



蠔油芥蘭 Chinese Broccoli with Oyster Sauce

廣東菜 CANTONESE CUISINE

芥蘭(12公分長) 12枝
蠔油 2大匙
沙拉油 1大匙

● 水半鍋燒開，加少許鹽，將芥蘭菜放入煮2分鐘撈出，盛在盤中，淋上蠔油及沙拉油即成。

12 stalks Chinese broccoli
(5-inch lengths)
2 T. oyster sauce
1 T. corn oil

● Bring 1/2 pot of water to a boil; add a dash of salt. Place the Chinese broccoli in the water and cook for 2 minutes. Remove and drain. Place on a serving platter and sprinkle with oyster sauce and 1 T. corn oil. Remove and serve.

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