

名厨邱铭丰

邱铭丰师傅 (Chef Tony Khoo) 年幼时，妈妈每天工作10小时，无暇做饭给孩子吃。因此，妈妈每天出门之前，都会将家里吃剩的一些饭菜，如南瓜、香菇等放入电饭煲内和米饭一起煮熟，孩子放学回家时加热就可以吃了。

邱师傅和姐姐经常都吃这锅饭，只是材料偶尔会不同。他不但吃不腻，还觉得饭煮得越久，就越来越香。这是充满母爱的一锅饭，让邱师傅非常回味。

后来，他稍微改良了母亲版本的食谱，加入了焖鲍鱼，拌以南瓜萝卜酱，这道菜因此成为了家庭聚会上最常出现的美食之一。



南瓜鲍鱼五谷饭

4人份

米饭用料

香葱油30克、蒜茸5克、虾米5克、香菇8克(浸软切细)、南瓜70克(切成1公分X1公分丁)、五谷米50克(白米、糙米、大麦、小麦)、泰国香米50克、糯米10克、AOX水210毫升、盐少许、胡椒粉少许、毛豆20粒

香焖鲍鱼

香葱油少许、罐头小汤鲍4只、上汤150毫升、酱油2克、蚝油2克

南瓜萝卜酱

香葱油25克、南瓜40克(切片)、红萝卜40克(切片)、上汤200毫升、盐少许、胡椒粉少许

做法

1. 烧热香葱油，炒香蒜茸和虾米。加入香菇和南瓜丁炒至香熟。
2. 加入五谷米、香米和糯米，拌炒几分钟。加入AOX水、盐和胡椒粉调味才煮至滚。
3. 把米饭倒入电饭煲继续煮。煮熟后，加入毛豆拌匀，静置15分钟。
4. 准备香焖鲍鱼：烧热香葱油，加入鲍鱼、上汤和酱油，煮25分钟至汤汁收干，和鲍鱼表面起胶，即可加入蚝油调味。
5. 准备南瓜萝卜酱：烧热香葱油，炒香南瓜和红萝卜。加入上汤焖煮至熟软。接着用搅拌机搅拌成幼滑的浓酱。放入锅中煮热，加入盐和胡椒粉调味待用。
6. 把五谷米饭盛入碗中，拌以南瓜萝卜酱和香焖小鲍鱼即可。

Multigrain Rice with Pumpkin and Baby Abalone

serves 4

Rice Ingredients

30g shallot oil, 5g minced garlic, 5g dried shrimps, 8g dried shiitake mushroom (soak and slice thinly), 70g pumpkin (cut into 1cm x 1cm cubes), 50g multigrain rice (white rice, brown rice, barley and wheat), 50g Thai jasmine rice, 10g glutinous rice, 210ml AOX water, some salt, some pepper, 20 edamame beans

Braised Abalone

some shallot oil, 4 canned baby abalones, 150ml stock, 2g dark soy sauce, 2g oyster sauce

Pumpkin Carrot Sauce

25g shallot oil, 40g pumpkin (sliced), 40g carrot (sliced), 200ml stock, some salt, some pepper

Method

1. Heat up shallot oil, sauté garlic and dried shrimps until fragrant. Add mushroom and pumpkin. Stir-fry until fragrant.
2. Add multigrain rice, jasmine rice and glutinous rice. Toss for a few mins. Add AOX water, salt and pepper. Bring to a boil.
3. Transfer multigrain rice to rice cooker. Once cooked, add edamame and stir evenly. Leave it in rice cooker for 15 mins.
4. Prepare Braised Abalones: Heat up shallot oil, add abalones, stock and dark soy sauce. Cook for 25 mins until stock dries up. Season with oyster sauce.
5. Prepare Pumpkin Carrot Sauce: Heat up shallot oil, sauté pumpkin and carrot. Add stock and simmer until soft. Blend all ingredients into smooth puree. Heat up puree in a pot. Season with salt and pepper.
6. Serve multigrain rice with Pumpkin Carrot Sauce and Braised Abalones.

