

Foo Yong Hai Recipe

(Scrambled Eggs with Shrimps, Carrot and Marrow)

Ingredients:

1 large carrot
1 ridged loofah (chi kwa)
5 eggs
4 tablespoons milk
1 tablespoon light soy sauce
½ teaspoon white pepper
½ teaspoon salt
4 tablespoons oil
2 cloves garlic, crushed
200 g raw shrimps, peeled

Method:

Peel and slice carrots into 2-inch long matchsticks. Peel loofah and remove soft core, then slice into batons. Beat eggs with milk, soy sauce, pepper, and salt. Heat oil in a wok over medium heat and fry garlic for 1 minute, until light brown. Add carrots and marrow and stir-fry for 3 minutes. Add shrimps and stir-fry for 1½ minutes. Slowly pour in egg mixture, stirring gently to scramble. When eggs are softly set, dish up and serve immediately.

Note: The addition of a little milk makes the egg mixture softer and smoother.

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