

北海道蟹肉燒賣

Hokkaido Crab Meat Shumai



材料： Ingredients:

燒賣皮 24塊
24 pc Shumai Wrapper
鮮蟹肉 50 克
50 g Fresh Crab Meat
免治白豚肉 150 克
150 g Ground Japanese Pork
蔥 1-2條
1-2 pc Green Onion
沙律油、辣油各適量
Salad Oil & Chilli Oil
生菜或椰菜
Fresh Lettuce or Cabbage

調味料： Seasonings:

豉油 1湯匙
1 tbsp Soy Sauce
清酒 1湯匙
1 tbsp Rice Wine (Sake)
粟粉 2湯匙
2 tbsp Corn Starch
薑汁 2湯匙
2 tbsp Ginger Juice
胡椒粉、鹽各適量
White Pepper & Salt

1. 先將蟹洗淨拆肉，蟹籽分開盛起；蔥切粒，菜洗淨切碎待用。
Clean crab and take out crab meat. Set aside crab eggs in a separate bowl. Dice up green onion and lettuce/cabbage.
2. 蟹肉和豚肉同放碗中，加入調味料拌勻，然後混進其餘材料拌好，成燒賣餡料待用。
Mix crab meat with pork as well as all seasoning ingredients in a bowl. Add the rest of the ingredients and set aside.
3. 拇指與食指成「O」型手勢，放上燒賣皮後，用匙羹釀入餡料，最後鋪上蟹籽。
Form an "O" sign with your thumb and index finger. Then place a wrapper on top and stuff it with meat using a spoon.
4. 燒賣放在多層電蒸鍋的透明蒸格中，蓋上鍋蓋蒸10分鐘便成。
Distribute shumais inside clear container of the Multi-tier Food Steamer. Set time to 10 min. Serve when hot.

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多層電蒸鍋
Multi-tier Food Steamer

