

# 名厨冯洱迅

在22岁时就成功地当上了粤菜大厨的冯洱迅师傅，他除了精通粤菜，也是川菜及潮州菜的高手，唯一让他有点遗憾的是：身为琼州人却不懂海南菜。

闯荡江湖八年后，正当在如日中天的30岁时，无意中让他尝到海南风味的绝色家乡菜。那天，妈妈在家中招待来访的亲戚，做出一道貌不惊人，但让他惊为天人的“海南扣肉”。尝过之后，让他明白平凡人家还有藏着这么多的“宝贝”，于是，虚心向妈妈学了这道最能代表海南人的“海南扣肉”，这不但开拓了他的专业视野，更让他不懈余力地向老饕们分享这道家乡美味。



## 海南扣肉

4人份

### 用料

五花猪肉200克（洗净切成方形）、清油适量、蒜头20克、鱿鱼干30克（切段）、虾米10克、AOX水800毫升、黑木耳50克（浸发）

### 调味料

酱油½大匙、酱青1大匙、鸡精粉1小匙、糖1小匙、胡椒粉½小匙、肉桂1支、花雕酒1大匙、麻油少许

### 做法

1. 把五花肉放入滚AOX水中煮5分钟至熟，捞起涂上酱油，静置几分钟。
2. 烧热清油，把五花肉块炸至金黄色，捞起沥干待用。
3. 烧热清油，炒香蒜头，加入鱿鱼干和虾米炒至香。加入五花肉和剩余的调味料略炒后，加入AOX水煮至滚。
4. 用小火把五花肉焖煮1小时45分至软熟，接着加入黑木耳再焖煮15分钟即可。

## Hainanese Braised Pork

serves 4

### Ingredients

200g pork belly (rinse and cut into squares), some oil, 20g garlic, 30g dried squid (sectioned), 10g dried shrimps, 800ml AOX water, 50g black fungus (soaked)

### Seasoning

½ tbsp dark soy sauce, 1 tbsp light soy sauce, 1 tsp chicken seasoning powder, 1 tsp sugar, ½ tsp pepper, 1 cinnamon stick, 1 tbsp Chinese cooking wine (hua diao jiu), some sesame oil

### Method

1. Blanch pork in boiling AOX water for 5 mins until cooked. Remove and marinate with dark soy sauce. Set aside for a few mins.
2. Heat up oil, deep-fry pork until golden brown. Remove and drain.
3. Heat up oil, sauté garlic. Add dried squid and dried shrimps. Sauté until fragrant. Add pork and remaining Seasoning ingredients. Stir-fry briefly. Add AOX water and bring to a boil.
4. Simmer pork over low heat for 1 hour 45 mins until tender. Add black fungus and simmer for another 15 mins. Serve.



### 小贴士 TIPS

1. 五花肉一定要稍为煎炸一下，把肥油逼出来，口感会更香，也减少油腻。  
Deep-fry pork belly briefly to force out some fat so that it will taste better and less greasy.
2. 要确保五花肉是否熟透，用筷子微微戳一下，如果轻松穿过即表示已软熟。  
To check if the pork belly is cooked, poke it with chopstick. If the chopstick can pass through easily, the meat is cooked.