

Glutinous Rice Stuffed Chicken Wings 糯米雞翼



Serving 份量: 4

Ingredients 材料

1.	Chicken wings 雞翼	4 隻
2.	Salt 鹽	$\frac{1}{2}$ teaspoon 茶匙
3.	Sugar 糖	$\frac{1}{2}$ tablespoon 湯匙
4.	Soya sauce 豉油	$\frac{1}{2}$ tablespoon 湯匙
5.	Glutinous rice 糯米	1 cup 杯
6.	Shikita mushroom 花菇	8 隻
7.	Conpoy (dried scallop) 干貝 (瑤柱)	4 粒
8.	Dried Prawn 蝦乾	8 隻
9.	Cooking oil 油	1 tablespoon 湯匙
10.	Chilly 辣椒	To taste
11.	Salt 鹽	$\frac{1}{2}$ teaspoon 茶匙
12.	Soya sauce 豉油	1 tablespoon 湯匙
13.	Honey 蜜糖	2 tablespoons 湯匙

1. Soak glutinous rice in water for 4 hours. Then steam the rice for 20 minutes. 糯米用水浸 4 小時, 然後隔水蒸 20 分鐘。

2. Wash and debone the chicken wings. Cut a ring around the top part of the drumstick and using a sharp knife, slowly scrape down against the bone to loosen the meat from the drumstick and then from the mid wing. Always pushing back the skin as you scrape. Be careful to preserve the skin. Marinate with ingredients #2-4 for 2 hours. 雞翼洗淨去骨, 從雞翼頂部入手, 用刀將骨肉分離, 翼尖的骨不用去除。用材料 2-4 醃製雞翼 2 小時。



3. Soak shikita mushrooms, conpoy and dried prawns till they are soft. Tear conpoy into shreds. Cut mushrooms into thin slices and dried prawns into small cubes.

花菇、干貝及蝦乾浸軟, 干貝撕碎、花菇切絲、蝦乾切粒。

4. Add oil to a hot Chinese wok. Stir fried the chilly, shikita mushrooms, conpoy and dried prawns for 2 minutes.

鑊加熱起油爆香辣椒、花菇、干貝及蝦乾。

5. Add glutinous rice, salt and soya sauce (ingredients #11 & 12) and stir fry till all ingredients are well mixed.

加入糯米、鹽及豉油(材料 11-12)炒勻。



6. Preheat oven to 220 °C. 焗爐預熱至攝氏 220 度。

7. Stuff the stir fried rice into the chicken wings. Use a toothpick to seal the end.

將炒好的糯米釀入雞翼內, 用牙籤將頂部開口處封好。



8. Place the wings over a rack and bake for 10 minutes. 將雞翼放在烤架上, 入焗爐焗 10 分鐘。

9. Bast with honey on the top side and bake for 10 minutes. 取出雞翼, 在雞翼面掃上蜜糖, 再焗 10 分鐘。

10. Turn the wings over and bast with honey on the other side. Bake for another 10 minutes. 雞翼底面反轉, 在面層塗上蜜糖, 再焗 10 分鐘。

11. Remove the toothpick and serve on plate. 取出牙籤, 上碟。