



BLACK PEPPER CRAB 黑胡椒螃蟹

Ingredients: - 材料 :
 1 Pk of ILC Black Pepper Crab Spices 1包ILC黑胡椒螃蟹香料
 1- 1.5 Kg Crab 1-1.5公斤螃蟹

Method / 做法 :

1 Heat cooking oil and Black Pepper Crab Spices until fragrant over medium low fire 用油將香料爆香
 1 Add 1 rice bowl of water , mix well .
 加入1飯碗的水攪拌均勻

- 3 Turn up to medium heat , add crabs and fry till crabs are totally covered with spices . Cover wok and simmer till crabs are cooked , approximately 8-10 mins . Serve hot .
 把火開大至中火, 將螃蟹加入炒至沾滿香料為止. 蓋上鍋蓋煮至 螃蟹熟為止, 大約8-10分用鐘即可食用



Pan-fried Salmon with mixed Herbs & Black pepper 香辣三文魚柳

Ingredients: - 材料 :
 salmon fillets (approx 200g each) 三文魚柳
 4片(約每片200克)
 25 g butter 牛油 25克
 1 pk black pepper crab Spices 黑胡椒螃蟹香料 1包
 handful of fried mixed herbs 混合干香草 (適量)

Method / 做法 :

- 1 Marinate salmon with black pepper crab spices and dried mixed herbs for 1-3 hr
 將三文魚柳以黑胡椒香料醃 1小時 (醃上 3小時以取得最佳效果)
 2 In a heated pan with butter, pan-fried salmon, skin side down for 1½ -3mins. Turn and cook for another 2-3 mins 將三文魚以牛油用中火煎大約 4-6分鐘 (先煎魚皮那面)
 3 Plate and serve salmon with potato, rice or on its own (for salmon to be more succulent, rest salmon for 2 mins before serving) 乘熱配同馬鈴薯, 意大利面, 沙律 或白飯一同享用



BLACK PEPPER PRAWNS 黑椒蝦

Ingredients : 材料 :
 1 Kg Prawns 蝦 1公斤
 1 Pk Black Pepper Crab Spices 黑胡椒螃蟹香料 1包
 4 Cloves of garlic , finely chopped (optional) 蒜頭 5粒, 切碎 (可加或不加)
 1 Rice bowl of water 清水 1飯碗

Methods /做法 :

1 Heat cooking oil , garlic and Black Pepper Spices until fragrant over medium low fire 將蒜頭和黑胡椒螃蟹香料用油或牛油以小火爆香

- 2 Add 1 rice bowl of water , stir well . Turn up to medium heat , add prawns and fry till prawns are fully covered with spices 加入1飯碗的水將香料攪拌均勻. 加入蝦后以中火將蝦拌炒
 3 Cover wok and simmer till prawns are cooked , approximately 8-10 mins . Serve hot .
 蓋上鍋蓋至到蝦熟透(約8-10分鐘). 上碟即可享用



Deep-fried Soft Shell Crab / 香脆軟殼蟹

Ingredients : 材料:
 1- 1.5 kg soft shell crab 軟殼蟹1-1.5公斤
 1 pk black pepper crab spices 黑胡椒螃蟹香料 1包
 225 g self raising flour 面粉 225克
 ½ teaspoons of Bicarbonated Soda 蘇打粉 ½ 茶匙
 2 egg white, lightly beaten 蛋白 2粒, 略打

Methods / 做法

- 1 Wash and steam soft shell crab for 10 mins
 Mix well. 將蟹洗后蒸10分鐘. 將面粉, 黑胡椒螃蟹香料和蘇打粉混合均勻
 2 Cut crab into half . Dip soft shell crab in egg white mixture and then coat each piece in the flour mixture .
 Heat cooking oil in a wok until very hot. Deep fry a few crab at a time until golden brown Drain crab on absorbent paper. Serve hot. 將軟殼蟹切半, 沾上蛋白和面粉后以熱油炸至金黃色即可食用