



PAELLA FOR TWO (Serves 2)

INGREDIENTS

1 cup Paella or Risotto rice, 4 fresh prawns, 6 clams, 1 squid, ½ boneless chicken thigh, ¼ green bell pepper (cut into strips), ¼ yellow bell pepper (cut into strips), ¼ red bell pepper (cut into strips), 1 tomato (peeled and diced), ¼ onion (diced) 1 clove garlic (minced), ¼ tbsp saffron, 1 tbsp olive oil, ¾ cup chicken stock

SEASONING

Salt and pepper to taste



Methods:

1. Trim off the feet and antennae from the prawns. Scrub the shells of the clams with a brush. Dress the squid. Rinse and cut them into bite-size pieces.
2. Cut the chicken into bite-size pieces. Put the chicken, tomato, onion, garlic, olive oil, saffron and seasoning in a cast iron pot. Steam in Miele puresteam at 100°C for 6 minutes. Stir to mix well.
3. Wash and drain the rice. Stir the rice into the chicken mixture from step 2. Pour in chicken stock and mix well. Steam in Miele puresteam at 100°C for 25 minutes.
4. Arrange the prawns, squid, clams and bell peppers over the rice. Steam in Miele puresteam at 100°C for 6 minutes.

Cooking tips:

- For richer flavour, stir fry the ingredients prepared in step 2 in the cast iron pot on a stove over medium heat before taking step 3. After steaming, heat the pot on a stove over medium low heat to create a crunchy crust of rice before serving.
- Miele puresteam gives the rice a completely different mouthfeel than that made with a rice cooker. The rice is fluffy without being sticky, tender without being mushy, with every grain separable from each other. It's the perfect way to make the Cantonese winter favourites – long-grain rice or glutinous rice with preserved meat and sausages.

Miele



迷你西班牙海鮮飯 (2位份)

材料

西班牙或意大利白米1杯，鮮蝦4隻，花蛤6隻，鮮魷1隻，雞扒1/2件，三色彩椒各1/4個(切塊)，蕃茄1個(去皮切粒)，洋蔥1/4個(切碎)，蒜頭1粒(剁蓉)，藏紅花 (Saffron) 1/4茶匙，橄欖油1茶匙，清雞湯3/4杯

調味料

鹽、黑椒碎適量



做法：

1. 鮮蝦去鬚剪腳，用刷洗淨花蛤外殼，鮮魷去除內臟洗淨切成小塊待用。
2. 雞扒切成小塊，連同蕃茄粒、洋蔥碎、蒜蓉、橄欖油、藏紅花及調味料放入鑄鐵鍋內，以Miele蒸爐100°C蒸6分鐘後取出拌勻。
3. 將已洗淨瀝乾的白米加入鑄鐵鍋內，注入清雞湯後拌勻，放入Miele蒸爐以100°C蒸25分鐘後取出。
4. 將所有海鮮及彩椒塊鋪放飯面，再以Miele蒸爐100°C蒸6分鐘即可享用。

烹調小貼士：

- 喜歡濃郁風味的話可以將步驟2的材料放入鑄鐵鍋中以中火炒香，再繼續步驟3，蒸完後更可將整鍋米飯放於煮食爐上以中小火烤出飯焦享用。
- 用Miele蒸爐蒸飯，與電飯煲截然不同，蒸出來的米飯質感柔軟乾爽，口感實在，顆粒分明。冬天最適合製作臘味飯或糯米飯，方便簡單。