**🎄5:北菇海參雞煲  
食材**：雞半隻 發好海參200g 北菇50g  鲜淮山 (山葯)100g  
**調味料：**蒜子10g 姜 6片 紅蔥頭3個 元茜2條 蠔油2湯匙 生抽1湯匙 老抽1茶匙 酒1茶匙 麻油少許

**制作方法：**1:將蒜子 姜切片 紅蔥頭切碎  
2:將雞冼淨斬件 北菇切一開二 海參切件  
3:用少許生抽 蠔油 糖 鹽 撈雞備用; 鲜淮山 (山葯)飛水  
4:用少許油起鍋  加入蒜 姜 紅蔥頭 爆香 放人冬菇繼續炒香 加水（或雞湯）大火煮開後轉小火炆三十分鐘  
5:熱鍋放一湯匙油 放入蒜 姜 紅蔥頭 爆香 把雞倒進鍋里炒勻 放一茶匙酒炒勻後倒入炆北菇的煲里  
6:熱鍋放一湯匙油 放蒜 姜 紅蔥頭 爆香 海參 加蠔油 糖 生抽 老抽炒勻 加少量水煮勻 倒入炆北菇的煲里 一起炆大約十分鐘左右  
7:炆好後 用少許生粉麻油打芡  
8加二條元茜上面即可

**🎄5: Braised Sea Cucumber and Chicken with Shiitake Mushrooms**

**Ingredients:** half chicken, 200g rehydrated sea cucumber, 50g shiitake mushrooms, mountain yam 100 g

**Seasoning:** 10g garlic, 6 pieces of ginger, 3 small shallots, 2 parsley stalks, 2 tbsp oyster sauce, 1 tbsp light soy sauce, 1 tsp dark soy sauce, 1 tsp cooking wine, sesame oil

**Directions:**

1. Cut garlic and ginger into small pieces. Mince shallots.
2. Wash and cut chicken into pieces. Cut shiitake mushrooms in half. Cut sea cucumber into pieces.
3. Marinate the chopped chicken with light soy sauce, oyster sauce, sugar, and salt. Blanch mountain yam in boiling water.
4. Heat oil in a pot. Add garlic, ginger, shallots and cook until fragrant. Then add shiitake mushrooms and stir-fry well. Add water (or chicken broth) and bring to a boil. Simmer for 30 minutes.
5. Add 1 tbsp cooking oil to a hot pan. Add garlic, ginger and shallot and stir-fry until fragrant. Add chicken and 1 tsp cooking wine and stir-fry well. Then, transfer to the pot used in step 4.
6. Add 1 tbsp cooking oil to a hot pan. Add garlic, ginger and shallot and stir-fry until fragrant. Stir-fry sea cucumber with oyster sauce, sugar, light soy sauce and dark soy sauce. Add some water and bring to a boil. Then, transfer to the pot used in step 4. Simmer for 10 minutes.
7. Use potato starch to thicken the soup. Season with sesame oil.
8. Serve with 2 parsley stalks.