

櫻花農場安康豬呈獻

# 加家有廚神

新時代電視  
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## 醬油香料燴豬小背排骨 配沙葛臘腸春卷/炸芋條 (4 人用)

Braised Pork Back Ribs with Soya Sauce and Asian Spices

Jicama Chinese Sausage Spring Roll / Taro Roots Allumette (Serves 4 people)

### 燴排骨 Braised Pork Back Ribs

#### 材料 Ingredients

2 架豬小背排骨 (每架平均 750 克)	2 racks pork back ribs (750 grams per rack average)
4 瓣大蒜去皮壓碎	4 cloves peeled garlic crushed
2 茶匙黑胡椒籽	2 tsp black peppercorns
1.5 茶匙八角粉	1.5 tsp star anise powder
1 茶匙肉桂粉	1 tsp cinnamon powder
1 茶匙五香粉	1 tsp Five-spice
2 茶匙辣椒粉 (自由選擇)	2 tsp chili powder (optional)
1 杯老抽	1 cup dark soya sauce
1 湯匙米酒醋	1 Tbsp rice wine vinegar
3 湯匙味醂酒	3 Tbsp sweet mirin sauce
½ 杯蠔油	½ cup oyster sauce
50 克生薑切片	50 grams fresh ginger sliced
2 罐雞湯 (397ml 一罐)	2 cans chicken broth (397ml can)
1 杯水	1 cup water
2 湯匙紅糖	2 Tbsp brown sugar
1 湯匙糖蜜	1 Tbsp molasses

#### 步驟 Directions

1. 烤箱溫度調至華氏 375° 度。
2. 把所有材料放在攪拌碗中拌勻。
3. 每個豬小背排骨架切開兩半，洗淨並充分拭乾。
4. 把排骨放入有蓋塑膠容器 (或 Ziploc 膠袋)。加汁料，蓋好放入冰箱冷藏 1-2 日。
5. 每天反轉排骨至少一次，令其均勻醃好。
6. 排骨轉到深的烤盤。醃汁加熱後倒在烤盤內的排骨上，用鋁紙蓋好，烤 2.5 小時。
7. 取出排骨，置於一旁並保持溫暖。
8. 在平底鍋中用中火煨 1 杯燴汁，加粟粉調稠。



9. 塗在排骨上並在烤箱烘約 10 分鐘，直到表面烘成深褐色的脆皮。

註：你也可以在 BBQ 爐上烤排骨。

1. Turn the oven on @ 375°F
2. Add all the ingredients together in a mixing bowl and mix well.
3. Cut each rack of pork back ribs into 2 halves, wash and dry thoroughly.
4. Place the pork ribs into a plastic container with lid (or Ziploc bag). Add liquid mixture, cover and refrigerate for 1-2 days.
5. Rotate the ribs at least once a day so that they marinate evenly.
6. Transfer ribs into a deep roasting pan. Heat the marinade, then pour it into the ribs pan, cover with aluminum foil and cook for 2.5 hours.
7. Remove the ribs, set aside and keep warm.
8. Simmer 1 cup of braising liquid in a sauce pan over medium-heat, thicken with cornstarch.
9. Brush the ribs and bake in the oven until it gets a nice dark brown crust (about 10 minutes).

Note: You can grill the ribs on the BBQ.



## 沙葛臘腸春卷 Jicama Chinese Sausage Spring Roll

### 材料 Ingredients

1 張腐皮	1 sheet fresh bean curd
300 克沙葛切條	300 grams Jicama strips
1 條臘腸	1 piece Chinese Sausage
1 湯匙海鮮醬	1 Tbsp Hoisin Sauce
1 茶匙麻油	1 tsp Sesame oil
20 克紅蔥頭	20 grams Shallots
2 條蔥	2 stalks Green Onions
1 湯匙新鮮香菜切碎	1 Tbsp fresh cilantro chopped
適量鹽和胡椒粉	Salt and pepper to taste

### 步驟 Directions

1. 烤箱溫度調至華氏 375° 度。
2. 煎鍋中加油，猛火加熱。
3. 加紅蔥，炒一分鐘。加臘腸，炒兩分鐘。
4. 熄火，加海鮮醬、麻油、蔥、香菜、鹽和胡椒粉，拌好。放於一旁讓其冷卻。
5. 在清潔的工作面上鋪開一張腐皮，切開四份。在腐皮上灑溫暖飲用水令其潤濕。
6. 取出四份一張腐皮，尖角摺往中央。放 2 湯匙沙葛和臘腸混合物。左右兩邊摺往中央，向前滾動成卷狀。
7. 放在不粘烘盤，在預熱至華氏 375° 度的烤箱烤 20 分鐘。

註：你可以在烤排骨最後半小時同時做春卷，方便一起上菜。

1. Turn the oven on @ 375°F
2. Heat the oil in a frying pan over high heat.
3. Add shallots, sauté for a minute. Add Chinese sausage, sauté for 2 minutes
4. Turn off heat, add hoisin sauce, sesame oil, green onions, cilantro, salt & pepper and mix together. Set aside to cool down.
5. Lay out a sheet of bean curd on a clean working surface, cut into 4 quarters. Damp or spray with warm drinking water onto the bean curd.



6. Take a quarter piece, fold the pointy edge toward the center. Put 2 tbsp of the Jicama mixture on. Fold the 2 sides to the center and roll forward to form a roll.
7. Lay it on a non-stick baking pan and bake in an oven (pre-heat to 375°F) for 20 minutes.

Note: You may want to cook the spring rolls during the last half hour of the ribs to be ready.

### 炸芋條 Taro Allumette

#### 材料 Ingredients

200 克芋頭 (切成 2.5 吋長，¼吋 x ¼吋方條)  
2 公升菜油

200 grams Taro roots (cut match sticks 1/4" x 1/4" x 2.5")  
2 litres vegetable oil

#### 步驟 Directions

1. 把油放入湯鍋或油鑊，猛火加熱至華氏 350°度。
2. 放入芋條炸 6 分鐘後取出，轉到烤盤並保持溫暖。
3. 按口味加鹽和胡椒粉調味 (可用卡珍 Cajun 香料或你喜愛的香料調味)。

1. Heat the oil in a stock pot or wok over high heat and bring it to 350°F
2. Add taro and deep-fry for 6 minutes. Remove and transfer to a baking sheet pan and keep warm.
3. Season with salt and pepper to taste (or you may want to flavour with Cajun spice or your favourite spices).