

11/23

譚太

譚氏家政中心 TAAM'S HOME ECONOMIC CENTRE

滑雞煲仔飯(C&E)

CHICKEN RICE HOT POT

譚鄭瑛玲著

材料：白米	1 杯半, 洗淨,	1.1/2 cups	rice
雞肉	10 安士, 洗淨, 切片	10 oz	chicken meat
冬菇	5 隻, 浸透, 切片	5	dry mushroom
羌絲	2 湯匙	2 tbsp	shredded ginger
葱粒	3 湯匙	3 tbsp	chopped green onion
調味品：蠔油	1 茶匙	1 tsp	abalone sauce
老抽	1 茶匙	1 tsp	dark soy sauce
鹽	1 茶匙	1 tsp	salt
糖	1 茶匙	1 tsp	sugar
生粉	1 茶匙半	1.1/2 tsp	corn starch
油	2 湯匙	2 tbsp	oil
麻油	少許	1/4 tsp	sesame oil
胡椒粉	少許	1/4 tsp	pepper powder

做法：將調味品加入雞肉中，拌勻，醃片刻。

將白米盛入煲仔中，加入適量水，蓋好，煮成飯，加入醃好之雞肉，冬菇，羌絲，再煮至熟，加入葱粒，焗片刻，上桌供食。

Marinate chicken meat with seasoning.

Put rice in a pot, add appropriate water and bring to boil.

Add chicken meat, mushroom and shredded ginger, cook until done.

Add shredded ginger, serve immediately.