



名厨刘奇荣

你是潮州人吗？是寻找和品尝在记忆中消失的经典菜的时候了！

刘奇荣师傅 (Chef Eric Low) 的外公精通多种传统潮州菜肴的烹调方法，而成为厨师后的 Eric 也靠着家族代代传承的一手道地潮州菜手艺，再加上自己对现代人饮食的敏锐嗅觉，牢牢地守住好滋味的潮州菜。

“普宁豆酱鸡卷”是用潮州菜调料中堪称一宝的普宁豆酱为佐料，使鸡卷的味道更佳。从前“普宁豆酱鸡卷”是宴席的菜色之一，如今这道已失传的美味在 Eric Low 公开食谱后，便能“重出江湖”，成为大家餐桌上的美味了！

普宁豆酱鸡卷

4人份

用料

普宁豆酱1小匙、芝麻酱或花生酱1小匙、姜汁1小匙、鸡腿4个(去骨)

蓝姜蘸汁

蓝姜20克、白米醋4大匙、AOX水50毫升、糖1大匙、指天椒1条(切片)

装饰料

青葱丝少许、芫荽叶少许

做法

1. 把普宁豆酱、芝麻酱和姜汁拌匀后，加入鸡腿肉腌味。
2. 把平盘抹湿，铺上一层保鲜膜，放上腌好的鸡肉卷。两侧扎紧，再用锡纸包紧。
3. 烧热AOX水，把鸡卷热蒸20分钟，取出待凉。
4. 准备蓝姜蘸汁：把所有用料混匀，盛入小碗，搁置30到60分钟。
5. 把鸡卷切片盛盘。
6. 缀以葱丝和芫荽叶，淋上蓝姜蘸汁即可。

Puning Fermented Bean Chicken Roll

serves 4

Ingredients

1 tsp fermented soy bean paste (Puning tau cheo),
1 tsp sesame paste or peanut butter, 1 tsp ginger
juice, 4 chicken thighs (deboned)

Galangal Dipping Sauce

20g galangal, 4 tbsp white rice vinegar, 50ml AOX water,
1 tbsp sugar, 1 chilli padi (sliced)

Garnishing

some shredded spring onion, some coriander leaves

Method

1. Combine soy bean paste, sesame paste and ginger juice. Add chicken to marinate.
2. Wipe a tray with wet cloth and stretch a piece of cling wrap over it. Place a piece of marinated chicken on it and roll up. Secure both ends and wrap tightly with aluminium foil.
3. Bring AOX water to a boil. Steam chicken rolls for 20 mins. Remove and leave to cool.
4. Prepare Galangal Dipping Sauce: Combine ingredients in a bowl. Set aside for 30-60 mins.
5. Slice chicken rolls and arrange on serving plate.
6. Garnish with spring onion and coriander leaves. Drizzle over with Galangal Dipping Sauce and serve.

