



6 人份
RVES 6

乾燒明蝦

Spicy Stir-fried Prawns

四川菜12人份
SZECHUAN; SERVES 12

大匙油

大匙炒

。

- 明蝦12條..... 1 斤
太白粉..... 1 大匙
『炸油』..... 適量
- ① 葱末..... 2 大匙、薑末..... 1 大匙
蒜末..... ½ 大匙、辣豆瓣醬..... 1 小匙
酒釀(或料酒) 1 大匙、番茄醬..... 4 大匙
- ② 鹽..... ¾ 小匙、糖..... 1 大匙
太白粉..... ½ 大匙、水..... 1 杯

- ① 明蝦剪腳、除鬚、去腸泥後洗淨，瀝乾水份，油炸前灑上太白粉。
② 『炸油』燒熱，放入蝦，炸2分鐘至熟撈出。留油2大匙，炒香①料，加入②料燒開成濃稠狀，再將蝦放入炒拌均勻即成。
■ 如用小明蝦則炸蝦的時間要縮短。

can replace with 1 tsp. powdered ginger.

in bowl;
e frying,
ring fry-

im heat
remove
in onion
stir; add
x. Trans-

- 12 prawns (about 1 1/3 lbs.)
1 T. cornstarch
oil for frying
- 2 T. chopped green onion
1 T. chopped ginger root
1/2 T. minced garlic clove
- ① 1 t. hot bean paste
1 T. fermented rice wine or
cooking wine
4 T. ketchup
- ② 3/4 t. salt, 1 T. sugar
1/2 T. cornstarch, 1 c. water

- ① Cut off the antennae and other appendages from the prawns; rinse and devein; drain. Before frying, coat the prawns with cornstarch.
② Heat the wok then add oil. *can stir-fry* Deep-fry the shrimp over high heat for 2 minutes or until cooked; remove and drain. Remove the oil from the wok. Reheat the wok then add 2 T. oil. Stir-fry ① until fragrant. Add ② and bring to a boil; add shrimp and stir to mix. Transfer to a serving plate and serve.
■ If the prawns are small reduce the frying time.

*Chinese Cuisine, by Huang
Su-Huei, We-chuan
Publishing, 1983*