

焗泰式香茅雞扒

譚鄭瑛玲著

Thai Style Chicken

By Bernice Taam

材料：雞胛肉 2 磅 2 lb chicken meat

Seasoning:-

醃料：泰式燒雞醬	3 湯匙	3 tbsp	sweet chili sauce
雞粉	1 茶匙	1 tsp	chicken broth mix
正魚露	2 湯匙	2 tbsp	fish sauce
黃糖	2 湯匙	2 tbsp	yellow sugar
老抽	1 湯匙	1 tbsp	dark soy sauce
蒜茸	1 湯匙	1 tbsp	minced garlic
新鮮香茅	2 枝, 椿爛	2 stk.	lemon grass
青葱	3 棵, 切粒	3 stk.	green onion, chopped
紅辣椒	2 隻, 切碎	1 stk.	cilantro, chopped
芫茜	1 棵, 切碎	2	hot pepper, chopped

做法：1. 洗淨雞肉, 抹乾水。加入醃料, 撈勻, 醃 3 小時。

2. 將雞肉放入預熱 380F 之焗爐內, 焗 20 分鐘, 反轉雞肉, 再焗 15 分鐘至金黃色熟透, 上碟供食。

1. Marinate chicken with seasoning for 3 hours.

2. Bake in 380F oven for 20 minutes. Turn over and continue to bake for 15 minutes until chicken meat is golden brown. Dish up and serve.