



Chinese New Year Seafood Pen Cai

BOSCH appliances were used in this recipe.

Ingredients

- 1) 250 g of white cabbage
- 2) 8 cubes of giant garoupa, cut into cubes
- 3) 8 fresh scallops
- 4) 8 sea cucumbers
- 5) 2 flower crabs
- 6) 2 rock lobsters
- 7) 8 chicken wing sticks
- 8) 8 flower mushrooms, soaked overnight

Stock Sauces

- 1) 3 tablespoons of premium oyster sauce
- 2) 1 stalk of spring onion
- 3) 1 tablespoon of thinly sliced red shallot
- 4) 1 teaspoon of rock sugar
- 5) 2 cups of stock

Garnishes:

- 1) 4 green carrots cut in the shape of a jade or gold

Seafood broth:

- 1) A kilogram of Vietnamese white clams
- 2) Half a kilogram of Vannamee prawns
- 3) 10 red dates
- 4) 10 honey dates
- 5) 2 liters of water
- 6) A pinch rock salt
- 7) 2 green apples, cut into fours

Method

Seafood broth's stock:

- 1) Combine all the ingredients into a pot and bring to boil.
- 2) Lower the heat on the stove and simmer for 10 minutes, place it in the thermal pot and let it stand for 2 hours.
- 3) Drain off the seafood broth and set it aside.



For the stock sauce:

- 1) Heat up the claypot with oil, stir-fry the spring onion bulb to fragrant.
- 2) Add in the shallot next, stir-fry lightly to golden brown.
- 3) Add in the rest of the stock sauce ingredients.

For the Pen Cai :

- 1) Add in the rest of the ingredients one at a time.
- 2) Pour the stock into the claypot.
- 3) Place the claypot into the oven and then cook it further for 45 minutes in the oven at 130°C.
- 4) Serve with rice.