



四川紅燒元蹄

Braised Pork Knuckle In Szechuan Spicy

材料

元蹄 (去骨) 1隻(3000克/3磅)
薑 (略拍) 4片
蔥 (略拍) 2條
紹酒 2湯匙
老抽 2湯匙

調味料

乾紅椒 (切碎) 2粒
醬油 150毫升
紹酒 3湯匙
薑 4片
八角 3粒
冰糖 3湯匙
水 400毫升

芡汁

嫩元蹄汁 500毫升
生粉水 1 1/2湯匙

- 做法**
1. 元蹄去骨、去毛，沖洗乾淨後放入大鑊滾水，下薑、蔥及紹酒拖水5分鐘，取起抹乾。
 2. 用老抽塗勻外皮，放置半小時後，取出。
 3. 煮滾調味料；全部材料倒入Panasonic電子高速煲內，鎖緊煲蓋，將壓力設置為「High」（高壓）40分鐘，按下「Start」（開始）。
 4. 當壓力顯示竿下降後，打開煲蓋，取出元蹄。
 5. 以Panasonic電子高速煲將500毫升嫩元蹄汁用「Slow Cook」的「High」（高火）煮滾，拌入生粉水埋芡即成。

INGREDIENTS

Pork Knuckle, bone removed 1pc(3000g/3lb)
Ginger (crushed) 4 slices
Green onion (crushed) 2pcs
Shaohing wine 2 tbsp
Dark soy 2 tbsp

MARINADE

Dried Red Chili, (crushed) 2pcs
Soy sauce 150ml
Shaohing wine 3 tbsp
Ginger 4 slices
Star anise 3pcs
Rock sugar 3 tbsp
Water 400ml

GRAVY

Braised pork knuckle sauce 500ml
Cornstarch water 1 1/2 tbsp

- METHOD**
1. Wash and clean pork knuckle, remove hair. Place ginger slices, green onion into a large pot of boiling water, blanch for 5 minutes, remove and pat dry.
 2. Rub pork knuckle skin with dark soy sauce and let it sit for 30 minutes.
 3. Bring all the marinade ingredients to a full boil, pour the sauce into the Panasonic Electronic Pressure Cooker. Add pork knuckle and close the lid firmly. Set "High" pressure for 40 minutes, press "Start".
 4. Once the pressure indicator pin has dropped, open the lid.
 5. Make 500ml gravy in the Panasonic Electronic Pressure Cooker. Select "Slow Cook" and set "High". Pour over braised pork knuckle and serve hot.

小貼士

1. 將元蹄醃過夜更加入味。
2. 若元蹄連骨烹調，需要較長時間。

Cooking tips

1. To make the pork knuckle more tasty, marinate the pork knuckle overnight before cooking.
2. For a pork knuckle with bone, it will take more time.

