

名厨蔡源经

“碧绿鹅肉鸳鸯炒饭”是蔡源经在1997年参加陈福记第一届炒饭比赛的冠军作品。

这也是他这么多年的厨师生涯中，最难忘又非常有纪念性的一道菜。当时，他的父亲患癌，每个月都需要一大笔钱来买中药治疗，虽然他当时的老板娘愿意借钱给他，可是也因此欠下了一大笔的债。

蔡师傅说，当时为了尽快脱离经济的困境，他毅然参加陈福记炒饭比赛，并做好充分的准备，势在必得那“诱人”的1万块奖金，结果真的夺冠！

他立即把欠款还清，而后来父亲的癌症也治愈了。经历过那段被金钱和精神压力煎熬的苦日子，如今回想，蔡师傅很欣慰当初所做的决定，也很感恩当初帮助他度过难关的老板娘。如今，这道炒饭也成了他的招牌炒饭。



碧绿鸳鸯炒饭

4人份

用料

菠菜250克（浸泡15分钟后洗净，只取菜叶）、AOX水2大匙、蛋黄3个（打散）、清油适量、牛油½大匙、白米饭2碗、烫熟鸡肉50克（或卤鹅肉、烧鸭肉、虾仁等代替）、新鲜粟米½条（取粟米粒烫熟）、红萝卜10克（切丁烫熟）、豌豆10片（取豆烫熟）、锅巴2片（压碎）

调味料

盐少许、鸡精粉少许、胡椒粉少许

做法

1. 把菠菜和AOX水放入搅拌机内搅成菠菜汁。取出1大匙菠菜汁，加入蛋黄拌匀待用。
2. 把锅巴炸至酥脆呈金黄色。
3. 烧热清油后倒出，让锅子过油，使炒饭时不粘锅。
4. 放入牛油拌溶后熄火，倒入白饭，淋上菠菜蛋液，拌匀后才开小火，并炒成蛋包饭。
5. 加入鸡肉再炒，加入调味料拌匀后，才转大火炒至饭粒在锅里可跳动，即可盛盘。
6. 连同炸锅巴、粟米、红萝卜和豌豆撒在炒饭上即可。

Yuan Yang Spinach Fried Rice

serves 4

Ingredients

250g spinach (soak for 15 mins and rinse, extract leaves), 2 tbsp AOX water, 3 egg yolks (beaten), some oil, ½ tbsp butter, 2 bowls cooked rice, 50g blanched chicken meat (can be replaced by braised goose, roasted duck or shrimps), ½ corn on the cob (shuck and blanch kernels), 10g carrot (dice and blanch), 10 sweet peas (extract peas and blanch), 2 pcs crispy rice (crushed)

Seasoning

some salt, some chicken seasoning powder, some pepper

Method

1. Blend spinach in AOX water to make spinach juice. Add 1 tbsp spinach juice to egg yolks. Mix well and set aside.
2. Fry crispy rice until golden brown.
3. Heat up some oil in pan and remove. This is to prevent the rice from sticking to the pan during stir-frying.
4. Melt butter in pan, turn off heat. Add rice, drizzle over with spinach egg yolk and toss well. Turn on low heat. Stir-fry until each rice grain is coated with spinach egg yolk.
5. Add chicken meat and toss briefly. Add Seasoning and toss well. Fry rice over high heat until the rice begins to jump on pan. Remove and place on plate.
6. Sprinkle crispy rice, corn, carrot and sweet peas over fried rice. Serve.

小贴士 TIP

平时可把剩饭放在盘中摊开风干，持续拨散，三至五天干透后，即成一粒粒的锅巴。把锅巴储存在罐中，随时可取出炸脆食用。
You can place the remaining cooked rice on a tray to air-dry. Spread out continuously for 3-5 days until it becomes crispy rice. Keep in a container and fry before you eat.

