



貴妃燒雞

Royal Chicken

廣東菜 6 人份

CANTONESE; SERVES 6

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| 雞腿 3 隻 | 1 斤 |
| 洋蔥 | ½ 個 |
| 紅蘿蔔 (去皮切塊) | ½ 杯 |
| 醬油、料酒 | 各 2 大匙 |
| 番茄醬 | 3 大匙 |
| 1 鹽 | ¼ 小匙 |
| 糖 | 1 大匙 |
| 水 | ½ 杯 |
| 2 太白粉 | 1 小匙 |
| 水 | 1 大匙 |

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| 3 chicken legs (about 1 1/3 lbs.) | |
| 1/2 brown onion | |
| 1/2 c. carrot, cut into bite-size pieces | |
| 2 T. each: soy sauce | |
| cooking wine or sherry | |
| ① 3 T. Ketchup | |
| 1/4 t. salt | |
| 1 T. sugar | |
| 1/2 c. water | |
| ② 1 t. cornstarch | } mix |
| 1 T. water | |

- ① 雞腿洗淨切塊，洋蔥切塊
- ② 油 3 大匙燒熱，先炒香洋蔥，隨入雞腿略炒，再入紅蘿蔔及 ① 料，燒開後改小火蓋鍋燜煮約 20 分鐘至汁剩半杯時以 ② 料勾芡即成
- 燒煮時需翻拌以免燒焦，如汁太多可開大火將汁收乾

- ① Wash the chicken legs and cut them into pieces. Cut the brown onion into bite-size pieces.
- ② Heat the wok then add 3 T. oil. Stir-fry the brown onion until fragrant. Add the pieces of chicken and stir to mix. Add the carrots and ①; bring them to a boil. Turn the heat to low and cover; cook for 20 minutes, or until the liquid is reduced to 1/2 cup. Add mixture ② to thicken; stir. Transfer to a serving plate and serve.
- When cooking the chicken, stir occasionally to prevent it from burning. If the liquid in the chicken mixture has not reduced to 1/2 cup after 20 minutes of cooking, turn the heat to high; stir and cook until the liquid is reduced to 1/2 cup.

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