



地下根茎的芋头，是营养丰富又可以变化出各种美食的食材。喜欢到海外各地旅游寻美食的霍铭田师傅，常把试过的好滋味记住后，回国再“复制”出熟悉的美味。擅长老菜新做，或是粗菜细做的他，常把简单不起眼的食材，注入巧思，即可创制出许多不需好看但是非常好吃的料理。霍师傅在广西尝过几次好吃的芋球。直接拿来清蒸就很美味，或是加入鸡茸添味。为了迎合本地人的口味，他尝试用滑嫩的虾茸和咸蛋黄来搭配芋头，香炸后，十分惹味诱人。佐配特调加了咸蛋黄和柠檬汁的金沙千岛汁，口感有点沙沙的，酸甜又开胃！



香炸金沙虾茸芋球

制做20个

芋球用料

芋头300克(去皮切丁)、盐1小匙、糖1小匙、虾茸150克、咸蛋黄3个(蒸熟切碎)、马铃薯50克、清油适量

金沙千岛汁

咸蛋黄2个(蒸熟压碎)、咖喱粉1小匙、日本千岛酱200克、柠檬½个(榨汁)、柠檬皮½个(去除白色部分, 剥茸)

做法

1. 准备芋球: 把芋头、盐、糖和虾茸拌匀。加入咸蛋黄拌匀, 再加入马铃薯粉拌匀, 搓成20个芋球。
2. 烧热清油, 加入芋球热炸至金黄色, 沥干待用。
3. 把所有金沙千岛汁用料混匀待用。
4. 可把芋球和金沙千岛汁拌匀, 或者蘸点食用。

Fried Yam Ball with Prawn and Salted Egg York

makes 20 balls

Yam Ball Ingredients

300g yam (peel and dice), 1 tsp salt, 1 tsp sugar, 150g minced prawn, 3 salted egg yolks (steam and mince), 50g potato starch, some oil

Salted Egg Yolk Thousand Island Sauce

2 egg yolks (steam and mash), 1 tsp curry powder, 200g Japanese Thousand Island Sauce, ½ lemon (extract juice), ½ lemon rind (remove white part, mince)

Method

1. Prepare Yam Balls: Combine yam, salt, sugar and minced prawn. Add salted egg yolks and mix well. Add potato starch, mix well. Shape into 20 yam balls.
2. Heat up some oil. Deep-fry yam balls until golden brown. Drain and set aside.
3. Combine Salted Egg Yolk Thousand Island Sauce ingredients and set aside.
4. Mix yam balls with Salted Egg Yolk Thousand Island Sauce and serve. Alternatively, serve the sauce separately as a dip.