

櫻花農場安康豬呈獻

加家有廚神



椰青香燜珍珠脰 配青木瓜·鴨梨沙拉 (4 人用)

Pork Conical Muscle Stew with Young Coconut Juice & Asian Spices (Serves 4 people)

珍珠脰 Pork Conical Muscle Stew

材料 Ingredients

珍珠脰醃料 (亞洲香料):

珍珠脰.....600 克
五香..... 2 茶匙
辣椒粉..... 3 茶匙
肉桂粉..... 1 茶匙
紅椒粉..... 1 茶匙

所有材料混合好，均勻地搽在豬肉上，蓋好並放入冰箱 3 小時。

燜珍珠脰材料

1. 五香..... 1 茶匙
2. 鹽..... 2 茶匙
3. 辣椒粉..... 1 湯匙
4. 紅椒粉..... 1 湯匙
5. 油..... 100 毫升
6. 香茅..... 1 條
7. 薑切碎..... 1 茶匙
8. 蒜切碎..... 1 茶匙
9. 番茄醬..... 1 罐 約 156 毫升
10. 八角..... 5 個
11. 肉桂條..... 2 條
12. 魚露..... 3 湯匙
13. 椰青..... 3 罐 約 900 毫升
14. 水..... 1 公升
15. 去皮紅蘿蔔切塊..... 300 克
16. 去皮乾蔥..... 6 粒約 200 克

Marinade Ingredients (Asian Spices):

Pork Conical Muscle600 grams
5 Spices 2 tsp
Chili Powder 3 tsp
Cinnamon Powder 1 tsp
Paprika Powder 1 tsp

Mix all ingredients, rub and coat the pork well, cover and refrigerate for 3 hours.

Stew Ingredients

1. 5 Spices 1 tsp
2. Salt 2 tsp
3. Chili Powder 1 Tbsp
4. Paprika 1 Tbsp
5. Oil 100 ml
6. Lemongrass..... 1 stalk
7. Fresh Ginger Chopped 1 tsp
8. Fresh Garlic Chopped 1 tsp
9. Tomato Paste 1 can (156 ml)
10. Star Anise 5 pieces
11. Cinnamon Sticks..... 2 pieces
12. Fish Sauce 3 Tbsp
13. Young Coconut Juice 3 cans (900ml)
14. Water 1 liter
15. Carrot Peeled and Chunks 300 grams
16. Shallot Whole Peeled 6 pieces (200 grams)



步驟 Directions

1. 用小碗拌勻材料 1-4。
2. 平底鍋加油，放入珍珠脷猛火煮數分鐘直至每邊金黃。珍珠脷取出放入湯煲。
3. 用同一平底鍋猛火炒香茅數分鐘直至金黃。加材料 7-9，攪勻後煮數分鐘。把其餘材料放入湯煲，煮至沸騰後，低火燜 2 小時。

1. In a small bowl mix ingredients 1-4 together.
2. Add oil to a medium sauce pan, put the pork in the pan and cook on high heat for a few minutes until it is light brown on all sides. Remove pork from the pan and transfer it to a stock pot and set aside.
3. Use the same pan, sauté lemongrass on high heat for a few minutes until light brown. Now add ingredients 7-9, mix well and cook for a couple of minutes. Now add the rest of the ingredients into the pot. Bring to boil, then reduce heat to minimum and simmer for 2 hours.



青木瓜 . 鴨梨沙拉 Green Papaya & Chinese Pear Salad

材料 Ingredients

青木瓜.....	200 克	Green Papaya	200 grams
中國鴨梨.....	250 克 1 個	Chinese Pear	250 grams (one piece)
米酒醋	2 茶匙	Rice wine vinegar	2 tsp
味醂.....	1 湯匙	Mirin wine	1 Tbsp
少量鹽和胡椒		Salt & pepper to taste	

步驟 Directions

1. 煮鵪鶉蛋：
用沸水煮鵪鶉蛋 5 分鐘，在冰水冷卻後去殼。
 2. 蒜蓉飽：
法國長麵包切片，塗上橄欖油和蒜蓉，灑上少許粗海鹽和乾羅勒。在預熱烤箱內用華氏溫度 400 度烤 5 分鐘。
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1. Hard Boiled Quail Eggs:
Cook eggs in boiling water for 5 minutes, cool down in cold water and peel.
 2. Garlic Crostini:
Cut baguette 1/4 thick bias brush with mixture of olive and chopped garlic, sprinkle some coarse sea salt and dried basil (5 spices). Bake the crostini for 5 minutes in a pre-heated toaster oven @ 400°F.



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.