



"家庭厨神" 烹饪班

19 Sep, 10am @ Bukit Batok CC

名厨: 黄清标



干煸牛肉丝 (10 人份)

Ingredients	材料	Weight	
Frozen beef (cut into strips)	冰冻牛肉 (切丝)	1.2	kg
Celery	芹菜	200	g
Carrot (cut into strips)	红萝卜 (切丝)	200	g
Mushroom (cut into strips)	香菇 (切丝)	60	g
Ginger (cut into strips)	姜 (切丝)	30	g
Red chili (cut into strips)	红辣椒 (切丝)	60	g
Dried chili (cut into strips)	干辣椒 (切丝)	15	g
Minced garlic (cut into strip)	蒜茸	100	g
调味料			
Light soy sauce	生抽	2	Tablespoon
sugar	白糖	1	Tablespoon
Hua diao wine (rice wine)	花雕酒	1	Teaspoon
vinegar	醋	1	Teaspoon

Method:

1. Add a large amount of oil into the wok, add in beef and fry using low heat until crispy
2. leave an adequate amount of oil in the wok, add in celery, carrot, mushroom, ginger, red chili, dried chili and garlic to fry until soft and thoroughly cooked; add in beef, fry for a moment before adding in seasonings to continue frying and serve.

做法:

1. 锅热下油大量, 投入牛肉丝慢火泡炸至干酥后倒出
2. 锅留油少许, 把芹菜、红萝卜丝、香菇、姜丝、红辣椒丝、干辣椒丝和蒜茸投入煸炒至软熟后即可投入牛肉丝, 炒片刻, 然后入调味料, 煸炒均匀即可起锅入碟

**菜上可洒白芝麻, 会更美味。是道四川名菜



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名厨: 黄清标
五香瓜仔肉 (10 人份)



Ingredients	材料	Weight	
Frozen pork (minced)	冰冻猪肉 (绞碎)	1	kg
	罐头瓜仔 (切碎, 留汤)	2	cans
Pork Lard (chopped)	冻鲜猪油 (炼成油渣切碎)	120	g
Fried shallots	炸酥葱头仔	60	g
Minced Garlic	蒜茸	100	g
调味料			
Five spice powder	五香粉	2	Teaspoon
Soya sauce	酱油	1	Tablespoon
Hua diao Wine (Rice Wine)	花雕酒	2	Tablespoon
Sugar	糖	2	Teaspoon

Method:

1. heat the wok, add in oil and fry minced garlic until fragrant before adding in the minced pork, cook under slow fire
2. add in seasonings to fry before adding in water to soak in minced pork, use low heat; add in the pork lard and fried shallots to mix before serving.

做法:

1. 锅热下入油先爆香蒜茸, 再投入肉碎, 慢火把肉焗熟透
2. 再调入调味料焗炒至均匀后, 投入清水浸过肉碎, 用小火煮片刻, 再投入猪油渣及葱酥仔, 拌均匀即可上碟

**此种做法可掺入白饭或面, 也可直接当菜食用



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名厨: 黄清标
贵妃焖鸡 (10 人份)



Ingredients	材料	Weight	
Pork	冰冻鸡	1.5	Kg
Onion (chopped)	洋葱 (切块)	200	g
Garlic (fried)	蒜头 (炸香)	10	Pieces
Ginger slices	姜片	20	Pieces
Spice	八角	1	Piece
Dried citrus peel	陈皮	1	Piece
调味料			
Tomato sauce	茄汁	1	Small bowl
Sugar	白糖	2	Tablespoon
Hua diao wine (rice wine)	花雕酒	1/3	bottle
Pepper	胡椒粉 (少许)		
Salt	盐	1	Teaspoon
White vinegar	白醋	2	Teaspoon

Method:

1. Cut the meat into pieces; mix in a bit of light soy sauce and deep-fry until golden brown
2. leave an adequate amount of oil in the wok, add in onion, garlic, ginger slices, spice and dried citrus peel to fry before adding in tomato sauce; add in chicken and seasonings and continue frying. Add water to soak in the chicken and cook at high heat. Switch to medium fire to simmer until the meat is soft before removing the residues and serving the chicken onto a plate
3. abstract the sauce from the pot and thicken it before pouring onto the chicken to serve.

做法:

1. 鸡切成大块, 拌生抽少许, 入油锅中炸至金黄色捞出待用
 2. 锅留底油少许, 投入洋葱、蒜头、姜片、八角、陈皮煸炒片刻, 然后投入茄汁炒片刻, 即可加入鸡块及调味料炒片刻, 再加入清水浸过鸡块, 大火烧开。再用中火焖煮至鸡块软烂后, 挑去杂质, 取出鸡块入碟
 3. 原锅汤汁取出, 勾芡淋在鸡块上即可
- ** 此菜乃杨贵妃凤翼的名菜, 味浓香糯。如果全用鸡翅是最恰当的。