



瑤柱燉乳鴿湯

Minced Pigeon Soup with Dried Scallop

材料

乳鴿肉 (切碎)	100克
馬蹄	2粒
瑤柱	10粒
清水	300毫升
鹽	少許
胡椒粉	少許
紹酒	2茶匙
老抽	1茶匙

做法

1. 洗淨馬蹄，去皮，擠乾多餘水份，切碎。
2. 將所有材料放入Panasonic電子高速煲內，鎖緊煲蓋。
3. 將壓力設置為「High」（高壓）25分鐘，按下「Start」（開始）。
4. 當壓力顯示竿下降後，打開煲蓋，取出即成。

INGREDIENTS

Pigeon meat (minced)	100g
Water chestnuts	2pcs
Conpoy	10pcs
Water	300ml
Salt	pinch
White pepper	pinch
Shaoxing wine	2 tsp
Dark soy sauce	1 tsp

1. Clean, peel and minced water chestnuts. Squeeze the minced water chestnuts dry.
2. Place the conpoy, water, minced pigeon meat, water chestnuts, salt and pepper, wine and dark soy sauce in the Panasonic Electronic Pressure Cooker. Close the lid firmly.
3. Set "High" pressure for 25 minutes, press "Start".
4. Once the pressure indicator pin has dropped, open the lid.

METHOD

小貼士

將浸軟瑤柱弄散可令湯更加入味。

Cooking tips

Break the soaked conpoy into small pieces could bring out from favor.

