



核桃
蝦仁

WALNUT SHRIMP

Tonifies the Kidney and strengthens the lower back and knees.
Tonifies Lung and Kidney Qi.
Lubricates Large Intestine and promotes bowel movement.

INGREDIENTS

- 300 g (10.6 oz) shrimp, shelled
- 100 g (3.5 oz) sliced pineapple, canned
- 2 stalks scallions
- 500 cc + 2 Tbsp peanut or vegetable oil
- 10 g (0.35 oz) fresh ginger
- 200 g (7.1 oz) walnut, stir-fried
- 1.5 tsp chicken bouillon
- 1/2 tsp salt

Shrimp Marinade:

- 10 g (0.35 oz) corn-starch
- 5 g (0.18 oz) fresh ginger
- 2 tsp white sugar
- 0.5 tsp salt
- 3 tsp rice wine

Makes 4 servings

PREPARATION

- Combine shrimps with the ingredients for the shrimp marinade in a bowl. Mix well and set aside to marinate (at least 10 minutes).
- Cut pineapples into 1-inch pieces. Cut the scallions into 1-inch pieces.

COOKING

- Heat 500cc peanut or vegetable oil in a frying pan. With high heat, deep-fry the shrimps a few at a time (to prevent them from sticking to one another) until they are partially cooked. Careful not to over cook! Transfer the shrimp into a dish and set aside.
- In a sauté pan, heat 2 Tbsp peanut or vegetable oil. Sauté ginger over high heat for 30 seconds. Add the pineapple, walnuts, scallions, salt, and chicken bouillon. Stir-fry for 2 minutes.
- Add the shrimp to the stir-fry and cook for about 30 seconds. Remove from heat. Serve hot.