

By Chef  
Gabriel Choy



## 70°C STEAM SEABASS WITH CRAB MEAT QUINOA, SEA URCHIN (serves 3 to 4)

### INGREDIENTS

#### GARDEN VEGETABLES

#### SEABASS MARINADE

#### QUINOA SALAD WITH CRAB MEAT

Seabass fillet (80-100g) 4 pcs, sea urchin 40g.

Green or yellow zucchini 10g, mushrooms 10g, sliced carrot 10g, sliced red or yellow bell pepper 10g, sliced cauliflower 5g, sliced broccoli 10g, thyme 5g, pinch garlic, olive oil 10g, salt and pepper pinch.

Seabass Marinade: Basil 2g, garlic 2g, olive oil 5g, lemon peel 2g.

Crab meat 30g, quinoa 30g, chicken stock 40g, chives 1g, capers 1g, sundried tomatoes 10g, pinch salt and pepper.

#### Methods:

##### Seabass Marinade:

Roughly chop the seabass marinade ingredients. Marinate the seabass for 1 hour or longer. Remove all marinade, season with salt and pepper. Steam at 70°C for 8 minutes, depending on the thickness.

##### Quinoa Salad with Crab Meat:

- 1) Mix the quinoa with chicken stock and steam it at 100°C for 15 minutes. Steam the quinoa salad with crab meat at 100°C for 2 minutes. Add the rest of the ingredients and adjust the seasoning.



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### Garden Vegetables:

Cut the vegetables into even shape (around 1.5cm square) and marinate with thyme, garlic and olive oil for 1 hour.

Season the vegetables with salt and pepper. Steam the cauliflower, bell pepper, broccoli and zucchini at 100°C for 2 minutes. Steam the carrot slices and mushrooms for 1 minute.

**Serving:** Put a few spoonfuls of quinoa salad on plate and place the fish on top. Arrange the vegetables and sea urchin around the fish.

### Cooking Tips:

- Cooking the fish at 70°C in the steam oven does not only keep the meat tender and flavourful, but also helps to preserve nutrients. Continuous cooking of the fish at 70°C can eliminate the vast majority of bacteria, which allows for safe eating. Using sea fish avoids parasites commonly found in freshwater fish.
- If you want a shorter cooking time, you can first steam the quinoa at 100°C for 15 minutes, open the Miele puresteam door before last 5 minutes and add the fish. In the final 2 minutes add in the vegetables. It only takes 20 minutes to cook a meal containing starch, meat and vegetables. Only the Miele puresteam with its consistent circulating vapour and multi-level steaming racks can make this possible.





## 70度鱸魚伴蟹肉藜麥配海膽 (3至4位份)

材料

雜菜

鱸魚醃料

蟹肉藜麥沙律

鱸魚柳(80-100克)4片、海膽40克

意大利黃瓜、青瓜10克、本菇10克、切片甘筍10克、切粒紅或黃椒10克、切粒椰菜花5克、切粒西蘭花10克、百里香5克、蒜頭少許、橄欖油10克、鹽和胡椒少許

羅勒2克、蒜頭2克、橄欖油5克、檸檬皮2克

蟹肉30克、藜麥30克、雞湯40克、法蔥1克、水瓜柳1克、番茄乾10克、鹽和胡椒少許

做法：

鱸魚：

1) 把鱸魚醃料切碎，鱸魚醃1小時或更長的時間。之後抹去所有醃料，用鹽與胡椒調味。用70°C蒸8分鐘或更長的時間（視乎厚度）。

蟹肉藜麥沙律：

1) 混合藜麥和雞湯並用100°C蒸15分鐘。再加蟹肉用100°C蒸2分鐘。加入剩餘的材料後用鹽和胡椒調味。

雜菜：

1) 把蔬菜切成所需形狀（約1.5厘米平方米），用百里香、蒜頭和橄欖油醃1小時。

2) 用鹽和胡椒把蔬菜調味，將椰菜花、甜椒、西蘭花和意大利黃瓜、青瓜用100°C蒸2分鐘。甘筍片和本菇蒸1分鐘。





## 70度鱸魚伴蟹肉藜麥配海膽 (3至4位份)

組合：將藜麥沙律放於碟上，然後再放上魚。把蔬菜及海膽伴於魚的伴邊。

烹調小貼士：

- 用70°C烹調海魚不但能保持肉質細嫩鮮味，更有助保存養份。以持續70°C烹調能消除絕大部份海洋中細菌，符合安全食用。用海魚製作能避免淡水魚中之常見寄生蟲。
- 如果想快速烹調，可以100°C先蒸藜麥15分鐘，當最後5分鐘時打開機門，放入鱸魚，最後2分鐘放入菜，20分鐘即可烹調1餐的澱粉、肉類及蔬菜。只有100%純蒸氣蒸爐，蒸氣均勻，3層蒸盤層架溫度一致。

