



STEAMED PEA SPROUTS WITH HAM, BIRD'S NEST AND HAIRY CRAB ROE (serves 4)

INGREDIENTS

200g peas sprouts, 2 tbsp hairy crab roe, 2 tbsp steamed bird's nest, 2 chicken fillets, 1 tbsp grated Yunnan ham

SEASONING

2 tbsp water, ½ tsp Shaoxing wine, ½ tsp ginger juice, ¼ tsp salt, pepper, sesame oil

Methods:

1. Finely chop chicken. Stir in the grated ham and seasoning. Steam in Miele puresteam at 100°C for 5 minutes. Pass the stock through a fine mesh strainer into a bowl. Stir in crab roe and bird's nest.
2. Soak pea sprouts in water for 30 minutes. Drain. Spread evenly on a stainless steel steaming container.
3. Steam the stock and pea sprouts in Miele puresteam at 100°C for 4 minutes. Arrange pea sprouts in a serving dish and pour the crab roe and bird's nest stock over. Serve.

Cooking tips:

- Cooking vegetables with 100% puresteam technology not only retains their nutrients, lovely crunch, bright colors and natural sweetness, but also helps veggies pick up seasoning. Better still, you don't need to use extra oil. Simply healthy and convenient.





燕窩蟹黃雞汁豆苗 (4位份)

材料

豆苗200克，蟹黃2湯匙，燕窩2湯匙（蒸熟），雞柳2條，雲腿蓉1湯匙

調味料

清水2湯匙，紹酒半茶匙，薑汁半茶匙，鹽1/4茶匙，胡椒粉及麻油適量



做法：

1. 雞柳剁碎，加入雲腿蓉及調味料拌勻，放Miele蒸爐以100°C蒸5分鐘，湯汁過濾網放碗中，拌入蟹黃及燕窩。
2. 豆苗泡水30分鐘，瀝乾，均勻鋪在不鏽鋼蒸盤。
3. 蟹黃燕窩雞汁、豆苗同進Miele蒸爐以100°C蒸4分鐘。豆苗轉深碟，淋上蟹黃燕窩雞汁。

烹調小貼士：

- 100%純蒸氣烹調蔬菜，不但保存營養、質感脆嫩、色澤翠綠、味道鮮甜，蔬菜更能充份吸收醬汁，而且毋須額外用油，健康又方便。