

職業(烹飪)：咖哩飯

Vocational Education(Cooking): curry rice



一、材料 Ingredients

				
咖哩塊 Curry cubes	雞腿肉 chicken	洋蔥 onion	馬鈴薯 potato	紅蘿蔔 carrot

二、烹飪工具 Cooking tools

				
瓦斯爐 Gas stove	菜刀 kitchen knife	砧板 Cutting board	鍋子 pot	鍋鏟 Spatula

三、處理馬鈴薯、紅蘿蔔的步驟 Steps to cook potatoes and carrots

① 先清洗外皮 Wash the rind	② 削皮 peel	③ 切成適當大小 Cut into proper size
		

四、煮咖哩飯的步驟 Steps of cooking curry rice

① 洋蔥切塊 Onion diced	② 馬鈴薯削皮、切塊 Peel and cut potatoes	③ 紅蘿蔔削皮、切小塊 Peel and cut carrots into small pieces
		
④ 咖哩塊切小塊 Curry cubes cut into small pieces	⑤ 雞腿肉切小塊 Cut chicken thighs into small pieces	⑥ 開中火熱鍋，加入油 Heat a pan on medium heat and add oil
		 加入適量沙拉油

⑦ 先炒洋蔥
Stir fried onions



⑧ 加入雞肉拌炒
Add chicken and stir fry



⑨ 加入紅蘿蔔、馬鈴薯
拌炒
Add carrots and potatoes



⑩ 加入水，蓋過食材
Add water and cover the ingredients



⑪ 在鍋內燉煮
Simmer in the pot



⑫ 湯滾後，加入咖哩塊，
攪拌均勻就完成了
了 After the soup is boiled,
add the curry cubes, stir well
and you're done

