

荷叶饭

Lotus Leaf wrapped Rice



Jasmine Pusa Cream Beras Besmathi Sella



【材料】

Jasmine Pusa Cream Beras Besmathi Sella 500克、蒜3瓣(剁碎)、食油3汤匙、虾米50克(洗净沥干)、香菇3朵(浸软切片)、柳松菇½包(去蒂)、腊肠1条(切片)、蚝干60克(浸水)、干贝(浸水)、鸡肉100克(切片,用½茶匙粟粉、胡椒粉及盐腌好、清水50-80毫升)

【调味料】

黑酱油1茶匙、盐1茶匙、鸡精粉1茶匙、白胡椒粉1茶匙、荷叶2片(洗净浸软)

【做法】

1. 将 **Jasmine Pusa Cream Beras Besmathi Sella** 米洗净沥干,放入电饭煲中加水煮熟,备用。
2. 镬内热油,爆香蒜茸至金黄色,加入虾米、香菇与腊肠炒匀。
3. 加入蚝干、干贝、柳松菇及鸡柳,拌炒30秒均匀,注入少许水煮至滚。(图1)
4. 加入饭及调味料拌炒1-2分钟,以少许盐调味。(图2-3)
5. 在深碗内铺入2片荷叶,填入饭包好。(图4)
6. 将荷叶饭放在蒸笼内蒸20分钟,即可趁热享用。(图5)

【Ingredients】

500g **Jasmine Pusa Cream Beras Besmathi Sella Rice**, 3 cloves garlic(chopped), 3 tbsps cooking oil, 50g dried prawns(washed & drained), 3 nos dried shitake mushroom(soaked & sliced), ½ packet white shime-iji mushroom(trimmed), 1 piece chinese sausage(sliced), 60g dried oysters(washed & soaked in water), 60g dried scallops(washed & soaked in water), 100g chicken fillet(sliced & marinated with ½ tsp cornflour, pepper & salt), 50 - 80 ml water

【Seasoning】

1 tsp dark soya sauce, 1 tsp salt, 1 tsp chicken stock granules, 1 tsp ground white pepper
2 sheets dried lotus leaves(soaked & washed)

【Method】

1. Wash **Jasmine Pusa Cream Beras Besmathi Sella Rice**, cook with water in an electric rice cooker. Once the rice is cooked, remove & set aside.
2. Heat oil in a wok, saute garlic till crispy & golden brown, add the dried prawns, mushroom and chinese sausages slices until aromatic.
3. Add in soaked dried scallop, dried oysters, shimeiji mushroom & chicken slices. Saute for further 30 seconds. Add in water and let it simmer.(pic 1)
4. Add in the cooked rice and seasoning, fry for 1-2 minutes, stirring continuously. Season to taste with salt.(pic 2-3)
5. Place 2 sheets of lotus leaves over a deep bowl. Place the rice portion over the leaves.Wrap up the lotus leaves to make into a parcel.(pic 4)
6. Place the whole parcel in a rolling hot steamer, steam for 20 minutes, done. Serve hot. (pic 5)