豬五花腩捲包扇貝、青蘆筍、配五香白汁豬五花腩、燒扇貝、乾蔥芋餅 (4 人用)

Pork Belly Wrapped Ocean Scallops & Green Asparagus with Taro Rösti with Pork Belly and Green Onions, seared Scallops Roe and 5spices Beurre Blanc (Serves 4 people)

豬五花腩捲包扇貝, 青蘆筍 Pork Belly Wrapped Ocean Scallops & Green Asparagus

材料 Ingredients

去皮豬五花腩切片 ..... 16 片	Pork Belly Slice Boneless ..... 16 slices
扇貝..... 16 個	Scallops..... ..... 16 pieces
去皮青蘆筍. ....24 條	Green Asparagus Peeled . .....24 pieces

步驟 Directions

1. 扇貝去籽，在水龍頭下用冷水沖洗，再用廚紙抹乾。
2. 蘆筍放入沸騰的鹽水灼 2 秒鐘，放在冰水中冷卻。
3. 在清潔的砧板上張開切片豬五花腩，灑少許粗海鹽和新鮮碎胡椒，然後包裹扇貝和青蘆筍，用牙簽固定。
4. 用中火燒紅平底鍋，加一茶匙植物油和 5 克無鹽牛油，放入包好的扇貝和蘆筍，每邊炙燒 2 分鐘。

1. Remove roe from each scallop, rinse under running cold water and dry them with clean paper towels.
2. Quickly blanch the asparagus in salted boiling water for 2 seconds and cool down in cold water.
3. Lay out pork belly slices on a clean cutting board, sprinkle some coarse sea salt and fresh cracked pepper then wrap the scallops and the green asparagus, secure with a toothpick.
4. Pre-heat a sauté pan on medium heat. Add 1 tsp of vegetable oil and 5 grams of unsalted butter into the pan then add wrapped scallops and asparagus, sear them for 2 minutes on each side.

五香白汁豬五花腩、燒扇貝、乾蔥芋餅 Taro Rösti

材料 Ingredients

芋頭切絲..... 250 克	Taro Shredded .... 250 grams
乾蔥切碎..... ..... 50 克	Shallots Chopped .... 50 grams
去皮豬五花腩切片..... 50 克	Pork Belly Slice Boneless..... 50 grams
乾蔥切片.... .... 1 條	Green Onions Sliced . ..... 1 stalk
大雞蛋..... 1 個	Large Eggs .... 1 piece
無鹽牛油..... 10 克	Unsalted Butter .... 10 grams
植物油..... 1 茶匙	Vegetable Oil..... ..... 1 tbsp

步驟 Directions

1. 用猛火燒紅平底鍋，加一茶匙植物油，再加切碎乾蔥和切片豬五花腩。煸炒 3 分鐘後收火。加青蔥，混合好並放置一邊，讓其冷卻數分鐘。
2. 用中火燒紅不粘煎鍋。加入牛油和芋頭，混合好並均勻鋪開，每邊煮 2 分鐘，然後轉到烤盤，在預熱好的烤箱內烤 10 分鐘。

1. Pre-heat a sauté pan on high heat. Add 1 tbsp of vegetable oil into the pan then add chopped shallots and sliced pork belly. Sauté for 3 minutes. Turn off the heat. Add green onions, mix well and set aside. Let it cool down for a few minutes.
2. Pre-heat a non-stick omelette pan on medium heat. Add butter and taro. Mix and spread out evenly, cook for 2 minutes on each side then transfer the mixture onto a roasting pan and cook for 10 minutes in a pre-heated toaster oven.

五香白汁 5 Spices Beurre Blanc

材料 Ingredients

乾蔥切碎..... ..... 30 克 一大瓣
雷司令葡萄酒 ..... 150 毫升
糖..... .....半茶匙
無鹽牛油方塊..... 80 克 (放室溫, 備用)
五香..... 少許
鹽.....少許

Shallots Chopped ..... 30 grams (1 big clove)
Riesling Wine ..... 150 ml
Sugar..... 1/2 tsp
Unsalted Butter Cubes ..... 80 grams (room temperature)
5 Spices ..... a pinch
Salt ..... a pinch

步驟 Directions

1. 用中火燒紅平底鍋，溶解 5 克牛油。炒乾蔥一兩分鐘，然後加酒、糖和五香。慢火煮至水份減至三份一。乾蔥隔起，把汁液放回平底鍋。再加熱至沸騰，然後移離火種。一邊加數塊牛油，一邊輕輕不停攪拌。加少許鹽調味

1. Pre-heat a sauce pan on medium heat. Melt 5 grams of butter in the pan. Sauté shallots quickly for a couple of minutes then add wine, sugar and 5 spices. Let it simmer until liquid reduces to a third. Strain off shallots (keep the shallots) then put the reduction back into the sauce pan. Bring it back to boil and move the pan away from the heat. Add a few pieces of butter at a time and gently whisk constantly. Season with a pinch of salt.