

Assorted Vegetables with Chopped Ham

(腿茸雙蔬)

Ingredients:

Tientsin cabbage	300g
Spinach	300g
Ham	1/2 slice
Garlic	1 clove

Sauce:

Salt	1/4 tsp
Sugar	1/2 tsp
Cornstarch	1 level tbsp
Sesame oil	a few drops
Pepper	a dash
Stock	175 ml

For scalding vegetables:

Water	500 ml
Salt	1 tsp
Oil	1 tbsp

Method:

1. Clean, dry and chop ham.
2. Remove yellow leaves from Tientsin cabbage. Clean and cut into 10 cm (4 inch) lengths. Cook in boiling water until soft. Drain and place on one side of the dish.
3. Clean spinach, put into boiling water with salt and oil, boil for 2 – 3 minutes. Drain and place on the other side of the dish.
4. Heat 1 Tbsp oil, add in garlic, sauté and then remove garlic. Add in sauce and bring to boil, pour over the vegetables.
5. Sprinkle chopped ham over the vegetables. Serve hot.