



大家一起來烹飪

Let's cook together!

27.06.20

2pm



# 早餐堅果燕麥

*Good Morning Oats*

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Good Morning Oats

## 材料:

燕麥	100 克
豆奶	500 ml
甘蔗糖	少許
水	2-3杯
(1杯=400ml )	
堅果	適量
水果	適量

## Ingredients:

Quick Oats	100 g
Soy Milk	500ml
Cane sugar	As desired
Water	2-3 cups
(1 cup=400ml)	
Nuts	As desired
Fruits	As desired

## 做法:

1. 大火熱鍋，加入燕麥和水。蓋上鍋蓋，煮至沸騰。
2. 轉為小火。加入豆奶和糖，再次煮滾。
3. 熄火，蓋上鍋蓋，燜10-15分鐘。
4. 享用之前加入堅果和水果即可。

## Method:

1. Heat a pot on high heat. Add in oats and water. Cover with lid and bring to a boil.
2. Lower heat. Add in soy milk and sugar, bring to a boil again
3. Turn off heat. Cover with lid and rest for 10-15mins.
4. Add in desired fruits and nuts before enjoying.







# 炸雲吞

Fried Wantons

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## 材料:

豆腐	450克
包菜	400克
紅蘿蔔	100克
黑木耳	40克
香菇	80克
素羊肉	50克

## Ingredients:

Tofu	450 g
Cabbage	400 g
Carrot	100 g
Black Fungus	40 g
Mushroom	80 g
Vegetarian Mutton	50 g

## 調味料 :

油	2湯匙
素香菇肉醬	2湯匙
蘑菇粒	1湯匙
素蠔油	2湯匙
甜醬	1湯匙
麻油	1湯匙
醬油	1湯匙
胡椒粉	適量

## Seasonings:

Oil	2 tbsp
Mushroom minced meat	2 tbsp
Mushroom seasoning	1 tbsp
Oyster Sauce	2 tbsp
Sweet Sauce	1 tbsp
Sesame Oil	1 tbsp
Soya sauce	1 tbsp
Ground white pepper	As desired



## 做法:

1. 壓碎豆腐
2. 將包菜，紅蘿蔔，香菇，黑木耳切成小塊，放在碗裡
3. 加油和豆腐，煎至豆腐乾至褐色
4. 炒香菇，紅蘿蔔，素羊肉，黑木耳和包菜
5. 加入蘑菇肉末，蘑菇粒，蠔，麻油，醬油和白胡椒粉
6. 把餡料放涼
7. 準備餛飩皮，把餡料包進去
8. 炸雲吞到金黃色



## Method:

1. Smash the tofu.
2. Finely cut the cabbage, carrot, mushrooms, black fungus into small pieces and place in bowl.
3. Add oil and tofu. Pan fry until the tofu is dried and in brown color.
4. Fried mushroom, carrot, vegetarian mutton, black fungus and cabbage together.
5. Add seasoning of mushroom minced meat, mushroom seasoning, oyster sauce, sesame oil, soya sauce and ground white pepper.
6. Let it cool for wrapping of wanton later.
7. Prepare wanton skin, wrap with the filling.
8. Deep-fry wanton until golden brown.

# 雲吞包法

Wanton wrapping styles





# 清蒸五香素鴨

Steamed Vegetarian Duck

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Steamed Vegetarian Duck

5人份 (Serves 5)

## 材料：

五香素鴨 1份  
麻油 少許  
油 少許  
嫩薑絲 少許  
冰糖 2茶匙  
醬青 1湯匙  
水 3-4湯匙  
香菇粉 少許

## Ingredients:

Vegetarian Spiced Duck 1 Packet  
Sesame Oil As desired  
Oil As desired  
Young ginger strips As desired  
Rock sugar 2 tsp  
Light soy sauce 1 tbsp  
Water 3-4 tbsp  
Mushroom seasoning As desired

## 做法：

1. 將素鴨斜刀切片，放入蒸盤備用。
2. 熱鍋加入麻油和生油。再加入嫩薑絲爆香。
3. 倒入醬青和糖。在加入水，煮至沸騰。
4. 加入香菇粉，攪拌均勻。
5. 倒在切好素鴨上。
6. 蒸10分鐘即可。



## Method:

1. At a slanted angle, cut Veg duck into pieces. Place on steaming plate.
2. Heat pan and add in sesame oil and normal oil. Add in ginger slices and fry till fragrant.
3. Pour in light soy sauce and add sugar. Add water and bring to a boil.
4. Add in mushroom seasoning and stir well.
5. Pour sauce over sliced veg duck.
6. Steam for 10 mins. Ready to serve.