



頭抽雙冬排骨

Pork Rib with Shrimp Roe & Bamboo Shoot

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靚哥士
小貼士

若不用排骨亦可以肉青或豬板根代替，口感會更好。

用料:

金沙肉排 1斤
浸發冬菇(蒸透) 8隻
罐頭冬筍(切角) 1杯
炒香蝦籽 2茶匙
蒜子 6粒
薑片 8片
蔥段 半杯

醃料:

美味棧頭抽 1湯匙
紹酒 1湯匙
美味棧香麻油 少許
胡椒粉 少許

汁料:

美味棧頭抽 2湯匙
美味棧鮮雞汁 2茶匙
美味棧香麻油 1/2茶匙
紹酒 1湯匙
清水 1-1/2杯

製法:

- 排骨充份洗淨，與醃料拌勻醃20分鐘，拍上少許生粉，下鑊中半煎炸至表面金黃。
- 下蒜子、薑片煎香，加入冬菇及冬筍爆炒。
- 加入汁料及炒香的蝦籽煮滾，放回排骨煮滾。
- 將各料下大碗中，下鑊中慢火蒸約40分鐘至熟香，回鑊收汁，以少許生粉水埋獻，加入蔥段即成。

Ingredients: Pork Rib 1 catty, Soaked Black Mushroom (steamed) 8 pcs, Canned Bamboo Shoot 1 cup, Fried Shrimp Roe 2 tsp, Garlic 6 clove, Ginger 8 slices, Spring Onion 1/2 Cup.

Marinade: Premium Soy Sauce 1 tbsp, Shaoxing Wine 1 tbsp, Dash of Sesame Oil and Pepper.

Sauce: Premium Soy Sauce 2 tbsp, Chicken Sauce 2 tsp, Sesame Oil 1/2 tsp, Shaoxing Wine 1 tbsp, Water 1/2 cup.

Method:

- Clean pork rib and pat dry. Mix with marinade and leave for 20 mins. Coat with some cornflour. Panfry till golden brown.
- Add garlic and ginger. Fry till brown, add mushroom and bamboo shoot. Panfry.
- Add sauce and fried shrimp roe. Bring to boil. Return pork rib and bring to boil.
- Remove stuff into large bowl. Cover and steam for 40 mins till tender. Remove back to wok. Cook to reduce sauce. Thicken with cornflour. Top with spring onion and serve hot.



美味棧頭抽



美味棧鮮雞汁



美味棧香麻油