



名厨黎东平

家乡蟹肉煮鸳鸯米，是黎东平师傅家里吃了三代人的私房菜。

在他年幼时，祖母常常用麻油爆香姜片，炒香鸡蛋后加入花雕酒焖煮，为正在坐月子的母亲烹煮麻油鸡蛋汤。这道香味四溢的“产妇料理”，让黎师傅常常忍不住偷吃。于是，祖母把米粉加入汤里焖煮，特别煮给他吃。过后，他也成为了父亲，而母亲也会为他产后的妻子炮制同样的料理，只是加入了鸡肉。如今，黎师傅将这道坐月子食谱改良一番，以蟹肉取代鸡肉，以XO干邑取代了廊酒，并减去了麻油，让它不会过于燥热，成为一道适合一家大小享用的家常料理。

家乡蟹肉鸳鸯米

4-6人份

用料

速冻蟹肉100克、姜汁少许、花雕酒少许、清油适量、姜6片、青葱段少许、鸡蛋1个、鸡汤360毫升、米粉120克（烫熟）、粗米粉150克（烫熟）、枸杞子少许（浸软）、葱花少许

调味料

盐少许、胡椒粉少许、糖少许、XO干邑或花雕酒适量（随意）

做法

1. 在热AOX水中加入速冻蟹肉、姜汁和花雕酒，浸泡2-3分钟后沥干待用，以去除腥味。
2. 烧热清油，炒香姜片和青葱段，接着加入鸡蛋，用中小火炒香。
3. 倒入鸡汤，煮至微滚后加入米粉、粗米粉和蟹肉，稍微拌匀。
4. 加入盐、胡椒粉和糖调味，稍煮片刻后加入XO干邑和枸杞子，缀以葱花即可。

Home-cooked Yin Yang Rice Vermicelli

serves 4-6

Ingredients

100g frozen crab meat, some ginger juice, some Chinese cooking wine (hua diao jiu), some oil, 6 slices ginger, some spring onion (sectioned), 1 egg, 360ml chicken stock, 120g rice vermicelli (blanched), 150g thick rice vermicelli (blanched), some wolfberries (soaked), some chopped spring onion

Seasoning

some salt, some pepper, some sugar, some XO cognac or Chinese cooking wine (hua diao jiu, optional)

Method

1. Add frozen crab meat, ginger juice and Chinese cooking wine to hot AOX water. Immerse for 2-3mins to remove stench. Drain and set aside.
2. Heat up oil, sauté ginger and spring onion. Add egg, stir-fry over medium low heat until fragrant.
3. Add chicken stock and bring to a slight boil. Add rice vermicelli, thick rice vermicelli and crab meat. Toss briefly.
4. Season with salt, pepper and sugar. Cook briefly. Add XO cognac and wolfberries. Sprinkle with chopped spring onion and serve.



小贴士 TIP

若选用新鲜螃蟹，把它蒸熟，取出蟹肉即可，不必重复步骤1。
If you are using fresh crab instead of frozen crab meat, simply steam the crab and extract the meat. Do not follow Step 1.