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皮蛋瘦肉粥

材料：

白飯	1碗	鹽	1小匙
皮蛋	2個	香油	1小匙
雞湯	4杯	味精	1/4小匙
玉米醬	1杯	胡椒粉	少許
瘦豬肉	112公克	蔥花、油	各2大匙

①皮蛋煮熟，去殼後切小丁(圖4)，豬肉剝碎。

②油2大匙，先炒熟豬肉，入雞湯和白飯煮軟(圖5)，再入皮蛋、玉米醬及①料，煮稠後起鍋(圖6)，灑入蔥花即可。

Pork Congee with 1,000-Year-Old Egg

INGREDIENTS:

2	1,000-year-old preserved eggs
112g (1/4 lb.)	lean pork
1 c.	cream style corn
1 rice bowl	cooked white rice
4 c.	chicken stock
1 t.	salt
1 t.	sesame oil
① pinch	pepper
2 T.	chopped green onion
2 T.	cooking oil

① Cook the preserved eggs, shell, and dice (illus. 4). Mince the pork.

② Stir-fry the pork in 2 tablespoons cooking oil until done. Add the chicken stock and cooked white rice and cook until soft (illus. 5). Add the preserved egg, cream style corn, and ①. Cook until thick (illus. 6). Pour into a serving bowl and top with chopped green onion.

Can omit.

Can mix with
1 Tbl. light
soy sauce
and
1 tsp. sherry
before
stir-frying.

Can thicken
with
cornstarch
mixed with
water.