



SUPREME SEAFOOD RICE SOUP (serves 4)

INGREDIENTS

3 dried scallops, 1 semi-dried squid, 6 large dried shrimps, 3 dried shiitake mushrooms, 100g baby oysters, 80g minced pork, 2tbsp Dong Cai (preserved cabbage), 2 bowls cooked rice, 1 1/2litre chicken stock, 500ml water, shredded ginger, green onion & cilantro as garnish

SEASONING

2tsp light soy sauce, 1/4tsp sugar, 2tsp corn starch, pepper and sesame oil to taste



Methods:

1. Wash the dried scallops, squid, shrimps and shiitake mushrooms. Place in a large bowl. Pour in 500ml of water to cover. Steam in Miele Steam Oven at 60°C for 30 minutes until soft. Save the soaking water for later use. Break the dried scallops into shreds. Cut the squid and mushrooms into strips.
2. Wash the Dong Cai. Place in a small bowl and add water to cover. Soak for 15 minutes and drain well. Stir in the minced pork and seasoning.
3. Rinse the baby oysters in water. Rub each one gently with your fingers and remove any broken shell if there's any. Drain well.
4. Put the rice, chicken stock and soaking water of the dried seafood from step 1 in a large ovenproof container. Steam in Miele Steam Oven at 100°C for 20 minutes.
5. Stir in minced pork, baby oysters and all dried seafood from step 1. Steam at 100°C for 15 minutes. Garnish with shredded ginger, green onion and cilantro before serving.

Cooking tips:

- Soak dried seafood in water at room temperature first. Then steam it at 60°C. This way the seafood can be rehydrated more quickly without losing the aroma.

Miele



龍皇鮮湯泡飯 (4位份)

材料

瑤柱3粒，半乾濕魷魚1隻，蝦乾6隻，冬菇3隻，珍珠蠔100克，免治豬肉80克，冬菜2湯匙，白飯2碗，雞湯1.5公升，清水500毫升、薑絲、蔥花及芫荽碎適量

調味料

生抽2茶匙，砂糖1/4茶匙，生粉2茶匙，胡椒粉及麻油適量

做法：

1. 瑤柱、魷魚、蝦乾及冬菇洗淨後放入大碗，注入500毫升清水至蓋面，放入Miele蒸爐以60°C蒸30分鐘至軟，保留浸汁，將瑤柱撕幼、魷魚及冬菇切絲待用。
2. 冬菜洗淨，用小碗以清水浸泡15分鐘後瀝乾，加入免治豬肉及調味料拌勻待用。
3. 珍珠蠔以清水沖淨後揀去碎殼，瀝乾待用。
4. 將白飯連同浸汁及雞湯放入大耐熱容器，用Miele蒸爐以100°C蒸20分鐘。
5. 將免治豬肉、珍珠蠔及其餘材料拌入，以100°C蒸15分鐘後即可加入薑絲、蔥花及芫荽碎享用。

烹調小貼士：

- 乾貨海味以室溫清水浸泡再用蒸爐以60°C加熱有助海味吸收水份及減少香味流失。

