



Miele

By Chef
Lau Chun

FLAMELESS ROAST BEEF

INGREDIENTS

Beef tenderloin 600g, sea salt 1tsp, black pepper 1tsp,
olive oil 1tbsp

Methods:

1. Pat dry the tenderloin on a plate, sprinkle with salt and pepper, and brush the top surface with oil. Place in non-perforated container.
2. Cook the beef in the Miele puresteam at 60°C for 1 hour 45 minutes.
3. After cooking, take the beef out and brown it on all sides in a pan using high heat.
4. Slice and serve with steamed vegetables.

Cooking tips:

- Allow the steak to cool for at least 10 minutes before slicing: the steak will be much juicier if you rest it first.





無火「考」牛肉

材料

牛里脊肉 (Tenderloin) 600克、海鹽1茶匙、黑椒1茶匙、
橄欖油1湯匙

做法：

1. 把里脊肉抹乾，灑上海鹽和黑椒，抹上橄欖油，放Miele密底容器上。
2. 把里脊肉放Miele蒸爐以60°C蒸1小時45分鐘。
3. 蒸好後把肉擱起，大火燒熱平底鑊，把里脊肉放在平底鑊上，把肉的每一面都煎至啡色。
4. 切片上碟，加上蒸菜作伴菜即成。

烹調小貼士：

烤肉做好後先擱置十分鐘才切片，肉質更嫩滑。

