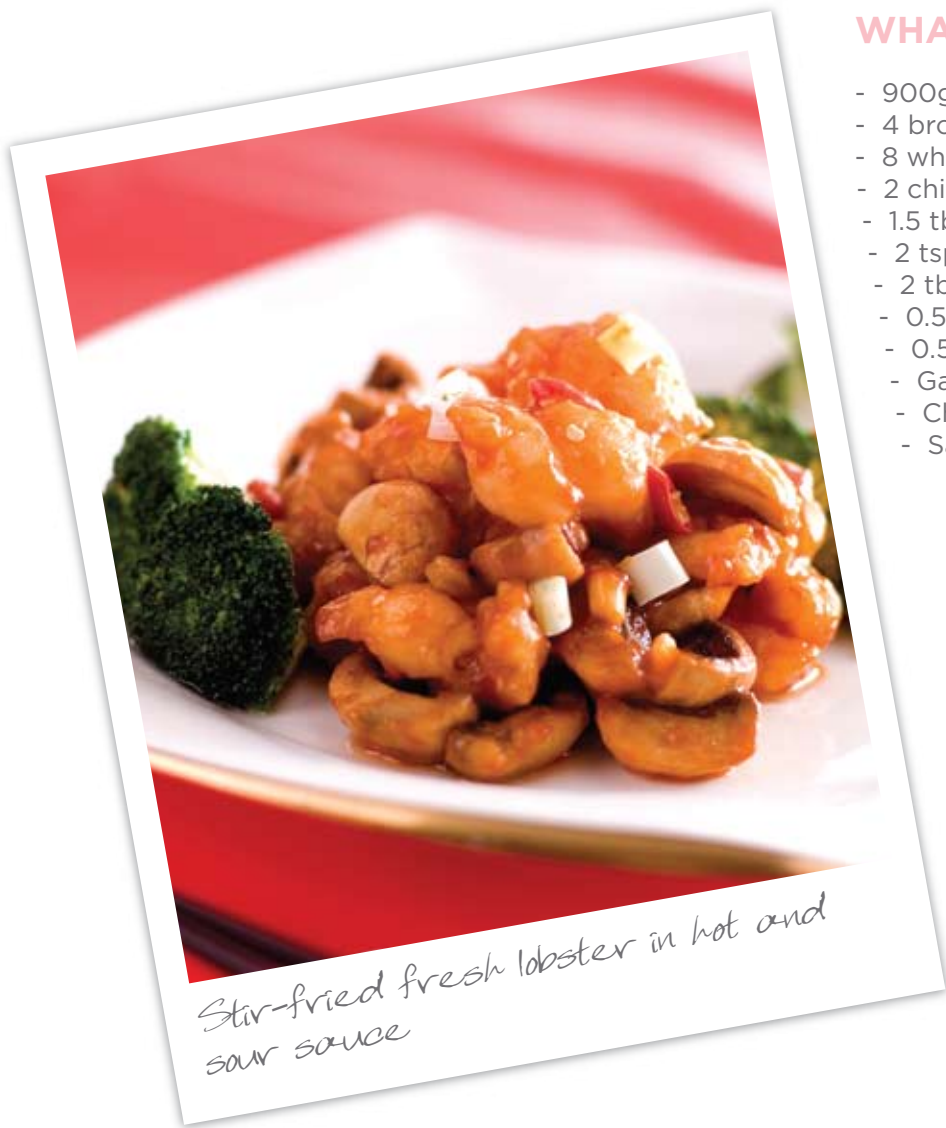


LANGHAM PLACE

MONGKOK, HONG KONG



Stir-fried fresh lobster in hot and sour sauce

WHAT YOU NEED

- 900g Australian lobsters
- 4 broccoli heads
- 8 white mushrooms
- 2 chillies
- 1.5 tbsp tomato paste
- 2 tsp sugar
- 2 tbsp clear chicken stock
- 0.5 tsp oyster sauce
- 0.5 tsp chicken powder
- Garlic paste
- Chopped spring onions
- Salt, sugar and starch powder

HOW YOU DO IT

Chop lobster into eight pieces and season with salt, sugar, chicken powder and starch powder, side aside. Blanch broccoli in salted boiling water, put them on plate as decorations. Heat a wok over a low heat, add oil and lobster, then stir-fry with garlic, chillies and onions. Add all the other ingredients and continue to stir fry until cooked. Mix starch powder with water and add it into the wok to make the sauce, serve when cooked.