



# 時尚蒸點

名・師・高・徒



石錦洪編著 萬里機構・飲食天地出版社出版

## 50 Dumplings



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# 前言Foreword

我欣賞石錦洪師傅的才藝和才情，無論什麼人什麼事，他都會盡心努力去做，去克服困難。每當下屬遇有不明白時，他總會諄諄告誡，即時示範和細心講解；所以曾與他合作的人，無不豎起拇指稱讚。自上世紀八十年代中期相識和共事，已有20多年，記得在北角利苑酒家的日子裡，相處融洽又愉快。我佩服他對點心的專業，很會花心思，大膽地改革點心，並極力要求製品以健康和清新為主，廣受食客歡迎。以一位點心師傅的職位，繼而被提升到集團點心總監一職，殊不簡單，沒有足夠才藝和良好的人際關係，絕不能問鼎這個位置。



作為資深飲食人的我，對於手藝好又品德高的石師傅的評價，只能以“認真、誠懇和有心思”作結。只有他們的無私奉獻，才能推動點心行業邁向另一個新紀元，並把點心製品推向世界飲食舞台爭取一席位。

為了讓多一些人認識點心製作，他特別挑選了五十款餃子和湯包，並把複雜的點心技巧，化繁為簡，讓家庭讀者也可以參考製作，我希望這本《時尚蒸點》能一紙風行。

**黃永熾**

龍皇酒家飲食集團主席



I appreciate Dumpling Chef Shek Kam-hung for his talent and skill. Even facing challenges on operation or interpersonal relationship, he considers well in all aspects. He treats his subordinates kind. Whenever they have uncertainties at work, Chef Shek will explain in detail and demonstrate immediately. Everybody who work with him give Shek the thumbs-up. It's been over twenty years since we knew each other. We worked together at Lei Garden, North Point, around mid 1980s. Those days were good and memorable. Relations among all colleagues were very harmonious and supportive. I admired Shek for his professional skill, creativeness and innovation of Dim Sum. For my better understanding, Chef Shek often likes to use fresh ingredients to make dumpling at health way. His belief and persistence are welcome by his customers. Starting from a junior Dumpling Chef in the 1980s, Shek is an Executive Dumpling Chef of the Group now. His career path shows Chef Shek is a great Dumpling Chef with excellent interpersonal skill. Otherwise, he can't hold such a position in the Group.

I am an experienced Chinese Cuisine Chef and would like to give "Conscientious, Honesty and Creativeness" as my sincere comments on his competence. With regarding of his selfless contribution to Dim Sum industry, it is hope to push the industry across the next century and also lead the product stepping on culinary stage with excellent result.

In order to let more people know dim sum making, Chef Shek select 50 dumplings to teach how to do and judge. Some complicated steps have been change at simple way. The aim is for general readers can follow to make dumpling. Finally, I hope this great book "50 Dumplings" to be one of the best seller.

*Wong Wing Chee*

Chairman of Dragon King Restaurant Group







# 自序Preface

生活在急速進步的大都會，對生活質素的追求越來越強烈，延伸向前，對每天必須享用的食物要求也越來越高。為何我們會追求和改良食物呢？如何才能令食物做得健康又美味？這一連串的問題，答案只有一個，能夠嚐到美味食物是一種享受和生活藝術。所以能做出色、香、味俱全和健康的優質食品，回味無窮，滿足又自豪。

回想在70年代剛踏入飲食業時，學徒生涯給我感受最深。以前舊派廚房的運作模式，老師傅比較保守兼護己，不輕易傳授技藝，食品份量無標準，出品時好時壞，每當接獲客人的投訴時，作為飲食從業員的我，心裏非常難過。從那一刻開始，我便立志必須確保產品質素，從不斷測試和改良食品，定下品質標準、份量比例、製法技巧等，從而確保製品能滿足客人要求，並進一步追求自己在點心創作的目標和理想。客人們的一聲讚賞，換來自己心靈上的無限滿足。

進入千禧年代，我希望能將過去多年來的所學、所創、製法經驗和心得輯錄成書，並與大家一起分享。

在這裏還要多謝曾協助參予製作的一群工作人員。

石錦洪



Living in the rapid changing city, the pursuing of living quality and food becomes stronger and stronger. Meantime, we have a series of questions about food. Why do we need to demand and improve food quality? How to make healthy and delicious food? Actually, there is only one answer - tasting fine food is kind of enjoyment. We are proud and satisfied about making savory, healthy and good quality food.

Retrospect to the period of first joining the food and catering field in the 70's, the apprentice life is of much impresses me. According to the running of traditional kitchen in the past, those masters were relatively conservative and would not easily share their skill. Hence, there was no standard of food quantity and the quality products were unstable. To be a caterer, I felt very sad when I encountered customer's complaints. In order to fulfill customer's need and further pursue self goal, I determined to maintain product quality and set the standard, proportion and production technique through continuous testing and improvement of good. Admiration from customers definitely brings me satisfaction.

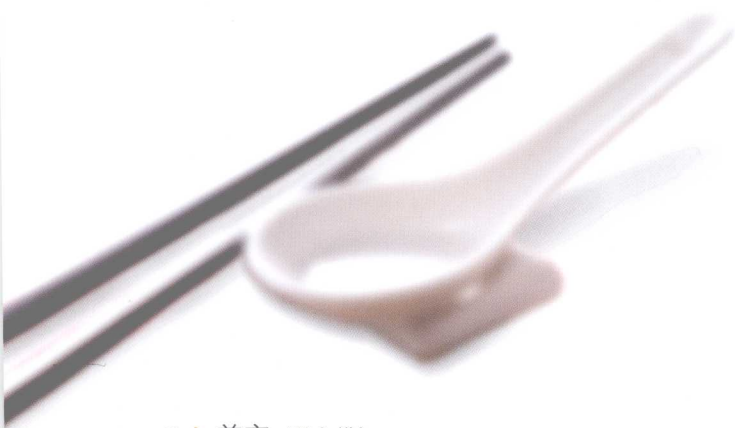
Stepping into millennium, I hope to edit a book, recording all I learned, created, experienced in production and share with all of you.

Much thanks to the crew who were assisted the production.

*Shek Kam Hung*



# 目錄 Contents



2 前言 (黃永幟)

Foreword

4 自序

Preface

## 8 (一) 美味餡料的秘密

The secret of making delicious fillings

10 (i) 多汁的湯包和餃子不可缺少的湯凍  
Indispensable frozen soup for juicy soup dumplings and dumplings

12 (ii) 各式餡料製法  
Making of different kinds of fillings

18 (iii) 黃油蟹粉餡和大閘蟹粉餡的差異  
Difference between yellow crab fillings and hairy crab fillings

19 (iv) 認識常用工具與粉類材料  
Common tools and types of flour

## 20 (二) 不同麵糰變出美味點心

Different flour dough makes savory dim sum

20 (I) 蝦餃皮製法  
Making of shrimp dumpling

22 XO 醬墨魚蒸餃子  
XO sauce cuttlefish dumpling

24 蟹子魚翅蒸餃子  
Crab roe and shark fin dumpling

26 雲勝香菱籃子餃  
Luffa parsley dumpling

28 金冠蒸餃  
Golden crown steam dumpling

30 蝴蝶甘筍餃  
Butterfly carrot dumpling

32 碧綠菜葉餃  
Jade dumpling

34 素菜荷花餃  
Lotus dumpling

36 魔鬼魚餃子  
Stingray dumpling

38 白菜金粟餃子  
Chinese cabbage and corn dumpling

40 筍角鮮蝦餃  
Shrimp dumpling

42 碧綠鳳眼餃  
Greenery dumpling

44 彈塗魚餃  
Mudskipper dumpling

46 晶瑩兔仔餃  
Rabbit dumpling

48 香菱半月餃  
Parsley crescent dumpling

50 (II) 粉粿皮製法  
Making of fan gou wrapper

52 玫瑰花餃子  
Rose dumpling

54 繽紛四喜餃子  
Blooming and happiness dumpling

56 白菜花餃子  
Chinese cabbage dumpling

58 菠菜柳葉餃  
Spinach dumpling

60 韮菜龍蝦餃  
Leek and lobster dumpling

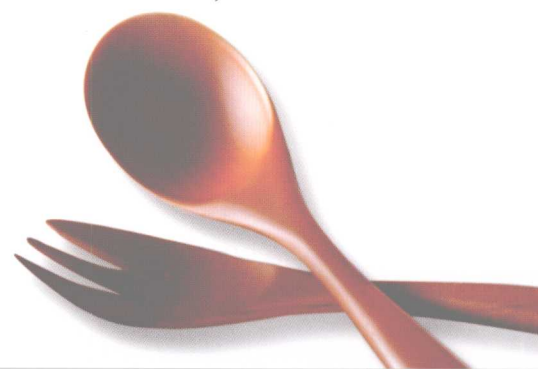
62 蟹肉元寶餃子  
Crab meat dumpling

64 石榴蒸餃子  
Pomegranate dumpling



- 66 三色蒸餃子  
Triple-coloured dumpling
- 68 賽螃蟹蒸餃子  
Egg white and crab meat dumpling
- 70 三色風車餃  
Triple-colour windmill dumpling
- 72 天津素翅餃  
Tianjin veggie shark fin dumpling
- 74 上素蒸粉粿  
Veggie dumpling
- 76 傳統潮州粉粿  
Chiuchao fan guo
- 78 太極銀鑼餃  
Taichi turnip dumpling
- 80 (III)水晶皮製法  
Making of crystalline wrapper
- 82 蟹皇水晶餃  
Crab ovum crystalline dumpling
- 84 水晶南瓜餃  
Crystalline pumpkin dumpling
- 86 雲南野菌餃  
Yunnan wild mushrooms dumpling
- 88 三色水晶粿  
Triple-colour crystalline dumpling
- 90 雪菜水晶包  
Pickled cabbage crystalline dumpling
- 92 (IV)餃子皮製法  
Making of dumpling wrapper
- 94 高湯魚尾餃子  
Fish tail dumplings in stock
- 96 京式煎餃子  
Beijing style fried dumpling
- 98 娥姐鍋貼煎餃  
Ngor Jia pan fried dumpling
- 100 金湯灌湯餃  
Golden stock filled dumpling
- 102 貢菜蒸餃子  
Kung choi steamed dumpling

- 104 金網香妃餃  
Imperial concubine dumpling
- 106 紅油抄手餃子  
Dumpling in spicy oil
- 108 莧菜香菇餃  
Chinese spinach and mushrooms dumpling
- 110 寧菠滑餃子  
Softy spinach dumpling
- 112 京川菜苗焯餃  
Beijing-Sichuan dumpling
- 114 (V)湯包皮製法  
Making of soup buns wrapper
- 116 濃雞灌湯包  
Condensed chicken soup filled bun
- 118 三菇灌湯包  
Mushroom soup filled bun
- 120 上素灌湯包  
Fine veggie soup filled bun
- 122 黃油蟹粉小籠包  
Steamed buns stuffed with yellow crab ovum
- 124 大閘蟹粉小籠包  
Steamed buns stuffed with hairy crab ovum
- 126 台式小籠包  
Steamed buns in Taiwan style



# 美味餡料的秘密

## The secret of making delicious fillings

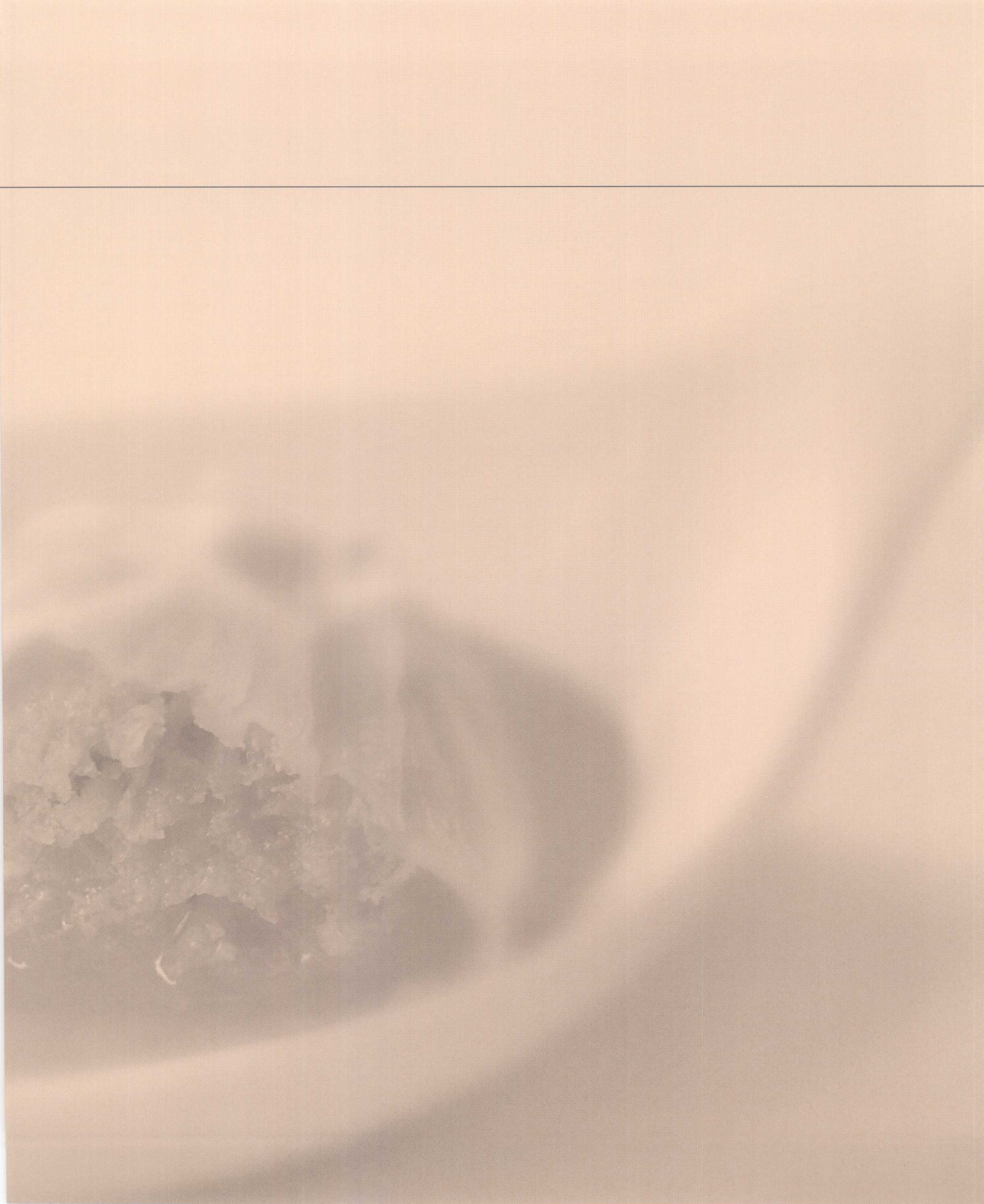
品嚐點心時，我們會發現餡料裏帶有黏黏的和流動的汁液，讓豐盈味道溢滿口，  
味蕾也為濃濃汁液而變得敏感而振奮起來。

許多食客會有疑問，為何這少少汁液能產生如此神奇效果，  
就讓我為大家解開這個謎底吧！

While enjoying dim sum, we find the fillings with sticky fluid,  
which enrich the taste and stimulate our senses. Many eaters have doubts  
about the amazing effect brought by the fluid.

Let us uncover the mystery.







## (i) 多汁的湯包和餃子 不可缺少的湯凍

Indispensable frozen soup for  
juicy soup dumplings and dumplings

傳統製作湯包的湯汁，不是十分健康，材料會用上已燉腩的豬皮，攪碎，再加入湯汁內，藉以增加它的膠質來加強凝固作用。據知，豬皮的皮下油脂會隨着血管而輸送到體內，部份會在血管壁停留積聚而轉變成脂肪，閉塞血管，引發心臟病或肥胖。現代點心為了食客健康着想，改良湯汁製法，利用雞腳的膠凍取代豬皮膠凍，效果更理想。再者，現今的點心師傅把餡料改為採用大量蔬菜，減少肉類的份量，無論口感、香味和餡汁也變得健康和清新了。

Traditional way of making the fluid of soup dumplings is not healthy, the ingredients will use chopped, stewed pig skin in order to enhance the gelatin for condensing. It is said that the grease of pig skin will flow through the blood vessels and accumulate in the walls, turning to fat. This will block the blood flow and trigger heart disease and obesity. Considering the health condition of customers, there are changes for the soup of dim sums now, using chicken leg jelly instead of pig skin jelly that achieves better effect. Besides, chefs now use plenty of vegetables to replace the quantity of meat that make the dim sum healthier and fresh.



# 濃雞灌湯凍 / 雞腳凍

## Condensed chicken soup filled jelly / Chicken leg jelly

[時間 TIME : 30 分鐘 min • 份量 QUANTITY : 3 千克湯凍 around 3kg soup jelly]

傳統湯汁俗稱“豬皮凍”，改用雞腳取代豬皮，稱為“雞湯凍”。它的材料有雞腳、冬菇、薑片、玉蔥、魚膠粉等。由於雞腳具獨特香味，魚膠粉可凝固湯汁，兩者互相配合，效果理想。此外，傳統肉餡多用豬腩肉和豬皮凍，食用時總覺會有點油膩，滿口不舒服的感覺，心裏還覺得豬皮凍很不健康。為了適應健康的飲食潮流，現已改良餡料，用上全瘦的豬赤肉，利用雞湯凍取代了豬皮凍，除了可去掉油膩的弊病，還可增加餡料的肉香味道，頓時把清新香甜味一併混在餡料中，讓人一試難忘。

Traditional soup pig skin jelly is replaced by chicken leg jelly. It's ingredients contain chicken legs, mushrooms, ginger slices, spring onions, sectioned spring onion and gelatin etc. Chicken legs give special flavor and gelatin solidifies the soup, both match and achieve good result. Conversely, traditional meat fillings normally use fat pork and pig skin jelly which brings oily and uncomfortable, and it is not healthy. In order to adapt the healthy eating trend, the ingredients of soups turn to use lean pork and chicken soup jelly, which replaces pig skin jelly. This can get rid of the oily taste and can enhance the meat flavor of the ingredients, turning all the fresh taste into the fillings that brings unforgettable experience.



### ● 材料 INGREDIENTS

雞腳	1斤8兩 (900克)
赤肉	2兩 (80克)
薑肉	1兩 (40克)
葱肉	5錢 (20克)
冬菇	2兩 (80克)
清水	3斤 (1800克)
魚膠粉	2兩 (80克)
Chicken leg	900g
Pork	80g
Ginger	40g
Spring onion	20g
Mushrooms	80g
Water	1800g
Gelatin powder	80g

### ● 調味 SEASONINGS

鹽	3錢 (12克)
糖	1.5錢 (6克)
雞粉	2.5兩 (100克)
Salt	12g
Sugar	6g
Chicken powder	100g

### ● 製法 METHODS

1. 將雞腳和赤肉分別洗淨，加入薑肉、葱肉、冬菇和清水同置鍋中燉約3小時或至軟身，隔起湯汁，備用。
  2. 湯渣先放入攪拌機內攪碎。
  3. 湯汁加入魚膠粉和雞粉攪溶，轉放入湯渣內拌勻，最後加入鹽和糖拌勻。
  4. 再次隔清湯渣，待涼凍後凝固，便成雞湯凍。
1. Rinse chicken legs and pork separately, add in ginger, spring onion, mushrooms and water into the container, stew for 3 hours until soft. Drain off the soup for later use.
  2. Put those soup ingredients into the blender for blending.
  3. Add Gelatin powder and chicken powder into the soup and stir to even, again pour into soup ingredients and add in salt and sugar and mix together.
  4. Re-drain the soup and let it cool to condense, chicken soup jelly forms.



### 註 REMARKS

濃雞灌湯凍與雞腳凍的製法一樣，只是前者材料沒有用赤肉而改用鮮雞肉，湯味較為濃郁。

The makings of condensed chicken soup filled jelly and chicken leg jelly are the same, the difference is the former one will adopt to use pork instead of chicken meat and the taste is rich.



## (ii) 各式餡料製法

### Making of different kinds of fillings

餡料是湯包和餃子的靈魂，如果餡料配搭得宜，口感清爽，味道鮮美，令味蕾充滿歡愉，回味無窮。

Fillings is the soul for soup buns and dumplings. While there is good matching for the fillings, it brings light, fresh taste and unforgettable after taste.



#### ● 材料 INGREDIENTS

半肥瘦赤肉	1斤 (600克)
雞湯凍	6兩 (240克)
蛋白	½隻
lean pork with fat	600g
chicken soup filled jelly	240g
egg white	½

#### ● 調味 SEASONINGS

雞粉	6錢 (24克)
糖	6錢 (24克)
生抽	1兩 (40克)
鹽	1.5錢 (6克)
麻油	1錢 (4克)
胡椒粉	½錢 (2克)
chicken powder	24g
sugar	24g
soy sauce	40g
salt	6g
sesame oil	4g
pepper	2g

#### 註 REMARKS

小籠包餡與肉餡做法一樣，只是用了濃雞湯凍5兩(200克)、薑5分(2克)和蔥白5分(2克)



### 肉餡

#### Meat fillings

[時間 TIME : 30 分鐘 min • 份量 QUANTITY : 900 克 g]

#### ● 製法 METHODS

1. 先將赤肉剁幼，大力攪至起膠，慢慢加入雞湯凍和蛋白拌勻。
  2. 待赤肉呈膠性時，便可加入雞粉和糖拌勻。
  3. 最後加入其餘調味拌勻，便可放入器皿，轉放冰箱冰凍備用。
1. Finely chop the pork and stir to sticky, add in chicken soup jelly and egg white to even.
  2. Stir in chicken powder and sugar when the meat is sticky.
  3. Stir in balance seasonings. Place the fillings into the container and chill it in the freezer.





## ● 材料INGREDIENTS

墨魚肉	4兩 (150克)
馬蹄肉	1兩 (40克)
生粉	1錢 (4克)
清水	5錢 (20克)
黑芝麻	1錢 (4克)
Cuttlefish	150g
Water chestnut	40g
Starch	4g
Water	20g
Black sesame	4g

## ● 調味 SEASONINGS

鹽	1錢 (4克)
雞粉	1錢 (4克)
糖	2.5錢 (10克)
胡椒粉	2分 (0.8克)
麻油	1錢 (4克)
Salt	4g
Chicken powder	4g
Sugar	10g
Pepper	0.8g
Sesame oil	4g

# 墨魚餡

## Cuttlefish fillings

[時間 TIME : 30 分鐘 min • 份量 QUANTITY : 900 克 g]

## ● 製法 METHODS

1. 墨魚肉剁碎，馬蹄肉拍碎。
  2. 把墨魚肉碎、生粉和清水攪至起膠，加入鹽、糖和雞粉拌勻。
  3. 加入其餘調味拌勻，再拌入黑芝麻和馬蹄肉，轉放在器皿置冰箱中冷凍。
1. Chop cuttlefish and mash the water chestnut.
  2. Stir the chopped cuttlefish, starch and water to sticky, add in salt, sugar and chicken powder.
  3. Add in balance seasonings, stir in black sesame and water chestnut. Place in the container and chill it in the freezer.



## ● 材料INGREDIENTS

蝦肉	3兩 (120克)
筍粒	1兩 (40克)
翠玉瓜	1兩 (40克)
芫荽度	1錢 (4克)
Shrimp meat	120g
Bamboo shoots	40g
Meat	40g
Sectioned coriander	4g

## ● 調味 SEASONINGS

鹽	1錢 (4克)
雞粉	1錢 (4克)
糖	2.5錢 (10克)
胡椒粉	2分 (0.8克)
麻油	1錢 (4克)
Salt	4g
Chicken powder	4g
Sugar	10g
White pepper	0.8g
Sesame oil	4g

# 翠玉瓜餡

## Zucchini fillings

[時間 TIME : 10 分鐘 min • 份量 QUANTITY : 200 克 g]

## ● 製法 METHODS

1. 翠玉瓜切幼粒；芫荽切碎。
  2. 蝦肉拍爛，攪至起膠（即有黏度和彈性）。
  3. 加入鹽、雞粉和糖拌勻。
  4. 再加入胡椒粉、麻油、筍粒、翠玉瓜粒和芫荽粒拌勻，放器皿內置冰箱中冷凍，備用。
1. Dice the zucchini and coriander.
  2. Smash the shrimp meat and knead until sticky.
  3. Add in salt, chicken powder and sugar, stir well.
  4. Add in pepper, sesame oil, bamboo shoots, zucchini and coriander, and mix well, place into the container and chill it in the freezer. Set aside.



### ● 材料INGREDIENTS

罐裝蘑菇 ..... 1兩 (40克)  
大地魚末 ..... ½兩 (20克)  
溫室豆苗 ..... 6兩 (240克)  
雞湯凍 ..... 2兩 (80克)  
Canned mushrooms ..... 40g  
Dried plaice powder ..... 20g  
Green house pea shoot .... 240g  
Condensed chicken soup jelly ... 80g

### ● 調味 SEASONINGS

鹽 ..... 1錢 (4克)  
雞粉 ..... 1錢 (4克)  
糖 ..... 2.5錢 (10克)  
胡椒粉 ..... 2分 (¼克)  
麻油 ..... 1錢 (4克)  
Salt ..... 4g  
Chicken powder ..... 4g  
Sugar ..... 10g  
Pepper ..... 0.25g  
Sesame oil ..... 4g

## 溫室菜苗餡

### Greenhouse pea shoots fillings

〔時間 TIME : 10 分鐘 min • 份量 QUANTITY : 200 克 g〕

### ● 製法 METHODS

1. 溫室豆苗飛水，揸乾，切碎備用。
  2. 罐裝蘑菇飛水，瀝乾，剁碎，用少許油炒香。
  3. 溫室豆苗加入鹽、雞粉和糖拌勻。
  4. 再加入胡椒粉、麻油、大地魚末、蘑菇碎及雞湯凍拌勻，放器皿內，置冰箱中冷凍，備用。
1. Blanch the seedlings, squeeze the water, and dice.
  2. Blanch the canned mushrooms, rinse and chop. Pan fry with a little oil.
  3. Add salt, chicken powder and sugar into the seedlings.
  4. Stir in pepper, sesame oil, dried fish powder and chopped mushrooms to even. Place in the container and chill in the freezer.



### ● 材料INGREDIENTS

蘿蔔絲 ..... 3兩 (120克)  
Shredded turnip ..... 120g

### ● 調味 SEASONINGS

清水 ..... 1兩 (40克)  
鹽 ..... 1錢 (4克)  
雞粉 ..... 1錢 (4克)  
糖 ..... 2.5錢 (10克)  
胡椒粉 ..... 2分 (¼克)  
麻油 ..... 2錢 (8克)  
Water ..... 40g  
Salt ..... 4g  
Chicken powder ..... 4g  
Sugar ..... 10g  
Pepper ..... 0.25g  
Sesame oil ..... 8g

### ● 芡汁 Thickening

生粉 ..... 1茶匙  
清水 ..... 1湯匙  
Starch ..... 1 tsp  
Water ..... 1 tbsp

## 蘿蔔絲餡

### Shredded turnip fillings

〔時間 TIME : 10 分鐘 min • 份量 QUANTITY : 180 克 g〕

### ● 製法 METHODS

1. 熱鑊下油，放蘿蔔絲炒軟身。
  2. 加入調味料拌勻。
  3. 倒入芡汁料煮至濃稠，盛起，攤涼，備用。
1. Pour oil into the heated wok and stir fry the shredded turnip into tender.
  2. Add in seasonings to even.
  3. Make a thickening and stir well. Dish up and cool. Set aside.





## ● 材料INGREDIENTS

蝦肉 ..... 3兩 (120克)  
筍粒 ..... 1兩 (40克)  
Shrimp ..... 120g  
Diced bamboo shoots ..... 40g

## ● 調味 SEASONINGS

鹽 ..... 5分 (2克)  
雞粉 ..... 8分 (3克)  
糖 ..... 1錢 (4克)  
胡椒粉 ..... 少許  
麻油 ..... 6分 (2克)  
Salt ..... 2g  
Chicken powder ..... 3g  
Sugar ..... 4g  
Pepper ..... A little  
Sesame oil ..... 2g

## 蝦肉餡

### Shrimp meat fillings

[時間 TIME : 10 分鐘 min • 份量 QUANTITY : 180 克 g]

## ● 製法 METHODS

1. 蝦肉拍爛，攪至起膠（即有黏度和彈性）。
  2. 加入鹽、雞粉和糖拌勻。
  3. 再加入胡椒粉、麻油和筍粒拌勻，放器皿內置冰箱中冷凍，備用。
1. Mash the shrimp meat and stir to sticky.
  2. Add in salt, chicken powder and sugar, stir well.
  3. Stir in pepper, sesame oil and diced bamboo shoots to even. Place in a container and chill in the freezer. Set aside.



## ● 材料INGREDIENTS

蝦肉 ..... 4兩 (150克)  
筍粒 ..... 1兩 (40克)  
西蘭花 ..... 1兩 (40克)  
日本蟹子 ..... 2錢 (8克)  
Shrimp meat ..... 150g  
Diced bamboo shoots ..... 40g  
Broccoli ..... 40g  
Japanese crab roe ..... 8g

## ● 調味 SEASONINGS

鹽 ..... 1錢 (4克)  
雞粉 ..... 1錢 (4克)  
糖 ..... 2.5錢 (10克)  
胡椒粉 ..... 2分 (¼克)  
麻油 ..... 1錢 (4克)  
Salt ..... 4g  
Chicken powder ..... 4g  
Sugar ..... 10g  
Pepper ..... 0.25g  
Sesame oil ..... 4g

## 蘭度餡

### Broccoli fillings

[時間 TIME : 10 分鐘 min • 份量 QUANTITY : 270 克 g]

## ● 製法 METHODS

1. 西蘭花切幼粒。
  2. 蝦肉拍爛，攪至起膠。
  3. 加入鹽、雞粉和糖拌勻。
  4. 再加入胡椒粉、麻油、筍粒、西蘭花粒和蟹子拌勻，放器皿內置冰箱中冷凍，備用。
1. Finely chop the broccoli.
  2. Mash the shrimp meat, and stir until it becomes sticky.
  3. Mix in salt, chicken powder and sugar to even.
  4. Again add in pepper, sesame oil, bamboo shoots, chopped broccoli and crab roe to even. Place the fillings into a container and chill in the freezer. Set aside.

