



# Joint Chinese College Alumni Association, Southern USA 2022 Spring Leisure Learning Zoom Program

## 生活園地 7/6/22 Cooking Recipes

### 蚵仔煎 Oyster Omelet

#### Ingredients – Making 3 Omelet

#### 蚵仔煎

- 8oz Oyster marinate in 2 tbs Lemon Juice
- Chinese Chives – chopped stems and cut leaves in 1 inch size
- Sliced baby Bok Choy 小白菜 (optional salad lettuce, baby spinach or 茼蒿)
- 3 eggs (1 per omelet)
- ½ teaspoon ground white pepper
- 2 tablespoon cooking oil for each omelet
- 2 tablespoons Lemond juice



#### Batter

- 80g 地瓜粉
- 40g 太白粉
- 20g 粘米粉
- 300g water
- ½ teaspoon Salt
- ½ teaspoon ground white pepper
- 2 tablespoons cooking oil

#### Red Sauce

- 600g water (add more if needed)
- 20g rice flour 粘米粉
- 20g flour
- 3 tablespoons sugar
- 2 tablespoon Oyster Sauce
- 1 Tablespoon light soy sauce
- 2 Tablespoon cooking wine
- 5 tablespoons tomato sauce
- 1 tablespoon sweet spicy sauce



#### Garnishment – Sliced Lemond, Cilantro

#### Cooking Instructions

##### Making Sauce

1. Add flour and rice flour to 300g of cold-water, mix well and set aside.



2. Boiling 300g water, add cooking wine, light soy sauce, oyster sauce, sugar, tomato Sauce, hot pepper sauce, mix well and bring to a boil.
3. Gradually add flour and rice flour mix, continue stir and cooking over low heat until bubbling.

**Prepare Batter:** In a mixing bowl, mix all ingredients for the batter and set aside

**Cooking Omelet:**

1. Pre heat a nonstick skillet over high heat, add oil and heated (add chopped Chinese chives stems if using).
2. Add Oysters and Reduce the heat, stir fry until half done
3. Pull 1 cup batter over the Oyster, add Chinese chives, and topped with vegetable.
4. Push the omelet to the side (open about 1/3 of space) and add an egg, break the egg yolk gently.
5. Cook until the bottom of the egg is just set, then then flip the omelet as gently as you can.
6. Cook until the egg is done then Flip the omelet onto a plate.
7. Serve the Omelet with the sweet red sauce and garnished with cilantro and lemon slices.