



Bah Kut Tea 肉骨茶

Ingredients: -

1 pk of ILC Bah Kut Tea Spic
1 kg pork ribs
1.5 lt of water
12 cloves of garlic
(put more if prefer more
Garlicky taste)
1/2 tablespoon of dark soy sauce
(optional)

材料

ILC 肉骨茶1包
1公斤肉骨或排骨
1.5公升水
蒜頭12粒
(喜歡蒜味重點可加多些蒜頭)
½ 湯匙黑醬油
蘸醬: - 切片紅辣椒和
黑醬油

Method / 做法 :

- Over high fire boil 1.5lt of water together with 1pk of BahKut Tea spices, 1kg of pork ribs and 12 cloves of garlic for 35 mins(or up to 50 mins for more spicy and peppery taste).
將肉骨茶湯料1包, 肉骨和12粒蒜頭以1.5公升的水用快火煮沸。
- Add ½ tablespoon of dark soy sauce for color. Serve hot.
以大火煮10分钟后关中火在煮25分。將湯包撈起(如喜歡辣点和胡椒味重些可將湯包煮久一点, 最多50分钟), 加入黑醬油即食用



OX-TAIL SOUP 牛尾汤

Ingredients:

1pk Bah Kut Tea spices
800g ox-tail
1 big carrot , cut into big chunks
2 potato , cut into big chunks
1 onion , cut into big chunks
1.5 lit of water

材料:

肉骨茶湯料 1包
牛尾 800克
紅筍1个, 切成大块
馬鈴薯 2个, 切成大块
洋葱 1个, 切成大块
清水 1.5公升

Method / 做法 :

- Clean ox-tail by blanching in boiling water for 5 mins , drain . Add Bah Kut Tea spices , ox-tail , carrot , onion and potato in 1.5lit of boiling water
把牛尾在沸水中煮5分钟, 撈出待用。將肉骨茶湯料1包, 牛尾, 紅筍, 洋葱 和馬鈴薯 以1.5公升的水用快火煮沸。
- Quick boil for 10mins , turn down heat to medium and cook for another 25mins . Remove sachets (can leave sachets up to a total of 50mins if prefer a more spicy and peppery taste). Simmer for another 10mins in low heat .Dish out and serve hot
以大火煮10分钟后关中火在煮25分。將湯包撈起。如喜歡辣点和胡椒味重些 可將湯包煮久一点, 最多50分钟) 以小火在煮10分钟后, 即可享用。



Crispy Garlic Chicken 香脆蒜香鸡

Ingredients:

1 whole chicken or chicken wing (Approx 1Kg)
1 pk Bah Kut Tea spices
250g of Tapioca flour, corn or plain flour

材料:

鸡 1只 (切块) 或
鸡翅膀 1公斤
肉骨茶湯料 1包
面粉, 薯粉或生粉250克

Method / 做法 :

- Cut open the Bah Kut Tea sachets and use the spices to marinate the chicken for at least 1 ½ hr. (Marinate overnight for best results)
將肉骨茶湯包剪開以香料醃至少1½ 小时(醃过夜效果更佳)。
- Coat chicken with flour and deep fry it in hot cooking oil.Deep fry a few piece of chicken at a time until cooked and golden brown (approx. 7-10mins) Drain on absorbent paper and place on serving plate
將鸡块沾上面粉/薯粉/生粉后以热油炸至金黄色(约7-10分钟)。盛起即可食用



PORK BRAISED IN DARK SOY SAUCE 滷肉

Ingredients:

1pk Bah Kut Tea spices
1kg - 1.5kg streaky pork
3 segments star anise, 2 cinnamon
quill (5cm each)
8 garlic , 2 big slice of ginger
800ml water
5 tablespoon of dark soy sauce
2½ tablespoon of sugar

材料:

肉骨茶湯料 1包
五花肉 1- 1.5公斤
八角 3粒, 桂皮 2条(约5cm)
蒜头 8粒, 薑 2大片
清水 800毫克
黑醬油 5湯匙
糖 2½湯匙

- Method / 做法 :** 1. Clean streaky pork by boiling it for 5mins, drain. Add Bah Kut Tea sachets, streaky pork, star anise, cinnamon quill, dark soy sauce, sugar, ginger and garlic in 800ml of boiling water. Let it boil for 10mins, turn heat down to medium low and cook for another 20mins.
把五花肉在沸水中煮5分钟, 撈出待用。將肉骨茶湯包, 五花肉, 桂皮, 八角, 薑, 蒜头, 糖和黑醬油以800毫克的水用快火煮沸。
2. Remove sachets (can leave sachets up to a total of 50mins if prefer a more spicy and peppery taste). Simmer in low heat until meat are cooked to desirable tenderness (approx. 45mins - 1hr15mins) Cut meat to desirable size. Serve hot.
10分钟后关中火在煮20分钟。將湯包撈起(如喜歡辣点和胡椒味重些可將湯包煮久一点最多50分钟)。以小火將五花肉煮至喜欢的软度。趁热食用。