

## 簡易食譜-Easy Recipes

### ※福建炒飯 Hokkien Fried Rice

#### 材料 Ingredients:

- 2 large dried shiitake mushrooms, about 42 gm 2 個大乾香菇，約 42 克
- 1 dried scallop 1 個干貝
- 2 eggs, lightly beaten 2 顆雞蛋，打成蛋汁
- 2 bowls cooked rice 2 碗乾飯(煮熟的)
- 100 gm chicken breast (or chicken thigh), diced 100 克雞胸肉(或雞腿肉)，切塊
- 110 gm prawns (shrimps), peeled and deveined 110 克蝦子，去殼，摘除蝦腸
- 1/2 tsp minced shallot 1/2 茶匙蔥花
- shredded ginger, to taste 薑絲 (調味)
- 50 gm gailan (Chinese broccoli) stalks, diced 50 克芥藍菜梗，切塊
- 1/4 cup salt-reduced chicken stock 1/4 杯清雞湯(高湯)
- 1/2 cup water 1/2 杯水
- Shaoxing wine, to taste 紹興酒少許(調味)

#### 醃蘑菇 Marinade for mushrooms:

- 1/2 tsp light soy sauce 1/2 茶匙淡醬油
- 1/4 tsp sugar 1/4 茶匙糖
- 1/2 tsp corn flour / corn starch 1/2 茶匙玉米粉或太白粉
- 1/2 tsp vegetable oil 1/2 茶匙蔬菜油

#### 醃雞肉 Marinade for chicken:

- 1 tsp light soy sauce 1 茶匙淡醬油
- 1/2 tsp corn flour / corn starch 1/2 茶匙玉米粉或太白粉
- pepper, to taste 胡椒粉(調味)
- sesame oil, to taste 芝麻油(調味)

#### 調味汁 Sauce:

- 2 tsp light soy sauce 2 茶匙淡醬油
- 2 tsp oyster sauce 2 茶匙蠔油
- 3 tsp corn flour 3 茶匙玉米粉
- 3 Tbsp water 3 湯匙水
- sesame oil, to taste 芝麻油(調味)



### 製作方法 Method:

- Soak shiitake mushrooms and dried scallop in separate bowls of water until softened. Dice mushrooms and mix with marinade. Tear softened scallop apart into fine strips. Steam mushrooms and scallop in a wok over high heat, for about 15 minutes. Set aside.

在單獨的碗用水浸泡香菇、干貝直到變軟。蘑菇切丁和與醃料混合。將干貝撕成細絲，蘑菇和干貝用大火蒸約 15 分鐘後備用。

- Cut each prawn into 3 sections if it's too large. Season with salt and pepper. Set aside.

如果蝦子它太大了，將每隻蝦切成 3 塊，用鹽和胡椒粉調味後備用。

- Heat oil in a frying pan over medium high heat. Add beaten eggs and fry until it is half-way cooked. Add rice and stir fry well for about 10 minutes on high heat, until the rice is evenly heated. Transfer to a deep serving plate. Cover to keep warm.

在平底鍋高溫熱油。添加雞蛋汁和煎到半生熟。加入米飯用大火炒 10 分鐘左右，直到米飯均勻地加熱。起鍋盛到一個深的盤子並覆蓋保溫。

- Add oil in the pan to cook chicken until cooked through. Set aside.

添加油在炒鍋裡炒雞肉，直到熟透後備用。

- Add oil and cook prawns till half-way through. Set aside.

添加油，炒大蝦直到半熟。備用。

- Saute shallot and ginger over medium heat. Add diced gailan stalks and stir to combine. Sprinkle wine. Pour chicken stock and water into the pan. Bring it to a boil. Toss in the chicken, prawns, mushrooms. When it boils again. Add scallop. Stir in the sauce and cook to your preferred consistency. Pour the sauce mixture over the top of the fried rice. Serve hot immediately.

中火炒香蔥和薑。添加切碎的芥藍梗拌炒。放一些酒、高湯和水倒進鍋裡把它煮沸。放入雞肉、蝦、蘑菇。當它再次沸騰。添加干貝絲。拌入醬汁，煮到一定的濃稠度。將炒好的醬料倒在炒飯的上面，完成並趁熱吃。