



TOMATO BISQUE WITH HERBS & MUSHROOMS

(SERVES 2)

INGREDIENTS

SOUR CREAM WITH PUMPKIN STEW

Onion 1pc, fresh assorted mushrooms 80g, tomatoes 5pcs, mixed herbs chopped 1/2tsp, chicken broth 1/2cup, salt & pepper

Pumpkin peeled 100g, sour cream 1/2cup

Method:

1. Dice the peeled & pitted pumpkin and place it into a heatproof container. Cook in Miele steam oven at 100°C for 15 minutes until soft & done. Smash the pumpkin and allow to cool. Then stir it while adding sour cream until well blended.
2. Dice the onion, mushrooms & tomato and place them in a heatproof container. Pour in mixed herbs & chicken broth and stir well. Cook in Miele steam oven at 100°C for 30 minutes. Mix the ingredients with an electric blender, and season with salt & pepper.
3. Serve with sour cream with pumpkin stew.

Cooking tips:

- Add in ½ cup of breadcrumbs while cooking the bisque for even thicker texture.
- Steam cooking vegetables can keep its natural flavor & prevent vitamin loss.





香草鮮菌蕃茄濃湯 (2人份)

材料

南瓜酸奶油

洋蔥1個，鮮雜菌80克，蕃茄5個，香草碎1/2茶匙，清雞湯1/2杯，鹽及黑椒碎適量

南瓜肉100克，酸奶油1/2杯

做法：

1. 南瓜切成小塊，放入耐熱容器，放入Miele蒸爐以100°C蒸15分鐘至軟熟，將南瓜肉壓成蓉，待稍冷再加入酸奶油拌勻待用。
2. 洋蔥、鮮雜菌及蕃茄等切成小塊放入耐熱容器內，加入香草碎及清雞湯拌勻，放入Miele 蒸爐以100°C蒸30分鐘後以攪拌機打勻，以鹽及黑椒碎調味。
3. 享用時隨個人喜好加入南瓜酸奶油伴食。

烹調小貼士：

- 可加入1/2杯新鮮麵包糠一同烹調增加濃稠口感。
- 以蒸方法烹調蔬菜更能保存天然鮮味及營養。

