

蓮花廚房 *The Lotus Kitchen*
黑椒素香三明治 *Vegetarian Steak*

▪ Bert Tan

Materials 材 料	
Bean Curd Pouch 豆腐包片	1 bag 一袋
Cilantro 香 菜	a little 少許
Green onion 綠 葱	1 piece 一 枝
Hot water 熱 水	1 cup 一 杯
Cooking oil 沙 拉 油	1 cup 一 杯
Soy sauce 醬 油	2 table spoons 二湯匙
Star Anise 茴 香	2 little pieces 二小顆
Black Mushroom Extract 素食調味粉	3 tea spoons 三茶匙
Sugar 糖	4 tea spoon 四茶匙
Black pepper 黑胡椒	a little 少 許
Toaster bread 吐 司 麵 包	2 pieces 兩 片
Strawberry 草 莓	2, 3 pieces 兩、三顆



Preparation: Rinse four bean curd pieces (1 bag has 8) and dry; chop green onion into small slices.

Seasoning base: Mix soy sauce, black mushroom extract, sugar, star anise, and hot water in a saucer.

Cook: Heat cooking oil in the frying pan; fry the bean curd pouch pieces until wrinkles develop take it out and drain the oil. Put about 2 table spoons of hot oil in the frying pan, throwing in green onion slices. Pour in the prepared seasoning base when the onion flavor develops in the frying pan; turn the burner immediately down to medium heat. Put in the bean curd pouch pieces, sprinkle black pepper on it, let it simmer for about 3 minutes; flip side and sprinkle black pepper again, continue to simmer it until the liquid is almost dry. Serve in the plate with toaster bread, and strawberry, decorated with cilantro.

豆腐片沖水瀝乾備用，綠蔥切花。醬油、茴香、素食調味粉、及糖與熱水混拌均勻，備用。一杯沙拉油下鍋加熱，豆腐片下鍋爆黃，起鍋瀝油。兩湯匙油爆香蔥花後加入調味汁，並將豆腐片加入，灑胡椒粉後轉小火燜煮 3 分鐘，翻面再灑胡椒粉後燜煮，收乾調味汁即可起鍋。放於盤中，加上吐司片及草莓、香菜即可上桌。