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心燄做肉最好吃

如何讓五花肉吃起來不油膩？

Why is it necessary to marinate the pork slices with cornstarch?
How do you get thinly sliced pork belly?

All about meats

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怎麼做肉最好吃

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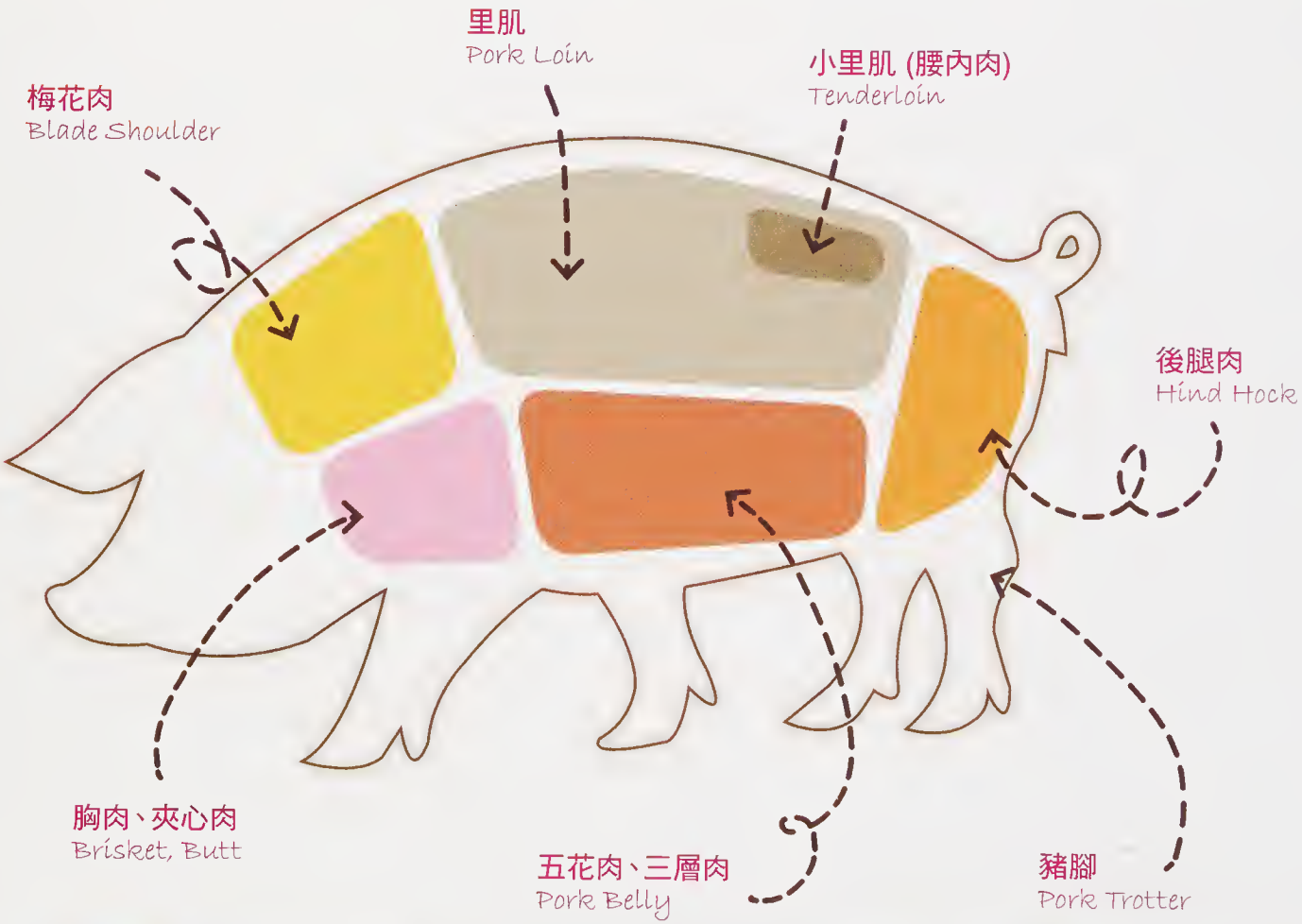
選好肉，做好菜! Know Your Meat

在烹煮一道肉類菜餚之前，要先選對肉的部位，因為肥瘦肉比例的不同，會造成口感上的差別，所以最好按照肉的部位特性來決定要做什麼料理，才能正確地處理及烹調。用錯了肉，不只做出來的菜不好吃，影響了口腹之慾，更是浪費了食材！

Before you make a meat dish, you must choose the right cut of meat as the lean meat to fat ratio will make a whole lot of difference to the taste and texture of the meat. Therefore it is advisable to decide what dish to make based on the cut, in order to handle and cook the meat correctly. Not only will the wrong choice of meat spoil the dish, it will also spoil the appetite and waste food ingredients.

關於豬肉 All About Pork



前腿部分

前腿肉也稱夾心肉。前腿肉中的精華是梅花肉，瘦肉中帶著軟筋、油花，可以紅燒、烤、鹵、炒、做成絞肉或冷凍後切成火鍋肉片來用。其他的前腿肉以做絞肉為主，全瘦的絞肉較為乾澀，可以添加配料如蛋汁、勾芡粉和水來增加肉的嫩度。前腿豬腳的肉較多，上半部的蹄膀可以鹵或紅燒。

後腿部分

後腿肉肉質較硬，所以較便宜，一般家常用的只有蹄膀、後豬腳（筋多肉少）和俗稱老鼠肉的後腿肉心。後腿瘦肉可以切肉絲或加上肥肉絞成絞肉，大部分做成食品加工的豬肉乾和肉鬆等。

背部

沿著脊椎的兩旁，各可以開出兩長條帶骨的豬里肌肉排，肉和骨頭分割開來即為豬大排肉和里肌排骨（俗稱小排）；另外在中段（即腰的部分）可以開出小里肌肉（俗稱腰內肉）。整條豬大排肉以前面的段比較嫩，是最好吃的一段肉。

腹部

如果把肋骨一支支剔掉，開出來的就是五花肉；若是以肋骨為主，連著五花肉一起切下來的就是五花肉排，也稱肋排、子排。五花肉排有一端肉層較薄，另一端的肉層較厚，帶有瘦肥瘦三層五花肉，因為帶有三層五花肉層，所以瘦肉不柴又好吃。

Arm shoulder cut

The arm shoulder cut is also known as the butt. The best part of the arm shoulder is the blade shoulder cut which is a type of lean meat that comes with soft sinews and blobs of fat, and is suitable for braising, roasting, stewing and stir-frying. It can also be minced or freezed and cut into slices for hot pot. The other parts of the arm shoulder cut are mostly used for making minced meat, wholly lean minced meat is relatively dry, but its tenderness can be enhanced with ingredients such as beaten egg, cornstarch and water. The arm shoulder is packed with much meat, and the upper part of the trotter can be stewed or braised.

Leg cut

The texture of the leg cut is comparatively tough, and hence this cut is cheaper. Usually households will buy only the trotter, hock (more sinews, less flesh) and the innermost part of the thigh. The lean leg meat can be cut into strips or minced with fatty meat, and is used mainly for processed food, including barbequed pork and pork floss.

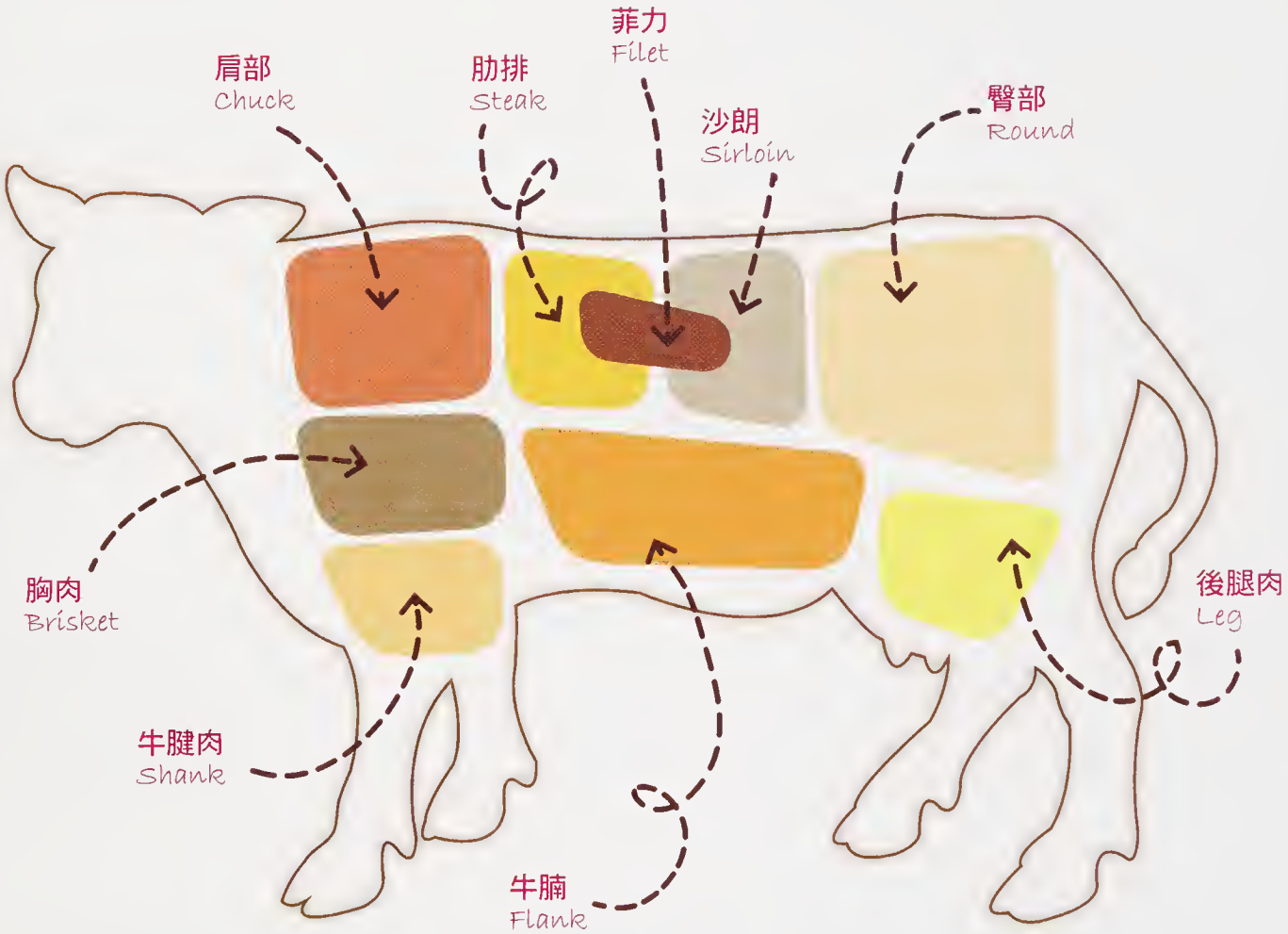
Loin cut

On both sides of the backbone, there are two stretches of bone-in steaks. If you separate the meat from the bones, you will get pork chop and sirloin rib (commonly known as short rib). In the middle section (that is the loin area), you will get the tenderloin. The fore one-third section of the entire pork chop is where the most tender and delicious meat is.

Belly

Remove all the rib bones and you will get the belly meat. If you cut out the rib bone with some belly meat attached, you will get spare ribs. Spare ribs have thinner meat on one end and thicker meat on the other. The belly meat comes in three layers, with one layer of fat sandwiched between two layers of lean meat. Thanks to the fat, the lean meat is not dry and tough, and is absolutely palatable.

關於牛肉 All About Beef



牛肉的烹調方法可以分成兩類，一種是快速烹調至熟，如爆炒、川燙、煎等烹調法，吃的是牛肉的嫩；一種是長時間把肉燉煮成軟爛，吃的是肉的香和口感，這兩類的烹調法需要選擇的部位全然不同。

適合快速烹調的部位

牛肉的老嫩可以由它的纖維、紋路的粗細來判斷。最嫩的肉當然是在脊椎內側的小里肌，即一般稱為菲力的部位。但是一頭牛身上只有兩條，量非常少，因此常用的還有大里肌肉、前腿、後腿和肩胛上的瘦肉。這幾個部位的嫩度不夠，因此餐館裡都是在醃牛肉時添加少量的小蘇打或嫩精。小蘇打和嫩精都是可以食用的，但用量要抓准（寧可少一點）以免肉產生苦澀味。而帶油花的牛小排、去骨牛小排肉、及火鍋肉片因帶有油花，也都適合快速烹調。

適合慢火燉煮的部位

牛小排、肋條、牛腩、牛筋、牛尾等都是適合慢火燉煮的部位。為了使滋味濃郁些，加幾塊牛大骨一起燒，效果會更好。這些不同部位需要的烹煮時間長短也不同，牛小排肉層薄，時間最短，基本上帶筋多的較不易熟爛，當然肉塊的大小也會影響烹煮時間的長短。

牛排類

最受年輕人喜愛的首推牛排！除了菲力牛排、沙朗牛排（又稱肋眼牛排）和紐約克牛排（又稱西冷牛排）三種價位較高的之外，嫩肩里肌、後腰肌肉、臀肉、肋條肉等部位也都可以煎來吃，或切成薄片炒來吃。

There are two ways of cooking beef: quick cooking like stir-frying, scalding, pan-frying to seal in the beef's tenderness, and slow stewing for soft, flavourful meat. These two kinds of cooking methods will require different cuts of meat.

Cuts suitable for quick cooking

The toughness and tenderness of a cut of beef can be determined by its marbling and thickness of the veins. The most tender cut is definitely the tenderloin – commonly known as filet mignon – which is located at the inner sirloin. However, as there are only two such strips on every ox, other parts such as sirloin, fore leg, hind leg and the lean meat on the blade shoulder are also commonly used. As these cuts are not very tender, restaurants tend to add a little baking soda and tenderiser. Baking soda and tenderiser are edible, but good judgment of the amount used is needed (less is preferred) to prevent causing a bitter taste in the meat dish. Besides the abovementioned wholly lean cuts, short ribs, boneless short ribs and beef slices for hot pot that come with blobs of fat are also suitable for quick cooking.

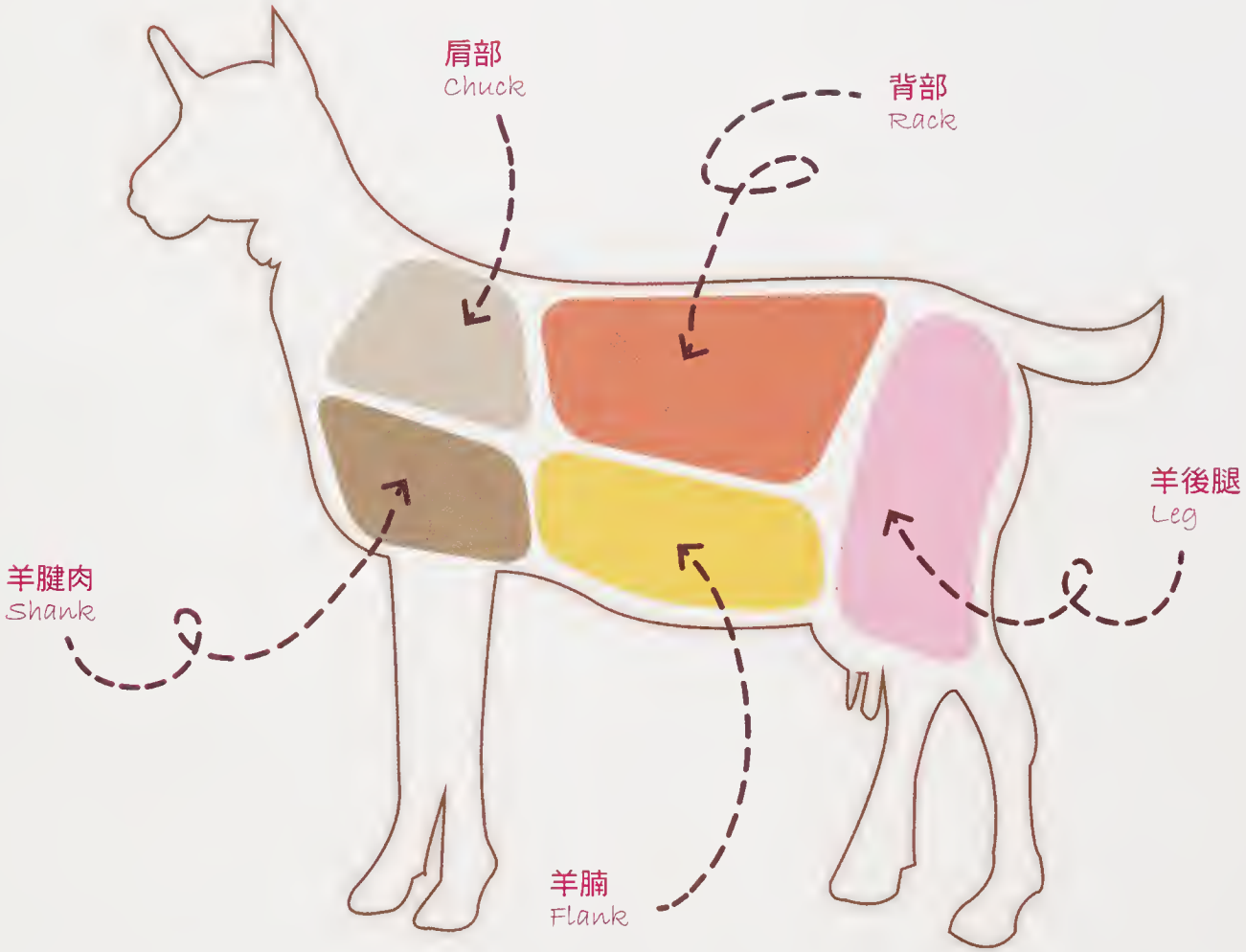
Cuts suitable for slow stewing

Cuts such as short ribs, rib fingers, brisket, tendon and tail are most suitable for slow stewing. For a richer taste, you can add a few pieces of big bones in the stew. The time needed to cook each of these cuts is different. The meat on short ribs is thin and takes the shortest time to cook. Basically, meat with many tendons does not cook easily; and of course, the size of the meat will also affect the length of cooking time.

Steak

Beef steak is the most popular among the young people. Besides the more expensive filet mignon, sirloin steak (also known as ribeye steak) and New York steak (also known as strip loin steak), other cuts such as the chuck tender, sirloin butt, round, rib finger, can be pan-fried, or sliced for quick stir-frying.

關於羊肉 All About Mutton



羊肉是很滋補的食材，中國人尤其到了冬天要進補，總想到吃羊肉來禦寒。羊肉的營養非常豐富，它含有極高的蛋白質、維他命B12、煙酸、鋅、鐵及維他命B2核黃素。

羊因為體積小，肉並不多，通常是炒的用羊肉片；紅燒、做羊肉爐的用帶皮的腿肉或羊腩部分。很受歡迎的羊小排和牛排一樣，煎烤至喜愛的熟度即可，全熟反而太老不好吃。

羊排做好後，先放一會兒封住肉汁，薄片的羊排放5分鐘才上桌；大塊的燒肉放20分鐘後才切片，就不怕肉汁溢出。

怎麼挑選羊肉

一般1歲以下的羊肉是非常鮮嫩的，購買時最好挑選肉質細緻而緊密，中間帶有肥紋，肉色粉紅，白色肥肉部分緊密且不太厚的部分。

Mutton is a highly nutritious food especially important to the Chinese, who must consume tonics during the winter, as they tend to eat mutton to withstand the cold. Mutton is an excellent source of protein, vitamin B12, niacin, zinc, iron and riboflavin.

The amount of meat on a lamb is limited due to its small size. Usually, mutton slices are cooked by stir-frying; the leg cut with the skin on or lamb brisket are used in braised dishes and hot pot. Similar to beef steak, the popular lamb short ribs should be pan-fried to your liking but not well done as it makes the short ribs too tough to chew.

Rest lamb for a short while before serving as this allows the meat's juices to settle. For thin cuts, rest 5 minutes before serving; for roasts, allow it to rest for 20 minutes before carving.

What to Look for When Selecting Lamb

Lamb is usually very tender as it is from animals less than 1 year old. Look for meat that is fine textured and firm with white streaks of fat within the meat muscle. As for the colour, the lamb meat should be pink and the fat should be firm, white, and not too thick.

如何讓五花肉吃起來不油膩？
How do you cook pork belly so that it is not too greasy?

五花肉又稱“三層肉”，它雖脂肪含量高，但瘦層豬肉卻特別嫩滑好吃。長時間烹調，可將肥肉層中的肥油融化，達到肥而不膩的效果。

Pork belly is a very fatty but flavourful cut. Cook it slow and long and a good portion of the fats will be rendered away, the result is a most delicious but non-greasy dish.

東坡肉
dong po stewed pork

TASTY TIPS

- 東坡肉須花較多的時間烹調，可一次做兩份，連汁一起冷凍，吃時解凍再蒸熱即可。
- As this is a very time consuming dish, you might want to make a double portion, freeze one portion with the gravy so that you can simply reheat it later for another meal.

材料

五花肉	900克
蔥	4根
粽繩	8條
油	2大匙
水	4杯
薑	1小塊
八角	2顆
桂皮	10克

調味料

糖	2大匙
醬油	5大匙
花雕酒	8大匙

做法

1 將五花肉洗淨，切成5公分寬的正方塊；蔥切段。

2 粽繩泡軟，把五花肉綁成十字形，放入沸水中燙2分鐘。

3 鍋中倒入油燒熱，加入糖炒成金褐色後，加水煮沸，再放入蔥、薑、八角、桂皮、醬油和4大匙花雕酒；煮沸後，放入肉塊，轉小火燜煮約2小時。

4 熄火，待肉冷卻後，取出，置入湯盅，將湯汁過濾後倒入湯盅，再加入2大匙花雕酒，蓋上，放入蒸鍋蒸1小時，取出。

5 待冷後，放入冰箱冷藏隔夜。食用前，勺去油脂，再加入2大匙花雕酒，蒸20-30分鐘至肉熱透即可。

Ingredients

900g pork belly
4 stalks spring onions
8 straw strings
2 tbsps oil
4 cups water
1 small piece ginger
2 star anises
10g cinnamon bark

Seasonings

2 tbsps sugar
5 tbsps dark soy sauce
8 tbsps hua diao wine

Method

1 Rinse and cut pork belly into 5cm blocks. Cut spring onion into sections.

2 Soak straw strings in water until softened. Tie pork belly with strings and scald in boiling water for 2 minutes.

3 Heat oil and fry sugar until golden brown, add water and bring to a boil. Add spring onions, ginger, star anises, cinnamon bark, dark soy sauce and 4 tbsps of hua diao wine. Bring to a boil. Add pork and turn down the heat to let it simmer for 2 hours.

4 Turn off the heat. When the meat has cooled, strain the pork gravy. Place pork and gravy in a soup pot, add 2 tbsps of hua diao wine and cover with a lid. Transfer to the steamer and steam for 1 hour. Remove.

5 When cooled, chill pork in the refrigerator overnight. Skim away the fats from the gravy, add 2 tbsps of hua diao wine and steam for another 20-30 minutes until heated through. Serve.

為什麼五花肉子排適合用來燒烤？
Why are spare ribs good for grilling?

腹部肋骨連著五花肉一起切下來的部分為五花肉子排，它較其他部位瘦，適合拿來燒烤，刷上醃肉汁可以保持肉的鮮嫩多汁。

Spare ribs are probably the most popular rib for grilling. These are from the belly of the pig and are a bit leaner than other cuts. They grill well and stay juicy when well basted.

香烤肋排
grilled ribs

TASTY TIPS

- 烤時若排骨外表太焦，可以覆蓋一張鋁箔紙在排骨上。
- 用叉子在排骨上刺些小孔，讓醃料更容易滲入肉中。
- 如要簡便些，可直接使用市場上買的蜜汁烤肉醬。如果烤肉醬太濃稠，可加酒或水稀釋再使用。
- If the ribs start to get burnt on the surface, cover a sheet of foil over it to continue grilling.
- Use a fork to poke some holes on the ribs for the marinade to penetrate well into the meat.
- For convenience, use bottled barbeque sauce to marinate the ribs. Thin the sauce with wine or water if it is too thick.

材料

五花肉子排	600克
大蒜	4粒

醃料

醬油	5大匙
糖	½大匙
味霖	1大匙
番茄醬	1大匙
酒	2大匙

做法

1 子排剁成長段（約10公分長），洗淨，擦乾備用。

2 大蒜用刀面拍碎，放在大碗中，加入醃料調勻，放下排骨拌勻，醃製2小時以上。

3 烤箱預熱至250° C。烤盤中先鋪上1張鋁箔紙，把排骨擺在上面，放入烤箱烤15分鐘。

4 取出烤盤，在排骨兩面均勻刷上醃肉汁，翻面再烤10分鐘。

5 用叉子在靠近骨頭處插一下，看看排骨是否熟了。若能順利插入，表示排骨已經熟透。

Ingredients

600g spare ribs
4 cloves garlic

Marinade

5 tbsps dark soy sauce
½ tbsp sugar
1 tbsp mirin
1 tbsp tomato ketchup
2 tbsps wine

Method

1 Chop ribs into long sections about 10cm long, rinse and pat dry. Set aside.

2 Crush garlic with the back of a knife, place in a big bowl and mix well with marinade. Marinate the ribs with the marinade for at least 2 hours.

3 Preheat oven to 250°C. Lay a sheet of aluminum foil in a roasting pan and place the ribs on it, put into the oven to grill for 15 minutes.

4 Take out the pan, brush both sides of ribs evenly with marinade, turn over and continue to grill for another 10 minutes.

5 To test whether ribs are done, use a fork to pierce near the bone, ribs are fully cooked when the fork goes in easily.

為什麼傳統扣肉的做法這麼費事費時？
Why does it take so much work to make braised pork the traditional way?

傳統扣肉的做法雖然比較麻煩又費油去炸，但經過多次處理後肥肉層的油都蒸出來了，五花肉也不油膩了，一次可以做多一些，吃時再蒸。
Though very time consuming, the traditional way of boiling prior to deep-frying before steaming the pork ensures that extra oil is being extracted. The result is a delicious, lean and refreshing tasting meat. Make more as it keeps well.

梅菜扣肉
braised pork with preserved mustard cabbage

TASTY TIPS

- 五花肉的油脂非常多，經過油炸這個步驟，反而可以將肉中的油給逼出，但避免油炸太久，以免過於乾澀。
- 炸好的五花肉立即泡冷水，可使表皮突然受冷而收縮，形狀較美觀。
- 一般梅菜乾含沙較多，要多洗幾遍再用。
- Pork belly has a lot of fats, deep-frying it forces out much of the fats. Be careful not to deep-fry too long in case the meat becomes too dry and tough.
- After deep-frying, immediately immerse the meat in cold water for the outer skin to contract and give it a better shape.
- Preserved mustard cabbages usually contain quite a bit of sand. Be sure to rinse over several times before using.

材料

五花肉	600克
梅菜乾	60克
蔥	2根（切碎）
薑	2片
八角	1顆

調味料1

醬油	5大匙
花雕酒	1大匙
冰糖	2茶匙
上湯	¼杯

調味料2

太白粉水	適量

做法

1 五花肉洗淨，放入熱水中煮約30分鐘至全熟，撈出瀝乾。

2 五花肉置碗中，加入醬油醃至皮面上色，放入熱油鍋中炸成金黃色，撈出。

3 將炸過的五花肉泡入冷水中約20分鐘，取出，切成大片盛入湯碗中。

4 梅菜乾洗淨瀝乾，切成小段，放入熱鍋中煸炒片刻，放在湯碗肉片上。

5 另起油鍋燒熱，爆香蔥花、薑片和八角，加入調味料1炒勻，淋在梅菜乾上，把湯碗放入蒸鍋內蒸2小時，至肉片軟嫩。

6 從蒸鍋中取出湯碗，將碗中醬汁倒入熱鍋中，加入太白粉水勾芡。將梅菜肉片湯碗倒扣在大盤中，淋上醬汁即可。

Ingredients

600g pork belly
60g preserved mustard cabbage
2 stalks spring onions (chopped)
2 slices ginger
1 star anise

Seasonings 1

5 tbsps dark soy sauce
1 tbsp hua diao wine
2 tsps rock sugar
¼ cup stock

Seasonings 2

some cornstarch mixture

Method

1 Rinse pork belly, cook in boiling water for 30 minutes until cooked. Remove and drain.

2 Place pork in a bowl, marinate with dark soy sauce until the surface turns brown. Deep-fry pork until golden brown. Remove.

3 Soak pork in cold water for about 20 minutes, remove and cut into big slices, transfer to a bowl.

4 Rinse preserved mustard cabbage, drain and cut into small sections. Stir-fry briefly in a hot wok and place over the pork in the bowl.

5 Heat oil and saute chopped spring onions, ginger and star anise until fragrant. Add seasonings 1 and fry well. Pour the sauce over preserved mustard cabbage and transfer bowl to the steamer. Steam for 2 hours until the pork is tender.

6 Remove bowl from steamer. Pour out the gravy into a heated wok. Thicken the gravy with cornstarch mixture. Invert pork and preserved mustard cabbage onto a plate. Drizzle over gravy before serving.

咕嚕肉中所謂的酸果指的是什麼？
What are the Cantonese pickles usually found in this sweet and sour pork dish?

“酸果”即廣東甜酸口味的泡菜，做法是將切成小塊的黃瓜、白蘿蔔和紅蘿蔔用鹽醃至脫水後泡在糖醋汁中，亦可用紅甜椒和番茄等代替。

The pickles traditionally used in this dish are small pieces of cucumber, radish and carrot that are soaked in a salt brine then marinated with sugar and vinegar. If these are not available, they may be replaced by red peppers or tomatoes.

咕嚕肉
sweet and sour pork

TASTY

- 用新鮮的油來油炸，食物會更酥脆，也最健康。如果用過的炸油呈黑褐色就應該丟棄。
- 炒青椒時不要蓋鍋，以免青椒發黑變軟，失去鮮脆的口感和色澤。
- 先炸至熟，取出再回鍋炸一次，肉塊更酥脆。
- Be sure to use clean oil for deep frying for a better crisp, it is good for the health too. Used oil that has turned cloudly and dark should be discarded.
- Do not put on the lid when frying green pepper or else it will become too soft and lose its bright green colour.
- The double frying is essential to get that incredibly crispy texture of the pork.

材料

前腿肉	300克
洋蔥	⅓個
青椒	½個
鳳梨	3片
酸果	1杯
太白粉	½杯

醃料

醬油	1大匙
蛋黃	1個
太白粉	1大匙
水	1大匙

調味料

番茄醬	3大匙
糖	3大匙
白醋	3大匙
水	6大匙
鹽	¼茶匙
麻油	適量
太白粉	2茶匙

做法

1 將肉先切成厚片，再用刀背將肉拍鬆，切成2公分大小的方塊狀，再用醃料拌醃半小時以上。

2 洋蔥、青椒和鳳梨均切小塊。

3 肉塊沾上太白粉，投入燒熱的炸油中，大火炸至金黃熟透後撈出。油再燒熱，放入肉塊再炸約10秒鐘，撈出。

4 另燒熱1大匙油炒洋蔥、青椒和酸果，倒入調味料，用大火煮滾，關火後放入鳳梨和炸好的肉塊快速翻炒數下，即可裝盤享用。

Ingredients

300g pork (arm shoulder)
⅓ onion
½ green pepper
3 slices pineapple
1 cup Cantonese pickles
½ cup cornstarch

Marinade

1 tbsp dark soy sauce
1 egg yolk
1 tbsp cornstarch
1 tbsp water

Seasonings

3 tbsps tomato sauce
3 tbsps sugar
3 tbsps white vinegar
6 tbsps water
¼ tsp salt
a little sesame oil
2 tsps cornstarch

Method

1 Cut meat into thick slices, then pound with the back of the knife to tenderize it. Cut into 2cm cubes and marinate with marinade for at least half an hour.

2 Cut onion, green pepper and pineapple into small pieces.

3 Dredge meat pieces with cornstarch, then deep-fry over high heat till golden brown and cooked through. Remove and let the oil heat up again before returning the meat to deep-fry for a further 10 seconds. Remove from pan.

4 Heat 1 tbsp of oil to fry onion, green pepper and pickles, add seasonings and bring to a boil over high heat. Turn off the heat and quickly stir in the pineapple and cooked meat pieces.

做紅燒肉應該選擇什麼部分的肉？
Which parts of pork is best used for braising?

適合拿來做紅燒肉的有五花肉、前腿肉、梅花肉、後腿肉等，要帶些肥的部分一起燒，肉才不會乾澀。

The pork belly, arm shoulder cut, blade shoulder and the hind hock cuts are all suitable for braising. Choose those with some fatty parts for the meat to stay moist and tender.

山藥紅燒肉
braised pork with Chinese yam

TASTY

- 當肉和山藥都夠熟爛時，就不要用勺子隨意翻動，以防把肉翻散開了，只要輕輕搖晃鍋子讓湯汁收濃即可。
- Once the meat and Chinese yam are cooked, try not to stir it too much, lest the ingredients get mushy. Carefully swirl the pot to help reduce the gravy.

材料

五花肉	600克
山藥	400克
紅蘿蔔	200克
蔥	4根
薑	2片
八角	1顆

調味料

酒	4大匙
醬油	4大匙
冰糖	½大匙
鹽	適量

做法

1 豬肉切塊，用熱水燙1分鐘，撈出，洗乾淨。

2 山藥削皮，切塊；紅蘿蔔削皮，切成滾刀小塊；蔥切段。

3 燒熱1大匙油，放入蔥、薑和八角炒香，再放入豬肉，淋下酒和醬油，炒至醬油香氣透出，加入約3杯的水，大火煮至滾後改小火慢燒。

4 約1個小時後（時間長短依個人喜愛的軟爛口感而定），加入紅蘿蔔和冰糖，再煮約5分鐘後，加入山藥，繼續煮至山藥已軟。若湯汁仍多時，可開大火收乾一些，最後酌量加鹽調味

Ingredients

600g pork belly
400g Chinese yam
200g carrot
4 stalks spring onion
2 slices ginger
1 star anise

Seasonings

4 tbsps wine
4 tbsps dark soy sauce
½ tbsp rock sugar
dash of salt

Method

1 Cut pork into pieces and scald in boiling water for 1 minute, then rinse. Set aside.

2 Peel Chinese yam and cut into pieces. Peel carrot and roll cut into pieces. Cut spring onion into sections.

3 Heat up 1 tbsp of oil, fry spring onion, ginger and star anise till fragrant, add pork then drizzle with wine and dark soy sauce. Fry till fragrant, add about 3 cups of water and bring to a boil, then simmer over low heat.

4 After about an hour (longer if you prefer the meat to be softer), add carrot and rock sugar, cook for another 5 minutes before adding the Chinese yam. Continue to cook till the Chinese yam is soft. If there is too much gravy, turn up the heat to let it reduce a little, then season with salt.

炸豬排，如何確保麵包粉不脫落？

How do you prevent the bread crumbs from falling off when deep-frying?

依序沾上麵粉、蛋汁後，把肉排放在麵包粉上用力按壓沾牢，油炸時才不容易掉落。另外，蛋白和蛋黃須均勻打散，這樣肉排能均勻沾裹蛋汁，才容易沾上麵包粉。

First dredge meat with flour then coat it with beaten egg, place meat on bread crumbs and press hard so that both sides are well coated, this will allow the breading to stay on to the meat. Also make sure that the egg is well beaten, this allows the meat to hold on better to the breading.

TASTY

- 最好先將咖喱塊切碎再加入，以免整塊丟入後攪拌不均勻而結塊。
- 豬排炸一會兒後，會漸漸浮起，表面呈金黃色，這就是取出豬排的最佳時刻了。
- 另外，炸好的豬排不要馬上切塊，要放置一會兒再切，這樣肉汁才不會馬上溢出。
- Chop up the curry sauce mix cubes before adding into the stock to prevent it from getting lumpy.
- The pork chop is ready when it begins to float up to the surface of the oil.
- Do not cut the meat immediately after dishing it out from the oil, or else the meat juices will run out leaving it tough and dry.

炸豬排
deep-fried pork chop

材料

豬大排肉	2片
蛋	1個
麵粉	½杯
麵包粉	1杯
高麗菜絲	1把

醃料

鹽	½茶匙
胡椒粉	¼茶匙

咖喱醬料

洋蔥丁	⅓杯
冷凍三色蔬菜	½杯
高湯或水	1杯
咖喱塊	2小塊
鹽	適量

做法

1 用叉在肉上輕輕叉上一些小洞，加入醃料醃製10分鐘。

2 蛋打散，將豬排先沾上麵粉，然後在蛋汁中沾一下，最後沾滿麵包粉。

3 鍋中把炸油燒至8分熱，放入豬排以小火炸約2分鐘，撈出。油再燒熱，放下豬排，以大火再炸10-15秒鐘至金黃色，撈出豬排，瀝乾油，放置一會兒後切成寬片，和高麗菜絲一起裝盤。

4 用1大匙油炒香洋蔥，再放入三色蔬菜同炒，加入高湯煮滾，再加入咖喱塊攪至融化，如有須要，可再加適量鹽調味，裝入碗中，搭配豬排食用。

Ingredients

2 slices pork chop
1 egg
½ cup flour
1 cup bread crumbs
1 cup shredded cabbage

Marinade

½ tsp salt
¼ tsp pepper

Curry Sauce

⅓ cup onion dices
½ cup frozen vegetables
1 cup stock or water
2 small cubes curry sauce mix
dash of salt

Method

1 Poke on the pork chop a few times with a fork, add marinade to marinate for 10 minutes.

2 Beat the egg, dredge the pork chop with flour prior to dipping it in the egg, lastly coat well with bread crumbs.

3 Heat oil till 80% hot, deep-fry pork chop over low heat for about 2 minutes then remove. Heat up the oil again, fry pork chop over high heat for another 10-15 seconds till golden brown, remove and drain away the oil. Leave to rest for a short while before cutting up into big slices. Place on a plate with the cabbage.

4 Stir-fry onion dices with 1 tbsp of oil till fragrant, stir in the vegetables, then add stock and bring to a boil. Add curry sauce mix to the stock and stir well till it dissolves. Season with salt if required. Dish out to a bowl and serve with the pork chop.

為什麼要把肉拍鬆？
Why is it necessary to pound the pork chop before cooking?

用鬆肉槌把肉拍鬆，肉因伸展而變薄，可使肉更容易入味，烹煮時也較快熟透。
Pounding helps to tenderize the meat and makes it thinner. This allows marinade to penetrate well into the meat and also cuts down on cooking time.

香酥炸肉排
crispy pork chop

TASTY

- 豬大排拍鬆後肉會很嫩，適用於炸、煎、烤等。
- 蛋液具有保水的特性，可使肉在油炸時不流失肉汁。另外，蛋液經油炸會產生一股蛋香味，使料理更為美味。
- Pork chop becomes tender after pounding it well, deep-fry, pan-fry or grill it for a delicious meal.
- Coating the meat with egg helps to seal the surface and prevents moisture lost during frying. It also gives a lovely aroma to the dish.

材料

豬大排肉	2片
蔥	⅓根
大蒜	5粒
辣椒	½條
酥炸粉	½杯
蛋	½個

醃料

醬油	1茶匙
糖	½茶匙
胡椒粉	少許
大蒜末	1茶匙
花雕酒	1茶匙
水	1大匙
鹽	⅓茶匙
小茴香粉	¼茶匙

調味料

辣椒油	½茶匙
小茴香粉	¼茶匙
辣椒粉	少許
麻油	少許

做法

1 將肉用鬆肉槌拍鬆，剁成小塊，加入醃料拌勻，醃至入味備用。

2 大蒜和辣椒切末；蔥切碎；蛋打散備用。

3 將肉拌上蛋液，再拌上酥炸粉，入油鍋炸酥至熟，撈出。

4 鍋中留少許油，放入蔥、大蒜和辣椒爆香，再加入炸好的肉和調味料（麻油除外）翻炒均勻，起鍋前滴入麻油即可。

Ingredients

2 pieces pork chop
⅓ stalk spring onion
5 cloves garlic
½ chilli
½ cup crispy powder
½ egg

Marinade

1 tsp dark soy sauce
½ tsp sugar
dash of pepper
1 tsp chopped garlic
1 tsp hua diao wine
1 tbsp water
⅓ tsp salt
¼ tsp cumin powder

Seasonings

½ tsp chilli oil
¼ tsp cumin powder
some chilli powder
some sesame oil

Method

1 Pound with a meat mallet to tenderize the pork chop, then cut it into small pieces. Marinate with marinade. Set aside.

2 Mince the garlic and chilli. Chop spring onion. Beat the egg. Set aside.

3 Coat pork chop with beaten egg, then dredge with crispy powder. Deep-fry the pork chop till cooked. Remove.

4 Leave some oil in the wok and sauté spring onion, garlic and chilli till fragrant. Add pork chop and seasonings (except sesame oil), stir well. Drizzle with sesame oil before serving.

可樂為什麼適合用來燒豬腳？
Why is coke suitable for braising pig trotters?

可樂中有蘇打的成分，可以用來軟化肉質，甜度也可以代替紅燒中的糖分，很適合燒豬腳。

Coke helps to tenderize the meat and since it is sweet, it also substitutes the sugar needed for braising the trotters.

可樂豬腳
trotter braised in coke

TASTY

- 豬前腳長，肉較多；後腳較短，肉少而筋多，可隨個人喜愛來選擇。
- 燒豬腳因較費時，可以用氣壓鍋或燜燒鍋來煮，但用這些鍋具煮好後湯汁較多且清淡，要再打開鍋蓋，用大火收乾湯汁，以使湯汁濃稠。
- The front trotters are longer and have more meat, the hind feet are shorter, have less meat and more tendons. Choose according to each own's preference.
- You might want to use a pressure cooker or slow cooker to cook this dish as it takes quite a long time to cook. However you will need to reduce the gravy over high heat as these pots usually yield more liquid and the dish is thus less rich as compared to cooking in a normal pot.

材料

豬腳	1個（約700克）
蔥	2根
青蒜	1根
八角	1顆
薑	4片

調味料

醬油	6大匙
酒	3大匙
可樂	3杯

做法

1 豬腳剁成約4-5公分寬的大小，放入開水中燙2分鐘，全部撈出，再洗淨，瀝乾，備用。

2 蔥和青蒜切成長段，鋪在鍋底，放下豬腳，再將八角、薑和調味料加入。先用大火煮滾，再改小火慢慢燒煮約1個半小時左右，見豬腳的皮已夠軟時，改用大火收乾一下湯汁，至有黏性便可盛出。

Ingredients

1 pig trotter (about 700g)
2 stalks spring onion
1 stalk leek
1 star anise
4 slices ginger

Seasonings

6 tbsps dark soy sauce
3 tbsps wine
3 cups coke

Method

1 Chop pig trotter into 4-5cm pieces, scald in boiling water for 2 minutes, then rinse and drain dry. Set aside.

2 Cut spring onion and leek into long sections, line them at the bottom of the stewing pot and place the trotters on top. Add star anise, ginger and seasonings. Bring to a boil over high heat, then simmer over low heat for about 1 ½ hours. When the skin of the trotter is soft, turn up the heat to reduce the gravy. Serve when the sauce is thick.

肉餡的肥瘦肉比例知多少？
When preparing a meat filling, what is the correct proportion of fats and lean meat?

製作肉餡，若肥肉過多會油膩，加熱時脂肪融化，肉餡會鬆散變形；若瘦肉過多，肉餡會太乾硬，口味欠佳。建議以三肥七瘦的比例調配肉餡，煮熟後肉餡更軟嫩鮮香。

It is best to use 3 parts fats and 7 parts lean meat. Too much fats will make the dish very oily and the filling tends to break apart after being cooked; too much lean and the filling will be too dry.

TASTY

- 芋頭絲可先用油炸過，炸至呈微金黃色即可撈起，平鋪在乾淨的紙巾上，吸去多餘的油份，等芋頭絲涼透再一起拌入餡料更好吃！
- You might want to deep-fry the yam shreds briefly until light golden brown before making the spring rolls. Remember to drain them on paper towels to soak away excess oil and leave to cool before combining with the other ingredients.

三絲炸春捲
savoury spring rolls

材料

瘦肉	230克
肥肉	95克
蝦仁	95克
芋頭絲	20克
韭黃	20克
筍絲	25克
香菇絲	50克
香菜	20克
春捲皮	12張

調味料

鹽	½茶匙
糖	2茶匙
胡椒粉	½茶匙
太白粉	1茶匙
麻油	½茶匙

做法

1 瘦肉和肥肉分別切成絲，備用。

2 將所有材料和調味料一起攪拌均勻，做成餡料。

3 餡料包入春捲皮中，以少許麵粉糊封口。

4 燒熱油鍋，放入春捲炸至金黃色即可。

Ingredients

230g lean meat
95g fatty meat
95g shelled shrimps
20g shredded yam
20g yellow chives
25g shredded bamboo shoot
50g shredded mushroom
20g coriander
12 sheets spring roll skin

Seasonings

½ tsp salt
2 tsps sugar
½ tsp pepper
1 tsp cornstarch
½ tsp sesame oil

Method

1 Cut meat into shreds. Set aside.

2 To make fillings: Combine well all the ingredients and seasonings.

3 Place some filling onto a piece of spring roll skin and roll it up. Seal the edge with a little flour paste.

4 Heat oil and deep-fry the spring rolls till golden brown.

五花肉片怎麼切才漂亮？
How do you get thinly sliced pork belly?

想要切出漂亮的五花肉片，就要整塊五花肉入鍋去煮，且一定要等到冷卻後再切片，這樣肉片就會完整又好看了！

To get nice thinly sliced pork, you have to cook the whole piece of meat first, then leave it to cool completely before you slice it, in this way you can easily cut it into very neat thin slices.

蒜炒五花肉
stir-fried pork belly and leeks

TASTY TIPS

- 若直接用油炒熟，肉吃起來較Q，煮熟後再切片則較完整、平滑且較嫩。
- 肉先燙過，可去除血水、雜質和腥味，還可去除多餘的油脂。
- The meat will not be as tender and smooth if it is not boiled before stir-fried. It is easier to cut the pork into neat slices after it is boiled.
- Scald the pork first to remove any blood and dirt, this also removes extra fatty bits from the pork.

材料

五花肉	300克
青蒜	2根
紅辣椒	2根

調味料 1

蔥	1根
薑	2片
八角	½顆
酒	1大匙

調味料 2

酒	1大匙
醬油膏	2大匙
煮肉高湯	2大匙
白胡椒粉	適量

做法

1. 湯鍋中煮滾5杯水，放入五花肉和調味料1，大火煮滾1分鐘後，改小火煮約20分鐘至熟，浸泡至湯涼後取出，切成約0.3公分薄片。
2. 青蒜切斜絲；紅辣椒切片。
3. 燒熱1大匙油，將五花肉片略煎炒一下，至五花肉的肥肉部分出油。
4. 放入辣椒和青蒜，淋下酒，再加入其他調味料2，大火炒勻即可。

Ingredients

300g pork belly
2 stalks leeks
2 red chillies

Seasonings 1

1 stalk spring onion
2 slices ginger
½ star anise
1 tbsp wine

Seasonings 2

1 tbsp wine
2 tbsps soy sauce paste
2 tbsps pork stock
dash of white pepper

Method

1. Bring 5 cups of water to a boil, add pork belly and seasonings 1. Cook over high heat for 1 minute, then cook over low heat for about 20 minutes till pork is cooked. Leave in the stock till it cools completely, then remove and cut into 0.3cm thin slices.
2. Cut leeks into slant shreds and chillies into slices.
3. Heat 1 tbsp of oil and briefly pan-fry pork slices till the oil seeps out.
4. Add chillies and leeks, drizzle wine then add the rest of the seasonings 2, stir well over high heat.

炒肉燥應該選擇什麼部位的肉？
What kind of meat is best used for making braised minced pork?

五花肉是豬肉中肥瘦比例最接近完美比例的一種，肥肉部分分佈均勻，而瘦肉的肉質也很嫩，是製作肉燥的最佳選擇。

Pork belly is suitable as it has the right amount of fats to lean meat and it gives both the richness of the fatty parts and the tenderness of the lean meat.

TASTY TIPS

- 肉燥是百搭食材，用途非常廣，可以淋在燙青菜上，配飯或麵都很好吃。
- 煮幾個水煮蛋，放入肉燥裡一起燜煮，就有鹵蛋吃了！
- 一次不妨多做一些分批冷凍起來，沒時間做菜的時候拿出一份來解凍，弄熱之後就可以配飯或麵吃！
- 炒絞肉時，把木鏟平放來壓散絞肉，絞肉才容易散開，而且較容易熟。
- Braised minced pork is really versatile, it can be drizzled over blanched vegetables, eaten with rice or served with noodles.
- For delicious eggs steeped in wonderful braising sauce, add a few hard boiled eggs into the minced pork while braising.
- Braised minced pork freezes well thus it makes good sense to make extra for days when you're too busy to cook.
- When stir-frying the minced pork, use a wooden spatula to separate the pork by pressing it downwards, this also allows it to cook faster.

香菇肉燥
braised minced pork with mushrooms

材料

香菇	5朵
豬絞肉	600克
大蒜末	1大匙
蔭瓜	½杯
紅蔥酥	½杯

調味料

酒	½杯
醬油	½杯
糖	1茶匙
五香粉	1茶匙

做法

1 香菇泡軟，切碎。

2 燒熱3大匙油炒熟絞肉，油不夠時可以沿鍋邊再加入一些油，要把絞肉炒到肉變色，肉本身出油為止。

3 加入大蒜和香菇同炒，待香味透出時，淋下酒、醬油、糖和3杯水，同時加入蔭瓜和一半的紅蔥酥，小火燜煮約1小時。

4 放下另一半的紅蔥酥和五香粉，再煮約10分鐘即可。

Ingredients

5 Chinese mushrooms
600g minced pork
1 tbsp chopped garlic
½ cup pickled cucumber
½ cup fried shallots

Seasonings

½ cup wine
½ cup dark soy sauce
1 tsp sugar
1 tsp five spice powder

Method

1 Soak mushrooms till softened, then chop into small pieces.

2 Heat 3 tbsps of oil and stir-fry minced pork till the meat changes colour and oil seeps out. Drizzle more oil down the sides of the wok if needed.

3 Add garlic and mushrooms, fry till fragrant, add wine, dark soy sauce, sugar and 3 cups of water, then add pickled cucumber and half of the fried shallots to braise over low heat for about 1 hour.

4 Add the other half of the shallots and five spice powder, continue to cook for about 10 minutes.

烹煮時要如何加入調味料，菜餚才會更香？
What is the best way to add seasonings such as soy sauce and sesame oil to get the best flavour?

添加醬油、麻油、酒等調味料時，不要直接倒在食材上，應該淋在鍋邊，香氣才會容易散發出來，這樣炒出來的肉才會更香。
Do not pour soy sauce, sesame oil or wine directly onto the ingredients while cooking, instead, drizzle it down the sides of the wok to get the best flavour and fragrance.

TASTY TIPS

- 爆香豆豉時火不要太大，以免產生焦苦味。
- 肉片要用較多的油先過油，以保持它的嫩度，過油的油溫約在7-8分熱。
- 若肉切成片，要把筋切開，這樣煮後就不會過度收縮。
- Make sure the fire isn't too hot when stir-frying the fermented black beans, lest they get burnt and become bitter.
- Briefly scald the meat in 140-160°C hot oil first to seal in its juices.
- Be sure to cut off the tendons when cutting up the meat into slices so that the meat doesn't shrink too much after cooking.

豉椒爆里肌
stir-fried pork with fermented black beans and pepper

材料
豬小里肌肉	200克
蔥	3根
大紅辣椒	2根
豆豉	1大匙

醃料
醬油	½大匙
太白粉	½茶匙
水	1-2大匙

調味料
醬油	1茶匙
糖	¼茶匙
水	2-3大匙
麻油	適量

做法
1 小里肌肉切成片或粗條，用醃料拌勻，醃20分鐘以上。

2 蔥切斜段；紅辣椒切斜片；豆豉泡水3-5分鐘，瀝乾水分，大略切幾刀，如果是用較軟的蔭豉，可以不用泡水。

3 燒熱4大匙油將肉片過油炒熟，盛出。油倒出，僅用約大匙油以小火炒香豆豉，放入蔥段再翻炒數下。淋下醬油，然後放入肉片和紅辣椒，加入糖和水，改大火將材料炒勻，熄火，滴下麻油快速拌炒即可盛出。

Ingredients
200g pork tenderloin
3 stalks spring onion
2 large red chillies
1 tbsp fermented black beans

Marinade
½ tbsp dark soy sauce
½ tsp cornstarch
1-2 tbsps water

Seasonings
1 tsp dark soy sauce
¼ tsp sugar
2-3 tbsps water
a little sesame oil

Method
1 Cut pork into slices or thick strips, add marinade to marinate for at least 20 minutes.

2 Cut spring onion and red chilli into slant sections. Soak fermented black beans for 3-5 minutes, drain and chop roughly (soaking is not necessary if you are using the soft kind of fermented black beans).

3 Heat 4 tbsps of oil and briefly scald the pork, then remove. Pour away the oil and leave about ½ tbsp of oil to fry the fermented black beans over low heat till fragrant. Then add spring onion and stir for a few times, drizzle dark soy sauce, then add pork and red chilli. Add sugar and water and stir well over high heat. Turn off the heat and drizzle over the sesame oil. Stir briskly and serve.

為什麼肉片在炒之前要先用太白粉抓拌？
Why is it necessary to marinate the pork slices with cornstarch?

太白粉能鎖住肉汁，使肉炒好後保持鬆軟滑嫩的口感。如果同時淋上一點油，讓肉沾上油，還能避免肉在炒時黏成一團。

Cornstarch helps to bind in the meat juice and acts as a tenderizing agent to the meat. Add some oil to the meat before cooking also helps to prevent the meat from lumping together when being cooked.

洋蔥梅肉片
stir-fried pork with onion

TASTY TIPS

- 這道菜只用半個洋蔥，所以切時先不要剝皮，切成一半後才剝，洋蔥皮就很容易剝除，而剩餘的另一半帶皮保存較能保持其鮮度，比較不易變乾燥。
- Only half an onion is needed in this dish, thus cut the onion into half before peeling off the skin, the skin will come off more easily this way. Store the other half with its skin intact, this keeps the onion stay fresh longer.

材料

梅花肉片	200克
洋蔥	½個
青椒	½個
大蒜	1粒

醃料

醬油	2茶匙
太白粉	2茶匙
水	1大匙

調味料

醬油	½大匙
鹽	適量
黑胡椒粉	適量

做法

1 將肉片用醃料輕輕抓拌均勻，醃製10-15分鐘。視肉片的大小而定，大片的肉可以一切為二。

2 洋蔥切粗絲；青椒切絲；大蒜切碎。

3 燒熱2大匙油，放入肉片，用大火快速炒至肉片剛變色即盛出。

4 油再燒熱（油不足時可以再加1大匙油），放入大蒜和洋蔥炒香，待洋蔥變軟後放回肉片，淋下醬油和鹽調味，同時沿鍋邊淋下2-3大匙水，拌炒均勻，加入青椒再拌合，灑下黑胡椒粉即可。

Ingredients

200g pork slices (blade shoulder)
½ onion
½ green pepper
1 clove garlic

Marinade

2 tsps dark soy sauce
2 tsps cornstarch
1 tbsp water

Seasonings

½ tbsp dark soy sauce
dash of salt
dash of black pepper

Method

1 Marinate pork slices with marinade for 10-15 minutes. Cut the pork slices into two if they are too big.

2 Cut onion and green pepper into thick shreds; chop garlic.

3 Heat 2 tbsps of oil, add pork slices and briskly stir-fry over high heat till the meat changes colour, immediately dish out.

4 Heat up the oil again (add another 1 tbsp of oil if required) and fry garlic and onion till fragrant. Once the onion is softened, return the pork to the wok and drizzle with dark soy sauce and salt. Drizzle 2-3 tbsps of water by the sides of the wok and fry well, stir in the green pepper and lastly, add black pepper.

如何避免獅子頭沾鍋底？
How to avoid meatballs from sticking onto the pan?

在鍋底鋪上大白菜，再放入獅子頭，就可避免獅子頭沾鍋底了。
Lay Chinese cabbage leaves at the bottom of the pot to serve as a base for the meatballs, this will prevent them from sticking.

TASTY

- 大白菜是一種很耐煮的蔬菜，不但不會因久煮而變色，而且越煮越好吃，因此一般須要燉煮的菜或火鍋的湯底都會選擇大白菜來做。
- 丸子放入砂鍋後，蓋上大白菜葉可防止香味走失。
- Chinese cabbage keeps its shape and colour really well under prolonged cooking. In fact, its flavour intensifies after a long period of cooking. Thus it is most suitable for slow cooked dishes and also for making a stock for steamboat.
- Cover the meatballs with Chinese cabbage leaves to retain the fragrance of the meat.

紅燒獅子頭
braised meatballs

材料

蔥	4根
薑	3片
豬肉碎	800克
大白菜	600克
太白粉水	適量

調味料 1

鹽	½茶匙
花雕酒	1大匙
醬青	1大匙
蛋	1個
太白粉	1大匙
胡椒粉	適量

調味料 2

醬油	2大匙
鹽	¼茶匙
水	2杯

做法

1 拍碎2根蔥和薑片，浸泡在杯水中5分鐘成蔥薑水；剩下的2根蔥洗淨切段，入油鍋煎片刻，取出備用。

2 將豬肉碎放入碗中，依序加入調味料1和薑蔥水，邊加邊摔打，以使肉產生彈性。

3 將肉料分成6份，手沾上太白粉水，把肉搓成丸子。鍋中燒熱4大匙油，放入丸子煎至金黃色。

4 大白菜洗淨切寬段，放入熱水中燙軟，取出備用。

5 將煎過的蔥和大部分的白菜放入砂鍋中墊底，再放上肉丸，加入調味料2，再鋪上一層白菜，蓋鍋。以大火煮沸後轉小火燉煮約1½小時。

Ingredients

4 stalks spring onions
3 slices ginger
800g minced pork
600g Chinese cabbage
some cornstarch mixture

Seasonings 1

½ tsp salt
1 tbsp hua diao wine
1 tbsp light soy sauce
1 egg
1 tbsp cornstarch
some pepper

Seasonings 2

2 tbsps dark soy sauce
¼ tsp salt
2 cups water

Method

1 Smash ginger and 2 stalks of spring onions, soak in ½ cup of water for 5 minutes. Rinse the remaining 2 stalks of spring onions and cut into sections. Heat oil and saute spring onions briefly. Set aside.

2 Place minced pork in a bowl. Add Seasonings 1 and the water used for soaking the spring onion and ginger, combine well until the pork mixture is sticky.

3 Divide pork into 6 portions. Wet your hands with cornstarch mixture and roll pork into 6 meatballs. Heat 4 tbsps of oil and fry meatballs until golden brown.

4 Rinse Chinese cabbage and cut into big pieces. Blanch in hot water until softened. Remove and set aside.

6 Place sauteed spring onions and most of the Chinese cabbage into a claypot, put meatballs on top. Add Seasonings 2 and cover with the remaining Chinese cabbage. Put on a lid and bring to a boil over high heat. Switch to low heat and simmer for 1 ½ hours.

煮五花肉的肉湯可以用來做什麼？
Is there any use for the water after boiling the pork in it?

煮五花肉的肉湯不要倒掉，可用肉湯來調製蒜泥醬汁，也可用來烹煮其他菜餚。
After boiling the pork, reserve some of the water to use for the garlic sauce, or keep it to use in other dishes.

蒜泥白肉
sliced pork with garlic sauce

TASTY

- 做這道菜要選用煮後不會散開的部位，可選擇後腿肉中間的五花肉或邊肉。
- 五花肉切片時，不要切得太厚，薄薄一片口感較好。
- 可以用切成薄片的黃瓜包裹肉片沾蒜泥醬汁一起吃，口味更加清爽！
- Choose pork that doesn't break apart easily for this dish. Belly meat and side meat are both suitable.
- Try to cut the pork as thinly as possible for a better texture.
- Serve the pork with thinly sliced cucumber for a more refreshing taste.

材料

豬前腿肉	250克
蔥	2根
薑	2片
酒	適量

調味料

大蒜泥	½大匙
冷高湯	2大匙
醬油膏	2大匙
糖	½茶匙
辣油	1大匙
麻油	½茶匙

做法

1 豬肉連皮整塊放入滾水中，加入蔥、薑和酒，用小火煮約30分鐘，用筷子試插入肉中，如無血水滲出即表示已熟，待冷透後取出豬肉。

2 切下肉皮，再逆紋切成大薄片。

3 將肉片全部放在漏勺內，落入煮滾的肉湯中，大火川燙片刻，約3-5分鐘即可撈出，瀝乾水分，平排在盤上。

4 小碗中調勻調味料，淋在肉片上即可。

Ingredients

250g pork (fore hock)
2 stalks spring onion
2 slices ginger
some wine

Seasonings

½ tbsp mashed garlic
2 tbsps cold stock
2 tbsps soy sauce paste
½ tsp sugar
1 tbsp chilli oil
½ tsp sesame oil

Method

1 Cook pork with the skin on in boiling water, add spring onion, ginger and wine to simmer over low heat for about 30 minutes. Pierce with a chopstick to check that the juices run clear when it is cooked, leave to cool then remove.

2 Cut pork against the grain into large thin slices.

3 Place pork slices in a perforated ladle and dip into the boiling water again to scald over high heat for 3-5 minutes. Remove and drain well, then place on a plate.

4 Mix well seasonings in a small bowl, then drizzle over the pork slices.

牛肉要怎麼炒才不會老？
How do you stir-fry beef for the best texture and flavour?

牛肉要事先醃製過以封住其肉汁，炒的時候油要多且熱，火要大，過油至8分熟即可盛起。
Marinate the beef well beforehand to seal in its juices. Use an adequate amount of oil and make sure that the oil is hot. Scald beef in hot oil until 80% cooked.

芥蘭牛肉
stir-fried beef with kailan

TASTY

- 燙芥蘭菜的水要加入鹽和油，可使芥蘭菜有鹹味並增加油亮度。
- 牛肉切片須逆紋切，即與肉紋呈垂直方向切，這樣肉的纖維被切斷，烹煮時就不會緊縮變小。
- Blanch kailan in water with a little salt and oil added so that the vegetables stay green and crisp with a hint of saltiness.
- Slice beef across the grain, that is, cut perpendicular to the muscle fibers so that the meat will not contract and become tough when cooked.

材料

牛里肌肉	200克
蔥	½根
大蒜	5粒
紅辣椒	½條
薑	2片
芥蘭菜	300克

醃料 1

醬油、花雕酒	各1茶匙
薑汁	1茶匙
胡椒粉	適量

醃料 2

太白粉	1大匙
油	1大匙

調味料 1

蠔油	½大匙
醬油	1茶匙
糖	½茶匙
花雕酒	½茶匙
高湯	1大匙

調味料 2

太白粉水	適量
麻油	½茶匙

做法

1 牛肉逆紋切片，加入醃料1拌至水份收乾，再拌入醃料2，然後放入冰箱冷藏備用。

2 蔥切段；大蒜切末；辣椒和薑切菱形片；芥蘭菜洗淨，切除硬梗後切段，放入沸水中燙至熟。

3 鍋中放入油燒熱，放入牛肉過油至8分熟，撈起，瀝乾油。

4 鍋中留少許油，爆香蔥、大蒜、辣椒和薑，加入牛肉片和調味料1炒熟，以太白粉水收汁，起鍋前滴入麻油，倒在芥蘭菜上即可。

Ingredients

200g beef tenderloin
½ stalk spring onion
5 cloves garlic
½ red chilli
2 slices ginger
300g kailan

Marinade 1

1 tsp each dark soy sauce and hua diao wine
1 tsp ginger juice
dash of pepper

Marinade 2

1 tbsp cornstarch
1 tbsp oil

Seasonings 1

½ tbsp oyster sauce
1 tsp dark soy sauce
½ tsp sugar
½ tsp hua diao wine
1 tbsp stock

Seasonings 2

some cornstarch mixture
½ tsp sesame oil

Method

1 Cut beef against the grain into slices. Add marinade 1 and combine well until fairly dry. Add marinade 2 and leave in the refrigerator.

2 Cut spring onion into sections. Chop garlic. Cut chilli and ginger into diamond shape pieces. Rinse kalian, trim away the hard stems and cut into sections, then blanch in boiling water.

3 Heat oil and scald beef till 80% cooked. Remove and drain.

4 Leave some oil in the wok and sauté spring onion, garlic, chilli and ginger till fragrant. Add beef and seasonings 1, stir-fry till the meat is cooked. Thicken gravy with cornstarch mixture. Drizzle with sesame oil and pour over the kailan to serve.

為什麼煮咖喱的牛肉，在醃製時不可以加入太白粉？

Why can't you add cornstarch to the beef marinade before cooking beef in a curry?

醃牛肉時不可以加入太白粉，否則會使椰漿汁變稠，而破壞其原有的味道。
If cornstarch is added to the marinade, it will thicken the coconut milk and alter its flavour.

泰式椰汁牛肉
thai style beef in coconut milk

TASTY

- 如果因健康考量不想用椰漿，現在市面上也有售賣椰漿口味的淡奶，用來取代椰漿，味道一點也不差！
- 檸檬葉的香味非常特殊，很適合用來烹煮咖喱菜餚。現也有罐裝的檸檬葉出售，但香味不及新鮮檸檬葉。
- If you're not comfortable with using coconut milk for health reasons, you might want to replace it with coconut flavoured evaporative milk. It is a good alternative to traditional coconut milk without compromising the flavour.
- Kaffir lime leaves are perfect for adding flavour to this Thai dish. They are highly aromatic and add their own distinctive flavour to curries.

材料

嫩牛肉	200克
大紅辣椒	1根
泰國檸檬葉	3片

醃料

醬油	½大匙
糖	¼茶匙
麻油	適量
小蘇打	⅙茶匙
水	2大匙

調味料

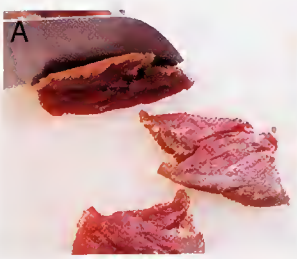
紅咖喱醬	1茶匙
椰漿	⅓罐
糖	½茶匙
魚露	1茶匙

做法

1 將牛肉逆紋切成片（圖A），用醃料醃製約30分鐘（圖B）。

2 大紅辣椒斜切成片；檸檬葉切成粗絲。

3 紅咖喱用約1大匙油先炒香，加入椰漿、糖和魚露，用小火煮滾後，加入牛肉片、紅辣椒和檸檬葉，繼續用小火煮約1分鐘即可。



Ingredients

200g tender beef
1 stalk big red chilli
3 kaffir lime leaves

Marinade

½ tbsp dark soy sauce
¼ tsp sugar
a little sesame oil
⅙ tsp baking soda
2 tbsps water

Seasonings

1 tsp red curry paste
⅓ can coconut milk
½ tsp sugar
1 tsp fish sauce

Method

1 Cut beef across the grain into slices (Fig.A), add marinade and marinate for about 30 minutes (Fig.B).

2 Slant cut red chilli into slices and kaffir lime leaves into thick shreds.

3 Use about 1 tbsp of oil to fry red curry paste till fragrant, then add coconut milk, sugar and fish sauce. Bring to a boil over low heat, add beef slices, red chilli and kaffir lime leaves. Continue to cook over low heat for about 1 minute.

爆炒牛肉要注意的事！
What should you watch out for when quick-frying beef?

爆炒牛肉是要掌握快炒的速度，燒熱的油要夠，且要用大火快炒，才不會把肉給炒老。
The most important part of quick-frying beef is the speed with which it is cooked. You have to briskly stir-fry the beef over hot oil so that it doesn't become tough.

TASTY

- 炒牛肉的配料可隨意變化，如甜椒、甜豌豆、紅蘿蔔和各種菇類等都適合。
- 要炒的牛肉宜選擇紋路較細的嫩牛肉。加嫩精或小蘇打可使肉更嫩，但不宜加太多。
- Beef tastes great stir-fried with peppers, sweet peas, carrots and any types of mushrooms.
- Choose beef cuts that have finer muscles fibers for stir-frying as these are more tender. Tenderizers or baking soda may be added but it is not advisable to add too much of these.

蔥爆牛肉
quick-fried beef with spring onion

材料

牛肉	250克
蔥	10根
大蒜	3-4粒
香菜	2-3根

醃料

醬油	2茶匙
酒	2茶匙
小蘇打	⅙茶匙
胡椒粉	適量
水	2大匙
太白粉	½大匙

調味料

酒	½大匙
醬油	1大匙
水	2大匙
鹽	¼茶匙
糖	¼茶匙
麻油	¼茶匙

做法

1 牛肉逆紋切成薄片；碗中先把醃料調勻，放入牛肉醃30分鐘以上。

2 蔥切斜段；大蒜切片；香菜切段。

3 燒熱4大匙油，搖晃鍋子，使沾油的面積擴大，放下牛肉過油至8分熟，盛出，油倒出。

4 僅用1大匙油，放下蒜片和⅔量的蔥段爆香，翻炒兩三下。加入牛肉片，大火快炒，沿鍋邊淋下調味料炒勻，再放下另外⅓量的蔥段和香菜段拌勻，熄火後裝盤。

Ingredients

250g beef
10 stalks spring onion
3-4 cloves garlic
2-3 stalks coriander

Marinade

2 tsps dark soy sauce
2 tsps wine
⅙ tsp baking soda
dash of pepper
2 tbsps water
½ tbsp cornstarch

Seasonings

½ tbsp wine
1 tbsp dark soy sauce
2 tbsps water
¼ tsp salt
¼ tsp sugar
¼ tsp sesame oil

Method

1 Cut beef across the grain into thin slices. Mix well marinade in a bowl and marinate beef for at least 30 minutes.

2 Cut spring onion into slant sections and garlic into slices. Cut coriander into sections.

3 Heat 4 tbsps of oil, swirl the wok to coat well, scald the beef till 80% cooked, dish out and pour away the oil.

4 Use 1 tbsp of oil to fry garlic and ⅔ of the spring onion till fragrant. Add beef and fry briskly over high heat. Drizzle seasonings by the sides of the wok and stir well. Add the rest of the spring onion and coriander and combine well. Serve immediately.

做漢堡肉餅的牛絞肉要“抓拌均勻”到什麼程度？

How much do you need to mix the minced beef

絞肉要抓拌到有黏性為止，用雙手迅速地攪拌，直到肉碎爛並能黏在手指上，這樣煎的時候就不會散掉，煎後鬆軟且多汁。而摔打數下的動作也可以排除肉中的空氣，肉餅在煎的時候就不易碎開，也更有彈性。

Using both of your hands, swiftly mix the minced beef until it is sticky, this will prevent the meat patties from breaking apart when pan-frying. It is also useful to lift the mince and slap it down on a bowl repeatedly to expel the air trapped within the meat to make it more compact. This makes the meat more bouncy when cooked.

培根漢堡排
bacon hamburger patty

TASTY

- 炒至軟的洋蔥一定要冷卻後才可以加入牛絞肉拌勻，如果還很熱時就加入，絞肉就會變硬。
- The cooked onion must be left to cool completely before adding to the minced beef. If it is still hot, it might toughen the meat.

材料

洋蔥末	½杯
奶油	1大匙
麵包	1片
牛奶	½杯
牛絞肉	400克
蛋	1個
培根	4片
洋蔥	適量
番茄	適量
酸黃瓜	適量

調味料

鹽	½茶匙
胡椒粉	適量

做法

1 洋蔥末用奶油和1大匙油炒香至軟，盛入大碗中。麵包去硬邊，撕成小片，也放入碗中，加牛奶拌勻，浸泡2-3分鐘。

2 加入牛肉、蛋、鹽和胡椒粉，抓拌均勻，摔打數下，分成4份，做成圓餅形，周圍圍上培根，介面處用牙籤固定。

3 平底鍋中加熱1大匙油，將漢堡放入煎1分鐘至形狀固定，翻面再煎約半分鐘至表面微黃，改以小火煎至熟透。

4 肉餅盛出裝盤，附上切片的洋蔥、番茄和酸黃瓜食用。

Ingredients

½ cup chopped onion
1 tbsp butter
1 slice bread
½ cup milk
400g minced beef
1 egg
4 slices bacon
some onion
some tomato
some pickles

Seasonings

½ tsp salt
dash of pepper

Method

1 Fry chopped onion in butter and 1 tbsp of oil till fragrant, dish out into a big bowl. Trim away the crusts from the bread and tear into small pieces, combine well with the onion and milk, leave to soak for 2-3 minutes.

2 Add beef, egg, salt and pepper to the bowl to combine well. Make into 4 round patties and wrap each with a bacon. Secure with a toothpick.

3 Heat 1 tbsp of oil in a pan, fry the burger patties for 1 minute, then turn over to cook for half a minute till surface is browned. Lower the heat and continue to fry till cooked.

4 Dish out and serve with onion slices, tomato and pickles.

除了牛肉，還可在蓋飯裡加入什麼其他材料？
What other ingredients can you add to this dish?

豆腐、金針菇及白菜都很適合用來烹煮這道壽喜燒蓋飯。
Tofu, enoki mushrooms and Chinese cabbage are all suitable for cooking in this dish.

日式壽喜燒蓋飯
japanese sukiyaki on rice

TASTY

- 也可用洋蔥來代替大蔥。
- 味霖一般搭配醬油和其他醬料做成調味料。它也是日式燒烤食物不可少的醃料之一。
- Green onion may also be replaced with onions.
- Mirin is usually used with soy sauce and other flavourings. It is also used for classic Japanese marinades such as teriyaki and yakitori.

材料

新鮮香菇	3朵
絲	適量
火鍋牛肉片	200克
大蔥絲	½杯
白飯	2碗

調味料

水	1杯
柴魚片	適量
醬油	3大匙
味霖	2大匙
糖	1大匙

做法

1 燒熱一鍋水，放入柴魚片，煮至滾即熄火，撈棄柴魚片，加入醬油、味霖和糖，調勻做成味汁。

2 香菇切厚片；絲沖洗乾淨後略為切短。

3 燒熱2大匙油，放入牛肉片和大蔥同炒至8分熟，盛出。

4 放入香菇炒片刻，注入味汁和絲煮滾，再將牛肉和大蔥絲放入，一滾即熄火。

5 牛肉和其他配料盛在飯上，淋下湯汁即可。

Ingredients

3 fresh mushrooms
some konnyaku noodles
200g hot pot beef slices
½ cup green onion shreds
2 bowls cooked rice

Seasonings

1 cup water
some bonito flakes
3 tbsps dark soy sauce
2 tbsps mirin
1 tbsp sugar

Method

1 Add bonito flakes to boiling water, turn off the heat when it comes to a second boil. Discard the bonito flakes, then add dark soy sauce, mirin and sugar to mix well into a sauce.

2 Cut mushrooms into thick slices. Rinse konnyaku noodles, then slightly cut them shorter.

3 Heat 2 tbsps of oil, add beef and green onion to fry together till 80% cooked. Remove.

4 Add mushrooms and fry briefly, add sauce and konnyaku noodles, bring to a boil, then add the beef and green onion. Turn off the heat when it comes to a boil.

5 Place beef and other ingredients onto rice and drizzle with sauce.

不同熟度的牛肉要用多少時間來煎？
How do you cook a steak?

若要牛排5分熟，待牛排兩面都煎黃後，改小火每面再煎1-2分鐘；要8分熟的，則再各煎2-3分鐘。

For medium, when both sides of the steak are slightly browned, lower the heat and continue to cook for another 1-2 minutes each side; for medium-well,

TASTY

- 先大火煎黃牛排表面，封住血水，約30-40秒後才翻面。
- 一定要把油燒熱之後才放下牛排，要以熱油、大火封住表面，以免肉汁流出。
- 麵粉要用篩網篩過才使用，這樣才不容易結塊。
- Sear the steak over high heat to seal in the juices, wait for 30-40 seconds before turning over.
- The pan needs to be hot when you put in the steak, sear the surface of the steak over hot oil and high heat, this will keep the juices inside the meat.
- Sift the flour before using it so that it will not become lumpy.

沙朗牛排佐洋菇汁
sirloin steak with mushroom sauce

材料

洋菇	200克
紅蔥頭	2粒
大蒜	2粒
馬鈴薯	1個
沙朗牛排	1塊
奶油	1大匙
紅蘿蔔	適量
西蘭花	適量

調味料 1

紅酒	2大匙
醬青	1大匙
高湯	1杯
鹽	¼茶匙
黑胡椒粉	¼茶匙
麵粉	適量

調味料 2

鹽	適量
奶油	½茶匙
鮮奶	1大匙

做法

1 洋菇和紅蔥頭切片；大蒜剁碎，備用。

2 用2大匙油以小火炒香紅蔥頭，撈棄紅蔥頭，放入大蒜和洋菇同炒，炒到洋菇變軟，淋下紅酒和醬青，再加入高湯以小火煮5分鐘。加鹽和胡椒粉調味，撒下麵粉攪勻，使醬汁稍濃稠，盛出。

3 馬鈴薯蒸熟，去皮後壓成泥，趁熱加入調味料2，拌均勻。

4 牛排上撒適量鹽和胡椒粉。鍋中燒熱少許的油和奶油，放下牛排，大火煎黃兩面後，改小火再煎至喜愛的熟度，盛盤。淋上洋菇醬汁，搭配馬鈴薯泥、燙熟紅蘿蔔和西蘭花食用。

Ingredients

200g button mushrooms
2 cloves shallots
2 cloves garlic
1 potato
1 piece sirloin steak
1 tbsp butter
some carrot
some broccoli

Seasonings 1

2 tbsps red wine
1 tbsp light soy sauce
1 cup stock
¼ tsp salt
¼ tsp black pepper
a little flour

Seasonings 2

dash of salt
½ tsp butter
1 tbsp fresh milk

Method

1 Cut mushrooms and shallots into slices. Chop garlic.

2 Heat 2 tbsps of oil and fry shallots over low heat till fragrant. Discard shallots, then fry garlic and mushrooms till softened, drizzle with red wine and light soy sauce. Add stock and cook over low heat for 5 minutes. Season with salt and pepper, then thicken with a little flour. Dish out.

3 Steam potato till cooked, peel then mash well, mix in seasonings 2 while it is still hot.

4 Season the steak with a dash of salt and pepper. Heat oil and butter in a pan, fry steak over high heat to sear the surface. When both sides are browned, lower the heat to cook to your liking. Place steak on a plate and drizzle with the mushroom sauce. Serve with mashed potato, cooked carrot and broccoli.

為什麼牛肉要先煎過再稍煮？
Why is it necessary to pan-fry the meat before braising?

牛肉先煎黃兩面，主要是封住表面，以免肉汁流出，而且煎過再煮，香氣更加濃郁！
Fry the meat till browned on both sides to sear the surface so that the meat juices are sealed, it also gives a better flavour and aroma when braised.

鮮茄燜牛小排
braised short ribs with tomatoes

TASTY

- 牛小排的油質較多，煮好後可以把表面的浮油撇乾淨。
- 番茄剝皮後才煮，就不會吃到硬皮，口感更好。
- Since short ribs tend to be rather fat, skim off excess oil after cooking.
- Peel the tomatoes before cooking because tomato skins can be quite tough after being cooked and this might affect the texture and taste of the dish.

材料

牛小排	5片
洋蔥	½個
西芹	3根
番茄	3個
紅蘿蔔	½根
馬鈴薯	1個
九層塔葉	3-4片

調味料

麵粉	2大匙
紅酒	½杯
番茄汁	1杯
鹽	1茶匙
糖	½茶匙
胡椒粉	⅙茶匙

做法

1 先將牛小排分割成小片，再沾上麵粉，用熱油將兩面煎黃，放入燉鍋中。

2 洋蔥和西芹分別切大塊；番茄先燙過，剝去外皮，再切成丁；紅蘿蔔和馬鈴薯削皮切成塊；九層塔剁碎。

3 洋蔥、西芹和番茄也加入鍋中，淋下紅酒、番茄汁和水1杯，蓋上鍋蓋，以小火燜煮30分鐘。

4 加入紅蘿蔔和馬鈴薯，繼續用小火煮10分鐘至軟。

5 最後加鹽、糖和胡椒粉調味，盛出裝盤，撒上九層塔即可。

Ingredients

5 pieces short ribs
½ onion
3 stalks celery
3 tomatoes
½ carrot
1 potato
3-4 leaves basil

Seasonings

2 tbsps flour
½ cup red wine
1 cup tomato juice
1 tsp salt
½ tsp sugar
⅙ tsp pepper

Method

1 Cut short ribs into small pieces, coat with flour, then pan-fry in hot oil till browned on both sides. Remove and transfer to a stewing pot.

2 Cut onion and celery into big pieces. Blanch tomatoes, then peel and cut into dices. Peel carrot and potato and cut into pieces. Chop basil.

3 Put onion, celery and tomato into the stewing pot, pour in red wine, tomato juice and a cup of water. Cover with a lid and simmer over low heat for 30 minutes.

4 Add carrot and potato, continue to cook over low heat for 10 minutes till softened.

5 Lastly, season with salt, sugar and pepper. Dish onto a plate and scatter with basil to serve.

如何簡單剝去番茄的外皮？
How do you peel tomato skin easily?

番茄要先去蒂，另一端再用刀劃十字形，放入滾水中燙至外皮翹起，一出現裂痕立即取出泡冷水，就可輕易剝去外皮了。
Cut away the stalk, then make a cross at the opposite side of the stalk with a knife. Blanch in boiling water until the skin starts to flip up slightly, immediately remove and immerse in ice water. You can now easily peel off the skin.

TASTY

- 牛大骨也可以先放入烤箱中烤黃，再加入牛肉一起煮，香氣會更加濃郁。
- Roast bones till browned before cooking with meat for a more aromatic dish.

紅酒燉牛肉
stewed beef with red wine

材料

牛肋條肉或牛腱 900克
牛大骨 3-4塊
番茄 3個
洋蔥 2個
大蒜 2粒
月桂葉 2片
八角 1顆

調味料

紅酒 1杯
醬青 4大匙
鹽 ⅔茶匙
糖 ½茶匙

做法

1 牛肉切成約4公分塊狀，和牛大骨一起用滾水燙煮至牛肉變色，撈出，用水洗淨。

2 番茄底部劃上刀口，放入滾水中燙至外皮翹起，取出泡入冷水，剝去番茄皮，切成4-6小塊；洋蔥切塊；大蒜略拍一下。

3 鍋中燒熱2大匙油，炒香洋蔥和大蒜，加入番茄一同翻炒，炒到番茄出水變軟，盛出一半的份量。

4 將牛肉倒入鍋中，再略加翻炒，淋下紅酒，大火煮一下。加入月桂葉、八角、醬青和水2杯。換入燉鍋中，先煮至滾，再改小火煮約1個半小時

5 加入預先盛出的洋蔥和番茄，再煮10分鐘，至喜愛的軟爛度時，加鹽和糖調味即可。

Ingredients

900g beef rib fingers or beef shank
3-4 pieces beef bones
3 tomatoes
2 onions
2 cloves garlic
2 bay leaves
1 star anise

Seasonings

1 cup red wine
4 tbsps light soy sauce
⅔ tsp salt
½ tsp sugar

Method

1 Cut beef into 4cm cubes, scald in boiling water together with bones till the meat changes colour. Remove and rinse well.

2 Cut a cross on the tomato, then blanch in boiling water until skin starts to flip up slightly, immediately remove and immerse in ice water. Peel and cut into 4-6 pieces. Cut onion into pieces and crush the garlic cloves.

3 Heat 2 tbsps of oil and fry onions and garlic till fragrant. Add tomatoes and fry till it seeps out water and becomes soft. Dish out half of the ingredients.

4 Put beef into the pan and stir briefly, drizzle with red wine and cook over high heat for a while. Add bay leaves, star anise, light soy sauce and 2 cups of water. Transfer to a stewing pot and bring to a boil. Then simmer over low heat for about 1½ hours.

5 Add the remaining onions and tomatoes that were dished out earlier on, to cook for a further 10 minutes. Once the meat is cooked to your liking, season with salt and sugar.

羊排如何煎得好？
What should you take note of when you pan-fry lamb chops?

肉排一定要用紙巾擦乾，這樣煎時才容易上色；油鍋要夠熱才可以放入肉排，如果油不熱，肉排會吸入過多的油分，也很容易沾鍋。

The meat should be patted with paper towels to remove excess moisture, this helps it to brown more quickly. Do not place the meat into the pan if the pan and oil are not hot enough. This causes the meat to absorb too much oil and stick to the pan.

TASTY

- 肉排放入鍋中煎時必須聽到油作響的聲音，如果沒有響聲，即表示油鍋不夠熱。
- 翻面時不可用叉，因為肉汁會流出，應用夾子或鏟子。
- 如果不想有醬汁，只須撒上鹽和胡椒粉，然後沾上一些迷迭香，放入鍋中煎至熟，再淋上1大匙酒來增加香度即可。
- The pan must be adequately hot when you put in the lamb chop, listen for the sizzling sound, if there is none, that means the pan is not heated up enough.
- Use tongs or spatula to turn the meat over, do not use a fork because piercing the meat with a fork may cause juices to escape.
- For a pan-fried lamb chop without sauce, just season with salt and pepper, then press on some rosemary and pan-fry till cooked. Drizzle over a tbsp of wine for added flavour and aroma.

香煎羊排
pan-fried lamb chop

材料

羊排	3塊
奶油	2大匙
洋蔥絲	½杯
大蒜末	1大匙
麵粉	2大匙
番茄丁	½杯
西洋香菜末	½茶匙

醃料

鹽	½茶匙
胡椒粉	¼茶匙

調味料

高湯	1杯
紅酒	½杯
醬油	1大匙
鹽	¼茶匙
月桂葉	1片
黑胡椒粉	⅙茶匙

做法

1 羊排兩面均勻撒上醃料，醃製約10分鐘，再用1大匙熱油把羊排煎香、表面煎黃，取出羊排。

2 用奶油炒香洋蔥絲和大蒜，炒至變成茶黃色時，撒下麵粉炒散，加入調味料和番茄，用小火煮至3分鐘，把醬汁的蔬菜料濾掉。

3 把羊排放入鍋中醬汁，煮約1分鐘至喜愛的熟度，夾出排放在盤中，撒上西洋香菜即可享用。

Ingredients

3 pieces lamb chops
2 tbsps butter
½ cup onion shreds
1 tbsp chopped garlic
2 tbsps flour
½ cup diced tomatoes
½ tsp chopped parsley

Marinade

½ tsp salt
¼ tsp pepper

Seasonings

1 cup stock
½ cup red wine
1 tbsp dark soy sauce
¼ tsp salt
1 bay leaf
⅙ tsp black pepper

Method

1 Sprinkle lamb chops evenly with marinade to marinate for about 10 minutes. Pan-fry chops with 1 tbsp of oil till fragrant and browned. Remove from the pan.

2 Fry onion and garlic with butter till browned, add flour and stir well. Add seasonings and diced tomatoes to cook over low heat for 3 minutes. Strain away the vegetables in the sauce.

3 Return lamb chops to the pan to cook in the sauce for about 1 minute. Dish onto a plate and sprinkle parsley on top to serve.

煮羊肉爐應該挑選什麼肉？
Which cuts of mutton should you choose for cooking hot pot?

可以選帶皮帶骨的腿部或羊腩。
Choose the legs with skin and bones on or briskets for more flavour.

TASTY

- 腐乳沾醬是將豆瓣醬加豆腐乳（連汁）壓碎，再加麻油調製，喜辣者可加辣油。
- 市面上有配好的羊肉鹵藥包，內容大多包括當歸、川芎、杜仲、紅棗、桂皮、枸杞子、大茴香、小茴香等。也可到中藥店自己搭配購買。
- To make the dipping sauce, mash fermented bean paste with fermented bean curd (with the sauce) together, then mix well with sesame oil. Add chilli oil if you prefer a spicy sauce.
- You can get pre-packed Chinese herbal packs for stewing mutton, these usually include angelica sinensis (dang gui), ligusticum (chuan xiong), eucommia bark (du zhong), red dates, cinnamon, wolfberry, aniseed, cumin. You may also get a combination of these from the Chinese medical shops.

羊肉爐
mutton hot pot

材料

羊肉	800克
老薑	1塊
包菜或大白菜	600克
凍豆腐	1塊
金針菇	1包
任何其他喜愛的配菜	
羊肉鹵藥包	1包

調味料

麻油	3大匙
米酒	1杯
鹽	適量
腐乳沾醬	適量

做法

1 羊肉剁成塊；各種配菜洗切備好；老薑切片，備用。

2 砂鍋中先燒熱麻油，放入老薑爆炒至香氣透出，放入羊肉一起再炒，炒至羊肉變色，倒入米酒和水4杯（也可全部用米酒），並將羊肉鹵藥包加入，大火煮滾。

3 將浮沫撇乾淨，蓋上鍋蓋，以小火燉煮40分鐘，陸續加入各種配菜同煮，與腐乳沾醬一起食用。

Ingredients

800g mutton
1 piece old ginger
600g cabbage or Chinese cabbage
1 piece frozen tofu
1 packet enoki mushrooms
any other ingredients good for hot pot
1 pack Chinese herbal pack

Seasonings

3 tbsps sesame oil
1 cup rice wine
dash of salt
some fermented bean curd dipping sauce

Method

1 Cut mutton into pieces. Wash and cut all other ingredients. Cut ginger into slices. Set aside.

2 Heat sesame oil in a claypot, then fry ginger till fragrant, add mutton and fry till it changes colour. Pour in rice wine and 4 cups of water (you may also replace the water with rice wine). Put in the herbal pack and bring to a boil over high heat.

3 Skim off fats and foams from surface, then cover with a lid. Simmer over low heat for 40 minutes. Continue to add the other ingredients to cook. Serve with fermented bean curd dipping sauce.

怎麼做肉最好吃

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