



Miele

BRAISED PORK TROTTER AND ABALONES

(serves 6 to 8)

INGREDIENTS

8 fresh Yoshihama abalones (shelled), 1 pork trotter (about 1.5 kg), 10 sprigs white part of spring onion, 5 thick slices ginger, Shanghainese bok choy as garnish, dark soy sauce for colour

SEASONING

½ cup light soy sauce, ½ cup dark soy sauce, 120 g crushed rock sugar, 375 ml Shaoxing wine

Methods:

1. Blanch the abalones in boiling water. Rinse in cold water. Drain.
2. Scrape hairs off pork trotter. Put in a large pot. Add water, 4 tbsp of Shaoxing wine and 2 thick slices of ginger. Bring to the boil over medium heat. Drain and rinse pork trotter with cold water. Wipe dry. Brush dark soy sauce all over the pork trotter.
3. Line a large casserole with spring onion and ginger. Top with abalones and pork trotter. Pour in the seasoning. Cover the lid or seal with microwave-safe cling wrap. Steam in Miele puresteam at 90°C for 3 to 4 hours until pork trotter becomes tender.
4. Steam the Shanghainese bok choy in Miele puresteam at 100°C for 4 minutes and put on the side as garnish. Serve.

Cooking tips:

- Temperature can be kept accurately between 40 and 100°C in Miele puresteam. For braising abalones or meat, low heat from 80 to 90°C would be the best. It gently tenderizes the muscle and connective tissues without breaking them down into bits and pieces, so that the cooked meat would look and taste perfect.
- Plan your cooking steps thoughtfully and you can churn out a multi-course dinner with Miele puresteam in one go. Here's an example with chicken rice, drunken shrimps and Shanghainese bok choy:
 1. Steam rice in oven for 20 minutes. Arrange fish maw, scallops, chicken and mushrooms on top. Set the steaming time to 8 minutes.
 2. When there are 6 minutes left, put the drunken shrimps in on a separate shelf. The steam oven will start counting down the cooking time after the temperature reaches 100°C again.
 3. When there are 4 minutes left, put in the Shanghainese bok choy. Three courses will be ready piping hot when the time is up. It also frees your stoves up for making other dishes.





紅燒吉品元蹄 (6至8位份)

材料

鮮吉品鮑魚8隻(去殼)、元蹄1隻(約1.5公斤)、蔥白10條、厚薑3片、小棠菜適量、老抽適量

調味料

生抽1/2杯、老抽1/2杯、冰糖碎120克、花雕酒375毫升

做法：

1. 鮑魚以沸水略燙，沖冷水瀝乾待用。
2. 元蹄刮淨毛放大鍋中，注入清水蓋面，加入4湯匙紹酒及2厚片薑，以中火煮至沸騰，沖冷水抹乾，搽上老抽待用。
3. 有蓋砂鍋內墊蔥白及厚薑片，鋪上鮑魚及元蹄。調味料拌勻淋面，加蓋或以微波爐保鮮紙封好，放Miele蒸爐以90°C蒸3至4小時至元蹄稔軟。
4. 小棠菜以100°C蒸4分鐘，伴碟即可。

烹調小貼士：

- Miele蒸爐將溫度穩定控制於40至100°C之間。以80°C至90°C低溫焗煮鮑魚或肉類最佳，軟化肉質及筋腱，成品更飽滿吸引。
- 善用Miele蒸爐可一次過做一整頓晚餐，方便快捷。現以蒸薑飯、醉蝦及小棠菜為例說明：
 1. 香米先入蒸爐蒸20分鐘，放帶子等配料於飯面，蒸爐時間預設至8分鐘。
 2. 蒸爐倒數至6分鐘，將蝦放另一蒸架。蒸爐升溫至100°C會自動重新計時。
 3. 蒸爐倒數至4分鐘，加入小棠菜。一次過完成3道菜，同時熱辣上枱，省卻爐頭。

