

泰西合井美食

国人爱到泰国旅游，对泰式料理的喜爱程度也不低。擅长复合式料理的萧师傅，本期就分享了两道泰式X西式料理，要你竖指直呼“泰美味！”

文：王珊雯 摄影：ELIZA PHUA

大食汇



红咖喱带子酥饼

Red Curry Scallop on Puff Pastry

材料

烘焙酥饼baked puff pastry 1/4个(pc)
带子肉(切片)scallop meat(sliced) 60克(g)
泰式红咖喱酱Thai red curry paste 15克(g)
椰汁奶油coconut cream 20克(g)
泰国九层塔Thai basil 适量(adequate)
小芦笋baby asparagus 4根(pcs)
盐salt 适量(to taste)
胡椒粉pepper 适量(to taste)
清水water 适量(to taste)

做法

1 将蛋液均匀涂抹在酥饼上，放入175°C的烘炉烤12分钟。烤好后切半。
Spread puff pastry with egg wash and baked in oven for 12min @ 175°C. When ready, cut the pastry into half.



2 以盐和胡椒粉为带子调味。用不粘锅煎带子至呈浅褐色。
Season scallop with salt & pepper, seared on non stick pan until lightly brown.



名厨教学系列 萧健强 Bernard Seoh

34岁的萧师傅是本地Olio Café与Dome Café的厨务总监，负责为餐馆研发新菜单、培训属下厨师等。萧师傅平日爱观赏各国烹饪节目、上网搜寻美食灵感，因此擅长烹制多国料理，以炮制复合式菜肴最为拿手。



3 热另一镬，倒入红咖喱酱、小芦笋、椰汁奶油、带子和清水一起翻炒。待带子熟后熄火。
In another pan, stirred fried the red curry paste with baby asparagus, coconut cream, seared scallop and some water. Off the flame when scallop is cooked.



4 将红咖喱带子和小芦笋摆放在酥饼底层，再盖上另一酥饼。以油炸过的泰国九层塔点缀即可。
Place the scallop on the base of the puff pastry, then cover with the top part of the pastry. Garnish with deep fried Thai basil.

蟹钳肉与面包屑叁岩辣椒

Breaded Crab Cake with Sambal Chili + Thai Crab & Apple Salad

材料

熟蟹钳肉cook crab claw meat 120克(g)
香茅(切细)lemon grass(finely chopped) 适量(adequate)
酸柑叶(切薄)lime leave (thin slice) 1片(pc)
酸柑汁lime juice 3茶匙(tsp)
蛋黄酱mayonnaise 10克(g)

面包屑bread crumb 20克(g)
鸡蛋egg 1个(pc)
面粉flour 适量(adequate)
青苹果green apple 1/4个(pc)
番茄tomato 适量(adequate)
叁岩辣椒sambal chilli 适量(adequate)
盐salt 适量(to taste)
胡椒粉pepper 适量(to taste)

泰式蟹肉苹果沙律

与蟹肉饼一起上桌的沙律，清凉爽口，能让你同时体验两种风味的蟹肉料理，同时也可充当餐前小菜。

做法



1 为蟹钳肉调味：将蟹肉与香茅、酸柑叶、酸柑汁、蛋黄酱、盐和胡椒粉一起混合。
Marinate of Crab Claw Meat-Mixed the crab meat with lemon grass, lime leave, lime juice, mayonnaise, salt & pepper.



2 取70克蟹肉，捏成圆形饼状。分别沾上面粉、蛋液和面包屑。
Take 70gm of the crab meat and mould into round cake sharp. Coat the crab cake with plain flour, egg wash then bread crumb.



3 将蟹肉饼炸至金黄色，切半，与叁岩辣椒一起摆好。
Deep fried the crab meat until golden brown. When done, cut the crab cake into half and serve with sambal chilli.



4 准备圆形模型。顺序将番茄丁、剩余熟蟹肉，和去皮青苹果丁放入模型中。慢慢取走模型，和炸蟹肉饼一起上桌。
Use a round mould to do the crab salad tower with tomato dice, crab meat in the middle and peeled and diced green apple on the top. Remove the mould. Serve with crab cake.