



Braised Endive with Pancetta

菊苣意大利鹹肉

INGREDIENTS 材料：

(Serves 4 四人份量)

- | | | | |
|--|---------------|------------------------------------|--------------|
| 1. Honey
蜂蜜 | 2 tbsp 湯匙 | 8. Maldon salt
馬爾頓天然海鹽 | 1 tbsp 湯匙 |
| 2. Garlic minced
蒜蓉 | 1 clove 瓣 | 9. Belgian endive hearts
比利時菊苣心 | 5 pcs 個 |
| 3. Grapefruit - zested and juiced
西柚 - 削皮及榨汁 | 1 small pc 小個 | 10. Pancetta minced
切碎意大利鹹肉 | 1/2 cup 杯 |
| 4. Gingerroot - peeled and grated
生薑根 - 去皮及磨蓉 | 1 tbsp 湯匙 | 11. Olive oil
橄欖油 | 1 tbsp 湯匙 |
| 5. White Balsamic Vinegar
意大利白醋 | 1/4 tsp 茶匙 | 12. Citrus segments Mixed
柑橘片 | as needed 小量 |
| 6. Chicken Stock
雞湯 | 200mL 毫升 | 13. Chopped fresh herbs
切碎新鮮香草 | as needed 小量 |
| 7. Water
水 | 2 cups 杯 | | |



Belgian endive
比利時菊苣



Pancetta
意大利鹹肉

Offers valid at **great** only. As prices may vary, in-store prices shall prevail. While stocks last. 優惠只適用於 **great**。貨品最新價格以店內所示為準。數量有限，售完即步。



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METHOD:

烹調方法:



1. In a small bowl whisk together honey, garlic, grapefruit juice, zest, ginger, chicken stock and vinegar; set aside.

將蜂蜜，蒜蓉，西柚皮及果汁，生薑蓉，雞湯和白醋拌勻作汁料，備用。

2. Cook endive in boiling salted water for 3 minutes.

水及鹽煲滾後加入菊苣煮三分鐘。

3. Remove from heat, drain and slice endive into 1/2-inch rounds (about 4 pieces per endive).

熄火後瀝乾，將菊苣切成每塊1/2吋小段(一個菊苣可切成4塊)。

4. Dry skillet, heat oil over medium-high heat and add pancetta, cook for about 6 minutes until crispy.

擦乾平底鑊，加入油及意大利鹹肉，用中至大火炒大約6分鐘直至香脆。

5. Add olive oil and endive rounds into skillet; cook 3 minutes each side or until endive are caramelized.

加入橄欖油及已切好的菊苣於平底鑊，每邊煮3分鐘或者炒至焦糖色。

6. Add honey mixture to pan and bring to a boil, reducing slightly.

Season with salt and pepper to taste.

於平底鑊中加入蜂蜜汁料煮至滾，然後調至細火直至變稠。用海鹽及黑椒調味。

7. Place endive rounds on serving plate and drizzle with pan sauce.

煮好的菊苣放入碟中，再撒上鑊中剩餘的汁料。

8. Garnish with citrus segments and fresh herbs, serve warm or cold.

加上柑橘片與新鮮香草作裝飾，即可享用。

