

炖南瓜饭

Steam Pumpkin Rice



Jasmine新阳上等香米



【材料】

- A:** Jasmine新阳上等香米2杯 (洗净沥干)、油1汤匙、鸡精粉1茶匙、盐少许
B: 瑶柱60克 (浸软, 撕成细丝)、南瓜1粒、炸香葱酥1汤匙、茼蒿适量

【做法】

1. 瑶柱以油炸香备用; 南瓜切除顶部挖出籽备用。
2. 将Jasmine新阳上等香米洗净沥干, 加入水与少许鸡精粉、盐及半份瑶柱丝煮至半熟, 备用。(图1-2)
3. 将半熟的Jasmine新阳上等香米饭, 填入南瓜中。(图3)
4. 将南瓜放入蒸锅以隔水方式炖20分钟至米饭熟透。(图4)
5. 取出, 把剩余的炸香瑶柱及香葱酥铺在饭上, 并以少许茼蒿点缀即可。(图5)

【Ingredients】

- A:** 2 cups Jasmine Sunwhite Fragrant Rice (washed and drained), 1 tbsp oil, 1 tsp chicken granule powder, dash of salt
B: 60g dried scallop (soaked and shredded), 1 pumpkin, 1 tbsp crisp fried onion crisp, some coriander for garnishing

【Method】

1. Heat wok, deep fry dried scallop; cut off the top of pumpkin and hollow out the seeds, set aside.
2. Wash and drain Jasmine Sunwhite Fragrant Rice, add in water and cook together with chicken granules powder, salt and half portion of deep fried dried scallop in a pot till half cooked, set aside.(pic 1-2)
3. Stuff the half cooked Jasmine Sunwhite Fragrant Rice into pumpkin.(pic 3)
4. Double boil the pumpkin in wok for 20 minutes till rice is cooked. (pic 4)
5. Remove the pumpkin from heat, top with remaining deep fried dried scallop and fried onion crisp . Garnish with some coriander before serve. (pic 5)