



Eight Treasures Rice in Lotus Leaf (Serves 4 - 6)

Ingredients:

Rice	1 cup
Water	1½ cup
Chestnuts, cooked	3 - 4
Water chestnuts, chopped	2 - 3
Lotus seeds	5 - 6
Red dates	5 - 6
Dried Chinese mushrooms, soaked	2
Pumpkin, diced	200 g
Dried scallops, soaked	1
Dried Longan meat	3
Minced ginger	2 tsp
Olive oil	1 tbsp
Lotus leaf	1

Seasoning:

Chicken stock	3/8 cup
Oyster sauce	3 - 4 tbsp
Sesame oil	1 tsp
Salt	1 tsp

Method:

1. Wash the rice, add water and cook until half done. Set aside.
2. Heat wok, add oil and fry minced ginger until fragrant.
3. Add chestnuts, water chestnuts, lotus seeds, red dates, mushrooms, pumpkin, dried scallops and longan meat. Stir fry over high heat, about 5 minutes.
4. Add rice and stir-fry for 3-5 minutes.
5. Add seasoning, mix well and cook for 1-2 minutes.
6. Blanch the lotus leaf in boiling water, then rinse them with cold water.
7. Put all ingredients on the lotus leaf and wrap it up. Put lotus leaf "pack" in a steamer and steam for 8-10 minutes. Serve.

八寶荷葉飯

材料：

米	1 杯
水	1½ 杯
栗子 - 煮熟	3 -4 粒
馬蹄肉- 切粒	2 -3 粒
蓮子	5 - 6 粒
紅棗	5 - 6 粒
冬菇 - 切粒	2 粒
南瓜	200 克
瑤柱 - 浸透	1 粒
元肉	3 粒
薑茸	2 茶匙
橄欖油	1 湯匙
荷葉	1 塊

調味料：

雞湯	3/8 杯
蠔油	3 - 4 湯匙
麻油	1 茶匙
鹽	1 茶匙

做法：

1. 將米洗淨，加水煮至半熟，待用。
2. 熱鑊下油，將薑茸爆香。
3. 加入栗子、馬蹄、蓮子、紅棗、冬菇、南瓜、瑤柱及元肉，用高溫炒勻，約 5 分鐘。
4. 加入半熟米，用高溫炒 3-5 分鐘。
5. 加調味料，拌勻，煮 1-2 分鐘。
6. 將荷葉飛水，然後用凍水略沖。
7. 將所有材料放入荷葉上，包起。放入蒸籠，隔水蒸 8-10 分鐘，即成。