

蔡源经师傅研究药膳料理已超过五年，平时烹调菜肴都尽量挑选新鲜的天然食材，或是以食材的天然风味来调味。

他特别为读者创制的“紫薯山药泥伴枸杞酱”，是一道非常健康养生的开胃小菜。降胆固醇和抗衰老的紫薯，配搭清鲜健脾的山药泥，口感扎实适口。淋上枸杞酱和蜜糖，风味天然，明目富营养。如果给小孩吃的话，可不下辣豆瓣酱。把紫薯泥和山药泥加入糖和牛奶，还可做成甜品！



小贴士 TIP

山药去皮时可戴上手套，以防止其黏液导致皮肤瘙痒。如果不小心被黏液沾到手，立刻擦上盐或白醋，待半分钟后用清水洗净即可。

Wear gloves to peel Chinese yam to prevent the slime from causing your skin to itch. If the slime gets onto your skin, apply salt or white vinegar on the affected area and rinse with water 30 seconds later.



紫薯山药泥伴枸杞酱

4人份

枸杞酱

枸杞子50克(泡水30分钟,洗净)、AOX水50毫升、番茄酱80克、辣豆瓣酱1大匙(随意)、白米醋1大匙、糖1大匙、海盐少许

用料

紫番薯500克(去皮洗净)、鲜山药(淮山)300克(去皮洗净)、蜜糖1大匙

做法

1. 准备枸杞酱: 把所有用料放入搅拌机内拌匀, 放入冰箱待用。
2. 准备紫薯山药泥: 先把紫薯和山药放在底部有洞的容器内热蒸45分钟。分别把紫薯和山药放入搅拌机内打成泥状, 分开放入冰箱内待用。
3. 食用时, 把紫薯泥和山药泥放入碗中, 淋上蜜糖和枸杞酱即可。

Purple Sweet Potato and Chinese Yam Mousseline with Wolfberry Sauce

serves 4

Wolfberry Sauce

50g wolfberries (soak for 30mins, rinse), 50ml AOX water, 80g tomato sauce, 1 tbsp hot soy bean paste (optional), 1 tbsp white rice vinegar, 1 tbsp sugar, some sea salt

Ingredients

500g purple sweet potato (peel and rinse), 300g fresh Chinese yam (peel and rinse), 1 tbsp honey

Method

1. Prepare Wolfberry Sauce: Blend all ingredients until smooth. Chill in fridge.
2. Prepare Purple Sweet Potato and Chinese Yam Mousseline: Place purple sweet potatoes and Chinese yam in a steaming basket and steam for 45 mins. Blend purple sweet potato and Chinese yam separately. Keep in separate containers and chill in fridge.
3. Arrange blended purple sweet potato and Chinese yam in bowl. Drizzle with honey and wolfberry sauce and serve.