

大家 一起 來烹飪

*Let's
Cook
Together!*

*26th December 2020
2pm*



今日菜單 *Today's Menu*



2:00pm

夏威夷素堡包

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:20pm

素余翅湯

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:40pm

素越南米粉卷食譜

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



3:00pm

結束



夏威夷素堡包
Hawaii Burger

材料 *Ingredients*

- 猴頭菇100克
- 雜豆50克
- 芫茜少許（切幼）
- 攪新膳肉(Omnimeat) 150克
- 麵包屑50克

調料:

- 菜油2湯匙
- 百里香粉1茶匙
- 迷迭香粉1茶匙
- 粗黑胡椒1茶匙或各自口
- 香菇粉1茶匙(個人口味)

- Monkey Head Mushroom 100g
- Mixed Vegetables 50g
- Coriander leaves (few sprigs, chopped)
- Omnimeat 150g
- Breadcrumbs 50g

Seasoning:

- Vegetable oil 2 tbsp
- Ground Thyme 1 tsp
- Ground Rosemary 1 tsp
- Coarse black pepper (1 tsp or to taste)
- Veg Granule Seasoning (1 tsp or to taste)



材料 *Ingredients*

- 罐頭黃梨4片-放入煎鍋乾煎兩面至微焦，取出放一旁
- 準備四個漢堡包麵包、生菜、番茄片、黃瓜片
- 漢堡醬料：
 - 素蛋黃醬1湯匙
 - 番茄醬1湯匙
 - 芥末醬1茶匙將以上的醬料混合攪均勻

- Canned pineapple 4 slices (drained of syrup). Dry fry in a pan on each side for a minute or two until slightly charred on each side
- Prepare 4 burger buns, some lettuce, tomato slices, cucumber slices
- Burger Dressings:
Mix together a tablespoonful of each of mayonnaise, tomato ketchup and a teaspoonful of mustard paste



做法/Method

1. 用攪機將猴頭菇和雜豆攪幼，攪後放入大碗加入芫茜、麵包屑、菜油、百里香粉、迷迭香粉、粗黑胡椒、香菇粉一起攪拌均勻
2. 將以上材料分成四份
3. 煎鍋內加一點油，用小火將素肉餅的兩面煎至金黃色

1. In a food processor, coarsely chop monkey head mushroom, mixed vegetables (not too finely chopped). Transfer into a big bowl and mix in coriander leaves, breadcrumbs, vegetable oil, ground thyme, ground rosemary, coarse black pepper, and veg granule seasoning
2. Divide into 4 equal portions
3. In a frying pan, add a little oil and lightly fry each patty on low fire for about 1 or 2 minutes on each side



素余翅湯

Vegetarian

Shark Fin Soup

素余翅湯材料

10 人份

高湯材料：

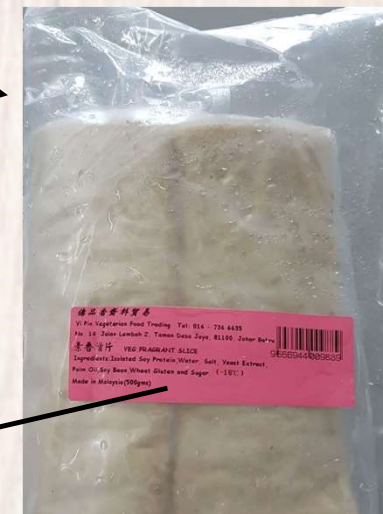
清水 2.5 毫升
粉葛 200 g (去皮切小片)
黑甘蔗 一小段 (洗淨)

材料：

杏鮑菇 250 g
金針菇 300 g
黑木耳 2 朵(大)
紅羅卜 一條(中)
素火腿 150 g
香滑片 一片
素蟹絲 100 g
香菜 少許

調味料：(可依各人可味調味)


鹽
醬青
卜羅菇
麻油
地瓜粉 (打芡)



高湯做法：

1. 待水燒開放入材料
2. 大火熬10分鍾轉小火再熬3個小時。

余翅：

1. 將杏鮑菇，黑木耳，紅蘿蔔，素火腿，香滑片切絲。
 2. 將金針菇去根，拔絲。
 3. 將杏鮑菇炒香。
 4. 高湯裡，放入炒好的杏鮑菇，金針菇，黑木耳，紅蘿蔔，素蟹絲。大火煮滾。
 5. 等待當兒，準備勾芡糊備用。
 6. 滾後，放入香滑片，素火腿，調味料。
 7. 關小火，邊攪邊倒入勾芡糊。
 8. 勾芡後，開大火煮滾。
 9. 灑上香菜。即可享用。
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Vegetarian Shark Fin Soup Ingredients *10 servings*

Stock ingredients:

Water 2.5 litres
Chinese Arrowroot/ Fen Ge 200g (peeled and cut small pcs)
Black sugarcane 1 section (Washed)

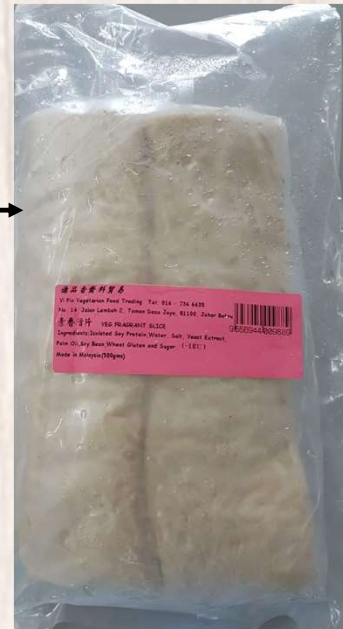
Seasoning:

Salt
Light soy sauce
Mushroom seasoning
Sesame oil
Sweet potato flour (to thicken soup)



Ingredients :

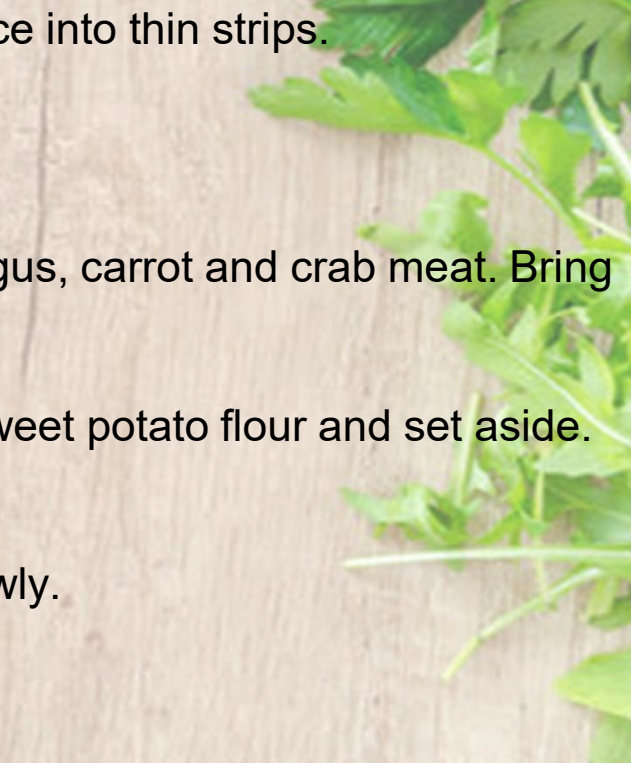
King oyster mushroom 250 g
Enoki mushroom 300 g
Black fungus 2 big pieces
Carrot 1 medium sized
Vegetarian Ham 150 g
Veg. fragrant slice 1 piece
Veg. shredded crab meat 100 g
Coriander some



Stock method:

1. Pour water into pot and bring to a boil
2. Pour in fen ge and black sugarcane.
3. Cook on high heat for 10 mins. Simmer on low heat for 3 hours.

Shark Fin Soup:

1. Cut king oyster mushroom, black fungus, carrot, ham and fragrant slice into thin strips.
 2. Remove roots of enoki mushroom & shred with hands.
 3. Fry king oyster mushroom till fragrant.
 4. To the stock, add king oyster mushroom, enoki mushroom, black fungus, carrot and crab meat. Bring to a boil.
 5. While waiting, prepare thickening mixture by adding water to some sweet potato flour and set aside.
 6. Once boiled, add fragrant slice, ham and seasoning.
 7. Lower the heat. While stirring, add thickening mixture to the soup slowly.
 8. After thickening, bring to a boil on high heat.
 9. Add coriander. Ready to serve.
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素越南米粉卷
*Vegetarian
Vietnamese Rice
Roll*

材料 *Ingredients*

1 人份

乾木耳	¼碗	Dry Black Fungus	¼ bowl
幹蘑菇	¼碗	Dry Mushroom	¼ bowl
芒光	½碗	Diced Jicama	½ bowl
越南薄餅皮	6件	Vietnamese Rice Paper	6 pieces

調料:

食用油	2湯匙
蔬菜調味料	1/2茶匙
胡椒	少許

Seasoning:

Cooking Oil	2 tbsp
Vegetable Seasoning	½ tsp
Pepper as desired	



材料 *Ingredients*

側料：

豆芽

蔬菜：生菜，薄荷，羅勒
(少許)

醬料：

糖：2茶匙

檸檬汁：1湯匙

醬油：2湯匙

水：2湯匙

辣椒：少許

Side:

Bean sprouts

Vegetable: Lettuce, Mint, Basil (as desired)

Sauce:

Sugar: 2tsp

Lemon Juice: 1 tbsp

Soy Sauce: 2tbsp

Water: 2 tbsp

Chili: as desired



做法

1. 將乾木耳和乾蘑菇放在熱水中浸泡30分鐘。
2. 準備一碗溫水，加入1茶匙食用油，將其混合。慢慢將一張薄餅皮放入溫水中，將薄餅皮浸泡幾次，然後再加入下一張；放置15-20分鐘。
3. 將芒光洗淨，去皮並切丁。
4. 排水乾木耳和乾蘑菇，蘑菇切丁。如果未將乾木耳切成薄片，請將其切成薄片。
5. 加熱鍋；加入一湯匙食用油。
6. 加入蘑菇，炸至香味，然後加入木耳，最後加入芒光，再加入1湯匙食用油。翻炒並攪拌均勻。
7. 最後，以 $\frac{1}{2}$ 茶匙蔬菜調味料和少許胡椒粉調味。
8. 慢慢取出一張濕薄餅皮，並均勻地攤開。將餡料塞入並折疊，直到完成。將米粉卷蒸3分鐘。
9. 醬：加入2湯匙糖，1湯匙檸檬汁，2湯匙水，2湯匙醬油，攪拌均勻直至糖融化。
10. 側：此菜通常搭配煮熟的豆芽，生菜，羅勒和薄荷葉。
11. 豆芽：煮沸一鍋水，關掉火鍋，迅速燙一下，將豆芽倒入籃子，用冷水沖洗後瀝乾。
12. 將生菜切成薄片，加入羅勒和薄荷。

Instruction:

1. Soak Dry Black Fungus & Mushroom in hot water for 30 minutes.
2. Prepare a bowl of warm water, add 1 tsp of Cooking Oil, mix it up. Slowly add piece by piece of Rice Paper into warm water, soak the rice paper few times before adding the next; leave it for 15-20 minutes.
3. Wash, peel and dice the Jicama.
4. Drain Mushroom & Black Fungus, dice mushroom. If Black Fungus is not sliced, slice it.
5. Heat the wok; add 1 tbsp of Cooking Oil.
6. Add Mushroom in, fry until fragrance, then add Fungus, and finally Jicama, add another 1 tbsp of Cooking Oil. Stir fry and mix well.
7. Finally, season with ½ tsp Vegetable Seasoning and a sprinkle of Pepper.
8. Slowly take out a piece of wet Rice Paper and spread on an even board, put the stuffing in and fold it up, repeat until finish. Bring the Rice Roll to steam for 3 minutes.
9. Sauce: Add 2tsp Sugar, 1 tbsp Lemon Juice, 2 tbsp Water, 2tbsp Soy Sauce, mix well until sugar is melted.
10. Side: This dish is normally served with boiled Bean Sprouts, Lettuce, Basil and Mint Leave.
11. Bean sprouts: boiling a pot of water, turn off the heat, blanch rapidly the bean sprouts, pour it into the basket, and rinse it through cold water then drain.
12. Slice Lettuce, add Basil & Mint.