



元貝汁煎釀豆腐

Stuffed Beancurd in Scallop Sauce

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冬天可加入臘肉碎或臘腸碎；夏天可加入肥煙肉碎，煮出來效果或會更好。

用料：

板豆腐	2大件	美味棧元貝汁	3湯匙
鯪魚膠	4兩	美味棧鮮雞汁	1茶匙
蒜茸	1茶匙	芫茜碎	2湯匙
薑茸	1茶匙	清水	3/4杯

製法：

1. 豆腐件切件，拍上少許生粉，釀入鯪魚膠，下鑊中半煎炸至金黃脆身，取出備用。
2. 下蒜茸、薑茸煎香，加入清水、元貝汁及鮮雞汁煮滾，以生粉水埋獻。
3. 放回釀豆腐件燴煮片刻，乘熱上碟，撒上芫茜碎即成。

Ingredients: Bean Curd 2 large pcs, Fish Patties 4 tael, Chopped Garlic 1 tsp, Chopped Ginger 1 tsp, Scallop Sauce 3 tbsp, Chicken Sauce 1 tsp, Chopped Chinese Parsley 2 tbsp, Water 3/4 cup.

Method:

1. Cut bean curd into serving size. Coat with some cornflour. Stuffed with fish patties. Fry in oil till crispy and brown. Remove.
2. Fry ginger and garlic. Add water, scallop sauce and chicken sauce. Bring to boil and thicken with cornflour.
3. Return fried bean curd and cook for a while. Serve hot and garnish with chopped chinese parsley.

