

Braised Meat Ball

Recipe by Chef Steve Tan 陈金发

Ingredients:

Ribeye Steak	1kg
Thyme	20g
Salt and Pepper	To taste
Chicken Stock	500ml
Double Cream	150ml

Method:

1. Grind the beef in the food processor until well minced. Shape into balls.
2. Put in the thyme and salt and pepper to taste.
3. Then boil the chicken stock and add the meatballs.
4. Cook until the meatballs float up and take out from the stock.
5. To create the blanquette, add the double cream to the stock and stir until evenly thickened.
6. Put the meatballs back into the blanquette/stock mixture and serve.



焖肉丸

食谱由主厨陈金发提供

材料:

牛排 (Ribeye steak) 1公斤
百里香 20克
盐和胡椒 少许
鸡汤 500毫升
高脂厚奶油 (Double cream) 150毫升

做法:

1. 用食物处理器把牛肉磨碎，做成肉丸。
2. 加入百里香、盐和胡椒调味。
3. 然后鸡汤煮沸，并加入肉丸。
4. 煮肉丸直到肉丸浮上，并把肉丸从鸡汤中捞出。
5. 制做奶油霜 (blanquette)，把高脂厚奶油加入鸡汤里，搅拌至均匀浓缩的奶油霜。
6. 把肉丸放进奶油霜及鸡汤的混合物里，即可上桌。