

Steam rice roll (Microwave method)

微波爐自製腸粉食譜

粉漿材料(一人份量):

- 一杯粘米粉
- 一湯匙茨粉(即木薯粉, Tapioca flour)
- 一湯匙澄麵粉
- 一杯冷水
- 一杯熱水
- 一湯匙食油

Rice Roll Ingredient: **(For 1 person):**

- 1 cups rice flour
- 1 tablespoon Tapioca flour
- 1 tablespoon wheat starch
- 1 cups cold water
- 1 cups hot water
- 1 tablespoon oil

Sauce:

- 1 tablespoon soy sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon water
- 2 teaspoon sugar (or 1 small rock sugar)

方法:

1-

把粘米粉、茨粉及澄麵粉放入一個大碗之內。加入凍水, 攪拌成漿。一邊攪拌, 一邊加入熱水。之後加入食油。

2-

將適量粉漿放入一個方形平底微波爐器皿, 加蓋然後方入微波爐叮至熟。熟的時候粉漿會變得半透明, 而且很容易就能與容器分開。(時間其實視乎微波爐而定, 朋友的微波爐只需一分鐘, 我的卻需三分鐘)

3-

如果需加入其他材料, 則需先把腸粉叮至半熟才加入其他材料。

註一: 因為用生抽伴腸粉太鹹, 所以用了比較甜的醬油。製法是用一份生抽加一份老抽加一份水放加煲內, 再加入適量冰糖, 煮至冰糖溶解即可使用。

Method:

- 1- Add Rice flour, tapioca flour, wheat starch in a mixing bowl. Add cold water to mix them. Then slowly add in hot water then add oil.
- 2- Use a square microwaveable container, add mixture just enough to cover the container bottom. Microwave on high at 2 -3 min. (Microwave time vary based on model)
- 3- When done, use folk to roll the rice sheet to form a roll. Add other filling such as beef, roast pork, chicken or shrimp half way during cooking time.
- 4- Mix all sauce ingredients in a small pot until sugar melts.





