

『思鄉料理』

臺灣早餐 - 蛋餅 Taiwanese Breakfast - Egg Pancake Roll (Taiwanese Omelet)

蛋餅是非常經典的臺式早餐，在歐洲三餐麵包到懷疑人生時可斟酌製作。

Egg Pancake Roll, as a typical Taiwanese breakfast, can be taken into consideration if you start to get tired of eating bread for every meal in the Europe.

#食譜 (Recipe) : 一份 (One set)

步驟一：將水倒入中筋麵粉攪拌均勻，兩者比例大約 1:1

Step 1: Pour the water in the plain flour and mix them (Flour: Water = 1:1)

步驟二：將切段青蔥、鹽巴、胡椒加入糊狀麵粉攪拌均勻

Step 2: Cut the green onion into pieces and put them in the flour with salt / pepper

步驟三：將油倒入平底鍋並在加熱後將麵粉糊倒入

Step 3: Add oil to the pan and pour the flour inside after heating up

步驟四：將蛋液和切段洋蔥（或玉米）、鹽巴攪拌均勻

Step 4: Mix up the egg with the onion / corn and salt

步驟五：將半熟麵粉糊暫時移出平底鍋並重新加油

Step 5: Take the pancake out of the pan and add oil again

步驟六：在熱鍋後加入混合洋蔥或玉米之蛋液

Step 6: Pour the egg with onion / corn after heating up

步驟七：將半熟麵粉糊放入平底鍋與蛋共煎，並撒上胡椒

Step 7: Cover the egg with the pancake and add some pepper

另類臺灣 - 烤地瓜 & 冰心地瓜

Image of Taiwan - Roasted Sweet Potato & Iced Sweet Potato

食譜 (Recipe) : 一個 (One set)

步驟一：將蕃薯放到冷凍庫 45 分鐘

Step 1: Put sweet potatoes in the freezer for 45 mins.

步驟二：將蕃薯放到 250 度烤箱烤 30 分鐘

Step 2: Put sweet potatoes in the oven with 250 degree for half hour.

(步驟三：將吃不完的蕃薯再次放回冷凍庫)

(Step 3: Store remaining sweet potatoes in the freezer again and get iced sweet potato!)

平價熱炒 - 鐵板豆腐 Stir Fries - Iron Plate Fried Tofu (without Iron Plate)

沒有鐵板的鐵板豆腐，跟沒有肉的熱炒一樣，好吃依舊。

The iron plate fried tofu without iron plate is as good as the stir fries without meat.

Impressively delicious.

食譜 (Recipe) : 一份 (One set)

步驟一：預先處理大蒜、青蔥、洋蔥、玉米筍、胡蘿蔔、荷蘭豆等食材

Step 1: Prepare chopped garlic, spring onion segments, sliced onions, baby corn, sliced carrots and snow pea

步驟二：將豆腐切片乾煎後盛起備用

Step 2: Cut tofu into pieces and fried them until they are colored

步驟三：大蒜爆香後，依序加入洋蔥、胡蘿蔔、荷蘭豆、玉米筍炒軟

Step 3: After sauté the aromatics with chopped garlic, stir sliced onions, sliced carrots snow pea and baby corn in order

步驟四：加入一碗水或米酒悶熟

Step 4: Add one bowl of water or rice wine (white wine) to braise them

步驟五：以醬油、砂糖調味

Step 5: Add soy sauce and suger to

步驟六：加入麵粉水使其濃稠

Step 6: Add water with flower to make it thicker

步驟七：加入蔥段及黑胡椒後完成

Step 7: Spice up pepper and spring onion segments

熱炒經典 - 蔥爆雞丁 Stir Fries - Diced Chicken with Green Onions

上次挑戰「鹽酥雞」失敗而耿耿於懷的雞胸肉料理，這回總算用「蔥爆雞丁」雪恥成功。

Last time I shamefully failed to cook original Taiwanese popcorn chicken, but this time I finally make it with the same ingredients of chicken breast!

食譜 (Recipe) : 一份 (One set)

步驟一：預先處理大蒜、青蔥、洋蔥、辣椒等食材

Step 1: Prepare chopped garlic, spring onion segments, sliced onions, and chili

步驟二：將雞胸肉切塊，並以醬油、糖、胡椒醃漬

Step 2: Cut chicken breast into dices and pickled with the mixture of soy sauce, sugar and pepper

步驟三：大蒜爆香後，依序加入辣椒、白色蔥段、洋蔥拌炒

Step 3: After sauté the aromatics with chopped garlic, stir chili, spring onion segments (close to roots) and sliced onions in order

步驟四：加入一碗水或米酒悶煮

Step 4: Add one bowl of water or rice wine (white wine) and braise them

步驟五：放入雞丁拌炒

Step 5: Put diced chicken into the pan

步驟六：加入醬油、砂糖調味，再度使用米酒（或麵粉水使其濃稠）等其收汁

Step 6: Add soy sauce and sugar, and some water with flour (or white wine) to make it thicker

步驟七：加入蔥段及黑胡椒後完成

Step 7: Spice up pepper and spring onion segments (green parts)

養生飲品 - 紅棗枸杞茶

Beverage for Regimen - Wolfberry Tea with Red Jujube

枸杞顧眼睛、紅棗補血，簡直經期熬夜趕進度之必備飲品。

Wolfberries are beneficial for eyesight protection while red jujube enriches the blood. What a required drink for working late as having periods!

食譜 (Recipe) : 一鍋 (One set)

步驟一：自冷水放入紅棗數顆、枸杞一小把加熱

Step 1: Put several red jujubes and a handful of wolfberries into cold water and boil

步驟二：煮至大滾轉小火滾 20-30 分鐘，並持續以餘溫悶燒

Step 2: Bring to the boil then reduce heat for more than 20-30 minutes

(步驟三：將喝不完的枸杞茶放置冰箱)

(Step 3: Store remaining wolfberry tea in the fridge!)

家常菜 - 洋蔥炒蛋 Home-Cooked Meals - Scrambled Egg with Onions

會做這道料理純粹因為剩餘食材有洋蔥和蛋。

The major reason for making this dish lies in the remains of both onions and eggs.

#食譜 (Recipe) : 一份 (One set)

步驟一：以油熱鍋後加入蒜末爆香

Step 1: Sauté the aromatics such as chopped garlic

步驟二：加入切絲洋蔥炒軟，再加一匙油

Step 2: Put slice onion into the pot, saute for a couple of minutes and add a spoon of oil

步驟三：將蛋液打散加入，稍等一份中後拌炒

Step 3: Add the whole egg liquid and stir up

步驟四：加入胡椒、鹽巴等調味料

Step 4: Add some spice such as pepper and salt

步驟五：撒上青蔥後起鍋

Step 5: Add some green onion sections and that's it!