大家一起來烹飪

Let's cook together!

03.10.20

2pm

今日菜單
Today's menu

2:00pm	香椿蘿蔔糕 1）食材介紹 2）烹飪視頻播出 3）雙向交流
2:20pm	黑豆漿 1）食材介紹 2）烹飪視頻播出 3）雙向交流
2:40pm	燜白蘿蔔 1）食材介紹 2）烹飪視頻播出 3）雙向交流
3.00pm	前賢慈勉
3.05pm	結束

香椿蘿蔔糕和黑豆漿
Carrot Cake & Black Soy Milk

燜白蘿蔔
Braised White Radish

香椿蘿蔔糕

Carrot Cake

香椿蘿蔔糕

做出 10寸圓形蘿蔔糕 (高度 5.5cm)
Makes 10 inch circular carrot cake (Height 5.5cm)

材料
- 白蘿蔔　1 條 (大概800克)
- 粘米粉
- 水　　　3碗粉:6碗水 (比率是 1:2)
- 生粉　1 湯匙

調味料
- 香椿
- 鹽
- 白胡椒粉　少許
- 菠蘿菇

Ingredients
- Radish
- Rice flour
- Water
- Potato starch

Seasoning
- Toona paste
- Salt
- White pepper
- Mushroom seasoning

Ingredients
1 (about 800g)

3 bowl flour: 6 bowl water
(ratio is 1:2)

1 tbsp

Some

蘿蔔糕做法

1. 蔣蘿蔔切成小塊,放入攪拌機。 加入3碗水。
2. 蔣蘿蔔攪成糊狀。
3. 蔣蘿蔔糊倒入咖啡袋,用手擠出蘿蔔汁。蔣蘿蔔渣倒回攪拌機裡。
4. 再加入3碗水。蔣蘿蔔攪成糊狀。
5. 蔣蘿蔔糊倒入咖啡袋,用手擠出蘿蔔汁。
6. 將6碗蘿蔔汁倒入蒸盤裡。
7. 蒸盤裡加入3碗粘米粉和1湯匙生粉。攪拌均勻。
8. 加入鹽,胡椒粉,菠蘿菇和香椿。
9. 準備蒸爐,用中火將水煮溫。
10. 將蒸盤放入蒸爐中。使用較低的蒸架,確保水動到蒸盤的底部。
11. 持續攪拌蘿蔔糊(6-7分鐘)至成泥狀,起鍋。
12. 將蘿蔔泥鋪好平面, 再放入蒸爐,蓋上鍋蓋,以中火蒸35-40分鐘。(這次使用較高的蒸架,確保水不動到蒸盤底部)
13. 冷卻後即可享用。

Carrot Cake Method

1. Cut radish into cubes. Put into blender. Add 3 bowls of water.
2. Blend into a smooth mixture.
3. Pour mixture into a coffee filter. Squeeze to obtain radish juice. Pour radish remains back into the blender.
4. Add 3 cups of water into the blender. Blend again to obtain a smooth mixture.
5. Pour mixture into a coffee filter. Squeeze to obtain radish juice.
6. Pour 6 bowls worth of radish juice into carrot cake pan.
7. Add 3 cups of rice flour and 1 tbsp of potato starch into the mixture. Mix to combine evenly.
8. Add Salt, pepper, mushroom seasoning and toona paste.
9. Prepare steaming pot. Heat the water on medium heat.
10. Place carrot cake into the pot. Use a lower steaming rack to ensure water is touching the bottom of the cake pan.
11. Continuously stir the mixture for 6-7 minutes until it becomes a thick mash. Remove from pot.
12. Spread the mash evenly in the cake pan. Place back into the steaming pot, cover with lid and steam for 35-40 minutes.
    (This time, ensure water is not touching the bottom of the pan using a higher steaming rack)
13. Cool for a few hours or overnight before serving.

蘿蔔糕的兩種吃法

2 ways to enjoy carrot cake:

Pan-fried & Stir-fried

煎蘿蔔糕做法
Pan-fried Carrot Cake

1. 將冷卻的蘿蔔糕切片。
2. 平底鍋燒熱,倒入少許油。
3. 將蘿蔔糕放入鍋內,兩面煎至金黃色。
4. 起鍋,淋上少許黑醬油。
5. 即可享用。

1. Cut cooled carrot cake into rectangular pieces
2. Heat a non-stick pan. Add some oil
3. Put carrot cake pieces onto pan. Fry both sides until golden brown
4. Drizzle some black soy sauce.
5. Ready to serve.

菜頭粿做法

材料

1. 蘿蔔糕
2. 菜圃
3. 豆芽

調味料

1.醬青

2.黑醬油

1. 將冷卻的蘿蔔糕切成條狀。
2. 熱鍋裡加入少許油。
3. 爆香菜圃。
4. 放入蘿蔔糕,炒香。
5. 倒入醬青和黑醬油,炒香。
6. 加入豆芽,炒均勻。
7. 起鍋,即可享用。

Stir-fried Carrot Cake

Ingredients
1. Cooled carrot cake
2. Cai po (Radish bits)
3. Fresh bean sprouts

Seasoning
1. Light soya sauce
2. Dark soy sauce

1. Cut cooled carrot cake into strips
2. Add oil to a heated pan
3. Fry cai po until fragrant
4. Add carrot cake. Fry till fragrant.
5. Add in light soya sauce and black soy sauce. Fry to combine.
6. Add in fresh bean sprouts, fry to combine.
7. Ready to serve.

黑豆漿

Black Soy Milk

黑豆漿

材料

- 黑豆　　　　250克
- 斑蘭葉　　　4-5片,清洗後,剪小片
- 核桃　　　　15顆
- 水　　　　　~2.8L

做法

1. 將黑豆浸泡至少4小時(或隔夜)
2. 將一半的黑豆,核桃和700ml的水放入攪拌機
3. 攪拌均勻
4. 將豆漿倒入咖啡袋過篩,擠出豆漿水
5. 重用豆渣, 加入700ml的水。再次攪拌
6. 將豆漿倒入咖啡袋過篩,擠出豆漿水 (豆渣可去除)
7. 將剩下的黑豆, 斑蘭葉和700ml的水放入攪拌機
8. 重複步驟3-6
9. 將豆漿倒入大鍋,煮滾
10. 即可享用

Black Soy Milk

Ingredients

- Black beans   250g
- Pandan Leaf   4-5pc, clean & cut into smaller strips
- Walnut   15pc
- Water   ~2.8Litres

Method

1. Soak black beans in water for at least 4 hours (or overnight).
2. Put half of the black beans, walnuts and 700ml of water into blender
3. Blend smoothly
4. Pour mixture into coffee filter and squeeze to obtain soy milk
5. Reuse the bean residue, add 700ml of water. Blend again.
6. Pour mixture into coffee filter and squeeze to obtain soy milk. (Residue can be discarded)
7. Put remaining black beans, pandan leaves and 700ml water into blender
8. Repeat steps 3-6
9. Pour all soy milk into bigger pot. Bring to a boil.
10. Ready to serve.

燜白蘿蔔

Braised White Radish

材料 Ingredients

焖白蘿蔔

材料 (A)：

1 條	白蘿蔔
二粒	蕃茄
一大塊	老薑
三條	辣椒乾
三片	亞參片

材料 (B)：

十塊	燉羊肉
一顆	芹菜

调味料：

醬青 适量
黑糖 少许

Braised White Radish

Ingredient (A):

1 pc	White Radish
2 pcs	Tomatoes
1 large	Old Ginger
3 strips	Dried Chili
3 pcs	Tamarind Slices/ Asam Kulek

Ingredient (B):

10 pcs	Stew Mutton
1 pc	Celery

Seasonings:

Soy Sauce as desired
Brown Sugar 1 tbs

做法

1.　將A材料切好入鍋
2.　加水蓋過材料，大火煮滾後小火一個小時。
3.　把燉羊肉，醬青，黑糖加入再小火煮45分鐘。
4.　關火前加入芹菜。
5.　取出鍋享用。

Methods

1. Cut all the ingredient A and place all into the pot
2. Add water enough to cover all ingredients
3. Use high heat to cook until boiling and turn low heat to cook for one hour.
4. Add the Stew mutton and add seasoning for light soy sauce and brown sugar to simmer for another 45 minutes.
5. Add celery before turning off the heat.
6. Ready to serve

Enjoy!