



Recipe
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雲耳勝瓜炒肉片 Stir-Fried Angled Luffa, Black Fungus & Lean Pork



材料	Ingredients
勝瓜 1條	Angled Luffa 1pc
雲耳 15克	Black Fungus (Cloud Ear) 15g
雪耳 15克	White Fungus (Snow Ear) 15g
瘦肉 2兩	Lean Pork 80g
豆卜 10粒	Fried Bean Curd Puff 10pcs
薑片 5-6片	Ginger Slices 5-6slices
蒜片 5-6片	Garlic Slices 5-6slices

調味	Seasoning
鹽	Salt
清雞湯	Chicken Broth
生粉	Tapioca Starch
糖	Sugar
麻油	Sesame Oil
紹酒	Shaoxing Wine

做法 | Method



Step 01

雲耳及雪耳汆水，切去硬底，再切細；勝瓜削去硬角皮，但軟身皮留用，洗淨斜切成三角形件，豆卜斜切成三角形，備用；

Scald white and black fungus, trim hard ends and cut into flowerets; peel hard angle of angled luffa, rinse and cut triangle as well as fried bean curd puffs; set aside;

Step 02

瘦肉切片，加入紹酒、麻油、生粉及水各少許拌勻，醃約15分鐘，備用；

Slice lean pork in thin pieces; marinate with Shaoxing wine, sesame oil, tapioca starch and water for 20 minutes; set aside;

Step 03

油鑊炒肉片至8成熟，撈起瀝乾油分，備用；

Heat oil in wok and stir-fry lean pork slices until half done; drain oil and set aside;

入廚秘技 Chef's Tips

坐月及哺乳期間母親，應盡量少吃豉油作調味。

In lactation period, mother shall prevent from eating soy sauce.

Step 04

油鑊下薑及蒜片及勝瓜同炒至勝瓜邊微黃，加豆卜、雪耳及雲耳同炒，再把瘦肉回鑊煮片刻，加少許清雞湯煮所有材料至熟；

Heat oil in wok and saute ginger slices, sizzle and sherry, pour angled luffa to fry till brown on edge; add bean curd puff, black and white fungus, keep stirring; add half cup chicken broth and return lean pork to wok, stir-fry until done;



Step 05

當汁液收乾後，灑上紹酒及麻油，炒勻，即可端出。

After sauce thickened, stir in sesame oil and Shaoxing wine, dish up; serve hot.

健·康·小·智·慧

勝瓜能止煩渴，清暑熱，潤腸燥。雲耳含植物膠質，豐富蛋白質，鐵質和多種維他命，有潤肺生津，強心補腦。滋膚養顏，益氣和血，更有降血壓之用，對孕婦非常有益。

鑽石健康水提提你：

水可以使體內水溶性物質以溶解態和電解質離子態存在，有助於活躍人體內的生化反應，加速人體血液新陳代謝，提高機體免疫功能。

