

Pen Cai



A Cooperation of



BOSCH



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Pen Cai



Ingredients:

20 ml	Cooking Oil
30 ml	Water
1.5 L	Chicken Stock
1 Can	Abalone Stock
1 pc	Medium Sized Carrot, Medium Sized White Radish, Rehydrated Sea Cucumber
6 pcs	Scallops, Young Corns
12 pcs	Abalones(Canned), Fresh Clams, Fresh Whole Prawns
20 g	Black Moss ('Fat Choy')
30 g	Old Ginger
50 g	Garlic, Shallots
150 g	Jew's Ear / Black Fungus(Rehydrated), Shiitake Mushroom(Rehydrated)
200 g	Broccoli Florets
300 g	Roasted Duck Meat, Roasted Pork Belly
2 tbsp	Dark Soy Sauce, Light Sauce, Sesame Oil
3 tbsp	Corn Starch, Oyster Sauce
4 tbsp	'Hua Tiao' Chinese Wine
To Taste	White Pepper
To Garnish	Red Chilli
To Garnish	Spring Onions

Workflow:

1. Peel the carrot and white radish, and cut into thick slices.
2. Cut the sea cucumber and Jew's ear into thick slices.
3. Using a MaxoMixx Hand Blender, blend the old ginger, shallots and garlic together.
4. In a heated casserole, add in cooking oil, and the fresh clams. Deglaze with 'Hua Tiao' wine, cover the casserole to cook the clams. Once cooked, the clams should open, then remove the clams and set them aside.
5. In the same pot, add sesame oil and fry the blended ginger, shallots and garlic until slightly brown and fragrant.
6. Add in oyster sauce, chicken stock, abalone stock, light soy sauce and dark soy sauce. Bring the stock to a simmer.
7. Preheat the oven to 190°C using '4D Hot Air' Mode.
8. Add in the prawns, sea cucumber, abalone, scallops, the white radishes, carrots, baby corns, Jew's ears, shiitake mushrooms, and black moss (fat choy).
9. Place the pot in the oven and bake for 20 minutes. Then add in broccoli, clams, roasted pork belly and roasted duck meat. Bake for another 10 minutes in the oven or until all ingredients are cooked through.
10. Strain the sauce and bring to boil. Season with white pepper, and thicken the sauce with cornstarch slurry. Make the cornstarch slurry by mixing 3 tablespoons cornstarch and 30ml water.
11. Thinly slice spring onions and chilli, and soak the spring onions in ice water. Tip: This makes the spring onions curl so they form a nice garnish for your dish.
12. Arrange the ingredients in the casserole or pot, and pour the sauce over.
13. Garnish with the red chilli and spring onion slices and enjoy!

Setting procedure:

Select 4D HotAir and 190°C to bake for 30 minutes.

4D HotAir

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