

# 職業(烹飪)：咖哩飯

Vocational Education(Cooking): curry rice



## 一、材料 Ingredients

|                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |
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|  |  |  |  |  |
| 咖哩塊<br>Curry<br>cubes                                                             | 雞腿肉<br>chicken                                                                    | 洋蔥<br>onion                                                                       | 馬鈴薯<br>potato                                                                      | 紅蘿蔔<br>carrot                                                                       |

## 二、烹飪工具 Cooking tools

|                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |
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|  |  |  |  |  |
| <b>瓦斯爐</b><br>Gas stove                                                           | <b>菜刀</b><br>kitchen<br>knife                                                     | <b>砧板</b><br>Cutting<br>board                                                     | <b>鍋子</b><br>pot                                                                   | <b>鍋鏟</b><br>Spatula                                                                |

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

|                                                                                    |                                                                                    |                                                                                      |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>① 先清洗外皮</b><br>Wash the rind                                                    | <b>② 削皮 peel</b>                                                                   | <b>③ 切成適當大小</b><br>Cut into proper size                                              |
|  |  |  |

#### 四、煮咖哩飯的步驟 Steps of cooking curry rice

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

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

