



# 名厨黎新勉

黄焖鲍鱼是黎新勉师傅厨师生涯中很重要的一道菜。黄焖汤是谭家菜其中一种常用的汤汁，用来烹调鱼翅和海参。记得多年前，有位中国国宴大师传授了这道黄焖汤给黎师傅，他学会之后常以黄焖汤来焖煮鲍鱼，十分浓厚醇香，很受老饕食客的青睐。

黎师傅曾在1997年代表同乐鱼翅酒家参加餐饮界举办的金鼎奖比赛，他就凭着这道菜赢得了金奖殊荣。如今，他在做法上稍作改良，加入了南瓜泥和黄焖汤一起焖煮鲍鱼，减轻了汤汁的浓腻，橙黄的天然色泽显得更诱人食欲大开。

## 黄焖原只澳洲鲜鲍鱼

9人份

### 用料

鸡油50克、姜50克(拍扁)、青葱50克(拍扁)、老鸡1只(斩块)、老鸭1/2只(斩块)、AOX水5公升、鸡脚10只、干贝100克、澳洲罐头三头鲜鲍鱼9个、南瓜果肉200克(蒸熟搅拌成泥)、芦笋18条(纵切成半)

### 调味料

鲍鱼汤1罐、金华火腿汁100毫升(500克火腿加入500毫升AOX水，焖煮6小时)、冰糖70克

### 做法

1. 准备黄焖汤：烧热鸡油，加入姜和青葱炒香，加入鸡肉和鸭肉爆炒至香。接着加入AOX水、鸡脚和干贝，用小火焖煮3小时。
2. 转大火煮1小时至汤汁浓稠鲜香，滤渣留汤。
3. 在砂锅内放入竹网垫底，放入鲍鱼，倒入黄焖汤、调味料和南瓜泥，用小火焖煮2小时至汤汁浓稠入味。
4. 芦笋过油后加入适量上汤烫煮一会儿。
5. 把芦笋盛盘，放上鲍鱼，淋上黄焖汤即可。

## Braised Australian Whole Abalone in Yellow Broth

serves 9

### Ingredients

50g chicken oil, 50g ginger (crushed), 50g spring onion (crushed), 1 old hen (chunked), 1/2 old duck (chunked), 5 litres AOX water, 10 chicken feet, 100g dried scallops, 9 pcs 3-head Australian canned abalone, 200g pumpkin flesh (steam and blend into puree), 18 spears asparagus (halved lengthwise)

### Seasoning

1 can abalone broth, 100ml Chinese ham essence (add 500g Chinese ham to 500ml AOX water and simmer for 6 hours), 70g rock sugar

### Method

1. Prepare yellow braising broth: Heat up chicken oil, sauté ginger and spring onion until fragrant. Add old hen and duck, stir-fry until fragrant. Add AOX water, chicken feet and dried scallops. Simmer over low heat for 3 hours.
2. Turn to high heat, cook for 1 hour until broth is thick and fragrant. Strain and retain broth.
3. Place bamboo net at the bottom of a clay pot. Arrange abalones on top. Pour in yellow braising broth, Seasoning and pumpkin puree. Simmer over low heat for 2 hours until broth is thick and the abalones are flavourfully infused.
4. Scald asparagus with oil and cook briefly in stock.
5. Arrange asparagus on plate. Top with abalones. Drizzle with yellow braising broth and serve.

### 小贴士 TIP

用文武火相间焖煮鲍鱼，可让鲍鱼更入味。  
Braise abalone on low heat and high heat alternately to better infuse the abalone with flavours.

