



大家一起來烹飪

Let's cook together!

29.08.20

2pm

# 今日菜單

## Today's menu



素烏達  
Vegan Otah



滷杏鮑菇  
Stewed King Oyster Mushroom



素鸡饭  
Vegetarian Chicken Rice

素烏達  
Vegan Otah





# 材料 Ingredients



## 如何製作辣椒醬：

- 將所有原料放入攪拌機中。
- 放入500毫升水，攪拌均勻至糊狀。
- 將鍋熱，加入油。
- 炒辣椒粘貼並添加所有調味料。
- 用中火和小火煮20分鐘，直到香氣出來。

## 辣椒醬材料：

5 条	紅辣椒
半碗	辣椒乾
30 克	黃姜
120 克	蠟果
100 克	南姜
600 毫升	水

## 調味料：

4 湯匙	糖
3 湯匙	鹽
3 湯匙	醬油
1 湯匙	素齋湯

## Chilli Paste Ingredients:

5 Pcs	Red Chili
½ Bowl	Dried Chilies
30 gm	Turmeric
120 gm	Candlenut
100 gm	Galangal
600 ml	Water

## Seasoning :

4 Tbs	Sugar
3 Tbs	Salt
3 Tbs	Light Soya Sauce
1 Tbs	Vegetarian Stock

## How to make the Chili Paste:

- Place all the chili ingredients into blender.
- Put 500ml Water & blended till smooth.
- Heat up wok, add oil.
- Stir-fry chilies paste and add all the seasoning.
- Cook for 20 min in medium and low heat until fragrance.

# 材料 Ingredients



## 素烏達的材料：

2 块	豆乾
200 毫升	椰漿
1 茶匙	素鮑魚汁
2 汤匙	辣椒醬

## 調味料：

1 茶匙	鹽
2 茶匙	糖
3 茶匙	醬油

## Vegan Otah Ingredients:

2 Pcs	Bean Curd
200 ml	Coconut Milk
1 tsp	Vegan Abalone Sauce
2 Tbs	Chili Paste

## Seasoning:

1 tsp	Salt
2 tsp	Sugar
3 tsp	Light Soya Sauce

## 做法：

1. 將2塊豆腐放入濾袋中，將多餘的水擠出。
2. 將榨乾的豆腐和辣椒醬一起攪拌均勻。
3. 加入1茶匙鹽，2茶匙糖，1茶匙素食鮑魚汁和3茶匙醬油。
4. 加入200毫升椰漿，並將其混合在一起。
5. 將2湯匙素烏達糊放在一塊鋁箔紙上，將其折疊成長方形，然後用訂書機固定。
6. 將2湯匙素烏達糊放在香蕉葉上，將兩端折疊至中心並用釘書機固定。
7. 將其餘的素烏達糊放在一個大盤裡。
8. 用180的溫度下烘烤15分鐘。

## Method:

1. Place 2 pcs bean curd into filter bag to squeeze out the excess water.
2. Put the squeezed bean curd together with chilies paste and mixed it well.
3. Add 1 tsp salt, 2tsp sugar, 1 tsp Vegan Abalone Sauce and 3 tsp of soya sauce.
4. Add 200ml Coconut Milk and mixed it all together.
5. Scoop 2 Tbs of Otah paste onto a piece of aluminum foil, wrapped in rectangular shape and secure with stapler.
6. Scoop 2 Tbs of Otah paste onto a banana leaves, fold up both ends to the center and secure with stapler.
7. Put the rest of Otah paste onto a large bowl
8. Bake at 180 degree for 15 minutes.

# 滷杏鮑菇

Stewed King Oyster Mushroom



# 材料 Ingredients

杏鮑菇 200克  
King Oyster  
Mushrooms 200g



沙茶醬 1茶匙  
Sacha Sauce 1 tsp  
(Chinese BBQ Sauce)



黃糖 1湯匙  
Brown Sugar 1 tbs



清水  
Water



八角 1粒  
Star Anise 1 pc



花椒粒 ½茶匙  
Szechuan Peppercorn ½tsp

醬油 2湯匙  
Dark Soya Sauce 2 tbs



芝麻油 1湯匙  
Sesame Oil 1 tbs



# 做法

1. 將清洗乾淨的杏鮑菇用叉子插上許多小洞洞，這樣做會使杏鮑菇更入味。
2. 滷煮的整個過程都是用小火。
3. 首先將芝麻油倒入熱鍋。
4. 將八角和花椒炒出香味。
5. 加入黃糖慢慢不停拌炒至溶化。
6. 加入沙茶醬和醬油。
7. 滷料拌均勻後，放入杏鮑菇。
8. 翻動杏鮑菇跟滷汁拌勻。
9. 將清水倒入，蓋鍋，滷大約一小時。
10. 滷汁收干後就可以切片食用。

# Method

1. Use a fork to poke many holes on the King Oyster Mushroom after washed. This will make the it more flavourful.
2. Use low heat for the entire cooking process.
3. Pour Sesame Oil into the heated pot.
4. Sautéed the Star Anise and Szechuan Peppercorn to fragrance.
5. Add the Brown Sugar and stir slowly until it melts.
6. Add Sacha Sauce and Dark Soya Sauce.
7. Add King Oyster Mushroom after the seasoning sauce is well mixed.
8. Flip the King Oyster Mushroom to mix well with seasoning.
9. Pour in some water, cover the pan, let it stew for about 1hr.
10. Ready to slice for serving when the sauce becomes thick.

素鸡饭

Vegetarian  
Chicken Rice



# 材料 Ingredients



## 素雞的材料：

- |       |      |
|-------|------|
| 1 包   | 春脆豆包 |
| 10 片  | 腐皮   |
| 1 段   | 甘蔗   |
| 2 滿茶匙 | 冰糖   |
| 1 茶匙  | 鹽    |
| 1 滿茶匙 | 香菇調味 |
| 2 湯匙  | 醬油   |

## Ingredients for Vegetarian Chicken

### Drumstick:

- |            |                    |
|------------|--------------------|
| 1 pkg      | Crispy Beancurd    |
| 10 pcs     | Beancurd skin      |
| 1 pc       | Sugarcane          |
| 2 full tsp | Rock Sugar         |
| 1 tsp      | Salt               |
| 1 full tsp | Mushroom Seasoning |
| 2 tbsp     | Light Soy Sauce    |



## 飯的材料：

- |        |        |
|--------|--------|
| 3 杯    | 白米     |
| 1.5 湯匙 | 冰糖     |
| 1 湯匙   | 鹽      |
| 3 湯匙   | 橄欖植物牛油 |
| 3 湯匙   | 麻油     |
| 2 莖    | 香茅     |
| 3 片    | 班蘭葉    |
| 1 大片   | 老薑     |
| 1 小片   | 南姜     |

## Ingredients for Rice:

- |            |                  |
|------------|------------------|
| 3 cup      | White Rice       |
| 1.5 tbsp   | Rock sugar       |
| 1 tbsp     | Salt             |
| 3 tbsp     | Olive Oil Spread |
| 3 tbsp     | Sesame Oil       |
| 2 stalk    | Lemongrass       |
| 3 stalk    | Pandan leaf      |
| 1 big pc   | Ginger           |
| 1 small pc | Galangal         |



# 材料 Ingredients



## 辣椒醬的材料：

綠紅辣椒：適量

酸柑：2粒

生薑：1小片

冰糖：2滿茶匙

鹽：1茶匙

香菇調味：2茶匙

醬油：2湯匙

麻油：1湯匙

## Ingredients for Chili Sauce:

as desired Green & Red Chili

2 pc Lime

1 small pc Young Ginger

2 full tsp Rock Sugar

1 tsp Salt

2 tsp Mushroom Seasoning

2 tbsp Light Soy Sauce

1tbsp Sesame Oil

## 如何製作甜醬：

- 2湯匙 甜醬, 2湯匙麻油, 攪拌均勻。

## How to Make Sweet Sauce:

- 2 tbsp sweet soy sauce, 2 tbsp sesame oil & mix them up.

## 如何製作辣椒：

- 慢慢加入所有必需的成分：綠紅辣椒，生薑，鹽和蘑菇調味料。
- 然後搗碎
- 加入酸橙，冰糖，醬油和麻油。

## How to Make Chili Sauce:

- Slowly add in all required ingredients : Green & Red Chili, Young Ginger, Salt and Mushroom Seasoning.
- Pound them up to smooth texture.
- Add Lime, Rock sugar, Light Soy Sauce and Sesame Oil.

# 做法

## 素食雞腿：

1. 把1包 春脆豆包放在開水中泡發30分鐘。
2. 30分鐘後，將其從水中取出，瀝乾水分。
3. 準備一個大碗，加入所有調味料，加入冰糖，鹽，淡醬油，蘑菇調味料，然後將其混合。
4. 打開每片豆包，將其與所有調味料攪拌均勻。
5. 準備豆腐皮，切成10片正方形。
6. 將豆包在甘蔗周圍，做成雞腿狀，最後包上腐皮,可以用麵糊粘住。
7. 用中火蒸45分鐘。

## 素食雞飯:

1. 將鍋熱，加入橄欖油。
2. 加入生薑，南姜，香茅，攪拌至香。
3. 加入冰糖, 鹽。
4. 加入漂洗後的3杯白米，炸至清香為止。
5. 加入香菇調味
6. 將所有米飯材料,香蘭葉和3杯水还有麻油一起放入電飯鍋中，使其煮熟。
7. 將米飯和素雞飯配切好的黃瓜，番茄和生菜。

## **Cooking Method :**

### **Vegetarian Chicken Drumstick:**

1. 1 pkg of crispy beancurd soak in water for 30mins.
2. After 30mins remove from water and drain it to dry.
3. Prepare one big bowl, add all the seasoning for rock sugar, salt, light soy sauce, mushroom seasoning and mix it up.
4. Open each crispy beancurd. Mix it well with all the seasoning.
5. Prepare beancurb skin, Cut into square shape for 10 pcs.
6. Wrap crispy beancurd around the sugarcane into drumstick shape, finally cover with Beancurd skin, Can use batter to glue.
7. Steam at medium heat for 45 mins.

### **Vegetarian Chicken Rice:**

1. Heat the wok, add Olive oil.
2. Add Ginger, Galangal, Lemongrass and stir till fragrance.
3. Add 1.5 tbsp Rock Sugar, 1 tbsp Salt
4. Add 3 cup of White Rice post rinsing and fry it until fragrance.
5. Add 1 tsp Mushroom Seasoning.
6. Ready to put all the fried chicken rice ingredients together with pandan leaves and 3 cups of water, sesame oil to rice cooker and bring them to cook.
7. Serve rice and vegetarian chicken drumstick with cut cucumber, tomato and lettuces.