

淘大 AMOY

15 minute recipes

快趣煮



好味道

Simple & Delicious



香港製造

Made in HK



Authentic tastes under 15 minutes

# 薑蓉檸香雞翼

## Ginger and Lemon Chicken Wings



份量 2-4人 • 準備時間 5分鐘 • 烹調時間 15分鐘

**材 料** 雞翼10隻

**調味料** 淘大薑蓉蔥油3湯匙、檸檬1/2個(切片)、片糖1片(搗碎)、水30毫升

**做 法**

- ① 雞翼洗淨，抹乾。
- ② 以中慢火燒熱油，下淘大薑蓉蔥油爆香，下雞翼煎2分鐘至兩面呈金黃。
- ③ 加入檸檬、片糖及水。
- ④ 加蓋以慢火燜煮10分鐘，上碟即成。

Serves 2-4 • Preparation Time 5 minutes • Cooking Time 15 minutes

**Ingredients** Chicken Wings 10 pcs

**Seasoning** Amoy Minced Ginger with Shallot Oil 3 tbsp, Lemon 1/2 pc (sliced), Slab Sugar 1 pc (mashed), Water 30 ml

**Method**

- ① Wash and dry the chicken wings.
- ② Heat the pot over medium-low heat, stir-fry the minced ginger and shallot oil until it is fragrant, pan fry the chicken wings for 2 minutes until both sides are golden.
- ③ Add lemon, slab sugar and water.
- ④ Cover and stew for 10 minutes and serve.



### Minced Ginger With Shallot Oil 薑蓉蔥油

Pack Size: 200g

Product Feature: • No added preservative  
• Made in Hong Kong



# 七彩牛柳粒

## Sirloin Steak with Peppers



份量 2-4人 • 準備時間 5分鐘 • 烹調時間 10分鐘

**材 料** 西冷牛扒或肉眼扒2件300克、青 / 紅 / 黃椒170克

**調味料** 淘大黑椒醬1½湯匙、粟粉1/2茶匙、水1湯匙

**醃 料** 淘大黑椒醬2茶匙、粟粉1茶匙

### 做 法

- ① 牛扒，下醃料醃5分鐘。
- ② 青、紅、黃椒切粒，備用。
- ③ 牛扒煎至金黃色，盛起切粒備用。
- ④ 炒香青 / 紅 / 黃椒，加入牛扒粒及調味料炒勻即成。

Serves 2-4 • Preparation Time 5 minutes • Cooking Time 10 minutes

**Ingredients** 2 Sirloin Steak or Rib Eye Steak 300g, Green, Red and Yellow Pepper 170g

**Seasoning** Amoy Black Pepper Sauce 1½ tbsp, Corn Starch 1/2 tsp, Water 1 tbsp

**Marinade** Amoy Black Pepper Sauce 2 tsp, Corn Flour 1 tsp

### Method

- ① Marinate sirloin steak with the marinade for 5 minutes.
- ② Dice green, red and yellow peppers. Set aside.
- ③ Pan-fry sirloin steak until golden brown. Take it out and cut into pieces. Set aside.
- ④ Saute peppers. Add in sirloin pieces and seasonings. Stir well.



## Black Pepper Sauce 黑椒醬

Pack Size: 225g

Product Feature: • No added preservative  
• Made in Hong Kong



# 回鍋肉

## Sauteed Szechuen Pork



份量 2-4人 • 準備時間 5分鐘 • 烹調時間 10分鐘

**材 料** 五花腩肉片200克、蔥1條、  
青、紅椒各40克、薑2片

**調味料** 淘大豆瓣醬2<sup>1</sup>/<sub>2</sub>湯匙、淘大海鮮醬1湯匙、淘大金標老抽1茶匙

**醬 汁** 粟粉3/4茶匙、水1湯匙

### 做 法

- ① 豬頸肉、薑片放入滾水內煮5分鐘取出，稍涼。
- ② 蔥、青椒、紅椒切件用，
- ③ 燒熱油，放下豬頸肉炒香，加青、紅椒及調味料炒數下，再加入蔥炒勻，埋芡煮滾，即可上碟。

Serves 2-4 • Preparation Time 5 minutes • Cooking Time 10 minutes

**Ingredients** Sliced Pork Belly 200g, Shallot 1 strip, Green & Red Peppers 40g each, Slided Ginger 2pcs

**Seasoning** Amoy Toban Chilli Bean Sauce 2<sup>1</sup>/<sub>2</sub> tbsp, Amoy Hoi Sin Sauce 1 tbsp, Amoy Gold Label Dark Soy Sauce 1 tsp

**Thickening** Corn Starch 3/4 tsp, Water 1 tbsp

### Method

- ① Put the pork cheek and the ginger into the boiling water for 5 minutes, drain well & cut into fine pieces.
- ② Cut the vegetable into bite size,
- ③ Heat with dash of oil, fry the pork until browned, toss in the peppers & the seasoning. Stir in the shallot & Thickening and serve hot.



### Toban Chilli Bean Sauce 豆瓣醬

Pack Size: 235g

Product Feature: • No added preservative • Made in Hong Kong

### Hoi Sin Sauce 海鮮醬

Pack Size: 240g

Product Feature: • No added preservative • Made in Hong Kong

### Gold Label Dark Soy Sauce 金標老抽

Pack Size: 500ml

Product Feature: • No added MSG • No added flavoured enhancer • No added artificial color • Natural fermentation • Make use of non-GMO soyabean • Made in Hong Kong



# 咖喱炒大蜆

## Stir-fry Curry Clams



份量 2人 • 準備時間 5分鐘 • 烹調時間 15分鐘

**材 料** 大蜆8隻(1.25斤)即(1斤4兩)、  
洋蔥1/2個(切絲)、芹菜1棵(切段)、長紅椒1隻(切片)、  
蔥1棵(切段)、蒜蓉2茶匙、薑3片、雞蛋1隻(拂勻)、花奶1/4杯、水1 1/2杯

**調味料** 淘大咖喱醬3湯匙、淘大純味蠔油2茶匙

**醬 汁** 粟粉1湯匙、水1 1/3湯匙

### 做 法

- ① 大蜆先用滾水灼至殼微開，取出，用水喉沖洗蜆肉，隔水備用。
- ② 先爆香長紅椒及芹菜，盛起，加油炒香洋蔥、薑片及蒜蓉，下調味料略炒，加水煮滾，放入大蜆煮至殼大開，加花奶及埋芡煮滾，將長紅椒、芹菜及蔥段回鑊炒勻，最後落雞蛋快手炒勻，即可上碟。

Serves 2 • Preparation Time 5 minutes • Cooking Time 15 minutes

**Ingredients** 8 Large Clams (1.25 catties / 1 catty 4 taels), 1/2 Onion (shredded), Chinese Celery 1 bunch (cut into strips), 1 Long Red Chilli (sliced), Spring Onion 1 bunch (cut into strips), Minced Garlic 2 tsp, Ginger 3 slices, 1 Egg (beaten), Evaporated Milk 1/4 cup, Water 1 1/2 cup

**Seasoning** Amoy Curry Sauce 3 tbsp, Amoy Oyster Sauce 2 tsp

**Thickening** Corn Starch 1 tbsp, Water 1 1/3 tbsp

### Method

- ① Blanch large clams in boiling water until the shells are slightly open. Take them out and rinse the clam meat under tap water. Drain and set aside.
- ② Saute long red chili and Chinese celery then remove them from the wok. Add oil to saute onion, sliced ginger and minced garlic. Stir in the seasonings and gently stir-fry. Pour in water and bring it to the boil. Put in the clams and boil until the shells are all open. Add evaporated milk and the sauce then bring it to the boil. Toss the long red chili, Chinese celery and spring onion back to the wok and mix them well. At last, quickly stir in the beaten egg and serve.



### Curry Sauce 咖喱醬

Pack Size: 220g

Product Feature: • No added preservative  
• Made in Hong Kong

### Oyster Sauce 純味蠔油

Pack Size: 555g

Product Feature: • No added preservative  
• No added artificial colour • Made in Hong Kong



# 麵豉醬扒茄子

Aubergines with  
Salted Yellow Bean



份量 2-4人 • 烹調時間 15分鐘

**材 料** 茄子450克 (1-2條)、免治豬肉80克或  
鯪魚膠80克、蒜蓉2茶匙、蔥花適量

**調味料** 淘大麵豉2湯匙、糖1湯匙、淘大金標生抽2茶匙、  
淘大小磨麻油1茶匙、水1/2杯、生粉1 1/2茶匙

**醃 料** 粟粉1 1/3茶匙、水1湯匙

## 做 法

- ① 茄子切段 (7\*3厘米)。
- ② 起鑊用5湯匙油炒茄子至開始軟身。
- ③ 下免治豬肉或鯪魚膠和蒜炒香。
- ④ 加入調味料炒至收汁然後灑上蔥花即可上碟。

Serves 2-4 • Cooking Time 15 minutes

**Ingredients** Long Aubergines / Eggplant 450g (1-2 piece), Minced Pork / Fish Paste 80g, Minced Garlic 2 tsp, Scallion Greens to taste

**Seasoning** Amoy Salted Yellow Bean Sauce 2 tbsp, Sugar 1 tbsp, Amoy Gold Label Light Soy Sauce 2 tsp, Amoy Blended Sesame Oil 1 tsp, water 1/2 cup, Corn Starch 1 1/2 tsp

**Thickening** Starch 1 1/3 tsp, Water 1 tbsp

## Method

- ① Cut long aubergines / eggplant into sections (7\*3cm).
- ② Fry the aubergines / eggplant in a wok with 5 tbsp of oil until it starts to soften.
- ③ Saute the minced pork / fish paste and minced garlic to fry until fragrant.
- ④ Add seasoning and stir-fry until the juice is collected, then sprinkle with scallion greens to serve.



## Gold Label Light Soy Sauce 金標生抽

Pack Size: 500ml

Product Feature: • No added MSG • No added flavoured enhancer •  
No added artificial color • Natural fermentation •  
Make use of non-GMO soyabean • Made in Hong Kong

## Blended Sesame Oil 小磨麻油

Pack Size: 150ml

Product Feature: • Made in Hong Kong

## Salted Yellow Bean 麵豉

Pack Size: 220g

Product Feature: • No added preservative • Made in Hong Kong



