



鮮雞汁沙薑雞

Gingered Chicken with Lemon Grass

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靚哥
小貼士

一定要把雞肺挖掉。
蒸雞時雞尾要向上。

用料:

新鮮之黃雞 1隻
薑、蔥 共1杯

醃料:

美味棧鮮雞汁	4-5湯匙	五香粉	1/4茶匙
沙薑粉	2茶匙	生粉	1湯匙
鮮香茅茸	2湯匙	生油	1湯匙

製法:

1. 將雞充分洗淨，抹乾身，隔水備用。
2. 將醃料充分拌勻，以掃均勻掃勻雞身內外，醃30分鐘。
3. 將薑蔥放鑊中，加入清水2杯，放下蒸架，將水煮滾。
4. 將雞放蒸架上(不要用碟)，以中慢火蒸約20-25分鐘至雞熟透，熄火焗10分鐘。
5. 取出充分吹凍，斬件進食。

Ingredients: 1 Fresh Chicken,
Ginger and Spring Onion 1 cup.

Marinade: Chicken Sauce 4-5 tbsp, Ginger
Powder 2 tsp, Chopped Lemon Grass 2 tbsp,
Five-Spice Powder 1/4 tsp, Cornflour 1 tbsp,
Oil 1 tbsp.

Method:

1. Clean chicken. Pat dry and drain well.
2. Mix marinade. Spread marinade evenly over chicken and leave for 30 mins.
3. Add ginger and spring onion to wok. Add 2 cups of water and bring to boil.
4. Put chicken on steam rack. Cook over moderate heat for 20-25 mins till cooked. Remove from heat and leave for 10 mins.
5. Allow to cool. Cut into serving size and serve.



美味棧鮮雞汁