



MINI PARTY MEATBALLS (SERVES 4)

INGREDIENTS

minced pork 200g, minced beef 200g, onion chopped 1/2pc, egg 2pcs, breadcrumbs 1cup, mixed herbs chopped 1/2tsp, salt & pepper to taste

ONION CREAM

Large onion shredded 1pc, chicken broth 1cup, cream 1/2 cup, salt & pepper

CRANBERRY SAUCE

Dried cranberry 1cup, orange juice 1/2cup, ground nutmeg

Method:

1. Mix the meatball ingredients in a large bowl and chill in refrigerator for 1 hour. Divide the mixture with clean hands into 3cm-sized ball. Chill in refrigerator until ready to cook.
2. Pour the sauce ingredients into a heatproof container.
3. Pour the finely shredded onion into chicken broth in a heatproof container, and put it into Miele steam oven to cook at 90°C for 30 minutes, together with the container with sauce ingredients by the side.
4. Take the sauce out & mix well with an electric blender. Blend the cream & seasonings into onion mixture and fill the meatballs with the blended mixture. Steam at 90°C for 15 minutes with Miele steam oven, to be served with the cranberry sauce.

Cooking tips:

- Replace with minced chicken for a healthier version with less fat.
- Using 90°C for steam cooking meatballs can keep the tenderness & moisture.

Miele





瑞典風小肉丸 (4人份)

肉丸材料

免治豬肉200克，免治牛肉200克，洋蔥半個，雞蛋2隻，麵包糠1杯，香草碎1/2茶匙，鹽及黑椒碎適量

洋蔥忌廉醬汁

大洋蔥切絲1個，清雞湯1杯，淡忌廉1/2杯，鹽及黑椒碎適量

小紅莓果醬

小紅莓乾1杯，橙汁1/2杯，豆蔻粉適量

做法：

- 1.將肉丸材料放大碗中拌勻，放雪櫃冷藏1小時後以手搓成約3cm直徑的肉丸，放回雪櫃冷藏待用。
- 2.小紅莓果醬材料放耐熱容器中拌勻待用。
- 3.大洋蔥切幼絲放耐熱容器中拌入清雞湯，連同小紅莓果醬材料分別放入Miele蒸爐，同步以90°C蒸30分鐘。
- 4.取出小紅莓果醬以攪拌機打勻待用。將淡忌廉、鹽及黑椒碎拌入洋蔥內，放入肉丸用Miele蒸爐以90°C蒸15分鐘，與小紅莓果醬一同享用。

烹調小貼士：

- 若想健康一點，可以免治雞肉代替做成低脂版本。
- 以90°C蒸肉丸可令肉質更鮮嫩多汁。

