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譚氏家政中心 TAAM'S HOME ECONOMIC CENTRE

五福臨門(五花腩炒荷芹)

Stir Fry Pork Belly with vegetable

菜譜由譚鄭瑛玲提供

櫻花安康豬腩肉	400 克, 切薄片	400g	Sakura pork belly, sliced
西芹	100 克, 切段	100g	celery, sectioned
荷豆	100 克, 去根	100g	sweet peas
馬蹄	5 粒, 去皮, 切片	5	water chestnut
紅蘿蔔	20 克, 去皮切片	20g	carrot, peeled & sliced
蒜茸	1 茶匙	1 tsp	minced garlic
羌	8 片	8pc	ginger
葱	1 棵, 切段	1stk.	green onion, sectioned

醃料:

生抽, 蚝油	各 1 茶匙
鹽	1/4 茶匙
糖	1/2 茶匙
酒, 麻油	各 1/2 茶匙
粟粉	1 茶匙

Seasoning:

1 tsp	soy sauce, oyster sauce
1/4 tsp	salt
1/2 tsp	sugar
1/2 tsp	wine, sesame oil
1 tsp	corn starch

1. 腩肉加入醃料, 醃片刻.
2. 熱鍋落油 1 湯匙, 爆香羌片, 炒荷豆, 西芹, 紅蘿蔔, 馬蹄, 落 2 湯匙上湯, 1/4 茶匙鹽糖, 1 茶匙魚露, 炒勻上碟.
3. 熱鍋落油 2 湯匙, 爆香蒜茸, 炒腩肉轉鮮灰色至熟, 將(2) 之熟料回鑊, 兜勻, 加入葱段, 上碟供食.

1. Marinate pork belly with seasoning.
2. Heat 1 tbsp oil in wok; fry ginger, stir fry sweet peas celery, carrot, water chestnut, dash wine, seasoned with 2 tbsp soup, 1/4 tsp salt & sugar, 1 tsp fish sauce. Stir fry well, dish up.
3. Heat 2 tbsp oil in wok, fry minced garlic. Stir fry pork belly until done. Return (2) ingredients to wok, add green onion and stir fry well. Dish up and serve.