

## 话梅软骨



### 食材：

- 原料：猪软骨 350g
- 辅料：蒜 20 克，葱 50 克，姜 50 克，大料一个，
- 调味料：冰糖 50 克，黄酒 40 克，一品鲜 30 毫升，老抽 15 毫升，米醋 20 毫升，镇江香醋 20 毫升，酸梅酱 25 克，李派林调味汁 20 克，盐 15 克。

### 制作方式：

1. 将肋排洗净后，用厨房纸擦干表面的水分，剁成 3-4cm 宽的小段后备用。话梅提前浸泡在黄酒中，黄酒的量以刚好没过话梅为宜。
2. 排骨里加入料酒和盐，用手抓匀，腌制 5 分钟。
3. 炸锅里倒油，烧至六成热时下入排骨。
4. 炸至排骨表面微微焦黄时捞出，关火。沥干排骨上的油脂。
5. 另起一净锅，倒入少许油，微热后加入冰糖，转小火，并用铲子搅拌。
6. 待冰糖完全融化，且冒出浓密的小泡、有微微的烟雾升腾时关火，倒入排骨，并迅速地盖上锅盖。30 秒钟后，重新开火，中小火炒至排骨上色。
7. 将葱姜蒜倒入翻炒，然后加入话梅和泡着的黄酒一同倒入锅中。依次烹入米醋香醋，和一品鲜酱油，老抽，盐，酸梅酱，李派林。
8. 倒入温水超过食材，盖上盖子，大火烧开后转小火，焖炖 35-40 分钟。
9. 待汤汁慢慢地变少时，开大火收汁，即可盛盘装饰。

## Prune Cartilage



### Ingredients:

- Main Ingredients: Pig cartilage 350g
- Other Ingredients: Garlic 20g, scallion 50g, ginger 50g, aniseed 1each,
- Seasonings: Sugar 50gm, Shaoxing wine 40gm, Light Soy sauce 30ml, Dark soy sauce 15ml, rice vinegar 20ml, Zhenjiang Balsamic vinegar 20ml, Sour plum paste 25g, Worcestershire sauce 20gm Salt 15gm.

### Process

1. After washing the ribs, wipe the surface of the ribs dry with kitchen paper and chop them into 3-4cm wide pieces for later use. The prunes are soaked in yellow rice wine in advance. The amount of yellow rice wine should be just over the prunes.
2. Add cooking wine and salt to the ribs, mix well with your hands, and marinate for 5 minutes.
3. Pour the oil into the fryer until reaches 160°C and put the ribs in deep fried.
4. Fry until the ribs are lightly browned. Remove from the heat. Drain the fat from the ribs.
5. Add a little oil to a clean pan. Add rock sugar when it is slightly hot. Turn down the heat and stir with a shovel.
6. Turn off the heat when the sugar is completely melted, thick bubbles appear, and a little smoke rises. Pour in the ribs and quickly cover the pan. After 30 seconds, return to the heat and cook over medium heat until the ribs are colored.
7. Stir in the spring onion, ginger, and garlic, then add the prunes and yellow rice wine into the pan. In turn, cook rice vinegar, balsamic vinegar, light soy sauce, dark soy sauce, salt, sour plum paste, and Worcestershire sauce.
8. Pour warm water over the ingredients, cover with a lid, turn down the heat, and simmer for 35-40 minutes.
9. When the juice slowly becomes less, turn on the heat to collect the meat juice, become thicker and stickier, can be served as decoration.