



CRAB AND CLAMS CONGEE (serves 2)

INGREDIENTS

1 swimmer crab or male mud crab, 8 clams, 1 cup rice, 1 1/2litre chicken stock, 1tbsp shredded ginger, 3tbsp shredded green onion, chopped cilantro and Chinese celery as garnish

SEASONING

1tbsp oil, 1/2tsp salt, pepper and sesame oil to taste

Methods:

1. Soak the clams in water with a dash of salt until they spit out the sand.
2. Dress and clean the crab. Lightly crack the shell with the back of a knife. Chop into pieces.
3. Wash the rice and place in a large and deep ovenproof container. Pour in chicken stock and steam in Miele Steam Oven at 100°C for 1 hour until the rice is fluffy and mushy.
4. Mix ginger and green onion with the seasoning in a small bowl.. When the steaming time of step 3 remains 10 minutes, put the mixture into the Steam Oven.
5. Add the steamed ginger and green onion mixture, crab and clams into the congee. Mix well and steam at 100°C for 30 minutes. Garnish with the cilantro and Chinese celery before serving.

Cooking tips:

- Miele Steam Oven cooks with 100% PureSteam so that the rice grains pick up moisture fully without evaporating any water. You can estimate the serving size at last a lot more easily.
- Making congee the traditional way over a stove entails your full attention throughout the cooking process as the congee may boil over or burn. On the other hand, making congee with Miele Steam Oven is a lot simpler. You don't need to keep an eye on it and it won't burn. You may also tailor-make it with your favourite ingredients.



鮮蜆花蟹粥 (2位份)

材料

花蟹或肉蟹1隻，蜆或花蛤8隻，白米1杯，清雞湯1.5公升，薑絲1湯匙，蔥絲3湯匙，芫荽碎及中芹碎適量

調味料

食油1湯匙，幼鹽半茶匙，胡椒粉及麻油適量

做法：

1. 蜆以清水加入少量幼鹽浸泡待其吐沙備用。
2. 花蟹剖好洗淨，用刀背將殼拍裂待用。
3. 白米洗淨後放入深容器內，注入清雞湯後放入Miele蒸爐以100°C蒸1小時煮至米粒綿軟。
4. 將薑絲、蔥花及調味料放入小碗，當步驟3餘下10分鐘的烹調時間時放入蒸爐。
5. 將蒸好的薑蔥絲連同蟹件、蜆加入粥內拌勻，以100°C蒸30分鐘，享
用時灑上芫荽碎及中芹碎即可。

烹調小貼士：

- Miele蒸爐以100%純蒸氣烹調食物，用以烹調白粥令米粒綿滑但水份不會蒸發，自然更容易預算份量。
- 傳統用明火煲白粥常常擔心「煲燴粥」，Miele蒸爐令你無需睇火，自家炮製白粥變得輕鬆簡單，可加入自己喜歡的食材製作粥品。

