

碗仔翅  
Small Bowl Shark Fin  
譚鄭瑛玲著

材料：雞胸	1 個	1	chicken breast
西施猪骨	2 磅	2 lbs	pork bone
木耳	1 隻, 浸透切絲	1	wood fungus, shredded
冬菇	5 隻, 浸透切條	5	Dry mushroom, shredded
雞蛋	2 只, 打散	2	eggs
粉絲	2 札	2 pkg.	vermicelli

芡汁：菱粉	1/2 量杯	1/2 cup	starch
生抽,老抽	各 1 湯匙	1 tbsp	soy & dark soy sauce
麻油	1 湯匙	1 tbsp	sesame oil
胡椒粉	2 茶匙	2 tsp	pepper powder
鹽	2 茶匙	2 tsp	salt

做法：1。雞胸,猪骨用 12 量杯水煮 2 小時。雞胸起肉撕碎, 猪骨取肉待用。

2。將(1)之湯煮滾, 放入冬菇,木耳, 煮 3 分鐘, 加入雞肉,猪肉,粉絲, 埋芡煮滾, 即可供食。

1. Boil chicken breast and pork bone in 10 cups water for 2 hours. Shred chicken meat and separate pork meat from bone.

2. Bring (1) soup to boil, add mushroom and fungus, cook for 3 minutes. Add chicken, pork meat and vermicelli. Add sauce and bring to boil. Serve immediately.