

簡易食譜-Easy Recipes

※鮮奶燉蛋 Steamed Eggs with Milk Dessert

材料 Ingredients:

- 2 eggs 雞蛋
- 30gm white sugar (or to your taste)白糖
- 250ml milk 牛奶

製作方法 Method:

1. Beat the eggs. Warm milk in the microwave oven a bit. Don't boil it.
1.先打蛋，用微波爐加熱一杯牛奶，不要煮開它。
2. Add warm milk into the beaten eggs first, then add sugar. Mix well. You don't need an electrical mixer. A fork can do. Use a spoon to get rid of the foam on the surface of egg mixture.
2. 先將溫牛奶添加到打好的蛋汁內，然後加入白糖用刀叉攪拌均勻，用湯匙去掉蛋汁表面的泡沫。
3. Cover the mixture with foil. Steam it for 12 minutes in a wok with a lid on. Every 4 minutes, lift the lid up a bit and let some steam release. Done! Serve hot.
3. 用鋁箔紙蓋上蛋汁容器，放入電(蒸)鍋中蓋上鍋蓋蒸 12 分鐘，每 4 分鐘，掀起鍋蓋一下，讓一些蒸氣釋放，時間到趁熱食用。

