

乾煸四季豆

Stir Fry Long Beans

譚鄭瑛玲著

by Bernice Taam

材料：靚四季豆	12 安士	12 oz	long beans
小洋蔥半個	2 安士	2 oz	onion
鮮磨菇	6 隻	6	fresh mushroom
琢碎豬肉	2 安士	2 oz	minced pork
靚蝦乾	2 湯匙, 琢茸	2 tbsp	chopped dried shrimp
蒜茸	1 茶匙	1 tsp	minced garlic
豆瓣醬	1 茶匙	1 tsp	hot bean paste
調味：老抽	1 茶匙	1 tsp	dark soy sauce
鹽	1/2 茶匙	1/2 tsp	salt
糖	1/2 茶匙	1/2 tsp	sugar
上湯	1/4 杯	1/4 cup	broth

做法：1. 洗淨四季豆,切去頭尾端,再切成二寸長度。洋蔥切粒。鮮磨菇切片。

2. 燒熱鑊,落油 1 湯匙,爆香蒜茸及豆瓣醬,加入洋蔥,四季豆,炒片刻。再加入蝦乾,碎豬肉,磨菇及調味品,炒勻。最後加入上湯,蓋好,煮至收乾汁料(約 3 分鐘),即可上碟供食。

1. Cut long beans into 2 inch sections. Dice onion. Slice mushroom
2. Heat 1 tbsp oil in hot wok. Sauté minced garlic and hot bean paste. Stir fry onion and long beans. Add dried shrimp, minced pork, mushroom and seasoning and stir fry well. Add broth, cover and cook for 3 minutes or until sauce thickened. Dish up and serve.