



瓢乌鸡伴鸡汤

1人份

用料

鸡肉碎200克、蛋清5个、红萝卜50克(切碎)、洋葱50克(切碎)、人参10克、党参3克、枸杞子2克、西芹40克(切碎)、百里香2棵、鸡汤1公升、盐少许、新鲜椰子壳1个

瓢鸡腿

乌鸡腿1只、鸡肉碎20克、腊肠10克(切碎)、芫荽2克(切碎)、花雕酒10毫升

水波蛋

AOX水1公升、白醋100毫升、鸡蛋1个

做法

1. 准备鸡清汤: 在锅内把鸡肉碎、蛋清、红萝卜、洋葱、人参、党参、枸杞子、西芹和百里香拌匀。加入鸡汤, 以中火不断搅煮至滚, 以及固体在表面形成。
2. 煮滚后停止搅拌。在中间挖一个洞, 以小火煮45分钟后熄火。
3. 把清澈的液体舀入过滤袋, 不要挤压固体表面。在滤出的鸡清汤里加入盐调味后, 倒入椰壳里。
4. 准备瓢鸡腿: 把乌鸡腿去骨, 不要弄破鸡皮。把其余用料混匀, 瓢入鸡腿里, 用绳子绑紧。
5. 把瓢鸡腿放入鸡清汤内以中火煮大约6分钟至熟。
6. 取出鸡腿, 浸入冰水里片刻。沥干鸡腿, 解开绳子, 把鸡腿切成三片。
7. 准备水波蛋: 把AOX水和白醋混匀后煮至滚, 敲入鸡蛋煮2分钟, 取出。
8. 把鸡腿和水波蛋盛盘, 伴以鸡清汤食用。



这道“瓢乌鸡伴鸡汤”对 Chef Louis 来说, 非常有纪念性, 因为这是他第一次比赛的作品。1998 年, 他参加了亚洲酒店食品展的厨艺比赛, 并凭着这道作品夺得了银奖, 让他非常感激当时教会他这道菜式的启蒙老师 Joe Yap。如今, 他在用料方面稍作改良, 选用人参、党参、枸杞子、鸡肉碎等用料去熬煮鸡清汤, 然后把腊肠、鸡肉碎和芫荽瓢入乌鸡腿内, 形成了这道香滑滋补, 同时深具养生价值的佳肴。这道菜没有任何油分, 清爽适口, 营养满分。

Stuffed Black Chicken with Consommé

serves 1

Consommé

200g minced chicken, 5 egg whites, 50g carrot (minced), 50g onion (minced), 10g ginseng, 3g dang shen (codonopsis), 2g wolfberries, 40g celery (minced), 2 sprigs thyme, 1 litre chicken stock, some salt, 1 fresh coconut shell

Stuffed Chicken Thigh

1 black chicken thigh, 20g minced chicken, 10g Chinese sausage (minced), 2g coriander (minced), 10ml Chinese cooking wine (hua diao jiu)

Poached Egg

1 litre AOX water, 100ml white vinegar, 1 egg

Method

1. Prepare Consommé: Combine minced chicken, egg whites, carrot, onion, ginseng, dang shen, wolfberries, celery and thyme in a pan. Stir well. Add chicken stock, cook over medium heat. Stir constantly until mixture is boiling and a solid mass forms on surface.
2. Stop stirring once mixture is boiling. Form a hole in the middle, cook over low heat for 45 mins. Remove from heat.
3. Ladle only clear liquid into muslin cloth. Do not press on solid surface. Season consommé with salt. Pour into coconut shell.
4. Prepare Stuffed Chicken Thigh: De-bone chicken thigh but do not break the skin. Combine remaining ingredients and stuff into thigh. Tie with butcher's string.
5. Cook stuffed chicken thigh in consommé for about 6 mins over medium heat until cooked.
6. Remove chicken thigh from stock. Immerse briefly in ice water. Remove and drain. Untie butcher string and cut leg into 3 pieces.
7. Prepare Poached Egg: Combine AOX water and white vinegar. Bring to a boil. Crack egg into AOX water and cook for 2 mins. Remove.
8. Arrange chicken thigh and poached egg on plate. Serve with consommé.