



奶油花菜 Stir-fried Cauliflower in Cream Sauce

廣東菜 6 人份
CANTONESE
SERVES 6

- 花菜 1 斤
- ① { 高湯 2 杯
- { 鹽 1 小匙
- { 味精、料酒 各少許
- { 濃縮奶水 ¼ 杯
- ② { 太白粉 1 大匙
- { 水 1 ½ 大匙
- { 奶油(或沙拉油) 1 大匙
- { 火腿末 1 大匙

- 1 1/3 lbs. cauliflower
- ① { 2 c. stock
- { 1 t. salt
- { dash of rice wine
- { 1/4 c. evaporated milk
- ② { 1 T. cornstarch } mix
- { 1 1/2 T. water }
- 1 T. butter or corn oil
- 1 T. chopped ham

① 花菜切小朵塊狀，用開水川燙，瀝乾水份備用。

② ①料燒開，放入燙好的花菜再煮約 8 分鐘至汁剩一半時加入奶水，並緩緩加入②料勾成薄汁，最後再淋上奶油盛在大盤內，上蓋火腿末即成。

■ 宴客時可先將花菜排在中碗內再倒扣在大盤上，淋上湯汁，較美觀。

① Rinse and drain cauliflower; separate flowerets into bite-size pieces. Blanch them in boiling water; remove and drain.

② Place ① in a pot and bring to a boil; add cauliflower and cook for 8 minutes, or until the stock is reduced to half. Add milk and mixture ② to thicken; stir. Pour the butter over the cauliflower; transfer the cauliflower to a serving plate. Sprinkle with the chopped ham.

■ For formal use, arrange the flowerets up side down in a bowl; put a plate over the bowl and invert bowl on the plate. Remove the bowl. Pour the cream sauce over the cauliflower.

Chinese Cuisine
Huang Su-Huei
Wei-Chuan Publishing, 1983