

艾華中文學校“El Paso” Ai-Hwa Chinese School

蔥油餅做法 Scallion Pancake Recipe

材料 (Ingredients):

- A. 中筋麵粉 2 又 3/4 杯, 70 度 C 熱水 一杯, 冷水 適量
2 3/4 cups of all-purpose flour, 1 cup of 160° hot water, a bowl of cold water
- B. 中筋麵粉 1/4 杯, 豬油 2 大匙 (可用香油代替), 沙拉油 3 大匙, 鹽 1 小匙
1/4 cup all-purpose flour, 2 tablespoons of melted lard (can be replaced with cooking oil), 3 tablespoons of cooking oil. 1 teaspoon of salt
- C. 青蔥花 2 兩 1 1/2 cups of chopped green onions
- D. 手粉 適量 Some extra all-purpose flour

做法 (Steps):

- 熱水沖入材料 A 的麵粉中, 以一筷子攪和, 添加適量的冷水揉至光滑, 加蓋靜置鬆弛 30 分鐘
In a large mixing bowl, add hot water to the flour in ingredients A, use chopsticks to mix, add desired cold water to complete dough (make sure by the end, no dough is left sticking to bowl or your hands). Place lid or cloth over bowl and let the dough rest for 30 minutes
- 材料 B 攪和成稀鹽油酥 Mix ingredients B together well
- 把麵團分成均勻的六份 Divide the dough into 6 equal sections.

把每份照下面方式處理: Please process each section following the steps below:

- 把每個麵團拍上手粉, 桿成薄圓片, 用小刷抹上稀鹽油酥, 均勻灑上 1/6 的蔥花
Pat flour onto dough, and flatten dough into a thin round sheet. Use a brush spread the salt/oil mixture onto the surface, and spread 1/6 of ingredient C over the surface evenly.
- 捲成長條, 兩頭收口捏緊, 抹上少許油, (如要即食可小袋包裝, 可冷藏保存 2~3 天)
Roll the sheet of dough up into a long roll, pinch each side of the piece closed, rub a small amount of oil onto surface of the piece. (if prefer, place each piece in a sealed bag with no air, and refrigerate for 2~3 days, for later usage.)
- 食用時, 把長條捲成一個扁的圓餅, 桿成一個圓薄片
When it is time to cook, roll it into a somewhat flat circular piece. Then use a rolling pin to flatten it into a circular flat piece.
- 熱少量油 (一大匙左右) 在平底鍋裡, 攤煎至兩面金黃, 取出切塊即可使用
Heat some oil (about one TB) in a flat skillet, fry until both sides are crisp and golden. Cut into pieces and enjoy!

