

生財大圓蹄

Double Boil Pork Leg

菜譜由譚鄭瑛玲提供

櫻花安康豬後腿	約 4 - 5 磅	4-5lb. Sakura pork leg
生菜	1 棵	1 lettuce
鮮金菇	1 札	1 pkg. fresh enoki mushroom
葱	2 棵	2 stk. green onion
羌	10 克	10g ginger
紅棗	10 粒, 蒸熟	10 red dates

調味:

老抽	5 湯匙
紹酒	3 湯匙
片糖	1/2 片

Seasoning:

5tbsp	dark soy sauce
3tbsp	wine
½ pc.	cane sugar

1. 洗淨豬腿, 拖水.
  2. 拌勻調味品, 醃豬腿一小時.
  3. 用焗盆盛豬腿, 放進預熱至 350F 之焗爐內, 焗約一小時.
  4. 轉用大深碟盛豬腿, 放上羌葱, 燉約 2.1/2 小時至肉燉.
  5. 濾出原汁, 加入 2 湯匙粟粉, 2 湯匙蚝油, 煮成汁料, 淋於豬腿上.
  6. 灼熟生菜及金菇, 圍於碟邊作裝飾, 即成<生財大圓蹄>.
- 貼士: 傳統燉圓蹄, 先用大鑊油炸過才燉. 但本人先將櫻花安康豬腿用焗爐來焗, 令豬皮光亮, 然後再燉, 更為美味健康.

1. Rinse pork leg and scald it in boiling water.
2. Marinate pork leg with seasoning for one hour.
3. Place pork leg in a baking pan. Bake in a preheated 350F oven for 1 hour.
4. Transfer pork leg to a deep dish. Add ginger & green onion. Double boil for 2 hours until meat tender.
5. Strain meat juice; cook with 2 tbsp. oyster sauce and 2 tbsp. corn starch. Pour mixture over pork leg.
6. Garnish with lightly cooked lettuce and enoki mushroom.