



# 50°C SLOW-COOKED SALMON WITH DILL

(serves 1)

## INGREDIENTS

120 g sashimi-grade salmon fillet, 1 slice lemon

## SEASONING

1 tsp chopped fresh dill, 2 tbsp extra virgin olive oil, salt, pepper



### Method:

1. Mix the seasoning.
2. Wipe dry the salmon. Put it on microwave-safe cling wrap. Spread seasoning over. Top with a slice of lemon. Wrap it into a small parcel. Save on a plate.
3. Steam in Miele puresteam at 50°C for 30 minutes. Serve.

### Tips:

- Wrapping the salmon in cling film helps retain the natural grease, juices and aroma of the fish, while holding its shape.
- When fried or baked, salmon can easily be overcooked and dried out. Miele puresteam features accurate and consistent steam temperature, cooking everything to perfect doneness. Steaming salmon over low heat guarantees its flesh to be juicy and tender. It'd look, smell and taste as good as any salmon dish from haute cuisine restaurants. Conventional cooking methods simply can't compare.



## 50°C低溫香草三文魚柳 (1位份)

材料

刺身三文魚柳120克、檸檬1片

調味料

蒔蘿碎1茶匙、初榨欖油2湯匙、鹽及黑椒碎適量



做法：

1. 調味料拌勻。
2. 三文魚柳抹乾，放微波爐保鮮紙上。淋上調味料，鋪上檸檬片，包裹成小份盛碟上。
3. 放Miele蒸爐以50°C蒸30分鐘。

烹調小貼士：

- 以保鮮紙包裹三文魚可保存油份、肉汁、形狀及香氣。
- 煎焗三文魚，容易令肉質過乾，口感粗糙。Miele蒸爐準確控制溫度，低溫蒸煮三文魚，嫩滑多汁，色香味全，媲美星級餐廳，傳統方法無法可比。