

小贴士 TIP

在盐水中加入少许醋，可刺激蛤蜊排沙。
To remove sand faster from the clams, add some vinegar to the soaking water.



说起养生菜，张伟忠师傅表示，养生菜一定要做到口味清淡和不油腻。

张师傅特别设计的“粥水蛤蜊浸芥菜”，不只达到以上两个标准，也特地加入不同颜色的食材，使这道菜肴显得格外鲜艳夺目。

此外，用粥水作为汤底，可以使食物的口感变得嫩滑，因为粥水比清水的密度高，再加上蛤蜊的鲜甜，使粥水蛤蜊浸芥菜的味道更好。



粥水蛤蜊浸芥菜

4人份

粥水

白米50克(洗净)、AOX水1公升

用料

芥菜(苦菜)300克(洗净切片)、蛤蜊8个(用盐水去沙)、枸杞子8粒、白灵菇4片、松菇4个、炸干贝丝少许

调味料

美极上汤½大匙、盐少许、白糖少许

做法

1. 准备粥水: 烧热AOX水, 加入白米煮约25分钟后, 用搅拌机搅至幼滑的粥水, 滤出粥水待用。
2. 烧热AOX水, 加入芥菜煮至熟后, 捞起待用。
3. 把蛤蜊放入滚水中氽烫至壳打开, 捞起待用。
4. 烧热400毫升的粥水, 加入调味料和所有用料, 一起煮至热熟即可。

Porridge Soup with Clam and Mustard Green

serves 4

Porridge Soup

50g rice (rinse), 1 litre AOX water

Ingredients

300g mustard green (rinse and slice), 8 clams (soak in salted water to remove sand), 8 wolfberries, 4 slices bailing mushroom, 4 hon shimeji mushrooms, some fried conpoy (shredded)

Seasoning

½ tsp Maggi® Chef's Master Stock, some salt, some sugar

Method

1. Prepare Porridge Soup: Heat up AOX water. Add rice and bring to a boil for around 25 mins. Remove and blend until smooth. Strain and retain the soup. Set aside.
2. Bring AOX water to a boil. Add mustard green and simmer until cooked. Remove and set aside.
3. Blanch clams in boiling water until shells open. Remove and set aside.
4. Bring 400ml porridge soup to a boil. Add Seasoning and Ingredients. Simmer until cooked and serve.