



豉椒蒸鱈片

鰻魚是不飽和脂肪酸的極佳來源，能使皮膚健康潤滑，但又不易在體內囤積脂肪，或引起膽固醇過高的問題。

Steamed Eel in Black Bean Sauce

材料：

白鱈1/2條(重500克)·蒜頭3粒·陳皮1小片·豆豉醬2湯匙·紅椒2隻·薑絲1湯匙·蔥絲2湯匙·芫荽葉1湯匙

調味：

生抽1湯匙·糖1湯匙·胡椒粉1/4茶匙·麻油1茶匙。

做法：

1. 白鱈剖淨，以生粉及鹽擦洗乾淨，切片。
2. 蒜頭去皮剁爛成茸，陳皮浸透切絲與豆豉醬及全部調味料和勻，試調味，將鱈片放入撈勻放於塗油碟上。
3. 紅椒去籽及切絲，灑在鱈上，將碟放入蒸鍋內大火蒸10分鐘，取出灑上薑蔥絲及芫荽上桌。

食譜設計：嘉儀家政中心
歐陽紉漸女士

Ingredients:

1/2 eel (approx. 500g), 3 garlic cloves, 1 small piece tangerine peel, 2 tbsp black bean paste, 2 red chillies, 1 tbsp shredded ginger, 2 tbsp shredded spring onions, 1 tbsp coriander leaves

Seasoning

1tbsp light soy, 1tbsp sugar, 1/4 tsp pepper, 1 tsp sesame oil.

Method:

1. Cut the eel and rub with some salt and cornflour. Rinse, dry and slice into thin pieces.
2. Mince the garlic. Soak the tangerine peel and shred finely then mix with the black bean paste and the seasoning. Pour over the eel and mix thoroughly. Arrange on a greased platter.
3. Deseed, shred the chillies and sprinkle on the eel. Transfer in a steamer and steam over high heat for 10 minutes. Scatter the shredded ingredients on top and serve hot.



紅杏白玉 (杏仁豆腐煲)

蕃茄酸甜可口，不但使食慾大增，兼且有助消化、分解脂肪、預防血管硬化的作用；近來更有研究報告指它有預防胃癌的功效。以蕃茄配合豆腐，紅白相輝，營養與賣相俱皆。

材料：

蕃茄2隻·小粒冬菇(已發)5粒·盒裝豆腐1盒·南北杏(已磨碎)1湯匙·鹽1茶匙·糖1茶匙·生粉半茶匙·油1湯匙·上湯3湯匙。

製法：

1. 豆腐、蕃茄切塊備用。
2. 炒鍋內放油，煮滾，倒入蕃茄塊，炒至蕃茄變軟出汁。
3. 另取一煲，放入上湯，倒入蕃茄、豆腐、杏仁碎、冬菇，加鹽、糖調味，煮2分鐘。
4. 勾芡，熄火即成。

食譜設計：第一素食館

Almond Beancurd Pot

Ingredients:

2 tomatoes, 5 soaked small Chinese mushrooms, 1 pack beancurd, 1 tbsp mashed sweet almonds and bitter almonds, 1 tsp salt, 1 tsp sugar, 1/2 tsp cornflour, 1 tbsp oil, 3 tbsp vegetarian soup

Method:

1. Slice beancurd and tomatoes.
2. Heat oil in a wok. Saute the tomatoes until soft.
3. Heat the vegetarian soup in a pot. Add in the tomatoes, beancurd, almonds, Chinese mushrooms, salt and sugar. Boil for 2 minutes.
4. Thicken sauce with cornflour water. Serve.