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# 譚氏家政中心 TAAM'S HOME ECONOMIC CENTRE

## 釀節瓜 Stuffed Hairy Melon 譚鄭瑛玲著

### 材料：

節瓜(中形 2 個)	2 磅	2 lb	hairy melon
猪肉	8 安士	8 oz	pork, minced
冬菇	2 隻, 浸透切粒	2	dry mushroom, diced
蝦米	2 湯匙, 浸透切粒	1 tbsp	dry shrimp, diced
雞蛋	1 只	1	egg
芫茜, 葱	各 1 棵, 切粒	1 stk.	celery, green onion

### 醃料：

鹽, 糖	各 1/2 茶匙
粟粉	1 茶匙

### Marinate:-

1/2 tsp ea. salt & sugar
1 tsp corn starch

### 芡汁：

蠔油	1 湯匙
糖	1 茶匙
粟粉	1 茶匙
水	2 湯匙
麻油, 胡椒粉	少許

### Sauce:-

1 tbsp oyster sauce
1 tsp sugar
1 tsp corn starch
2 tbsp water
dash sesame oil & pepper powder

做法：1。節瓜去皮, 切成 2 吋段, 用茶匙挖出瓜芯。

2。猪肉琢碎, 加入醃料拌勻, 再加入冬菇, 蝦米, 蛋黃, 攪勻成釀料, 釀入節瓜之空心中。

3。熱鑊落油 2 湯匙, 煎節瓜約 5 分鐘, 加入水半杯及半茶匙鹽, 炆約 20 分鐘即可埋芡, 煮滾, 放上芫茜, 葱, 上碟供食。

1. Peel hairy melon. Sectioned & hallowed .
2. Marinate minced pork; add mushroom, dry shrimp, egg yolk and stir to make filling. Stuff filling into the hallow of the hairy melon.
3. Heat 2 tbsp oil in wok; fry stuffed melon for 5 minutes. Add 1/2 cup of water and 1/2 tsp of salt. Stew for 20 minutes. Add sauce and bring to boil. Add celery and green onion. Dish up and serve.