

Tefal®

Pen Cai Treasure



PROGRAM	PREP	COOK	SERVING
Chicken/Duck	20 min	1 hour	8

INGREDIENTS

1 can Abalone whole, sliced
8 pcs Gluten puffs
2 nos Baby cabbage, cut into halved
8 pcs Roast pork belly
10 nos Dried chinese black mushrooms, soaked
8 pcs Scallops
8 pcs Fried fish maw
1 tbsp Dark soya sauce
1 tsp Sesame oil
2 tbsp Oyster sauce
2 tbsp Chinese wine
20gm Corn starch
700ml Chicken stock
1 pc Chili red julienne, garnish
1 tsp Salt
½ tsp Pepper
2 stks Coriander leaves, garnish

METHOD

- 1 To prepare the Fried Fish Maw — blanched in boiling water for 20 minutes with 1 tbsp of vinegar and 3 slices of ginger. Removed and set aside.
- 2 To prepare the stock — place the chicken stock into a pot and bring to boil. Add oyster sauce, Chinese wine, sesame oil, dark soy sauce, pepper and simmer for 5 minutes. Blanched the scallops just cooked and set aside.



Recipe by Chef Eric Teo

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- 3 To prepare the Tefal MultiCooker cooking — place the baby cabbage into the induction pot follow by roast pork, gluten puffs, mushrooms, fish maw and then the stock. Cover and locked the lid. Set to Chicken/Duck mode then press start. This process will take about 35 minutes.
- 4 When the cooking is done, place all the ingredients in a nice large bowl or clay pot. Bring the sauce to a boil and season to taste. Thicken with corn starch and pour over the dish. Garnish with coriander leaves and chili julienne.

