

Assorted Vegetables in Portuguese Sauce

(葡 汁 焗 四 蔬)

Ingredients:

Broccoli	100g
Cauliflower	100g
Baby corn shoots	75g
Button mushroom	75g

Portuguese Sauce:

Margarine	30g
Plain flour	1 Tbsp
Turmeric	1/2 tsp
Stock	200 ml
(Chicken cube 1/4 + water 200 ml)	

For boiling vegetables:

salt	1 tsp	Evaporated milk	50 ml
oil	1 tbsp	Coconut milk	125 ml
water	750 ml	Salt	1/2 tsp
		Sugar	1/4 tsp

Method:

1. Preheat the oven to 190°C, Gas Mark 5.
2. Grease a heatproof dish.
3. Wash the broccoli and cauliflower. Cut into small florets. Boil for 5 minutes and drain thoroughly.
4. Boil and drain the canned corn shoots and mushrooms separately.
5. Arrange the vegetables nicely on a heatproof dish.
6. Melt the margarine in a saucepan. Stir in plain flour and turmeric. Gradually blend in stock, milk, coconut milk, salt and sugar, simmer gently for about 10 minutes until the sauce thickens.
7. Pour the sauce over the vegetables. Bake for 10 – 15 minutes. Serve hot.