



荷叶香饭

盆满钵满喜迎春



盆满钵满喜迎春 (福建炒饭) Hokkien Fried Rice

材料

- A. Jasmine新阳香米200克、鸡蛋2粒、菜心50克、
葱花20克、太白粉40克
B. 红萝卜粒20克、香菇丁20克、鸡肉丁20克、
虾仁丁20克、干贝20克

味量/ 盐5克、鱼露15克、料酒10克、蚝油20克、生抽15克

做法

- ① 依次将材料B以及菜心汆烫好备用。
- ② 热锅冷油，打入鸡蛋炒散，倒入Jasmine新阳香米将其炒至香，取出盛入盘中备用。
- ③ 锅中放入适量清水，将之前汆烫好的材料放入，再加入盐、鱼露、料酒、蚝油、生抽调味。
- ④ 使用太白粉勾欠至浓稠，将其均匀淋在炒好的饭上，最后洒上葱花即可食用。

Ingredients

- A. 200g Jasmine Sunwhite Rice(cooked), 2 nos egg,
50g choy sum, 20g chopped onion, 40g corn starch
B. 20g dice carrot, 20g dice mushroom, 20g dice chicken,
20g dice prawns, 20g scallop

Seasoning

5g salt, 15g fish sauce, 10g Chinese wine,
20g oyster sauce, 15g soy sauce

Method

- ① Blanch ingredients B and choy sum in boiling water, drain and set aside.
- ② Heat oil in wok, fry egg and add in cooked Jasmine Sunwhite Rice, stir fry well and set aside.
- ③ Boil some water in pot, add in ingredients B, season with seasoning.
- ④ Thicken with corn starch, pour the sauce over the rice, spread some chopped onion on top, done.

荷叶香饭

Steamed Lotus Leaf Rice

材料/ Jasmine新阳香米400克、鸡肉香肠2条、
虾米20克、蚝干5粒、香菇10个、干葱2粒、
蒜头碎5粒、荷叶2片、葱花少许

味量/ 生抽20克、黑酱油10克、盐少许、鱼露8克、
胡椒粉少许、香油少许

做法

- ① 把全部调味料混合一起备用。
- ② 将虾米、蚝干和香菇分别浸水泡发后滤干。
- ③ 干荷叶浸泡后煮一煮使其软化。
- ④ 热油，爆香干葱、蒜头碎、香菇、虾米、蚝干和鸡肉香肠至香。
- ⑤ 加入清洗好的Jasmine新阳香米拌匀，再倒入所有味量翻炒均匀。
- ⑥ 将炒拌均匀的香米包入荷叶中，蒸锅上汽蒸25分钟。
- ⑦ 最后把荷叶剪开，洒上葱花即可。

Ingredients

400g Jasmine Sunwhite Rice, 2 chicken sausage,
20g dried shrimp, 5 dried scallop, 10 mushrooms, 2 onion,
5 garlic, 2 pcs lotus leave, some chopped onion

Seasoning

20g soy sauce, 10g dark soy sauce, dash of salt,
8g fish sauce, dash of pepper, some sesame oil

Method

- ① Mix all seasoning and set aside.
- ② Soak dried shrimp, dried oyster, mushroom and drain, set aside.
- ③ Soak the lotus leave and cook into boiling water till soft, remove, rinse and drain.
- ④ Heat oil in wok, sauté onion, chopped garlic, mushroom, dried shrimp, dried scallop and chicken sausage till aroma.
- ⑤ Add in Jasmine Sunwhite Rice and fry well, add in seasoning and stir fry well.
- ⑥ Transfer all rice into lotus leave, wrap it nicely and steam for 25 mins.
- ⑦ When cool enough, cut lotus leaves with knife and scissors, serve immediately.



好事发财富贵饭 (蚝豉发菜海鲜烩饭)

Steamed Rice with Black Moss (Fa Cai) and Scallops

材料/Jasmine新阳香米2碗、鸡蛋2个、蚝豉150克、花菇200克、草虾200克、墨鱼100克、西兰花250克、发菜20克、姜茸10克、蒜蓉10克、鸡汤900毫升、芡粉水 (1茶匙粉+3茶匙水)

调味料/蚝油3汤匙、盐1茶匙、糖1茶匙、麻油1茶匙、花雕酒1茶匙、胡椒粉1/2茶匙

做法

- 1 花菇和蚝豉洗净浸泡1小时，发菜泡软备用。
- 2 草虾洗净去壳，墨鱼切花备用。
- 3 西兰花汆烫后泡冷水，备用。
- 4 热锅加入少许油，爆香姜蒜茸，接着加入蚝豉和花菇炒匀。
- 5 加入全部调味料翻炒，倒入鸡汤以中火焖煮20分钟。
- 6 倒入草虾、墨鱼和发菜焖煮3分钟，最后勾芡即可。
- 7 热锅加入少许油，打入鸡蛋和倒入Jasmine新阳香米快炒，少许盐和胡椒粉调味即可盛盘。
- 8 西兰花围边，淋上煮好的蚝豉发菜海鲜汁即可。

Ingredients

2 bowls Jasmine Sunwhite Rice, 2 eggs, 150g dried oyster, 200g Chinese mushrooms, 200g prawns, 100g cuttlefish, 250g broccoli, 20g Fa Cai(dried black moss), 10g minced ginger, 10g minced garlic, 900ml chicken broth, thickening with mixture of 1 tsp cornstarch + 3 tsp water

Seasoning

3 tbsp oyster sauce, 1 tsp salt, 1 tsp sugar, 1 tsp sesame oil, 1 tsp Huadiao wine, 1/2 tsp pepper

Method

- 1 Wash and soak mushrooms and dried oysters for 1 hour. Soak Fa Cai until soft, set aside.
- 2 Wash and remove the prawn, cuttlefish cut flowers and set aside.
- 3 Blanch broccoli and soak in cold water, set aside.
- 4 Add some oil into pan and sauté minced ginger and garlic until aroma, then add dried oysters and mushrooms and stir well.
- 5 Add all the seasonings and stir-fry, pour in the chicken broth and simmer for 20 minutes over medium heat.
- 6 Pour in the prawns, cuttlefish and Fa Cai simmer for 3 minutes, thickening with mixture of cornstarch and water.
- 7 Add a little oil into pan, beat in eggs and Jasmine Sunwhite Rice and fry quickly, season with some salt and pepper and serve.
- 8 Surround the broccoli and pour over the cooked oyster sauce, dish up and serve.

石锅鱼生拌饭

Yee San Dolsot Rice

材料

Jasmine新阳香米1碗、三文鱼100克、红萝卜丝50克、紫包菜丝50克、蘑菇片50克、黄瓜丝60克、玉米粒60克、酸梅酱汁、酸梅酱3汤匙、蚝油1汤匙、清水300毫升

做法

- 1 热锅加入少许油，先炒红萝卜丝，取出后再炒紫包菜丝，取出再炒蘑菇片。
- 2 黄瓜丝和玉米粒汆烫一下，沥干水份后用盐和油拌一下。
- 3 三文鱼切片，再卷成花状，冷藏备用。
- 4 将酸梅汁的材料混合后，倒入锅中煮均匀备用。
- 5 石锅底部涂上香油，放上Jasmine新阳香米，再摆上菜，中间摆放三文鱼，淋上适量的酸梅汁。
- 6 开火煮石锅，听到滋滋响声再转小火煮5分钟即可。

Ingredients

1 bowl Jasmine Sunwhite Rice, 100g salmon, 50g shredded carrot, 50g shredded purple cabbage, 50g sliced mushrooms, 60g cucumber shreds, 60g corn kernels, Sour Plum Sauce, 3 tbsp sour plum sauce, 1 tbsp oyster sauce, 300ml water

Method

- 1 Add a little oil into pan, stir-fried shredded carrots, purple cabbage and sliced mushrooms separately.
- 2 Blanch cucumber shreds and corn kernels, drain and mix with some salt and oil.
- 3 Slice the salmon, roll it into a flower shape and refrigerate for later use.
- 4 Mix all the sour plum sauce ingredients, pour into the pot and cook evenly for later use.
- 5 Coat the bottom of the Dolsot(Korean stone pot) with sesame oil, place the Jasmine Sunwhite Rice and all vegetables on it, put salmon in the middle, then pour some sour plum sauce on it.
- 6 Turn on the fire and cook the Dolsot. Turn to low heat and cook for 5 minutes when can hear the sizzling sound, done.