



Broccoli with Lemon Sauce (Serves 2 - 4)
檸檬汁西蘭花(二 - 四人份量)

Ingredients:

Broccoli	½ - ¾ lb
Salt	pinch
Egg, separated	1
Heavy cream	1 tbsp
Lemon juice	1 tbsp
Butter	2 tbsp
Lemon slices (optional)	

材料：

西蘭花	½ - ¾ 磅
鹽	少許
蛋 - 蛋白與蛋黃分開	1 隻
忌廉	1 湯匙
檸檬汁	1 湯匙
牛油	2 湯匙
檸檬片 (隨意)	

Method:

1. Cut broccoli into halves and wash thoroughly.
2. Cook broccoli under boiling salty water until tender (about 6 - 8 minutes). Drain. Set aside and keep warm.
3. Over a double boiler, beat egg yolk with cream and ¼ tsp salt in a large bowl until thickened and light colored. Gradually beat in lemon juice, until mixture thickens slightly.
4. Remove egg mixture from heat. Add butter, ½ tbsp at a time, beating after each addition until butter is melted. In a small bowl, beat egg white until soft peaks form. Fold into yolk mixture.
5. Arrange broccoli on a serving platter. Top with sauce and garnish with lemon slices if desired.

做法：

1. 將西蘭花洗淨，切成小朵。
2. 將西蘭花放入一鍋滾水，加 1 湯匙鹽。蓋上蓋煮 6-8 分鐘至熟。隔水備用。
3. 用隔熱水方法，將蛋黃、忌廉與鹽 ¼ 茶匙打至淺色稠身。慢慢拌入檸檬汁。碗內汁料放於熱水上，邊打邊煮至稠。
4. 熄火，分數次加入牛油，每次 ½ 湯匙，打至牛油溶化。將碗移離熱水。蛋白放於小碗內，打起後拌入蛋黃混合料中。
5. 將西蘭花上碟，淋上汁料即成。檸檬片作裝飾