

職業(烹飪)：咖哩飯

Vocational Education(Cooking): curry rice



一、材料 Ingredients

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| 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

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| 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

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| ① 先清洗外皮 Wash the rind | ② 削皮 peel | ③ 切成適當大小 Cut into proper size |
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四、煮咖哩飯的步驟 Steps of cooking curry rice

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

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| <p>7 先炒洋蔥 Stir fried onions</p> | <p>8 加入雞肉拌炒 Add chicken and stir fry</p> | <p>9 加入紅蘿蔔、馬鈴薯 拌炒 Add carrots and potatoes</p> |
|  <p>10 加入水，蓋過食材 Add water and cover the ingredients</p> |  <p>11 在鍋內燉煮 Simmer in the pot</p> |  <p>12 湯滾後，加入咖哩塊， 攪拌均勻就完成了 After the soup is boiled, add the curry cubes, stir well and you're done</p> |
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