

A kitchen whisk is positioned on the left side of the image, with its handle pointing towards the bottom left. In the bottom left corner, there is a small white square bowl filled with dark, possibly black, seeds or grains. The background is a light-colored fabric with a repeating pattern of small, dark, cross-like shapes. Scattered across the background are several small, light-brown, oval-shaped objects, likely seeds or nuts.

大家一起来烹飪

Let's cook together!

25.07.20

2pm

今日菜單

Today's menu



純素蚝仔煎
Vegan Orh Luak



紅醬番茄意大利面
Spaghetti Bolognese



純素蘑菇濃湯
Vegan Mushroom Soup

純素蚝仔煎

Vegan Orh Luak



材料

乾性材料：

蕃薯粉
粘米粉
蘑菇粒
鹽
胡椒粉

4湯匙
1湯匙
適量
適量
適量

濕性材料：

水 (要軟一點，可加多點水，最多1杯)
麻油

1杯
適量

紫菜絲
豆乾
鮑魚菇
茼蒿

1片
2片
1包
3梗

蘸醬：
青檸汁
辣椒醬

2湯匙
2湯匙



做法

1. 將乾性和濕性材料攪拌均勻。
2. 加入紫菜絲，靜止5分鐘。紫菜會融合在粉漿內。
3. 不沾鍋裡將豆乾煎至5分鐘/金黃色。放入碗中備用。
4. 煎鮑魚菇至水收乾。
5. 把豆乾再加入鍋中，煎多一下。



做法

6. 將菇和豆乾集中，在鍋裡形成圓形。
7. 鍋裡加少許油。攪拌粉漿，倒入鍋中。一面煎3-5分鐘或至邊緣酥脆即可翻面。將另一面煎至3-5分鐘。
8. 灑上芫荽點綴。
9. 將青檸汁和辣椒醬攪拌均勻。擺盤，即可享用。



Ingredients

Dry ingredients:

Sweet potato flour	4 tbsp
Rice flour	1 tbsp
Mushroom seasoning	Some
Salt	Dash
Pepper	Dash

Wet ingredients:

Water (add more for softer pancake, max 1 cup)	3/4 cup
Sesame oil	Some

Shredded seaweed	1 sheet
Taukwa crumbled	2 pieces
Oyster mushroom	1 pack
Coriander (minced)	3 stalks

Dipping Sauce:

Lime juice	2 tbsp
Chilli sauce	2 tbsp

Method

1. Mix all dry and wet ingredients together
2. Add in shredded seaweed and leave it to rest for 5 minutes. The seaweed should disintegrate and blend into the flour mixture.
3. Heat a non-stick pan and pan fry the taukwa for 5 minutes or till golden brown. Remove the taukwa and set aside in a bowl.
4. Pan fry the oyster mushroom till all the water has evaporated.
5. Add the taukwa back into the same pan and fry a bit more.
6. Combine ingredients into a circle in the pan.
7. Pour a bit more oil into the pan. Stir the flour mixture. Pour the mixture over the ingredients. Pan fry one side for 3-5 minutes or till crispy before flipping the pancake. Pan fry the other side for 3-5 minutes.
8. Plate and garnish with minced coriander.
9. Combine lime juice & chilli sauce. Serve with pancake.

紅醬番茄意大利面
Spaghetti Bolognese



材料 Ingredients

義大利麵	300克	Spaghetti	300g
新鮮番茄	3粒	Fresh tomatoes	3 pieces
罐頭番茄(切好)	1罐 (400克)	Canned chopped tomatoes	1 can (400g)
番茄泥	1茶匙	Tomato puree	1 tsp
番茄醬	75克	Ketchup	75g
蘑菇	12粒	Swiss button mushrooms	12 pieces
素火腿	80克	Vegetarian ham	80g
芝士(建議用 Mozzarella)	40克	Cheese of choice (Mozzarella used)	40g
新鮮羅勒葉	少許	Fresh basil	Handful
調味料：		Seasoning:	
橄欖油	1湯匙	Olive oil	1 tbsp
鹽，胡椒粉	少許	Salt & pepper	To taste
白糖	1茶匙	White sugar	1 tsp
紅椒粉	1茶匙	Ground paprika	1 tsp

材料 Ingredients



做法

義大利麵

1. 將一鍋水煮滾。放入少許的鹽。
2. 加入義大利麵，煮10分鐘。麵條應有彈性。
3. 撈起備用。

紅醬

1. 熱鍋裡加入橄欖油。
2. 加入新鮮番茄，煮至軟化。
3. 加入罐頭番茄，番茄泥和番茄醬。
4. 用空罐頭量半罐的水，倒入鍋內。
5. 加入糖。
6. 煮至沸騰。關小火悶煮15分鐘。

配料

1. 平底鍋內，將蘑菇炒幹。
2. 加入1湯匙橄欖油。
3. 加入素火腿。
4. 加入鹽，胡椒粉和紅椒粉。
5. 倒入煮好的紅醬，攪拌均勻。
6. 加入芝士，攪拌至融化。



Method

1. Spaghetti

1. Boil a pot of water. Add in some salt.
2. Add in Spaghetti. Cook for about 10 mins until al dente.
3. Drain & set aside.

1. Bolognese sauce

1. Add olive oil to a heated pot
2. Add in fresh tomatoes. Cook till softened.
3. Add in canned tomatoes, tomato puree & tomato sauce.
4. Using the empty can, pour in half a can of water.
5. Add in sugar.
6. Bring to a boil. Lower heat & simmer for 15 mins.

3. Ingredients

1. In a pan, fry mushrooms till all the water evaporates.
2. Add in 1 tbsp of olive oil.
3. Add in Vegetarian ham.
4. Add in salt, pepper & paprika.
5. Pour in bolognese sauce, stir to combine.
6. Add in cheese & cook till melted.

純素蘑菇濃湯
Vegan Mushroom Soup



材料

6-7人份

白蘑菇	2包
新鮮香菇	1包
素羊肉	幾粒
無糖豆漿	約2杯
麵粉/鷹嘴豆麵粉	約半杯
意大利綜合香料	適量
百里香	適量
營養酵母	1-2大匙



做法

1. 鍋裡加入適量菜油。油熱了，就倒入切好的白蘑菇。炒到蘑菇“出汗”，再倒入切好的香菇，繼續翻炒。
2. 菇出水後，用白胡椒粉和海鹽調味，再加入切碎的素羊肉，繼續炒。
3. 加入適量的百里香和意大利綜合香料。
4. 加入麵粉（先用水把麵粉弄成糊狀比較容易攪拌均勻）
5. 加入無糖豆漿。用適量的香菇粒調味。繼續攪拌。
6. 邊試味道邊調味。如果味道可以，就可以先關火了。
7. 將蘑菇湯倒入攪拌器，可分成幾次攪。如果喜歡多一些口感，可以保留一些蘑菇，不用攪拌。
8. 把攪拌好的蘑菇湯倒回鍋裡，做最後的調整（味道以及濃稠度），之後加入營養酵母。再次煮至沸騰就大功告成了

Ingredients

White button mushroom	2 packets
Fresh shiitake mushroom	1 packet (~250g)
Vegetarian mutton	Few pieces,minced
Unsweetened soy milk	~2 cups
Flour / chickpea flour	~1/2 cup
Mixed / Italian herbs	As desired
Dried thyme	As desired
Nutritional Yeast	1-2 tbsp

Method

1. Heat up cooking oil in the wok. Add the button mushrooms and sauté until it releases juice. Add the shiitake mushrooms as well, and continue to sauté.
2. Add white pepper powder and sea salt to taste, and then add in the minced vegetarian mutton and continue to sauté.
3. Add in mixed herbs and dried thyme.
4. Add in flour and stir well to remove any clumps (mixing the flour with water first will make it easier to combine).
5. Pour the soy milk into the combined flour and mushroom mixture and stir well. Add mushroom seasoning to taste.
6. Adjust the seasoning as desired and turn off the heat.
7. Transfer the mushroom soup to a blender (in batches if needed) and pour the blended soup back into the pot. If you prefer, you may leave some mushroom pieces whole.
8. Put the fire back on and add nutritional yeast. Make any final adjustments to the taste and thickness and bring to a boil one last time. Serve while hot.