



# STEAMED GIANT GROUPEL HEAD AND BELLY WITH PLUM AND SOYBEAN SAUCE (serves 4)

## INGREDIENTS

1 Oasis Giant Grouper head, 1 Oasis Giant Grouper belly, 4 cloves garlic, 1 sour plum, 150g deep-fried bean curd sticks

## SEASONING

1 ½ tbsp sweet soybean paste, 2 tsp light soy sauce, 1 tsp sugar, 1 tsp caltrop starch, 2 tsp Shaoxing wine, Ground white pepper, Sesame oil



### Methods:

1. Put the garlic into a small bowl. Steam in your Miele puresteam DG 6010 steam oven at 100°C for 30 minutes.
2. De-seed the plum, and crush it into the garlic. Stir in all the seasoning ingredients.
3. Rinse the fish belly and fish head. Drain. Add the seasoning mix from step 2. Mix well.
4. Rinse the deep-fried bean curd sticks in warm water. Drain.
5. Put them on the bottom of a heatproof dish, and top with the seasoned fish head and fish belly. Steam in your steam oven at 95°C for 8 minutes. Serve.

### Cooking tips:

- Steaming the garlic cloves at 100°C not only removes the pungency of the garlic, but also heightens its sweetness.
- Miele's puresteam technology gives precise control over the cooking temperature. Steaming fish at 95°C is guaranteed to cook the fish gently until just done, ensuring that it remains tender and succulent.



## 梅子麵豉醬蒸花尾龍躉頭腩 (4位份)

### 材料

綠洲花尾龍躉頭腩1份，蒜肉4粒，酸梅1粒，浸軟炸枝竹150克

### 調味料

甜麵豉醬1.5湯匙，生抽2茶匙，砂糖1茶匙，生粉1茶匙，紹酒2茶匙，胡椒粉及麻油適量

### 做法：

1. 蒜肉放小碗內，放Miele蒸爐以100°C蒸30分鐘。
2. 酸梅去核，連同蒜肉壓碎，拌入調味料。
3. 龍躉頭腩洗淨，瀝乾，加入調味料拌勻。
4. 炸枝竹用暖水洗淨，瀝乾，鋪放耐熱碟上。
5. 龍躉頭腩放枝竹上，放Miele蒸爐以95°C蒸8分鐘即可。

### 烹調小貼士：

- 100°C蒸氣可將蒜肉蒸軟，去除辛辣氣味，蒜肉更甘甜。
- Miele蒸爐可精細調節溫度，以95°C蒸龍躉頭腩可確保魚肉僅熟，魚肉嫩滑多汁。

