

惹味薑蔥炒蟹

Ginger & Scallion Stir-Fried Crab





材料

Ingredients

1 隻蟹 1 Fresh Crab	20-30克 蒜蓉 20-30g Garlic, chopped
2 湯匙生抽 2 tbsp Soy Sauce (for marinating)	3-4 條蔥, 切段 3-4 Scallions, cut into batons
20-30克 薑, 切片 20-30g Ginger, sliced	適量油 Oil for frying

炸漿

Fry Batter

50克 粟粉浸100克水 10分鐘後瀝乾 50g Corn Starch (soaked in 100g water for 10 minutes, then drained)	1 隻蛋白 1 Egg White
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醬汁

The Signature Sauce

40-50克 泰國蟹膏 40-50g Thai Crab Paste
20-30克 生抽 20-30g Soy Sauce
15-20克 老抽 15-20g Dark Soy Sauce
50-60克 水 50-60g Water



做法 Preparation & Cooking Steps

- 處理與醃製：將蟹斬開並去掉腮部等雜質，切件後用生抽略醃，鎖住鮮味底蘊。
- 準備漿料：將瀝乾的粟粉與蛋白拌勻，確保蟹件均勻沾上薄薄一層漿料，這是炸出酥脆外殼的關鍵。
- 精準油炸：啟動 Siemens 電磁爐，設定至 Level 8。待爐具發出提示音後放入蟹件，大火炸至裂口位呈誘人金黃色，隨即撈起備用並倒出餘油。
- 爆香與掛汁：利用殘餘底油，開啟 17 段精準火力 中的中大火，快速爆香薑片、蔥段及蒜蓉。加入蟹件輕輕炒勻，讓辛香料與蟹肉充分融合。
- 惹味濃縮：加入蟹膏、生抽及老抽炒勻約 30 秒，讓醬汁均勻上色。最後加入水並蓋上鍋蓋。
- 享用：待醬汁收至濃稠掛汁狀態，即可趁熱享用這道充滿「鑊氣」的星級大菜。

- Prep the Crab: Clean and crack the crab, discarding all unwanted parts.
- Quick Marinate: Douse the crab pieces with light soy sauce to build a base layer of umami.
- The Master's Batter: Mix the drained corn starch with the egg white. Dip the crab pieces into the mixture, ensuring a light, even coating.
- Precision Searing: Activate the Siemens IH Hob to Level 8. Fry the crab on high heat until the exposed meat and shell are a vibrant, golden brown.
- Set Aside: Remove the crab and set aside. Carefully pour the excess oil into a heat-proof bowl.
- Aromatics & Sizzle: Switch to high heat with a splash of fresh oil. Sear the ginger, scallions, and garlic until fragrant, then return the crab to the pan and stir-fry gently to combine the flavors.
- The Glazing (Mastering the Heat): Add the crab paste followed by the soy sauces. Stir-fry for 30 seconds to caramelize the sugars. Add the water and stir well.
- The Intelligent Simmer: Cover the pot and adjust the power to a steady simmer (approx. Level 5) for 5-7 minutes until the crab is fully cooked and the sauce has reduced to a thick, savory glaze.
- Serve: Enjoy hot!



入廚迷思：傳統大火收汁極易滾瀉，難以控制？

Cooking Myth: Does high-heat reduction always lead to messy boil-overs and difficult control?



Siemens 智感小貼士：

- 炸蟹最怕油溫不足導致脫漿，恆溫感應能確保放入食材後火力即時補償，讓外殼瞬間定型。

Siemens Tip:

- Use the fryingSensor Plus to keep your oil temperature stable, ensuring the batter crisps up instantly without becoming greasy.