

Ch 8: Celeb's A Cook [Recipe for Episode 2] Episode 2 [Telecast: May 28, 2008]

材料:

冰冻牛肉、红萝卜、洋葱、芹菜、玉蜀黍、灯笼椒、鸡蛋、番茄、柠檬、松茸菇、蒜头、红灯笼椒碎、青灯笼椒碎、黄灯笼椒碎、蒜茸、红萝卜碎、橄榄油、芥末、鱼子酱

1) 牛块浸泡罗宋汤

做法:

炒香洋葱和红萝卜。

将玉蜀黍和芹菜放入水中熬出味道，然后加入炒香的洋葱和红萝卜。之后加入牛肉片以慢火熬炖即可。

2) 香煎牛肉奶油酱

做法:

把牛肉解冻后，以盐和胡椒粉腌制。

用小火煎至五分熟，切片待用。

将菠菜打成泥，混合奶油煮成浓稠的酱。

将菠菜奶油酱先淋在盘上，摆好松茸菇和牛肉片。

以香叶、鱼子酱点缀即可。



Grinded Ingredients B

¼ cup yoghurt

¼ cup coconut milk

1 cup water

10 cashew nuts

Ingredients C

2 bay leaves

5cm cinnamon stick

5 cardamon

½ cup mint leaves

½ cup coriander leaves

½ cup coriander leaves - for garnishing

Fried Shallots – for garnishing

Salt

Oil

2 tbsp garlic/ginger paste

3 tbsp curry powder

3 tbsp tomato paste

Some mint leaves

2 cups water

¼ cup coconut oil (in box)

Salt

Oil

Cara Cara (Method)

In Malay

Ayam digaul dengan kunyit, lada hitam dan garam dan digoreng. Angkat dan ketepikan.

Panaskan minyak dan tumis daun bay, kayu manis dan pelaga hingga wangi.

Masukkan bahan kisar A dan tumis hingga hampir garing.

Tuangkan campuran bahan kisar B dan bubuk garam. Kacau rata dan biarkan mendidih. Tambah air jika terlalu kering.

Masukkan ayam, gaul rata dan masak dengan api yang perlahan hingga ayam empok dan naik minyak.

Padam api dan tabur daun ketumbar dan bawang goreng (ramas sebelum ditabur). Jangan digaul. Kacau rata sebelum dihidang.

In English

Marinate chicken with tumeric powder, black pepper powder and salt. Fry marinated chicken and set aside.

Heat oil in pan, saute bay leaves, cinnamon stick and cardamon till fragrant.

Add ingredients A and fry till fragrant.

Add in mint and coriander leaves, fry till fragrant.

Add ingredients B. Add salt to taste. Mix well and let it simmer. Add more water if necessary.

Add chicken and mix till even. Reduce heat and cook till chicken tender.

Turn heat off. Add garnishes before serving.

