



脆炸雞軟骨

Deep Fried Chicken Cartilage

材料

雞軟骨	300克
味椒鹽	1茶匙
鹽	1茶匙
油	500毫升
七味粉	少量

Ingredients

Chicken cartilage	300g
Flavored pepper	1 tsp
Salt	1 tsp
Oil	500ml
Shichimi	an appropriate amount

脆漿材料

麵粉	3湯匙
生粉	3湯匙
泡打粉	3茶匙
水	140毫升
油	1湯匙

Crispy Batter Ingredients

Flour	3 tbsp
Cornstarch	3 tbsp
Baking powder	3 tsp
Water	140ml
Oil	1 tbsp



安利皇后牌3公升不銹鋼煲
Amway Queen™ 3L Saucepan



掃描二維碼
瀏覽短片

做法 Method

- 1 先準備脆漿：把所有粉類材料加水拌勻，靜置一小時；油炸前再加入1湯匙油拌勻。
First, prepare the crispy batter. Mix the flour, cornstarch and baking powder together with the water, stir well then let it sit for one hour. Add 1 tablespoon of oil to the batter mixture and mix well right before use.
- 2 雞軟骨洗淨，加入味椒鹽和鹽醃半小時。
Wash the chicken cartilage, then marinate in the flavored pepper and salt for 30 minutes.
- 3 以中火預熱3公升不銹鋼煲並把油倒入，雞軟骨裹上薄薄一層脆漿，隨後放入鋼煲。
Preheat the 3L Saucepan on a medium heat and pour in the oil. Dredge the chicken cartilage in the batter mixture to get a thin coating then lower into the hot oil for deep-frying.
- 4 雞軟骨炸至金黃色後上碟，撒上少許七味粉，即成。
Deep-fry until the chicken cartilage turns golden. Remove from the oil and drain. Sprinkle shichimi on top and serve.

脆炸有技巧 Tricks for deep-frying foods

雞軟骨軟肉嫩，脆炸後外酥內脆，加上椒鹽調味，減輕油膩感，單獨作為小食或佐酒皆一流。油炸前記得先把雞軟骨的水分吸乾，脆漿亦只需裹上薄薄一層，就更容易做到鬆脆口感。

The tender and soft chicken cartilage has a fascinating taste after deep-frying – crispy on the outside and soft on the inside. Garnishing it with flavored pepper helps to get rid of the greasy feeling. The dish works well as a standalone snack and is also perfect to serve with wine. It is important to make sure every piece is dry before lowering it into the hot oil, while a light batter coating help the chicken stays crispy.