

焖干煸豇豆

準備時間：5 分鐘

烹飪時間：30 分鐘

材 料：

食用油 3 桌匙

豇豆 1 公斤

生抽醬油 3 桌匙

紅醋 5 桌匙

紅砂糖 1 桌匙

做 法：

1. 將新鮮豇豆洗淨，切成 10 厘米長段備用。
2. 鍋加熱後放油，待油溫升至七成，放入豇豆略煸炒，邊炒邊加入少許水。
3. 加入 3 桌匙醬油和 4 桌匙紅醋繼續煸炒均勻。
4. 蓋鍋蓋轉成小火慢燜 25 分鐘直至豇豆變軟，顏色轉成暗紅色，中途可開蓋翻炒幾次。
5. 再轉中火後加入 1 桌匙紅醋和 1 桌匙紅砂糖翻炒，直至完全烤乾水份。
6. 關火裝盤。

Simmer fried Cowpea

Preparation time: 5 minutes

Cooking time: 30 minutes

Material:

Cooking oil 3 tbsp

cowpea 1 kg

Soy sauce 3 tbsp

Red vinegar 5 tbsp

Brown sugar 1 tbsp

Practice:

1. Wash fresh cowpea and cut into 10 cm pieces.
2. Heat up oil in a pot. Add the cowpeas when the oil is sizzling with a little bit of water.
3. Mix in 3 tbsp of soy sauce and 4 tbsp of red vinegar.
4. Cover the pot and simmer the cowpea for 25 minutes until soft and the color change to dark red. Toss a few times.
5. Turn to medium flame and add 1 tbsp of red vinegar and 1 tbsp of red sugar and stir fry until the liquid had evaporated.
6. Turn off the flame, ready to service