

焗紙包豬扒

Baked Pork Chop

譚鄭瑛玲著

材料：靚豬扒	1 磅	1 lb. pork chop
青瓜	1 個,切片	1 cucumber, sliced
錫紙	1 張	1 foil paper
調味：椒鹽	1 茶匙	1 tsp pepper salt
黃糖,粟粉	各 2 茶匙	2 tsp brown sugar, corn starch
蒜粉	1 茶匙	1 tsp garlic powder
美極醬油	1 茶匙	1 tsp Maggi's sauce
胡椒粉	1/4 茶匙	¼ tsp pepper powder
姜粉	1/2 茶匙	½ tsp ginger powder
油	1 湯匙	1 tbsp oil

做法：1. 豬扒加入調味品,醃片刻。

2. 將豬扒煎片刻,然後包以錫紙,放入 400F 之熱焗爐內,焗 20 分鐘至熟透,上碟配以青瓜片供食。

1. Marinate pork chop.

2. Fry pork chop; wrap with foil paper. Bake in 400F oven for 20 minutes until done. Dish up and garnish with cucumber.