

# 大家 一起來烹飪

Let's  
Cook Together!

28<sup>th</sup> November 2020  
2pm





# 今日菜單 Today's Menu



2:00pm

## 素朱角醋

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:20pm

## 韓國泡菜

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:40pm

## 包發發糕

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



3.00pm

## 結束





素朱角醋  
Black Vinegar  
Pig's Trotter



# 素朱角醋材料

## 調料：

雙料添丁黑醋	1支
美極齋湯	2湯匙
醬青	2湯匙
大粒的椰糖	3至4粒
水	2大湯碗

## 材料：

黑木耳	1包 (50克)
黑豆	1包 (250克)
老薑	1公斤
木耳卷	2條
素洋肉	300克
純素猴頭菇	1包 (350克)



## 準備材料：

1. 用手把木耳撕成小片再洗好浸泡水半小時
2. 黑豆洗好浸水即可
3. 老姜去皮后切片
4. 把木耳卷切成小塊
5. 素洋肉切對半
6. 純素猴頭菇切小塊



# 素朱角醋做法

1. 先准备一个瓦煲放一旁
2. 燒鍋倒油，把薑片爆香后放入砂鍋待用
3. 黑豆炒至香味出來和皮開后放入砂鍋待用
4. 把事先備好的2碗水放入砂鍋再開大火煮滾
5. 煮滾后轉小火蓋著燉一小時
6. 一小時後打開鍋蓋后轉大火
7. 放入1支黑醋后稍微攪拌
8. 放入木耳卷，黑木耳，猴頭菇，素洋肉
9. 蓋上鍋蓋轉中火煮1小時
10. 1小時後放入椰糖（可依個人喜好調整甜度）
11. 蓋上鍋蓋繼續用中火煮至椰糖融化
12. 打開鍋蓋攪拌均勻
13. 放入2湯匙的齋湯和2湯匙的醬青
14. 加入調味料后用小火再燜煮1小時，過後試味道，味道是酸甜的話就可以關火盛出享用





# 素朱角醋的食療

這道朱角醋它有祛寒的療效，尤其是手脚冰冷的前賢也適合吃姜醋。中醫有記載，姜可以治療偏頭痛，姜和醋可以散瘀，消腫，解毒，防止身體發胖，可以免患風濕，幫助消化，消除疲勞。

要用瓦煲煮，不能用金屬容器，因為醋跟金屬會起反應。

黑豆的功能是補充腎氣，加強排毒代謝功能，改善肌膚狀況，起到美顏效果。美容功效，抗衰老，改善貧血，降低膽固醇。它富含人體所需18種氨基酸。

黑木耳的效用是降低膽固醇，控制血糖的濃度，防治心血管疾病，補鐵補血，養顏美容。

椰糖它含有大量的礦物質，大量的氨基酸，維生素B群，維生素C，低升糖指數。



# Vegetarian Black Vinegar Pig Trotter

## Seasonings:

Black vinegar	1 bottle
Vegetarian stock	2 spoons
Light soy sauce	2 spoons
Gula Melaka	3 to 4 pieces
Boiled water	2 big bowls

## Ingredients:

Black fungus	1 packet (50g)
Black bean	1 packet (250g)
Old ginger	1kg
Fungus roll	2 units
Vegetarian mutton	300g
Monkey head mushroom	1 packet (350g)



## Prepare the ingredients:

1. Tear the black fungus into small pieces and immerse them in water for 30min.
2. Immerse washed black beans in water till they soften .
3. Remove the ginger skin and cut the ginger into thin slices.
4. Cut the fungus roll into small pieces or bite-sized.
5. Cut the vegetarian mutton into half.
6. Slice the monkey head mushroom into small pieces.



# Method

1. Prepare a claypot and put it aside
2. Pour some cooking oil when the pan is heated
3. Fry the ginger in hot oil until fragrance and transfer the ginger to the claypot
4. Fry the black beans until fragrance and transfer it to the claypot
5. Transfer 2 bowls of boiled water into the claypot
6. Set on full flame and bring it to a boil
7. Set on small flame afterwards and simmer for an hour
8. Open the lid after an hour and set back on full flame
9. Pour the whole bottle of vinegar into the claypot and stir well
10. Add in fungus roll, black fungus, monkey head mushroom and vegetarian mutton
11. Close the lid and use middle flame to cook for an hour
12. Add in the gula Melaka (can make adjustments according to your personal preference)
13. Close the lid and keep middle flame to dissolve the brown sugar to dissolve
14. Open the lid and stir well
15. Add in vegetarian stock and soy sauce for seasoning
16. After seasoning, can set small flame and simmer for another 1 hour. Taste it, the taste should be sweet and sour, off the flame and enjoy it





韓式泡菜  
Cabbage  
Kimchi



# 材料 Ingredients

醬青	90毫升	light soy sauce	90ml
天然蔗糖	100克	brown sugar	100g
韓式辣椒粉	100克	korean red pepper flakes	100g
鹽	100克	fine salt	100g
高麗菜	1個	cabbage	1
大紅蘋果	1個	big red apple	1
大紅蘿蔔	1個	big carrot	1
老薑	30克	old ginger	30g

## 所需用品：

攪拌機  
大的盆

## Bakeware needed:

blender  
large bowl

## 韓式辣椒粉：





# 做法

## 準備材料：

1. 準備一個大的盆，放入水
2. 高麗菜切成小塊后撥開菜片
3. 把高麗菜片放入大盆子
4. 加入鹽攪拌，擱置2小時
5. 2小時後沖洗3次，瀝乾備用
6. 把蘿蔔削成絲條狀

## 準備腌製醬料：

1. 將蘋果和老薑切塊
2. 把切好的蘋果、老薑和醬青放入攪拌機打成泥狀后盛出
3. 把辣椒末、蔗糖和剛才用攪拌機打好的混合物放入另一個大盆攪拌均勻

1. 把高麗菜和蘿蔔絲放入裝有腌製醬料的大盆拌勻
2. 拌勻后裝入罐子裏，放進冰箱





# Method

1. cut the cabbage into small pieces
2. wash the cabbage with water and drain away the water
3. place the wet cabbage in a large bowl and sprinkle with salt
4. using your hands, massage the salt into the cabbage until it starts to soften a bit
5. let it stand for 2 hours
6. afterwards, rinse the cabbage under water 3 times and set it aside to drain in a colander for 15 to 20 min
7. shred the carrot

## Prepare the spice paste

1. cut the red apple and old ginger into small pieces, put them into a blender to blend
  2. add in the korean pepper flakes, light soy sauce and brown sugar---mix them together
- 
1. gently squeeze any remaining water from the cabbage and add it to the spice paste
  2. add the shredded carrot
  3. using a hand glove, gently work the paste into the vegetables until they are thoroughly coated
  4. packed them in a container and store them in the fridge





包發發糕,  
Steamed Huat  
Kueh



# 材料 Ingredients

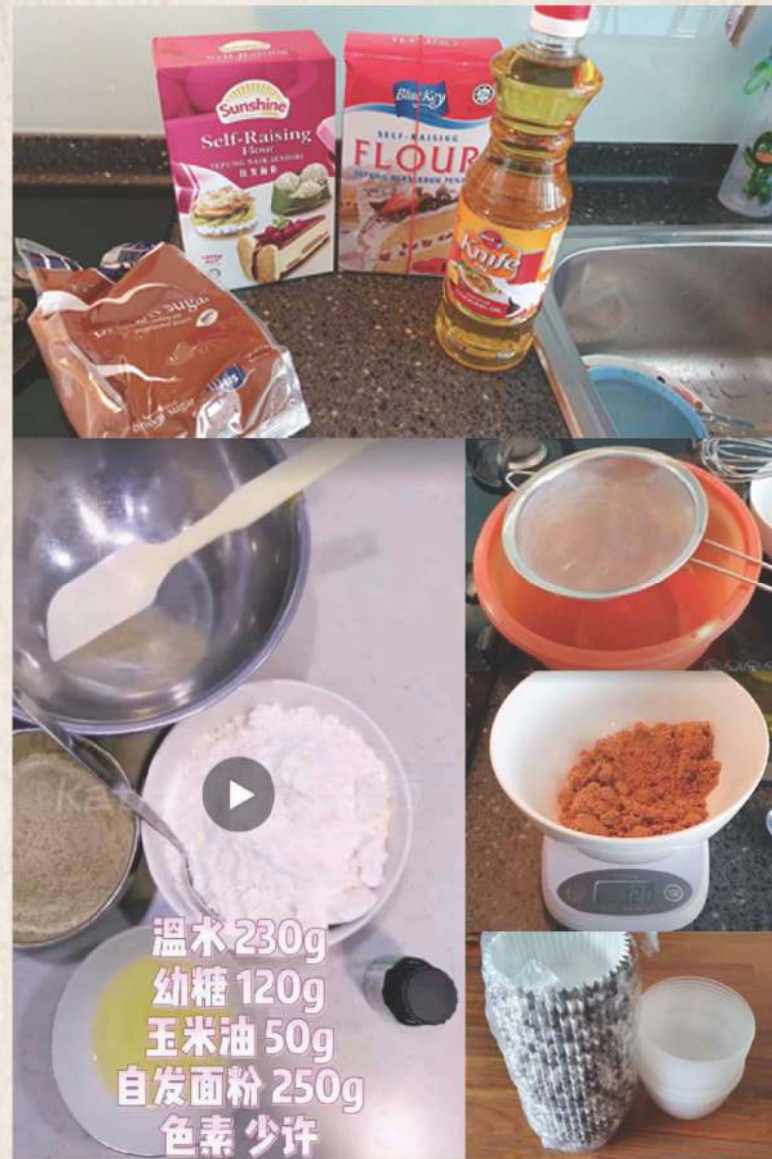
溫水	230克	warm water	230g
幼糖/黑糖	120克	brown sugar (or granulated sugar)	120g
玉米油	50克	corn oil	50g
自發麵粉	250克	self-raising flour	250g

## 所需用品：

乘  
篩網  
紙杯  
盆  
小碗

## Bakeware needed:

weighing scale  
sift  
cupcake liners  
big bowl  
small bowl





# 做法

1. 先把溫水倒入盆裡
2. 加上玉米油和黑糖/幼糖
3. 攪拌均勻后倒入自發粉
4. 需要用塞，麵粉才鬆
5. 攪拌好了就倒入紙杯裡
6. 用大火蒸15分鐘

1. pour the warm water into the big bowl
2. add in corn oil and brown sugar/granulated sugar and stir well
3. use a sift to add in the self-raising flour
4. mix it well and pour the batter into the cupcake liners
5. steam it at high flame for 15min