dish_name":["炒米粉"],"material":["生抽","老抽","白糖","水","豆芽","米粉","葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae355d9cdb745c7f70194d"},"dish_name":["槐花鸡蛋饼"],"material":["槐花","面粉","油","盐","五香粉","鸡蛋","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae355e9cdb745c7f70194e"},"dish_name":["千层牛肉饼"],"material":["牛肉馅","大葱","姜粉","白胡椒粉","香油","酱油","干黄酱","盐","鸡蛋","姜末","普通面粉","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae355f9cdb745c7f70194f"},"dish_name":["砂锅米线"],"material":["米线","秘制料","海鲜丸子","油菜","木耳","海带丝"],"style":["主食"]}

{"_id":{"\$oid":"59ae35609cdb745c7f701950"},"dish_name":["双色发糕"],"material":["面粉","菠菜","南瓜","红枣","葡萄干","糖","发酵母","熟芝麻","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35639cdb745c7f701951"},"dish_name":["山药豆沙糕"],"material":["山药","红豆","大米粉","白糖","色拉油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35649cdb745c7f701952"},"dish_name":["奶油小饼干"],"material":["黄油","低筋面粉","淡奶油","细砂糖","奶粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35659cdb745c7f701953"},"dish_name":["花样面包"],"material":["高筋面粉","奶粉","牛奶","盐","酵母","鸡蛋","黄油","全蛋液"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35679cdb745c7f701954"},"dish_name":["桃酥饼"],"material":["低筋面粉","中筋面粉","玉米面粉","鸡蛋","绵白糖","葵花籽油","小苏打","泡打粉","白芝麻","核桃仁瓜子仁等"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35689cdb745c7f701955"},"dish_name":["糯米糕"],"material":["糯米粉","黄豆","红糖","油","椰蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35699cdb745c7f701956"},"dish_name":["艾草清明团"],"material":["面皮主料:","糯米粉","艾草","小苏打","清水","内馅主料:","笋干","腌菜","肉沫","食盐","料酒","生抽","白糖","其他辅料:","纱布","粽叶","蒸笼"],"style":["糕点"]}

{"_id":{"\$oid":"59ae356a9cdb745c7f701957"},"dish_name":["无油酸奶蛋糕"],"material":["低筋面粉","原味酸奶","蛋黄","蛋白","柠檬汁或白醋","细砂糖(放蛋白中)","细砂糖(放蛋黄中)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae356b9cdb745c7f701958"},"dish_name":["蒸鸡蛋糕"],"material":["鸡蛋","牛奶","1袋","糖","水果","1种"],"style":["糕点"]}

{"_id":{"\$oid":"59ae356c9cdb745c7f701959"},"dish_name":["香煎玉米饼"],"material":["玉米面","热水","白面","温水","酵母","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae356e9cdb745c7f70195a"},"dish_name":["花生桃酥"],"material":["植物油","蛋液","糖","普通面粉","泡打粉","小苏打","熟花生碎"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35709cdb745c7f70195b"},"dish_name":["六寸戚风蛋糕"],"material":["低筋面粉","牛奶","糖","玉米油","鸡蛋","泡打粉","塔塔粉","糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae35719cdb745c7f70195c"},"dish_name":["田园土豆饼"],"material":["土豆","胡萝卜","洋葱","小青菜","火腿肠","鸡蛋","面粉","色拉油","盐","胡椒粉","花椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35729cdb745c7f70195d"},"dish_name":["双色吐司"],"material":["高筋面粉","牛奶","鸡蛋","白糖","盐","黄油","可可粉","酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae35739cdb745c7f70195e"},"dish_name":["胡萝卜花卷"],"material":["胡萝卜","面粉","酵母","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae35749cdb745c7f70195f"},"dish_name":["雪菜炒年糕"],"material":["水磨年糕","笋丝雪菜","盐","青蒜"],"style":["主食"]}

{"_id":{"\$oid":"59ae35769cdb745c7f701960"},"dish_name":["全蛋蛋糕"],"material":["鸡蛋","低筋面粉","糖","玉米油","熟芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35789cdb745c7f701961"},"dish_name":["抹茶蓝莓蛋糕"],"material":["低筋面粉","鸡蛋","白砂糖","牛奶","抹茶粉","蓝莓酱","玉米油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35799cdb745c7f701962"},"dish_name":["水果夹心蛋糕"],"material":["蛋糕底","草莓","芒果","奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae357a9cdb745c7f701963"},"dish_name":["蜂蜜无水蛋糕"],"material":["鸡蛋"," 低筋面粉","白糖","蜂蜜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae357c9cdb745c7f701964"},"dish_name":["椰汁糕"],"material":[" 洲星马蹄粉"," 椰子酱","一罐","白砂糖"," 清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae357d9cdb745c7f701965"},"dish_name":["葡萄干小蛋糕"],"material":[" 蛋糕粉","葡萄干","鸡蛋","白糖"," 橄榄油"," 纯牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae357e9cdb745c7f701966"},"dish_name":["脆皮小蛋糕"],"material":[" 普通面粉","鸡蛋","糖","油"," 泡打粉","芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35809cdb745c7f701967"},"dish_name":["紫薯蛋糕"],"material":["紫薯","鸡蛋","食用油"," 牛奶或水","白糖"," 低粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35819cdb745c7f701968"},"dish_name":["烤面包"],"material":[" 高筋面粉","牛奶"," 奶粉","鸡蛋","糖"," 盐"," 酵母"," 鸡蛋液"," 热水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35829cdb745c7f701969"},"dish_name":["火腿面包"],"material":[" 高粉","低粉"," 酵母"," 盐","鸡蛋"," 奶粉","牛奶","糖"," 玉米油（黄油）"," 火腿肠（烤肠）"," 马苏里拉奶酪","青豆","胡萝卜"," 沙拉酱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35859cdb745c7f70196a"},"dish_name":["螺丝意大利面"],"material":[" 螺丝意大利面"," 红辣椒","大蒜"," 橄榄油","番茄酱"," 生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae35869cdb745c7f70196b"},"dish_name":["三丁炒米饭"],"material":["米饭","青瓜","玉米","胡萝卜"," 生抽"," 盐","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35889cdb745c7f70196c"},"dish_name":["槐花饼"],"material":["槐花","鸡蛋","面粉"," 葱姜末"," 盐","胡椒粉","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35899cdb745c7f70196d"},"dish_name":["卷肉饼"],"material":["面粉"," 水","冬菇"," 瘦肉","胡萝卜","葱"," 生抽","料酒"," 盐","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae358a9cdb745c7f70196e"},"dish_name":["抹茶蛋黄酥"],"material":[" 中筋面粉（水油皮）"," 糖粉（水油皮）"," 猪油（水油皮）"," 水（水油皮）"," 低筋面粉（油酥）"," 猪油（油酥）"," 抹茶粉（油酥）"," 豆沙"],"style":["糕点"]}

{"_id":{"\$oid":"59ae358c9cdb745c7f70196f"},"dish_name":["板栗饼"],"material":["板栗"," 普通面粉"," 酵母"," 水"," 玉米油","白糖"," 白芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae358e9cdb745c7f701970"},"dish_name":["蓝莓酸奶慕斯"],"material":[" 老酸奶"," 蓝莓果酱"," QQ 糖"," 水","糖","糖","奶油"," 八寸戚风"],"style":["糕点"]}

{"_id":{"\$oid":"59ae358f9cdb745c7f701971"},"dish_name":["香煎糯米糕"],"material":[" 熟糯米饭","白糖","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35909cdb745c7f701972"},"dish_name":["烤蛋糕"],"material":[" 上一道蛋糕粉","3 小袋","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35919cdb745c7f701973"},"dish_name":["香橙慕斯蛋糕"],"material":["香橙"," 水","糖","牛奶"," 蛋黄","糖"," 橙汁"," 淡奶油"," 糖浆"," 以上是香橙慕斯部分"," 酸奶戚风蛋糕 6 寸","鸡蛋","油","糖"," 低筋面粉","酸奶"," 塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35929cdb745c7f701974"},"dish_name":["自制绿豆糕"],"material":[" 脱皮绿豆","黄油"," 炼奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35939cdb745c7f701975"},"dish_name":["千叶纹海绵蛋糕"],"material":["鸡蛋"," 色拉油"," 细沙糖"," 清水"," 低筋粉"," 玉桂粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35949cdb745c7f701976"},"dish_name":["猫爪饼干"],"material":[" 低筋面粉","50","鸡蛋","可可粉","白糖","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35959cdb745c7f701977"},"dish_name":["鲜虾披萨"],"material":[" 高筋面

粉","水","酵母","盐","黄油","虾","腊肠","洋葱","青椒","番茄酱","马苏里拉芝士碎","糖","胡椒粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35979cdb745c7f701978"},"dish_name":["简易蛋糕"],"material":["低筋面粉","40","鸡蛋","3","白醋","白糖","食用油","5","纯牛奶","10"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35999cdb745c7f701979"},"dish_name":["黄金饼"],"material":["面粉","鸡蛋","水","发酵粉","黑白熟芝麻","盐","葱末","花生油","刷饼皮蛋液"],"style":["主食"]}

{"_id":{"\$oid":"59ae359b9cdb745c7f70197a"},"dish_name":["水晶烧卖"],"material":["糯米","肉","玉米","豌豆","香干","干香菇","饺子皮","胡萝卜","盐","生抽","料酒"],"style":["主食"]}

{"_id":{"\$oid":"59ae359c9cdb745c7f70197b"},"dish_name":["韭菜饼"],"material":["面粉","韭菜","虾仁"],"style":["主食"]}

{"_id":{"\$oid":"59ae359e9cdb745c7f70197c"},"dish_name":["腊味炒饭"],"material":["腊肉","豌豆","胡萝卜","米饭","油","盐","白糖","大葱","1小节","生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae359f9cdb745c7f70197d"},"dish_name":["菠萝炒饭"],"material":["菠萝","米饭","鸡蛋","红菜椒","洋葱","鲜虾","腰果","肉松","食用油","食盐","料酒","白糖","黑胡椒","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35a29cdb745c7f70197e"},"dish_name":["小米糕"],"material":["小米粉","面粉","白砂糖","泡打粉","枸杞"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35a29cdb745c7f70197f"},"dish_name":["蔓越莓花形面包"],"material":["高筋粉","牛奶","鸡蛋","黄油","盐","酵母","白糖","蔓越莓干","白芝麻","蛋糕纸模"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35a49cdb745c7f701980"},"dish_name":["橙香戚风蛋糕"],"material":["鸡蛋","低筋面粉","无味食用油","橙汁","白糖(用蛋白中)","白糖(用蛋黄中)","白醋","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35a59cdb745c7f701981"},"dish_name":["红豆马拉糕"],"material":["鸡蛋","低筋面粉","红糖","小苏打","泡打粉","红豆","白芝麻","色拉油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35a79cdb745c7f701982"},"dish_name":["红薯球"],"material":["红薯","面粉","糖","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35a89cdb745c7f701983"},"dish_name":["自制三明治"],"material":["鸡蛋","番茄","生菜","午餐肉(大的火腿肠)","番茄酱","沙拉酱"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35aa9cdb745c7f701984"},"dish_name":["金玫瑰海绵蛋糕"],"material":["低粉","鸡蛋","糖","食用油","牛奶","香草精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35ab9cdb745c7f701985"},"dish_name":["酥饼"],"material":["面粉","植物油","水","黑芝麻","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35ad9cdb745c7f701986"},"dish_name":["草莓酱蛋糕卷"],"material":["低筋粉","鸡蛋","牛奶","玉米油","醋/或柠檬汁","糖","草莓酱","可可粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35ad9cdb745c7f701987"},"dish_name":["大米面发糕"],"material":["大米面","面粉","葡萄干","圣女果果脯","椰浆","酵母粉","花生油","白糖","温水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35b09cdb745c7f701988"},"dish_name":["金鱼蒸饺"],"material":["面粉","开水或者温水","韭菜鸡蛋粉丝虾皮馅","胡萝卜"],"style":["主食"]}

{"_id":{"\$oid":"59ae35b19cdb745c7f701989"},"dish_name":["腊肉煲仔饭"],"material":["糯米","大米","腊肉","豌豆","鹌鹑蛋","盐","辣椒酱","味精"],"style":["主食"]}

{"_id":{"\$oid":"59ae35b29cdb745c7f70198a"},"dish_name":["香烤土豆丸子"],"material":["土豆

,"胡萝卜","香葱","鸡蛋"," 盐"," 鸡精","胡椒粉"," 五香粉","淀粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35b39cdb745c7f70198b"},"dish_name":["黄金鸡蛋饼"],"material":["鸡蛋","面粉","番茄酱","生菜","火腿","牛奶","一桶","油","黑芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae35b49cdb745c7f70198c"},"dish_name":["杂蔬炒饭"],"material":["米饭","鸡蛋"," 瘦肉","紫甘蓝","胡萝卜","青椒","香葱","花生油"," 盐","蚝油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35b59cdb745c7f70198d"},"dish_name":["蛋黄酥"],"material":[" 水油皮~"," 中筋面粉"," 玉米油","白糖"," 水"," 油酥~"," 中筋面粉"," 玉米油","红豆沙"," 鲜蛋黄"," 蛋黄液（刷表面）","黑芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35b69cdb745c7f70198e"},"dish_name":["鲜花饼"],"material":[" 猪油（面团）"," 水（面团）"," 面粉（油酥）"," 猪油（油酥）、 熟面粉（馅儿）"," 猪油（馅儿）"," 玫瑰花酱（馅儿）","鸡蛋"," 面粉（面团）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35b89cdb745c7f70198f"},"dish_name":["曲奇饼干"],"material":[" 黄油"," 糖粉","鸡蛋"," 低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35b99cdb745c7f701990"},"dish_name":["核桃蛋糕"],"material":[" 鸡蛋"," 低筋面粉"," 细砂糖","黄油","核桃"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35ba9cdb745c7f701991"},"dish_name":["葡萄干马芬蛋糕"],"material":[" 低筋面粉","糖","鸡蛋"," 盐","牛奶"," 玉米油"," 泡打粉","葡萄干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35bb9cdb745c7f701992"},"dish_name":["草莓拿破仑"],"material":[" 印度飞饼（香甜味）"," 淡奶油","白砂糖"," 糖粉","草莓"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35bd9cdb745c7f701993"},"dish_name":["小熊蛋糕"],"material":["鸡蛋","面粉","白糖","牛奶","白糖","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35be9cdb745c7f701994"},"dish_name":["原味华夫饼"],"material":[" 预拌粉","牛奶","鸡蛋"," 刷模具用黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35bf9cdb745c7f701995"},"dish_name":["葡萄干全麦土司"],"material":[" 水","葡萄干"," 酵母","鸡蛋","黄油","糖"," 盐","全麦粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35c09cdb745c7f701996"},"dish_name":["自制蛋糕"],"material":[" 发酵黄油"," 鸡蛋液"," 低筋面粉"," 黑糖","蜂蜜","牛奶"," 泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae35c29cdb745c7f701997"},"dish_name":["香辣茄子"],"material":[" 茄子","青椒"," 熟油辣椒"," 盐"," 植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35c59cdb745c7f701998"},"dish_name":["烫面玉米发糕"],"material":[" 玉米粉"," 黄豆粉","面粉","鸡蛋","红枣","葡萄干"," 酵母"," 开水","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae35c69cdb745c7f701999"},"dish_name":["葱油手抓饼"],"material":["面粉"," 葱花"," 开水"," 凉水","孜然"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae35c69cdb745c7f70199a"},"dish_name":["门钉肉饼"],"material":["面粉"," 牛肉","洋葱","酱油"," 盐"," 五香粉","蚝油","油","50","姜","香油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35c89cdb745c7f70199b"},"dish_name":["韭菜合子"],"material":["韭菜","鸡蛋"," 泡发木耳","花生油"," 盐"," 五香粉"," 鸡粉","味精"],"style":["主食"]}

{"_id":{"\$oid":"59ae35c99cdb745c7f70199c"},"dish_name":["油旋儿"],"material":["面粉"," 温水"," 盐","葱","猪油"," 盐"," 十三香","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35cb9cdb745c7f70199d"},"dish_name":["早餐饼 "],"material":["土豆","胡萝卜","鸡蛋","面粉","香肠","葱","油"," 盐","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35cc9cdb745c7f70199e"},"dish_name":["小米饭"],"material":["小米","大米"," 水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35cd9cdb745c7f70199f"},"dish_name":["鸡汤龙须面"],"material":[" 龙须

面","鸡汤","小油菜","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35cf9cdb745c7f7019a0"},"dish_name":["咖喱鸡饭"],"material":["土豆","鸡","咖喱","洋葱","红萝卜","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d09cdb745c7f7019a1"},"dish_name":["炸面鱼"],"material":["面粉","一盆","鸡蛋","酵母","盐","碱水","油","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d29cdb745c7f7019a2"},"dish_name":["土豆炖芸豆"],"material":["芸豆","五花肉","生抽","料酒","盐","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d29cdb745c7f7019a3"},"dish_name":["京味炸酱面"],"material":["梅花肉","各式蔬菜","机压宽面","京葱","姜","八角","花椒","豆油","盐","干黄酱","京式甜面酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d39cdb745c7f7019a4"},"dish_name":["鸡蛋炒面"],"material":["鸡蛋","豆芽菜","糖菜","圆葱","耗油","盐","鸡精","生抽","醋","猪肉丝","色拉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d49cdb745c7f7019a5"},"dish_name":["胡萝卜煎饼"],"material":["胡萝卜","鸡蛋","火腿","香葱","油","盐","五香粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d69cdb745c7f7019a6"},"dish_name":["糯米卷"],"material":["皮","面粉","水","泡打粉","酵母","白糖","馅","糯米","花生（生）","花生（熟）","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae35d79cdb745c7f7019a7"},"dish_name":["放心油条"],"material":["鸡蛋","盐","高筋面粉","酵母","牛奶","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35da9cdb745c7f7019a8"},"dish_name":["寿桃包"],"material":["面粉","温开水","白糖","酵母","干面粉（搓面时用）","青菜叶","果味粉（草莓味）","花生油（刷架子用）","红豆沙馅（之前做好的）"],"style":["主食"]}

{"_id":{"\$oid":"59ae35db9cdb745c7f7019a9"},"dish_name":["香煎馒头"],"material":["馒头","鸡蛋","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35dc9cdb745c7f7019aa"},"dish_name":["锅贴饺子"],"material":["面粉","野芹菜","肉末","酵母","温开水","盐","鸡精","糖","麻油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35de9cdb745c7f7019ab"},"dish_name":["海鲜芝士焗饭"],"material":["米饭","青椒","彩椒","香菇","大虾","橄榄油","马苏里拉芝士","盐","胡椒粉","料酒"],"style":["主食"]}

{"_id":{"\$oid":"59ae35df9cdb745c7f7019ac"},"dish_name":["鸡蛋炒米粉"],"material":["米粉","鸡蛋","葱","盐","油","豉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35e09cdb745c7f7019ad"},"dish_name":["寿司卷"],"material":["大米","寿司紫菜","胡萝卜","黄瓜","火腿肠","肉松","鸡蛋","盐","砂糖","白醋","寿司帘","保鲜膜"],"style":["主食"]}

{"_id":{"\$oid":"59ae35e29cdb745c7f7019ae"},"dish_name":["老北京鸡肉卷"],"material":["普通面粉","甜面酱","番茄沙司","沙拉酱","生菜","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae35e39cdb745c7f7019af"},"dish_name":["韩国拌饭"],"material":["熟米饭","牛肉","鱿鱼须","金针菇","黄瓜","胡萝卜","豆芽","鸡蛋","韩国泡菜","韩国拌饭酱","韩国辣酱","香油","黑白芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae35e49cdb745c7f7019b0"},"dish_name":["荠菜水饺"],"material":["面粉","野生荠菜","猪肉馅","糖","盐","生抽","淀粉","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae35e59cdb745c7f7019b1"},"dish_name":["槐花麦饭"],"material":["槐花","面粉","盐","调料汁","蒜末","生抽","米醋","芝麻酱","盐","芝麻辣椒油"],"style":["主食"]}

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"}
{"_id":{"$oid":"59ae35e79cdb745c7f7019b2"},"dish_name":["玉米面糊糊"],"material":["玉米面","水"],"style":["主食"]}
{"_id":{"$oid":"59ae35e89cdb745c7f7019b3"},"dish_name":["蕃茄鸡蛋面"],"material":["面","蕃茄","青菜","午餐肉","鸡翅","吊烧乳鸽","五香粉","盐","香油"],"style":["主食"]}
{"_id":{"$oid":"59ae35ea9cdb745c7f7019b4"},"dish_name":["猪肉馅饼"],"material":["酵母","香油","面粉","油","五花肉","老抽","生抽","鸡精","蚝油","味精","葱","姜","盐","十三香(五香粉)"],"style":["主食"]}
{"_id":{"$oid":"59ae35ea9cdb745c7f7019b5"},"dish_name":["四川麻婆豆腐"],"material":["豆腐","肉沫","油","姜米","蒜米","辣椒粉","老抽","味精","芡粉","香葱","豆瓣酱"],"style":["主食"]}
{"_id":{"$oid":"59ae35eb9cdb745c7f7019b6"},"dish_name":["柠檬小饼干"],"material":["低筋面粉","柠檬汁","柠檬皮","黄油","糖粉","盐"],"style":["糕点"]}
{"_id":{"$oid":"59ae35ec9cdb745c7f7019b7"},"dish_name":["圣诞蛋糕"],"material":["6寸戚风蛋糕","金钻奶油","草莓","粉红食用色素","绿色食用色素","白糖","椰蓉","熟红豆"],"style":["糕点"]}
{"_id":{"$oid":"59ae35ef9cdb745c7f7019b8"},"dish_name":["拌凉皮"],"material":["面","淀粉","水","青红椒","香菜","米椒","海鲜酱油","麻椒油","香油","盐","鸡粉","糖","醋"],"style":["主食"]}
{"_id":{"$oid":"59ae35f09cdb745c7f7019b9"},"dish_name":["青菜肉丝面"],"material":["青菜","肉丝","鸭蛋","挂面","虾干","油","盐","料酒","耗油"],"style":["主食"]}
{"_id":{"$oid":"59ae35f19cdb745c7f7019ba"},"dish_name":["金包银炒饭"],"material":["米饭","鸡蛋","甜椒","胡萝卜","盐","胡椒粉","油","黑芝麻"],"style":["主食"]}
{"_id":{"$oid":"59ae35f29cdb745c7f7019bb"},"dish_name":["胡萝卜馒头"],"material":["蜂蜜","自发粉","糖","胡萝卜"],"style":["主食"]}
{"_id":{"$oid":"59ae35f39cdb745c7f7019bc"},"dish_name":["香辣土豆粉"],"material":["土豆粉","家乐浓汤宝(鸡汤口)","葱","姜","大蒜","海带丝","干豆腐丝","油菜","海鲜丸子","水","油","一捏"],"style":["主食"]}
{"_id":{"$oid":"59ae35f49cdb745c7f7019bd"},"dish_name":["三文鱼炒饭"],"material":["三文鱼","米饭","食用油","荷兰豆","葱","胡椒粉","盐"],"style":["主食"]}
{"_id":{"$oid":"59ae35f69cdb745c7f7019be"},"dish_name":["花式馒头"],"material":["面粉1","菠菜","面粉2","胡萝卜","面粉3","紫甘蓝","酵母","水","白糖"],"style":["主食"]}
{"_id":{"$oid":"59ae35f79cdb745c7f7019bf"},"dish_name":["五彩蛋炒饭"],"material":["剩米饭","鸡蛋","火腿","青椒","香菇","调味萝卜","油","盐"],"style":["主食"]}
{"_id":{"$oid":"59ae35f89cdb745c7f7019c0"},"dish_name":["虾仁蒸蛋"],"material":["鸭蛋","基围虾","小葱","盐","料酒","味精","蒸鱼豉油","香油"],"style":["主食"]}
{"_id":{"$oid":"59ae35f99cdb745c7f7019c1"},"dish_name":["胡萝卜蛋饼"],"material":["胡萝卜","葱花","鸡蛋","面粉","油","盐"],"style":["主食"]}
{"_id":{"$oid":"59ae35fb9cdb745c7f7019c2"},"dish_name":["椒盐烧饼"],"material":["面粉","温水","发酵粉","泡打粉","花椒","盐","油","面粉","芝麻"],"style":["糕点"]}
{"_id":{"$oid":"59ae35fc9cdb745c7f7019c3"},"dish_name":["红糖花生酥饼"],"material":["黄油","红糖","鸡蛋","熟花生","花生碎","中筋面粉","低筋面粉","小苏打"],"style":["主食"]}
{"_id":{"$oid":"59ae35fd9cdb745c7f7019c4"},"dish_name":["土豆泥"],"material":["土豆","炼乳","裱花袋","裱花嘴","刮刀","裱花嘴转换器","糖珠","芝麻"],"style":["主食"]}
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{"_id":{"\$oid":"59ae35ff9cdb745c7f7019c5"},"dish_name":["百合莲子粥"],"material":["莲子","百合","糯米","大米","枸杞","大枣","红豆","绿豆","薏米"],"style":["主食"]}

{"_id":{"\$oid":"59ae35ff9cdb745c7f7019c6"},"dish_name":["土司披萨"],"material":["披萨酱","马苏里拉芝士碎","五花肉","随意","莲藕","随意","胡萝卜","随意"],"style":["主食"]}

{"_id":{"\$oid":"59ae36019cdb745c7f7019c7"},"dish_name":["水果粥"],"material":["大米","海南蕉","苹果","枸杞","冰糖","砂锅","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36049cdb745c7f7019c8"},"dish_name":["河南家常饭蒸面条"],"material":["豆角","豆芽","西红柿","肉","姜","葱","油","盐","麻辣鲜","十三香","鸡精","芝麻油","八角","老抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae36059cdb745c7f7019c9"},"dish_name":["三丁炒饭"],"material":["胡萝卜","青椒","香菜","米饭","油","盐","胡椒粉","白糖","生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae36069cdb745c7f7019ca"},"dish_name":["牛肉三明治"],"material":["吐司","午餐肉","黄瓜","西红柿","鸡蛋","牛排","千岛酱","芝士"],"style":["主食"]}

{"_id":{"\$oid":"59ae36089cdb745c7f7019cb"},"dish_name":["家常饼"],"material":["中筋面粉","温水","香油","盐","鸡蛋","葱碎"],"style":["主食"]}

{"_id":{"\$oid":"59ae36089cdb745c7f7019cc"},"dish_name":["黄瓜葱花鸡蛋饼"],"material":["鸡蛋","葱花","黄瓜","面粉","水","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae360a9cdb745c7f7019cd"},"dish_name":["瘦肉南瓜粥"],"material":["南瓜","油","瘦肉","料酒","盐","姜","米"],"style":["主食"]}

{"_id":{"\$oid":"59ae360b9cdb745c7f7019ce"},"dish_name":["红烧排骨炖土豆"],"material":["排骨","土豆","八角","桂皮","葱","冰糖","生抽","老抽","料酒","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae360c9cdb745c7f7019cf"},"dish_name":["茴香馅饺子"],"material":["面粉","葱","糖","盐","五香粉","鸡精","香油","耗油","肉馅","酱油","茴香","姜"],"style":["主食"]}

{"_id":{"\$oid":"59ae360d9cdb745c7f7019d0"},"dish_name":["莲子银耳粥"],"material":["莲子","银耳","百合","大枣","冰糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae360f9cdb745c7f7019d1"},"dish_name":["杯蛋糕"],"material":["鸡蛋","白糖","低筋粉","油","白醋","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36109cdb745c7f7019d2"},"dish_name":["糖酥饼"],"material":["面粉","温水","红糖和面粉","猪油","凉水","面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36119cdb745c7f7019d3"},"dish_name":["八寸戚风蛋糕"],"material":["鸡蛋","白糖","牛奶","玉米油","低筋面粉","白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36129cdb745c7f7019d4"},"dish_name":["菜煎饼"],"material":["韭菜","胡萝卜","一节","鸡蛋","面粉","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36149cdb745c7f7019d5"},"dish_name":["素三鲜饺子"],"material":["饺子粉","韭菜","虾仁","鸡蛋","油","盐","蚝油","五香粉","一筷子头","姜","大料","花椒","干面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae36159cdb745c7f7019d6"},"dish_name":["糯米饭"],"material":["糯米","肉","香菇","葱","姜","盐","鸡精","胡椒粉","五香粉","生抽","老抽","饺子皮"],"style":["主食"]}

{"_id":{"\$oid":"59ae36169cdb745c7f7019d7"},"dish_name":["虾仁炒饭"],"material":["活虾","黄瓜","胡萝卜","香葱","鸡蛋","米饭","料酒","生粉","盐","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36189cdb745c7f7019d8"},"dish_name":["刘氏千层肉饼"],"material":["面粉","猪肉馅","油","鸡精","葱末","姜末","盐","香油","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36199cdb745c7f7019d9"},"dish_name":["紫菜包饭"],"material":["海苔","米饭","黄瓜","胡萝卜","鸡蛋","香肠","芝麻","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae361b9cdb745c7f7019da"},"dish_name":["素炒河粉"],"material":["胡萝卜","大葱","豆芽","河粉","鸡蛋","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae361c9cdb745c7f7019db"},"dish_name":["扬州炒饭"],"material":["鸡蛋","玉米","香肠","葱花","胡萝卜","鸡精","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae361e9cdb745c7f7019dc"},"dish_name":["八宝饭"],"material":["糯米","红豆","葡萄干","枸杞子","红枣","芝麻（炒熟）","蜂蜜","香醋"],"style":["主食"]}

{"_id":{"\$oid":"59ae361f9cdb745c7f7019dd"},"dish_name":["香菜辣椒鸡蛋饼"],"material":["鸡蛋","红辣椒","香菜","面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae36219cdb745c7f7019de"},"dish_name":["自制寿司"],"material":["海苔","一袋","大米饭","黄瓜","火腿","腌萝卜丝","若干","盐","若干","辣椒酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae36229cdb745c7f7019df"},"dish_name":["腊肉煲仔饭"],"material":["大米","腊肉","腊肠","西兰花","鸡蛋","生姜","生抽","芝麻油和老抽","糖","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36249cdb745c7f7019e0"},"dish_name":["榆钱窝头"],"material":["榆钱","玉米面","豆面","食盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36259cdb745c7f7019e1"},"dish_name":["腊肠豌豆饭"],"material":["大米","豌豆","腊肠","盐","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36269cdb745c7f7019e2"},"dish_name":["肉松饼"],"material":["肉松材料：瘦肉","盐","白糖","米酒","生抽","食用油","绿豆馅料：绿豆","水","糖","花生油","水油皮：面粉","水","糖","黄油","油酥：黄油","面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae36279cdb745c7f7019e3"},"dish_name":["炒米线"],"material":["米线","紫圆葱","蒜薹","胡萝卜","里脊肉","油","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36299cdb745c7f7019e4"},"dish_name":["葱油千层饼"],"material":["面粉","葱","油","盐","胡椒粉","孜然粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae362a9cdb745c7f7019e5"},"dish_name":["南瓜面疙瘩"],"material":["南瓜","面粉","猪里脊肉","香葱","生姜","食用油","食盐","白糖","料酒","胡椒粉","淀粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae362a9cdb745c7f7019e6"},"dish_name":["香酥肉饼"],"material":["面粉","肉末","葱","香酱","盐","料酒","生抽","芝麻","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae362b9cdb745c7f7019e7"},"dish_name":["酥油饼"],"material":["玉米面","普通面粉","盐","花椒粉","干面粉","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae362f9cdb745c7f7019e8"},"dish_name":["紫菜饭饼"],"material":["鸡蛋","紫菜","地瓜粉","面粉","葱末","干饭","香肠丁","胡萝卜丝","虾米","油","盐","耗油","味精"],"style":["主食"]}

{"_id":{"\$oid":"59ae36309cdb745c7f7019e9"},"dish_name":["马铃薯饺"],"material":["马铃薯","云吞皮","虾干","若干","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36319cdb745c7f7019ea"},"dish_name":["培根芝士披萨"],"material":["面粉","青椒","洋葱","芝士","番茄酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae36329cdb745c7f7019eb"},"dish_name":["玉米面菜饼子"],"material":["雪里蕻","泡打粉","豆腐渣","玉米面","适量","豆浆","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae36339cdb745c7f7019ec"},"dish_name":["羊肉白菜包子"],"material":["白菜丁","盐","葱","羊肉馅","黄酱","白胡椒粉","香油","酱油","姜末"],"style":["主食"]}

{"_id":{"\$oid":"59ae36359cdb745c7f7019ed"},"dish_name":["韭菜盒子的煎法"],"material":["面

粉","韭菜","鸡蛋拌的馅","一盆","色拉油","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36369cdb745c7f7019ee"},"dish_name":["蔬菜饼"],"material":["香菇","菠菜","若干","胡萝卜","白菜","若干","豆角","若干","鸡蛋","盐","鸡精","胡椒粉","干酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae36379cdb745c7f7019ef"},"dish_name":["原味面饼"],"material":["酵母","泡打粉","牛奶","一袋","面粉","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae36389cdb745c7f7019f0"},"dish_name":["多彩螺纹小馒头"],"material":["面粉","酵母","熟南瓜","抹茶粉、紫薯粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae363a9cdb745c7f7019f1"},"dish_name":["素混沌"],"material":["豆腐","香菇","韭菜","红萝卜","葱花","面粉","鸡蛋","盐","香油","耗油","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae363b9cdb745c7f7019f2"},"dish_name":["火腿肉松营养三明治"],"material":["土司","2","肉松","火腿","1","芝士"],"style":["主食"]}

{"_id":{"\$oid":"59ae363d9cdb745c7f7019f3"},"dish_name":["鸡蛋饼卷生菜"],"material":["蒜蓉辣酱","鸡蛋","葱花","生菜","面","油","盐","糖","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae363e9cdb745c7f7019f4"},"dish_name":["春饼"],"material":["面粉","随意","油","一小碟","开水","适中"],"style":["主食"]}

{"_id":{"\$oid":"59ae363f9cdb745c7f7019f5"},"dish_name":["蛋炒饭"],"material":["胡萝卜","蒜薹","剩米饭","花生油","葱花","盐","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae36409cdb745c7f7019f6"},"dish_name":["金鱼蒸饺"],"material":["西红柿","角子面粉","西葫芦","虾仁","猪肉","莲子","葱沫","十三香","酱油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36419cdb745c7f7019f7"},"dish_name":["大虾蛋炒饭"],"material":["德源清鸡蛋","大虾","隔夜饭","橄榄油","鲜酱油","老抽","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36449cdb745c7f7019f8"},"dish_name":["鸡蛋韭菜煎饼"],"material":["韭菜","鸡蛋","面粉","花椒粉","盐","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36459cdb745c7f7019f9"},"dish_name":["鸡蛋灌饼"],"material":["鸡蛋","酱牛肉","一盘","黄酱","普通面粉","生菜","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae36499cdb745c7f7019fa"},"dish_name":["家常鸡蛋灌饼"],"material":["面","鸡蛋","生菜","五叶","自制咸菜萝卜","鸡油","自制酱","油","辣椒油","盐","十三香"],"style":["主食"]}

{"_id":{"\$oid":"59ae364a9cdb745c7f7019fb"},"dish_name":["原创卷肠饼"],"material":["面粉","鸡蛋","肠","辣酱","油","花椒面","盐","芝麻盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae364a9cdb745c7f7019fc"},"dish_name":["紫薯饼"],"material":["紫薯","糯米粉","牛奶","白糖","白芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae364c9cdb745c7f7019fd"},"dish_name":["营养鸡蛋饭"],"material":["电饭煲熟的白米饭","鸡蛋","盐","柠檬汁","黑椒"],"style":["主食"]}

{"_id":{"\$oid":"59ae364c9cdb745c7f7019fe"},"dish_name":["意大利通心粉"],"material":["意大利通心粉","马苏里拉芝士","意粉酱","意粉香料"],"style":["主食"]}

{"_id":{"\$oid":"59ae36519cdb745c7f7019ff"},"dish_name":["白菜鸡蛋素饺子"],"material":["白菜","鸡蛋","面","盐","十三香","植物油","香油","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36519cdb745c7f701a00"},"dish_name":["八宝饭"],"material":["糯米","红豆馅","枸杞子","葡萄干","红枣","黑芝麻","蓝莓干","桂圆干"],"style":["主食"]}

{"_id":{"\$oid":"59ae36569cdb745c7f701a01"},"dish_name":["老北京千层肉羊肉三尖"],"material":["普通面粉","大葱","羊肉馅","黄酱","酱油","香油","姜末","姜粉","白胡椒"],"style":["主食"]}

{"_id":{"\$oid":"59ae36569cdb745c7f701a02"},"dish_name":["花生元子"],"material":["糯米粉","温水","油","花生粉","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae365d9cdb745c7f701a03"},"dish_name":["紫菜包饭"],"material":["黄瓜","火腿肠","鸡蛋","烤海苔","米饭","肉松"],"style":["主食"]}

{"_id":{"\$oid":"59ae365d9cdb745c7f701a04"},"dish_name":["蛋包饭"],"material":["鸡蛋","米饭","洋葱","胡萝卜","豌豆","火腿","虾仁","盐","番茄酱","色拉油","料酒","胡椒粉","水淀粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae365f9cdb745c7f701a05"},"dish_name":["素菜包子"],"material":["胡萝卜","香菇","小油菜","木耳","盐","葱姜末","酱油","香油","普通面粉","酵母","泡打粉","糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae365f9cdb745c7f701a06"},"dish_name":["汤圆"],"material":["糯米粉","白萝卜","猪肉","香菇","虾米","葱","香菜","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36619cdb745c7f701a07"},"dish_name":["芝麻桂花汤圆"],"material":["水磨糯米粉","芝麻","蜂蜜","桂花","白糖","猪油","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36629cdb745c7f701a08"},"dish_name":["韩式拌饭"],"material":["米饭","猪肉","香菇","豆芽","胡萝卜","菠菜","洋葱","韩式辣酱","香油","生抽","盐","老干妈辣酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae36629cdb745c7f701a09"},"dish_name":["我也学这个饺子"],"material":["猪肉","韭菜","葱","香油","盐","酱油","鸡精","十三香"],"style":["主食"]}

{"_id":{"\$oid":"59ae36639cdb745c7f701a0a"},"dish_name":["煎饼果子"],"material":["白面和杂面糊","鸡蛋","黑芝麻","葱花","香菜","炸酱","红色腐乳汤","辣酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae36659cdb745c7f701a0b"},"dish_name":["苕蓝饭"],"material":["香菜","腊肉","盐","猪肉","葱","香菇","虾米","酱油","苕蓝","腊肠","米饭","一锅","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36669cdb745c7f701a0c"},"dish_name":["土豆饼"],"material":["土豆","胡萝卜","韭菜","面粉","盐","鸡精","鸡精","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae36689cdb745c7f701a0d"},"dish_name":["煲仔饭"],"material":["米","腊肠","青菜","鸡蛋","鲜酱油","蚝油","香油","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae36689cdb745c7f701a0e"},"dish_name":["冷饮八宝饭"],"material":["糯米","红豆","绿豆","提子","牛奶"],"style":["主食"]}

{"_id":{"\$oid":"59ae36689cdb745c7f701a0f"},"dish_name":["红烧肉焖饭"],"material":["五花肉","土豆","洋葱","盐","料酒","米饭","一锅","酱油","清水","淀粉","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36699cdb745c7f701a10"},"dish_name":["捞面"],"material":["葱","3跟","蒜蓉"],"style":["主食"]}

{"_id":{"\$oid":"59ae366a9cdb745c7f701a11"},"dish_name":["薯粉饺子"],"material":["芋头","韭菜","五花肉","鸡蛋","姜","红薯粉","食用油","盐","鸡精和生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae366b9cdb745c7f701a12"},"dish_name":["什锦卷饼"],"material":["面粉","紫甘蓝","银耳","豆皮","海带丝","香肠","蟹棒"],"style":["主食"]}

{"_id":{"\$oid":"59ae366e9cdb745c7f701a13"},"dish_name":["胡萝卜豆渣饼"],"material":["豆渣","胡萝卜","芹菜","面粉","淀粉","鸡蛋","色拉油","盐","姜","葱","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae366e9cdb745c7f701a14"},"dish_name":["果蔬蛋炒饭"],"material":["剩米饭","鸡蛋","果蔬菜","西红柿","黄瓜","盐","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae36709cdb745c7f701a15"},"dish_name":["玉米面红糖枣发糕"],"material":["沧州小枣","红糖","玉米面","普通面粉","黑芝麻粉","燕麦粉","酵母","泡打粉"]}

"},"style":["主食"]}
{ "_id":{"\$oid":"59ae36719cdb745c7f701a16"},"dish_name":["三色奶酪饭"],"material":["胡萝卜","豌豆","玉米","白米饭","马苏里拉奶酪","白开水","1000ML","植物黄油","盐","鸡精"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36729cdb745c7f701a17"},"dish_name":["西红柿鸡蛋面"],"material":["面","西红柿","鸡蛋","油","盐","清水"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36739cdb745c7f701a18"},"dish_name":["萝卜蒸饺"],"material":["白萝卜","粉丝","虾皮","大葱","生姜","盐","糖","麻辣粉","油","面"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36749cdb745c7f701a19"},"dish_name":["鸡蛋炒饭"],"material":["米饭","鸡蛋","葱花","豌豆","胡萝卜","熟香肠","香菇","盐","油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36759cdb745c7f701a1a"},"dish_name":["菠萝海鲜饭"],"material":["米饭","虾","菠萝","蟹棒","什锦杂菜","姜","料酒","胡椒粉","盐"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36779cdb745c7f701a1b"},"dish_name":["水饺"],"material":["韭菜","鸡蛋","豆腐","盐","十八鲜炒菜料","香油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36789cdb745c7f701a1c"},"dish_name":["玫瑰花小馒头"],"material":["面粉"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36799cdb745c7f701a1d"},"dish_name":["苹果饼"],"material":["苹果","面粉","白糖","油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae367a9cdb745c7f701a1e"},"dish_name":["金枪鱼寿司"],"material":["米饭","胡萝卜","黄瓜","盐渍萝卜","鸡蛋","金枪鱼罐头","芝麻","千岛酱","寿司醋"],"style":["主食"]}
{ "_id":{"\$oid":"59ae367c9cdb745c7f701a1f"},"dish_name":["鲜虾馄饨"],"material":["青虾","五花猪肉馅","鸡蛋（调馅用）","鸡蛋（配菜用）","紫菜（配菜用）","香菜（配菜用）","虾皮（配菜用）","馄饨皮","盐","胡椒粉","葱","姜","料酒","酱油","色拉油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae367d9cdb745c7f701a20"},"dish_name":["芝麻薄脆饼"],"material":["低筋面粉","糖","水","白芝麻","食用油"],"style":["糕点"]}
{ "_id":{"\$oid":"59ae367e9cdb745c7f701a21"},"dish_name":["豆沙麻球"],"material":["糯米粉","玉米淀粉","糖","芝麻","油"],"style":["糕点"]}
{ "_id":{"\$oid":"59ae36809cdb745c7f701a22"},"dish_name":["黑椒牛肉炒饭"],"material":["牛肉","隔夜饭","油麦菜","生粉","即磨黑椒","料酒","半盖","酱油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36819cdb745c7f701a23"},"dish_name":["紫薯小米粥"],"material":["小米","紫薯","白糖"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36829cdb745c7f701a24"},"dish_name":["黄焖羊肉"],"material":["羊肉","土豆","手擀粉"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36839cdb745c7f701a25"},"dish_name":["紫薯玫瑰花"],"material":["紫薯","面粉","白糖","酵母"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36849cdb745c7f701a26"},"dish_name":["香菇猪肉水饺"],"material":["五花肉","干香菇","木耳","葱姜","盐","鸡精","酱油","五香粉","胡椒粉","花椒粉","辣椒粉","精姜粉","香油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36859cdb745c7f701a27"},"dish_name":["蚝油茄汁拌面"],"material":["西红柿","豌豆","胡萝卜","酱汁","蚝油","番茄酱","糖","醋","生抽","老抽"],"style":["主食"]}
{ "_id":{"\$oid":"59ae36869cdb745c7f701a28"},"dish_name":["五彩饭"],"material":["米饭","鸡蛋","豌豆","胡萝卜","香肠丁","火腿丁","洋葱丁","油","盐","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae36879cdb745c7f701a29"},"dish_name":["电饭煲蛋糕"],"material":["鸡蛋","白糖","玉米油","面粉","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36889cdb745c7f701a2a"},"dish_name":["蓝莓蛋挞"],"material":["蛋挞皮","鸡蛋黄","淡奶油","鲜牛奶","白糖","低筋面粉","蓝莓"],"style":["糕点"]}

{"_id":{"\$oid":"59ae368a9cdb745c7f701a2b"},"dish_name":["番茄酱炒年糕"],"material":["年糕","番茄酱","食用油","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae368b9cdb745c7f701a2c"},"dish_name":["韭菜煎蛋"],"material":["鸡蛋","韭菜","盐","色拉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae368c9cdb745c7f701a2d"},"dish_name":["南瓜锅贴"],"material":["南瓜","肉馅","面粉","盐","面酱","酱油","香油","大葱","玉米油","蚝油","五香粉","料油","葱","姜"],"style":["主食"]}

{"_id":{"\$oid":"59ae368e9cdb745c7f701a2e"},"dish_name":["三鲜饺子"],"material":["料酒","蒜苗","肉","蒜","面粉","花椒粉","香油","十三香","鸡精","韭苔","生姜","大葱","生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae368e9cdb745c7f701a2f"},"dish_name":["早餐三明治"],"material":["吐司","鸡蛋","亚麻籽","生菜","胡萝卜"],"style":["主食"]}

{"_id":{"\$oid":"59ae368f9cdb745c7f701a30"},"dish_name":["鸡蛋炒饭"],"material":["鸡蛋","大米","2人份","香葱","食用油","食盐","味精","料酒","白糖","清水","黑芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae36919cdb745c7f701a31"},"dish_name":["炒米饭"],"material":["鸡蛋","胡萝卜","小葱","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae36929cdb745c7f701a32"},"dish_name":["山药枣泥糕"],"material":["铁棍山药","红枣","糖","玉米淀粉","月饼模具","一套"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36939cdb745c7f701a33"},"dish_name":["耳朵眼炸糕"],"material":["江米面","豆沙陷","温水","花生油","孝母","蒸屉布"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36949cdb745c7f701a34"},"dish_name":["紫薯山药糕"],"material":["山药","紫薯","糖桂花"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36969cdb745c7f701a35"},"dish_name":["红丝绒杯子蛋糕"],"material":["泡打粉","香草精","鸡蛋","糖粉","红曲粉","低筋面粉","柠檬汁或白醋","玉米油","牛奶","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36999cdb745c7f701a36"},"dish_name":["炒酸菜"],"material":["花椒","东北酸菜","酱油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae369a9cdb745c7f701a37"},"dish_name":["西红柿炒土豆"],"material":["土豆","西红柿","油","蒜","小葱","干辣椒","姜","醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae369b9cdb745c7f701a38"},"dish_name":["白菜炒木耳"],"material":["白菜","木耳","红椒","青椒","小米椒","油","盐","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae369d9cdb745c7f701a39"},"dish_name":["肉末烧茄子"],"material":["茄子","猪肉","小黄姜","一小头","蒜","葱","生抽","蚝油","料酒","太白粉","盐","水淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae369e9cdb745c7f701a3a"},"dish_name":["黄花菜木耳炒肉丝"],"material":["黄花菜","木耳","猪肉","葱","姜","盐","料酒","老抽","生抽","胡椒粉","糖","淀粉","植物油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae369f9cdb745c7f701a3b"},"dish_name":["蛋黄豆腐"],"material":["盐","胡萝卜丝、葱碎","咸蛋黄","内酯豆腐","泡发的枸杞","水淀粉","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36a09cdb745c7f701a3c"},"dish_name":["糯米小南瓜"],"material":["南瓜","糯米粉","白糖","葡萄干"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a19cdb745c7f701a3d"},"dish_name":["蜂蜜麻花"],"material":["面粉","鸡蛋","白糖","蜂蜜","盐","酵母","牛奶熬煮好的奶油","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a39cdb745c7f701a3e"},"dish_name":["韭菜馅饺子"],"material":["韭菜","鸡蛋","虾皮","盐","油","香油","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a49cdb745c7f701a3f"},"dish_name":["葱花鸡蛋饼"],"material":["鸡蛋","普通面粉","盐","葱","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a59cdb745c7f701a40"},"dish_name":["银耳红枣粥"],"material":["银耳","大米","红枣","清水","冰糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a79cdb745c7f701a41"},"dish_name":["芹菜饺子"],"material":["饺子皮","芹菜","五花肉丝","大葱","姜","面粉","油","生抽","盐","十三香","味精","料酒"],"style":["主食"]}

{"_id":{"\$oid":"59ae36a99cdb745c7f701a42"},"dish_name":["蒜蓉生菜"],"material":["生菜","蒜","豉油","香油","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36aa9cdb745c7f701a43"},"dish_name":["海带炖排骨"],"material":["排骨","海带","葱","姜","盐","味精","鸡粉","胡椒粉","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ac9cdb745c7f701a44"},"dish_name":["虾皮炒小白菜"],"material":["小白菜","1 小捆","虾皮","自制豆腐","葱","姜末"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ad9cdb745c7f701a45"},"dish_name":["土豆西红柿炖牛腩"],"material":["牛腩","西红柿","土豆","料酒","花椒粉","葱","姜","3 便","盐","大料"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ae9cdb745c7f701a46"},"dish_name":["黄瓜炒蛋"],"material":["黄瓜","鸡蛋","油盐","蒜","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36b09cdb745c7f701a47"},"dish_name":["香菇炒小白菜"],"material":["小白菜","鲜香菇","大蒜","姜","油","十三香","盐","味极鲜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36b19cdb745c7f701a48"},"dish_name":["土豆烧肉"],"material":["五花肉","土豆","青椒","红椒","生姜","油","盐","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36b29cdb745c7f701a49"},"dish_name":["茴香饺子"],"material":["茴香苗","面粉","肉馅"],"style":["主食"]}

{"_id":{"\$oid":"59ae36b39cdb745c7f701a4a"},"dish_name":["黑豆粥"],"material":["黑豆","小米","燕麦","红枣","枸杞子","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae36b49cdb745c7f701a4b"},"dish_name":["香煎土豆饼"],"material":["土豆","面粉","小葱","植物油","盐","孜然","辣椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae36b59cdb745c7f701a4c"},"dish_name":["鲅鱼饺子"],"material":["鲅鱼","五花肉","饺子皮","姜","葱花","盐","芝麻油","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae36b79cdb745c7f701a4d"},"dish_name":["芒果蛋糕卷"],"material":["鸡蛋","低筋面粉","牛奶","白糖（蛋清用）","白糖（蛋黄用）","油","盐","柠檬汁","打发甜奶油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36b99cdb745c7f701a4e"},"dish_name":["虾仁黄瓜"],"material":["虾仁","黄瓜","木耳","葱姜蒜","香菇","盐","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36bb9cdb745c7f701a4f"},"dish_name":["辣炒排骨"],"material":["排骨","葱","姜","红辣椒","青辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36bb9cdb745c7f701a50"},"dish_name":["香煎羊排"],"material":["羊排","薄荷酱","食用油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36bd9cdb745c7f701a51"},"dish_name":["黑木耳炒腐竹"],"material":["黑木耳","腐竹","青椒","油","盐","胡椒粉","白糖","生抽","味精","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36be9cdb745c7f701a52"},"dish_name":["爆炒猪肚"],"material":["猪肚","青椒","红椒","蒜头","姜","酱油","八角","红干椒","盐","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36be9cdb745c7f701a53"},"dish_name":["松仁玉米"],"material":["玉米","松仁","油","盐","糖","黄瓜","枸杞"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36bf9cdb745c7f701a54"},"dish_name":["肉片炒茭白"],"material":["瘦肉","茭白","红萝卜","蒜头","葱花","油","盐","生抽","生粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36c09cdb745c7f701a55"},"dish_name":["红焖肘子"],"material":["猪肘","豆腐乳","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36c29cdb745c7f701a56"},"dish_name":["纸杯蛋糕"],"material":["鸡蛋","面粉","砂糖","色拉油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36c39cdb745c7f701a57"},"dish_name":["枣糕"],"material":["低筋面粉","无核大枣","鸡蛋","牛奶","红糖","白糖","玉米油","泡打粉","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae36c49cdb745c7f701a58"},"dish_name":["油炸茄盒"],"material":["猪肉糜","面粉和淀粉","葱姜末","盐","鸡精","鲜酱油","茄子","盐","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36c59cdb745c7f701a59"},"dish_name":["香煎金线鱼"],"material":["金线鱼","蒜头","姜","油","蒸鱼豉油","盐","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36c79cdb745c7f701a5a"},"dish_name":["虾仁炒苦瓜"],"material":["虾仁","苦瓜","蛋清","油","盐","生抽","陈醋","葱花","生姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36c99cdb745c7f701a5b"},"dish_name":["虾仁玉米"],"material":["虾","甜玉米","葱","生菜","蚝油","盐","鸡精","胡椒粉","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ca9cdb745c7f701a5c"},"dish_name":["黄瓜木耳鸡蛋"],"material":["木耳","葱","黄瓜","油","鸡蛋","味达美","姜","鸡精","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36cb9cdb745c7f701a5d"},"dish_name":["孜然土豆条"],"material":["土豆","孜然","红椒","大蒜","香葱","生抽","五香粉","盐","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36cd9cdb745c7f701a5e"},"dish_name":["粉丝蒸扇贝"],"material":["扇贝","粉丝","大蒜","红椒","青椒","盐","胡椒粉","鸡粉","豉油","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36cd9cdb745c7f701a5f"},"dish_name":["红菇炖鸡"],"material":["鸡叉骨","红菇","生姜","小葱","枸杞","清水","食盐","白米醋","料酒","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ce9cdb745c7f701a60"},"dish_name":["豌豆炒虾仁"],"material":["鲜虾","豌豆","油","生姜","生抽","鸡蛋清","盐","鸡精","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d09cdb745c7f701a61"},"dish_name":["西红柿黄瓜汤"],"material":["黄瓜","金针菇","鸡蛋","西红柿","盐","香油","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d09cdb745c7f701a62"},"dish_name":["春笋烧肉"],"material":["春笋","五花肉","蒜","姜","酱油","盐","糖","水","食用油","香葱","五香粉","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d29cdb745c7f701a63"},"dish_name":["剁椒蒸鱼头"],"material":["大头鱼头","姜","红椒","蒜头","油","盐","生抽","耗油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d39cdb745c7f701a64"},"dish_name":["胡萝卜烧排骨"],"material":["排骨","胡萝卜","菜油","辣椒酱","姜","蒜","香料","料酒","白糖","生抽","食盐","花椒","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d49cdb745c7f701a65"},"dish_name":["梅干菜烧肉"],"material":["五花肉","绍兴梅干菜","生姜","香葱","食用油","清水","食盐","味精","白糖","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d79cdb745c7f701a66"},"dish_name":["辣椒炒鸡蛋"],"material":["螺丝椒","鸡蛋","红美人","油","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36d89cdb745c7f701a67"},"dish_name":["啤酒红烧肉"],"material":["五花肉","鹌鹑蛋","大料","桂皮","葱姜蒜","老抽","生抽","冰糖","鸡精","香油","干红辣椒","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36da9cdb745c7f701a68"},"dish_name":["猪肉炒三丝"],"material":["猪肉","四季豆","木耳","莴笋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36db9cdb745c7f701a69"},"dish_name":["秋葵炒肉"],"material":["葱姜","秋葵","青红椒","味精","五花肉","酱油","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36db9cdb745c7f701a6a"},"dish_name":["酸豆角炒鸭胗"],"material":["鸭胗","酸豆角","青红辣椒","姜","蒜","盐","鸡精","酱油","豪油","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36dd9cdb745c7f701a6b"},"dish_name":["鲍汁杏鲍菇"],"material":["杏鲍菇","西兰花(摆盘用,可食)","水果蕃茄(摆盘用,可食)","色拉油","鲍汁","蚝油","老抽(调色用)","精盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36de9cdb745c7f701a6c"},"dish_name":["冬瓜虾仁"],"material":["冬瓜","虾仁","大葱","香菜","黄瓜","枸杞","油","盐","糖","料酒","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36df9cdb745c7f701a6d"},"dish_name":["莴笋炒木耳"],"material":["莴笋","泡发木耳","胡萝卜","盐","油","姜","蒜","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e19cdb745c7f701a6e"},"dish_name":["火爆大头菜"],"material":["大头菜","干红辣椒","盐","酱油","花椒","蚝油","葱姜蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e29cdb745c7f701a6f"},"dish_name":["杏鲍菇炒鸡蛋"],"material":["盐","杏鲍菇","鸡蛋","油","韭菜","味精","小红椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e39cdb745c7f701a70"},"dish_name":["孜然肉丁"],"material":["猪肉","山核桃","腰果","孜然粉","生菜","蒜苔","姜","蒜子","番茄酱","白糖","辣酱","米醋","料酒","盐","鸡精","鸡蛋","面粉","玉米粉","大豆油","小辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e49cdb745c7f701a71"},"dish_name":["剁椒蒸鸡翅"],"material":["鸡翅","剁椒","葱","姜","生抽","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e69cdb745c7f701a72"},"dish_name":["酿鸡蛋"],"material":["五花肉","鸡蛋","油","盐","酱油","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e79cdb745c7f701a73"},"dish_name":["海蛎煎"],"material":["海蛎","蒜苗","鸡蛋","姜","酱油","地瓜粉","番茄酱","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36e99cdb745c7f701a74"},"dish_name":["白灼芦笋"],"material":["芦笋","红椒","葱白","蚝油","蒸鱼豉油","白糖","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ea9cdb745c7f701a75"},"dish_name":["芹菜炒牛肉"],"material":["牛肉","芹菜","青辣椒","红辣椒","小辣椒","蒜","生粉","生抽","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36eb9cdb745c7f701a76"},"dish_name":["蒜蓉虾"],"material":["虾","料酒","葱","姜","蒜头","生抽","麻油","香醋","盐","凉白开","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ed9cdb745c7f701a77"},"dish_name":["炆菠菜"],"material":["菠菜","盐","干辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ee9cdb745c7f701a78"},"dish_name":["大蒜炒腊肉"],"material":["腊肉","大蒜","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ef9cdb745c7f701a79"},"dish_name":["汽锅鸡"],"material":["小公鸡","大枣","枸杞","葱","姜","八角","桂皮","白芷","香叶","花椒","小茴香","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f09cdb745c7f701a7a"},"dish_name":["蒸肉饼"],"material":["猪肉碎","葱","鸡蛋","香菇","虾米","油","盐","白胡椒","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f19cdb745c7f701a7b"},"dish_name":["蛋黄焗蟹"],"material":["梭子蟹","姜","黄酒","咸鸭蛋黄","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f39cdb745c7f701a7c"},"dish_name":["香橙排骨"],"material":["猪净排","柳橙或脐橙","油","腌排骨用","生抽","料酒","鲜榨橙汁","干淀粉","姜","酱汁","鲜榨橙汁","白糖","盐","水淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f49cdb745c7f701a7d"},"dish_name":["红烧猪脚"],"material":["猪脚","清水","白芝麻","生姜","香葱","桂皮","桂叶","陈皮","八角","干辣椒","食用油","食盐","老抽","生抽","冰糖","白酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f69cdb745c7f701a7e"},"dish_name":["尖椒炒鸡蛋"],"material":["尖椒","鸡蛋","盐","食用油","鸡精","香油","料酒","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f79cdb745c7f701a7f"},"dish_name":["蒸鲈鱼"],"material":["鲈鱼","姜丝","香菜、葱花","油","盐","蒸鱼鼓油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36f89cdb745c7f701a80"},"dish_name":["青花椒酸菜鱼"],"material":["鱼肉","青花椒酸菜鱼佐料","葱姜蒜","干辣椒小青椒","小芹菜","大葱","油和盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36fa9cdb745c7f701a81"},"dish_name":["土豆炖豆角"],"material":["土豆","豆角","盐","油","老抽","姜","葱花"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36fb9cdb745c7f701a82"},"dish_name":["胡萝卜炒木耳"],"material":["胡萝卜","黑木耳","油","盐","白糖","香葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36fc9cdb745c7f701a83"},"dish_name":["香辣鸡胗"],"material":["鸡胗","青杭椒","蒜子","姜","泡椒","青蒜","辣椒","盐","味精","鸡粉","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36fd9cdb745c7f701a84"},"dish_name":["豆瓣鲫鱼"],"material":["生姜","香葱","白糖","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36fe9cdb745c7f701a85"},"dish_name":["可乐鸡腿"],"material":["可乐","盐","油","白醋","白醋","姜","可乐","小鸡腿","盐","生抽","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae36ff9cdb745c7f701a86"},"dish_name":["洋葱炒蛋"],"material":["鸡蛋","2","洋葱","2","盐","油","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37009cdb745c7f701a87"},"dish_name":["醋溜豆芽"],"material":["绿豆芽","大葱","大蒜","花椒","干辣椒","食用油","盐","陈醋","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37029cdb745c7f701a88"},"dish_name":["培根芦笋卷"],"material":["芦笋","盐","色拉油","黑胡椒碎"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37039cdb745c7f701a89"},"dish_name":["韭菜炒蛋"],"material":["韭菜","鸡蛋","花生油","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37059cdb745c7f701a8a"},"dish_name":["长山药炒木耳"],"material":["山药","木耳","盐","油","姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37079cdb745c7f701a8b"},"dish_name":["卤味拼盘"],"material":["五花肉","鸭翅","鸭胗","鹌鹑蛋","豆腐干","红黄绿辣椒","炖肉料","盐","料酒","耗油","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37089cdb745c7f701a8c"},"dish_name":["糖醋里脊肉"],"material":["猪里脊肉","番茄酱","鸡蛋","淀粉","面粉","姜蒜","清水","白砂糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37099cdb745c7f701a8d"},"dish_name":["柠檬鸭"],"material":["鸭肉","咸柠檬","蒜子","酒","老抽","生抽","鸡粉","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae370a9cdb745c7f701a8e"},"dish_name":["青椒炒牛肉"],"material":["牛肉","青椒","姜","生抽","蚝油","盐","胡椒粉","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae370c9cdb745c7f701a8f"},"dish_name":["葱油菜心"],"material":["菜心","葱头","盐","酱油","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae370d9cdb745c7f701a90"},"dish_name":["西兰花炒鸡蛋"],"material":["西兰花","草鸡蛋","红椒","蒜头","食用油","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae370e9cdb745c7f701a91"},"dish_name":["拔丝山药"],"material":["山药","白砂糖","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae370f9cdb745c7f701a92"},"dish_name":["红烧偏口鱼"],"material":["偏鱼","油","生姜","料酒","耗油","辣椒","盐","味精","鸡精","糖","胡椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37109cdb745c7f701a93"},"dish_name":["蚝油菜心"],"material":["菜心","蚝油","水（兑汁用）","盐","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37129cdb745c7f701a94"},"dish_name":["炆炒圆白菜"],"material":["圆白菜","油","花椒","干红辣椒","葱姜蒜","盐","醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37139cdb745c7f701a95"},"dish_name":["香酥龙利鱼"],"material":["龙利鱼","油","葱姜蒜","孜然粉","料酒","盐","生抽","鸡蛋","椒盐","番茄酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37149cdb745c7f701a96"},"dish_name":["肉片炒青椒"],"material":["大青椒","肉","姜","生抽","盐","花椒面","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37159cdb745c7f701a97"},"dish_name":["红烧鲑鱼"],"material":["鲑鱼","香菇","冬笋","五花肉","葱","姜","蒜","香菜","盐","味精","鸡粉","老抽","花椒","大料","干辣椒","料酒","胡椒粉","白糖","米醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37189cdb745c7f701a98"},"dish_name":["蒜蓉辣酱烧排骨"],"material":["猪净排","葱","姜","蒜蓉辣酱","生抽","老抽","料酒","白糖","清水","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37199cdb745c7f701a99"},"dish_name":["干炸带鱼"],"material":["带鱼","面粉","十三香","油","白糖","鸡精","料酒","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae371a9cdb745c7f701a9a"},"dish_name":["拔丝土豆"],"material":["土豆","植物油","白砂糖","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae371b9cdb745c7f701a9b"},"dish_name":["红烧羊肉"],"material":["羊腱肉","干黄酱","老抽酱油","料酒","盐","葱","姜","蒜","花椒","大料","草果","丁香","糖","老汤"],"style":["热菜"]}

{"_id":{"\$oid":"59ae371c9cdb745c7f701a9c"},"dish_name":["蒜香鸡中翅"],"material":["鸡中翅","大蒜","洋葱","香葱","料酒","老抽","生抽","盐","胡椒粉","熟白芝麻（装饰用）","随意"],"style":["热菜"]}

{"_id":{"\$oid":"59ae371d9cdb745c7f701a9d"},"dish_name":["泡椒炒牛肉"],"material":["牛肉","鲜红椒","四川小米椒","盐","酱油","姜","淀粉","料酒","白砂糖","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae371f9cdb745c7f701a9e"},"dish_name":["韭黄炒肉丝"],"material":["里脊肉","韭黄","花生油（实耗）","生抽","生粉","盐","花椒","红干椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37209cdb745c7f701a9f"},"dish_name":["酱炒茄子"],"material":["五花肉","茄子","八角","甜面酱","葱姜","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37219cdb745c7f701aa0"},"dish_name":["剁椒丝瓜"],"material":["丝瓜","蒜","剁椒","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37239cdb745c7f701aa1"},"dish_name":["苏式红烧肉"],"material":["五花肉","山楂干","红烧酱油","料酒","盐","冰糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37249cdb745c7f701aa2"},"dish_name":["香肠炒菜花"],"material":["有机

菜花","香肠","姜","干辣椒","花椒"," 郫县辣酱"," 盐"," 温水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37269cdb745c7f701aa3"},"dish_name":["椒盐虾"],"material":[" 海白虾","尖椒","洋葱"," 盐","胡椒粉","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37279cdb745c7f701aa4"},"dish_name":["头菜木耳面筋包子"],"material":["盐"," 十三香","味素","木耳"," 面筋"," 头菜","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae37289cdb745c7f701aa5"},"dish_name":["豌豆焖饭"],"material":["豌豆","糯米","腊肉","花椒"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae37299cdb745c7f701aa6"},"dish_name":["香椿煎蛋"],"material":["香椿","鸡蛋"," 色拉油","香油"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae372a9cdb745c7f701aa7"},"dish_name":["土豆丝卷饼"],"material":["面粉","热水","土豆","香菇"," 猪瘦肉","尖辣椒","胡萝卜","葱"," 生抽","料酒"," 盐"," 鸡精","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae372c9cdb745c7f701aa8"},"dish_name":["软炸虾仁"],"material":[" 鲜虾仁","鸡蛋","淀粉"," 盐","味精","胡椒粉","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae372d9cdb745c7f701aa9"},"dish_name":["红焖猪蹄"],"material":["猪蹄","香菇","姜","蒜头","生菜","油"," 盐"," 生抽"," 老抽","1 调羹"," 五香粉","料酒","2 调羹","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae372f9cdb745c7f701aaa"},"dish_name":["客家酿豆腐"],"material":[" 客家老豆腐"," 前腿肉","蒜头"," 盐","茴香"," 生粉","蒜苗"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37309cdb745c7f701aab"},"dish_name":["烤羊排"],"material":["羊排","三人份","枸杞"," 盐"," 橄榄油","料酒","孜然","迷迭香"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37319cdb745c7f701aac"},"dish_name":["莴笋炒蛋"],"material":[" 莴笋","鸭蛋"," 盐"," 耗油","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37329cdb745c7f701aad"},"dish_name":["宫保杏鲍菇"],"material":["杏鲍菇","青椒","红椒","花生米"," 油、香油"," 葱姜蒜"," 料汁用","糖"," 盐"," 生抽","淀粉"," 辅助"," 冰水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37339cdb745c7f701aae"},"dish_name":["青椒炒鸡蛋"],"material":["青椒","鸡蛋"," 盐","食用油"," 葱姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37349cdb745c7f701aaf"},"dish_name":["五彩菠萝炒饭"],"material":["米饭","菠萝","草莓","香蕉","蓝莓","油","咖喱"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae37359cdb745c7f701ab0"},"dish_name":[" 红 糖 荞 麦 黑 芝 麻 花 卷"],"material":["红糖","荞麦"," 鲜牛奶","一袋"," 大核桃仁","黑芝麻"," 酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae37379cdb745c7f701ab1"},"dish_name":["葱油花卷"],"material":[" 高筋面粉"," 酵母","牛奶"," 温水"," 35 度左右温水（调酵母）","香葱","香油","花椒粉"," 椒盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae37389cdb745c7f701ab2"},"dish_name":[" 小 猪 馒 头 "],"material":[" 南 瓜","250","面粉","500"," 酵母","5","糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae37399cdb745c7f701ab3"},"dish_name":["千层酥饼"],"material":[" 中筋面粉（皮）"," 色拉油（皮）"," 水（皮）"," 色拉油（酥）"," 中筋面粉（酥）"," 白糖（皮）"],"style":["主食"]}

{"_id":{"\$oid":"59ae373b9cdb745c7f701ab4"},"dish_name":["翡翠白菜饺子"],"material":[" 肉馅","荠菜"," 葱末"," 姜末","油"," 生抽"," 盐","味精","香油"," 炸好的菠菜汁","面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae373b9cdb745c7f701ab5"},"dish_name":["培根吐司"],"material":["高筋面粉","白砂糖","盐","酵母","奶粉","水","黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae373d9cdb745c7f701ab6"},"dish_name":["红薯丸子"],"material":["红薯","面粉","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae373e9cdb745c7f701ab7"},"dish_name":["荤素双拼"],"material":["香肠","豌豆米","油盐","糖","辣椒粉","黑胡椒粉","孜然粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37419cdb745c7f701ab8"},"dish_name":["五香蚕豆"],"material":["蚕豆","花椒","大料","盐","干辣椒","香叶"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37429cdb745c7f701ab9"},"dish_name":["牛奶炖蛋"],"material":["鸡蛋","2","牛奶","水果","白砂糖","保鲜膜","炖盅"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37439cdb745c7f701aba"},"dish_name":["腊肠炒芥兰"],"material":["腊肠","芥兰","水（焯水用）","小半锅","盐","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37459cdb745c7f701abb"},"dish_name":["剁椒芋头"],"material":["芋头","清水","鸡精","油","剁椒","蒜","葱","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37469cdb745c7f701abc"},"dish_name":["烧豆腐"],"material":["南豆腐","剁椒","油","盐","糖","胡椒粉","麻油","水淀粉","小葱","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37489cdb745c7f701abd"},"dish_name":["水煮牛肉片"],"material":["牛肉","一代","葱","姜","七，八","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37499cdb745c7f701abe"},"dish_name":["清炒杏鲍菇"],"material":["杏鲍菇","青椒","肉","生姜大蒜","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae374a9cdb745c7f701abf"},"dish_name":["鸡腿炖蘑菇"],"material":["鸡腿","蘑菇","葱","姜","八角","1枚","生抽","油","盐","鸡精","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae374b9cdb745c7f701ac0"},"dish_name":["沙茶酱蒸排骨"],"material":["排骨","沙茶酱","姜末","蒜末","葱末","酱油","盐","香菜","米酒","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae374c9cdb745c7f701ac1"},"dish_name":["香酥鸡翅"],"material":["鸡翅中","葱","姜","蒜","鸡蛋清","盐","味精","白糖","胡椒粉","料酒","淀粉","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae374d9cdb745c7f701ac2"},"dish_name":["芦笋炒肉丝"],"material":["芦笋","瘦肉","油","盐","料酒","生抽","白糖","味精","蒜","玉米淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae374f9cdb745c7f701ac3"},"dish_name":["西湖醋鱼"],"material":["草鱼","香醋","白糖","姜","盐","料酒","葱白","水淀粉","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37509cdb745c7f701ac4"},"dish_name":["蒜蓉丝瓜"],"material":["丝瓜","蒜","一头","味精","红椒","盐","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37529cdb745c7f701ac5"},"dish_name":["烧带鱼"],"material":["带鱼","生粉","姜蒜","黄酒","老抽","生抽","盐","小葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37529cdb745c7f701ac6"},"dish_name":["莴笋炒肉"],"material":["莴笋","里脊肉","红椒","大蒜","生姜","料酒","酱油","淀粉","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37549cdb745c7f701ac7"},"dish_name":["脆皮豆腐"],"material":["豆腐","鸡蛋","盐","淀粉","料酒","海鲜酱油","醋","白糖","鸡粉","香油","蒜","青红椒","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37569cdb745c7f701ac8"},"dish_name":["椒盐豆腐"],"material":["豆腐","盐","老抽","番茄酱","陈醋","辣椒末","白糖","水","淀粉","花椒粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37579cdb745c7f701ac9"},"dish_name":["菜花炒肉"],"material":["菜花","猪

肉","姜","蒜","油","酱油","生粉","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37599cdb745c7f701aca"},"dish_name":["清蒸黄刺鱼"],"material":["黄刺鱼","葱","姜","盐","蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae375a9cdb745c7f701acb"},"dish_name":["韭黄炒蛋"],"material":["韭黄","1捆","鸭蛋","大蒜","食盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae375b9cdb745c7f701acc"},"dish_name":["土豆炖油豆角"],"material":["土豆","油豆角","猪肉","葱花","油","盐","生抽","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae375d9cdb745c7f701acd"},"dish_name":["香辣螺丝"],"material":["螺丝","蒜苗","蒜","辣椒","姜","白酒","老抽","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae375e9cdb745c7f701ace"},"dish_name":["素烧豆腐"],"material":["水豆腐","油","生抽","老抽","小葱","干辣椒","姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae375f9cdb745c7f701acf"},"dish_name":["口蘑炒肉片"],"material":["口蘑","猪肉","青椒","胡萝卜","油","生抽","料酒","盐","鸡精","淀粉","姜","蒜","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37609cdb745c7f701ad0"},"dish_name":["花生焖猪手"],"material":["猪手","花生","南乳","姜","盐","酱油","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37619cdb745c7f701ad1"},"dish_name":["酱烧排骨"],"material":["排骨","老姜","大蒜","香葱","李锦记甜面酱","香辣酱","料酒","盐","鸡精","八角桂皮等大料"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37639cdb745c7f701ad2"},"dish_name":["红烧小土豆"],"material":["小土豆","骨头汤","盐","青蒜","干辣椒","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37649cdb745c7f701ad3"},"dish_name":["辫子面包"],"material":["高筋面粉","牛奶","白糖","酵母","盐","鸡蛋","黄油","芝麻","蛋液"],"style":["主食"]}

{"_id":{"\$oid":"59ae37659cdb745c7f701ad4"},"dish_name":["荠菜馄饨"],"material":["荠菜","肉末","百叶末","香菇","干虾仁末","鸡蛋","油","盐","糖","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae37679cdb745c7f701ad5"},"dish_name":["家常炒面"],"material":["手擀面或切面","鸡蛋","火腿","洋葱","胡萝卜","生抽","老抽","盐","鸡精","食用油","小葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae37689cdb745c7f701ad6"},"dish_name":["南瓜蝴蝶馒头"],"material":["面粉","发酵粉","南瓜泥"],"style":["主食"]}

{"_id":{"\$oid":"59ae37699cdb745c7f701ad7"},"dish_name":["麻酱拌面"],"material":["黄瓜丝","胡萝卜丝","黄椒丝","红椒丝","麻酱","味极鲜","醋","香油","盐","熟芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae376b9cdb745c7f701ad8"},"dish_name":["榨菜炒肉丝"],"material":["猪瘦肉","榨菜","红尖椒","青尖椒","腌肉料:","盐","鸡精","生抽","淀粉","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae376d9cdb745c7f701ad9"},"dish_name":["彩蔬炒鸡丁"],"material":["鸡丁","胡萝卜","青椒","红椒","鸡腿菇","木耳","料酒","生抽","油","盐","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae376e9cdb745c7f701ada"},"dish_name":["剁椒鲤鱼"],"material":["鲤鱼","红椒","葱","姜","蒜","食用油","料酒","酱油","醋","蚝油","白胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae376f9cdb745c7f701adb"},"dish_name":["排骨炖莲藕"],"material":["排骨","莲藕","葱","姜","盐","鸡粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37709cdb745c7f701adc"},"dish_name":["豆腐脑"],"material":["淀粉","水","蚝油","冬菜咸菜","大料","味极鲜酱油","盐","麻汁","韭菜花","香菜","香油"]}

"},"style":["热菜"]}

{"_id":{"\$oid":"59ae37729cdb745c7f701add"},"dish_name":["蚝油排骨"],"material":["排骨","蚝油","姜","糖","油","料酒","盐","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37739cdb745c7f701ade"},"dish_name":["炸鸡腿"],"material":["鸡腿","炸鸡粉","半袋","油","盐","料酒","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37749cdb745c7f701adf"},"dish_name":["拌空心菜"],"material":[],"style":["热菜"]}

{"_id":{"\$oid":"59ae37759cdb745c7f701ae0"},"dish_name":["香辣鸡翅"],"material":["鸡翅","海盐","黑胡椒","辣椒酱","蜂蜜","生油","橄榄油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37769cdb745c7f701ae1"},"dish_name":["莴笋肉片"],"material":["莴笋","大蒜","油盐","糖醋","朝天椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37779cdb745c7f701ae2"},"dish_name":["素馅饺子"],"material":["面粉","韭菜","木耳","鸡蛋","虾皮","花生油","盐","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae37789cdb745c7f701ae3"},"dish_name":["芝士焗饭"],"material":["米饭","芝士","芹菜","鸡蛋","蒜苗","橄榄油","盐","胡萝卜"],"style":["主食"]}

{"_id":{"\$oid":"59ae377a9cdb745c7f701ae4"},"dish_name":["炒凉皮"],"material":["凉皮原料","面粉(中筋高筋均可)","冷水","盐","炒凉皮原料","胡萝卜丝","卷心菜","鸡蛋","大蒜","香葱","生抽","白糖","盐","胡椒粉","鸡精","猪肉"],"style":["主食"]}

{"_id":{"\$oid":"59ae377b9cdb745c7f701ae5"},"dish_name":["香椿蛋饼"],"material":["香椿","鸡蛋","色拉油","香油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae377c9cdb745c7f701ae6"},"dish_name":["豆沙面包"],"material":["奶粉","牛奶","盐","高筋粉","鸡蛋","低筋粉","酵母f","玉米油(黄油)","表面刷蛋液","豆沙","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae377d9cdb745c7f701ae7"},"dish_name":["纸杯戚风蛋糕"],"material":["鸡蛋","白糖(蛋黄中)","白糖(蛋白中)","玉米油","牛奶","低筋面粉","白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37809cdb745c7f701ae8"},"dish_name":["素炒腐竹"],"material":["腐竹","胡萝卜","盐","蚝油","葱","辣椒","蒜","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37819cdb745c7f701ae9"},"dish_name":["油焖茭白"],"material":["茭白","生姜","冰糖","生抽","水","玉米油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37829cdb745c7f701aea"},"dish_name":["蛋黄焗南瓜"],"material":["南瓜","鸭蛋黄","香葱","盐","胡椒粉","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37839cdb745c7f701aeb"},"dish_name":["韭菜花炒鸡蛋"],"material":["鸡蛋","韭菜花","盐","葱","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37849cdb745c7f701aec"},"dish_name":["炸虾仁"],"material":["冷冻虾仁","鸡蛋","面粉","料酒","盐","胡椒粉","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37859cdb745c7f701aed"},"dish_name":["爆炒黄鳝"],"material":["黄鳝","青椒","红椒","蒜","葱","盐","生抽","糖","麻油","油","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37869cdb745c7f701aee"},"dish_name":["咖喱土豆鸡块"],"material":["土豆","料酒","酱油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37879cdb745c7f701aef"},"dish_name":["肉末蒸蛋"],"material":["肉末","鸭蛋","葱花","油","盐","料酒","耗油","椒盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37889cdb745c7f701af0"},"dish_name":["糖醋松鼠鱼"],"material":["鲢鱼","香菇","豌豆","甜辣酱","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37899cdb745c7f701af1"},"dish_name":["懒人红烧排骨"],"material":["小排骨","生姜","八角","酱油","油","盐","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae378a9cdb745c7f701af2"},"dish_name":["剁椒土豆片"],"material":["土豆","剁椒","猪油","生抽","盐","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae378b9cdb745c7f701af3"},"dish_name":["牛肉饭"],"material":["牛肉卷","洋葱","胡萝卜","料酒","酱油","耗油","白糖","水","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae378d9cdb745c7f701af4"},"dish_name":["腊肠炒蒜苔"],"material":["腊肠","1节","蒜苔","红辣椒","油","盐","白糖","胡椒粉","生抽","姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae378e9cdb745c7f701af5"},"dish_name":["红烧鲶鱼"],"material":["鲶鱼","蒜苗","红辣椒","小红米椒（辣）","生姜","植物油","生抽","料酒","糖","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae378f9cdb745c7f701af6"},"dish_name":["炖鲑鱼"],"material":["鲑鱼（去完内脏的）","八角","花椒","生抽","醋","料酒","糖","盐","鸡精","姜","蒜","红干椒","香菜末"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37919cdb745c7f701af7"},"dish_name":["素炒土豆丝"],"material":["土豆","葱","花椒","油","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37939cdb745c7f701af8"},"dish_name":["尖椒肥肠"],"material":["肥肠","尖椒","面粉","植物油","八角","草果","小茴香","香叶","冰糖","盐","老抽","花椒","白芝麻（熟）","鸡精","干辣椒","生抽","葱白"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37949cdb745c7f701af9"},"dish_name":["西葫芦炒鸡蛋"],"material":["西葫芦","鸡蛋","植物油","盐","味精","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37959cdb745c7f701afa"},"dish_name":["酱香鱼"],"material":["鱼","姜","辣椒","盐","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37969cdb745c7f701afb"},"dish_name":["芹菜炒千张"],"material":["鸡精","酱油","小香芹","五花肉","葱姜","盐","料酒","干辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37979cdb745c7f701afc"},"dish_name":["胡萝卜木耳炒肉"],"material":["胡萝卜","木耳","猪肉","酱油","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37999cdb745c7f701afd"},"dish_name":["山药炖猪蹄"],"material":["山药","猪蹄","香葱","生姜","枸杞","食盐","味精","白酒","白米醋","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae379a9cdb745c7f701afe"},"dish_name":["青椒木耳炒鸡蛋"],"material":["青椒","鸡蛋","木耳","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae379b9cdb745c7f701aff"},"dish_name":["素炒杏鲍菇"],"material":["杏鲍菇","青椒","红美人","葱","盐","五香粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae379c9cdb745c7f701b00"},"dish_name":["剁椒鱼"],"material":["青阳鱼","剁椒","葱","姜","料酒","盐","酱油","蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae379e9cdb745c7f701b01"},"dish_name":["尖椒炒腊肉"],"material":["腊肉","红椒","尖椒","葱","姜","蒜","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae379f9cdb745c7f701b02"},"dish_name":["荷兰豆炒肉片"],"material":["瘦肉","荷兰豆","油","红椒","盐","料酒","生抽","淀粉","鸡精","大蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a09cdb745c7f701b03"},"dish_name":["米粉肉"],"material":["三线红五花","蒸肉粉","生姜","盐","白砂糖","鸡粉","胡椒粉","料酒","酱油","老抽","豆豉","十三香","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a29cdb745c7f701b04"},"dish_name":["爆炒花蛤"],"material":["花蛤","姜蒜","小葱","红辣椒","油","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a39cdb745c7f701b05"},"dish_name":["烤鸡翅"],"material":["翅中","圆葱","西红柿","姜蒜","糖、生抽、蚝油、盐","孜然粉、辣椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a49cdb745c7f701b06"},"dish_name":["腐竹炒木耳"],"material":["青椒","盐","腐竹","生抽","花生油","水","木耳"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a59cdb745c7f701b07"},"dish_name":["孜然土豆"],"material":["黑胡椒","盐","食用油","花椒盐","小土豆","孜然粉","葱花"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a79cdb745c7f701b08"},"dish_name":["青椒炒鸭胗"],"material":["鸭胗","青椒","胡萝卜","生姜","油","盐","生抽","红酒","白砂糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37a89cdb745c7f701b09"},"dish_name":["奥尔良烤鸡翅"],"material":["鸡翅中","葱","姜","料酒","奥尔良腌料","蜂蜜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37aa9cdb745c7f701b0a"},"dish_name":["炸鱼块"],"material":["龙利鱼","甜椒","胡萝卜","姜","鸡蛋","盐","黑胡椒","料酒","面粉","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37ab9cdb745c7f701b0b"},"dish_name":["炒鱼片"],"material":["脆肉鲩鱼","青椒或者尖椒","姜","料酒","蚝油","生抽","盐","胡椒粉","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37ac9cdb745c7f701b0c"},"dish_name":["西红柿牛腩"],"material":["牛腩","洋葱","番茄","黄椒","红椒","盐和黑胡椒","番茄酱","酱油","味霖","新鲜罗勒","葱、姜","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37ad9cdb745c7f701b0d"},"dish_name":["榨菜炒鸡蛋"],"material":["榨菜","鸡蛋","葱","芹菜梗","蒜头","油","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37ae9cdb745c7f701b0e"},"dish_name":["酱焖鲫鱼"],"material":["鲫鱼","葱姜","蒜","2头","香菜","大酱","味精","油","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37af9cdb745c7f701b0f"},"dish_name":["咖喱土豆鸡翅"],"material":["鸡翅","洋葱","土豆","橄榄油","生抽","老抽","盐","黄咖喱粉","一袋","料酒","姜末"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37b09cdb745c7f701b10"},"dish_name":["酿豆腐"],"material":["油炸豆腐泡","猪肉","葱","马蹄","生抽","蚝油","食用油","生粉","胡椒粉或十三香","盐","姜末","以上是肉馅调料","生抽","蚝油","清水","以上是煮豆腐的"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37b29cdb745c7f701b11"},"dish_name":["蒜苔炒肉"],"material":["蒜苔","肉","姜","盐","油","20mL","味精","淀粉","酱油","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37b39cdb745c7f701b12"},"dish_name":["菠菜鸡蛋饼"],"material":["鸡蛋","菠菜","面粉","盐","玉米面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae37b49cdb745c7f701b13"},"dish_name":["胡萝卜蛋炒饭"],"material":["米饭","胡萝卜","鸡蛋","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae37b59cdb745c7f701b14"},"dish_name":["南瓜花卷"],"material":["南瓜","中筋粉","糖粉","酵母","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae37b69cdb745c7f701b15"},"dish_name":["老北京肉饼"],"material":["面粉","肉馅","葱花","料酒","老抽","生抽","花椒油","香油","盐","鸡粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae37b79cdb745c7f701b16"},"dish_name":["奶油吐司"],"material":["面粉","奶油","黄油","糖","酵母","牛奶","奶粉","鸡蛋","盐","牛奶","芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae37b89cdb745c7f701b17"},"dish_name":["全麦小餐包"],"material":["白砂糖","盐","黄油","水","全麦面粉","高筋面粉","酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae37ba9cdb745c7f701b18"},"dish_name":["炸鸡柳"],"material":["鸡胸脯肉","鸡蛋","淀粉","油","盐","料酒","葱","姜","番茄酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37bc9cdb745c7f701b19"},"dish_name":["干煸花菜"],"material":["葱","花椒"]}

","红干椒","酱油","蒜","花菜","盐","时间"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37bd9cdb745c7f701b1a"},"dish_name":["小银鱼炒鸡蛋"],"material":["新鲜小银鱼","鸡蛋","油","盐","小香葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37be9cdb745c7f701b1b"},"dish_name":["土豆焖鸡"],"material":["鸡","土豆","葱姜蒜","青红椒","花椒/大料","料酒","酱油","鸡粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37bf9cdb745c7f701b1c"},"dish_name":["酱烧鸡翅"],"material":["鸡翅","老干妈香辣酱","油","生抽","蚝油","白糖","料酒","姜","蒜","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c19cdb745c7f701b1d"},"dish_name":["炸鸡排"],"material":["鸡胸肉","鸡蛋","面粉","料酒","盐","黑胡椒","花椒面","五香粉","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c29cdb745c7f701b1e"},"dish_name":["烤秋葵"],"material":["秋葵","植物油","盐","黑胡椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c49cdb745c7f701b1f"},"dish_name":["红烧土豆"],"material":["土豆","姜末","蒜末","香茶叶","干辣椒粉","孜然粉","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c59cdb745c7f701b20"},"dish_name":["剁椒豆腐"],"material":["豆腐","自制剁椒","葱姜末","花生油","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c69cdb745c7f701b21"},"dish_name":["家常烤鱼"],"material":["乌头鱼","辣椒干","随意","洋葱","五六篇","芹菜","莴笋","随意","娃娃菜","随意"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37c79cdb745c7f701b22"},"dish_name":["火腿奶酪鸡蛋卷"],"material":[],"style":["主食"]}

{"_id":{"\$oid":"59ae37c99cdb745c7f701b23"},"dish_name":["胡萝卜瘦肉粥"],"material":["大米","胡萝卜","香菜","熟瘦肉","白胡椒粉","鸡精","盐","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae37ca9cdb745c7f701b24"},"dish_name":["养颜红枣糕"],"material":["低筋面粉","红枣","红糖","鸡蛋","清水","玉米油","细砂糖","白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37cb9cdb745c7f701b25"},"dish_name":["可可蛋糕"],"material":["低粉","可可粉","鸡蛋","色拉油","牛奶","白糖…蛋白","白糖…蛋黄","泡打粉","白醋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37cd9cdb745c7f701b26"},"dish_name":["千叶纹蛋糕卷"],"material":["鸡蛋黄","全蛋","色拉油","低筋面粉","蛋白","白砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37ce9cdb745c7f701b27"},"dish_name":["可可杏仁饼干"],"material":["黄油","糖粉","中等鸡蛋","可可粉","低筋面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37d19cdb745c7f701b28"},"dish_name":["红烧素鸡"],"material":["素鸡","香葱","胡萝卜","食用油","食盐","味精","白糖","料酒","酱油","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d29cdb745c7f701b29"},"dish_name":["香辣豆角"],"material":["青豆角","红指椒","油","盐","生抽","胡椒粉","鸡精","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d49cdb745c7f701b2a"},"dish_name":["五彩豆腐"],"material":["青椒","豆腐","黄椒","小葱","生姜","红椒","油","大蒜","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d49cdb745c7f701b2b"},"dish_name":["土豆焖豆角"],"material":["土豆","豆角","胡萝卜","花椒","干辣椒","蒜","芝麻","食用油","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d59cdb745c7f701b2c"},"dish_name":["羊肉火锅"],"material":["带皮羊肉","500看","蒜叶","生姜","桂皮","八角","菜籽油","盐","鸡精","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d69cdb745c7f701b2d"},"dish_name":["虎皮蛋烧肉"],"material":["鸡蛋","猪肉","老抽","盐","料酒","糖","酱豆腐","葱姜","八角"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37d79cdb745c7f701b2e"},"dish_name":["西蓝花炒虾仁"],"material":["西

蓝花","虾仁"," 蒜末","食用油"," 耗油"," 生抽"," 盐","料酒"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37d99cdb745c7f701b2f"},"dish_name":["圆葱炒鸡蛋"],"material":["圆葱","鸡蛋"," 盐"," 生抽"," 陈醋"," 十三香"," 鸡精"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37da9cdb745c7f701b30"},"dish_name":["自制酱牛肉"],"material":["牛肉","盐","味精"," 鸡精"," 老抽","花椒","八角"," 香叶","陈皮","干辣椒","葱","姜","桂皮"," 黄豆酱"," 海鲜酱","料酒"," 耗油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37db9cdb745c7f701b31"},"dish_name":["玉米面酸奶蛋糕"],"material":["鸡蛋"," 玉米面","面粉"," 蛋黄"," 蛋白","糖"," 色拉油"," 面粉, 玉米面过筛"," 鸡蛋分离"],"style":["糕点"]}

{"_id":{"\$oid":"59ae37dd9cdb745c7f701b32"},"dish_name":["浓情巧克力布朗尼"],"material":["鸡蛋"," 低筋粉","核桃","黄油"," 细砂糖"],["style":["糕点"]}

{"_id":{"\$oid":"59ae37de9cdb745c7f701b33"},"dish_name":["冬瓜双豆"],"material":["冬瓜","黄豆","胡萝卜","青豆"," 盐"," 生抽","糖"," 葱姜蒜"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37df9cdb745c7f701b34"},"dish_name":["茶树菇烧肉"],"material":["五花肉"," 新鲜茶树菇","姜","葱"," 红干椒"," 香叶","冰糖","八角"," 生抽","料酒"," 老抽"," 盐"," 鸡精"," 清水","食用油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e09cdb745c7f701b35"},"dish_name":["酿茄子"],"material":["茄子"," 前腿肉"," 蒜沫"," 葱花","油"," 盐"," 生抽"," 生粉"," 鸡精"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e29cdb745c7f701b36"},"dish_name":["腊肠炒莴笋"],"material":["腊肠"," 莴笋","胡萝卜","蒜","料酒"," 盐"," 鸡粉"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e39cdb745c7f701b37"},"dish_name":["砂锅排骨"],"material":["排骨","土豆","藕","金针菇","菠菜","姜","葱","蒜"," 小米辣","青椒","花椒"," 植物油"," 老干妈","酱油"," 十三味香","白糖"," 花椒油"," 水"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e59cdb745c7f701b38"},"dish_name":["耗油香菇"],"material":["香菇","西兰花","蒜","水淀粉"," 盐"," 耗油"," 六月鲜酱油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e69cdb745c7f701b39"},"dish_name":["麻仁卤香菇"],"material":["香菇","青椒","红椒"," 辣黄豆酱","蒜","油"," 熟白芝麻"," 清水"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e79cdb745c7f701b3a"},"dish_name":["响油芦笋"],"material":["芦笋","小米椒或者红辣椒","蒜","三鞭","姜","油","香油","糖","醋"," 盐"," 耗油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37e99cdb745c7f701b3b"},"dish_name":["韭菜炒鱿鱼"],"material":["鲜鱿鱼","韭菜","红椒"," 盐","味精","白糖","料酒","胡椒粉","香油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37ea9cdb745c7f701b3c"},"dish_name":["青椒猪肝"],"material":["猪肝","青椒","姜"," 生抽","蚝油","料酒","白醋","胡椒粉","淀粉","水淀粉"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37eb9cdb745c7f701b3d"},"dish_name":["啤酒鸡翅"],"material":["鸡翅","啤酒","料酒"," 盐"," 花椒面","胡椒粉","淀粉","葱","姜","洋葱","蒜"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37ec9cdb745c7f701b3e"},"dish_name":["珍选捞汁韭菜"],"material":["韭菜"," 白芝麻","蒜"," 珍选捞汁"," 辣椒油"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37ee9cdb745c7f701b3f"},"dish_name":["孜然锅巴土豆"],"material":["香葱"," 新土豆"," 鸡精","孜然粉"," 橄榄油","胡椒粉"," 辣椒粉"," 盐"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37ef9cdb745c7f701b40"},"dish_name":["花生炖猪蹄"],"material":["猪蹄","花生","香菇","生菜","1 份","蒜头","姜","油"," 盐"," 生抽"," 老抽","1 调羹","料酒","2 调羹","五香粉","白糖"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37ef9cdb745c7f701b41"},"dish_name":["酱香茄子"],"material":["茄子","红辣椒"," 老姜","大蒜"," 葱花"," 盐"],["style":["热菜"]}

{"_id":{"\$oid":"59ae37f19cdb745c7f701b42"},"dish_name":["杂粮煎饼果子"],"material":["面粉"," 黑豆面"," 玉米面"," 辣酱","芝麻","小葱","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f29cdb745c7f701b43"},"dish_name":["紫薯包"],"material":[" 高粉"," 盐","糖","黄油"," 酵母","牛奶","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f39cdb745c7f701b44"},"dish_name":["生煎饺子"],"material":[" 生饺子","若干","油"," 水","面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f49cdb745c7f701b45"},"dish_name":["韭菜猪肉饺子"],"material":["猪肉","韭菜"," 饺子皮","油"," 盐","酱油","蚝油"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f69cdb745c7f701b46"},"dish_name":["椒盐发面饼"],"material":[" 饼胚配料"," 中筋面粉"," 水"," 干酵母"," 盐"," 细沙糖"," 椒盐酥油配料"," 植物油","面粉","花椒粉"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f79cdb745c7f701b47"},"dish_name":["小兔子豆沙包"],"material":["紫薯","红薯","面粉"," 豆沙馅"," 酵母粉"," 食用碱"],"style":["主食"]}

{"_id":{"\$oid":"59ae37f89cdb745c7f701b48"},"dish_name":["香煎鳕鱼"],"material":["鳕鱼","姜","食用油"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37f99cdb745c7f701b49"},"dish_name":["香菇炒鸡"],"material":["鸡腿","香菇","西兰花","油"," 盐","料酒"," 耗油"," 六月鲜酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37fb9cdb745c7f701b4a"},"dish_name":["炒素鸡"],"material":[],"style":["热菜"]}

{"_id":{"\$oid":"59ae37fc9cdb745c7f701b4b"},"dish_name":["红烧全鱼"],"material":[" 全鱼","小葱"," 生抽","生姜","大蒜","味精"," 盐","白糖"," 朝天辣椒","料酒","青椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37fd9cdb745c7f701b4c"},"dish_name":["砂锅鲫鱼汤"],"material":["鲫鱼","白萝卜","豆腐","姜","葱"," 水"," 盐"," 植物油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37fe9cdb745c7f701b4d"},"dish_name":["虎皮鹌鹑蛋"],"material":["鹌鹑蛋"," 上海青","姜","蒜","油","番茄酱","白糖"," 生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae37ff9cdb745c7f701b4e"},"dish_name":["金针菇炒鸡蛋"],"material":["鸡蛋","金针菇","食用油","胡椒粉"," 盐","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38009cdb745c7f701b4f"},"dish_name":["千层葱油饼"],"material":["面粉","清水"," 葱花"," 大料面"," 盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae38029cdb745c7f701b50"},"dish_name":["红豆马蹄糕"],"material":["红豆","水"," 马蹄粉","冰糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae38039cdb745c7f701b51"},"dish_name":["圣诞花环面包"],"material":["面粉"," 盐","糖"," 酵母","黄油","牛奶","鸡蛋","蔓越莓"," 融化的黄油"," 蛋黄液"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38049cdb745c7f701b52"},"dish_name":["雪花糕"],"material":["牛奶"," 椰浆"," 淡奶油"," 细砂糖","吉利丁粉"," 椰蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38059cdb745c7f701b53"},"dish_name":["自制小蛋糕"],"material":["面粉","酸奶"," 鲜奶","蜂蜜","白砂糖","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38069cdb745c7f701b54"},"dish_name":["苏打饼干"],"material":[" 低筋面粉"," 水"," 酵母","黄油"," 盐","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38079cdb745c7f701b55"},"dish_name":["黄米面油炸糕"],"material":[" 黄米面","糯米粉","白糖"," 酵母"," 红豆馅"," 温水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38099cdb745c7f701b56"},"dish_name":["玛德琳蛋糕"],"material":["黄油","

低筋粉","全液蛋","香草","酵母","细砂糖","柠檬皮碎"],"style":["糕点"]}

{"_id":{"\$oid":"59ae380a9cdb745c7f701b57"},"dish_name":["五香素鸡"],"material":["生抽","八角","盐","素鸡","食用油","孜然粉","五香粉","葱花","糖","老抽","桂皮"],"style":["热菜"]}

{"_id":{"\$oid":"59ae380c9cdb745c7f701b58"},"dish_name":["回锅鱼"],"material":["黄瓜","芹菜","胡萝卜","菜籽油","大葱","鲜姜","独头蒜","香菜","西红柿色拉酱","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae380e9cdb745c7f701b59"},"dish_name":["猪脚炖花生"],"material":["猪脚","花生","葱姜蒜","八角","桂皮","生抽","老抽","糖","醋","料酒","盐","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae380f9cdb745c7f701b5a"},"dish_name":["糯米丸子"],"material":["虾","肉","香菇","鸡蛋","茼蒿","胡萝卜","糯米","盐","糖","料酒","葱花","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38109cdb745c7f701b5b"},"dish_name":["胡萝卜炒肉"],"material":["胡萝卜","猪肉","青椒","生姜","香葱","盐","调味粉","生抽","生粉","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38129cdb745c7f701b5c"},"dish_name":["黄秋葵炒鸡蛋"],"material":["黄秋葵","鸡蛋","盐","葱丝","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38139cdb745c7f701b5d"},"dish_name":["素炒菜花"],"material":["菜花","黄瓜","胡萝卜","油","酱油","蚝油","盐","五香粉","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38149cdb745c7f701b5e"},"dish_name":["红萝卜炒肉"],"material":["红萝卜","纯瘦肉","蒜苗","油","盐","老抽","生抽","十三香"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38159cdb745c7f701b5f"},"dish_name":["杏鲍菇"],"material":["杏鲍菇","胡萝卜","黄瓜","蚝油","盐","糖","葱末","姜末","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38179cdb745c7f701b60"},"dish_name":["醋溜三丝"],"material":["土豆","尖椒","红萝卜","芝麻","食用油","食盐","十三香","鸡精","香醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38189cdb745c7f701b61"},"dish_name":["手撕白菜"],"material":["白菜","生抽","蚝油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae381a9cdb745c7f701b62"},"dish_name":["炒腐竹"],"material":["腐竹(干)","青瓜","胡萝卜","葱","糖","盐","鸡粉","水","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae381b9cdb745c7f701b63"},"dish_name":["冰糖红烧肉"],"material":["五花肉","葱","4大支","蒜头","冰糖","酱油","米酒","花生酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae381d9cdb745c7f701b64"},"dish_name":["油爆虾球"],"material":["鲜虾","鸡肉","蒜","美人椒","淀粉","黄瓜","料酒","胡椒粉","鸡蛋黄","鸡蛋清","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae381e9cdb745c7f701b65"},"dish_name":["清蒸黄花鱼"],"material":["黄花鱼","葱","姜","料酒","盐","油","蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae381f9cdb745c7f701b66"},"dish_name":["葱油芋艿"],"material":["芋艿","香葱","油","剁椒","大蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38209cdb745c7f701b67"},"dish_name":["玉米面窝头"],"material":["小苏打","鸡蛋","玉米面","自制豆浆","自制豆渣"],"style":["主食"]}

{"_id":{"\$oid":"59ae38229cdb745c7f701b68"},"dish_name":["芝麻牛排"],"material":["牛里脊","白芝麻","红酒","盐","葱丝","姜丝","黑胡椒粉","鸡蛋","面粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38229cdb745c7f701b69"},"dish_name":["蚝油牛肉"],"material":["牛里脊","青椒","洋葱","葱","姜","蒜","蚝油","鸡蛋清","干淀粉","海鲜酱","豆豉","植物油","盐","酱汁","生抽","料酒","白糖","盐","鸡精","胡椒粉","水淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38239cdb745c7f701b6a"},"dish_name":["双喜烤麸"],"material":["烤麸","黄花菜","木耳","香葱","生姜","食用油","清水","食盐","味精","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38249cdb745c7f701b6b"},"dish_name":["蒜末茄子"],"material":["茄子","大蒜","红辣椒","葱白","葱花","生抽酱油","老抽酱油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38259cdb745c7f701b6c"},"dish_name":["可乐小鸡腿"],"material":["姜","葱","油","料酒","小鸡腿","盐","可乐","一罐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38279cdb745c7f701b6d"},"dish_name":["炸猪肉丸子"],"material":["猪肉","鸡蛋","玉米淀粉","玉米油","葱","姜","耗油","味极鲜","十三香","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38289cdb745c7f701b6e"},"dish_name":["蒜蓉粉丝蒸鲍鱼"],"material":["鲍鱼","粉丝","一捆","蒜蓉","葱花","姜丝","味极鲜","食用油","盐","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae382a9cdb745c7f701b6f"},"dish_name":["肉末烧豆腐"],"material":["白豆腐","猪肉","葱","青红椒","花生油","生粉","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae382b9cdb745c7f701b70"},"dish_name":["蒜苗炒鸡蛋"],"material":["蒜苗","鸡蛋","色拉油","盐","白酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae382b9cdb745c7f701b71"},"dish_name":["新奥尔良烤肉披萨"],"material":["披萨饼皮原料：","高筋面粉","低筋面粉","纯牛奶","白糖","酵母","盐","玉米油","披萨馅料材料：","鸡大胸","新奥尔良腌料","清水","番茄","披萨酱","马苏里拉芝士碎","玉米油（刷饼皮）"],"style":["主食"]}

{"_id":{"\$oid":"59ae382d9cdb745c7f701b72"},"dish_name":["香煎龙利鱼"],"material":["龙利鱼","葱","姜","料酒","生抽","盐","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae382e9cdb745c7f701b73"},"dish_name":["双色麻花卷"],"material":["面粉","可可粉","白糖","酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae38309cdb745c7f701b74"},"dish_name":["烩麻食"],"material":["面粉","西红柿","土豆","豆腐干","木耳","腐竹","豆芽","豆角","香菇","红萝卜","熟猪肉","蒜苗","香菜"],"style":["主食"]}

{"_id":{"\$oid":"59ae38319cdb745c7f701b75"},"dish_name":["烙玉米饼"],"material":["玉米面","面粉","开水"],"style":["主食"]}

{"_id":{"\$oid":"59ae38329cdb745c7f701b76"},"dish_name":["五彩面条"],"material":["火腿","西红柿","鲜虾仁"],"style":["主食"]}

{"_id":{"\$oid":"59ae38339cdb745c7f701b77"},"dish_name":["健康油条自己炸"],"material":["面粉","黄油","鸡蛋","泡打粉","小苏打","盐","牛奶"],"style":["主食"]}

{"_id":{"\$oid":"59ae38369cdb745c7f701b78"},"dish_name":["炸杏鲍菇"],"material":["杏鲍菇","鸡蛋","淀粉","胡椒粉","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38379cdb745c7f701b79"},"dish_name":["油淋茄子"],"material":["茄子","红椒","油","盐","蒸鱼鼓油","香醋","香油","大葱","1小节","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38389cdb745c7f701b7a"},"dish_name":["培根炒荷兰豆"],"material":["荷兰豆","蒜末","姜末","油","盐","蚝油","水淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38399cdb745c7f701b7b"},"dish_name":["豆腐肉丸子"],"material":["豆腐","肉","鸡蛋","葱姜蒜","盐、调料","料酒、淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae383a9cdb745c7f701b7c"},"dish_name":["酿辣椒"],"material":["料酒","胡萝卜","猪肉","葱","盐","辣椒","花生油","冬菇","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae383b9cdb745c7f701b7d"},"dish_name":["青菜炒香菇"],"material":["上海

青","香菇","火腿肠","油","盐","耗油","水","淀粉","鸡精","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae383c9cdb745c7f701b7e"},"dish_name":["鸡蛋韭菜饼"],"material":["鸡蛋","韭菜","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae383e9cdb745c7f701b7f"},"dish_name":["莴笋烧鸡"],"material":["鸡肉","莴笋","姜","葱","蒜","青红椒","生抽","八角","盐","黄酒","花菇"],"style":["热菜"]}

{"_id":{"\$oid":"59ae383f9cdb745c7f701b80"},"dish_name":["免烤芒果芝士蛋糕"],"material":["芒果","消化饼","黄油","奶油奶酪","淡奶油","白糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38409cdb745c7f701b81"},"dish_name":["山药紫薯糕"],"material":["熟山药泥","熟紫薯泥","原味炼乳"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38419cdb745c7f701b82"},"dish_name":["虎皮卷"],"material":["蛋黄","糖","油","香草粉","玉米淀粉","低筋面粉","蛋白"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38429cdb745c7f701b83"},"dish_name":["煎年糕"],"material":["年糕","熟猪油","熟花生粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38449cdb745c7f701b84"},"dish_name":["糖糕"],"material":["面粉 1","面粉 2","白糖 2","滚开水 1","色拉油 1","炸用色拉油","若干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38459cdb745c7f701b85"},"dish_name":["蔓越莓天使蛋糕"],"material":["牛奶","植物油","低筋麵粉","細砂糖（麵糊中）","細砂糖（蛋白中）","蛋白","檸檬汁","蔓越莓"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38469cdb745c7f701b86"},"dish_name":["秋葵炒蛋"],"material":["五香面","秋葵","盐","青线椒","鸡蛋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38479cdb745c7f701b87"},"dish_name":["酸辣鸡"],"material":["鸡","香菇","泡菜泡椒","油","八角","生姜","大蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae384a9cdb745c7f701b88"},"dish_name":["红烧茄条"],"material":["茄子","大蒜","白糖","生抽","淀粉","盐","油","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae384b9cdb745c7f701b89"},"dish_name":["酸菜炒肉"],"material":["酸菜","姜","葱头","油","鸡精","糖","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae384c9cdb745c7f701b8a"},"dish_name":["家常红烧排骨土豆"],"material":["排骨","土豆","葱","姜","冰糖","生抽","老抽","料酒","盐","鸡精","水","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae384d9cdb745c7f701b8b"},"dish_name":["麻辣虾"],"material":["基围虾","洋葱","芹菜","青尖椒","红尖椒","油","盐","花椒","海底捞麻辣香锅料"],"style":["热菜"]}

{"_id":{"\$oid":"59ae384e9cdb745c7f701b8c"},"dish_name":["腐竹红烧肉"],"material":["五花肉","腐竹","香葱","生姜","食用油","食盐","白糖","料酒","生抽","老抽","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38509cdb745c7f701b8d"},"dish_name":["糖醋脆皮鱼"],"material":["武昌鱼","红椒","青椒","葱","姜","蒜","半头","豆豉","盐","糖","醋","白胡椒粉","淀粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38519cdb745c7f701b8e"},"dish_name":["香菇烧油菜"],"material":["油菜","香菇","肉","葱头","油","盐","水淀粉","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38529cdb745c7f701b8f"},"dish_name":["红烧羊排"],"material":["羊肋骨、腿骨","青辣椒","红辣椒","色拉油","生姜","大葱","大蒜","盐","五香粉","鸡精","料酒","生抽","白砂糖","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38549cdb745c7f701b90"},"dish_name":["大煮干丝"],"material":["扬州大白干","金华火腿","鸡丝","冬笋","鲜香菇","河虾","熟猪油","鸡汤","盐","白糖","蛋清"]}

,"姜"," 葱姜末","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38559cdb745c7f701b91"},"dish_name":["香酥鸡翅根"],"material":["鸡蛋","烧烤淹料"," 生抽"," 盐","味精","料酒","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38569cdb745c7f701b92"},"dish_name":["炸肉丸"],"material":["猪肉","蒜头","香葱"," 盐","胡椒粉"," 生粉"," 绍兴老酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38569cdb745c7f701b93"},"dish_name":["清炒油麦菜"],"material":["油麦菜","蒜","半头"," 盐","味精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38589cdb745c7f701b94"},"dish_name":["炒黄豆芽"],"material":["黄豆芽","葱姜蒜"," 小杭椒","油"," 盐","酱油"," 鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38589cdb745c7f701b95"},"dish_name":["西红柿炖牛肉"],"material":["牛肉","西红柿","油","料酒"," 香叶等调料"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38599cdb745c7f701b96"},"dish_name":["葱烧豆腐"],"material":["豆腐","葱","油"," 辣椒油"," 盐","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae385b9cdb745c7f701b97"},"dish_name":["烤韭菜"],"material":["韭菜"," 烧烤酱","豆皮","油"," 辣椒面","孜然粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae385d9cdb745c7f701b98"},"dish_name":["蘑菇炒肉"],"material":["蘑菇","五花肉","生姜","香葱"," 食盐","味精","白糖","料酒","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae385f9cdb745c7f701b99"},"dish_name":["平菇炒肉片"],"material":["平菇","肉","芹菜","蒜苗","葱","姜","蒜头","油"," 盐","酱油"," 五香粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38609cdb745c7f701b9a"},"dish_name":["清蒸鱼片"],"material":["油","料酒","胡椒粉"," 生抽"," 盐"," 剁椒"," 葱姜蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38619cdb745c7f701b9b"},"dish_name":["水煮皮皮虾"],"material":["皮皮虾","姜"," 水","油"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38639cdb745c7f701b9c"},"dish_name":["清炖豆腐"],"material":["豆腐","小葱","葱","姜","蒜","油"," 耗油"," 盐","酱油","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38649cdb745c7f701b9d"},"dish_name":["豆角炒鸡蛋"],"material":[" 嫩豆角","鸡蛋"," 菜籽油"," 盐"," 胡椒","葱白"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38669cdb745c7f701b9e"},"dish_name":["蒜蓉烤虾"],"material":["虾","蒜","盐"," 椒盐"," 橄榄油","料酒"," 鱼露","黑胡椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38679cdb745c7f701b9f"},"dish_name":["剁椒多宝鱼"],"material":[" 多宝鱼"," 剁椒","黄酒"," 葱"," 姜"," 蒜","香油","白糖"," 干红椒","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38689cdb745c7f701ba0"},"dish_name":["清蒸罗非鱼"],"material":["罗非鱼","葱","香菜","姜","蒜"," 盐","料酒"," 酱油(蒸鱼鼓油)"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38699cdb745c7f701ba1"},"dish_name":["麻辣鸡"],"material":[" 鸡腿"," 干椒","红椒"," 姜"," 蒜","香油"," 花椒油","青椒","花生米"," 生粉","黄酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae386a9cdb745c7f701ba2"},"dish_name":["蒜蓉油麦菜"],"material":["油麦菜","蒜头","花生油"," 盐","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae386b9cdb745c7f701ba3"},"dish_name":["醋溜西葫芦"],"material":["西葫芦","大蒜","干辣椒","油"," 盐"," 红醋","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae386c9cdb745c7f701ba4"},"dish_name":["焖酥鲫鱼"],"material":["鲫鱼","酱油","米醋","料酒","白糖","蒜","1 头","姜","葱","八角","桂皮"," 清水","小葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae386e9cdb745c7f701ba5"},"dish_name":["豆豉蒸排骨"],"material":["排骨","老干妈豆豉","葱","姜"," 小米辣椒"," 生抽","蚝油","料酒"," 盐"," 生粉","胡椒粉"],"style":[" 荤菜"]}

{"_id":{"\$oid":"59ae386f9cdb745c7f701ba6"},"dish_name":["烤茄子"],"material":["茄子","大蒜","生姜","香葱","随意","老抽","蚝油","盐","肉末","随意（没有可不加）"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38709cdb745c7f701ba7"},"dish_name":["香干炒腊肉"],"material":["香干","腊肉","葱","姜","蒜","尖椒","红椒","盐","味精","白糖","料酒","蚝油","鸡粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38739cdb745c7f701ba8"},"dish_name":["奶油炖菜"],"material":["土豆","洋葱","胡萝卜","鸡腿","绿色菜花","奶油","椒盐","牛奶","清水","黄油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38739cdb745c7f701ba9"},"dish_name":["糖醋鲈鱼"],"material":["鲈鱼","盐","糖","色拉油","啤酒","老抽","生抽","老陈醋","味精","大蒜","生姜","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38749cdb745c7f701baa"},"dish_name":["肉丝杏鲍菇"],"material":["杏鲍菇","猪里脊肉","青椒","红椒","姜","蒜","蛋清","耗油","生抽","鸡粉","油","盐","胡椒粉","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38769cdb745c7f701bab"},"dish_name":["番茄鱼"],"material":["草鱼","蕃茄","蒜头","油","盐","白糖","料酒","生抽","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38769cdb745c7f701bac"},"dish_name":["西芹炒虾仁"],"material":["虾","西芹","腰果","一小碟","辣椒","蒜","蚝油","盐","生粉","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38789cdb745c7f701bad"},"dish_name":["芹菜炒肉"],"material":["芹菜","猪肉（五花肉或者瘦肉）、生抽","料酒","盐","鸡精","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38799cdb745c7f701bae"},"dish_name":["糖醋藕丁"],"material":["藕","红辣椒","大蒜","葱","油","盐","鸡精","醋","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae387a9cdb745c7f701baf"},"dish_name":["干煸辣子鸡"],"material":["淀粉","鸡小腿","生抽","鸡蛋","葱","姜","盐","香菜","食用油","料酒","干辣子","调.和面"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae387b9cdb745c7f701bb0"},"dish_name":["黑芝麻汤圆"],"material":["糯米粉","南瓜","菠菜","紫甘蓝","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae387d9cdb745c7f701bb1"},"dish_name":["自制健康油条"],"material":["糖","盐","鸡蛋","牛奶","普通面粉","酵母","清水","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae387e9cdb745c7f701bb2"},"dish_name":["炒意面"],"material":["肉末","生姜","盐","意大利面","青辣椒","西红柿","小葱","洋葱","油","美味鲜酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae38809cdb745c7f701bb3"},"dish_name":["炒兴化米粉"],"material":["兴化米粉","4指","油菜","榛蘑","淡菜","洋葱","生姜","食用油","清水","食盐","味精","料酒"],"style":["主食"]}

{"_id":{"\$oid":"59ae38819cdb745c7f701bb4"},"dish_name":["红豆饼"],"material":["红豆沙","面粉（油酥）","玉米油（油酥）","面粉","玉米油","清水","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae38829cdb745c7f701bb5"},"dish_name":["猪肉大葱馅饼"],"material":["猪肉馅","老抽","生抽","鸡蛋","葱","姜沫","蚝油","盐","香油","面粉","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae38839cdb745c7f701bb6"},"dish_name":["红烧鱼"],"material":["罗非鱼","葱","姜","蒜","油","酱油","盐","蕃茄酱","糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae38859cdb745c7f701bb7"},"dish_name":["韭菜盒"],"material":["韭菜","鸡蛋","木耳","海米","花生油","盐","味精","生抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae38879cdb745c7f701bb8"},"dish_name":["蒜蓉娃娃菜"],"material":["娃娃菜"]}

,"蒜头","葱","花生油","盐","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38899cdb745c7f701bb9"},"dish_name":["香酥鸡排"],"material":["鸡胸肉","鸡蛋","葱","姜","油","盐","料酒","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae388a9cdb745c7f701bba"},"dish_name":["青椒炒香肠"],"material":["香肠","青椒","洋葱","大蒜","油","盐","味极鲜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae388b9cdb745c7f701bbb"},"dish_name":["素烧茄子"],"material":["茄子","青椒","胡萝卜","葱","生抽","老抽","盐","十三香","油","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae388d9cdb745c7f701bbc"},"dish_name":["豆豉排骨"],"material":["排骨","土豆","面","大葱","豆豉","姜","1/4","料酒","淀粉","糖","蒜","胡椒","蚝油","生抽（淡盐）"],"style":["热菜"]}

{"_id":{"\$oid":"59ae388e9cdb745c7f701bbd"},"dish_name":["干锅土豆片"],"material":["土豆","青辣椒","剁椒酱","葱姜蒜","鸡精","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae388f9cdb745c7f701bbe"},"dish_name":["羊肉炖萝卜"],"material":["羊肉","萝卜","生姜","生抽","老抽","冰糖","八角","陈皮","香叶","桂皮","茴香","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38919cdb745c7f701bbf"},"dish_name":["糖醋虾"],"material":["大明虾","生姜末","葱花","盐","白糖","香醋","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38929cdb745c7f701bc0"},"dish_name":["莴笋肉丝"],"material":["莴笋","瘦肉","菜籽油","盐","鸡粉","蒜","干辣椒","花椒","芡粉","料酒","香油","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38939cdb745c7f701bc1"},"dish_name":["烫面蒸饺"],"material":["猪肉","圆葱","油","盐","生抽","味精","五香粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae38949cdb745c7f701bc2"},"dish_name":["韭菜鸡蛋盒子"],"material":["面粉","韭菜","鸡蛋","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae38969cdb745c7f701bc3"},"dish_name":["大米发糕"],"material":["大米","面粉","黏玉米面","大枣","白糖","纯牛奶","干酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae38979cdb745c7f701bc4"},"dish_name":["鸡蛋卷"],"material":["鸡蛋","面粉","水","玫瑰酱","蜂蜜"],"style":["主食"]}

{"_id":{"\$oid":"59ae38989cdb745c7f701bc5"},"dish_name":["五彩炒饭"],"material":["瘦肉","腊肠","鸡蛋","胡萝卜","蚝油","米饭","酱油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae38999cdb745c7f701bc6"},"dish_name":["煎饼果子"],"material":["面粉","鸡蛋","火腿肠","葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae389b9cdb745c7f701bc7"},"dish_name":["低糖葡萄干蛋糕卷"],"material":["低筋面粉","鸡蛋","玉米油","牛奶","白糖","葡萄干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae389e9cdb745c7f701bc8"},"dish_name":["百叶包肉"],"material":["百叶","油菜","香菇","猪肉","生姜","清水","食盐","味精","白糖","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae389f9cdb745c7f701bc9"},"dish_name":["蒜苗炒豆腐"],"material":["蒜苗","豆腐","姜","一小节","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae389f9cdb745c7f701bca"},"dish_name":["糖醋土豆丝"],"material":["土豆","芹菜","红辣椒","白醋","糖","盐","食用油","葱末","姜末","蒜末"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38a09cdb745c7f701bcb"},"dish_name":["蒜香鸡翅"],"material":["鸡翅","姜","蒜","酱油","料理酒","糖","盐","鸡精","辣椒面"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38a29cdb745c7f701bcc"},"dish_name":["酸辣土豆粉"],"material":["土豆粉","火锅丸子","320左右","海带","黄豆芽","生菜","油","盐","辣椒油","火锅料","醋"]}

], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38a39cdb745c7f701bcd"},"dish_name":["煎豆腐"], "material":["老豆腐", "番茄酱", "生粉", "水(兑汁用)", "白醋", "盐", "花生油"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38a49cdb745c7f701bce"},"dish_name":["木耳炒黄瓜"], "material":["黄瓜", "木耳", "姜", "花椒", "十三味香", "盐", "植物油"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38a69cdb745c7f701bcf"},"dish_name":["糖醋青椒"], "material":["青椒", "五花肉", "葱姜", "盐", "糖", "味精", "酱油", "醋"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38a79cdb745c7f701bd0"},"dish_name":["韩式辣炒年糕"], "material":["年糕", "炒年糕酱", "白芝麻", "水"], "style": ["糕点"]}

{"_id":{"\$oid":"59ae38a89cdb745c7f701bd1"},"dish_name":["牛肉饼"], "material":["牛肉馅", "大葱", "姜末", "生抽酱油", "盐", "香油", "料酒", "面粉", "胡椒粉"], "style": ["糕点"]}

{"_id":{"\$oid":"59ae38a99cdb745c7f701bd2"},"dish_name":["蜜豆蛋挞"], "material":["飞饼皮", "红豆", "蜂蜜", "淡奶油", "鲜牛奶", "低粉", "鸡蛋", "白糖"], "style": ["糕点"]}

{"_id":{"\$oid":"59ae38aa9cdb745c7f701bd3"},"dish_name":["花卷"], "material":["馒头自发粉", "葱", "盐", "水"], "style": ["糕点"]}

{"_id":{"\$oid":"59ae38ab9cdb745c7f701bd4"},"dish_name":["年夜饭_红烧大虾"], "material":["大虾", "葱", "蒜", "姜", "生抽", "盐", "冰糖", "油", "料酒"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38ac9cdb745c7f701bd5"},"dish_name":["小炒刀豆丝"], "material":["刀豆", "胡萝卜", "盐", "剁椒", "蒜末"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38ad9cdb745c7f701bd6"},"dish_name":["焖酥鱼"], "material":["鲫鱼", "葱", "姜", "大蒜", "香菜", "盐", "味精", "米醋", "白糖", "鸡粉", "老抽", "胡椒粉", "料酒", "大料", "花椒"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38ae9cdb745c7f701bd7"},"dish_name":["糯米肉丸"], "material":["肉馅", "毛葱", "盐", "十三香", "香油", "豆油", "料酒", "酱油"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b19cdb745c7f701bd8"},"dish_name":["健康油条"], "material":["面粉(五得利高筋粉)", "牛奶(蒙牛小枕)", "盐", "酵母", "鸡蛋", "植物油"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b39cdb745c7f701bd9"},"dish_name":["香菇肉片"], "material":["鲜香菇", "瘦肉", "红辣椒", "生姜", "大蒜", "香葱", "花生油", "酱油", "食盐", "鸡精", "耗油", "玉米淀粉"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b39cdb745c7f701bda"},"dish_name":["香炸带鱼"], "material":["带鱼", "芹菜", "洋葱", "姜", "盐", "糖", "花椒", "胡椒粉"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b59cdb745c7f701bdb"},"dish_name":["腐乳排骨"], "material":["排骨", "玫瑰腐乳", "鸡精"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b69cdb745c7f701bdc"},"dish_name":["香辣鸡丁"], "material":["鸡腿", "干辣椒", "花椒", "大蒜", "蒜头", "姜", "八角", "盐", "黑胡椒", "五香粉", "料酒", "糖", "蛋清", "孜然粉", "香油"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b79cdb745c7f701bdd"},"dish_name":["蒜薹肉丝"], "material":["蒜薹", "里脊(或纯瘦肉)", "红辣椒", "葱姜蒜", "食用油", "盐", "鸡精", "白糖", "生抽", "料酒", "米醋", "生粉(淀粉)", "水"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38b89cdb745c7f701bde"},"dish_name":["茄汁排骨"], "material":["排骨", "番茄酱", "油盐", "冰糖", "醋", "生抽", "芝麻", "西兰花", "胡椒粉"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38ba9cdb745c7f701bdf"},"dish_name":["大葱炒鸡蛋"], "material":["生抽", "大葱", "鸡蛋", "盐"], "style": ["热菜"]}

{"_id":{"\$oid":"59ae38bb9cdb745c7f701be0"},"dish_name":["韭菜炒河虾"], "material":["河虾", "

韭菜","小米椒","食用油","盐","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38bc9cdb745c7f701be1"},"dish_name":["腐乳烧猪蹄"],"material":["猪蹄","花生","生姜","生抽","冰糖","料酒","腐乳","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38bd9cdb745c7f701be2"},"dish_name":["竹笋炒肉"],"material":["肉","竹笋","姜","一小节","蒜","干辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38bf9cdb745c7f701be3"},"dish_name":["炸排骨"],"material":["排骨","鸡蛋","一枚","面粉","油","盐","十三香","白胡椒粉","一筷子头"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38c09cdb745c7f701be4"},"dish_name":["酱骨头"],"material":["猪脊骨","啤酒","六必居干黄酱","八角","桂皮","干辣椒","花椒","料酒","盐","糖","香叶","葱","姜","老抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38c19cdb745c7f701be5"},"dish_name":["清蒸鲍鱼"],"material":["鲍鱼","葱丝","姜丝","白胡椒","料酒","海鲜捞汁"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38c29cdb745c7f701be6"},"dish_name":["培根金针菇卷"],"material":["金针菇","盐","油","五香粉","辣椒粉","孜然粉","薄荷叶"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38c49cdb745c7f701be7"},"dish_name":["红烧鳊鱼"],"material":["鳊鱼","葱","姜","蒜","小米辣椒","盐","生抽","蚝油","料酒","醋","老干妈豆豉（油）","生粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38c69cdb745c7f701be8"},"dish_name":["椒盐蘑菇"],"material":["蘑菇","鸡蛋","面粉","生粉","色拉油","椒盐粉","盐","五香粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38c79cdb745c7f701be9"},"dish_name":["狼牙土豆"],"material":["土豆","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38c89cdb745c7f701bea"},"dish_name":["酥炸鱿鱼圈"],"material":["冻鱿鱼圈","料酒","盐","五香粉","面粉","鸡蛋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38c89cdb745c7f701beb"},"dish_name":["芋儿烧鸡"],"material":["鸡肉","芋头","八角","菇","鸡精","蒜","山奈","青尖椒","料酒","灯笼椒","酱油","姜","油","淀粉","黑胡椒粉","大葱","陈皮","小红椒","青花椒","干朝天椒","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38c99cdb745c7f701bec"},"dish_name":["清蒸虾爬子"],"material":["皮皮虾","盐","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38ca9cdb745c7f701bed"},"dish_name":["南瓜蒸排骨"],"material":["南瓜","排骨","葱花","姜","蒜头","生抽","蚝油","淀粉","料酒","盐","花生油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38cb9cdb745c7f701bee"},"dish_name":["酸辣手撕包菜"],"material":["猪肉","红辣椒","生姜","香葱","生抽","醋","盐","五香粉","食用油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38cd9cdb745c7f701bef"},"dish_name":["秘制烤鸡翅"],"material":["鸡翅中","葱","姜","黄豆酱","韩国辣椒酱","料酒","红豆腐乳","腐乳汁","白糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38ce9cdb745c7f701bf0"},"dish_name":["炸猪排"],"material":["猪排","鸡蛋","生粉","盐","黑胡椒粉","料酒","酱油","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38cf9cdb745c7f701bf1"},"dish_name":["秋葵炒鸡蛋"],"material":["秋葵","鸡蛋","蒜子","杭椒","盐","味精","鸡粉","生抽","红油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38d09cdb745c7f701bf2"},"dish_name":["饺子皮小馅饼"],"material":["胡萝卜","肉馅","香菇","木耳","葱末","姜末","五香粉","油","香油","鸡精","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d29cdb745c7f701bf3"},"dish_name":["肉松面包"],"material":["肉松","牛奶","黄油","鸡蛋","盐","酵母","砂糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d39cdb745c7f701bf4"},"dish_name":["烤紫薯"],"material":["紫薯","锡纸"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d59cdb745c7f701bf5"},"dish_name":["猪肉白菜饺子"],"material":["猪肉","白菜","面粉","木耳","盐","酱油","蚝油","十三香","葱花","玉米油"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d69cdb745c7f701bf6"},"dish_name":["虾仁什锦炒饭"],"material":["米饭","虾仁","青豆","火腿肠","红椒","酸豇豆","鸡蛋","胡萝卜","香菇","甜不辣","盐","黑胡椒","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d69cdb745c7f701bf7"},"dish_name":["西红柿鸡蛋馅饺子"],"material":["西红柿","鸡蛋","姜","葱","盐","植物油","十三香"],"style":["主食"]}

{"_id":{"\$oid":"59ae38d99cdb745c7f701bf8"},"dish_name":["酥炸蘑菇"],"material":["蘑菇","面粉","油","盐","鸡蛋","椒盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38da9cdb745c7f701bf9"},"dish_name":["红烧鸡翅根"],"material":["油","盐","生抽","老抽","料酒","八角","大葱","姜","冰糖","香葱","熟白芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38db9cdb745c7f701bfa"},"dish_name":["猪肉酱"],"material":["猪肉","香菇","清水","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38dd9cdb745c7f701bfb"},"dish_name":["《鲶鱼炖茄子》"],"material":["鲶鱼","茄子","葱","姜","蒜","一头","盐","白糖","花椒粉","香菜","料酒","八角","一小半","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38de9cdb745c7f701bfc"},"dish_name":["什锦蛋炒饭"],"material":["米饭","香菇","胡萝卜","葱花","生抽","盐","鸡蛋","肉丁"],"style":["主食"]}

{"_id":{"\$oid":"59ae38df9cdb745c7f701bfd"},"dish_name":["冰糖炖雪梨"],"material":["雪梨","冰糖","枸杞"],"style":["主食"]}

{"_id":{"\$oid":"59ae38e09cdb745c7f701bfe"},"dish_name":["简易黄金蛋炒饭"],"material":["隔夜米饭","鸡蛋","杂菜","盐","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae38e19cdb745c7f701bff"},"dish_name":["鸡蛋灌饼"],"material":["面粉","鸡蛋","生菜","黄瓜","火腿","油","盐","黄豆酱","开水"],"style":["主食"]}

{"_id":{"\$oid":"59ae38e29cdb745c7f701c00"},"dish_name":["炒河粉"],"material":["河粉","鸡蛋","胡萝卜","火腿肠","油","盐","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae38e49cdb745c7f701c01"},"dish_name":["培根鸡蛋卷"],"material":["鸡蛋","黄瓜","面粉","土豆","寿司紫菜","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae38e59cdb745c7f701c02"},"dish_name":["传统广式萝卜糕"],"material":["白萝卜","粘米粉","干虾仁","腊肠","腊肉","盐","蚝油","生抽","白胡椒粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38e69cdb745c7f701c03"},"dish_name":["蒸蛋糕"],"material":["鸡蛋","白砂糖","低筋粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae38e89cdb745c7f701c04"},"dish_name":["花菜肉片"],"material":["花菜","去皮猪肉","葱","花生油","盐","酱油","清水(焖煮花菜用)"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38e99cdb745c7f701c05"},"dish_name":["香酥鸡腿"],"material":["鸡腿","白糖","盐","蚝油","淀粉","生抽","八角","食用油","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38ea9cdb745c7f701c06"},"dish_name":["翡翠虾仁"],"material":["青瓜","虾","若干","蒜头","酱油","油","盐","鸡精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38eb9cdb745c7f701c07"},"dish_name":["西葫芦炒肉片"],"material":["西葫芦","猪肉","植物油","盐","胡椒粉","生抽","葱","姜","味精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38ee9cdb745c7f701c08"},"dish_name":["腊肠土豆"],"material":["腊肠","土

豆","洋葱","葱","盐","味精","调味油","黑椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38ef9cdb745c7f701c09"},"dish_name":["鸡腿炖土豆"],"material":["鸡腿","土豆","胡萝卜","葱","姜","蒜","辣椒","洋葱","香叶","八角","料酒","调味粉","味极鲜酱油","醋","生粉","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f09cdb745c7f701c0a"},"dish_name":["香菇酿肉"],"material":["猪肉（三肥七瘦）","香菇","姜","葱","食用油","蚝油","生抽","料酒","十三香","淀粉","鸡蛋清","鸡精","盐","油菜","枸杞","大蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f29cdb745c7f701c0b"},"dish_name":["芦笋炒鸡蛋"],"material":["芦笋","鸡蛋","胡萝卜","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f39cdb745c7f701c0c"},"dish_name":["奥尔良烤翅"],"material":["鸡翅","1袋","清水","油纸"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f49cdb745c7f701c0d"},"dish_name":["烤鸡腿"],"material":["鸡腿","生抽","叉烧酱","盐","料酒","白糖","葱姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f59cdb745c7f701c0e"},"dish_name":["香辣小鱼干"],"material":["小鱼干","干辣椒","青辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f79cdb745c7f701c0f"},"dish_name":["煎带鱼"],"material":["带鱼","料酒","淀粉","盐","胡椒粉","姜粉","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae38f89cdb745c7f701c10"},"dish_name":["油炸小鱼"],"material":["小鲫鱼","沾米粉","姜","油","盐","醋"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38f99cdb745c7f701c11"},"dish_name":["糖醋小排"],"material":["小排","生抽","糖","醋","清水","盐","葱","姜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38fa9cdb745c7f701c12"},"dish_name":["萝卜牛腩"],"material":["牛腩","萝卜","姜","蒜","草果","香叶","大料","玉桂","糖","料酒","生抽","老抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38fb9cdb745c7f701c13"},"dish_name":["干烧平鱼"],"material":["平鱼","葱姜蒜","鸡蛋","料酒","醋","糖","酱油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38fd9cdb745c7f701c14"},"dish_name":["干煎小黄鱼"],"material":["小黄鱼","花生油","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae38fe9cdb745c7f701c15"},"dish_name":["咖喱鸡腿"],"material":["鸡腿","土豆","胡萝卜","洋葱","生抽","料酒","盐","油","咖喱粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39009cdb745c7f701c16"},"dish_name":["土豆丝饼"],"material":["土豆","鸡蛋","1-3枚","盐","面粉","小葱","孜然粉","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39019cdb745c7f701c17"},"dish_name":["咖喱土豆鸡肉饭"],"material":["鸡腿","土豆","胡萝卜","青红辣椒","各半","黑芝麻","玉米油","咖喱"],"style":["主食"]}

{"_id":{"\$oid":"59ae39039cdb745c7f701c18"},"dish_name":["排骨炖豆角"],"material":["排骨","豆角","葱","姜","花椒","八角","酱油","料酒","盐","油","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39059cdb745c7f701c19"},"dish_name":["肉段烧茄子"],"material":["瘦肉","茄子","胡萝卜","青椒","葱","蒜","腌制瘦肉用","生抽","料酒","蛋清","盐","鸡精","淀粉","清水","酱汁","白糖","白醋","生抽","淀粉","蚝油","盐","鸡精","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39069cdb745c7f701c1a"},"dish_name":["香菇豆腐"],"material":["香菇","豆腐","葱","姜","食用油","盐","老抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39079cdb745c7f701c1b"},"dish_name":["香煎牛排"],"material":["牛肉","大葱","姜","黄豆酱","番茄酱","红腐乳","腐乳汁","白兰地","白糖","意面酱","黑胡椒","生菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39089cdb745c7f701c1c"},"dish_name":["香烤鸡翅"],"material":["鸡翅","生抽","蚝油","盐","大蒜","姜粉","黑胡椒粉","蜂蜜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39099cdb745c7f701c1d"},"dish_name":["番茄炒花菜"],"material":["花菜","花生油","盐","番茄"],"style":["热菜"]}

{"_id":{"\$oid":"59ae390a9cdb745c7f701c1e"},"dish_name":["清蒸鲳鱼"],"material":["鲳鱼","姜","葱","蒜头","食用油","酱油","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae390b9cdb745c7f701c1f"},"dish_name":["豆芽炒粉条"],"material":["芝麻香油","蒜头","糖","豆芽","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae390c9cdb745c7f701c20"},"dish_name":["盐焗虾"],"material":["明虾","粗海盐","葱花","酒","盐","水","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae390e9cdb745c7f701c21"},"dish_name":["生滚鲑鱼粥"],"material":["糯米","鲑鱼","大米","盐","色拉油","生姜","水","香油","小葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae390f9cdb745c7f701c22"},"dish_name":["鸡蛋软饼"],"material":["鸡蛋","中筋面粉","全脂牛奶","细纱糖","黄油","蜂蜜"],"style":["主食"]}

{"_id":{"\$oid":"59ae39109cdb745c7f701c23"},"dish_name":["五香花卷"],"material":["面粉","安琪酵母粉","油","适当","盐","花椒粉","面粉","水","适当","芝麻","适当"],"style":["主食"]}

{"_id":{"\$oid":"59ae39119cdb745c7f701c24"},"dish_name":["油酥烧饼"],"material":["普通面粉","孜然粉","小苏打","食用油","熟芝麻","盐","十三香粉","普通面粉(油酥)"],"style":["主食"]}

{"_id":{"\$oid":"59ae39139cdb745c7f701c25"},"dish_name":["鸡蛋煎饼"],"material":["鸡蛋","辣酱","面粉","葱花","黑胡椒","火腿","芝麻","色拉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39149cdb745c7f701c26"},"dish_name":["韭菜水煎包"],"material":["韭菜","鸡蛋","面粉","温水","虾皮","盐","色拉油","五香粉","面粉水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39159cdb745c7f701c27"},"dish_name":["芝香南瓜饼"],"material":["南瓜","红豆","糯米粉","白芝麻","冰糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae39189cdb745c7f701c28"},"dish_name":["蚝油鸡翅"],"material":["鸡翅中","香菜","生抽","蚝油","糖","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39199cdb745c7f701c29"},"dish_name":["炒凉粉"],"material":["凉粉","花生油","盐","鸡精","香油","葱","姜","蒜","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae391a9cdb745c7f701c2a"},"dish_name":["辣炒蛭子"],"material":["蛭","蒜","青椒","胡萝卜","油","盐","糖","鸡精","酱油","醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae391b9cdb745c7f701c2b"},"dish_name":["蒜香油麦菜"],"material":["油麦菜","蒜头","油","盐","鸡精","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae391c9cdb745c7f701c2c"},"dish_name":["红烧基围虾"],"material":["基围虾","大蒜","葱","姜","香菜","盐","糖","醋","料酒","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae391d9cdb745c7f701c2d"},"dish_name":["咖喱牛肉粉丝"],"material":["牛肉","咖喱粉","大葱","八角","粉丝","生姜","花椒","桂皮","老酒","葱花","干红辣椒","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae391e9cdb745c7f701c2e"},"dish_name":["虾仁蒸水蛋"],"material":["鸡蛋","虾仁","香油","盐","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39209cdb745c7f701c2f"},"dish_name":["四季豆炒肉丝"],"material":["猪肉","四季豆","若干","大蒜","干辣椒","小葱","花椒","油","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39219cdb745c7f701c30"},"dish_name":["牛肉丸子汤"],"material":["牛肉陷","花椒","八角","鸡蛋","盐","生抽","葱","姜末","香油","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39229cdb745c7f701c31"},"dish_name":["毛豆烧茄子"],"material":["毛豆","玉米淀粉","鸡汁","圆茄子","蚝油","盐","大蒜","食用油","白糖","小红辣椒","生抽酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39239cdb745c7f701c32"},"dish_name":["什锦炒乌冬"],"material":["乌冬面","瘦肉","圆白菜","胡萝卜","辣椒","香菇","蚝油","生抽","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39249cdb745c7f701c33"},"dish_name":["煎饺子"],"material":["香菇葱花猪肉馅饺子","黑芝麻","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae39269cdb745c7f701c34"},"dish_name":["炒三丝"],"material":["榨菜","青椒","红椒","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39269cdb745c7f701c35"},"dish_name":["红烧鸭"],"material":["鸭","姜","蒜头","油","盐","生抽","老抽","1调羹","五香粉","芝麻油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39289cdb745c7f701c36"},"dish_name":["酱大骨头"],"material":["猪脊骨","葱姜蒜","盐","老抽","白酒","大酱","甜面酱","冰糖","油","香叶","耗油","干红辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39299cdb745c7f701c37"},"dish_name":["肉丝炒辣椒"],"material":["白糖","精瘦肉","料酒","生抽","青椒","蚝油","鸡精","红辣椒","盐","老抽","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae392b9cdb745c7f701c38"},"dish_name":["红烧茄子煲"],"material":["茄子","葱","蒜头","红辣椒","酱油","水","盐","糖","生粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae392d9cdb745c7f701c39"},"dish_name":["糖醋水面筋"],"material":["水面筋","红椒","青椒","盐","糖","醋","油","酱油","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae392e9cdb745c7f701c3a"},"dish_name":["红烧鳊段"],"material":["黄鳊","青红椒","盐","味精","料酒","酱油","糖","葱姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae392f9cdb745c7f701c3b"},"dish_name":["香辣鸡块"],"material":["鸡腿","青椒、红椒","泡发香菇","干辣椒","盐、生抽、料酒、糖","姜、葱、蒜","八角","桂皮","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39309cdb745c7f701c3c"},"dish_name":["彩椒炒牛肉"],"material":["彩椒（红椒黄椒）","青椒","牛肉","生抽","料酒","淀粉","蚝油","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39329cdb745c7f701c3d"},"dish_name":["米粉蒸肉"],"material":["五花肉","米粉","料酒","白糖","盐","酱油","生菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39339cdb745c7f701c3e"},"dish_name":["黄花菜蒸排骨"],"material":["黄花菜","排骨","食用油","盐","生粉","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39349cdb745c7f701c3f"},"dish_name":["干锅包菜"],"material":["料酒","鸡精","红椒","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39369cdb745c7f701c40"},"dish_name":["土豆烧鸡翅"],"material":["鸡翅","土豆","油","盐","生抽","老抽","白糖","胡椒粉","蚝油","姜","葱","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39379cdb745c7f701c41"},"dish_name":["蒜香手撕茄子"],"material":["茄子","大蒜","盐","芝麻油","陈醋","味极鲜酱油","香菜","油炸花生米"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39399cdb745c7f701c42"},"dish_name":["砂锅鱼头"],"material":["鱼头","内酯豆腐","1合","植物油","猪油","姜","葱","蒜苗","胡椒粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae393a9cdb745c7f701c43"},"dish_name":["蒜蓉开背虾"],"material":["海虾","蒜","10掰","葱","盐","蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae393b9cdb745c7f701c44"},"dish_name":["萝卜丸子"],"material":["萝卜","1000","面粉","鸡蛋","盐","鸡精","白胡椒粉","生姜末","葱花","食用油"],"style":["热菜"]}

菜"]}

{"_id":{"\$oid":"59ae393c9cdb745c7f701c45"},"dish_name":["西兰花炒虾仁"],"material":["西兰花","虾仁","葱","姜","蒜","盐","味精","鸡粉","淀粉","料酒","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae393e9cdb745c7f701c46"},"dish_name":["香辣鱿鱼虾"],"material":["虾","鱿鱼","盐","油","葱姜蒜","酱油","糖","淀粉","洋葱","辣子酱","料酒","花椒","朝天椒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae393f9cdb745c7f701c47"},"dish_name":["海带烧肉"],"material":["海带","一盘","五花肉","葱","蒜","姜","香菜","醋","盐","生抽","鸡粉","玉米油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39419cdb745c7f701c48"},"dish_name":["粉蒸牛肉"],"material":["牛肉","葱花","香菜","鸡蛋","生姜","蒸肉粉","辣椒面","蒸肉粉","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39419cdb745c7f701c49"},"dish_name":["素炒西兰花"],"material":["西兰花","胡萝卜","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39439cdb745c7f701c4a"},"dish_name":["蒜蓉蒸龙虾"],"material":["龙虾","油","鱼露","蒸鱼鼓油","海天酱油","蒜","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39449cdb745c7f701c4b"},"dish_name":["过油肉土豆片"],"material":["猪小里脊肉","土豆","葱姜蒜","杭椒","料酒","淀粉","花椒粉","鸡精","海鲜酱油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39459cdb745c7f701c4c"},"dish_name":["炒菜花"],"material":["菜花","青椒","干辣椒","油","生抽","葱","姜","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39469cdb745c7f701c4d"},"dish_name":["醋溜南瓜丝"],"material":["南瓜","红椒","葱","姜","蒜","油","盐","调料","醋","鸡汁","辣椒油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39479cdb745c7f701c4e"},"dish_name":["干锅排骨"],"material":["排骨","莴笋","姜","蒜","辣椒","洋葱","盐","鸡精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39489cdb745c7f701c4f"},"dish_name":["烤五花肉"],"material":["五花肉","孜然粉","黑胡椒","白芝麻","橄榄油","食盐","料酒","白糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae394a9cdb745c7f701c50"},"dish_name":["油爆河虾"],"material":["河虾","葱","芹菜","姜","蒜","辣椒","油","盐","胡椒粉","味极鲜酱油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae394b9cdb745c7f701c51"},"dish_name":["黄瓜炒火腿肠"],"material":["黄瓜","火腿","蒜","盐","糖","红辣椒","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae394c9cdb745c7f701c52"},"dish_name":["红烧兔肉"],"material":["鲜兔肉","红萝卜","菠菜棒","香菜","大蒜","小葱","干辣椒","姜丝","八角","香叶","花椒","食用油","白糖","盐","十三香","香醋","红烧酱油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae394e9cdb745c7f701c53"},"dish_name":["避风塘炒虾"],"material":["虾","蒜","油","糖","盐","料酒","椒盐粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae394f9cdb745c7f701c54"},"dish_name":["香煎猪排"],"material":["猪里脊","油","酱油","料酒","黑胡椒","蠔油","糖","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39509cdb745c7f701c55"},"dish_name":["香肠胡萝卜蛋炒饭"],"material":["香肠","胡萝卜","葱花","鸡蛋","隔夜米饭","盐","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae39519cdb745c7f701c56"},"dish_name":["金包银蛋炒饭"],"material":["米饭","鸡蛋","油","葱","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39529cdb745c7f701c57"},"dish_name":["豆角蒸面"],"material":["手擀面","豆角","土豆","香菇","料酒","五香粉","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39559cdb745c7f701c58"},"dish_name":["黄瓜炒鸡丁"],"material":["黄瓜","胡萝卜","红椒","鸡脯肉","蛋清","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39569cdb745c7f701c59"},"dish_name":["左宗棠鸡"],"material":["鸡腿","鸡蛋黄","干红椒","菜籽油","盐","生抽","米醋","白糖","生抽","生粉","姜","蒜","料酒","生菜叶","香菜叶"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39579cdb745c7f701c5a"},"dish_name":["蒜香小白菜"],"material":["小白菜","大蒜","食用油","食盐","清水","味精","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39599cdb745c7f701c5b"},"dish_name":["酱茄子"],"material":["茄子","菜籽油","老抽酱油","干红辣椒","调味料","鸡精","黄豆酱","盐","葱","姜","蒜","1头"],"style":["热菜"]}

{"_id":{"\$oid":"59ae395a9cdb745c7f701c5c"},"dish_name":["洋葱炒猪肺"],"material":["猪肺","洋葱","香蒜","大蒜","生姜","香菜","辣椒","十三香","鸡精","盐","食用油","酱油","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae395b9cdb745c7f701c5d"},"dish_name":["水晶冬瓜卷"],"material":["干木耳","肉末","小葱","胡萝卜","冬瓜","盐","鸡精","料酒","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae395d9cdb745c7f701c5e"},"dish_name":["红烧草鱼"],"material":["草鱼","干辣椒","花椒","八角","小葱","姜","蒜头","油","盐","料酒","醋","鸡精","淀粉","少许","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae395d9cdb745c7f701c5f"},"dish_name":["五色炒饭"],"material":["米饭","鸡蛋","油","葱","紫甘蓝","胡萝卜","圆葱","盐","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae395f9cdb745c7f701c60"},"dish_name":["鲫鱼炖豆腐"],"material":["鲫鱼","豆腐","葱姜蒜","花椒、大料","米椒","料酒、米醋、白糖","海鲜酱油、盐、鸡粉","香菜、胡萝卜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39609cdb745c7f701c61"},"dish_name":["蒜蓉蒸虾"],"material":["鲜虾","一盘","大蒜","生姜","小葱","盐","味精","鼓油","生抽","红椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39619cdb745c7f701c62"},"dish_name":["糖醋莲藕"],"material":["莲藕","葱","姜","蒜","淀粉","番茄酱","醋","糖","酱油","油","白醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39629cdb745c7f701c63"},"dish_name":["干豆角炒肉"],"material":["瘦肉","干豆角","尖椒","红尖椒","淀粉","老抽","胡椒粉","五香粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39649cdb745c7f701c64"},"dish_name":["香炸鸡排"],"material":["鸡排","黑胡椒粉","孜然粉","辣椒粉","料酒","盐","鸡蛋","淀粉","花生油","番茄酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39659cdb745c7f701c65"},"dish_name":["蒜苔炒木耳"],"material":["蒜苔","黑木耳","小米椒","盐","酱油","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39669cdb745c7f701c66"},"dish_name":["牛奶鸡蛋饼"],"material":["面粉","白糖","炼乳","牛奶","鸡蛋","泡打粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39679cdb745c7f701c67"},"dish_name":["白萝卜丝饼"],"material":["白萝卜","香菜","虾皮","面粉","盐","五香粉","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae396a9cdb745c7f701c68"},"dish_name":["红烧金鲳鱼"],"material":["金鲳鱼","葱","蒜","3瓣","姜","红椒","酱油","老抽","酒","白糖","料酒","香醋","盐","白开水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae396b9cdb745c7f701c69"},"dish_name":["酸菜白肉"],"material":["五花肉","东北酸菜","粉丝","葱","姜","料酒","胡椒粉","盐","大料"],"style":["热菜"]}

{"_id":{"\$oid":"59ae396c9cdb745c7f701c6a"},"dish_name":["九层塔炒海瓜子"],"material":["海瓜子","九层塔","红辣椒","蒜","酱油","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae396e9cdb745c7f701c6b"},"dish_name":["木耳炒肉片"],"material":["青椒","

红椒","木耳","肉","蒜","油","盐","生抽","耗油","十三香"],"style":["热菜"]}

{"_id":{"\$oid":"59ae396f9cdb745c7f701c6c"},"dish_name":["溜肥肠"],"material":["肥肠","洋葱","青椒","红椒","油","海底捞麻辣香锅料","香料","料酒","酱油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39719cdb745c7f701c6d"},"dish_name":["豇豆炒肉"],"material":["豇豆","去皮猪前腿肉","花生油","盐（炒豇豆用）","盐（腌制肉用）","酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39729cdb745c7f701c6e"},"dish_name":["蜜汁烤鸡"],"material":["盐","烤鸡料","1袋","童子鸡","辣椒面","蜂蜜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39739cdb745c7f701c6f"},"dish_name":["啫啫排骨"],"material":["烧酒","盐","糖","新鲜排骨","豆粉","蒜","姜","香菇","威士忌","酱油","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39749cdb745c7f701c70"},"dish_name":["茼蒿炒肉"],"material":["茼蒿","黑木耳","菜籽油","姜","蒜","水淀粉","盐","干红辣椒","青椒","彩红椒","味精","猪肉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39759cdb745c7f701c71"},"dish_name":["糖醋面筋"],"material":["面筋","青椒","红椒","油","盐","糖","醋","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39779cdb745c7f701c72"},"dish_name":["花生酱烤饼"],"material":["面粉","盐","盐","熟黑芝麻","水","酵母","淡盐水","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39789cdb745c7f701c73"},"dish_name":["玉米饼"],"material":["鸡蛋","洋葱","胡萝卜","玉米","面粉","黑胡椒粉","香葱","鸡精","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39799cdb745c7f701c74"},"dish_name":["酱油蛋炒饭"],"material":["干饭","鸡蛋","酱油","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae397a9cdb745c7f701c75"},"dish_name":["可可蛋糕卷"],"material":["鸡蛋","低筋面粉","可可粉","白糖","泡打粉","塔塔粉","草莓果酱","牛奶","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae397c9cdb745c7f701c76"},"dish_name":["素三鲜锅贴"],"material":["木耳","韭菜","胡萝卜","鸡蛋","虾皮","饺子皮","油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae397d9cdb745c7f701c77"},"dish_name":["三鲜馅饺子"],"material":["韭菜","鸡蛋","虾皮","花生油","姜末","盐","花椒","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae397f9cdb745c7f701c78"},"dish_name":["山药木耳炒肉"],"material":["山药","木耳","猪肉","花生油","盐","姜丝","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39809cdb745c7f701c79"},"dish_name":["椒盐带鱼"],"material":["带鱼","椒盐","淀粉","油","腌制料：","盐","椒盐","姜","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39819cdb745c7f701c7a"},"dish_name":["辣子鸡块"],"material":["鸡肉","干辣椒","花椒","葱姜蒜","料酒","淀粉","酱油","盐","白糖","白芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39829cdb745c7f701c7b"},"dish_name":["炖排骨"],"material":["排骨","土豆","葱花","大料","盐","生抽","白糖","白芝麻","玉米油","柠檬","蒜","米酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39839cdb745c7f701c7c"},"dish_name":["罐头鱼"],"material":["带鱼","葱姜丝","花椒","八角","干辣椒","盐","生抽","醋","白糖","胡椒粉","清水","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39859cdb745c7f701c7d"},"dish_name":["蚝油双菇"],"material":["毛豆","真姬菇","盐","香菇","食用油","洋葱","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39869cdb745c7f701c7e"},"dish_name":["迷你豆沙饼"],"material":["豆沙馅","面粉","开水","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39879cdb745c7f701c7f"},"dish_name":["韭菜鸡蛋饺子"],"material":["韭菜

,"鸡蛋","木耳","海米"," 盐","食用油","香油"," 五香粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39899cdb745c7f701c80"},"dish_name":["豆渣饼"],"material":["面粉"," 豆渣","胡萝卜","青椒"," 清水","油"," 盐"," 调味料"],"style":["主食"]}

{"_id":{"\$oid":"59ae398a9cdb745c7f701c81"},"dish_name":["南瓜蛋糕"],"material":[" 低筋面粉","鸡蛋"," 南瓜泥","糖","牛奶","食用油"," 盐"," 塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae398b9cdb745c7f701c82"},"dish_name":["巧克力麦芬"],"material":[" 低筋面粉"," 泡打粉","小苏打","可可粉","鸡蛋","红糖"," 植物油","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae398c9cdb745c7f701c83"},"dish_name":["巧克力慕斯蛋糕"],"material":["八寸可可戚风蛋糕"," 淡奶油","牛奶","白糖"," 可可粉（装饰表面）"," 草莓（装饰表面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae398d9cdb745c7f701c84"},"dish_name":["纸杯小蛋糕"],"material":["鸡蛋"," 低筋面粉","白砂糖"," 玉米油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae398e9cdb745c7f701c85"},"dish_name":["葱香肉饼"],"material":["面粉"," 泡打粉"," 肉馅","葱","油"," 盐","酱油","香油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae398f9cdb745c7f701c86"},"dish_name":["蔓越莓吐司"],"material":[" 高筋面粉","牛奶"," 发酵粉"," 盐","白糖","黄油"," 蔓越莓干","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae39909cdb745c7f701c87"},"dish_name":["清蒸武昌鱼"],"material":[" 蒸鱼豉油","料酒"," 鱼露"," 盐"," 姜粉"," 白胡椒粉"," 花椒油","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39919cdb745c7f701c88"},"dish_name":["西瓜皮炒鸡蛋"],"material":["西瓜皮","干辣椒"," 大蒜头","油"," 盐","蚝油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39939cdb745c7f701c89"},"dish_name":["茭白炒牛肉"],"material":["茭白"," 牛肉"," 小辣椒","蒜"," 盐"," 鸡精"," 生粉"," 生抽","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39939cdb745c7f701c8a"},"dish_name":["酸菜炖排骨"],"material":[" 酸菜","排骨"," 葱姜"," 花椒、大料"," 盐"," 鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39959cdb745c7f701c8b"},"dish_name":["红烧豆腐"],"material":["豆腐","姜","2"," 鸡精","1"," 盐","1","1","油","10","酱油","1"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39979cdb745c7f701c8c"},"dish_name":["小炒肉"],"material":[" 前夹肉","青椒","红椒","蒜头","葱白","油"," 盐"," 生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39989cdb745c7f701c8d"},"dish_name":["韭菜炒豆干"],"material":["韭菜","豆干","干辣椒","花椒"," 生抽"," 盐"," 鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39999cdb745c7f701c8e"},"dish_name":["青椒酿肉"],"material":["青椒"," 五花肉","香菇","大葱","姜","大蒜"," 生抽","香油","料酒"," 盐"," 老抽"," 耗油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae399a9cdb745c7f701c8f"},"dish_name":["干煎带鱼"],"material":["葱","姜","花椒","胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae399b9cdb745c7f701c90"},"dish_name":["糖醋黄花鱼"],"material":[" 大黄花鱼","番茄酱","白糖","白醋"," 盐","面粉"," 玉米淀粉"," 生粉","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae399d9cdb745c7f701c91"},"dish_name":["醋溜肉"],"material":[" 精肉","黄瓜","胡萝卜","青辣椒"," 油盐酱醋"," 葱蒜","蚝油"," 生粉","料酒"," 生抽","番茄酱"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae399e9cdb745c7f701c92"},"dish_name":["清蒸鲫鱼"],"material":[" 鲫鱼","生抽","姜","葱","黄酒"," 盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae399f9cdb745c7f701c93"},"dish_name":["脆皮烧肉"],"material":["五花肉","小苏打"," 盐"," 五香粉","料酒"," 水"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39a19cdb745c7f701c94"},"dish_name":["豆角炒肉"],"material":["长豆角","瘦肉","姜","生抽","蚝油","淀粉","盐","食用油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39a29cdb745c7f701c95"},"dish_name":["白灼基围虾"],"material":["基围虾","姜蒜","油","料酒","耗油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39a39cdb745c7f701c96"},"dish_name":["糯米蒸排骨"],"material":["盐","精排骨","白糖","料酒","糯米","姜","葱","生抽","白胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39a49cdb745c7f701c97"},"dish_name":["花朵面包"],"material":["高筋面粉","牛奶","鸡蛋","盐","糖","酵母","黄油","蛋液（刷表面）"],"style":["主食"]}

{"_id":{"\$oid":"59ae39a69cdb745c7f701c98"},"dish_name":["泡菜煎饼"],"material":["面粉","泡菜","盐","油","鸡蛋","清水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39a79cdb745c7f701c99"},"dish_name":["玫瑰花卷"],"material":["面粉","酵母","白砂糖","红薯","紫薯","白薯"],"style":["主食"]}

{"_id":{"\$oid":"59ae39a89cdb745c7f701c9a"},"dish_name":["奶酪焗饭"],"material":["熟米饭","烤肠","西红柿","烤鸡腿","葱头","马苏里拉奶酪"],"style":["主食"]}

{"_id":{"\$oid":"59ae39a99cdb745c7f701c9b"},"dish_name":["石锅拌饭"],"material":["大米","胡萝卜","芹菜","金针菇","豆芽","黑芝麻","鸡蛋","盐","生抽","韩国辣酱","香油","亚麻籽油","开水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39ab9cdb745c7f701c9c"},"dish_name":["紫薯面包"],"material":["高筋粉","紫薯","鸡蛋","牛奶","白糖","酵母","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39ac9cdb745c7f701c9d"},"dish_name":["香葱火腿花卷"],"material":["面粉","牛奶（水）","酵母","白糖","香葱叶","胡萝卜","烤肠（生）","盐","十三香","玉米油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39ae9cdb745c7f701c9e"},"dish_name":["韭菜鸡蛋水饺"],"material":["韭菜","鸡蛋","粉丝","姜","香葱","油","盐","味精","姜粉","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39ae9cdb745c7f701c9f"},"dish_name":["简易三明治"],"material":["鸡蛋","火腿","西红柿","尖椒","食用盐","番茄酱","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39b09cdb745c7f701ca0"},"dish_name":["排骨焖饭"],"material":["土豆","胡萝卜","洋葱","排骨","大米","姜","大料","生抽","老抽","耗油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39b19cdb745c7f701ca1"},"dish_name":["杏仁酥"],"material":[],"style":["糕点"]}

{"_id":{"\$oid":"59ae39b29cdb745c7f701ca2"},"dish_name":["软麻花"],"material":["面粉","牛奶","酵母","白糖","油","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae39b39cdb745c7f701ca3"},"dish_name":["芝士虾球"],"material":["大虾","鸡蛋","玉米淀粉","猪油","芝士碎","花生油","1L","面粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39b49cdb745c7f701ca4"},"dish_name":["鸡蛋豆腐"],"material":["鸡蛋","黄豆","水","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39b59cdb745c7f701ca5"},"dish_name":["酸辣藕丁"],"material":["莲藕","红干椒","葱","蒜","姜","油","香油","花椒","盐","料酒","耗油","鸡精","番茄酱","糖","醋","海鲜酱油","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39b69cdb745c7f701ca6"},"dish_name":["香辣田螺"],"material":["田螺","青红椒","蒜头","蚝油","料酒","白糖","生抽","盐","水淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39b89cdb745c7f701ca7"},"dish_name":["板栗焖鸡"],"material":["鸡肉","板栗","香菇","葱","姜","蒜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39b99cdb745c7f701ca8"},"dish_name":["爆炒肥肠"],"material":["生大肠"]}

"红椒","蒜苗","芹菜","葱","蒜","3 瓣","八角","香叶","盐","白醋","料酒","老抽","生抽","白酒","白糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39ba9cdb745c7f701ca9"},"dish_name":["炖猪蹄"],"material":["猪蹄","八角","干辣椒","冰糖","老抽","盐","腐乳","料酒","生菜（装饰用）"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39bb9cdb745c7f701caa"},"dish_name":["肉沫茄子"],"material":["长茄子","猪肉","花生油","盐","面酱","葱","大蒜","鸡精","淀粉水","淀粉","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39bb9cdb745c7f701cab"},"dish_name":["豉油鸡腿"],"material":["鸡腿","水","老抽","生抽","料酒","盐","冰糖","姜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39bd9cdb745c7f701cac"},"dish_name":["土豆焖排骨"],"material":["土豆","排骨","姜丝","葱","生抽","老抽","料酒","盐","花生油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39bd9cdb745c7f701cad"},"dish_name":["蒜蓉粉丝蒸虾"],"material":["鲜虾","粉丝","蒜","葱","红椒","生抽","白糖","盐","黄酒","白胡椒粉","油","高汤"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39bf9cdb745c7f701cae"},"dish_name":["丁香排骨"],"material":["猪肋排骨","丁香","大葱","生姜","大料","花椒","料酒","盐","生抽","红烧酱油","冰糖","花生油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c09cdb745c7f701caf"},"dish_name":["虫草花蒸鸡"],"material":["本地鸡","虫草花","姜","葱","香菜","食用油","酱油","蚝油","生粉","盐","糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c19cdb745c7f701cb0"},"dish_name":["冰糖红烧肘子"],"material":["猪肘子","花椒","八角","葱","姜","蒜","干辣椒丝","桂皮","小茴香","香叶","3 叶","盐","冰糖","料酒","生抽","蚝油","香醋","鸡精","花生油","胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c29cdb745c7f701cb1"},"dish_name":["香嫩炸鸡腿"],"material":["小鸡腿","淀粉（生粉）","鸡蛋","葱","蒜","姜","盐","鸡粉","生抽","醋","料酒","玉米油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c39cdb745c7f701cb2"},"dish_name":["麻辣鸡腿"],"material":["鸡腿","八角","花椒","辣椒粉","葱","姜","蒜","熟花生碎","生抽","蒸鱼豉油","盐","糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c59cdb745c7f701cb3"},"dish_name":["肉末粉丝"],"material":["粉丝","青椒","红椒","猪肉末","油","盐","小葱","生抽","蚝油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c69cdb745c7f701cb4"},"dish_name":["红烧牛腩"],"material":["牛腩","葱","盐","老抽","桂皮","料酒","香叶","大料"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c79cdb745c7f701cb5"},"dish_name":["酿丝瓜"],"material":["丝瓜","猪肉","大葱","胡萝卜","生抽","料酒","水（蒸丝瓜用）","半锅","盐","花生油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39c99cdb745c7f701cb6"},"dish_name":["葱烧大排"],"material":["淀粉","大排","酱油","姜","小葱","鸡蛋","生抽","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39ca9cdb745c7f701cb7"},"dish_name":["糯米肉丸子"],"material":["长糯米","肉馅儿","马蹄","姜","葱","盐","玉米淀粉","芝麻香油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39cb9cdb745c7f701cb8"},"dish_name":["南瓜奶香馒头"],"material":["南瓜","面粉","水","酵母","旺仔牛奶","白糖"],"style":["主食"]}

{"_id":{"\$oid":"59ae39cc9cdb745c7f701cb9"},"dish_name":["南瓜豆包"],"material":["面粉","南瓜","红豆馅","酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae39ce9cdb745c7f701cba"},"dish_name":["棒棒糖花卷"],"material":["普通面粉","玉米粉","红豆粉","红糖","酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae39cf9cdb745c7f701cbb"},"dish_name":["酸菜包"],"material":[" 酸菜"," 瘦肉","生姜","香油","味精"," 生粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d09cdb745c7f701cbc"},"dish_name":["葱香千层饼"],"material":["面粉"," 葱花"," 熟面粉"," 水","食用油"," 干酵母"," 泡打粉","白糖"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d19cdb745c7f701cbd"},"dish_name":["韭菜煎饼"],"material":["韭菜","面粉"," 盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d29cdb745c7f701cbe"},"dish_name":["三明治"],"material":["鸡蛋","番茄"," 青瓜","生菜"," 沙拉酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d39cdb745c7f701cbf"},"dish_name":["火腿蛋炒饭"],"material":["鸡蛋","火腿","米饭","葱","油"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d49cdb745c7f701cc0"},"dish_name":["葱油酥饼"],"material":["面粉"," 热水"," 盐"," 油酥用料:","面粉","油"," 五香粉"," 葱花"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d69cdb745c7f701cc1"},"dish_name":["三色吐司"],"material":["牛奶","老红糖"," 玉米油"," 盐","鸡蛋"," 高筋面粉"," 酵母","可可粉"," 抹茶粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d79cdb745c7f701cc2"},"dish_name":["咖喱蛋炒饭"],"material":["咖喱","鸡蛋","胡萝卜","大米","黑芝麻"," 白芝麻","食用油"," 食盐","白糖","料酒","味精"," 温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39d89cdb745c7f701cc3"},"dish_name":["莲花卷"],"material":["面粉"," 温水"," 酵母","红豆"],"style":["主食"]}

{"_id":{"\$oid":"59ae39da9cdb745c7f701cc4"},"dish_name":["舒芙蕾"],"material":["黄油","牛奶"," 细砂糖"," 低筋面粉"," 蛋黄"," 蛋白"," 细砂糖"," 香草粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae39db9cdb745c7f701cc5"},"dish_name":["五香芋头糕"],"material":["香芋","700 可"," 粘米粉","五花肉"," 植物油"," 盐","酱油"," 五香粉"," 葱花"," 水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae39dc9cdb745c7f701cc6"},"dish_name":["虎皮蛋糕卷"],"material":["低筋面粉"," 玉米淀粉","牛奶"," 橄榄油","蜂蜜","糖","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae39dd9cdb745c7f701cc7"},"dish_name":["干炒牛河"],"material":["牛肉","河粉","洋葱"," 豆芽","芥蓝","葱"," 肉饼"," 青红辣椒","蚝油"," 盐, 胡椒粉","水淀粉"," 生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39de9cdb745c7f701cc8"},"dish_name":["泡椒鸡杂"],"material":["鸡胗","鸡心","鸡肝"," 鸡肠"," 泡椒"," 泡姜"," 泡萝卜"," 葱.姜.蒜","芹菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39df9cdb745c7f701cc9"},"dish_name":["酱爆花蛤"],"material":["花蛤"," 油盐"," 糖醋 料酒"," 葱姜蒜","干辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39e09cdb745c7f701cca"},"dish_name":["金菇肥牛卷"],"material":["肥牛","金菇"," 芥兰远","蚝油"," 生抽","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39e19cdb745c7f701ccb"},"dish_name":["梅干菜红烧肉"],"material":["猪肉"," 梅干菜"," 笋干","油"," 盐","姜","干辣椒","八角","桂皮","冰糖","料酒"," 生抽"," 老抽","葱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39e39cdb745c7f701ccc"},"dish_name":["红烧翅根"],"material":["冰糖"," 生抽","姜","葱"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39e49cdb745c7f701ccd"},"dish_name":["软炸里脊"],"material":["里脊","豆油"," 十三香","料酒"," 生抽","面粉","鸡蛋","1 枚"," 白芝麻"," 盐","孜然"," 蕃茄酱"," 辣椒粉","姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39e59cdb745c7f701cce"},"dish_name":["土豆烧五花肉"],"material":["土豆

"五花肉","干红椒、大蒜瓣","姜","冰糖","红烧酱油,盐","植物油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39e69cdb745c7f701ccf"},"dish_name":["腊肉炒茄子"],"material":["茄子","腊肉","葱","油","生抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39e79cdb745c7f701cd0"},"dish_name":["葱爆肉"],"material":["猪肉","大葱","醋","料酒","盐","酱油","鸡精","食用油","姜,蒜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39e89cdb745c7f701cd1"},"dish_name":["炸鸡翅"],"material":["鸡翅中","锅炸粉","鸡蛋","香辣鸡翅腌料","葱姜蒜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39e99cdb745c7f701cd2"},"dish_name":["油炸小黄鱼"],"material":["黄花鱼","胡椒粉","姜粉","盐","面粉","食用油","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39eb9cdb745c7f701cd3"},"dish_name":["尖椒炒肉"],"material":["里脊肉","青椒","小葱","白糖","油","盐","红烧酱油","料酒","味精","花椒粉,白胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39ec9cdb745c7f701cd4"},"dish_name":["韭菜炒猪血"],"material":["韭菜","猪血","姜","油","盐","鸡精","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39ed9cdb745c7f701cd5"},"dish_name":["红烧萝卜"],"material":["萝卜","葱","姜","蒜头","红角椒","油","盐","味精","白糖","生抽","老抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae39ee9cdb745c7f701cd6"},"dish_name":["葱花饼"],"material":["爱菊面粉","葱花","芝麻","油","盐","麻辣粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f09cdb745c7f701cd7"},"dish_name":["韭菜鸡蛋虾皮饺子"],"material":["韭菜","虾皮","干贝","粉丝","鸡蛋","普通面粉或饺子粉","清水","色拉油","盐","白胡椒粉","香油"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f19cdb745c7f701cd8"},"dish_name":["葱花油饼"],"material":["普通面粉","葱","酵母","盐","植物油","花椒粉","五香粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f29cdb745c7f701cd9"},"dish_name":["鸡蛋韭菜盒子"],"material":["韭菜","鸡蛋","面粉","油","盐","味精","香油","姜末"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f39cdb745c7f701cda"},"dish_name":["海绵蛋糕"],"material":["低筋面粉","牛奶","鸡蛋","玉米油/色拉油","糖粉","精盐","白醋/柠檬汁"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f49cdb745c7f701cdb"},"dish_name":["黑椒牛排"],"material":["牛排","黄瓜","盐","黑胡椒","柠檬汁","橄榄油","黑椒汁"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f59cdb745c7f701cdc"},"dish_name":["手撕饼"],"material":["中筋面粉","椒盐","胡椒粉","色拉油","五香粉","盐","温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f69cdb745c7f701cdd"},"dish_name":["菠萝虾仁炒饭"],"material":["米饭（隔夜冰箱冷藏）","胡萝卜","黄瓜","菠萝肉","虾仁","鸡蛋","盐","油","葱花","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae39f89cdb745c7f701cde"},"dish_name":["黄瓜酿肉"],"material":["黄瓜","肉糜","香葱","盐","生抽","鸡精","料酒","蚝油","白糖","水淀粉","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39f99cdb745c7f701cdf"},"dish_name":["茄汁花菜"],"material":["花菜","青椒","胡萝卜","油","盐","糖","番茄酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39fa9cdb745c7f701ce0"},"dish_name":["肉片炒山药"],"material":["铁棍山药","青椒","里脊肉","油","盐","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39fb9cdb745c7f701ce1"},"dish_name":["麻辣水煮鱼片"],"material":["草鱼","豆芽","香菜","小白菜","油","盐","姜","蒜","干辣椒","花椒","小红辣椒","淀粉","胡椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39fd9cdb745c7f701ce2"},"dish_name":["蜜汁叉烧"],"material":["梅花肉","蒜头","食用油","叉烧酱","老抽","生抽","料酒","蜂蜜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39fe9cdb745c7f701ce3"},"dish_name":["辣椒炒茄子"],"material":["紫茄子","彩椒","大辣椒","葱姜蒜","盐","生抽","料酒","蚝油","鸡精","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae39ff9cdb745c7f701ce4"},"dish_name":["高升排骨"],"material":["排骨","姜蒜","芝麻","料酒","香醋","冰糖","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a009cdb745c7f701ce5"},"dish_name":["紫苏煎黄瓜"],"material":["黄瓜","紫苏","酸梅","蒜","盐","玉米油","生抽","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a029cdb745c7f701ce6"},"dish_name":["糖醋脆皮豆腐"],"material":["豆腐","番茄沙司","盐","糖","醋","生抽","玉米淀粉","清水","葱花","熟白芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a039cdb745c7f701ce7"},"dish_name":["红烧肘子"],"material":["猪肘","葱","姜","干辣椒","老抽","生抽","冰糖","花椒","大料","小茴香","桂皮","香叶","白芷","料酒","啤酒","1罐","盐","山楂干"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a049cdb745c7f701ce8"},"dish_name":["苦瓜炒肉"],"material":["苦瓜","瘦肉","盐","生抽","料酒","鸡精","玉米淀粉","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a059cdb745c7f701ce9"},"dish_name":["什锦虾仁"],"material":["虾仁","莴笋","胡萝卜","姜末","盐","鸡精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a069cdb745c7f701cea"},"dish_name":["糖醋酥鱼"],"material":["带鱼","葱","姜","蒜","油","料酒","酱油","生抽","耗油","醋","红糖","盐","十三香"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a089cdb745c7f701ceb"},"dish_name":["无锡排骨"],"material":["肥瘦排骨","香葱","姜","八角","一枚","丁香","5枚","小茴香","桂皮","老抽","生抽","黄酒","冰糖","盐","蜂蜜","红曲米或红曲粉","香叶"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a099cdb745c7f701cec"},"dish_name":["豉汁排骨"],"material":["排骨","豆豉","醋","蚝油","姜","蒜","葱花","酱油","糖","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a0a9cdb745c7f701ced"},"dish_name":["无油鸡翅"],"material":["翅中","葱","姜","蒜","圣女果","装饰用","胡萝卜","装饰用","炒熟的芝麻","料酒","老抽","生抽","老干妈油辣椒","胡椒粉","盐","蜂蜜","色拉油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a0b9cdb745c7f701cee"},"dish_name":["奥尔良烤鸡翅"],"material":["鸡翅","烤肉料","水","蜂蜜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a0c9cdb745c7f701cef"},"dish_name":["香酥虾"],"material":["河虾","鸡蛋","面粉","淀粉","盐","八角粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a0e9cdb745c7f701cf0"},"dish_name":["辣子鸡丁"],"material":["鸡胸肉","葱","姜","蒜","青椒","白糖","味精","盐","胡椒粉","料酒","淀粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a0f9cdb745c7f701cf1"},"dish_name":["家常小炒"],"material":[],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a109cdb745c7f701cf2"},"dish_name":["百花酿香菇"],"material":["大对虾","猪肥膘","生菜叶(摆盘用)","盐","白胡椒粉","白糖","生粉","蛋清","头抽","葱花","色拉油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a129cdb745c7f701cf3"},"dish_name":["爆炒猪舌"],"material":["猪舌头","蒜苗","生姜","大蒜","随意","干辣椒","随意","料酒","生抽或老抽","蚝油","鸡汁","香醋","盐","白糖","鸡精","胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a139cdb745c7f701cf4"},"dish_name":["香煎黄花鱼"],"material":["黄花鱼","玉米粉","调味料","葱","姜","蒜","植物油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a149cdb745c7f701cf5"},"dish_name":["肉焖饭"],"material":["大米"," 梅花肉","鲜豌豆"," 胡萝卜丁"," 生抽","料酒"," 盐","香油"," 姜沫","蚝油"," 大葱花"," 熟芝麻"," 老抽"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a169cdb745c7f701cf6"},"dish_name":["南瓜芝麻饼"],"material":["南瓜","糯米粉","芝麻"," 红豆沙馅"," 橄榄油"," 温水"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a179cdb745c7f701cf7"},"dish_name":["腊肠炒饭"],"material":["米饭","腊肠","鸡蛋"," 盐","胡椒粉","香葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a189cdb745c7f701cf8"},"dish_name":["西葫芦糊塌子"],"material":["西葫芦","鸡蛋","面粉"," 盐","油"," 水"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a199cdb745c7f701cf9"},"dish_name":["黄瓜鸡蛋饼"],"material":["鸡蛋","黄瓜"," 葱花","面粉"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a1a9cdb745c7f701cfa"},"dish_name":["扬州炒饭"],"material":[" 鸡精","鸡蛋"," 隔夜米饭","玉米","香肠"," 鸡精","油"," 盐","油"," 西芹（没豌豆所以西芹代替）","三叶","胡萝卜"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a1c9cdb745c7f701cfb"},"dish_name":["原味吐司"],"material":[" 高筋面粉","牛奶"," 水","白砂糖"," 炼乳","黄油"," 食盐"," 酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a1d9cdb745c7f701cfc"},"dish_name":["紫薯水饺"],"material":["猪肉","圆白菜"," 鸡精"," 五香粉","料酒"," 老抽","姜"," 味达美","葱","木耳","香油"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a1e9cdb745c7f701cfd"},"dish_name":["千层饼"],"material":[" 猪肉馅","洋葱","面粉","油"," 盐","香油","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a209cdb745c7f701cfe"},"dish_name":["老式蛋糕"],"material":["鸡蛋"," 低筋面粉","糖","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a219cdb745c7f701cff"},"dish_name":["金枪鱼三明治"],"material":[" 油浸金枪鱼罐头","1/2 罐"," 全麦吐司","生菜"," 夹心酱料：","红椒"," 酸黄瓜"," 黑胡椒碎"," 原味沙拉酱"," 早餐奶酪"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a229cdb745c7f701d00"},"dish_name":["可乐饼"],"material":["土豆"," 肉糜"," 白皮洋葱","鸡蛋","面粉"," 盐"," 黑椒","黄油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a239cdb745c7f701d01"},"dish_name":["蔓越莓戚风蛋糕"],"material":["低筋面粉","鸡蛋","牛奶"," 玉米油","砂糖"," 柠檬汁","蔓越莓"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a249cdb745c7f701d02"},"dish_name":["肉松蛋糕卷"],"material":["鸡蛋","低筋面粉","牛奶"," 玉米油","白糖","白糖"," 塔塔粉","肉松"," 沙拉酱（也可换成蕃茄酱）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a259cdb745c7f701d03"},"dish_name":["水果蛋糕"],"material":[" 淡奶","糖粉"," 百利甜酒","草莓","樱桃"," 夹心水果"," 防潮糖粉"," 椰蓉"," 六寸胚体"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a279cdb745c7f701d04"},"dish_name":["布朗尼"],"material":["鸡蛋"," 低粉","黄油","白糖","可可粉","核桃"," 炼奶（装饰表面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a279cdb745c7f701d05"},"dish_name":["黄金椰丝球"],"material":[" 椰蓉"," 低筋面粉"," 奶粉","牛奶"," 蛋黄"," 糖粉","黄油"," 椰蓉（装饰表面）"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a299cdb745c7f701d06"},"dish_name":["土豆炖鸡腿"],"material":["鸡腿","土豆"," 猪五花肉（肥）","葱","姜","蒜","油","大料","花椒粉","料酒"," 老抽"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a2a9cdb745c7f701d07"},"dish_name":["时蔬豆腐"],"material":["豆腐","黄

瓜","胡萝卜"," 肉馅","洋葱","油"," 盐","味素"," 海鲜酱油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a2c9cdb745c7f701d08"},"dish_name":["爆炒鸡丁"],"material":[" 鸡胸肉","黄瓜","红椒","洋葱","蒜苔"," 蛋清","淀粉"," 生抽"," 盐","糖","胡椒粉"," 葱姜蒜"," 干红辣椒"," 盐"," 鸡精","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a2d9cdb745c7f701d09"},"dish_name":["芹菜炒豆干"],"material":["芹菜","豆干","食用油"," 盐","香油"," 生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a2e9cdb745c7f701d0a"},"dish_name":["红焖猪脚"],"material":["姜","蒜头","猪脚","料酒","八角","桂皮"," 生抽"," 老抽"," 五香粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a2f9cdb745c7f701d0b"},"dish_name":["油焖大虾"],"material":[" 生抽","料酒"," 姜粉"," 菜籽油"," 盐"," 大虾"," 番茄沙司"," 耗油"," 沙糖"," 清水","淀粉","醋","葱"," 白胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a319cdb745c7f701d0c"},"dish_name":["鱼香豆腐"],"material":[" 嫩豆腐"," 青红辣椒","香菇"," 葱, 蒜","西红柿","食用油","白糖"," 盐"," 食醋"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a329cdb745c7f701d0d"},"dish_name":["孜然排骨"],"material":["肋排","香菜","孜然粉"," 白胡椒粉","蚝油"," 味事达酱油"," 食油"," 生姜粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a339cdb745c7f701d0e"},"dish_name":["烤鱿鱼"],"material":[" 鱿鱼仔","辣酱"," 生抽","料酒","蚝油","姜","洋葱"," 烧烤佐料"," 酱汁:"," 甜面酱","番茄酱"," 蒸鱼豉油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a359cdb745c7f701d0f"},"dish_name":["糖醋鱼块"],"material":[" 草鱼肉","番茄酱","面粉"," 盐","水淀粉","醋"," 生抽","胡椒粉"," 白芝麻(熟)","食用油","白砂糖","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a369cdb745c7f701d10"},"dish_name":["干豆角烧肉"],"material":["猪肉","干豆角","生姜","糖"," 盐"," 老抽"," 生抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a369cdb745c7f701d11"},"dish_name":["毛豆烧鸭"],"material":[" 鸭子","毛豆","姜","蒜","青辣椒","花椒"," 盐"," 鸡精"," 清水"," 小米椒","食用油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a389cdb745c7f701d12"},"dish_name":["青椒炒鱿鱼"],"material":["鱿鱼","青椒","姜"," 盐","油","酱油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a399cdb745c7f701d13"},"dish_name":["香菇焖鸡"],"material":[" 鸡","干香菇","若干"," 干葱头"," 小辣椒","料酒"," 盐","花生油"," 味极鲜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a3a9cdb745c7f701d14"},"dish_name":["咖喱炒饭"],"material":[" 剩米饭","黄瓜","胡萝卜"," 火腿肠","洋葱"," 榨菜丝","半袋","鸡蛋","油","咖喱"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a3b9cdb745c7f701d15"},"dish_name":["清蒸鱸魚"],"material":[" 鱸魚","大葱"," 食用油(涂抹鱸魚)"," 食用油(浇淋鱸魚)"," 盐","生姜","酱油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a3d9cdb745c7f701d16"},"dish_name":["土豆丝鸡蛋饼"],"material":[" 土豆丝","鸡蛋","面粉","香葱","油"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a3e9cdb745c7f701d17"},"dish_name":["香葱肉饼"],"material":[" 面粉","肉馅"," 葱花"," 鸡粉","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a409cdb745c7f701d18"},"dish_name":["糊塌子"],"material":["面粉","鸡蛋","西葫芦"," 盐"," 色拉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a419cdb745c7f701d19"},"dish_name":["咖喱饭"],"material":["鸡肉","土豆","洋葱","胡萝卜","油"," 水"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a429cdb745c7f701d1a"},"dish_name":["土家酱香饼"],"material":["面粉","热水"," 酱的原料:"," 香辣酱"," 李锦记甜面酱"," 蒜蓉"," 芝麻粉","孜然粉","白糖"," 鸡精

","白芝麻（撒表面）","香葱（撒表面）","食用油","花椒粉","随意","八角"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a439cdb745c7f701d1b"},"dish_name":["烧饼夹肉"],"material":["面粉","酵母","黑猪肉","花椒,大料,桂皮","小茴香,干辣椒,香叶","葱,姜","老抽,生抽","糖,盐","料酒","腐乳汁","耗油","水"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a449cdb745c7f701d1c"},"dish_name":["煎槐花饼"],"material":["槐花","面粉","鸡蛋","油","盐","清水","220左右"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a469cdb745c7f701d1d"},"dish_name":["西葫芦鸡蛋饼"],"material":["鸡蛋","普通面粉","盐","色拉油"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a479cdb745c7f701d1e"},"dish_name":["酱香饼"],"material":["肉馅","面粉","葱花","豆腐乳","油","醋","黑胡椒","糖","辣椒油或老干妈","依自己口味放"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a499cdb745c7f701d1f"},"dish_name":["鸡蛋饼"],"material":["鸡蛋","面粉","温水","盐","料酒","小葱"],"style":["主食"]}
{ "_id":{"\$oid":"59ae3a499cdb745c7f701d20"},"dish_name":["全麦面包"],"material":["水","鸡蛋","橄榄油","白糖","发酵粉","盐","正常面粉"],"style":["糕点"]}
{ "_id":{"\$oid":"59ae3a4b9cdb745c7f701d21"},"dish_name":["草莓蛋糕"],"material":["八寸蛋糕胚","淡奶油","250","白糖","草莓"],"style":["糕点"]}
{ "_id":{"\$oid":"59ae3a4c9cdb745c7f701d22"},"dish_name":["提子面包布丁"],"material":["鸡蛋","鲜奶","奶油","无籽提子","蓝莓干","松子仁","肉桂粉","香草精","白糖"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a4d9cdb745c7f701d23"},"dish_name":["红肉火龙果慕斯"],"material":["红心火龙果","纯牛奶","吉利丁粉","糖粉","炼乳","朗姆酒","淡奶油","六寸戚风蛋糕"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a4f9cdb745c7f701d24"},"dish_name":["木糖醇芝士蛋糕"],"material":["奥利奥饼干碎","黄油","奶油奶酪","酸奶","玉米淀粉","木糖醇","鸡蛋","淡奶油（裱花用）","木糖醇（裱花用）","糖珠（装饰用）"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a509cdb745c7f701d25"},"dish_name":["蜂蜜椰蓉小面包"],"material":["高筋面粉","蜂蜜","水","干酵母","盐","黄油","细砂糖","玉米淀粉","椰蓉","蜂蜜","水"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a519cdb745c7f701d26"},"dish_name":["蛋白椰丝球"],"material":["低粉","奶粉","细砂糖","椰蓉（面团用）","椰蓉（裹表面）","蛋白"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a529cdb745c7f701d27"},"dish_name":["榴莲酥"],"material":["蛋挞皮","榴莲"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a549cdb745c7f701d28"},"dish_name":["麦芬蛋糕"],"material":["低筋面粉","细砂糖","泡打粉","盐","鸡蛋","牛奶","玉米油","香草精"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a559cdb745c7f701d29"},"dish_name":["抹茶慕斯蛋糕"],"material":["抹茶戚风蛋糕","吉利丁粉","凉开水","奶油奶酪","淡奶油","宇治抹茶粉","糖粉","防潮糖霜","抹茶粉（表面装饰）"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a569cdb745c7f701d2a"},"dish_name":["咸蛋糕"],"material":["鸡蛋","白糖","低粉","肉馅","酱油","盐","红葱酥"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a589cdb745c7f701d2b"},"dish_name":["黄油餐包"],"material":["高筋面粉","奶粉","鸡蛋","砂糖","黄油","酵母粉","温水","盐","黄油（馅儿）","糖粉（馅儿）","椰蓉（表皮）","色拉油（刷表皮）","蛋液（刷表皮）"],"style":["甜点"]}
{ "_id":{"\$oid":"59ae3a599cdb745c7f701d2c"},"dish_name":["奶油小泡芙"],"material":["黄油","

牛奶","低粉","全蛋","淡奶油","糖粉","百利甜酒","防潮糖粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a5a9cdb745c7f701d2d"},"dish_name":["吸吸面包"],"material":["蛋糕粉","糖","酵母","盐","奶粉","蛋液","水","玉米油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a5b9cdb745c7f701d2e"},"dish_name":["南瓜籽仁纸杯小蛋糕"],"material":["低筋面粉","全蛋","蛋黄","蛋白","糖","泡打粉","塔塔粉","玉米油","南瓜籽仁"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a5c9cdb745c7f701d2f"},"dish_name":["可可栗蓉蛋糕"],"material":["西王玉米胚芽油","牛奶","鸡蛋","糖(蛋黄糊用)","糖(蛋白糊用)","低筋面粉","可可粉","栗蓉(夹心奶油)","淡奶油(夹心奶油)","可可粉(装饰用)","即食栗子(装饰用)","style":["甜点"]}

{"_id":{"\$oid":"59ae3a5e9cdb745c7f701d30"},"dish_name":["蔓越莓一口酥"],"material":["黄油","细砂糖","奶粉","蛋黄","低筋面粉","蔓越莓","蛋黄水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a5f9cdb745c7f701d31"},"dish_name":["抹茶山楂酥"],"material":["面粉","西王胚芽玉米油","白糖","热水","面粉","西王玉米胚芽油","面粉","山楂果酱","白糖"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a609cdb745c7f701d32"},"dish_name":["抹茶蛋糕卷"],"material":["低筋面粉","鸡蛋","白糖","西王玉米胚芽油","牛奶","抹茶粉","淡奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a619cdb745c7f701d33"},"dish_name":["椒盐大虾"],"material":["对虾","生粉","蒜蓉","鸡粉","盐","椒盐调料粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a629cdb745c7f701d34"},"dish_name":["香辣水煮鱼"],"material":["鲤鱼","鸡蛋","油","盐","老抽","醋","干辣椒","葱","姜","辣椒面","花椒","白糖","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a639cdb745c7f701d35"},"dish_name":["上汤西兰花"],"material":["西兰花","松花蛋","猪肉","枸杞","香菇","盐","玉米油","胡椒粉","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a649cdb745c7f701d36"},"dish_name":["盐焗鸡翅"],"material":["鸡翅","盐","葱","姜","胡椒粉","红酒","料酒","鸡粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a659cdb745c7f701d37"},"dish_name":["排骨炖土豆"],"material":["大料","猪排骨","土豆","花椒","糖色","大葱","料酒","盐","水","姜","大蒜","食用油","豇豆","酱豆腐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a669cdb745c7f701d38"},"dish_name":["蒜蓉炒油麦菜"],"material":["蒜头","油麦菜","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a679cdb745c7f701d39"},"dish_name":["红烧鲳鱼"],"material":["鲳鱼","胡萝卜","芹菜","生姜","食用油","食盐","酱油","料酒","白糖","清水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a699cdb745c7f701d3a"},"dish_name":["玉米鸡蛋饼"],"material":["玉米","鸡蛋","面粉","油","白糖","白芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a6a9cdb745c7f701d3b"},"dish_name":["蒜蓉粉丝金针菇"],"material":["金针菇","粉丝","蒜沫","植物油","盐","蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a6b9cdb745c7f701d3c"},"dish_name":["肉末粉丝煲"],"material":["粉丝","肉沫","蒜","香菜","油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a6d9cdb745c7f701d3d"},"dish_name":["咸鱼茄子煲"],"material":["咸鱼","茄子","香辣油","生姜大蒜末","醋","老抽","胡椒粉白糖","洋葱","鸡精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a6e9cdb745c7f701d3e"},"dish_name":["红烧鸡爪"],"material":["鸡爪","蒜苗","盐","鸡精","生抽","糖","小米椒","香叶","八角","树皮","葱","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a6f9cdb745c7f701d3f"},"dish_name":["照烧鸡腿"],"material":["鸡腿","西兰花","食用油","生抽","料酒","蜂蜜","蚝油","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a709cdb745c7f701d40"},"dish_name":["牛腩炖萝卜"],"material":["牛腩","白萝卜","姜","盐","萝卜干"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a729cdb745c7f701d41"},"dish_name":["剁椒猪蹄"],"material":["猪蹄","生姜","葱白","酱油","剁椒","水","盐","黄豆","玉米油","料酒","胡椒粉","香菜","大蒜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a739cdb745c7f701d42"},"dish_name":["木耳炒鸡蛋"],"material":["木耳","鸡蛋","葱","姜","蒜","青尖椒","红尖椒","盐","胡椒粉","鸡粉","料酒","香油","米醋","生抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3a749cdb745c7f701d43"},"dish_name":["什锦年糕"],"material":["洋葱","胡萝卜","蘑菇","盐","醋","生抽","味极鲜酱油","淀粉","橄榄油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a759cdb745c7f701d44"},"dish_name":["辣白菜炒饭"],"material":["辣白菜","圆白菜","香肠","胡萝卜","洋葱","盐","鸡蛋","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a769cdb745c7f701d45"},"dish_name":["酸辣粉"],"material":["红薯粉","火锅底料","豌豆尖","芹菜","香菜","五香炒花生","蒜","葱","生抽","醋","香油","大头菜","辣椒油","花椒粉","白胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a789cdb745c7f701d46"},"dish_name":["韭菜鸡蛋馅饼"],"material":["韭菜","鸡蛋","火腿","豆腐皮","小麦面粉","盐","花生油","蔬之鲜","十三香","花椒粉","香油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a789cdb745c7f701d47"},"dish_name":["缤纷炒饭"],"material":["米饭","玉米","胡萝卜","鸡蛋","香菇","蒜苗"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a799cdb745c7f701d48"},"dish_name":["鸡蛋米老头"],"material":["米饭","鸡蛋","葱花","咖喱粉","盐","胡萝卜丁","色拉油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a7b9cdb745c7f701d49"},"dish_name":["芥菜饭"],"material":["米饭","芥菜","香葱","胡萝卜","芹菜","香菇","五花肉","虾米","鸡蛋","盐","料酒","鸡粉","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a7c9cdb745c7f701d4a"},"dish_name":["蛋饼卷"],"material":["鸡蛋","面粉","蘑菇","青豌豆","马苏里拉芝士","黑胡椒粉","盐","黄油","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a7d9cdb745c7f701d4b"},"dish_name":["蔬菜炒饭"],"material":["米饭","洋葱","青椒","西红柿","鸡蛋","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3a7e9cdb745c7f701d4c"},"dish_name":["抹茶酥"],"material":["中筋面粉（水油皮）","糖粉（水油皮）","猪油（水油皮）","低筋面粉（油酥）","猪油（油酥）","抹茶粉（油酥）","自制红豆沙馅"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a809cdb745c7f701d4d"},"dish_name":["古典巧克力蛋糕"],"material":["蛋糕胚","奶油","樱桃","猕猴桃","黄桃","葡萄干"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a819cdb745c7f701d4e"},"dish_name":["可可戚风"],"material":["低筋面粉","可可粉","牛奶","鸡蛋","玉米油","泡打粉","塔塔粉","鸡蛋","白糖","蛋黄","白糖","蛋清"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a829cdb745c7f701d4f"},"dish_name":["手指饼干"],"material":["鸡蛋","低筋面粉","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3a839cdb745c7f701d50"},"dish_name":["仿真核桃酥"],"material":["水油皮：中筋面粉","猪油","糖","可可粉","热水","油酥：中筋面粉","可可粉","猪油","馅料：即食核桃","炼乳","糖粉","黄油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a849cdb745c7f701d51"},"dish_name":["蔓越莓饼干"],"material":["低筋面粉","糖粉","鸡蛋","黄油","蔓越莓"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a859cdb745c7f701d52"},"dish_name":["不加淡奶油的蛋挞"],"material":["蛋挞皮","土鸡蛋","纯牛奶","白糖","炼乳"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a869cdb745c7f701d53"},"dish_name":["斑马纹戚风蛋糕"],"material":["低筋面粉","可可粉","鸡蛋","西王玉米胚芽油","牛奶","细砂糖(蛋黄部分)","细砂糖(蛋白部分)","白醋"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a879cdb745c7f701d54"},"dish_name":["万圣节必选——南瓜椰香派"],"material":["低筋面粉","蛋黄","无盐黄油","细砂糖","清水","盐","椰丝(馅料)","南瓜泥(馅料)","鸡蛋(馅料)","细砂糖和(馅料)","淡奶油(馅料)"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a899cdb745c7f701d55"},"dish_name":["醇奶排包(中种法)"],"material":["【种面团】","高筋面粉","水","耐高糖干酵母","白糖","【主面团】","高筋面粉","淡奶油","奶粉","水","全蛋液","白糖","盐","耐高糖干酵母","黄油","黄油","15","白砂糖","15","低筋面粉","35"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a8a9cdb745c7f701d56"},"dish_name":["花生巧克力蛋糕"],"material":["花生酱","玉米油","鸡蛋","红糖","牛奶","低筋面粉","泡打粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a8b9cdb745c7f701d57"},"dish_name":["华夫饼"],"material":["低筋面粉","细砂糖","盐","小苏打","即发干酵母","牛奶","黄油","蛋"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a8c9cdb745c7f701d58"},"dish_name":["可可蛋糕卷"],"material":["低粉","鸡蛋","白糖","可可粉","西王玉米胚芽油","水或者牛奶","动物淡奶油","白糖"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a8e9cdb745c7f701d59"},"dish_name":["酸奶慕斯蛋糕"],"material":["奥利奥饼干","黄油","酸奶","动物性淡奶油","砂糖","防潮糖粉","抹茶粉","纯净水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a8f9cdb745c7f701d5a"},"dish_name":["榴莲批萨"],"material":["高筋面粉","酵母","糖","盐","40度温水","橄榄油","奶油芝士","马苏里拉芝士","榴莲"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a909cdb745c7f701d5b"},"dish_name":["宝宝爱吃的免烤蛋糕——火龙果慕斯蛋糕"],"material":["火龙果液","奶油奶酪","柠檬汁","淡奶油","糖粉","奥利奥饼干","黄油","火龙果汁(镜面)","糖粉(镜面)"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a919cdb745c7f701d5c"},"dish_name":["黑天鹅泡芙"],"material":["低筋面粉","黄油","白糖","水","鸡蛋","可可粉","淡奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a929cdb745c7f701d5d"},"dish_name":["8寸戚风蛋糕"],"material":["鸡蛋","低筋蛋糕粉","豆米生粉","糖粉","玉米油","牛奶","柠檬汁","几滴"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a949cdb745c7f701d5e"},"dish_name":["玉米油版花生酥"],"material":["低筋面粉","玉米油","绵白糖","熟花生","泡打粉","食用小苏打粉","鸡蛋"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a959cdb745c7f701d5f"},"dish_name":["香蕉松糕"],"material":["低筋面粉","细砂糖","牛奶","鸡蛋","植物油","中等大小香蕉","泡打粉","5ML"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a979cdb745c7f701d60"},"dish_name":["抹茶蔓越莓麻薯面包"],"material":["麻薯预拌粉","奶粉","牛奶","鸡蛋","抹茶粉","黄油","蔓越莓干"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a989cdb745c7f701d61"},"dish_name":["奶油纸杯蛋糕"],"material":["低筋面粉","鸡蛋","柠檬汁","白糖","淡奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3a999cdb745c7f701d62"},"dish_name":["卤五花肉"],"material":["五花肉","红糖","老抽","料酒","盐","八角","花椒","辣椒","蒜泥(蘸肉汁)","辣椒油(蘸肉汁)","生抽(蘸肉汁)"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a9a9cdb745c7f701d63"},"dish_name":["炸鸡翅根"],"material":["姜","蒜头","生抽","料酒","干面粉","盐","花生油","小半锅"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a9b9cdb745c7f701d64"},"dish_name":["榨菜炒苦瓜"],"material":["苦瓜","榨菜","盐","味精","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a9d9cdb745c7f701d65"},"dish_name":["油面筋塞肉"],"material":["新鲜绞肉","油面筋","鸡蛋","生姜末","料酒","盐","生抽","老抽","白糖","青蒜叶子"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a9e9cdb745c7f701d66"},"dish_name":["拔丝红薯"],"material":["红薯","白芝麻","白糖","色拉油","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3a9f9cdb745c7f701d67"},"dish_name":["冬瓜酿肉丸"],"material":["冬瓜","猪肉","葱","姜","蒜","香菜","鸡蛋黄","油","生抽","盐","料酒","花椒粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3aa19cdb745c7f701d68"},"dish_name":["油炸豆腐"],"material":["白豆腐","花生油","孜然粉","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3aa19cdb745c7f701d69"},"dish_name":["烤羊腿"],"material":["小羊腿","葱","姜","蜂蜜","椒盐","辣椒面","孜然","盐","奥尔良烤肉料"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa39cdb745c7f701d6a"},"dish_name":["茄汁带鱼"],"material":["新鲜带鱼","淀粉","姜","蒜","腌鱼用:","葱","姜","料酒","白胡椒粉","盐","鸡精","酱汁用:","番茄酱","白醋","糖","生抽","淀粉","水"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa49cdb745c7f701d6b"},"dish_name":["红烧鸡腿"],"material":["鸡腿","香菜","葱","姜","蒜","盐","耗油","料酒","白糖","胡椒粉","鸡粉","花椒","大料","味精","老抽","生抽","淀粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa59cdb745c7f701d6c"},"dish_name":["回锅带鱼"],"material":["带鱼","葱姜蒜","油","盐","辣椒","花椒","白糖","料酒","鸡蛋"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa69cdb745c7f701d6d"},"dish_name":["红烧带鱼"],"material":["带鱼","五花肉","冬笋","香菇","香菜","葱蒜姜","盐","味精","料酒","大料","生抽","米醋","胡椒粉","老抽","淀粉","花椒","蚝油","鸡粉","白糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa89cdb745c7f701d6e"},"dish_name":["茶香鸡翅"],"material":["鸡翅","铁观音","盐","糖","黄酒","生抽","芝麻"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aa99cdb745c7f701d6f"},"dish_name":["蜜汁烤鸡翅"],"material":["鸡翅","姜","蒜","辣椒","葱","酱油","鸡精","盐","蚝油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aab9cdb745c7f701d70"},"dish_name":["土豆炖肉"],"material":["土豆","五花肉","葱","姜","蒜","米椒","淀粉","冰糖","香叶","花椒、大料","海鲜酱油","鸡粉","盐","啤酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aac9cdb745c7f701d71"},"dish_name":["土豆烧鸡块"],"material":["鸡腿","土豆","香菜","葱","姜","蒜","盐","味精","白糖","老抽","蚝油","鸡粉","大料","生抽","花椒","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aad9cdb745c7f701d72"},"dish_name":["蔓越莓土司"],"material":["高筋面粉","鸡蛋","牛奶","奶粉","糖","盐","酵母","炼乳","黄油","蔓越莓"],"style":["主食"]}

{"_id":{"\$oid":"59ae3aae9cdb745c7f701d73"},"dish_name":["香辣鸡腿堡"],"material":["汉堡坯","去骨鸡腿","生菜","沙拉酱","胡椒粉","辣椒粉","料酒","盐","鸡粉","鸡蛋清","面粉","香油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab09cdb745c7f701d74"},"dish_name":["黄瓜火腿炒饭"],"material":["黄瓜","火腿","米饭","酸豆角","油","盐","生抽","胡椒粉","白糖","葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab19cdb745c7f701d75"},"dish_name":["豆沙小餐包"],"material":["高筋面粉","鸡蛋","牛奶","奶粉","盐","砂糖","玉米油（花生油）","酵母","豆沙","鸡蛋液（刷表面）"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab29cdb745c7f701d76"},"dish_name":["家常番茄鸡蛋面"],"material":["番茄","鸡蛋","鸡蛋面","葱","盐","油","生抽","鸡精","香油","香菜"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab49cdb745c7f701d77"},"dish_name":["简易三明治"],"material":["白吐司","鸡蛋","蕃茄酱","沙拉酱","火腿肠","胡萝卜","肉松"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab59cdb745c7f701d78"},"dish_name":["葱花烙饼"],"material":["高筋面粉","葱","盐","水","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab69cdb745c7f701d79"},"dish_name":["千层肉饼"],"material":["猪肉馅儿","盐","面粉","老抽","食用油","香油","十三香","洋葱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab89cdb745c7f701d7a"},"dish_name":["红糖烧饼"],"material":["面粉","温水","酵母","面粉（油酥）","玉米油（油酥）","红糖（馅）","面粉（馅）","蜂蜜水（蜂蜜十水）","熟白芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ab99cdb745c7f701d7b"},"dish_name":["枣泥山药糕"],"material":["山药","紫薯","枣泥","糖桂花","白糖","蜂蜜"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3aba9cdb745c7f701d7c"},"dish_name":["草莓奶油蛋糕"],"material":["八寸蛋糕胚","淡奶油","糖粉","草莓","蔓越莓","1支","椰蓉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3abb9cdb745c7f701d7d"},"dish_name":["豌豆糕"],"material":["豌豆黄","柿饼","白糖","水","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3abc9cdb745c7f701d7e"},"dish_name":["草莓芝士慕斯蛋糕"],"material":["草莓","白糖","鱼胶粉","牛奶","奶油奶酪","白糖","淡奶油","白糖","戚风蛋糕胚","草莓装饰","蓝莓装饰"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3abd9cdb745c7f701d7f"},"dish_name":["香蕉戚风蛋糕"],"material":["低筋面粉","香蕉","鸡蛋","玉米油","糖粉{蛋黄内}","糖粉{蛋白内}","牛奶","泡打粉","塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3abe9cdb745c7f701d80"},"dish_name":["卡通饼干"],"material":["低筋面粉","黄油","糖粉","奶粉","蛋黄"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3ac09cdb745c7f701d81"},"dish_name":["巧克力慕斯蛋糕"],"material":["牛奶","吉利丁粉","可可粉","淡奶油","白糖","可可粉（表面装饰）","五彩糖针（表面装饰）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac19cdb745c7f701d82"},"dish_name":["巧克力水果蛋糕"],"material":["八寸戚风蛋糕","淡奶油","白糖","猕猴桃","芒果","星星糖珠","银色糖珠"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac29cdb745c7f701d83"},"dish_name":["紫薯一口酥"],"material":["低筋面粉","紫薯馅","无盐黄油","糖粉","全蛋","奶粉","蛋黄","黑芝麻"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac39cdb745c7f701d84"},"dish_name":["紫薯糯米小饼（烤箱版）"],"material":["蒸熟的紫薯","糯米粉","白糖","牛奶或淡奶油","白芝麻"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac59cdb745c7f701d85"},"dish_name":["北海道戚风蛋糕"],"material":["低筋面粉","水","色拉油","砂糖","鸡蛋","牛奶","糖","生粉","蛋黄","淡奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac69cdb745c7f701d86"},"dish_name":["爱心杂蔬火腿面包"],"material":["【种面团】","高筋面粉","牛奶","酵母","【主面团】","高筋面粉","鸡蛋液","水","白糖"]}

","盐","黄油","【表面装饰】","火腿肠","沙拉酱","现磨黑胡椒碎","罗勒碎","马苏里拉芝士碎","盐"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac79cdb745c7f701d87"},"dish_name":["趣多多饼干"],"material":["低粉","黄油","红糖","可可粉","鸡蛋","可可豆","泡打粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ac89cdb745c7f701d88"},"dish_name":["巧克力蛋糕甜甜圈"],"material":["低筋面粉","高筋面粉","黄油","细砂糖","盐","奶粉","蛋黄","水","泡打粉","表面装饰","彩色糖珠","花生碎","椰蓉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3aca9cdb745c7f701d89"},"dish_name":["黄油曲奇"],"material":["无盐黄油","全蛋液","糖粉","盐","香草精","低筋面粉","裱花袋","八齿裱花嘴"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3acb9cdb745c7f701d8a"},"dish_name":["巧克力面包"],"material":["高筋面粉","牛奶","鸡蛋","奶粉","炼乳","糖","盐","酵母","黄油","糖针（装饰用）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3acc9cdb745c7f701d8b"},"dish_name":["鸡腿面包（90后童年回忆的零食）"],"material":["高筋面粉","鸡蛋液","清水","奶粉","雀巢炼乳","白糖","盐","酵母","黄油","火腿肠","一次性筷子"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3acd9cdb745c7f701d8c"},"dish_name":["黄桃奶油蛋糕卷"],"material":["低筋面粉","玉米油","牛奶","细砂糖","细砂糖","鸡蛋","淡奶油","细砂糖（奶油中）","黄桃罐头"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ace9cdb745c7f701d8d"},"dish_name":["肉松面包"],"material":["高筋面粉","牛奶","鸡蛋","奶粉","糖","盐","酵母","玉米油","沙拉酱","肉松","全蛋液（刷表面）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3acf9cdb745c7f701d8e"},"dish_name":["巧克力豆果仁酥饼"],"material":["低筋面粉","绵白糖","黄油","蛋黄液","熟花生仁核桃仁"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ad19cdb745c7f701d8f"},"dish_name":["橙味奶油水果杯子蛋糕"],"material":["鸡蛋","植物油","橙汁","白糖","低筋面粉","各色水果","打发的奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ad29cdb745c7f701d90"},"dish_name":["黄金椰丝球"],"material":["椰丝","椰丝","低筋面粉","奶粉","牛奶","蛋黄","细砂糖","黄油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ad39cdb745c7f701d91"},"dish_name":["可可奶油方蛋糕"],"material":["鸡蛋","玉米油","牛奶","低筋面粉","热水","可可粉","细砂糖","白醋","奶油奶酪（表面）","淡奶油（表面）","细砂糖（表面）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ad59cdb745c7f701d92"},"dish_name":["早餐正能量---葱香芝士包"],"material":["高筋面粉","鸡蛋","酵母","细砂糖","奶粉","水","黄油","芝士碎","葱花","番茄酱"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3ad69cdb745c7f701d93"},"dish_name":["腊肠炒苦瓜"],"material":["腊肠","苦瓜","盐","酱油","葱","蒜头","姜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ad89cdb745c7f701d94"},"dish_name":["香菇炒青菜"],"material":["青菜","香菇","油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ad99cdb745c7f701d95"},"dish_name":["蒸槐花"],"material":["槐花","葱花","面粉","香油","辣椒油","盐","香醋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3adb9cdb745c7f701d96"},"dish_name":["素炒胡萝卜丝"],"material":["胡萝卜","青椒","葱蒜沫","生抽","醋","红辣椒","盐","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3adc9cdb745c7f701d97"},"dish_name":["芹菜炒肉丝"],"material":["芹菜","

通脊","葱","姜","蒜","盐","味精","鸡粉","料酒","老抽","白糖","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3add9cdb745c7f701d98"},"dish_name":["黄瓜虾仁"],"material":["黄瓜","鲜虾","生姜","大蒜","料酒","油","鸡精","胡萝卜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ade9cdb745c7f701d99"},"dish_name":["蒜香茼蒿"],"material":["茼蒿","鸡精","蒜","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ae09cdb745c7f701d9a"},"dish_name":["酱焖茄子"],"material":["圆茄子","小葱","香菜","大蒜","黄豆酱","生抽","白糖","醋","清水","鸡精","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ae19cdb745c7f701d9b"},"dish_name":["清蒸草鱼"],"material":["草鱼","料酒","盐","蒸鱼豉油","葱","姜","花椒","食用油","红椒","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3ae29cdb745c7f701d9c"},"dish_name":["酱爆鸡丁"],"material":["鸡胸肉","黄瓜","甜面酱","鸡蛋","盐","老抽","白糖","香油","料酒","淀粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3ae49cdb745c7f701d9d"},"dish_name":["荔枝虾球"],"material":["虾","荔枝","盐","麻油","味精"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3ae59cdb745c7f701d9e"},"dish_name":["煎酿辣椒"],"material":["五花肉","辣椒","蒜","葱","蚝油","酱油","淀粉","油","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3ae69cdb745c7f701d9f"},"dish_name":["茄子烧豆角"],"material":["豆角","茄子","小红杭椒","蒜","色拉油","盐","白糖","鸡精","胡椒粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3ae79cdb745c7f701da0"},"dish_name":["香辣藕丁"],"material":["莲藕","葱","姜","蒜","红椒","青椒","盐","味精","白糖","干辣椒","鸡粉","胡椒粉","料酒","淀粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3ae99cdb745c7f701da1"},"dish_name":["孜然牛肉"],"material":["牛里脊肉","孜然","香菇","蒜","葱","料酒","生抽","盐","白糖"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aea9cdb745c7f701da2"},"dish_name":["韭菜虾皮鸡蛋饼"],"material":["鸡蛋","韭菜","虾皮","面粉","盐","油","清水"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aeb9cdb745c7f701da3"},"dish_name":["清蒸鲟鱼"],"material":["中华鲟","油","料酒","盐","蒸鱼豉油","小米椒","花椒","葱姜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aec9cdb745c7f701da4"},"dish_name":["土豆炖鸡块"],"material":["鸡腿肉","土豆","青椒","葱","干辣椒","麻椒","姜","油","盐","老抽","火锅料"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aee9cdb745c7f701da5"},"dish_name":["黄焖鸡"],"material":["鸡腿","洋葱","香菇","浓汤宝","料酒","酱油","葱","姜","盐","蒜","蚝油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3aef9cdb745c7f701da6"},"dish_name":["红烧罗非鱼"],"material":["罗非鱼","蒜头","青红辣椒","白糖","胡椒粉","淀粉","酱油","老抽","料酒","番茄酱","盐"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3af09cdb745c7f701da7"},"dish_name":["双椒炒牛肉"],"material":["牛肉","红椒","青椒","蒜","4 掰","姜","料酒","蚝油","生抽","鸡蛋清","盐","鸡粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3af19cdb745c7f701da8"},"dish_name":["玫瑰花"],"material":["胡萝卜","小刀"],"style":["主食"]}

{"_id":{"\$oid":"59ae3af29cdb745c7f701da9"},"dish_name":["杏鲍菇饺子"],"material":["杏鲍菇","大辣椒","肉","面粉","油","盐","酱油","五香粉","耗油","鸡精"],"style":["主食"]}

{"_id":{"\$oid":"59ae3af49cdb745c7f701daa"},"dish_name":["蔬菜米饭饼"],"material":["剩米饭","泡发干香菇","胡萝卜","葱花","鸡蛋","黑胡椒粉","盐","干淀粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3af59cdb745c7f701dab"},"dish_name":["水晶蒸饺"],"material":["玉米淀

粉","爱菊面粉","韭菜","鸡蛋","生姜","玉米面","葱花","油","盐","鸡精","十三香","味极鲜","陈醋","辣椒油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3af79cdb745c7f701dac"},"dish_name":["南瓜玫瑰卷"],"material":["面粉","南瓜","酵母粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3af79cdb745c7f701dad"},"dish_name":["自制辣萝卜条"],"material":["辣椒粉","糯米粉","盐","糖","大蒜","姜","白圆葱","白芝麻","番茄酱","胡椒粉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3af99cdb745c7f701dae"},"dish_name":["烤箱做家常烤鱼"],"material":["鱼","洋葱","胡椒粉","麻椒","八角","姜","蒜"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3afa9cdb745c7f701daf"},"dish_name":["爆炒羊杂"],"material":["羊肚","肺子","百叶","肥肠","小肠","园葱","绿尖椒","红川椒","盐","鸡粉","味精","酱油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3afb9cdb745c7f701db0"},"dish_name":["穿心莲"],"material":["穿心莲","辣椒油","香油","盐","味精","酱油","醋","蒜末"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3afc9cdb745c7f701db1"},"dish_name":["炒羊肚片"],"material":["羊肚","尖椒","盐","味精","鸡粉","酱油","色拉油","料油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3afe9cdb745c7f701db2"},"dish_name":["摘蘑菇"],"material":["海带","鹌鹑蛋","圣女果","葱姜蒜","盐","生抽","蚝油","沙拉酱"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3aff9cdb745c7f701db3"},"dish_name":["麻辣可乐鸡翅"],"material":["鸡翅","可乐","盐","葱","姜","蒜"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b009cdb745c7f701db4"},"dish_name":["酸菜炒大肠"],"material":["酸菜","大肠","蒜头","姜","辣椒","酱油","白酒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b019cdb745c7f701db5"},"dish_name":["炒西兰花"],"material":["肉丝","西兰花","葱","盐","味精","胡椒粉","海鲜酱油","耗油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b029cdb745c7f701db6"},"dish_name":["腌嘎巴虾"],"material":["嘎巴虾","可乐","一罐","香菜","小葱","大蒜","生姜","花椒","干辣椒","朝天椒","圆葱","盐","糖","味精","白酒","黑胡椒粉","香油","老干妈油辣椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b039cdb745c7f701db7"},"dish_name":["翡翠莲蓉蛋黄酥"],"material":["油皮用料,中筋粉","大油","水","油酥用料,中筋粉","大油","抹茶粉","馅料,鸭蛋黄","莲蓉馅","白酒"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3b049cdb745c7f701db8"},"dish_name":["蔓越莓饼干"],"material":["低筋面粉","黄油","蔓越莓干","糖霜","全蛋液"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3b059cdb745c7f701db9"},"dish_name":["南瓜子蛋糕"],"material":["南瓜子","低筋面粉","牛奶","食用油","鸡蛋","糖","塔塔粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3b079cdb745c7f701dba"},"dish_name":["红枣蛋糕"],"material":["低筋面粉","鸡蛋","红糖","白糖","玉米油","盐","泡打粉","牛奶","红枣(去核)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3b089cdb745c7f701dbb"},"dish_name":["黄油曲奇"],"material":["黄油","低筋面粉","蛋液","细砂糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3b0a9cdb745c7f701dbc"},"dish_name":["欧克皮熊猫面包"],"material":["高筋面粉(液种)","水(液种)","酵母(液种)","高筋面粉(可可)","低筋面粉(可可)","可可粉(可可)","酵母(可可)","细砂糖(可可)","盐(可可)","奶粉(可可)","鸡蛋液(可可)","水(可可)","玉米油(可可)"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b0c9cdb745c7f701dbd"},"dish_name":["肉松牛角包"],"material":["高筋面粉","280","磅母","全蛋","蛋黄","牛奶","糖","盐","黄油","蛋液(刷表面)","黑芝麻(撒

表面)","style":["甜点"]}

{"_id":{"\$oid":"59ae3b0d9cdb745c7f701dbe"},"dish_name":["玛格丽特饼干"],"material":["低筋面粉","玉米淀粉","黄油","糖粉","盐","熟蛋黄"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b0e9cdb745c7f701dbf"},"dish_name":["全蛋蛋挞"],"material":["牛奶","鸡蛋","白糖","炼奶","低筋面粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b0f9cdb745c7f701dc0"},"dish_name":["巧克力水果蛋糕"],"material":["蛋糕胚体","打发奶油","夹心水果","草莓","猕猴桃","糖粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b109cdb745c7f701dc1"},"dish_name":["巧克力夹心派"],"material":["蛋黄","蛋白","低筋面粉","砂糖","棉花糖","柠檬汁"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b129cdb745c7f701dc2"},"dish_name":["老式蛋糕"],"material":["鸡蛋","低筋面粉","细砂糖","玉米油","芝麻"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b139cdb745c7f701dc3"},"dish_name":["圣诞树桩蛋糕"],"material":["低筋面粉","蛋黄","蛋白","砂糖","色拉油","牛奶","柠檬汁","淡奶油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b149cdb745c7f701dc4"},"dish_name":["自制布朗尼"],"material":["黄油","鸡蛋","白砂糖","香草香精","面粉","可可粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b159cdb745c7f701dc5"},"dish_name":["日式轻乳酪蛋糕"],"material":["淡奶油","柠檬汁","低筋面粉","糖","黄油","奶油奶酪","玉米淀粉","塔塔粉","鸡蛋","食用香精","鲜牛奶"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b169cdb745c7f701dc6"},"dish_name":["三色布丁"],"material":["纯牛奶","白糖","吉利丁粉","香橙味果珍粉","黑加仑果珍粉","冷开水(泡吉利丁粉用)"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3b199cdb745c7f701dc7"},"dish_name":["洋葱炒肉丝"],"material":["洋葱","肉丝","姜","盐","酱油","蚝油","料酒","老抽","蒜头","葱","生粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b1a9cdb745c7f701dc8"},"dish_name":["孔雀开屏鱼"],"material":["鲷鱼","大葱","姜","红椒","茶油","生抽","蒸鱼豉油","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b1c9cdb745c7f701dc9"},"dish_name":["腊味合蒸"],"material":["香肠","腊鱼","腊肉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b1d9cdb745c7f701dca"},"dish_name":["新疆大盘鸡"],"material":["鸡","土豆","青椒","红椒","棍棍面","大盘鸡料","盐","白糖","白胡椒粉","鸡精","芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b1e9cdb745c7f701dcb"},"dish_name":["红烧鱼头"],"material":["鱼头","油","姜","干辣椒","蒜","生抽","老抽","醋","白酒","盐","鸡精","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b1f9cdb745c7f701dcc"},"dish_name":["蚝油草菇"],"material":["草菇","辣椒","姜","油","蚝油","盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b219cdb745c7f701dcd"},"dish_name":["红焖羊排"],"material":["羊排","胡萝卜","冰糖","盐","蚝油","干辣椒","香叶","桂皮","生抽","老抽","葱","姜","蒜","冷水","开水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b229cdb745c7f701dce"},"dish_name":["秋葵炒虾仁"],"material":["秋葵","虾仁","胡萝卜","姜","油","盐","胡椒粉","鸡精","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3b239cdb745c7f701dcf"},"dish_name":["农家蒸菜"],"material":["芹菜叶","面粉","色拉油","盐","五香粉","醋","芝麻香油","盐"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b249cdb745c7f701dd0"},"dish_name":["蒜苔炒腊肠"],"material":["广式腊肠","蒜苔","姜丝","干辣椒","食用油","盐","黑胡椒"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b269cdb745c7f701dd1"},"dish_name":["豆瓣酱焖鱼"],"material":["鱼","

蒜子","料酒","一小盖","面粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b279cdb745c7f701dd2"},"dish_name":["腊肉卷心菜"],"material":["腊肉","卷心菜","蒜头","老干妈","糖","食用油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b289cdb745c7f701dd3"},"dish_name":["东北乱炖"],"material":["五花肉","土豆","豆角","茄子","盐","油","蒜","花椒","大料","姜","葱","干辣椒"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b299cdb745c7f701dd4"},"dish_name":["凉拌粉皮"],"material":["黄瓜","粉皮","1卷","蒜","醋","辣椒油","白糖","盐","胡椒粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b2a9cdb745c7f701dd5"},"dish_name":["咸蛋黄凉拌黄瓜"],"material":["黄瓜","咸蛋黄","香醋","盐","鸡精"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3b2d9cdb745c7f701dd6"},"dish_name":["菠萝鸡片"],"material":["鸡腿肉","菠萝","青椒","洋葱","盐","鸡精","蚝油","生粉","蒜"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b2e9cdb745c7f701dd7"},"dish_name":["茶树菇炒牛柳"],"material":["牛肉","油","蚝油","生抽","盐","淀粉","茶树菇"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b2f9cdb745c7f701dd8"},"dish_name":["香辣煎带鱼"],"material":["带鱼","洋葱","干辣椒","花椒","大蒜","生姜","十三香","盐","酱油","陈醋","红葡萄酒","食用油","老干妈辣酱"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b309cdb745c7f701dd9"},"dish_name":["茄汁鲈鱼"],"material":["鲈鱼","番茄酱","植物油","蒸鱼豉油","盐","花椒","白糖","醋","鸡精","生抽","八角","葱","姜","蒜","香菜","料酒","清水"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b319cdb745c7f701dda"},"dish_name":["杏鲍菇炒肉片"],"material":["杏鲍菇","通脊","洋葱","红椒","青椒","葱","姜","蒜","盐","味精","鸡汁","白糖","料酒","蚝油","淀粉","老抽"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b339cdb745c7f701ddb"},"dish_name":["洋葱炒猪肝"],"material":["猪肝","洋葱","青红椒","盐","鸡精","酱油","料酒","葱姜","淀粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b349cdb745c7f701ddc"},"dish_name":["番茄牛腩"],"material":["科尔沁牛腩","番茄","番茄酱","冰糖粉"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b359cdb745c7f701ddd"},"dish_name":["清蒸海鱼"],"material":["鲈鱼","葱","姜","食用油","蒸鱼豉油","料酒"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b379cdb745c7f701dde"},"dish_name":["双椒炒蛋"],"material":["鸡蛋","甜椒","盐","油","香葱","白芝麻"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b389cdb745c7f701ddf"},"dish_name":["土豆烧鸡"],"material":["清油","土鸡","莴笋","土豆","生姜","蒜","胡萝卜","盐巴。味精。鸡精。"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b399cdb745c7f701de0"},"dish_name":["孜然鸡翅"],"material":["鸡翅","孜然粉","辅料","蚝油","料酒","酱油","鸡精","盐","辣椒","蒜","姜","葱"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3b3c9cdb745c7f701de1"},"dish_name":["酸汤水饺"],"material":["面粉","后腿肉","豆角、葱、姜"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b3d9cdb745c7f701de2"},"dish_name":["杂粮煎饼"],"material":["绿豆面","小米面","面粉","葱碎","1小盘","香菜碎","1小盘","黄豆酱","1小盘","甜面酱","1小盘","辣椒酱","1小盘","鸡蛋"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b3f9cdb745c7f701de3"},"dish_name":["红豆粽子"],"material":["圆糯米","红豆","粽叶"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b409cdb745c7f701de4"},"dish_name":["叉烧炒饭"],"material":["米饭","叉烧","辣椒","红萝卜","油","酱油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b419cdb745c7f701de5"},"dish_name":["萝卜丝饼"],"material":["萝卜","胡

萝卜","盐","鸡蛋","面粉","白胡椒粉","食用油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b429cdb745c7f701de6"},"dish_name":["番茄牛肉粥"],"material":["牛肉","番茄","东北大米","姜","香菜","生粉","生抽","花生油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b439cdb745c7f701de7"},"dish_name":["葡萄干吐司"],"material":["高粉","酵母","鸡蛋","黄油","盐","糖","水","奶粉","葡萄干"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b449cdb745c7f701de8"},"dish_name":["黑芝麻土司"],"material":["高筋面粉","牛奶","盐","白糖","发酵粉","黄油","鸡蛋","黑芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b469cdb745c7f701de9"},"dish_name":["韭菜猪肉水饺"],"material":["猪肉","韭菜","面粉","盐","鸡蛋","老抽","蚝油","糖","料酒","葱","姜","胡椒粉","饺子调味料","植物油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b479cdb745c7f701dea"},"dish_name":["蛋包饭"],"material":["大米饭","黄瓜","胡萝卜","腊肠","鸡蛋","盐","淀粉","水","葱花","若干","番茄沙司"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b499cdb745c7f701deb"},"dish_name":["蛋炒饭"],"material":["熟米饭","鸡蛋","香葱","胡萝卜","火腿","盐","胡椒粉","香油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3b4a9cdb745c7f701dec"},"dish_name":["燕窝炖蛋"],"material":["印尼帝燕燕窝","1 盏","德清源鸡蛋","盐"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b4b9cdb745c7f701ded"},"dish_name":["方氏红酒牛排"],"material":["牛排","鸡蛋","油","红酒","盐","小苏打"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b4d9cdb745c7f701dee"},"dish_name":["酱牛肉"],"material":["新鲜牛腱子","甜面酱","盐","十三香","老抽","生抽","葱","姜","蒜","大料","料酒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b4e9cdb745c7f701def"},"dish_name":["话梅鸭"],"material":["鸭","甜话梅","姜","蒜","盐","鸡精","糖","酱油","老抽"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b4f9cdb745c7f701df0"},"dish_name":["百叶蒸香肠"],"material":["香肠","百叶","1 张","生姜","盐","鸡精"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b509cdb745c7f701df1"},"dish_name":["飞雁鱼"],"material":["草鱼","淀粉","番茄酱","白醋"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b519cdb745c7f701df2"},"dish_name":["五香花肉"],"material":["五花肉","沙姜","小葱","参姜","青红尖椒","蒜蓉","炸花生","香菜","大葱","食用油","盐","麻油","味精","鸡粉","陈醋","生抽","胡椒粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b529cdb745c7f701df3"},"dish_name":["乡村土豆泥"],"material":["娃娃菜","皮蛋","火腿","胡萝卜","葱","姜","蒜","盐","味精","鸡汁","胡椒粉","香油","淀粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b539cdb745c7f701df4"},"dish_name":["糖醋焦汁海鱼"],"material":["海鱼","大蒜","香菜","醋","料酒","姜"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3b569cdb745c7f701df5"},"dish_name":["番茄对虾"],"material":["对虾","盐","生姜","料酒","生抽","白糖"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b579cdb745c7f701df6"},"dish_name":["茶香卤鸭腿"],"material":["茶叶","生抽","黄酒","各三羹","盐","桂皮","小茴香","八角","鸭腿"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b599cdb745c7f701df7"},"dish_name":["孔雀开屏鱼"],"material":["盐","味极鲜","葱","大豆油","鲈鱼","红青椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b5a9cdb745c7f701df8"},"dish_name":["虾仁西芹腰果"],"material":["西芹","虾仁","腰果","红尖椒","盐","鸡汁","醋","淀粉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b5a9cdb745c7f701df9"},"dish_name":["西红柿炒粽子"],"material":["玉米胚芽油","白糖","蜂蜜","纯净水","西红柿","香蕉","橘子","菠萝"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b5c9cdb745c7f701dfa"},"dish_name":["番茄炒鸡蛋"],"material":["番茄","鸡蛋","蒜蓉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b5d9cdb745c7f701dfb"},"dish_name":["荷兰豆炒腊肠"],"material":["荷兰豆","腊肠","葱姜蒜","盐","鸡精","油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b5e9cdb745c7f701dfc"},"dish_name":["炒胡萝卜丝"],"material":["胡萝卜","猪瘦肉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b609cdb745c7f701dfd"},"dish_name":["意大利蔬菜汤"],"material":["西芹","胡萝卜","土豆","洋葱","角瓜","盐","番茄酱","清水","黄油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b619cdb745c7f701dfe"},"dish_name":["黄金鸡块"],"material":["鸡腿肉","盐","料酒","鸡蛋","花生油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b629cdb745c7f701dff"},"dish_name":["鱼香肉丝笨人版"],"material":["李锦记泰式甜辣酱","青椒丝","土豆丝","笋丝","胡萝卜丝"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b649cdb745c7f701e00"},"dish_name":["鱼香肉丝"],"material":["土豆","肉丝","胡萝卜","葱","辣椒酱","白糖","花椒八角"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b659cdb745c7f701e01"},"dish_name":["卤水金钱肚"],"material":["卤水","一桶","金钱肚","香菜","芝麻"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b669cdb745c7f701e02"},"dish_name":["老干妈焗萝卜"],"material":["白萝卜","老干妈","白糖","老抽","葱蒜","火腿"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b689cdb745c7f701e03"},"dish_name":["血粑鸭"],"material":["姜","蒜","大蒜","黄酒","盐","白糖","鸡精","糯米","老鸭","青椒","彩椒","花椒","酱油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b689cdb745c7f701e04"},"dish_name":["清蒸鱼"],"material":["葱","2, 3 枝","姜"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b6a9cdb745c7f701e05"},"dish_name":["藕夹肉糜"],"material":["藕","一节","肉糜","料酒","老抽","糖","白芝麻","炸鸡粉","一带"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b6b9cdb745c7f701e06"},"dish_name":["回锅肉"],"material":["上等五花肉","花椒","八角","盐","酱油","醋","料酒","玉米胚芽油","大葱","干辣椒","尖椒","耗油","蒜"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3b6d9cdb745c7f701e07"},"dish_name":["鲳鱼炖豆腐"],"material":["鲳鱼","豆腐","姜","葱","香菜","八角","花椒","大蒜","生抽","料酒","糖","醋","盐","鸡精","老抽","油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b6e9cdb745c7f701e08"},"dish_name":["香煎马鲛鱼"],"material":["马鲛鱼","蒜头","若干","香菜","若干","姜","若干","油","盐"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b6f9cdb745c7f701e09"},"dish_name":["葱姜炒蛭子"],"material":["蛭子","姜","大葱","小米椒","盐","蚝油","白糖","料酒","生抽","花生油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b709cdb745c7f701e0a"},"dish_name":["清蒸白鲳鱼"],"material":["白鲳鱼","姜","葱","辣椒","料酒","盐","白醋"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b719cdb745c7f701e0b"},"dish_name":["清蒸多宝鱼"],"material":["多宝鱼","小葱","盐","耗油","料酒","蒸鱼豉油","味精"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b739cdb745c7f701e0c"},"dish_name":["白灼九节虾"],"material":["九节虾","小辣椒","姜","花生油","蒸鱼豉油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b749cdb745c7f701e0d"},"dish_name":["家常红烧小鲫鱼"],"material":["

小鲫鱼","酱油"," 生抽","白糖","番茄酱","淀粉","食用油"," 葱姜蒜","料酒"," 盐"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b759cdb745c7f701e0e"},"dish_name":["椒盐基围虾"],"material":[" 鲜虾","青椒","葱","姜"," 红辣椒面"," 椒盐","料酒"," 玉米油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b769cdb745c7f701e0f"},"dish_name":["清蒸青口贝"],"material":[" 青口贝"," 大蒜头","油","葱"," 味极鲜","糖","醋","黄酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b789cdb745c7f701e10"},"dish_name":["香辣鱿鱼须"],"material":[" 鱿鱼须","3 头","洋葱","胡萝卜","青椒","蒜","姜","料酒"," 生抽","蚝油"," 香辣酱"," 盐"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b799cdb745c7f701e11"},"dish_name":["虾仁滑蛋"],"material":["虾仁","鸡蛋"," 葱叶"," 盐"," 白胡椒粉","一筷子头","料酒","油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b7a9cdb745c7f701e12"},"dish_name":["辣炒蚬子"],"material":[" 花蚬"," 番茄酱","葱","姜","胡椒粉"," 凉拌酱油","料酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b7b9cdb745c7f701e13"},"dish_name":["鲜虾汤面"],"material":[" 虾"," 牛肉丸"," 瘦肉","卷心菜"," 盐","油","胡椒粉"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3b7c9cdb745c7f701e14"},"dish_name":["最简单的卤味"],"material":["鸡蛋","生姜","油"," 盐"," 香叶","冰糖"," 生抽"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b7e9cdb745c7f701e15"},"dish_name":["油炸花生仁"],"material":[" 花生米一小袋","1 袋","面粉","油","淀粉"," 盐","白糖"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b7f9cdb745c7f701e16"},"dish_name":["酸辣海带丝"],"material":[" 海带丝"," 酸萝卜","油"," 剁辣椒"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b809cdb745c7f701e17"},"dish_name":["香辣鱿鱼须"],"material":[" 鱿鱼须","圆葱","干辣椒","香菜"," 葵花籽油"," 十三香","孜然","芝麻"," 辣椒面"," 蒸鱼豉油","料酒","醋"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b829cdb745c7f701e18"},"dish_name":["荷香三黄鸡"],"material":[" 三黄鸡","荷叶"," 生抽、老抽、料酒、清水"," 八角花椒葱姜蒜","冰糖"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b839cdb745c7f701e19"},"dish_name":["自制海南椰子饭"],"material":["椰子","糯米","花生","枸杞","红枣","莲子","葡萄干","冰糖"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b849cdb745c7f701e1a"},"dish_name":["羊肉炖白萝卜"],"material":["羊肉","白萝卜"," 油, 盐, 生抽"," 葱姜, 花椒, 大料"," 辣椒, 草果, 茴香"," 黄酒, 鸡精, 糖"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b859cdb745c7f701e1b"},"dish_name":["水晶虾仁"],"material":[" 青虾仁","鸡蛋","姜","胡椒粉"," 盐"," 橄榄油","料酒"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b879cdb745c7f701e1c"},"dish_name":["香辣基围虾"],"material":["基围虾","青椒","蒜苗","胡萝卜","蒜","姜"," 盐","糖","料酒"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b889cdb745c7f701e1d"},"dish_name":["蒜香烤茄子"],"material":["茄子"," 蒜蓉辣酱","油","孜然粉"," 辣椒面"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b899cdb745c7f701e1e"},"dish_name":["葱爆羊肉片"],"material":[" 京葱","油"," 盐"," 生抽"," 老抽","料酒","白糖"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3b8a9cdb745c7f701e1f"},"dish_name":["蒸鸡蛋羹"],"material":[" 鸡蛋"," 芝麻香油"," 温开水","葱"," 盐"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b8c9cdb745c7f701e20"},"dish_name":["家常油泼面"],"material":["面粉"," 绿豆芽","青菜","葱","姜","花椒","大料"," 花椒碎"," 辣椒面","芝麻"," 生抽","醋"," 盐"," 鸡精"," 菜籽油","蒜"," 小香葱"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b8d9cdb745c7f701e21"},"dish_name":["芝麻葱油面"],"material":["挂面","葱","油","芝麻酱","生抽","芝麻"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b8f9cdb745c7f701e22"},"dish_name":["西瓜球的制作方法"],"material":["西瓜","盘子","挖球器"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b909cdb745c7f701e23"},"dish_name":["夏日大拌菜"],"material":["黄瓜","鸡蛋","白菜芯","杏鲍菇","胡萝卜","猪肉","拉皮","蒜蓉辣酱","普通大酱","花椒面","葱","姜","蒜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b919cdb745c7f701e24"},"dish_name":["韭菜土豆丝"],"material":["土豆","韭菜","葱","姜","蒜","辣椒","盐","老陈醋","料酒"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b929cdb745c7f701e25"},"dish_name":["猪耳拌黄瓜"],"material":["熟猪耳","小旱黄瓜","葱","蒜","半头","米椒","辣椒油","盐","海鲜酱油","鸡精"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b949cdb745c7f701e26"},"dish_name":["白灼虾"],"material":["大虾","葱姜蒜","料酒","海鲜酱油","芝麻","醋"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b959cdb745c7f701e27"},"dish_name":["焦糖鲜露泡菜"],"material":["米醋","红糖","水","柠檬","洋葱","小米椒","小青椒"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b969cdb745c7f701e28"},"dish_name":["尖椒皮蛋"],"material":["松花皮蛋","青椒","味极鲜酱油","醋","香油","葱花"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b979cdb745c7f701e29"},"dish_name":["牛肉炒珍珠粉"],"material":["珍珠粉","牛肉","辣椒","小白菜","油","生抽","红薯粉","盐","鸡精","大蒜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b999cdb745c7f701e2a"},"dish_name":["芹菜香干炒饭"],"material":["芹菜","香干","红椒","米饭","油","盐","胡椒粉","白糖","葱"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b9a9cdb745c7f701e2b"},"dish_name":["香辣猪肉香菇拌面"],"material":["猪肉","香菇","圆葱","油","盐","酱油","料酒","五香粉","淀粉","水淀粉","姜粉","蒜汁","黑胡椒粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b9d9cdb745c7f701e2c"},"dish_name":["绿豆芽拌猪头肉"],"material":["生猪头肉","绿豆芽","香油","陈醋","盐","生抽","味精","桂皮","香叶","八角","花椒","小茴香","生姜","冰糖","朝天椒","芝麻"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b9d9cdb745c7f701e2d"},"dish_name":["凉拌顺风"],"material":["香油","味精","耗油","陈醋","生抽","香葱","白糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b9e9cdb745c7f701e2e"},"dish_name":["玫瑰蜂蜜茶"],"material":["干玫瑰花","开水","蜂蜜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3b9f9cdb745c7f701e2f"},"dish_name":["冰镇蜜桃蜂蜜爽"],"material":["蜜桃","蜂蜜","凉开水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba09cdb745c7f701e30"},"dish_name":["蜂蜜黄瓜雪梨汁"],"material":["黄瓜","梨","蜂蜜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba29cdb745c7f701e31"},"dish_name":["白灼猪皮"],"material":["猪皮","若干","蒜头","小辣椒","酱油"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba39cdb745c7f701e32"},"dish_name":["香菇猪肉虾皮烧卖"],"material":["猪肉","香菇","大米","糯米","淀粉","盐","油","生抽","老抽","蚝油","饺皮","白糖","料酒","虾皮"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba49cdb745c7f701e33"},"dish_name":["五花肉炒香菜"],"material":["五花肉馅","香菜","料酒","味达美","生抽","盐","白糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba59cdb745c7f701e34"},"dish_name":["八宝大米粥"],"material":["大米","小米","江米","薏米","红豆","绿豆","黑豆","燕麦","枣","水","500m"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba79cdb745c7f701e35"},"dish_name":["青苹果蜂蜜汁"],"material":["青苹果","蜂蜜","水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba89cdb745c7f701e36"},"dish_name":["猪肉大米丸子"],"material":["瘦猪肉","150","大米","葱花","姜","耗油","胡椒粉","料酒","淀粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3ba89cdb745c7f701e37"},"dish_name":["猪肉青椒包子"],"material":["猪肉","胡萝卜","金针菇","面粉","酵母","温水","玉米油","盐","酱油","料酒","淀粉","五香粉","葱","姜粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3baa9cdb745c7f701e38"},"dish_name":["面包夹蜂蜜"],"material":["蜂蜜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bab9cdb745c7f701e39"},"dish_name":["清蒸大米虾丸"],"material":["大米","虾仁","牛肉馅","青豌豆","盐","蛋白","香油或食用油","胡椒粉","白醋","料酒","淀粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bac9cdb745c7f701e3a"},"dish_name":["蒸肉包蛋"],"material":["肉末","鸭蛋","胡萝卜","小葱","玉米淀粉","姜丝","盐","料酒","耗油","蒸鱼豉油"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bad9cdb745c7f701e3b"},"dish_name":["百香蜂蜜水"],"material":["百香果","凉开水","蜂蜜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3baf9cdb745c7f701e3c"},"dish_name":["薏米银耳百合冰糖炖猪心"],"material":["猪心","银耳","薏米","百合","冰糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb09cdb745c7f701e3d"},"dish_name":["锅包肉米饭"],"material":["大米","卷心菜","香菇","胡萝卜","小葱","五花肉","味极鲜","盐","十三香"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb19cdb745c7f701e3e"},"dish_name":["懒人杂粮饭"],"material":["盘锦大米","糯米","黑米","绿豆","红豆","小麦","葡萄干","大枣","冰糖","水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb29cdb745c7f701e3f"},"dish_name":["不粘锅简易煲饭"],"material":["鸡腿","腊肠","小白菜","白米","花雕酒","蚝油","麻油","黑酱油","酱油","白糖","白胡椒粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb49cdb745c7f701e40"},"dish_name":["蜂蜜炖皇冠梨"],"material":["蜂蜜","皇冠梨","大枣","水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb59cdb745c7f701e41"},"dish_name":["绿豆大米粥"],"material":["绿豆","大米"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb69cdb745c7f701e42"},"dish_name":["猪肉卷心菜馅饼"],"material":["猪肉（馅）","卷心菜（馅）","面粉（皮）","开水（皮）","玉米油（皮）","油","盐","酱油","料酒","五香粉","淀粉","葱","姜粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb79cdb745c7f701e43"},"dish_name":["蜂蜜牛奶鸡蛋糕"],"material":["面粉","鸡蛋","牛奶","蜂蜜","酵母","葡萄干","大枣"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb89cdb745c7f701e44"},"dish_name":["黄金亚麻籽蜂蜜蛋糕"],"material":["低筋面粉","亚麻籽粉","蜂蜜","白糖","食用油","泡打粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bb99cdb745c7f701e45"},"dish_name":["辣炒腊猪肝"],"material":["腊猪肝","美人椒","青椒","葱","姜","大蒜","山茶油","白酒","八角粉","鸡精","盐","老抽"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bba9cdb745c7f701e46"},"dish_name":["大米饭多样化"],"material":["大米","黑米","小米","青豌豆","枸杞子","水"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3bbd9cdb745c7f701e47"},"dish_name":["菠萝包"],"material":["天然酵种(100%水","黄油(酥皮)","盐(酥皮)","奶粉(酥皮)","糖粉(酥皮)","低筋面粉(酥皮)","全蛋液(酥皮)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bbe9cdb745c7f701e48"},"dish_name":["老式鸡蛋糕"],"material":["鸡蛋","低筋粉","白糖","玉米油","泡打粉","熟芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bbf9cdb745c7f701e49"},"dish_name":["苹果派"],"material":["面粉","苹果","黄油","白糖","鸡蛋","淀粉","盐","蛋挞锡纸底"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc19cdb745c7f701e4a"},"dish_name":["奶油泡芙"],"material":["黄油","低筋面粉","牛奶","鸡蛋液","淡奶油","糖","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc29cdb745c7f701e4b"},"dish_name":["铜锣烧"],"material":["低筋粉","豆沙","鸡蛋","泡打粉","蜂蜜","糖","黄油","牛奶","食用香精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc39cdb745c7f701e4c"},"dish_name":["电饭煲做蛋糕"],"material":["鸡蛋","面粉","白糖","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc49cdb745c7f701e4d"},"dish_name":["蛋白椰丝球"],"material":["椰蓉","低筋面粉","蛋白","细沙糖","奶粉","椰蓉(蘸表面)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc59cdb745c7f701e4e"},"dish_name":["布朗尼芝士蛋糕"],"material":["黄油(布朗尼)","中粉(布朗尼)","糖(布朗尼)","鸡蛋(布朗尼)","酸奶(布朗尼)","奶酪(芝士)","香草精(芝士)","糖(芝士)","鸡蛋(芝士)","酸奶(芝士)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc79cdb745c7f701e4f"},"dish_name":["毛毛虫面包"],"material":["高筋粉","牛奶","鸡蛋","盐","白糖","发酵粉","黄油","豆沙馅"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc89cdb745c7f701e50"},"dish_name":["紫菜包饭"],"material":["紫菜","1袋","黄瓜","旧米饭","鸡腿肉","鸡蛋","萝卜咸菜","盐","香油","萨拉酱","糖","火腿"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bc99cdb745c7f701e51"},"dish_name":["紫薯芝麻饼"],"material":["紫薯","芝麻","糯米面","白糖","水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bcc9cdb745c7f701e52"},"dish_name":["戚风蛋糕"],"material":["1、蛋白","柠檬汁(白醋)","细砂糖","2、蛋黄","细砂糖","低筋面粉","牛奶","色拉油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bcd9cdb745c7f701e53"},"dish_name":["脆皮巧克力草莓"],"material":["草莓","烘焙用装饰彩糖"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bcf9cdb745c7f701e54"},"dish_name":["轻乳酪蛋糕"],"material":["细砂糖","低筋面粉","鸡蛋","椰浆","黄油","奶油奶酪","玉米淀粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd09cdb745c7f701e55"},"dish_name":["马蹄糕"],"material":["马蹄","马蹄粉","红糖","白糖","清水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd19cdb745c7f701e56"},"dish_name":["萝卜糕"],"material":["白萝卜","贴米粉","干香菇","干虾米","香菜","水","油","盐","鸡精"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd39cdb745c7f701e57"},"dish_name":["曲奇"],"material":["低粉","黄油","糖粉","牛奶","杏仁粉","可可粉","抹茶粉等","果仁","果干","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd49cdb745c7f701e58"},"dish_name":["牛角面包"],"material":["高筋面粉","低筋面粉","白砂糖","盐","酵母","奶粉","蛋液","水","表面装饰:蛋液","表面装饰:黄油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd59cdb745c7f701e59"},"dish_name":["芒果果冻慕斯蛋糕"],"material":["芒果果泥","吉利丁","鲜奶油","热水","糖","消化饼干","黄油（融化的）","以下是芒果镜面：" ,"芒果果泥","热水","吉利丁"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd79cdb745c7f701e5a"},"dish_name":["绿豆凉糕"],"material":["脱皮绿豆","红豆","吉利丁粉","绵白糖","陈皮","纯净水"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd79cdb745c7f701e5b"},"dish_name":["枸杞玉米发糕"],"material":["玉米面","高精面粉","纯牛奶","酵母","白糖","枸杞"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bd99cdb745c7f701e5c"},"dish_name":["驴打滚"],"material":["糯米粉","黄豆面","水","红豆沙","糖","油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bda9cdb745c7f701e5d"},"dish_name":["奶油蛋糕卷"],"material":["低筋面粉","玉米油","牛奶或水","白砂糖","鸡蛋","奶油","白砂糖(放奶油用)"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bdb9cdb745c7f701e5e"},"dish_name":["南瓜芝士蛋糕"],"material":["奶油奶酪","蛋黄","消化饼","鸡蛋","南瓜泥","黄油","细砂糖","牛奶","柠檬皮屑"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bdc9cdb745c7f701e5f"},"dish_name":["可可华夫饼"],"material":["低筋面粉","可可粉","鸡蛋","黄油","糖","玉米淀粉","泡打粉","牛奶"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bdd9cdb745c7f701e60"},"dish_name":["木瓜撞奶"],"material":["木瓜","牛奶","白糖","干桂花","若干"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bde9cdb745c7f701e61"},"dish_name":["椰奶冻"],"material":["椰汁或椰浆","淡奶油","牛奶","白糖","吉利丁粉","椰蓉","冷开水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be09cdb745c7f701e62"},"dish_name":["蘑菇饼干"],"material":["黄油","低粉","玉米淀粉","鸡蛋液","糖粉","泡打粉","可可粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be19cdb745c7f701e63"},"dish_name":["椰香布丁"],"material":["牛油","布丁粉","纯牛奶","一大袋","淡奶油","椰浆","白砂糖","开水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be29cdb745c7f701e64"},"dish_name":["牛轧糖"],"material":["棉花糖","黄油","奶粉","花生"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be39cdb745c7f701e65"},"dish_name":["鸡汁土豆泥"],"material":["土豆","鸡汤","牛奶","黄油","黑胡椒粉","盐"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be49cdb745c7f701e66"},"dish_name":["酸奶慕斯"],"material":["酸奶","淡奶油","糖粉","鱼胶粉","冰水","奥利奥","黄油"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be59cdb745c7f701e67"},"dish_name":["焦糖牛奶布丁"],"material":["白糖","蛋黄","香橙QQ糖","牛奶","水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be69cdb745c7f701e68"},"dish_name":["棒棒糖蛋糕"],"material":["低筋面粉","黄油","糖","鸡蛋","泡打粉","蜂蜜","香草香精"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be79cdb745c7f701e69"},"dish_name":["牛奶鸡蛋布丁"],"material":["牛奶","淡奶油","白糖","鸡蛋"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be89cdb745c7f701e6a"},"dish_name":["抹茶布丁"],"material":["牛奶","淡奶油","抹茶粉","细砂糖","热水"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3be99cdb745c7f701e6b"},"dish_name":["戚风蛋糕卷"],"material":["鸡蛋","牛奶","玉米油","白砂糖","柠檬汁","糖渍油桃馅儿","低粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3beb9cdb745c7f701e6c"},"dish_name":["蜂蜜蛋糕"],"material":["鸡蛋","蜂蜜","白砂糖","低粉","花生油","牛奶","白芝麻"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bed9cdb745c7f701e6d"},"dish_name":["花生酱曲奇"],"material":["黄油","砂糖","蛋液","盐","小苏打","普通面粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bee9cdb745c7f701e6e"},"dish_name":["万圣节南瓜乳酪冻糕"],"material":["奶油奶酪","南瓜泥","牛奶","淡奶油","吉利丁","柠檬汁","糖"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf09cdb745c7f701e6f"},"dish_name":["肉蒸鸡蛋糕"],"material":["鲜肉","榨菜","蒜","姜","芝麻油","生粉","黄酒","生抽","盐","胡椒粉","花椒油","鸡精","鸡蛋"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf19cdb745c7f701e70"},"dish_name":["巧克力豆饼干"],"material":["黄油","白糖","鸡蛋","香草精","低筋面粉","可可粉","泡打粉","盐"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf29cdb745c7f701e71"},"dish_name":["开口笑"],"material":["低筋面粉","鸡蛋","小苏打","泡打粉","色拉油","水","白芝麻","淡盐水","食用油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf49cdb745c7f701e72"},"dish_name":["电饭煲原味蛋糕"],"material":[],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf59cdb745c7f701e73"},"dish_name":["咖啡核桃麦芬蛋糕"],"material":["中筋面粉","核桃","咖啡液","黄油","糖粉","泡打粉"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf69cdb745c7f701e74"},"dish_name":["香芋酥"],"material":["大芋头","冰糖","白芝麻（熟）","植物油"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf79cdb745c7f701e75"},"dish_name":["黑森林蛋糕"],"material":["淡奶油","水","低筋面粉","鸡蛋","糖份","橡皮刮刀","高脂奶粉（烘焙专用）","可可粉","绵白糖","绵白糖","高脂奶粉（烘焙专用）","塔塔粉","烤箱","1台","植物油","食盐","8寸活底模具","电动打蛋器","1台","手动蛋抽"],"style":["糕点"]}

{"_id":{"\$oid":"59ae3bf89cdb745c7f701e76"},"dish_name":["抹茶杯装提拉米苏"],"material":["手指饼干部分","蛋黄","蛋白","砂糖 A","砂糖 B","低粉","糖粉","抹茶糖液部分","抹茶","糖","热水","朗姆酒","乳酪糊部分","马斯卡彭奶酪（奶油奶酪替代方法见小贴士）","淡奶油","蛋黄","蛋白","砂糖 A","砂糖 B","抹茶粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bfa9cdb745c7f701e77"},"dish_name":["草莓淡奶油泡芙"],"material":["低筋面粉","鸡蛋","黄油","牛奶","淡奶油","糖","盐","草莓"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bfb9cdb745c7f701e78"},"dish_name":["芒果慕斯"],"material":["黄油（慕斯底）","奶油奶酪（慕斯层）","吉利丁粉（慕斯层）","纯净水（慕斯层）","糖（慕斯层）","淡奶油（慕斯层）","QQ糖（慕斯镜面）","纯净水（慕斯镜面）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bfc9cdb745c7f701e79"},"dish_name":["意式奶油霜"],"material":["黄油","糖（糖浆）","水（糖浆）","蛋白","糖（蛋白）","柠檬汁","调味酒"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bfe9cdb745c7f701e7a"},"dish_name":["花纹蛋糕卷"],"material":["鸡蛋","低筋面粉","水（或牛奶）","玉米油","白砂糖（蛋黄部分）","白砂糖（蛋白部分）","可可粉","草莓酱"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3bff9cdb745c7f701e7b"},"dish_name":["樱花饼干"],"material":["黄油","低筋面粉","高筋面粉","奶粉","糖粉","鸡蛋液","盐渍樱花","若干"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c009cdb745c7f701e7c"},"dish_name":["芒果蛋挞"],"material":["牛奶","淡奶油","鸡蛋","炼乳","白糖","芒果","蛋挞皮"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c019cdb745c7f701e7d"},"dish_name":["椰丝牛奶小方"],"material":["牛奶","砂糖","淡奶油","玉米淀粉"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c029cdb745c7f701e7e"},"dish_name":["薏米莲子银耳羹"],"material":["薏米","莲子","红豆","银耳","红枣","蜂蜜（或者冰糖）"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c049cdb745c7f701e7f"},"dish_name":["巧克力熔岩蛋糕"],"material":["黄

油或玉米油","低筋面粉","牛奶","白糖","盐"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c049cdb745c7f701e80"},"dish_name":["玫瑰苹果果酱"],"material":["冰糖","干玫瑰","水","红苹果","柠檬汁"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c069cdb745c7f701e81"},"dish_name":["红豆抹绿"],"material":["牛奶","色拉油","低粉","蛋黄","蛋清","糖","柠檬汁","打发淡奶","红豆","抹茶粉","薄荷叶"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c079cdb745c7f701e82"},"dish_name":["奶油水果杯"],"material":["低筋面粉","玉米油","橙汁","鸡蛋","细砂糖","淡奶油","细砂糖（加入淡奶油）","水果"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c079cdb745c7f701e83"},"dish_name":["新西兰芝士小方"],"material":["牛奶","奶油奶酪","蛋黄","糖 A","黄油","低粉","蛋白","糖 B","淡奶油","朗姆酒"],"style":["甜点"]}

{"_id":{"\$oid":"59ae3c0c9cdb745c7f701e84"},"dish_name":["洋葱炒鸡蛋"],"material":["洋葱","鸡蛋","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c0d9cdb745c7f701e85"},"dish_name":["微波炉煮玉米"],"material":["玉米","水"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c0f9cdb745c7f701e86"},"dish_name":["啤酒鸡"],"material":["鸡","小米椒","青蒜苗","油","盐","生抽","老抽","五香粉","大葱","1 小节","姜","蒜","八角","冰糖","花椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c109cdb745c7f701e87"},"dish_name":["豉油鸡翅"],"material":["鸡中翅","腌制用料","生姜","洋葱","蚝油","料酒","焖制用料","生抽","老抽","清水","八角","冰糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c119cdb745c7f701e88"},"dish_name":["茄汁大虾"],"material":["虾","葱","姜","蒜头","油","盐","糖","番茄酱","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c139cdb745c7f701e89"},"dish_name":["拔丝鸡蛋"],"material":["鸡蛋","植物油","淀粉","白砂糖","面粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c149cdb745c7f701e8a"},"dish_name":["盐水虾"],"material":["河虾","姜","葱","盐","大蒜","生抽","芥末"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c159cdb745c7f701e8b"},"dish_name":["五花肉炖土豆"],"material":["五花肉","土豆","花椒/大料","香叶","葱姜蒜","米椒","盐","海鲜酱油","糖","鸡粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c189cdb745c7f701e8c"},"dish_name":["红烧带鱼"],"material":["带鱼","味极鲜","甜辣酱","盐","味精","地瓜粉","生姜","葱花","食用油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1a9cdb745c7f701e8d"},"dish_name":["豆角拌茄子"],"material":["豆角","茄子","红角椒","蒜头","青蒜","油","盐","鸡精","生抽","老抽","醋"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1b9cdb745c7f701e8e"},"dish_name":["香菇盏"],"material":["香菇","猪肉","胡萝卜","青豆","葱白","蛋清","盐","红薯淀粉","胡椒粉","生抽"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1c9cdb745c7f701e8f"},"dish_name":["香菇蒸鸡翅"],"material":["鸡翅","香菇","枸杞","蚝油","生抽","料酒","白糖","胡椒粉","盐","姜","葱"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1d9cdb745c7f701e90"},"dish_name":["炒素鸡"],"material":["素鸡","肉末","玉米青豆","胡萝卜","小葱","油","盐","料酒","耗油","六月鲜酱油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1e9cdb745c7f701e91"},"dish_name":["沙虫粉丝鸡汤"],"material":["土鸡","干沙虫","红枣","枸杞","冬菇","粉丝","葱姜蒜","玉米油","盐"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c1f9cdb745c7f701e92"},"dish_name":["奶香土豆饼"],"material":["土豆","面粉","洋葱","牛奶","盐","一调羹","白糖","一调羹"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c219cdb745c7f701e93"},"dish_name":["腊肠炒蒜薹"],"material":["腊肠","蒜薹","盐","味精","大蒜","小红椒","植物油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c229cdb745c7f701e94"},"dish_name":["锅塌豆腐"],"material":["豆腐","肉馅","葱姜蒜","海鲜酱油","花椒粉","米椒","香菜","水淀粉","鸡蛋"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c239cdb745c7f701e95"},"dish_name":["卤猪蹄"],"material":["色拉油","八角","三奈","桂皮","香叶","草果","干辣椒","花椒","冰糖","白糖","生姜","盐","鸡精","胡椒粉","老抽","料酒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c259cdb745c7f701e96"},"dish_name":["苦瓜炒肉片"],"material":["苦瓜","猪肉","色拉油","蚝油","香油","葱","姜","蒜","盐","酱油","干辣椒"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c269cdb745c7f701e97"},"dish_name":["油淋鱼片"],"material":["草鱼","生菜","料酒","油","豆芽","老干妈","盐","茴香","辣椒壳","大蒜","生粉","花椒","姜","鸡蛋清","白糖","芝麻"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c279cdb745c7f701e98"},"dish_name":["干豆小炒"],"material":["蒜薹","五花肉丁","臭豆子","鸡蛋","杭椒","煎饼"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c289cdb745c7f701e99"},"dish_name":["鸡米花"],"material":["鸡肉","鸡蛋","淀粉","盐","胡椒粉","油","番茄酱"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c2a9cdb745c7f701e9a"},"dish_name":["肉末蒸豆腐"],"material":["嫩豆腐","肉末","鸡蛋","姜末","香葱","酱油","美味鲜酱油","盐","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c2b9cdb745c7f701e9b"},"dish_name":["铁板黑椒牛柳"],"material":["牛肉","尖椒","元葱","红尖椒","黄油","鸡蛋","淀粉"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c2d9cdb745c7f701e9c"},"dish_name":["木耳炒鸡蛋"],"material":["木耳","鸡蛋","葱","姜","蒜","青尖椒","红尖椒","色拉油","盐","胡椒粉","鸡粉","料酒","香油","米醋","生抽"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c2e9cdb745c7f701e9d"},"dish_name":["小鱼干炒青豆"],"material":["小鱼干","青豆","红菜椒","蒜头","姜丝","盐","酱油","料酒","白糖"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c2f9cdb745c7f701e9e"},"dish_name":["豆皮千层卷"],"material":["黄瓜","红椒","大葱","1小节","A、蘸料:白芝麻酱","香油","盐、白糖","B、蘸料:生抽","香醋","白糖","鸡粉(鸡精)","盐","藤椒油","油辣子"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c309cdb745c7f701e9f"},"dish_name":["香辣干锅土豆片"],"material":["土豆","五花肉","红小辣椒","杭椒","洋葱","大蒜","姜","香菜","盐","料酒","干辣椒","花椒","老抽","生抽","鸡粉","味精","色拉油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c329cdb745c7f701ea0"},"dish_name":["冬瓜炖排骨汤"],"material":["排骨","冬瓜","枸杞","油","盐","白胡椒粉","葱","姜","白米醋"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c339cdb745c7f701ea1"},"dish_name":["家常小炒肉"],"material":["五花肉","尖椒","豆豉","小米椒","油","盐","老抽","胡椒粉","白糖","料酒","味精","蒜","姜"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c349cdb745c7f701ea2"},"dish_name":["炆拌黄瓜花"],"material":["黄瓜花","大蒜","生姜","干辣椒碎","盐","蔬之鲜","花椒粉","米醋","生抽","花生油","香油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c369cdb745c7f701ea3"},"dish_name":["沙姜炒八爪鱼"],"material":["八爪鱼","沙姜","盐","蚝油","玉米油","姜","蒜蓉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c379cdb745c7f701ea4"},"dish_name":["青椒土豆丝"],"material":["土豆","

青椒","食用油","花椒","葱"," 盐"," 五香粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c379cdb745c7f701ea5"},"dish_name":["秋葵凉拌猪肚丝"],"material":["秋葵","胡萝卜"," 熟猪肚","蒜头"," 红椒椒","姜"," 盐","花生油","蚝油","料酒","香醋"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c399cdb745c7f701ea6"},"dish_name":["家常炒面"],"material":["白菜","青椒","洋葱"," 里脊肉","豆角","食用油"," 老抽"," 生抽","料酒"," 生粉"," 盐","番茄酱"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3a9cdb745c7f701ea7"},"dish_name":["扇贝三鲜韭菜盒子"],"material":["扇贝","虾米","韭菜","木耳","面粉","鸡蛋"," 盐","花生油","胡椒粉"," 王守义饺子馅调料","香油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3b9cdb745c7f701ea8"},"dish_name":["热干面"],"material":[" 热干面","花生酱"," 芝麻酱","麻油"," 酸豆角"," 榨菜碎米（选择）"," 辣椒油（选择）"," 黄豆酱（选择）"," 葱花"," 蒜蓉"," 盐"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3c9cdb745c7f701ea9"},"dish_name":["辣炒鸡块"],"material":["鸡腿"," 小红辣椒"," 葱姜蒜"," 花椒,八角","白糖"," 生抽","黄酒"," 盐"," 耗油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3d9cdb745c7f701eaa"},"dish_name":["麻辣小龙虾"],"material":["小龙虾","干辣椒","葱","姜","花椒"," 红99","油","糖"," 老抽"," 小芹菜","料酒"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3f9cdb745c7f701eab"},"dish_name":["翡翠白玉羹"],"material":["豆腐","白菜","枸杞","食用油"," 盐"," 鸡精","蚝油"," 玉米淀粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c3f9cdb745c7f701eac"},"dish_name":["肉丝炒蒜黄"],"material":[" 蒜黄","葱末"," 姜末","酱油","香油","食用油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c409cdb745c7f701ead"},"dish_name":["卤水豆腐"],"material":[" 水豆腐"," 瘦肉"," 生抽酱油"," 老抽酱油","葱白"," 葱叶"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c429cdb745c7f701eae"},"dish_name":["蒜香烧鸡"],"material":[" 以下的是蒜香腌鸡料","蒜头"," 南乳"," 八角粉"," 干葱头蓉"," 芫荽","西芹"," 幼砂糖"," 玫瑰露酒"," 生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c439cdb745c7f701eaf"},"dish_name":["锦绣肉丝"],"material":["猪里脊肉","红萝卜","白萝卜","莴笋"," 青（红）椒"," 蒜蓉"," 姜丝"," 盐","味精","淀粉"," 生抽","麻油","胡椒粉","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c449cdb745c7f701eb0"},"dish_name":["芹菜炒蛋"],"material":["鸡蛋","芹菜","葱","干辣椒"," 盐","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c469cdb745c7f701eb1"},"dish_name":["清蒸偏口鱼"],"material":[" 偏口鱼","葱","姜","蒜"," 干红辣椒（小）","油","料酒"," 盐"," 蒸鱼豉油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c469cdb745c7f701eb2"},"dish_name":["耗油生菜"],"material":[" 生菜","耗油"," 生抽","料酒","可不放","水淀粉","白糖","香油","胡椒粉","可不放"," 大蒜碎"," 盐"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c489cdb745c7f701eb3"},"dish_name":["腰果虾仁"],"material":["腰果","虾仁"," 黄瓜,水淀粉"," 葱姜,鸡精,料酒"," 油,盐,糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c499cdb745c7f701eb4"},"dish_name":["南瓜炖土豆"],"material":["土豆","南瓜"," 葱花"," 盐"," 鸡精","胡椒粉","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c499cdb745c7f701eb5"},"dish_name":["蚝油西兰花"],"material":["西兰花","蚝油"," 水（焯水用）"," 盐","花生油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c4b9cdb745c7f701eb6"},"dish_name":["尖椒炒茄丝"],"material":["茄子","青椒"," 小米椒","红椒","油"," 盐","糖"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c4c9cdb745c7f701eb7"},"dish_name":["啤酒鸡腿"],"material":["鸡大腿","啤酒","大料","姜","葱","生抽","老抽","白糖","盐","油","料酒","十三香","香菜"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c4d9cdb745c7f701eb8"},"dish_name":["咖喱蟹"],"material":["螃蟹","油咖喱","葱","姜","淀粉","洋葱","青椒","料酒","盐","糖","鸡精"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c4e9cdb745c7f701eb9"},"dish_name":["炒猪肝"],"material":["猪肝","青笋","胡萝卜","葱","姜","蒜","一头","料酒","白糖","醋","泡椒酱","盐","蛋清"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c4f9cdb745c7f701eba"},"dish_name":["韩国泡菜饼"],"material":["辣白菜泡菜","面粉","鸡蛋","盐","油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c509cdb745c7f701ebb"},"dish_name":["酸菜炒肥肠"],"material":["肥肠","酸菜","韭黄","葱","香菜","姜","小辣椒","料酒","蕃茄沙司","生抽"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c519cdb745c7f701ebc"},"dish_name":["双椒土豆片"],"material":["土豆","青辣椒","红辣椒","色拉油","大葱","生姜","大蒜","盐","鸡精","香油"],"style":["热菜"]}

{"_id":{"\$oid":"59ae3c529cdb745c7f701ebd"},"dish_name":["锅塌豆腐"],"material":["板豆腐","鸡蛋","蒜","小葱","面粉","生抽","黄酒","高汤","白糖","盐","麻油"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c539cdb745c7f701ebe"},"dish_name":["香菇鸡片"],"material":["香菇","鸡胸肉","黑木耳","胡萝卜","青椒","鸡蛋","盐","鸡精","清水","油","蚝油","淀粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c549cdb745c7f701ebf"},"dish_name":["火腿肠炒鸡蛋"],"material":["火腿肠","鸡蛋","小葱","料酒","盐"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c569cdb745c7f701ec0"},"dish_name":["黄瓜炒火腿肠"],"material":["黄瓜","火腿肠","红椒","油","盐","生抽","白糖","鸡精","蒜"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c579cdb745c7f701ec1"},"dish_name":["粉蒸鸡翅"],"material":["鸡翅","土豆","腐乳蒸肉米粉","1袋","油","料酒","姜","葱","凉开水","盐"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c589cdb745c7f701ec2"},"dish_name":["糯米酿豆腐"],"material":["油炸豆腐泡","糯米","猪肉馅","香菇","豌豆","葱花","十三香","生抽","蚝油","盐","食用油","水淀粉"],"style":["农家菜"]}

{"_id":{"\$oid":"59ae3c5c9cdb745c7f701ec3"},"dish_name":["鱼香茄盒"],"material":["鸡蛋","茄子","五花肉","糖","葱","盐","面粉","蚝油","胡椒粉","淀粉","陈醋"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c5d9cdb745c7f701ec4"},"dish_name":["蜜汁排骨"],"material":["排骨","豆腐乳"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c5e9cdb745c7f701ec5"},"dish_name":["鹌鹑蛋红烧肉"],"material":["五花肉","鹌鹑蛋","葱","姜","生抽","红烧酱油","料酒","糖","盐","鸡精","八角","桂皮"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c5f9cdb745c7f701ec6"},"dish_name":["酱香蒸鸡腿"],"material":["鸡全腿","葱","姜","甜面酱","酱油","料酒","耗油","生抽","白糖","番茄酱"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c609cdb745c7f701ec7"},"dish_name":["香煎三文鱼"],"material":["黑胡椒","盐","柠檬","新鲜三文鱼","橄榄油"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c619cdb745c7f701ec8"},"dish_name":["清汨丸子"],"material":["肉馅","黄瓜","鸡蛋","葱","姜","酱油","油","香油","盐","十三香"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c639cdb745c7f701ec9"},"dish_name":["土豆红烧肉"],"material":["五花肉","土豆","盐","白糖","香葱","番茄酱","八角"],"style":["荤菜"]}

{"_id":{"\$oid":"59ae3c649cdb745c7f701eca"},"dish_name":["可乐鸡翅膀"],"material":["鸡翅

膀","可乐","大葱","生抽"],["style":["荤菜"]}]

{"_id":{"\$oid":"59ae3c679cdb745c7f701ecb"},"dish_name":["虾仁焗饭"],"material":["米饭(新鲜)","胡萝卜丁","鸡蛋","海虾","马里苏奶酪芝士","黄油","葱花","红柿椒"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c689cdb745c7f701ecc"},"dish_name":["五彩炒米粉"],"material":["鸡蛋","胡萝卜","米粉","葱","大白菜","木耳","盐","酱油","油","水"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c6a9cdb745c7f701ecd"},"dish_name":["双色花卷"],"material":["面粉","菠菜","水","安琪酵母","一袋","馒头改良剂","一袋","盐","食油"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c6b9cdb745c7f701ece"},"dish_name":["培根炒饭"],"material":["豆角","肉饼","火腿肠","米饭","油","盐","开水","一壶"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c6c9cdb745c7f701ecf"},"dish_name":["棒棒糖馒头"],"material":["面粉","枣丁","糖","酵母","奶粉"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c6d9cdb745c7f701ed0"},"dish_name":["鲜肉馄饨"],"material":["面粉","水","肉馅","豆油","香油","十三香","酱油","鸡蛋","料酒","三盖","毛葱","汤汁：紫菜","汤汁：虾米","汤汁：香油","汤汁：盐","汤汁：辣椒油","醋","盐"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c6e9cdb745c7f701ed1"},"dish_name":["胡萝卜鸡蛋饼"],"material":["胡萝卜","鸡蛋","葱花","盐","油"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c729cdb745c7f701ed2"},"dish_name":["凉拌芹菜牛肉卷"],"material":["牛肉","芹菜","八角","茴香","桂皮","草果","花椒","干辣椒","红油辣椒","砂糖","陈醋","生抽","芝麻","花椒油","葱","蒜","油"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c749cdb745c7f701ed3"},"dish_name":["麻辣香锅"],"material":["圆生菜","茼蒿","土豆","竹笋","莴笋","金针菇","鱼豆腐","豆皮","萝卜","白菜","盐","牛肉丸","油麦菜","海带","宽粉","鱼丸","蘑菇","麻辣香锅调料","一袋","水"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c759cdb745c7f701ed4"},"dish_name":["豆腐酿"],"material":["豆腐","肉馅","油","盐","香葱","2跟","淀粉","姜","蒜","鸡精","料酒"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c769cdb745c7f701ed5"},"dish_name":["三文鱼刺身"],"material":["三文鱼","紫苏叶","生抽","芥末酱","醋","白糖","白开水"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c779cdb745c7f701ed6"},"dish_name":["靠大虾"],"material":["大虾","精盐","花生油","番茄酱","白糖","葱","姜"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c799cdb745c7f701ed7"},"dish_name":["铁板鱿鱼须"],"material":["鱿鱼须","洋葱","青椒","蒜蓉","姜末","葱花","料酒","糖","味精","孜然粉","生抽"],"style":["宴客菜"]}]

{"_id":{"\$oid":"59ae3c7a9cdb745c7f701ed8"},"dish_name":["西红柿鸡蛋面"],"material":["鸡蛋","青椒","食用盐","高汤","酱油","米醋","香油"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c7b9cdb745c7f701ed9"},"dish_name":["花色炒饭"],"material":["青椒","红椒","鸡蛋","豆干","胡椒粉"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c7d9cdb745c7f701eda"},"dish_name":["油泼面"],"material":["葱花","姜碎","蒜碎","菜籽油","花生碎","味精","辣椒粉","盐","香醋","生抽"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c7e9cdb745c7f701edb"},"dish_name":["炒馒头干"],"material":["馒头","鸡蛋","葱花"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c7f9cdb745c7f701edc"},"dish_name":["番茄饭"],"material":["玉米","青豆","香肠","虾","番茄","油","盐","米"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c819cdb745c7f701edd"},"dish_name":["肉三鲜蒸饺"],"material":["虾","鸡蛋","面粉","韭菜","肉馅","食用油","盐","酱油","十三香"],"style":["主食"]}]

{"_id":{"\$oid":"59ae3c829cdb745c7f701ede"},"dish_name":["菠萝"],"material":["糯米","菠萝","葡萄干","枸杞"],"style":["主食"]}

{"_id":{"\$oid":"59ae3c839cdb745c7f701edf"},"dish_name":["红枣玉米窝窝头"],"material":["红枣","玉米面","牛奶","一袋"],"style":["主食"]}

{"_id":{"\$oid":"59ae3c849cdb745c7f701ee0"},"dish_name":["石锅拌饭"],"material":["牛肉","香菇","胡萝卜","金针菇","洋葱","青椒","黄瓜","油","盐","黑胡椒","韩国拌饭酱","葱","鸡蛋","炒熟的白芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae3c869cdb745c7f701ee1"},"dish_name":["冰糖肘子"],"material":["肘子","花椒、八角","葱、姜、蒜","冰糖、胡萝卜、香菇"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c879cdb745c7f701ee2"},"dish_name":["皮蛋鸡肉卷"],"material":["鸡腿","皮蛋","料酒","盐","胡椒粉","孜然粉","生姜","油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c889cdb745c7f701ee3"},"dish_name":["客家萝卜丸"],"material":["瘦肉","白萝卜","葱花","精盐","麻油","葱白末","味精","胡椒粉","农家自磨薯粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c8a9cdb745c7f701ee4"},"dish_name":["金针菇嫩肉卷"],"material":["金针菇","黄瓜","青椒","红甜椒","蛋清","蒜","料酒","盐","香油","黑胡椒","生粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c8b9cdb745c7f701ee5"},"dish_name":["碧绿蒸肉丸"],"material":["猪肉","菜心","红萝卜","鸡蛋清","精盐","味精","白糖","干生粉","麻油","胡椒粉","二汤"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c8c9cdb745c7f701ee6"},"dish_name":["酸酸鸡"],"material":["鸡","姜","八角","香叶","桂皮","大葱","鸡精","味精","盐","白糖","醋","白醋","酱油","泡椒水","小米辣","藕","仔姜"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c8d9cdb745c7f701ee7"},"dish_name":["豉油鸡"],"material":["精卤水","麦芽糖浆"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c8f9cdb745c7f701ee8"},"dish_name":["一帆风顺"],"material":["笨鸡蛋","香菇","肉末","虾皮","莴笋","盐","糖","胡椒粉","老抽","料酒","红辣椒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c909cdb745c7f701ee9"},"dish_name":["蒜蓉开边虾"],"material":["海虾","料酒","蒜蓉","生抽","油","葱","盐"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c919cdb745c7f701eea"},"dish_name":["烤肉"],"material":["五花肉","生抽","蚝油","韩式烤肉酱","蒸鱼豉油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c939cdb745c7f701eeb"},"dish_name":["蒜蓉粉丝扇贝"],"material":["扇贝","龙口粉丝","一小卷","蒜","生抽、糖、蚝油、蒸鱼豉油","剁椒","葱末"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c949cdb745c7f701eec"},"dish_name":["韩式白菜卷"],"material":["白菜","胡萝卜","牛肉","金针菇","芹菜","鸡汤","葱","洋葱","盐"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c959cdb745c7f701eed"},"dish_name":["芝麻开花节节高"],"material":["虾","韭菜叶","料酒","盐","生粉","鸡蛋"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c959cdb745c7f701eee"},"dish_name":["微波三文鱼"],"material":["三文鱼","洋葱","葱花","新鲜柠檬汁","盐","橄榄油","浓缩鸡汁","大蒜粉","姜粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c969cdb745c7f701eef"},"dish_name":["鲜橙鳕鱼"],"material":["鳕鱼","鲜橙子","白砂糖","鸡蛋","淀粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c979cdb745c7f701ef0"},"dish_name":["外婆菜煮鲫鱼"],"material":["鲫鱼","外婆菜","小米椒","姜米","蒜米","菜籽油","盐","鸡精","耗油","啤酒","胡椒粉","香麻油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c989cdb745c7f701ef1"},"dish_name":["板栗烧猪尾"],"material":["猪尾","板栗","青椒","大蒜头","油","盐","鸡精","味精","耗油","胡椒粉","酱油","生抽","香麻油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c999cdb745c7f701ef2"},"dish_name":["蟹粉狮子头"],"material":["肉馅","马蹄","圆葱","盐","味精","鸡精","鸡粉","蟹粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c9b9cdb745c7f701ef3"},"dish_name":["脆皮年糕"],"material":["馄饨皮","红豆沙","芝麻"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c9c9cdb745c7f701ef4"},"dish_name":["烤羊排"],"material":["羊排","生抽","蚝油","胡椒粉","孜然粉","辣椒粉","糖","蒜","姜","鸡精","盐"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c9d9cdb745c7f701ef5"},"dish_name":["清蒸鲈鱼"],"material":["鲈鱼","油","生姜","葱","蒸鱼鼓油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c9e9cdb745c7f701ef6"},"dish_name":["黄金虾"],"material":["鲜虾","鸡蛋","淀粉","番茄酱"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3c9f9cdb745c7f701ef7"},"dish_name":["素东坡肉"],"material":["冬瓜","香菇","玉米淀粉","花椒","生抽","食盐","毛豆腐","老抽","调和油","味精"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca19cdb745c7f701ef8"},"dish_name":["蜜汁龙眼扣肉"],"material":["糯米","带皮猪五花肉","龙眼","蜂蜜","淀粉","酱油","冰糖"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca29cdb745c7f701ef9"},"dish_name":["百合炖燕窝"],"material":["燕窝","百合","枸杞","冰糖"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca39cdb745c7f701efa"},"dish_name":["XO 酱蜜汁叉烧肉"],"material":["猪梅肉","美极酱油","腐乳汁","XO 酱","盐","味精","蜂蜜","冰糖","香叶","干辣椒","花椒","大料","葱","生姜","五香粉","香油","白酒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca49cdb745c7f701efb"},"dish_name":["五香豆腐鱼"],"material":["带鱼","若干","鸡蛋","面粉","鸡精","盐","生姜","鸡精","五香粉","盐","料酒","生姜"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca69cdb745c7f701efc"},"dish_name":["博山酥锅"],"material":["带皮猪五花肉","猪蹄","冻豆付或炸豆付叶","藕","白菜叶","发好的海带","料酒","醋","酱油","花椒","大料","葱","姜","盐","红糖或白糖"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca79cdb745c7f701efd"},"dish_name":["蛋皮炒木耳"],"material":["鸡蛋","木耳","红辣椒","盐","姜","蒜蒜苗","葱青","生粉"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ca89cdb745c7f701efe"},"dish_name":["胡萝卜肉馅糯米珍珠丸"],"material":["肉馅","胡萝卜","鸡蛋","淀粉","枸杞","青葱","香油","盐","十三香","鸡精"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3caa9cdb745c7f701eff"},"dish_name":["佛手白菜"],"material":["白菜","肉馅","胡萝卜","金针菇","盐","鸡精","糖","生抽","胡椒粉","葱","姜","料酒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cab9cdb745c7f701f00"},"dish_name":["胡萝卜香菇肉酿"],"material":["新鲜香菇","10","胡萝卜","瘦肉","葱","料酒","盐","酱油","料酒","油","酱油","食盐"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cac9cdb745c7f701f01"},"dish_name":["蒜蓉粉丝蒸扇贝"],"material":["扇

贝","大蒜","粉丝","青苗","蒸鱼豉汁"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cae9cdb745c7f701f02"},"dish_name":["家常香辣蟹"],"material":["飞蟹","葱","姜","蒜","干辣椒","油","盐","胡椒粉","麻辣花椒","料酒","糖","可乐","秘制酱料"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3caf9cdb745c7f701f03"},"dish_name":["无油白面煎饼"],"material":["面粉","水","啤酒酵母粉或者酵母"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb09cdb745c7f701f04"},"dish_name":["龙虾意面"],"material":["龙虾","番茄","洋葱","芥蓝","罗勒叶","粗末胡椒粉","意面","牛奶"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb29cdb745c7f701f05"},"dish_name":["饺子"],"material":["饺子皮","肉","葱","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb39cdb745c7f701f06"},"dish_name":["煎饼"],"material":["面","鸡蛋","脆饼","肉松","生菜","香菜"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb49cdb745c7f701f07"},"dish_name":["拌饭"],"material":["米饭","肉丝","胡萝卜","角瓜","木耳","圆葱","辣白菜","鸡蛋","韩式辣酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb59cdb745c7f701f08"},"dish_name":["鲜肉汤圆"],"material":["糯米粉","新鲜猪肉","料酒","盐","味精","生抽","老抽","糖","蛋液","葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb69cdb745c7f701f09"},"dish_name":["闹钟吐司"],"material":["吐司","番茄酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb89cdb745c7f701f0a"},"dish_name":["肉酱面"],"material":["肉馅","洋葱","西红柿","青椒","番茄酱","意粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cb99cdb745c7f701f0b"},"dish_name":["五香千层饼"],"material":["面粉","盐","五香粉","食用油","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cba9cdb745c7f701f0c"},"dish_name":["什锦炒饭"],"material":["米饭","鸡蛋","火腿肠","油菜","牛油果","葱花","盐","油"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cbb9cdb745c7f701f0d"},"dish_name":["三色菊花馒头"],"material":["面粉","南瓜","酵母","小苏打"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cbd9cdb745c7f701f0e"},"dish_name":["灌汤包"],"material":["面粉","鸡蛋清","猪肉馅儿","皮冻","盐","水","糖","味精","酱油","料酒","香油","花椒粉","葱","姜","蒜","花椒","大料"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cbd9cdb745c7f701f0f"},"dish_name":["寿司"],"material":["肉松","黄瓜","火腿肠","蟹棒","胡萝卜","沙拉千岛酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cbe9cdb745c7f701f10"},"dish_name":["宝宝简易比萨"],"material":["面粉","大虾","鸡蛋","韭菜","胡萝卜","花生油","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cbf9cdb745c7f701f11"},"dish_name":["寿司"],"material":["米","糯米","火腿","1","黄瓜","半跟","1","肉送","寿司醋","沙拉酱"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc19cdb745c7f701f12"},"dish_name":["西葫芦丝煎饼"],"material":["西葫芦","盐","五香粉","鸡蛋","面粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc29cdb745c7f701f13"},"dish_name":["紫菜饭卷"],"material":["紫菜","米饭","火腿肠","红萝卜","熟的五花肉","盐","寿司醋","竹帘"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc39cdb745c7f701f14"},"dish_name":["红枣核桃馒头"],"material":["中筋面粉","红枣","核桃","酵母","水"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc49cdb745c7f701f15"},"dish_name":["什锦炒饭"],"material":["隔夜米饭","鸡蛋","芹菜","火腿肠","莴笋","黄瓜","胡萝卜","盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc59cdb745c7f701f16"},"dish_name":["土豆米饭饼"],"material":["土豆","

鸡蛋"," 葱花","虾仁","米饭"," 盐","麻油","胡椒粉"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc79cdb745c7f701f17"},"dish_name":[" 番茄饭"],"material":[" 米","番茄","虾仁","油","芝麻"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc89cdb745c7f701f18"},"dish_name":["香肠饭"],"material":["大米","胡萝卜"," 豆","葱","姜"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cc99cdb745c7f701f19"},"dish_name":["自制扬州炒饭"],"material":["火腿","玉米","青豆","鸡蛋","米饭","油"," 盐"," 鸡精","醋"," 葱花"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cca9cdb745c7f701f1a"},"dish_name":["红薯玉米窝窝头"],"material":["红薯","玉米","牛奶"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ccb9cdb745c7f701f1b"},"dish_name":["烙饼"],"material":["韭菜","面粉","鸡蛋","胡椒粉"," 食用盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3ccd9cdb745c7f701f1c"},"dish_name":["培根芝士焗饭"],"material":[" 马苏里拉芝士"," 椒盐"," 黑胡椒粉","青椒","洋葱","蘑菇","胡萝卜","土豆","香肠"," 剩饭"],"style":["主食"]}

{"_id":{"\$oid":"59ae3cce9cdb745c7f701f1d"},"dish_name":["红烧肉"],"material":[" 带皮五花肉"," 葱花"," 盐","糖","味精"," 海鲜酱"," 柱候酱"," 头曲酒或料酒","八角"," 香叶","桂皮"," 干辣椒"," 生抽","蚝油","陈皮"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3ccf9cdb745c7f701f1e"},"dish_name":["蒜蓉扇贝"],"material":[" 鲜扇贝"," 细粉丝"," 蒜蓉"," 海鲜酱油","豉油"," 盐","花椒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd19cdb745c7f701f1f"},"dish_name":["油爆小河虾"],"material":[" 小河虾"," 青红尖椒末"," 熟咸蛋黄"," 精盐","味精","白糖","香油","油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd29cdb745c7f701f20"},"dish_name":["孔雀开屏鱼"],"material":["草鱼"," 橘皮等","枸杞","米酒"," 葱姜"," 盐","花椒粉"," 蒸鱼豉油"," 植物油"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd39cdb745c7f701f21"},"dish_name":["红烧豆腐鲫鱼"],"material":["鲫鱼","豆腐","番茄","紫苏","小葱","香菜","姜","蒜"," 红色小泰椒"," 剁椒"," 生抽","冰糖"," 陈醋"," 生粉"," 鸡蛋清"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd49cdb745c7f701f22"},"dish_name":["秘制红烧肉"],"material":["猪肉","花生油"," 葱, 姜, 洋葱, 蒜"," 老汤, 盐, 酱油, 老抽, 冰糖"," 花椒, 大料, 桂皮, 丁香, 香叶, 肉蔻, 白芷, 小茴香, 香果, 辣椒"," 枸杞人参酒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd59cdb745c7f701f23"},"dish_name":["香辣霸王肘子"],"material":["蹄膀"," 干灯笼椒","桂皮","八角","生姜","西芹","葱","青椒","香菜","油"," 盐"," 鸡精"," 耗油"," 酱油"," 生抽"," 香麻油"," 白酒"," 白酒"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd69cdb745c7f701f24"},"dish_name":["苦尽甘来"],"material":["苦瓜","紫薯","蜂蜜"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cd79cdb745c7f701f25"},"dish_name":["红烧狮子头"],"material":[" 姜米","糯米"," 肉泥"," 葱花","面粉","鸡蛋"],"style":["宴客菜"]}

{"_id":{"\$oid":"59ae3cdb9cdb745c7f701f26"},"dish_name":["茄汁虾仁"],"material":[" 大虾仁","鸡蛋"," 生粉","白糖","白醋","番茄酱","水淀粉"," 色拉油"," 盐","料酒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cdc9cdb745c7f701f27"},"dish_name":["酸辣黑木耳"],"material":["醋"," 葱姜蒜"," 新鲜黑木耳"," 盐"," 红辣椒"," 味极鲜","糖","时间","青椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cdd9cdb745c7f701f28"},"dish_name":["香渍番茄"],"material":["番茄","糖"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cdf9cdb745c7f701f29"},"dish_name":["腐乳炖豆腐"],"material":["豆腐","

腐乳","瘦肉","红甜椒","大蒜","香葱","花生油","酱油","玉米淀粉","食盐","鸡精"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce09cdb745c7f701f2a"},"dish_name":["酸甜黄瓜条"],"material":["黄瓜","盐","醋","白糖","小辣椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce19cdb745c7f701f2b"},"dish_name":["茄汁杏鲍菇"],"material":["杏鲍菇","番茄酱","生粉","盐","白糖","清水","黑白芝麻","葱花"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce29cdb745c7f701f2c"},"dish_name":["鱼香蒸豆腐"],"material":["豆腐","猪肉","泡椒","香葱","生姜","蒸鱼豉油","料酒","香醋","淀粉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce49cdb745c7f701f2d"},"dish_name":["凉拌米豆腐"],"material":["米豆腐","黄豆酱","生抽","小米椒","蒜蓉","花生油","水","蚝油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce59cdb745c7f701f2e"},"dish_name":["干煸大碗四季豆"],"material":["四季豆","葱","蒜","干辣椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce69cdb745c7f701f2f"},"dish_name":["糖醋鲤鱼"],"material":["1尾","白糖","150","米醋","油","生抽","蕃茄酱","生粉","面粉","料酒","盐","白胡椒粉","葱姜蒜末","松子仁","脆青豆（即食）"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce79cdb745c7f701f30"},"dish_name":["茄汁里脊"],"material":["里脊肉","鸡蛋清","干淀粉","蕃茄酱","糖","盐"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3ce89cdb745c7f701f31"},"dish_name":["鱼香嫩豆腐"],"material":["嫩豆腐","猪肉末","葱花","姜","剁椒","料酒","生抽","醋","白糖","鸡精","香油","淀粉"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cec9cdb745c7f701f32"},"dish_name":["花蛤蒸蛋"],"material":["花蛤","鸡蛋","生姜","葱","香油","盐"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3ced9cdb745c7f701f33"},"dish_name":["大蒜炒香肠"],"material":["香肠","蒜苗","辣椒","姜","蒜子"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cee9cdb745c7f701f34"},"dish_name":["炸丸子"],"material":["猪肉","胡萝卜","葱","鸡蛋","盐","鸡精","胡椒粉","炸鸡粉","耗油","海鲜酱油","糖","料酒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cef9cdb745c7f701f35"},"dish_name":["葱油豆腐"],"material":["米醋","酱油","大蒜籽","小葱"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf09cdb745c7f701f36"},"dish_name":["农家卜豆角"],"material":["黄贡椒","肉泥","蒜米","杭椒","卜豆角","小米椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf29cdb745c7f701f37"},"dish_name":["红烧鸡翅"],"material":["大蒜","鸡中翅","香葱","白糖","红辣椒"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf39cdb745c7f701f38"},"dish_name":["西红柿炒鸡蛋"],"material":["西红柿","鸡蛋","葱花","酱油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf59cdb745c7f701f39"},"dish_name":["给老婆做的炸鸡"],"material":["葱","姜","料酒","盐","大豆油","鸡蛋"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf69cdb745c7f701f3a"},"dish_name":["双色鱼头"],"material":["大头鱼","1000可","剁椒","野山椒","香菜","生姜","食用油","盐","鸡精","味精","蒸鱼豉油"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf89cdb745c7f701f3b"},"dish_name":["脆爽凉拌青瓜"],"material":["青花","辣椒","蒜头","香菜","盐","糖","酱油","糖","酸梅","辣椒酱"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cf99cdb745c7f701f3c"},"dish_name":["香酥糖醋里脊"],"material":["里脊肉","鸡蛋清","姜末","蒜末","熟芝麻","水淀粉","醋","白砂糖","胡椒","盐","味精","番茄

酱"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cfa9cdb745c7f701f3d"},"dish_name":["巧腌香椿芽"],"material":["香椿","色拉油","辣椒面","花椒面","芝麻","盐"],"style":["开胃菜"]}

{"_id":{"\$oid":"59ae3cfb9cdb745c7f701f3e"},"dish_name":["椒盐皮皮虾"],"material":["皮皮虾","葱","姜","蒜","椒盐","盐","料酒","干红辣椒","红辣椒粉","油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3cfd9cdb745c7f701f3f"},"dish_name":["白灼八爪鱼"],"material":["八爪鱼","姜末","盐","花椒","八角"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3cfe9cdb745c7f701f40"},"dish_name":["蒸鱼"],"material":["鱼","姜","豆豉"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3cff9cdb745c7f701f41"},"dish_name":["蛤蜊丝瓜汤"],"material":["花蛤蜊","丝瓜","姜丝","料酒","鸡味鲜汁","食用油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d009cdb745c7f701f42"},"dish_name":["胡椒蝦（泰國蝦）"],"material":["白胡椒","黑胡椒","米酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d029cdb745c7f701f43"},"dish_name":["黄金虾"],"material":["虾","鸡蛋","面粉","半袋"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d039cdb745c7f701f44"},"dish_name":["蒜蓉开片虾"],"material":["大虾","蒜","1头","油","盐","鲜味酱油","葱","姜"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d049cdb745c7f701f45"},"dish_name":["麻辣小龙虾"],"material":["龙虾","蒜头","小葱头","香葱","姜","花椒","八角","白酒","甜酱","生抽"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d069cdb745c7f701f46"},"dish_name":["少油版的油焖大虾"],"material":["鲜大虾","姜丝","葱丝","糖","酱油","料酒","盐"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d079cdb745c7f701f47"},"dish_name":["葱油蛭子"],"material":["小葱","蛭子"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d089cdb745c7f701f48"},"dish_name":["蒜蓉粉丝蒸虾"],"material":["基围虾","粉丝","大蒜","蒸鱼豉油","料酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d099cdb745c7f701f49"},"dish_name":["家常虾"],"material":["虾","姜","蒜","海鲜酱油"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d0a9cdb745c7f701f4a"},"dish_name":["酱爆鱿鱼须"],"material":["鱿鱼","料酒","柱候酱","盐","蚝油","尖椒","姜","香菜","葱"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d0c9cdb745c7f701f4b"},"dish_name":["清蒸小龙虾"],"material":["小龙虾","盐","胡椒粉","白糖","生姜末","蒜末","葱花","食用油","花椒","香醋","生抽","料酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d0d9cdb745c7f701f4c"},"dish_name":["红焖大虾"],"material":["虾","蒜头","油","盐","生抽","老抽","料酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d0f9cdb745c7f701f4d"},"dish_name":["蒜蓉粉丝蒸扇贝"],"material":["豉油","蒜蓉","龙口粉丝","盐","扇贝","小葱","红彩椒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d109cdb745c7f701f4e"},"dish_name":["XO 酱蒸鲍鱼"],"material":["葱末","姜末","小鲍鱼","11支","生抽鲜酱油","鲍鱼汁","蒜末","色拉油","盐","料酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d119cdb745c7f701f4f"},"dish_name":["白灼小龙虾"],"material":["小龙虾","生抽","香醋","鲜贝露","白糖","姜","葱","蒜","黄酒"],"style":["海鲜"]}

{"_id":{"\$oid":"59ae3d149cdb745c7f701f50"},"dish_name":["塔吉锅版焖猪蹄"],"material":["猪蹄","生姜","胡萝卜","八角","花生","盐","白糖","料酒","生抽","老抽","蚝油","葱"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d159cdb745c7f701f51"},"dish_name":["干炒河虾"],"material":["河虾","葱花","盐","生抽","蒸鱼豉油","白糖","料酒"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d179cdb745c7f701f52"},"dish_name":["清蒸带鱼"],"material":["带鱼","红椒","油","盐","料酒","蒸鱼豉油","大葱","姜","香葱"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d189cdb745c7f701f53"},"dish_name":["蚝油腐竹素食菌"],"material":["腐竹","蒜苗","杏鲍菇","草菇","蟹味菇","蚝油","生抽酱油","白糖","盐","食用油","葱花","蒜末","姜末"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d199cdb745c7f701f54"},"dish_name":["清蒸皮皮虾"],"material":["皮皮虾","葱","姜","盐"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d1b9cdb745c7f701f55"},"dish_name":["肉末莲花茄子"],"material":["茄子","肉馅","干豆腐","葱","香菜","米椒","蒜","盐","鸡粉","糖","海鲜酱油","香油"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d1b9cdb745c7f701f56"},"dish_name":["酸梅汤猪脚"],"material":["猪脚","酸梅汤","冰糖","姜","生抽","老抽","八角"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d1d9cdb745c7f701f57"},"dish_name":["蒜蓉烤生蚝"],"material":["生蚝","橄榄油","蒜","海盐","小米椒","百里香","摆盘杂蔬","柠檬"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d1e9cdb745c7f701f58"},"dish_name":["麻辣拌"],"material":["银耳","油菜芯","黄瓜","紫甘蓝","胡萝卜","莴笋","花生米","干红辣椒","花椒","花生油","盐","味达美","醋"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d209cdb745c7f701f59"},"dish_name":["蒜蓉开边虾"],"material":["基围虾","油","香葱"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d219cdb745c7f701f5a"},"dish_name":["孜然牙签羊肉"],"material":["羊肉(里脊)","胡萝卜","辣椒","植物油","蚝油","生抽","五香粉","料酒","芝麻","孜然","牙签"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d239cdb745c7f701f5b"},"dish_name":["姜汁藕片"],"material":["莲藕","姜","香菜","红尖椒","盐","糖","凉拌白醋","香油"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d239cdb745c7f701f5c"},"dish_name":["新疆炒面片"],"material":["面粉","温水","西红柿","番茄酱","紫洋葱","青椒","红椒","姜末","蒜末","生抽酱油","盐","鸡汁","食用油"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d249cdb745c7f701f5d"},"dish_name":["煎鸡翅"],"material":["鸡翅","姜丝","葱","盐","老抽酱油"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d259cdb745c7f701f5e"},"dish_name":["香辣虾仁"],"material":["虾仁","红辣椒","蒜泥","姜末","葱沫","香辣酱","料酒","生抽","黑胡椒粉"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d269cdb745c7f701f5f"},"dish_name":["盐渍苦瓜"],"material":["苦瓜","盐","大蒜","猪油","白醋","干红辣椒","葱","白糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d279cdb745c7f701f60"},"dish_name":["蒜蓉扇贝粉丝"],"material":["扇贝","粉丝","一扎","蒜头","姜","葱头","花生油","鱼露","蚝油"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d289cdb745c7f701f61"},"dish_name":["麻辣水煮鱼"],"material":["黑鱼","金针菇","香菜","葱","姜","蒜","花椒","剁椒","老干妈油辣椒","辣椒粉","干红椒","生抽","老抽","料酒","生粉","胡椒粉","芝麻油","鸡精"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d299cdb745c7f701f62"},"dish_name":["糖醋排骨"],"material":["前排","油","盐","香醋","花椒","干辣椒","姜","八角"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d2b9cdb745c7f701f63"},"dish_name":["麻辣鸭脖"],"material":["干辣椒","甘草","生抽","姜","花椒","小茴香","草果","丁香","高汤","蚝油","味精","鸡精","桂皮","八

角","花椒粉","老抽","葱","蒜","糖","香叶","盐","鸭脖子"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d2b9cdb745c7f701f64"},"dish_name":["卤鸭舌"],"material":["鸭舌","老抽","生抽","水","香叶","八角"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d2c9cdb745c7f701f65"},"dish_name":["香辣兔头"],"material":["兔头","卤水","一锅","辣椒面","花椒面"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d2e9cdb745c7f701f66"},"dish_name":["冰糖凤爪"],"material":["鸡爪子","冰糖","丁香","花椒","八角","香叶","酱油","肉桂","白果","姜"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d2f9cdb745c7f701f67"},"dish_name":["蒜香椒盐虾"],"material":["虾","姜","大葱","蒜","柠檬"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d309cdb745c7f701f68"},"dish_name":["麻辣毛豆"],"material":["毛豆","油","大蒜","生姜","花椒","干辣椒","盐","生抽"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d319cdb745c7f701f69"},"dish_name":["葱姜辣炒蛤蜊"],"material":["蛤蜊","葱","姜","油","辣椒酱","老抽","青辣椒","红辣椒","料酒","花椒","干辣椒","盐"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d329cdb745c7f701f6a"},"dish_name":["五香毛豆"],"material":["毛豆","酱油","盐","大料","香叶","葱","姜","水"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d349cdb745c7f701f6b"},"dish_name":["胡萝卜炖牛肉"],"material":["牛肉","胡萝卜","油","盐","生抽","草果","葱姜","辣椒","花椒","大料","糖","黄酒","鸡精"],"style":["下酒菜"]}

{"_id":{"\$oid":"59ae3d349cdb745c7f701f6c"},"dish_name":["腊肉焖大米饭"],"material":["腊肉","彩椒(黄,红)","黄瓜","大米","食用油","十三香","老抽"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d359cdb745c7f701f6d"},"dish_name":["简单粗暴的电饭锅版叉烧"],"material":["五花肉","叉烧酱","生抽","料酒","油","冰糖"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d379cdb745c7f701f6e"},"dish_name":["烟肉炒意面"],"material":["意大利面","烟肉","番茄酱","白糖","生抽","油","盐"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d389cdb745c7f701f6f"},"dish_name":["火腿可丽饼"],"material":["低筋面粉(饼皮用)","牛奶(饼皮)","鸡蛋(饼皮)","盐","火腿","香菇","青菜叶","鸡蛋","芝士奶酪","胡椒粉"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d399cdb745c7f701f70"},"dish_name":["凉拌五香花生米"],"material":["花生米","西芹","胡萝卜","花椒","大料","香叶","桂皮","盐","鸡精","葱姜"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d3a9cdb745c7f701f71"},"dish_name":["紫菜包饭"],"material":["米饭","火腿肠","鸡蛋","黄瓜","寿司专用醋","沙拉酱"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d3c9cdb745c7f701f72"},"dish_name":["麻辣拍黄瓜"],"material":["黄瓜","花生仁","芝麻香油","香醋","花椒","红辣椒","生抽","盐","油","糖","香菜","一枝","花椒油","红油"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d3d9cdb745c7f701f73"},"dish_name":["凉拌千张胡萝卜丝"],"material":["胡萝卜","香菜","葱","香麻油","辣椒油","生抽","盐","熟花生米","香醋"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d3f9cdb745c7f701f74"},"dish_name":["蒸蛋(果树下的小女孩)"],"material":["鸡蛋","葱","盐","红枣","蓝莓","火腿肠","香油"],"style":["懒人食谱"]}

{"_id":{"\$oid":"59ae3d409cdb745c7f701f75"},"dish_name":["彩色金鱼小笼包"],"material":["面粉","波菜","西红柿","南瓜","黑芝麻","馅料"],"style":["主食"]}

{"_id":{"\$oid":"59ae3d419cdb745c7f701f76"},"dish_name":["韩式蛋包饭"],"material":["鸡蛋","

洋葱","胡萝卜"," 蕃茄酱"," 火腿肠"," 剩饭"," 盐"],"style":["主食"]}

{"_id":{"\$oid":"59ae3d429cdb745c7f701f77"},"dish_name":["三鲜馅饺子"],"material":["羊肉","鲜虾","茴香","酱油","香油"," 盐","葱"," 姜末","白胡椒"],"style":["主食"]}

{"_id":{"\$oid":"59ae3d449cdb745c7f701f78"},"dish_name":["千层饼"],"material":["面粉"," 盐","油","葱"],"style":["主食"]}