

簡易食譜-Easy Recipes

※酸甜排骨 Sweet and Sour Pork Chops

材料 Ingredients:

- 5 Pork loin chops 豬排肉 (about 265 grams)
- 1/2 onion 洋蔥
- 1/2 green capsicum 青椒
- 1/2 red capsicum 紅甜椒
- 3 slides of pineapple 鳳梨片 (fresh or tinned 新鮮或罐頭)
- 1/2 teaspoon minced garlic 1/2 茶匙蒜粉

醃泡汁 Marinade:

- 1 tablespoon soya sauce 1 湯匙醬油
- 2 teaspoons grated ginger juice 2 湯匙薑汁
- 2 teaspoons Shao-xing wine 2 湯匙紹興酒
- 1/2 teaspoon corn flour 1/2 湯匙玉米粉
- a dash of salt & white pepper 少許鹽和白胡椒

糖醋醬的原料 Sweet & sour sauce ingredients:

- 4 tablespoons white vinegar 4 湯匙白醋
- 1 tablespoon water 1 湯匙水
- 49 grams brown sugar in pieces (紅糖, chopped into small pieces)
- 2 tablespoons ketchup 2 湯匙蕃茄醬

勾芡 Thickening:

- 1/2 teaspoon corn flour 1/2 茶匙玉米粉 (太白粉)
- 2 tablespoon water 2 湯匙水



製作方法 Method:

- Rinse and dry pork chops, tenderize them briefly with the back of a chopper, sprinkle salt and pepper. Cut each pork chop into 3 pieces, then blend in soya sauce, ginger juice and wine. Leave them for 30 minutes.

先清洗和擦乾豬排，將肉嫩化用刀背輕輕敲打肉片，撒上鹽和胡椒，把每塊豬肉剝成 3 小塊，然後加入醬油、薑汁和酒，醃 30 分鐘。

- Wash green and red capsicum and cut them into pieces. Cut pineapple into bite sizes.

清洗青、紅椒，把它們切成小塊。把鳳梨切成一口大小。

- Briefly coat the marinated pork chops with some corn flour. Fry them on medium-heat pan until golden. Set aside.

將醃好的排骨沾一些些玉米粉，中熱鍋炸至金黃色，起鍋備用。

- Heat 1 tablespoon oil to sauté onion until soft, then add minced garlic, green & red capsicums. Sprinkle a dash of salt, stir fry a while until the vegetables turn soft. Dish up.

一湯匙油加熱將洋蔥炒軟，然後加入切碎的大蒜、青和紅椒，加入少許鹽，炒一會，直到蔬菜變軟，起鍋備用。

- Pour in sweet and sour sauce ingredients with brown sugar on low heat until sugar dissolves. Simmer for 1 minute, uncovered. Add thickening to the sauce if you desire. Put back the pork chops and stir well. Turn off the heat, add pineapple. Dish up and serve hot.

糖醋醬汁倒入勾芡配料與紅糖，直到糖溶解，不要上蓋煮一分鐘，放入豬肉翻炒，關火加入鳳梨等其它配料，完成上菜。