

# Chinese (Charcoal) Steamboat

Yield: 8 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/salt-and-pepper-king-prawn-recipe-chinese>

## Ingredients:

- 6 5/8 pounds pork bones cracked
- 1 piece galangal sliced
- 15 cloves garlic lightly crushed with skin left on
- 3 stalks lemongrass lightly crushed
- 3 stalks spring onion
- 10 garlic cloves crushed
- 1/2 cup ginger roughly chopped
- 1 teaspoon sea salt
- 2/3 pound pork fillet finely sliced on the diagonal
- 1/3 ginger garlic paste
- 2 tablespoons hoisin sauce
- 1 tablespoon shao hsing wine
- 1 teaspoon chinese black vinegar
- 1 dash sesame oil
- 2/3 pound chicken fillet finely sliced on the diagonal
- 1/3 ginger garlic paste
- 1 tablespoon oyster sauce
- 1 tablespoon shao hsing wine
- 1 teaspoon light soy sauce
- 1 dash sesame oil
- 2/3 pound beef fillet finely sliced on the diagonal
- 1/3 ginger garlic paste
- 2 tablespoons bbq sauce Chinese
- 1 tablespoon shao hsing wine
- 1 teaspoon Sichuan pepper and salt
- 1 dash sesame oil
- 1 9/16 pounds squid 1 lb 6 oz small whole
- 2 red chillies large, halved lengthways, deseeded and roughly sliced
- 1 teaspoon sea salt
- 5 1/2 tablespoons palm sugar
- 1 tablespoon fish sauce
- 2 tablespoons ginger julienne
- 1 tablespoon lime juice
- 7/8 pound white fish fillets finely sliced on the diagonal

- 2 tablespoons coriander finely sliced, stalks and roots
- 1 tablespoon peanut oil
- 2 teaspoons sea salt
- 1 teaspoon white sugar
- 12 king prawns uncooked, jumbo shrimp, peeled and deveined but with tails intact
- 1 tablespoon lemongrass finely diced
- 1/4 cup spring onions finely sliced, scallions
- 1 1/2 tablespoons ginger julienne
- 1 tablespoon shao hsing wine
- 1 teaspoon sea salt
- 1 dash sesame oil

## **Nutrition:**

1. Calories: 440 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 320 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 4 grams
8. Sodium: 2010 milligrams
9. Sugar: 9 grams

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