CHINESE NEW YEAR RECIPES
新年食谱

thermomix

RECIDE INDEX

BUDDHA JUMPS OVER THE WALL

Ingredients

60 g Chinese rice wine (Shaoxing Hua Tiao)
1500 g water
200 g pork tendons, cut into small pieces
200 g old chicken meat, cut into pieces (3 cm)
200 g pork trotter, cut into pieces (5 cm), blanched
30 g jiahua ham, cut into thin slices
100 g canned abalone
40 g dried scallops
20 g fresh ginger, cut into slices
6 dried shiitake mushrooms, soaked to soften, stems removed
150 g soaked dried sea cucumber
1 pinch salt, adjust to taste

PREPARATION

1. Place rice wine, water and pork tendons into mixing bowl, insert simmering basket, add chicken, trotter, ham, abalone, scallops and ginger to it, cook **60 min/98°C/↩/speed ⚒**. Remove simmering basket with spatula, transfer into thermoserver.

2. Insert simmering basket, add mushrooms and sea cucumber to it, cook **30 min/98°C/↩/speed ⚒**. Add salt to taste, transfer into prepared thermoserver.
Serve immediately.

30 min
30 分

1 hr 45 min
1 时 45 分

easy
初级

10 portions
10 人份

佛跳墙

食材

60克　绍兴酒
1500克 水
200克　猪蹄筋，切小块
200克　老母鸡肉，切块
　　　　(3公分)
200克　猪手，切块(5公分)，
　　　　汆烫
30克　金华火腿，切薄片
100克　罐装鲍鱼
40克　干贝
20克　新鲜姜，切片
6朵　干香菇，浸软，去蒂
150克　泡发海参
1小撮　盐，适量调味

做法

1. 将绍兴酒、水和猪蹄筋放入主锅，置入网锅，加入鸡块、猪手、火腿、鲍鱼、干贝和姜，以**60分/98°C/⟳/速度⟍**烹煮。利用刮刀棒辅助取出网锅，将网锅内的食材倒入碗内保温备用。
2. 再次置入网锅，加入香菇和海参至网锅内，以**30分/98°C/⟳/速度⟍**烹煮。加入盐调味，倒入盛有食材的碗内，即可享用。

STEAMED GAROUPA FISH

Ingredients

1 garoupa fish (approx. 500g), gutted and descaled
2 sprigs spring onions, tied into knots, plus chopped for garnishing
10 g fresh ginger, cut into slices
10 g Chinese rice wine (Shaoxing Hua Tiao)
500 g water
5 g cooking oil
30 g supreme soy sauce

PREPARATION

1. Place a steaming plate onto mixing bowl lid, weigh in garoupa fish. Insert spring onion and ginger in fish belly. Drizzle with rice wine. Arrange steaming plate on Varoma tray.
2. Place water into mixing bowl, boil **8 min/100°C/speed 1**.
3. Set Varoma into position, steam **10 min/Varoma/speed 1**. Carefully open Varoma lid, check if fish is cooked. Prolong time if necessary. Remove Varoma and set aside. Empty mixing bowl.
4. Place oil and soy sauce into mixing bowl, heat **3 min 30 sec/100°C/speed 1**. Drizzle on steamed fish. Garnish with chopped spring onions. Serve hot.

10 min
10 分

25 min
25 分

easy
初级

4 portions
4 人份

清蒸石斑鱼

食材

1条	石斑鱼, 500克左右，刮去鱼鳞，取出内脏
2小支	青葱, 打结
10克	姜, 切片
10克	绍兴酒
500克	水
5克	食油
30克	豉油皇酱汁

做法

1. 将一个蒸碟置放在主锅盖上，放入石斑鱼，将葱和姜塞入鱼肚中，淋上绍兴酒。将盛有鱼的蒸碟放在蒸盘上。
2. 将水倒入主锅，以**8分/100°C/速度1**煮沸。
3. 架上蒸锅组，以**10分/Varoma/速度1**蒸煮。谨慎地打开蒸锅组锅盖，检查鱼肉的熟度。如有必要，延长蒸煮时间。取下蒸锅组并置于一旁待用。清空主锅。
4. 将食油和豉油皇酱汁放入主锅，以**3分30秒/100°C/速度1**加热。淋上蒸鱼，趁热享用。

ROSE WINE PORK BELLY

Ingredients

1000 g pork belly, with skin, cut in strips (3 cm width)
700 g water
2 tbsp light soy sauce
2 tbsp first draw soy sauce
1 tbsp oyster sauce
4 stalks spring onions, white part only, cut into 5 cm length
20 g garlic cloves
40 g fresh ginger, cut into slices
150 g shallots
20 g lump sugar
60 g Chinese rose essense wine (mei gui lu)

PREPARATION

1. Place pork belly and water into mixing bowl, blanch **12 min/100°C/⟲/speed ⟳**. Discard water, rinse and cut pork belly into cubes (3 cm). In a bowl, place blanched pork belly, light soy sauce, first draw soy sauce, oyster sauce and mix. Marinate for at least 2 hours or overnight in refrigerator. Before cooking, separate marinated pork and marinade, set aside.
2. Place spring onions, garlic cloves, ginger, shallots and reserved marinated pork into mixing bowl, stir fry **15 min/Varoma/⟲/speed ⟳**
3. Add reserved pork marinade, lump sugar and rose wine, stir fry **35 min/120°C/⟲/speed ⟳**. Serve hot.

6 min
6 分

50 min
50 分

easy
初级

8 portions
8 人份

玫瑰露五花肉

食材

1000克	五花肉，带皮，切条(3公分厚)
700克	水
2汤匙	酱青
2汤匙	头抽
1汤匙	蚝油
4小支	青葱，只取白色部分，切成5公分长
20克	蒜瓣
40克	新鲜姜，切片
150克	小红葱
20克	冰糖
60克	玫瑰露

做法

1. 将五花肉和水放入主锅，以**12分/100°C/↻/速度↓**汆烫。丢弃水，将五花肉洗净并切丁(3公分)。在一个碗内，放入五花肉、酱青、头抽和蚝油混合。置放在冰箱里腌制至少2小时或隔夜。烹煮前，将腌制好的猪肉和腌汁分开备用。
2. 将青葱、蒜瓣、姜、小红葱和腌制好的猪肉放入主锅，以**15分/Varoma/↻/速度↓**拌炒。
3. 加入备用的猪肉腌汁、冰糖和玫瑰露，以**35分/120°C/↻/速度↓**拌炒。趁热享用。

CABBAGE ROLLS

Ingredients

720 g water
5 cabbage, whole leaves
100 g young ginger, peeled, cut into slices
300 g choi sum, diced (1 cm)
400 g firm bean curds (taukwa) (approx. 4 blocks), diced (1 cm)
60 g carrots, diced (1 cm)
60 g fresh shiitake mushrooms, stems removed, diced (1 cm)
1 dried black fungus (approx. 15 g), soaked to soften, cut into thin strips
8 tbsp Japanese soy sauce (shoyu)
4 tbsp sesame oil
some wolfberries (goji), rinsed, to garnish

PREPARATION

1. Place 200 g water into mixing bowl, set Varoma dish into position, add cabbage leaves to it, close Varoma lid and steam **12 min/Varoma/speed 2.5**. Set Varoma aside
2. Place ginger into mixing bowl, blend **15 sec/speed 10**. Transfer into a bowl and set aside.
3. Place 20 g water into mixing bowl, boil **2 min/Varoma/speed 🥄**.
4. Add choi sum, bean curds, carrots, shiitake mushrooms, black fungus, 3 tbsp soy sauce and 1 tbsp sesame oil, without measuring cup, stir fry **5 min/120°C/🔄/speed 🥄**. Add 2 tbsp soy sauce and 2 tbsp sesame oil to mixing bowl and mix well with spatula. Transfer into a bowl.
5. Place 2 tbsp of reserved choi sum mixture onto a piece of steamed cabbage leaf, fold the edges and roll to form a cabbage roll. Repeat the steps for the remaining ingredients until finish. Arrange cabbage rolls in Varoma dish and tray.

10 min	50 min	easy	6 portions
10 分	50 分	初级	6 人份

12

6. Place 500 g water into mixing bowl, set Varoma into position, steam **12 min/Varoma/speed 1**. Meanwhile, mix 3 tbsp soy sauce and 1 tbsp sesame oil in a small bowl and set aside. Carefully open Varoma lid, transfer cabbage rolls onto a serving plate. Top with wolfberries and reserved minced ginger. Drizzle with reserved soy sauce mixture. Serve hot.

包菜卷

食材

720克　水
5片　　包菜，完整叶片
100克　嫩姜(子姜)，
　　　　去皮，切片
300克　菜心，切丁(1公分)
400克　豆干 (约4块), 切
　　　　(1公分)
60克　　红萝卜,切丁
　　　　(1公分)
60克　　新鲜香菇，去蒂，
　　　　切丁（1公分）
1朵　　 干黑木耳（约15
　　　　克）浸软，切丝
8汤匙　 日式酱油
4汤匙　 麻油
些许　　枸杞，洗净，
　　　　装饰用

做法

1. 将200克水倒入主锅，架上蒸锅，加入包菜至蒸锅内，盖上蒸锅盖，以**12分/Varoma/速度2.5** 蒸煮。取下蒸锅组并置于一旁待用。清空主锅。
2. 将姜放入主锅，以**15秒/速度10**搅打。倒入一个碗中，置于一旁待用。
3. 将20克水倒入主锅，以**2分/Varoma/速度 ⤴** 煮沸。
4. 加入菜心、豆干、红萝卜、香菇、黑木耳、3汤匙酱油和1汤匙麻油，无需盖上量杯，以**5分/120°C/⤴/速度⤴** 拌炒。加入2汤匙酱油和2汤匙麻油至主锅内并利用刮刀棒搅拌混合均匀。倒入一个碗中。
5. 将2汤匙备用的菜心混合物放在一片蒸好的包菜上，包裹成包菜卷。重复此步骤直至用尽所有食材。把包菜卷排在蒸锅内和蒸盘上。
6. 将500克水倒入主锅，架上蒸锅组，以**12分/Varoma/速度1**蒸煮。同时，在一个小碗内混合3汤匙酱油和1汤匙麻油，置于一旁待用。谨慎地把蒸锅组锅盖打开，将包菜卷转移至一个盛盘上。洒上枸杞和备用的姜蓉。淋上备用的酱油混合物，趁热享用。

STIR FRIED CELERY WITH LILY BULB AND ABALONE

Ingredients

20 g olive oil
200 g English celery,
    diagonally cut into slices
6 abalone slices
50 g fresh lily bulb, separated
10 g cooked gingko
50 g red capsicum, cut into
    pieces
10 g light soy sauce
½ tsp salt

PREPARATION

1. Place olive oil into mixing bowl, heat **2 min/120°C/speed 1**.
2. Add celery, abalone, lily bulb, gingko, capsicum, light soy sauce and salt, stir fry **4 min/120°C/ /speed 1**. Serve immediately.

15 min
15 分

20 min
20 分

easy
初级

3 portions
3 人份

西芹百合炒鲍鱼片

食材

20克	橄榄油
200克	西芹, 斜切
6个	鲍鱼片
50克	新鲜白合，分散
10克	熟白果
50克	红灯笼椒, 切块
10克	酱青
½茶匙	盐

做法

1. 将橄榄油放入主锅，以**2分/120°C/速度1**加热。
2. 加入西芹、鲍鱼、百合、白果、红灯笼椒、酱青和盐，以**4分/120°C/⟳/速度1**拌炒，即可享用。

HOMEMADE PRAWN PASTE FOR HOT POT

Ingredients

500 g prawn meat
1 tbsp egg white
1 tbsp Chinese rice wine
    (Shaoxing Hua Tiao)
1 tbsp cornflour or tapioca
    starch
1 tsp salt

1. Place prawn meat, egg white and rice wine into mixing bowl, blend **30 sec/⟳/speed 5**.
2. Add cornflour and salt, blend **15 sec/⟳/speed 3.5**. Use accordingly.

TIPS
- Homemade prawn paste can be cooked in hot pot when eating steamboat, or use a spoon scoop to form a ball and put into soup to make prawn ball soup.

10 min	10 min	easy	1 whole recipe
10 分	10 分	初级	一份食谱

自制虾滑

食材

500克　虾肉
1汤匙　蛋白
1汤匙　绍兴酒
1汤匙　玉米粉或木薯粉
1茶匙　盐

做法

1. 将虾肉、蛋白和绍兴酒放入主锅，以**30秒/↺/速度5**搅打。
2. 加入玉米粉和盐，以**15秒/↺/速度3.5**搅打，根据食谱需要使用。

要诀
• 虾滑可以在吃火锅时放入锅内涮烫，或用勺子挖成圆形放入汤内制作虾丸汤。

LOH PAK KO (RADISH CAKE)

Ingredients

150 g rice flour
30 g wheat starch
1600 g water
2 tsp salt
40 g shallots
25 g dried shrimp, rinsed
40 g oil, plus extra for greasing
4-5 dried Chinese mushrooms,
    soaked to soften, cut into
    thin slices
60 g Chinese sausages, cut
    into thin slices
400 g radish, grated
1 tsp chicken stock powder
2 tsp sugar
2 tbsp spring onions,
chopped, to garnish

PREPARATION

1. Place a bowl onto mixing bowl lid, weigh in rice flour, wheat starch and 200 g water. Add salt to the bowl and mix. Let it stand for 10 minutes. Strain with fine mesh strainer. Grease 5 aluminium foil cake moulds (Ø 11 cm) with oil and set aside.
2. Place shallots and dried shrimp into mixing bowl, chop **10 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
3. Add oil, mushrooms and sausages, sauté **5 min/120°C/speed** ⟲.
4. Add radish, 400 g water, chicken stock powder and sugar, cook **10 min/Varoma/speed** ⟲.
5. Add reserved flour mixture, mix **1 min/speed 2**. Transfer the batter into prepared cake moulds. Grease batter surface with oil and use a spoon to flatten the surface. Arrange the moulds in Varoma dish and tray. Clean mixing bowl.

10 min
10 分

1 hr 5 min
1 时 5 分

easy
初级

5 portions
5 人份

6. Place 1000 g water into mixing bowl, boil **8 min/Varoma/speed 1**.
7. Set Varoma into position, steam **30 min/Varoma/speed 1**. Allow to cool completely before refrigerating for 5 hours. Unmould and cut into 3 cm x 5 cm sticks, pan fry with frying pan until light golden brown. Garnish with chopped spring onions. Serve immediately or with XO sauce.

萝卜糕

食材

150克　粘米粉
30克　　澄面粉
1600克 水
2茶匙　盐
40克　　小红葱
25克　　虾米, 洗净
40克　　油, 额外准备涂抹用
4-5朵　干香菇, 浸软, 切成薄片
60克　　腊肠, 切成薄片
400克　白萝卜, 刨碎
1茶匙　鸡精粉
2茶匙　糖
2汤匙　青葱, 切葱花, 装饰用

做法

1. 将一个碗置放在主锅盖上，放入粘米粉、澄面粉和200克水称重。在碗里加入盐混合。置于一旁10分钟。用细滤网过滤。准备5个铝箔蛋糕模(直径11公分)，并在表面刷上一层油，置 于一旁待用。
2. 将小红葱和虾米放入主锅，以**10秒/速度6**剁碎。利用刮刀棒将食材刮至主锅底。
3. 加入油、香菇和腊肠，以**5分/120°C/速度↙**爆香。
4. 加入白萝卜、400克水、鸡精粉和 糖，以**10分/Varoma/速度↙**烹煮。
5. 加入备用的面糊，以**1分/速度2**混合。将面糊倒入备好的蛋糕模。在面糊表层刷上一层油并用汤匙压平表面。将蛋糕模摆放在蒸锅内和蒸盘上。清洗主锅。
6. 将1000克水倒入主锅，以**8分/Varoma/速度1**煮沸。
7. 架上蒸锅组，以**30分/Varoma/速度1**蒸煮。取出放凉后放入冰箱5小时彻底冷却，取出后切成3×5厘米的条，用平底锅煎至金黄，撒上葱花，即可享用或搭配XO酱享用。

KUIH BANGKIT

Ingredients

250 g fresh coconut milk
400 g sago flour or tapioca
    flour, plus extra for dusting
6 pandan leaves, cut into 3 cm
    length
150 g sugar
2 egg yolks

1. Refrigerate 250 g of undiluted fresh coconut milk for at least 3 hours until cream separates; skim 110 g of cream and place into a small bowl.
2. Place a baking tray onto mixing bowl lid, weigh in sago flour. Add pandan leaves. Bake in oven (100°C) for 1 hour (see tips). Discard pandan leaves. Allow it cool completely.
3. Place sugar into mixing bowl, grind **10 sec/speed 10**.
4. Add coconut cream and egg yolks, mix **30 sec/speed 3**.
5. Add reserved sago flour, mix **20 sec/speed 2**. Transfer wet dough into a large bowl, cover with cling film. Allow dough to rest for at least 15 minutes before using.

5 min
5 分

2 hrs
2 时

medium
中级

50 pieces
50 片

6. Line baking tray with baking paper. Place the dough onto lightly dusted pastry mat. Cut out ⅓ portion of the dough with cake scraper, add sago flour bit by bit until the dough forms a smooth, soft and pliable dough. Flatten the dough to 6 mm thickness with rolling pin. Use cookie cutter to cut the dough and place onto prepared baking tray. Repeat the steps with remaining dough until finished. Preheat oven to 160°C.
7. Bake in preheated oven (160°C) for 10 minutes then reduce oven temperature to 130°C and bake for a further 10-15 minutes more until light beige in colour. Allow to cool completely on a cooling rack before serving or storing in an airtight container.

番婆饼

食材

250克	新鲜椰浆
400克	沙谷粉或木薯粉，额外准备洒粉用
6片	班兰叶，切成3公分长
150克	糖
2个	蛋黄

做法

1. 将椰浆冷藏至少3小时直至油水分离，拿取110克椰浆固体并放在小碗中。
2. 将一个烤盘置放在主锅盖上，放入沙谷粉称重。加入班兰叶。放入烤箱（100°C）烘烤1小时（参考贴士）。丢弃班兰叶，待完全凉透。
3. 将糖放入主锅，以**10秒/速度10**磨碎。
4. 加入椰浆和蛋黄，以**30秒/速度3**混合。
5. 加入沙谷粉，以**20秒/速度2**混合。把面团倒入一个大碗中，盖上保鲜膜。让面团休面15分后使用。
6. 准备一个烤盘并铺上烘焙纸。将面团放在洒粉的台面上。利用蛋糕刮板切割半份面团，一点点加入沙谷粉直至形成光滑柔韧的面团。利用擀面棍将面团擀成6毫米厚。用饼干模把面团切割出来，放在备用的烤盘上。重复此步骤直至用尽所有食材。预热烤箱至160°C。
7. 放入已预热的烤箱（160°C）烘烤10分钟再降低烤箱温度至130°C继续烘烤10-15分钟直至浅棕色。置放在散热架上待凉后享用或存放在密封罐里。

CORNFLAKE CRUNCH

Ingredients

90 g unsalted butter
30 g honey
30 g brown sugar
¼ tsp salt
120 g cornflakes
50 g almond flakes
5 g white sesame seeds
25 g raisins
25 g dried cranberries

PREPARATION

1. Preheat oven to 160°C. Distribute paper cups onto baking tray out of the oven.
2. Place butter, honey, brown sugar and salt into mixing bowl, melt **4 min/60°C/speed 2**.
3. Add cornflakes, almond flakes, white sesame seeds, raisins and cranberries, mix **1 min/↺/speed ⋩**. Insert spatula into mixing bowl, evenly mixing with aid of spatula. Scoop cornflake mixture with a spoon into paper cups.
4. Bake in a preheated oven (160°C) for 5 minutes. Allow to cool before serving or storing in airtight jars.

5 min
5 分

15 min
15 分

easy
初级

24 portions
24 人份

玉米片脆饼

食材

90克　无盐牛油
30克　蜂蜜
30克　红糖
¼茶匙　盐
120克　玉米片
50克　杏仁碎片
5克　白芝麻
25克　葡萄干
25克　蔓越莓干

做法

1. 预热烤箱至160°C。将马芬纸杯分布在烤盘上。
2. 将牛油、蜂蜜、红糖和盐放入主锅，以**4分/60°C/速度2**熔化。
3. 加入玉米片、杏仁碎片、白芝麻、葡萄干和蔓越梅干，以**1分/↻/速度✔**混合均匀。利用刮刀棒把主锅内的食材搅拌均匀。用汤匙把玉米片混合物舀入每个纸杯里。
4. 将盛好的纸杯放入已预热的烤箱（160°C）烘焙5分钟。待冷却后享用或收藏于密封罐子里。

ALMOND CREAM

Ingredients

110 g south Chinese almonds (sweet almond)
10 g north Chinese almonds (bitter almond)
40 g white rice (raw)
40 g rock sugar, adjust to taste
600 g water, plus extra for soaking

PREPARATION

1. Soak almonds and rice in warm water for an hour. Drain.
2. Place almonds, rice and 300 g water into mixing bowl, blend **2 min/speed 8**.
3. Add 300 g water, blend **1 min/speed 8**. Strain almond milk through a nut bag or a fine strainer.
4. Place reserved almond milk and sugar into mixing bowl, cook **15 min/98°C/speed 2**. Serve warm.

10 min
10 分

10 min
10 分

easy
初级

1 whole recipe
一份食谱

杏仁糊

食材

110克　南杏 (甜杏仁)
10克　　北杏 (苦杏仁)
40克　　白米
40克　　冰糖，根据喜好调整
600克　水，另外再加浸泡
　　　　杏仁所需用量

做法

1. 以温水浸泡杏仁和白米一小时。把水倒掉。
2. 将杏仁、白米和300克水放入主锅，以**2分/速度8** 搅拌。
3. 加入300克水，以**1分/速度8**搅拌。以滤袋或细滤网过滤杏仁浆。
4. 将杏仁浆和冰糖放入主锅，以**15分/98°C/速度2**加热。趁温享用。

thermomix