



炆原隻鮑魚伴露荀

Braised Abalone with Asparagus

材料

原隻鮑魚(新鮮或急凍均可).....	2-3 隻(1磅)
薑.....	1片
蔥.....	1條
油.....	1茶匙
雞湯.....	150 毫升
雲南火腿.....	20克
老抽.....	1湯匙
豉油.....	1湯匙
鹽.....	少許
糖.....	少許
迷你露荀.....	6-8條

做法

1. 鮑魚解凍及清洗乾淨。
2. 將所有材料(鮑魚除外)煮滾約3分鐘,鮑魚余水5分鐘,撈起瀝乾水。
3. 將所有材料連鮑魚放入Panasonic電子高速煲,鎖緊煲蓋,將壓力設置為「High」(高壓)40分鐘,按下「Start」(開始)。
4. 將露荀拖水2分鐘,瀝去水份。
5. 當壓力顯示竿下降後,打開煲蓋。
6. 鮑魚炆好後取出,淋上鮑魚汁及以露荀伴碟即成。

INGREDIENTS

Whole Abalone (fresh or frozen) ..	2-3pcs (1 lb)
Ginger	1 slice
Spring Onion	1 stalk
Oil	1 tsp
Chicken Stock	150ml
Chinese Preserved Ham 1 pc about.....	20g
Dark Soy	1 tbsp
Light Soy.....	1 tbsp
Salt	pinch
Sugar	pinch
Mini asparagus	6 - 8pcs

METHOD

1. Defrost and clean abalone.
2. Combine all ingredients together except abalone inside a sauce pan boil for 3 minutes and pour the sauce into the Panasonic Electronic Pressure Cooker. Blanch the abalone for 5 minutes in a separate sauce pan, drain off excess water.
3. Place abalone inside Panasonic Electronic Pressure Cooker. Close the lid firmly. Set "High" pressure for 40 minutes, press "Start".
4. Blanch mini asparagus for 2 minutes, drain off excess water.
5. Once the pressure indicator pin has dropped, open the lid.
6. Mini asparagus serve with the abalone, pour abalone sauce over.

小貼士

1. 將鮑魚解凍後用刷子刷去黑色黏液,以粗鹽洗擦乾淨,瀝乾後用薑余水。
2. 不同大小鮑魚,烹煮時間略有不同。

Cooking tips

1. Use a small brush to clean off abalone's black sticky residue then rub with a small amount of sea salt, rinse thoroughly before blanching; add a piece of ginger into hot water before blanching.
2. Cooking time varies slightly with the different sizes of abalone.

