

Ch 8: Celeb's A Cook [Recipe for Episode 4] Episode 4 [Telecast: June 11, 2008]

Ingredients: frozen chicken wings, frozen chicken, dried scallop (adductor), small abalone, a variety of vegetables

Stewed Chicken Soup with Ginseng, Abalone & Dried scallop

Method: Cut the chicken into small cubes. Mix the chicken with corn starch, and cook till done. Put the chicken, fresh ginseng, abalone, dried scallop, salt and Chinese wine (Hua Diao Jiu) into a pot, and stew them for four hours.

Fried Diced Chicken with Bell Pepper

Method: Cut the chicken into cubes, mix them with corn starch and soy sauce and marinate for half an hour. Boil the oil, and fry the chicken till golden in colour and add a little bit of honey. Add red and yellow peppers for embellishment.

材料：冰冻鸡翅膀， 冰冻鸡肉， 干贝， 小鲍鱼， 各种各样的蔬菜

鲜人参鲍鱼干贝炖鸡汤

做法：把鸡肉切丁，用生粉腌制然后过水煮熟。把鸡肉、鲜人参、鲍鱼、干贝、盐和花雕酒放入炖盅里，慢炖4个小时即可。

彩椒酱爆鸡丁

做法：把鸡肉切丁，用生粉和酱油腌半小时。把油烧开，煎鸡肉时加入少许蜂蜜，煎至金黄色。以红、黄椒点缀即可。

