

五花肉蔬菜卷



食材：

- 原料：五花肉 200g
- 辅料：长茄子刨片六片，西葫芦刨片六片，胡萝卜丝 40 克，芦笋头 6 个，金针菇 40 克，盐 8 克，白胡椒粉 15 克，柠檬盐 10 克
- 泰式酱汁：大蒜 2 瓣、小红辣椒 1 条、白糖 2 汤匙、鱼露 1 汤匙、柠檬汁 $\frac{1}{2}$ 、香菜碎 1 茶匙、甜辣酱 80 毫升。
- 蒜泥酱汁：大蒜 3 瓣，生姜 35 克，小米辣 15 克，花生油 20 毫升，酱油 30 毫升。

制作方法：

- 1，将五花肉切成 3mm 的薄片
- 2，所有蔬菜洗净后，茄子刨片，西葫芦刨片，胡萝卜刨丝，芦笋头取头部位，金针菇去根。
- 3，依次将五花肉片，茄子片，西葫芦片，胡萝卜丝，芦笋头，金针菇，撒上盐，白胡椒粉，卷成五花卷。
- 4，上蒸锅蒸 10 分钟后，取出摆盘，装饰配汁。
- 5，泰式酱汁，将大蒜和去籽红辣椒切碎，和剩余食材一起倒入甜辣酱搅拌均匀即可。
- 6，蒜汁：姜和蒜切成碎，再加入切成细圈的小米辣椒，油加热到 7 成，淋在姜蒜辣椒上边，然后热锅热一下酱油淋入，拌匀即可。

Pork Belly and Vegetable Wraps



Ingredients:

- Ingredients: Pork belly 200g
- Other ingredients: long eggplant 6 slices, zucchini 6 slices, shredded carrots 40 gm, asparagus 6 heads, enoki mushrooms 40 gm, salt 8 gm, white pepper 15gm, lemon salt 10gm
- Thai Sauce: 2 Cloves garlic, 1 small Red chili, 2 tbsp White sugar, 1 tbsp Fish Sauce, ½ Lemon Juice, 1 tsp Chopped coriander, 80ml Sweet and Chili sauce.
- Garlic sauce: 3 Garlic cloves, Ginger 35g, Red chili 15g, Peanut oil 20ml, Soy sauce 30ml.

Process

1. Cut belly pork into 3mm thin slices.
2. After all vegetables are washed, slice the eggplant, slice the zucchini, slice the carrot, take the head of the asparagus, and remove the root of the enoki mushroom.
- 1, 3, Put the pork belly slices on a chopping board, put eggplant slices, zucchini slices, shredded carrots, asparagus heads, and enoki mushrooms, sprinkle with salt, and white pepper, and roll it into pork vegetable roll.
3. After steaming for 10 minutes, remove and place on a plate. Decorate with dipping sauce.
4. For the Thai sauce, chop the garlic and seedless red chili. Add the remaining ingredients to the sweet and spicy sauce and stir well.
- 2, 6, For the garlic sauce: ginger and garlic are finely chopped, and then add the millet pepper cut into thin circles, oil heated to 200° c, drizzle in ginger garlic chili mix, and then hot pot heat soy sauce then drizzle into it, mix well.