

Fried Stuffed Cucumbers



Serves 4

Prep 35 mins

Cooking 20 mins

Easy

Ingredients

2 cucumbers (about 750g cut into 2.5 cm slices)
2 tbsp corn flour
3 tbsp sunflower oil

For the garnish

2 tsp sesame oil
chopped parsley

For the stuffing mixture

225g pork mince
1 egg white
1 tbsp finely chopped spring onions
2 tbsp Shaohsing wine
2 tbsp light soy sauce
2 tsp caster sugar
1 tsp sesame oil

For the sauce

300ml chicken stock
2 tbsp light soy sauce
2 tbsp Shaohsing wine
1 tbsp oyster sauce
2 tsp sugar
1 tsp corn flour, mixed with 2 tsp water

1. Using a small sharp knife, remove the seeds & fleshy pulp from the centre of each cucumber slice. Further hollow the cucumber with a teaspoon so that you have tubes with a roughly 5mm shell. Lightly dust the hollow interiors of the slices with the corn flour.
2. Mix all the stuffing ingredients together in a bowl with 1 tsp salt & pepper, & stuff each cucumber ring with the mixture.
3. Heat a wok or large frying pan & add the sun flour oil. When it is moderately hot, add some of the stuffed cucumber rings. Cook slowly until they are slightly browned, then turn them over & brown the other side. You may have to do this in batches.
4. When the cucumber rings are browned, remove them with a slotted spoon and place on a plate. When you have fried all the rings, wipe the wok or pan clean.
5. Reheat the wok or pan, add the sauce ingredients and bring to a simmer. Add the stuffed cucumber rings, cover the pan with a lid and simmer slowly for 7 mins or until the cucumbers are completely cooked. Lift them out of the sauce with a slotted spoon and transfer to a warm serving platter. If needs be the oven proof tray and sauce can be cooled and refrigerated. You can then reheat in a hot oven for 15 minutes, uncovered. Just make sure you have enough water in the tray. This will reduce the sauce, so there is no need to reduce the sauce (as in 6)
6. Return the pan to the heat and reduce the sauce by a third over a high heat. Add the sesame oil, then pour the sauce over the stuffed cucumbers to serve.