

9/21

譚氏家政中心 TAAM'S HOME ECONOMIC CENTRE

仔寶炒蝦球

APPLE & PEAR STIR FRY SHRIMP

譚鄭瑛玲著

By Bernice Taam

啤梨	1 個, 去核切塊	1	pear, cut up
萍果 <small>木卯娘菇</small>	1 個, 去核切塊	1	apple, cut up
橙色西椒	1/2 個, 切塊	1/2	orange bell pepper, cut up
中蝦	250 克	250g	shrimp
蒜茸	1 茶匙	1 tsp	minced garlic
檸檬	1 個, 搾汁	1	lemon, juiced
葱	1 棵, 切度	1 stk.	green onion

醃料:-

生抽	1 茶匙
鹽	1/4 茶匙
麻油, 胡椒粉	少許

Marinate:-

1 tsp	soy sauce
1/4 tsp	salt
dash	sesame oil, pepper

芡汁:-

粟粉	1 茶匙
上湯	1/4 量杯

Sauce:-

1 tsp	corn starch
1/2 cup	broth

1. 啤梨, 萍果加入檸檬汁, 拌勻.
2. 蝦去殼, 洗淨, 瀝乾, 加入醃料, 醃片刻.
3. 熱鍋落油少許, 爆香蒜茸, 炒蝦至轉紅色, 加入啤梨, 萍果, 西椒, 炒勻.
4. 粟粉加上湯開勻成薄芡, 加入鍋中煮滾, 落葱度, 兜勻, 上碟供食.

1. Add lemon juice to apple and pear.
2. Clean shrimp, marinate.
3. Heat oil in wok, fry minced garlic. Stir fry shrimp until red.
Add apple, pear and bell pepper and stir fry well.
4. Dissolve corn starch with broth and add to wok. Bring to boil.
Add green onion. Dish up and serve.