

# Tefal®

## Golden Pot Pen Cai



PROGRAM	PREP	COOK	SERVING
Chicken/Duck	15 min	35 min	6-8

### INGREDIENTS

150g Lotus root, cut into chunks  
1 pc Baby cabbage, cut halved  
1 tin NZ whole abalone, cut into chunks  
8 pcs Chinese black mushroom, soaked  
4 pcs Red dates, pitted  
200g Sea cucumber, cut into pieces and blanched in boiling water for 5 minutes  
3 pcs Gluten puffs (bean curd skin), fried till golden brown and cut into smaller pieces  
100g Roasted pork belly, cut into large cubes

### SEASONING

500g Chicken stock  
2 tbsp Oyster sauce  
1 tsp Sugar  
1 tsp Dark soya sauce, thick

### PREPARATION

Soak dried black mushrooms in hot water. Remove stalks. Drain stock and set aside for later used.

### METHOD

- 1 In a hot ingenio wok pan, add 1 tbsp of cooking oil and add mushrooms, lotus root then fry over medium high heat. Add the roast pork and continue to fry till fragrant. Add Chinese wine to deglaze then add chicken stock. Bring to boil.



Recipe by Chef Eric Teo

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- 2 Pour the ingredients and seasonings into Tefal Multicooker, except abalone and sea cucumber. Cover the lid and lock. Select mode to chicken/duck and let it cooked.
- 3 When time up and pressure has been released automatically, add in abalone, sea cucumber and closed lid. Let it infused for 5 minutes. Thickened the dish with cornstarch.
- 4 Served immediately.



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