



福建蝦麵湯 Hokkien Prawn Mee

食材

黃麵 500g
米粉或粿條 250g
豆芽 一些
通菜 一些 (沒有也可以)
小蔥頭 幾顆
海蝦 (鹹水蝦) 500g
豬肉 150g
魚片(幾片)
菜油

調料

黑醬油 (幾滴-用來調色)
雞精 少許
冰糖 (少量,只是用來調味)

Ingredients

Yellow noodle 250g
Rice vermicelli or Rice noodles 250g
Bean-sprouts 340g
Water spinach 115g
A few Shallots
Prawn 500g
Pork 150g
Fish cake (few pieces)
Vegetable oil 5tbsp

Seasonings

Few drops of dark soy sauce for coloring
Little chicken extract
rock sugar 2-3 pieces (to taste)

Instructions

- 1.將小蔥頭去皮切片(留一些待用),把大部分的小蔥頭放入炸成金黃
Remove the skin of Shallots and cut them into pieces. Heat vegetable oil in a medium sized pan. Add sliced shallots and fry until fragrant and golden brown in color (keep some of the shallots for later use)
- 2.將豬肉切成大塊
Cut the pork into big pieces
- 3.將通菜洗淨切短
Wash and cut the water spinach into 2-inch lengths
- 4.把蝦沖洗乾淨, 有魚餅的話可以切片
Wash the prawn and cut the fishcake into slices
- 5.把蝦剝殼, 印乾
Peel shrimps, reserving the shell. Do not discard. Pat dry with paper towels.





6.加一點油到炒菜鍋開火,放入剩下的小蔥片炒一下,把蝦肉炒至半熟拿起。倒入蝦殼,炒到變紅撈起。

Add some oil in a hot wok and fry the remaining shallots and prawn till half cooked and set aside. Add prawn shells and fry until shells turn red.

7.用煮湯的鍋放入 1.5 公升水開火,把變紅蝦殼倒入鍋中用中火滾 20 分鐘,放入豬肉塊滾一下(約 10 分鐘)撈起,把半熟的蝦放入淘一下(約 30 秒)。

Boil 1.5L water with the prawn shell for 20 mins, then add the pork and boil it, take them out after 10 mins. Cook the prawn for 30 second.

8.把蝦殼撈起,湯可以過濾一下。

Discard the shrimp heads and shells, filter the soup.

9.放幾粒小冰糖,幾滴黑醬油,雞精適度,試味道,加入少許鹽(慢慢加到夠咸就好)。

Add the rock sugar, few drops of dark soy sauce and chicken extract for seasoning, and slowly add in salt while tasting

10.把麵,米粉(米粉要先煮軟)或河粉用水煮一下。把豆芽,通菜煮了撈起放碗。

Fill a separate pot with water and boil the yellow noodle and rice vermicelli. Scald bean sprouts for about 20 seconds. Remove with a metal strainer. Do the same for water spinach.

11.把蝦湯倒入麵碗中,放入炸蔥,紅辣椒(如果有的話)和些少胡椒粉即可吃了。

Lastly add all the Ingredients into the soup, add red chili if you have and seasons the soup with pepper and salt.