



## 燜安康貴妃骨配番紅花玉米粥 (4 人用) Pork Ossobuco with Saffron Polenta (Serves 4 people)

### 燜安康貴妃骨 Pork Ossobuco

#### 材料 Ingredients

½ 杯多用途麵粉適量鹽和胡椒粉	½ cup all-purpose flour
1 公斤貴妃骨 (4-6 塊)	Salt and pepper, to taste
2 湯匙橄欖油	1 kg pork shank with bone, (4-6 pieces)
20 克無鹽牛油	2 tablespoons olive oil
100 克青蔥切粒	20 grams unsalted butter
8 瓣去衣大蒜	100 grams shallots, diced
100 克西芹切粒	8 pieces peeled whole solo garlic
100 克紅蘿蔔切粒	100 grams celery, diced
100 克歐防風切粒	100 grams carrots, diced
2 塊月桂葉	100 grams parsnip, diced
1 茶匙胡椒子	2 bay leaves
2 個八角	1 tsp peppercorn
1 茶匙五香	2 pieces whole star anise
1 杯紅酒	1 tsp five-spice
1 罐雞湯 (397 毫升)	1 cup red wine
1 罐切粒番茄 (796 毫升)	1 can chicken broth (397ml)
1 杯褐色高湯	1 tin tomato diced (796ml)
2 湯匙茄汁	2 cups demi or brown stock
1 茶匙鹽	2 tbsp ketchup
	1 tsp salt

#### 步驟 Directions

1. 烤箱溫度設定為華氏 400°F。
2. 貴妃骨洗淨拭乾，加鹽和胡椒粉調味。貴妃骨上均勻地塗滿麵粉，除去多餘麵粉。
3. 用不粘煎鍋，猛火加熱橄欖油和 5 克牛油。貴妃骨每面煎至金黃後，轉到較深的烤盤並置於一旁。
4. 用中至猛火在大煎鍋溶 10 克牛油，放入青蔥和蒜煮 1 分鐘。加西芹、紅蘿蔔、歐防風、月桂葉、胡椒子、八角和五香，繼續炒 5 分鐘。加紅酒煮 1 分鐘。
5. 加雞湯、切粒番茄和褐色高湯，拌好並煮至沸騰。加茄汁和鹽。



6. 熄火，慢慢把汁液淋在烤盤中的貴妃骨。用鋁箔蓋好，烤 20 分鐘。烤箱溫度調低至華氏 350°F，繼續烤 1.5 小時。把貴妃骨轉到大盤並保持溫暖。
7. 燴汁煮至沸騰，煨 10 分鐘，然後熄火。
8. 加入冷牛油，猛烈攪拌直至牛油完全溶化。貴妃骨淋上汁液後上桌。

註：先用粟米粉把醬汁變稠後才加水。

建議配酒：霞多麗 (Chardonnay) 或梅洛 (Merlot) 葡萄酒

1. Turn on the oven @ 400°F
2. Wash and dry pork shanks, season with salt and pepper. Bread the pork shanks with flour thoroughly, tap off any excess.
3. In a non-stick frying pan over high heat, add the oil and 5 grams of butter. Sear the shanks on all sides until lightly brown. Remove pork shanks, transfer into a deep roasting pan and set aside.
4. Melt 10 grams of butter in a large skillet over medium-high heat, add shallots and garlic, cook for a minute. Add celery, carrots, parsnip, bay leaves, peppercorns, star anise, five-spice, continue to sauté for 5 minutes. Add red wine and cook for a minute.
5. Add chicken broth, diced tomatoes and demi, mix well and bring to boil. Add ketchup and salt.
6. Turn off heat, slowly pour the liquid mixture over the shanks in the roasting pan. Cover with aluminum foil and cook for 20 minutes. Turn down oven heat to 350°F, continue cooking for 1.5 hours. Remove shanks to a platter and keep warm.
7. Bring the braising liquid to boil, simmer for 10 minutes and turn off heat.
8. Add cold butter, vigorously stir until butter is melted. Coat the sauce over pork shanks and serve.

Note: thicken the sauce with cornstarch before adding water

Wine paring: a glass of Chardonnay or Merlot wine



## 番紅花玉米粥 Saffron Polenta

### 材料 Ingredients

2 湯匙橄欖油	2 tbsp olive oil
30 克切碎青蔥	30 grams shallots, chopped
½ 杯白葡萄酒	½ cup white wine
1½ 杯棒子麵 (玉米粉)	1½ cups cornmeal
6 杯牛奶	6 cups of milk
一小撮番紅花	A pinch of saffron
2 茶匙鹽	2 tsp salt
130 克馬斯卡彭芝士	130 grams mascarpone cheese
40 克無鹽牛油	40 grams unsalted butter

### 步驟 Directions

1. 用中至猛火，在平底鍋加橄欖油及溶化 10 克牛油，加青蔥炒 1 分鐘。加白葡萄酒煮 1 分鐘。加牛奶、鹽和番紅花，煮至沸騰，源源倒入玉米粉，用耐熱鍋鏟或拂攪拌，直至完全混合。調至慢火並邊煮邊攪拌。煮大約 5 分鐘，直至混合物變稠，玉米粥幼滑。
  2. 把馬斯卡彭芝士和餘下的牛油放入玉米粥裏。猛烈攪動直至牛油和芝士溶化並完全併入。
1. Add olive oil and melt 10 grams of butter in a pan over medium-high heat, add shallots and sauté for a minute. Add wine and cook for a minute. Add milk, salt and saffron, bring to boil, pour polenta flour in a steady stream, stirring with a heat-resistant spatula or a whisk until well blended. Reduce the heat to low and continue cooking, constantly stirring with the spatula. Cook for 5 minutes until the mixture thickens and the cornmeal is tender.
  2. Add mascarpone cheese and the remaining butter to the polenta. Stir vigorously until butter & cheese are melted and well incorporated.



### 燈籠椒雜錦 Sweet Bell Peppers Medley

#### 材料 Ingredients

10 克無鹽牛油	10 grams butter unsalted
1 湯匙橄欖油	1 tbsp olive oil
50 克青蔥切碎	50 grams shallots, chopped
4 瓣蒜切片	4 cloves of garlic, sliced
400 克燈籠椒切粒	400 grams bell peppers, diced
1 茶匙鹽	1 tsp salt
一小撮胡椒粉	a pinch pepper
一小撮乾羅勒	a pinch of dried basil
1 茶匙味醂	1 tsp sweet mirin
少許白葡萄酒	a dash of white wine

#### 步驟 Directions

1. 用中至猛火，在平底鍋中加橄欖油和溶化牛油。加青蔥和蒜，炒 1 分鐘，然後加燈籠椒、鹽、羅勒和味醂。攪拌煮 1 分鐘，加少許白葡萄酒，拌勻。
  2. 熄火並蓋好，讓其放置 1 分鐘。移離爐頭並保持溫暖
1. Add olive oil & melt butter in a pan over medium-high heat. Add shallots & garlic, sauté for a minute then add sweet peppers, salt, pepper, basil and mirin. Stir and cook for a minute, add a dash of white wine, mix well.
  2. Turn off the heat and cover, let it sit for a couple of minutes. Remove from the stove and keep warm.

### 油菜苗 Young You Choi

#### 材料 Ingredients

油菜苗	Young You Choi
-----	----------------

#### 步驟 Directions

1. 用沸水煮油菜苗 1 分鐘。我會煮 10 分鐘，因為媽咪喜歡非常柔軟的油菜。
1. Cook You Choi in boiling salted water for one minutes. I cook it for 10 minutes because mom likes it very soft.