

金狮献瑞

材料:

大虾12只、鱼肉或虾肉100克、绞肉100克、马蹄2粒(切粒)、青葱1棵(切粒)、云吞皮适量切丝、蛋1粒。

腌虾料:

姜1/2汤匙、葱汁1/2汤匙、花雕酒1/2汤匙、盐和胡椒粉少许。

调味料:

酱清2茶匙、鳊鱼粉1/2汤匙、味精1/2茶匙、蛋黄1粒、生粉半汤匙、胡椒粉和麻油各少许。

烹法:

1. 将虾弃壳留尾，切成双飞，然后以腌料腌约20分钟。
2. 鱼肉、绞肉和所有材料加入调味料，打至起胶备用。
3. 将虾洒上少许生粉，把馅料酿于虾上，沾上蛋液，最后沾上云吞皮丝。
4. 以中火油将虾炸至金黄色，沥干油份，即可奉献。

Fried Prawns with Wanton Shreds

Ingredients:

12 big prawns, 100g fish meat or prawn meat, 100g minced pork, one stalk spring onion (cut into bits), some "wanton shreds", one egg, two water chestnuts (cut into cubes)

To marinate prawns:

1/2 tbsp ginger, 1/2 tbsp spring onion juice, 1/2 tbsp cooking wine, pinch of salt/pepper

Seasoning for stuffing:

1/2 tsp M.S.G, two tsps light soy sauce, 1/2 tbsp cornflour, dash of sesame oil and pepper, 1/2 tbsp ground flat fish, one egg yolk

Method:

1. Remove shells from prawns, leaving tail section intact, remove veins, wash and dry then marinate for 20 minutes.
2. Knead fish meat, minced pork and all the ingredients evenly, then divide into 12 portions.
3. Coat prawn with a layer of cornflour, place one portion of stuffing on it then coat a layer of egg wash and layer it with "wanton shreds".
4. Deep fry coated prawns over medium heat until golden brown, drain oil and serve.

新春佳肴

DIY festive Delight

