



香辣蘿蔔炆牛腩

Spicy Braised Brisket with Turnip

材料

白蘿蔔.....	640克
牛白腩.....	640克
蔥.....	適量
茺茜.....	適量

調味料

薑.....	4片
蝦糕辣醬.....	2茶匙
花椒、八角.....	少許
柱侯醬.....	3茶匙
鹽.....	適量
老抽.....	1茶匙
生抽.....	1/2茶匙
糖.....	1/2茶匙
清水.....	適量

醃料

生油.....	1茶匙
生粉.....	1茶匙

做法

1. 蘿蔔切片，牛白腩切成小塊，用醃料醃10分鐘。
2. 輕輕用鑊煎牛白腩至表面轉色。
3. 將材料及調味料放入Panasonic電子高壓煲，鎖緊煲蓋，將壓力設置為「High」（高壓）20分鐘，按下「Start」（開始）。
4. 當壓力顯示竿下降後，打開煲蓋。
5. 上碟時灑上蔥、茺茜即成。

INGREDIENTS

Turnip.....	640g
Beef brisket.....	640g
Spring onion.....	some
Parsley.....	some

MARINADES

Oil.....	1 tsp
Cornstarch.....	1 tsp

SEASONING

Ginger.....	4 pcs
Spicy shrimp paste.....	2 tsp
Star aniseed.....	pinch
Chu-haw sauce.....	3 tsp
Salt.....	some
Dark soy sauce.....	1 tsp
Light soy sauce.....	1/2 tsp
Sugar.....	1/2 tsp
Water.....	some

METHOD

1. Slice turnip and brisket of beef into small pieces and mix with marinades for 10 minutes.
2. Shallow fry for a short while until the surface changes colour.
3. Add the seasonings and beef briskets and turnip into Panasonic Electronic Pressure Cooker. Close the lid firmly. Set "High" pressure for 20 minutes, press "Start".
4. Once the pressure indicator pin has dropped, open the lid.
5. Sprinkle with spring onion and parsley.



小貼士

牛白腩先拖水可去騷味。

Cooking tips

Blanch the beef brisket before marinade could reduce the "game" taste.