糖醋话梅猪软骨

中餐
使用场景：家用，商用
特点：酸甜可口

食材：

- 原料：猪软骨 500g
- 辅料：糖渍话梅 50g，老姜 30g，大葱 30g
- 调味料：冰糖 100g，大红浙醋 50g，香醋 80g，盐 5g

制作方法：

1. 将猪软骨改为 3cm 长段，冲去血水沥干水分待用；
2. 锅中加入色拉油，油温烧制 6 成热，下入软骨炸制表皮金黄捞出待用；
3. 锅中留底油，加入冰糖炒化，下入排骨，姜葱，盐，红醋，适量清水小火烧制 25 分钟；下入话梅，香醋转大火收汁装盘即可。

Sweet and Sour Pork Soft Bones with Plum Sauce

Chinese cuisine
Use scenario: family, commercial.
Feature: Sweet and sour

Ingredients:

- Main Ingredients: pork soft bone 500g
- Other ingredients: pickled plum 50g, ginger 30g, green onion 30g
- Seasoning: rock sugar 100g, red Zhejiang vinegar 50g, balsamic vinegar 80g, salt 5g

Process：

1. Cut the pork soft bone into 3cm long segments, rinse off the blood, and drain the water.
2. Add salad oil to a pot, heat the oil at temperature for 6 minutes, fry the cartilage to make the skin golden brown, remove, and set aside.
3. Leave the base oil in the pot, add rock sugar, and stir-fry, add the ribs, ginger and shallots, salt, red vinegar, and some water, and cook over low heat for 25 minutes. Put in the plum, turn the balsamic vinegar to high heat collect the juice and put it on a plate.