



香橙甜酸汁配油封五花腩(4 人用)

Pork Belly Confit (Serves 4 people)

豬五花腩醃料 **Marinate Ingredients**

材料 **Ingredients**

去骨帶皮豬五花腩肉..... 600 克	Pork Belly Skin on boneless 600 grams
粗海鹽..... 3 茶匙	Coarse Sea Salt 3 tsp
新鮮黑或白胡椒 1 茶匙	Fresh Black (White Peppers) 1 tsp
新鮮蒜片..... 30 克 5 瓣	Sliced Fresh Garlic 30 grams (5 Cloves)
迷迭香..... 2 茶匙	Rosemary 2 tsp
百里香 1 茶匙	Thyme 1 tsp
月桂葉..... 5 塊	Bay Leaves 5 leaves
植物油..... 1.5 公升	Vegetable Oil 1.5 liters

把所有醃料 (植物油除外) 拌好擦在去骨帶皮五花腩肉後蓋好放在冰箱過夜。

Mixed all ingredients (except the oil) together and rub on the belly, cover and refrigerate overnight.

步驟 **Directions**

- 把植物油放在防烤平底鍋，加熱至油將沸騰，去骨帶皮五花腩肉皮向下慢慢放入，用錫紙蓋好後放進預熱至華氏 325 度的烤箱烤一小時，把腩肉反轉皮向上再烤一小時。
 - 烤完後，小心從油中取出腩肉，放入冰箱冷卻 15 分鐘。切成四個方塊後在皮上劃方。
- Pour vegetable oil into an oven-proof roasting pan and heat until just before boiling, slowly add the pork belly skin side down into the oil and cover with tin foil, then put it in an oven (pre-heated to 325°F) for an hour. Turn the pork belly over skin side up, cover and cook for one more hour.
 - When the pork belly is cooked, CAREFULLY remove it from the oil and let it cool down in the refrigerator for 15 minutes. Cut into 4 square pieces and score the skin.



里昂式薯仔 Pommes Lyonnaise

材料 Ingredients

白皮薯仔	600 克	White Potatoes	600 grams
無鹽牛油	150 克	Unsalted Butter	150 grams
乾蔥切片	50 克	Sliced Shallots	50 grams
青蔥切片	10 克	Sliced Green Onions ...	10 grams

步驟 Directions

1. 薯仔洗乾淨後用微波爐煮 2 分鐘，重覆 4 次。
 2. 用牛油以中火炒乾蔥片 2 分鐘，加薯仔炒至兩邊金黃，再加青蔥片。按口味加鹽和胡椒粉調味。
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1. Wash potatoes and microwave them for 2 minutes, repeat 4 times.
 2. Sauté shallots with butter in a frying pan on medium heat for 2 minutes then add potatoes and cook both sides until golden brown then add green onions. Season with salt & pepper to taste.



香橙甜酸汁 Orange GASTRIQUE

材料 Ingredients

乾蔥切碎..... 30 克	Chopped Shallots 30 grams
無鹽牛油方塊切半... 200 克	Unsalted Butter (cut 1/2 cubes) ... 200 grams
鮮榨橙汁..... 100 毫升	Fresh Squeezed Orange Juice 100ml
糖..... 1 茶匙	Sugar..... 1 tsp
鮮榨青檸汁..... 1 茶匙/ 約 半個	Fresh Squeezed Lime Juice 1 tsp (1/2 piece)
雷司令葡萄酒..... 300 毫升	Riesling Wine 300 ml

步驟 Directions

1. 甜酸汁做法：

以中火用平底鍋炒乾蔥約一分鐘，再加酒、橙汁、青檸汁和其他材料。慢火煮至水份減半。慢慢收火，加凍牛油輕輕攪拌至全部乳化。按口味加鹽和胡椒粉調味。
 2. 甜菜頭烹煮方法：

洗乾淨連皮甜菜頭, 用鹽水煮 15 分鐘
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1. Making GASTRIQUE:

Sauté shallots in a pan for a minute on medium heat then add wine. Squeeze fresh orange and lime into the pan with the remaining ingredients. Reduce heat and let it simmer until liquid reduces to half. Turn heat off gradually. Add cold butter and lightly whisk mixture until it emulsifies. Season with salt & ground white pepper to taste.
 2. Cooking Beets:

Cook in boiling salted water for 15 minutes, leave beets whole unpeel.