

## Crispy Rice Cake

Make use of leftover rice to make crispy rice cake

### Ingredients:

Leftover rice	500 g
Diced BBQ Pork	60 g
Corn grain	60 g
Fresh mushroom	50 g
Leftover carrot	60 g
Shallot	30 g
Egg	1
Flour	20 g
Water	40 g
Seaweed	appropriate amount

### Seasoning:

Salt	1 ½ teaspoon
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## 脆香健怡米餅

善用剩餘冷飯製作脆香健怡米餅。

### 材料:

剩餘冷飯	500 克
叉燒粒	60 克
粟米粒	60 克
鮮冬菇	50 克
剩餘甘筍	60 克
蔥花	30 克
雞蛋	1 隻
麵粉	20 克
水	40 克
苔菜粉	適量

### 調味

鹽	1 ½茶匙
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### Method:

1. Wash all vegetable first. Then dice the fresh mushroom and carrots into pieces and blanch.
2. Put all ingredients and seasonings in a large bowl and mix well.
3. Heat oil in a pan. Take appropriate amount of rice and squeeze into a cake with your hands. Pan fry the rice cake with medium heat until golden & crispy on both side. Top with seaweed & serve.

### 做法:

1. 先將蔬菜類洗淨，鮮冬菇、甘筍切粒，飛水。
2. 把所有材料，包括冷飯、叉燒粒、粟米粒、鮮冬菇、甘筍、蔥花、雞蛋、麵粉、及調味放入大碗中拌勻。
3. 燒熱油鍋，取出適量的飯用手壓成餅，平放入鍋以中火煎至兩面金黃色香脆，灑上適量苔菜粉即可享用。



**Tips:**

1. The ingredients used for the rice cake can be replaced by any surplus ingredients found at home.
2. Fresh mushrooms have to be blanched for a longer time in order to clear away the strong flavor.
3. Squeeze the rice harder when making a cake to avoid the cake from spreading out while frying.
4. If the leftover rice is being placed in the refrigerator for a long period of time, it will become dry and loose. You may add some water during cooking to increase its viscosity.

**貼士：**

1. 米餅的材料可因應家中有的剩餘材料隨意更改，同樣能做出美味的米餅
2. 鮮冬菇飛水的時間要略為長一些，這樣可去掉鮮冬菇的菜青味。
3. 在將飯糰用手壓成餅時，要稍為用力捏緊一些，這樣便可避免飯餅在煎時會有機會散開。
4. 若剩飯放在雪櫃放得太耐會變得乾身及鬆散，在製作時可加入適量的水以增加黏性

# Simple Minced Pork with 簡易炸醬

## Spicy Brown Sauce

Make use of leftover meat from soup to make simple fired bean sauce

### Ingredients:

Leftover meat (minced)	600 g
Diced ginger	50 g
Mashed garlic	50 g
Chopped leftover carrot	150 g
Chopped leftover onion	150 g
Sugar	2 tablespoon
Chilli bean sauce	2 tablespoon
Sweet bean sauce	5 tablespoon
caltrop starch	appropriate amount
Dark soy sauce	2 tablespoon

善用剩餘煲湯肉製作簡易炸醬。

### 材料:

剩餘煲湯肉(切碎)	600 克
薑米	50 克
蒜蓉	50 克
剩餘甘筍碎	150 克
剩餘洋蔥碎	150 克
糖	2 湯匙
豆瓣醬	2 湯匙
甜麵醬	5 湯匙
生粉	適量
老抽	2 湯匙



### Method:

1. Heat oil in a pan. Stir fry ginger, garlic, carrot, onion first and meat, then add sweet bean sauce, chilli bean sauce and sugar, mix well. Add 2 cups of water. Turn to low heat and simmer until the sauce reduce. Add caltrop starch solution for thickening. At last, mix with dark soy sauce.

### 做法:

1. 燒熱油鑊，加入薑米、蒜蓉、甘筍、洋蔥和煲湯肉炒香，倒入甜麵醬、豆瓣醬、糖炒勻，然後再加入大概兩杯水，慢火煮至收乾水後加入生粉水埋芡即成，最後加入老抽攪勻即可上碟。



Tips:  
If you do not like spicy, you could use  
tomato sauce to replace chilli bean  
paste.

貼士：  
如果不嗜辣，可以不用豆瓣醬，已改用茄汁  
代替。