

大良炒鮮奶
STIR FRY FRESH MILK
譚鄭瑛玲著

材料：米粉	1 安士	1 oz	rice vermicelli
粟粉	1 湯匙	1 tbsp	corn starch
鹽	1 茶匙	1 tsp	salt
鮮奶	1 量杯	1 cup	fresh milk
蛋白	6 只	6	egg white
蟹肉	3 湯匙	3 tbsp	crab meat
鮮菇	6 只	6	mushroom
粟米粒	2 湯匙	2 tbsp	corn kernel
火腿茸	1 湯匙	1 tbsp	minced ham
芫茜	1 棵	1 stk.	celery

做法：1. 將米粉炸起，盛以碟。

2. 蛋白與鮮奶拌勻。蟹肉，粟米粒，鮮菇與粟粉，鹽拌勻。

3. 熱鑊落油 1/2 量杯，炒蟹肉，粟米粒，鮮菇，收慢火，加入蛋白鮮奶，炒至凝固，舀出放在米粉上，灑上火腿茸，放上芫茜，上桌供食。

1. Deep fry vermicelli, dish up.

2. Combine egg white & fresh milk. Combine crab meat, corn kernel, mushroom, corn starch and salt.

3. Heat 1/2 cup oil in wok; stir fry crab meat, corn kernel, mushroom, corn starch and salt. Add egg white and milk, stir fry until set. Dish up; sprinkle ham and top with celery.