



鮮雞汁腿茸娃娃菜

Baby Cabbage in Ham Sauce

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靚哥士
小貼士

緊記下娃娃菜時要先
放菜頭，後放菜尾。

用料:

娃娃菜(一開為二)	4棵	金華火腿(飛水切茸)	2茶匙
薑片	6片	美味棧鮮雞汁	1湯匙
蒜片	2片	清水	2杯

製法:

1. 將薑片及蒜片煎香，加入鮮雞汁、清水煮滾，加入飛了水之金華火腿煮滾備用。
2. 下娃娃菜爆炒，加入火腿、鮮雞汁湯料焗蒸約2分鐘，取娃娃菜排放碟上。
3. 將腿汁埋生粉水獻汁，淋回娃娃菜表面即成。

Ingredients: Baby Cabbage (split into 2 halves) 4 head, Ginger 6 slices, Sliced Garlic 2 clove, Parboiled Chinese Ham (chopped) 2 tsp, Chicken Sauce 1 tbsp, Water 2 cups.

Method:

1. Fry garlic and ginger slices. Add chicken sauce and water. Bring to boil and add cooked ham.
2. Fry baby cabbage for a short while. Add ham chicken broth. Simmer for 2 mins. Remove cabbage on plate.
3. Thicken cooking liquor with cornflour. Pour sauce over cabbage and serve hot.



美味棧鮮雞汁