

蓮花廚房 *The Lotus Kitchen*

素蚵仔羹 *Seaweed Nugget Soup*

Materials 材料			
Seaweed nugget	素蚵仔羹	1/2 pack	半包
Black mushroom slices	香菇絲	some	少許
Dried lily	金針菇	some	少許
Cilantro	香菜	a little	少許
Shallot	紅葱	1 piece	一粒
Starch	芡粉	3 tsps	三茶匙
Water	水	3 cups	三杯
Cooking oil	沙拉油	2 tbsps	二湯匙
Soy sauce	醬油	2 tbsps	二湯匙
Rice vinegar	黑米醋	2 tbsps	
Vegetarian seasoning	素食調味粉	2 tsps	二茶匙
Salt, sugar	鹽、糖	2 tsps	一茶匙
White pepper	白胡椒	a little	少許



Preparation: Chop the shallot into small pieces; soak the black mushroom slices and the dried lily slices.

Seasoning base: Mix soy sauce, vegetarian seasoning, rice vinegar, salt, and sugar in a saucer, and prepare the starch for thickening.

Cook: Heat the cooking oil in frying pan; add in the chopped shallot pieces, followed by the seaweed nuggets, black mushroom and lily slices; stir it well and add in 3 cups of water. Cook to boiling and add in the seasoning base. Apply starch to thicken it and turn the burner off. At this time, apply white pepper and cilantro. Serve hot.

紅葱切粒，香菇絲、金針菇泡軟備用。醬油、黑米醋、素食調味粉、及糖混拌均勻備用。二湯匙沙拉油下鍋加熱，紅葱下鍋爆香，將香菇絲、金針菇、素蚵仔羹加入爆香，加入水並將拌好調味汁加入，煮至大開後關火、勾芡，依個人口味加入適量白胡椒粉、香菜，即可起鍋上桌。