

小贴士 TIP

蒸好的鱼卷,可配搭多种爆炒的绿蔬菜食用。
Steamed fish roll pairs well with all kinds of stir-fried green vegetables.



黑蒜是新鲜蒜头经过发酵后精制而成,不像蒜头般的辛辣呛味。冯淇迅师傅创制的这道蒸鸳鸯鱼卷,添加了黑蒜,具有丰富的活性营养,是强身健体的保健菜肴。鳕鱼肉质白细嫩滑,蛋白质含量很高;三文鱼的肉质鲜美,含丰富的不饱和脂肪酸,两种鱼肉以菠菜和生菜裹卷,切开后热蒸,成为卖相精致,营养丰富的养生佳肴。



黑蒜茸蒸鸳鸯鱼卷

3人份

用料

鳕鱼80克、三文鱼80克、生菜2片(烫熟)、菠菜叶6片(烫熟)

调味料(混匀)

黑蒜茸1大匙、蒜茸2小匙、炸蒜茸1小匙、酱青1小匙、鸡精粉1/2小匙、糖1/2小匙、胡椒粉少许、花雕酒1大匙、炸葱油1小匙

做法

1. 把鳕鱼与三文鱼切成粗条,用生菜与菠菜裹上卷紧。
2. 把鱼卷切成小块,盛入盘中。
3. 淋上混匀的调味料,热蒸5-6分钟即可。

Steamed Yuan Yang Fish Roll with Black Garlic

serves 3

Ingredients

80g cod, 80g salmon, 2 lettuce leaves (blanched), 6 spinach leaves (blanched)

Seasoning (mix well)

1 tbsp minced black garlic, 2 tsp minced garlic, 1 tsp fried minced garlic, 1 tsp light soy sauce, 1/2 tsp chicken seasoning powder, 1/2 tsp sugar, some pepper, 1 tbsp Chinese cooking wine (hua diao jiu), 1 tsp fried shallot oil

Method

1. Cut cod and salmon into strips. Wrap in lettuce and spinach and roll up tightly.
2. Cut fish rolls into small pieces and place on plate.
3. Drizzle with Seasoning. Steam for 5-6 mins and serve.