



Steamed sea crab with prawn dumpling

Ingredients :

- Sea Crab 1 pc (400 g)

Prawn paste ingredients :

- Tiger prawn "shellless" 500 g
- Sugar 0.5 tsp • Sesame oil 0.5 tsp
- White pepper - little

Steam egg white ingredients :

- Egg white 150 g
- Chicken stock 150 ml
- "Dang Gui" wine 2 tsp

Dang Gui with wolfberry sauce ingredients :

- Chicken stock 200 ml
- "Dang Gui" 2 slices "chopped"
- "Dang Gui" wine 1 tbsp
- Wolfberry 10 pcs
- Cornstarch water - little

Marinated "Dang Gui" wine ingredients :

- Dang Gui 5 slices
- Chinese wine "hua diao" 200 ml

Steps :

1. Pre-heat the steamer by using ☑ steam function for 100°C.
2. Prepare Marinated Dang Gui wine: Mix Dang Gui with Chinese wine "hua diao", cover and keep in refrigerator overnight.
3. Clean and separate the claw, pincers, body of the sea crab, then towel dry. Add 2 tsp of Dang Gui wine and steam at 100°C for 4 mins in steam oven.
4. Mash the prawn meat in food processor. Place it in a bowl and mix with little sugar, white pepper and sesame oil, then stir around 2-3 mins by hand until firm.
5. Divide the prawn paste in 10 pcs. Place the crab claws in the prawn paste and make them in ball shape.
6. Steam the finished claw stuffing in the preheated steamer at 100°C for 4-5 mins.
7. Mix the egg white, chicken stock and Dang Gui. Cover with plastic wrap and steam at 100°C at around 10 mins.
8. Prepare Dang Gui with wolfberry sauce. Strain the steamed crab meat sauce in the pot. Add the Dang Gui sauce ingredient into the pot until boil. Then add little corn starch water to make it thick.
9. Put the steamed prawn dumpling on top of the egg white and add Dang Gui sauce to serve.

Appliance:

Steam oven

Cooking Duration:

30min (excluding preparation duration)

百花釀紅蟳

材料 :

- 花蟹 1隻 (約10兩)

蝦膠材料 :

- 急凍無殼越南虎蝦肉 500克
- 砂糖 0.5茶匙 • 芝麻油 0.5茶匙
- 白胡椒粉 少許

蒸蛋白材料 :

- 蛋白 150克 • 雞湯 150毫升
- 當歸酒 2茶匙

步驟 :

1. 先使用 ☑ 蒸氣模式將蒸爐預熱至100°C。
2. 把當歸加入花雕酒浸過夜，製作成當歸酒備用。
3. 花蟹清洗，把蟹爪，蟹鉗和蟹身分別獨立完整切件及抹乾。加入2茶匙當歸酒拌勻，放入蒸爐以100°C蒸爐蒸約4分鐘，取出備用。
4. 蝦肉放入食物處理器攪爛，另置器皿，加入砂糖，白胡椒粉，芝麻油用手不停攪拌約2-3分鐘至起膠。
5. 把蝦膠平均分成10份，搓圓並把蟹爪插入，輕輕按壓做形。
6. 把完成後的蝦膠蟹爪，放入預熱100°C的蒸爐，蒸約5分鐘至熟。
7. 將蛋白，雞湯及當歸酒攪拌後，過隔篩及倒入湯碟內，蓋上保鮮紙，放入預熱100°C之蒸爐蒸約10分鐘。
8. 製作當歸杞子汁：把蒸蟹的蟹汁倒入煲內，加入當歸汁的各項材料煮滾，再加入生粉水打獻。
9. 把百花釀蟹爪圍圈放上蛋白面，配當歸杞子汁即成。

電器 :

蒸爐

烹調時間： 30分鐘（不包括預備時間）