



蟹皇醬金鈎炒飯

Fried Rice with Crab Roe Puree & Dried Shrimp

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靚哥
小貼士

炒蟹皇醬想更加美味，最好加入薑米(即把薑剁碎)一起炒。

用料:

白米飯	3杯半	美味棧蟹皇醬	2湯匙
浸發蝦乾(切粒)	1/2杯	鮮火腿粒	1/2杯
雞蛋	1隻	蔥花	3湯匙
		食鹽、胡椒粉	適量

製法:

1. 將蝦乾及火腿粒下鑊炒香，取出備用。
2. 雞蛋與蟹皇醬充分拂勻備用。
3. 下白米飯炒至乾身、爽身，下蝦乾火腿粒炒合。
4. 在飯中開洞，加入蟹皇醬雞蛋料，加入飯料快速炒合，下食鹽及胡椒粉調味，加入蔥花炒勻上碟。

Ingredients: Cooked White Rice 3-1/2 cups, Soaked Dried Shrimp (chopped) 1/2 cup, Egg 1 pc, Crab Roe Puree 2 tbsp, Breakfast Ham (diced) 1/2 cup, Chopped Spring Onion 3 tbsp, Dash of Salt and Pepper.

Method:

1. Fry dried shrimp and ham. Set aside.
2. Mix crab roe puree and egg.
3. Fry cooked rice till crispy. Return ham and shrimp.
4. Add egg mixture to centre of white rice. Cook for a while and fry to mix. Season with salt and pepper. Garnish with chopped spring onion and serve hot.



美味棧蟹皇醬