

譚氏家政中心 TAAM'S HOME ECONOMIC CENTRE

龍馬精神

譚鄭瑛玲著

材料：龍蝦一隻	2 磅	1	lobster, 2lbs
馬蹄	8 粒...去皮切片	8	water chestnut, peeled & sliced
荷豆	100 克	100g	green peas
唐芹菜	2 棵...切段	2 stk.	Chinese celery
甘筍	8 片	8 pc.	carrot
葱	2 棵...切段	2 stk.	green onion
羌	3 片	3 pc.	ginger
蒜茸	1 茶匙	1 tsp	minced garlic

味調：鹽, 麻油, 胡椒粉 各半茶匙 1/2 tsp salt, sesame oil, pepper  
粟粉 1 茶匙 1 tsp corn starch

獻汁：雞粉, 粟粉, 各 1 茶匙, 水 2 湯匙, 1 tsp chicken broth mix & corn starch  
開勻成獻汁 2tbsp water, mix to form sauce

做法：(1) 將龍蝦切件, 吸乾水份, 加入調味品, 拌勻。

(2) 燒熱鑊, 落油 2 湯匙, 炒馬蹄, 唐芹菜, 荷豆, 甘筍, 落半茶匙鹽, 炒勻, 盛以碟。

(3) 再燒熱鑊, 落油 3 湯匙, 爆香蒜茸, 羌片, 炒龍蝦至轉紅色, 灑酒, 加入馬蹄, 唐芹菜, 荷豆, 甘筍, 炒勻, 埋獻, 煮滾, 加入葱段, 兜勻, 上碟供食。

Method : 1. Cut lobster into big pieces, blot dry. Marinate with seasoning

2. Add 2 tbsp oil into heated wok. Stir fry water chestnut, celery, green peas and carrot. Season with 1/2 tsp salt, stir fry well and dish up.

3. Add 3 tbsp oil into heated wok, sauté minced garlic & ginger. Stir fry lobster until turn red, dash wine. Add water chestnut, celery, green peas & carrot, stir fry well. Add sauce, bring to boil, add green onion. Dish up and serve.