



3 Dish and 1 Soup Episode 2 – 三菜一汤

Servings: 3-4

Cooking Time: 1 hour

Skill level: Easy

Snow Fungus Chicken Soup - 白木耳鸡汤

Ingredients:

- 6 chicken thigh/drumsticks (skinless)
- 1 bulb White fungus
- 6 dried mushrooms
- 6 Red dates
- 1 tbsp wolfberries
- 3 pieces Dried Chinese yam
- 1 tsp north & south almonds
- 1 packet Lee Kum Kee Soup Base For Chicken Hot Pot
- 1.5 litres water

Steps:

Pre-soak white fungus, red dates, wolfberries and dried mushrooms for 10 minutes in hot boiling water.

In a heavy pot, boil 1.5 litres of water in a pot with the pre-soak , red dates, wolfberries, north & south almonds, white fungus and mushrooms.

When the water boils, put in the chicken thighs and Lee Kum Kee Soup Base For Chicken Hot Pot, stir well. Bring to simmer for 30mins. Sieve out the impurities on top of the soup and discard before serving.



Teriyaki Pork & Enoki Roll - 日式培根卷

Ingredients:

300g Streaky bacon

200g enoki mushrooms

1 tbsp Lee Kum Kee Teriyaki Marinade

1 tbsp rice wine/ mirin

Steps:

Preheat the oven at 200°C.

Trim of the root part of the enoki mushrooms and set aside.

Wrap bacon around the mushrooms and place them on the baking sheet.

Bake them in the oven for 10 mins

Combine Lee Kum Kee Teriyaki Marinade and rice wine, stir well, set aside.

Take the tray out of the oven and turn the bacon on the other side to evenly brown on all sides.
Send bacon back to the oven and bake for another 10 mins.

Brush the combine sauce over the bacon and bake for another 5 mins,

Bake till the bacon is golden brown.

Steam Cod Fish with Spicy Black Bean Sauce - 香辣豆豉蒸鱈鱼

Ingredients:

300g cod steak

2 tsp Lee Kum Kee Minced Garlic

1 tbsp rice wine

1 tbsp rice vinegar

1 tsp sugar

2 tbsp Lee Kum Kee Spicy Black Bean Sauce

1 tbsp rice wine



1 tbsp cooking oil

Salt to taste

Spring onions for garnishing

Chilli strands for garnishing

Steps:

Combine rice wine and rice vinegar in a plate and soak the cod fish for 5 – 10 mins. Drain & pat dry thereafter.

Slightly salt the fish on both sides.

Prepare to steam cod fish for 8 – 10 mins depending on the thickness of the fish.

Sauté minced garlic till fragrant add Lee Kum Kee Spicy Black Bean Sauce and Shaoxing wine. Mix well and add sugar.

Remove fish from the steamer and drain out the excess water leftover from steaming.

Immediately pour the sauce we have prepared in the wok over the fish.

Garnish fish with chilli strands and spring onions.

French Beans with Minced Meat and XO Sauce - 四季豆炒XO酱

Ingredients:

300g french beans

150g minced pork

2 tsp rice wine

Salt & pepper to taste

1 tsp cornstarch

2 tbsp cooking oil

1 tbsp Lee Kum Kee Minced Garlic

1 tbsp Lee Kum Kee XO sauce

1 tsp sugar

1 tbsp Shaoxing wine



Steps:

Marinate minced meat with salt, pepper, rice wine and cornstarch. Mix well

Heat up wok with oil to stir fry the beans till slightly brown, drain and set aside.

Sauté minced garlic till fragrant, add in minced meat and continue to sauté till fragrant and $\frac{3}{4}$ cooked.

Toss in the XO sauce & sugar, stir well and finally a dash of Shaoxing wine, give it a quick stir.

Toss in the French beans and mix till well combined