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Secret of Delicacy

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About This Menu

This is a menu Only for those who want to cook the most delicious foods.

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Guidelines for Reading

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Recipe

Week 1

宫保鸡丁

- 鸡肉切丁，腌制15min；胡萝卜切丁；黄瓜切丁；红椒切碎；芹菜段，葱姜蒜备用
- 放鸡肉，辣椒、姜蒜，胡萝卜，黄瓜
- 耗油，生抽，淀粉，醋调汁

肥牛金针菇

- 肥牛，金针菇，青红椒切碎
- 肥牛焯水，金针菇炒出水，放肥牛，加青红椒
- 耗油，生抽，料酒，醋

虾仁西兰花

- 虾仁，西兰花，芹菜段，姜片，蒜沫，葱沫
- 虾仁腌制15min，蒜末炒香，放虾仁，西兰花过水捞出，均匀翻炒
- 耗油，生抽，料酒，黑胡椒

牛排西兰花

- 牛排切粒，西兰花，胡萝卜切丁，芹菜切段，蒜末
- 西兰花胡萝卜焯水，牛排粒半熟，均匀翻炒
- 生抽，料酒，黑胡椒

烤鸡

- 预制烤鸡切碎，黄瓜切段
- 烤箱15min，or微波炉20min

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