

## 原汁乾鮑 Braised Dried Abalone Recipe

SERVINGS: 4-5 人份量

TIME 時間: 3 hrs/小時

5 個	乾鮑魚	5	dried abalone
半磅	排骨	½ lb	spare ribs
半磅	老雞	½ lb	chicken
半寸片	薑	½ in	ginger slices
兩根	蔥	2	stalks of scallion
5 杯	雞湯	5	cups of chicken stock
3-4 片	唐生菜	3-4	iceberg lettuce leaves
1 個	瓦煲	1	clay pot (optional)

### Sauce Ingredients/ 獻汁

1 湯匙	紹酒	1 tbsp	shao xing cooking rice
2 湯匙	生抽	2 tbsp	soy sauce
1 湯匙	蠔油	1 tbsp	oyster sauce
1 茶匙	白糖	1 tsp	sugar
1 湯匙	粟粉	1 tbsp	cornstarch slurry

### 做法

1. 把乾鮑魚放入冷水中浸泡兩天，每 12 小時左右換水，至乾鮑魚軟化無硬心。可以用手掐一下，鮑心有彈性即可。
2. 用剪刀或小刀把鮑魚喙切去，備用。
3. 把老雞和排骨放於開水中大火灼一分鐘，撈起。
4. 把灼過的老雞和排骨放在瓦煲中底部，再把浸過的鮑魚置於上面，加入薑片和蔥段，注入雞湯至蓋過煲中材料，大火煲至湯沸。
5. 湯沸後調至中細火燜 3-4 小時，定時查看，鮑魚必須浸在湯中。鮑魚酥軟後，即可關火。
6. 把生菜灼過，上碟；再把煮熟的鮑魚置於菜上。
7. 用篩子把瓦煲中的濃湯汁和湯料分開，湯料可棄掉，湯汁盛入另一煲中煮獻。
8. 慢火把湯汁加熱，放進糖、生抽、蠔油、紹興料酒和生粉水埋獻，待獻汁濃度合意後關火。把獻汁澆在鮑魚上即完成，慢用！

### Directions

1. Place the abalone in a medium sized bowl and pour enough water to cover them. Place into the refrigerator and soak the abalones for 2 days keep in mind to replace the water with fresh water every 12 hours. The abalones are ready to use when the consistency is like rubber.
2. Drain the abalones and trim the hard beak off with a pair of kitchen scissors or a paring knife when ready to use. Set aside.
3. Place a pot of water on the stove and bring to a boil. Blanch the chicken and spare ribs for about a minute and drain.

4. Place the clay pot on top of the stove. Line the bottom of the clay pot with the chicken and spare ribs and place the abalone on top of the bones, and then add the scallions, ginger, and chicken stock until it covers the abalone. Heat the clay pot until the liquid starts to boil.
5. Turn the heat down to a simmer and cover with a lid. Simmer for a minimum of 3 hours. Be sure to check the liquid level making sure the abalones are always submerged. After three hours or when the abalone is tender, turn the heat off.
6. Place another pot of water on the stove and heat to a boil. Blanch the lettuce and drain. Line a serving dish with the lettuce, and place the cooked abalone on top of the lettuce.
7. Strain the leftover braising liquid in the clay pot through a fine sieve into another pot or a wok. Discard the solids.
8. Heat the braising liquid over moderate heat. Add the sugar, soy sauce, oyster sauce, and Shao Xing cooking wine to taste. Add the cornstarch slurry until it thickens to a desired consistency. Spoon the hot sauce over the abalone and serve. Enjoy!



Abalone is a sea mollusk found in cold water off the coasts of Southern New Zealand, South Africa and Australia, and North America and Japan. Abalone is a yin food, known for relieving dry coughs and fever. Abalone contains high amount of nutrient contents. It's high in proteins, calcium, iron, and vitamin A.

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