

果肉利用

材料 Ingredients

木鱉果青果肉 / 300 公克
Green-stage gac pulp / 300 g
排骨酥 / 300 公克
Deep-fried pork ribs / 300 g
薑 / 3 片
Ginger / 3 slices
香菇 / 10 朵
Shiitake mushrooms / 10
水 / 2000 毫升
Water / 2000 mL

調味料 Condiments

鹽 / 5 公克
Salt / 5 g
米酒 / 15 毫升
Rice wine / 15 mL

木鱉果排骨酥湯

Deep-fried Pork Rib Soup with Gac



製作方法 Directions

1. 木鱉果青果去皮、去籽後切塊備用；香菇泡軟備用。
Remove the skin and seeds, and dice the pulp. Soak the mushrooms until they are soft.
2. 將所有食材加水放入電鍋，外鍋放入 1 杯水煮熟即可。
Put all the ingredients into a rice cooker with the 2,000 mL water inside the pot and 1 C water outside the pot. Cook until the button pops up.
3. 上桌前調味即可。
Add condiments before serving.



金沙木鱉果 Salted Duck Eggs with Gac

材料 Ingredients

木鱉果青果肉 / 300 公克
Green-stage gac pulp / 300 g

鹹蛋 / 2 顆
Salted duck eggs / 2

蒜 / 1 瓣
Garlic / 1 clove



薑 / 5 公克
Ginger / 5 g

製作方法 Directions

1. 木鱉果切片汆燙瀝乾備用，蒜、薑切末。
Cut the gac pulp into slices, blanch, strain, and set aside. Mince the garlic and ginger.
2. 油鍋爆香鹹蛋黃後，加入木鱉果炒勻再加入蛋白、薑末、蒜末拌炒即完成。
Cook the yolks in a frying pan on high heat until they release their scent. Add the gac, continuing to fry and mix thoroughly. Then add the egg whites, garlic, and ginger. Stir fry.

木鱉果猴頭菇素湯

Vegetarian Lion's Mane Mushroom Soup with Gac

材料 Ingredients

木鱉果青果肉 / 300 公克
Green-stage gac pulp / 300 g

猴頭菇 / 100 公克
Lion's mane mushroom / 100 g

香菇 / 5 朵
Shiitake mushrooms / 5
薑 / 3 片
Ginger / 3 slices

水 / 2,000 毫升
Water / 2000 mL
紅棗 / 5 顆
Red jujubes / 5

調味料 Condiments

鹽 / 5 公克
Salt / 5 g

米酒 / 15 毫升
Rice wine / 15 mL

製作方法 Directions

1. 木鱉果青果去皮去籽後切塊；香菇、紅棗洗淨備用。
Remove the skin and seeds, and dice the pulp. Rinse the shiitake mushrooms and jujubes.
2. 將所有食材加水放入電鍋，外鍋放 1 杯水，蒸熟後趁熱加入調味料即可上桌。
Put all the ingredients into a rice cooker with the 1,800 mL water inside the pot and 1 C water outside the pot. Cook until the button pops up, and then add the condiments while it's still hot. Serve.



金黃三色蛋 Steamed Tricolor Eggs



材料 Ingredients

木鱉果熟果肉 / 150 公克

Gac pulp / 150 g

生鹹鴨蛋 / 3 顆

Raw salted duck eggs / 3

皮蛋 / 3 顆

Century eggs / 3

雞蛋 / 6 顆

Chicken eggs / 6

調味料 Condiments

鮮奶 / 100 毫升

Milk / 100 mL

製作方法 Directions

1. 皮蛋先用水煮熟切碎；木鱉果肉切碎備用。

Cook the century eggs in water. Mince them and the gac. Set aside.

2. 生鹹鴨蛋分開蛋黃與蛋清，蛋黃切碎備用。

Remove the salted duck egg yolks and mince them. Set aside.

3. 雞蛋 6 顆取其中 3 顆蛋黃打勻另取容器盛裝備用，其餘打勻後加入作法 1、2 之食材、鮮奶、生鹹鴨蛋蛋清 45 毫升再拌勻。

Scramble the yolks of three of the chicken eggs and set them aside. Scramble the remaining 3 chicken eggs and add them to the mixtures from steps 1 and 2. Also add the milk and 45 mL of salted duck egg white and mix everything together thoroughly.

4. 取一鍋冷水放上作法 3 之食材，中火蒸 20 分鐘後再淋上剩餘的 3 顆蛋黃液，再蒸 10 鐘即可上桌。

Put the mixture from step 3 over a pot of water. Heat the water at medium to steam the mixture for 20 minutes. Pour on the yolks from step 2 and steam for another 10 minutes. Serve.

