



STEAMED RICE WITH SAVOURY EGG CUSTARD, SEA URCHIN, SHRIMPS AND DRIED SCALLOPS (serves 3)

INGREDIENTS

1 pack sea urchin roe, 6 tiger prawns (peeled), 2 cloves garlic (grated), 30g mixed mushrooms, 3 dried scallops, 2 eggs, 1 1/2cup Japanese pearl rice, 1 1/2cup water, 2 tsp oil

SEASONING

250ml chicken stock, 1/2tsp Shaoxing wine, 1/4tsp salt, pepper and sesame oil to taste




Methods:

1. Wash the dried scallops and put in an ovenproof bowl. Add 1 1/2 cup of water. Steam in Miele Steam Oven at 60°C for 30 minutes. Let it cool and drain. Save the soaking water for later use. Break the dried scallops into fine shreds.
2. Wash the rice and drain well. Pour in the soaking water from step 1.
3. Put dried scallops, garlic and mixed mushrooms into an ovenproof bowl. Stir in oil. Steam in Miele Steam Oven at 100°C for 15 minutes.
4. Stir the steamed mixture from step 3 into the rice. Steam at 100°C for 30 minutes until done.
5. Crack the eggs and whisk in the seasoning. Put prawns and sea urchin over the rice. Pour in the egg mixture. Steam in Miele Steam Oven at 90°C for 12 minutes. Serve hot.

Cooking tips:

- The keys to silky smooth steamed egg custard are the ratio between egg and liquid, cooking temperature and steaming time. For the best result, use 1 part egg to 2 parts water. Steam it at 90°C which is slightly below water's boiling point. That ensures you'd get jiggly velvety custard every time



海膽蝦仁水蛋蒸瑤柱飯 (3位份)

材料

新鮮海膽1份，虎蝦仁6隻，蒜頭2粒(剁蓉)，鮮雜菌30克，瑤柱3粒，雞蛋2隻，珍珠米1.5杯，清水1.5杯，食油2茶匙

調味料

清雞湯250毫升，紹酒半茶匙，幼鹽1/4茶匙，胡椒粉及麻油適量

做法：

1. 瑤柱洗淨，加入1.5杯清水，放入Miele蒸爐以60°C蒸30分鐘，冷卻後將瑤柱撕幼，浸汁留用。
2. 珍珠米洗淨後瀝乾，加入浸汁待用。
3. 將瑤柱、蒜蓉及鮮雜菌放入耐熱碗內，加入食油拌勻，放入Miele蒸爐以100°C蒸15分鐘。
4. 把蒸熟的材料加入珍珠米中拌勻，放入Miele蒸爐以100°C蒸30分鐘至飯熟。
5. 雞蛋去殼後加入調味料拌勻，將虎蝦仁及海膽鋪上珍珠飯面再上淋上蛋漿，以90°C蒸12分鐘即可享用。

烹調小貼士：

- 蒸水蛋嫩滑的秘訣在於液體比例、烹調溫度和時間。蛋和水的最佳比例為1比2，以略低於沸騰狀態的90°C烹調可保持蛋漿口感嫩滑。

