

Stir-Fried Spicy Black Beans Scallops Recipe

Ingredients:

300 g scallops, roe removed
1/3 cup vegetable oil
1 tablespoon fermented black beans
2 garlic cloves, crushed
1/4 onion, sliced
3 scallions, cut into 6cm lengths
2 long red chilies, seeds removed, sliced
10 fresh baby corn, halved lengthways
1/4 cup chicken stock
2 tablespoons light soy sauce
2 tablespoons Chinese cooking wine
1 teaspoon castor sugar
2 tablespoons coriander (cilantro) leaves
2 tablespoons scallions, sliced on the diagonal

Method:

Slice the small, hard white muscle off the side of each scallop and pull off any membrane. Rinse scallops, then pat dry. Heat the oil in a hot wok. Add the scallops and stir-fry over high heat for 1-2 minutes, or until nearly cooked. Remove scallops using a slotted spoon and set aside. Add black beans, garlic, onion, scallion and chili to the wok and stir-fry for about 1 minute. Return scallops to wok along with baby corn, and stir-fry for a further minute. Add stock, soy sauce, wine and sugar, and simmer for a further 2 minutes. Serve garnished with coriander leaves and sliced scallions.

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