



Miele

STEAMED GIANT GROUPEL FILLET WITH HAM, MUSHROOMS AND BAMBOO SHOOT

(serves 4)

INGREDIENTS

SEASONING

SAUCE

8 slices Oasis Giant Grouper fillet (roughly 120g), 8 fresh shiitake mushrooms, 8 slices bamboo shoot, 8 slices carrot, 8 slices Parma ham

1/8 tsp table salt, 1/2 tsp caltrop starch, Ground white pepper

1/2 tsp oyster sauce, 2 tbsp chicken stock, Sesame oil, Ground white pepper


Methods:

1. Cut the fish diagonally into slices about 5mm thick. Add seasoning and ensure that the fish is well-coated. Blanch the shiitake mushrooms in boiling water until done, then slice. Slice the bamboo shoot.
2. Grease a heatproof dish with a little oil. Arrange a slice of fish, a slice of mushroom, a slice of bamboo shoot, a slice of carrot, and a slice of ham on it in that particular order. Repeat by putting alternating ingredients on the dish, overlapping slightly.
3. To make the sauce, put all ingredients into a small bowl and mix well. Put the sauce in Miele puresteam DG 6010 steam oven. Also put in the fish arrangement made in step 2. Steam both for 3 minutes at 95°C.
4. Pour the sauce on the fish. Serve hot.

Cooking tips:

- Miele puresteam technology gives precise control over cooking temperature. Steaming the fish at 95°C is guaranteed to cook the fish gently until just done, ensuring that it remains tender and succulent.
- Miele's puresteam DG 6010 steam oven has multiple shelves for steaming different courses at the same time. The flavours won't mix.





蒸麒麟龍躉片 (4位份)

材料

綠洲花尾龍躉切成小魚柳8件(約120克)，鮮冬菇8件，冬筍8件，甘筍8片，巴馬風腿8小片

調味料

幼鹽1/8茶匙，生粉半茶匙，胡椒粉適量

汁料

蠔油半茶匙，清雞湯2湯匙，麻油及胡椒粉適量

做法：

1. 龍躉斜切成5毫米薄片，加入調味料拌勻。鮮冬菇用水灼熟，切片。冬筍切片。
2. 耐熱碟上掃少量食油，放一片龍躉肉、冬菇、冬筍、甘筍、風腿、龍躉肉.....依序相間，互相略為重疊，排滿碟面。
3. 汁料放小碗中拌勻，連同耐熱碟一同放Miele蒸爐以95°C蒸3分鐘後取出。
4. 將汁料拌勻淋在龍躉肉上即可趁熱享用。

烹調小貼士：

- Miele蒸爐可準確調節溫度，以95°C烹調魚肉不會過熟，影響口感，使魚肉保持嫩滑多汁。
- Miele蒸爐的多層蒸架，可同時加熱多款食物，味道不會混合。

