

Fruit Purees Chicken Chop

Recipe by DJ Ken (FM 100.3)

Ingredients:

de-boned chicken drumstick	3 pcs
green apple	1 pc
“ya” pear	1 pc
egg (beaten well)	1
corn starch	a pinch
sunflower oil	as desired



Seasoning:

sesame seed paste – ½ tbsp, chicken powder – ½ tbsp, light soy sauce – ½ tbsp, granulated sugar – 1 tsp

Method:

1. Rinse the chicken well and pat dry.
2. Remove the skin and seeds of the fruits and grind them to purees.
3. Mix the chicken, seasonings and fruit purees and marinate for 30 minutes.
4. Dip the chicken into the egg and coat with corn starch.
5. Pan-fry the chicken with sunflower oil till done.

果汁煎鸡扒

材料:

去骨鸡腿	3只
青苹果	1个(磨幼)
鸭梨	1个(磨幼)
蛋	1个(打散)
生粉	少许
向日葵油	适量

调味:

芝麻酱 – ½汤匙, 鸡精粉 – ½汤匙,
生抽 – ½汤匙, 太古天然甘香砂糖 – 1茶匙.

做法:

1. 将鸡腿洗净, 沥干水份。
2. 将鸭梨及苹果去皮, 磨幼。
3. 将鸡腿加入调味料及果茸一起拌匀, 腌30分钟。
4. 将鸡腿沾上蛋汁, 再上少许生粉。
5. 用平底锅, 用向日葵油将鸡腿煎炸至熟即可。

*由于鸡皮水份含量比较多, 所以把鸡腿放进煎炸时, 记得鸡皮向上, 就不会被热油溅到了