



Miele

SEAFOOD RISOTTO (SERVES 2)

INGREDIENTS

Tiger prawns 2pcs, clams 8pcs, baby squids 4pcs, white fish fillet cut diced 80g, zucchini 1/4pc, assorted bell peppers 1/4pc each, cherry tomatoes 4pcs, red onion 1/4pc, asparagus 2pcs, rice 1.5cup, chicken broth 1.5cup, extra virgin olive oil 3tbsp

SEASONINGS

Mixed herbs chopped 1/4tsp, salt & pepper

Method:

1. Dice the zucchini, peppers, tomatoes, red onion & asparagus and leave aside.
2. Place the tomatoes & red onion into a heatproof pan, add 2tbsp of olive oil and stir well. Cook in Miele steam oven at 100°C for 20 minutes.
3. Blend rice & broth in and steam at 100°C for 30 minutes until done.
4. Mix the seasonings & 1 tbsp of olive oil with the remaining ingredients and place them over the rice. Steam the product at 90°C for 12 minutes, serve when done.

Cooking tips:

- Pan-fry the vegetables before steaming for crispier and richer taste.
- Place the cooked rice in the pan over gas cooktop & cook in medium low heat to get a nice crispy rice crust.





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七彩雜菜海鮮燴飯 (2人份)

材料

虎蝦2隻，花蛤8隻，小型鮮魷4隻，白肉魚柳80克，意大利青瓜1/4個，彩椒各1/4個，車厘茄4個，紅洋蔥1/4個，露筍2條，白米1.5杯，清雞湯1.5杯，特醇欖油3湯匙

調味料

香草碎1/4茶匙，鹽及黑椒碎適量

做法：

1. 意大利青瓜、彩椒、車厘茄、紅洋蔥及露筍切成小粒待用。
2. 將車厘茄及紅洋蔥粒放入耐熱鍋內，加入2湯匙特醇欖油拌勻，放入Miele蒸爐 100°C蒸20分鐘。
3. 加入白米及清雞湯一同拌勻，以100°C蒸30分鐘至米飯熟透。
4. 將所有材料連同調味料及1湯匙特醇欖油一同拌勻放在米飯面，再以90°C蒸12分鐘即可享用。

烹調小貼士：

- 如喜歡香口，可先把意大利青瓜、彩椒、車厘茄、紅洋蔥及露筍先放入耐熱鍋略煎再蒸。
- 以耐熱鍋烹調米飯後可放明火爐具上以中小火烘烤出香脆飯焦。

