嫩煎梅花肉佐豉油沙茶红酒汁配野山蒜

梅花肉
融合菜
使用场景：家用，商用

食材：

- 原料：梅花肉 250g
- 辅料：野山蒜 20g，西兰花 50g
- 调味料：生抽 30ml，沙茶酱 20ml，红酒 100ml，黄油 30g，蜂蜜 30g

制作方式：

1. 将梅花肉用 10ml 生抽腌制 20 分钟
2. 生抽 20ml，沙茶酱 20ml，红酒 100ml，蜂蜜 30g 混合后小火收汁至 100ml 左右
3. 锅烧热，放入梅花肉快速大火煎制成 7 分熟，醒肉 10 分钟后切成大块
4. 西兰花油盐水焯水备用
5. 汁水中放入黄油收浓，淋在肉上，撒上油炸好的野山蒜即可

Pan Fried Pork collar with Red Wine Shacha soy Sauce and Wild Garlic

Pork collar
Fusion cuisine
Use scenario: family, commercial.

Ingredients:

- Main Ingredients: 250g pork collar
- Other ingredients: 20g wild garlic, 50g broccoli
- Seasoning: 30ml light soy sauce, 20ml shacha sauce, 100ml red wine, 30g butter, 30g honey

Process:

1. Marinate pork collar with 10ml light soy sauce for 20 minutes.
2. reduce 20ml light soy sauce, 20ml shacha sauce, 100ml red wine and 30g honey to around 100ml with low heat.
3. Heat the pan, fry the pork quickly over high temperature for medium, leave the fire for 10 minutes, then cut the meat into large pieces.
4. put some oil and salt into the boiling water, then blanching the broccoli
5. Concentrate the sauce with butter, pour it on the meat, and sprinkle it with fried wild garlic.