

Miele

By Chef
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STEAMED EGG WITH BITTER GOURD AND DRIED SEAFOOD

INGREDIENTS

Bitter gourd 180g, eggs 4 pcs, water 100ml, dried shrimp 20g, dried smelt 6g, dried scallop 8g, salt 1/2tsp

Methods:


1. Soak the dried shrimp, smelt and scallop together for 10 minutes, then drain and place in the Miele puresteam at 100°C for 10 minutes.
2. Remove the seeds from the bitter gourd and cut into pieces. Blend the gourd with some water in a high-speed blender.
3. Strain the juice in a large bowl.
4. Add the egg into the juice, then beat thoroughly and season with salt.
5. Pour the egg mixture into a steaming bowl, add the dried seafood, then place in the Miele puresteam for 30 minutes at 80°C.

Cooking tips:

The vibrant color and taste of bitter gourd pleasantly complements normal steamed egg. When steaming eggs, the ratio between the egg and the liquid should be 1:1. Eggs steamed this way will have a perfectly consistent texture.

During cooking, steam constantly circulates inside the Miele puresteam preventing excess vapor being absorbed by the eggs. Even without using foil paper, it will never leave a bumpy, rough surface. Temperature control is another key to creating perfect steamed eggs. With Miele puresteam, you can set the temperature at precisely 80°C. So even if the cooking time is a bit over, the texture of the egg will always be smooth, never tough or lumpy





涼瓜海味蒸蛋

材料

涼瓜180克、蛋4隻、水100毫升、蝦米20克、銀魚仔6克、乾瑤柱碎8克、鹽1/2茶匙

做法：

1. 把蝦米、銀魚仔和瑤柱碎一起浸泡10分鐘，瀝乾並放Miele蒸爐以100°C蒸10分鐘即成。
2. 涼瓜去籽，切塊，放進攪拌機，加水並以高速發打。
3. 隔去涼瓜汁中的渣滓，把涼瓜汁倒進大碗中。
4. 把雞蛋加進大碗中的涼瓜汁，下鹽並且發打混和。
5. 把蛋液倒進碗中，加入蝦米、銀魚仔和瑤柱。放Miele蒸爐以80°C蒸30分鐘即成。

烹調小貼士：

加了涼瓜汁的蒸蛋，顏色和味道都令人驚喜。蒸蛋時，蛋和液體的比例應該是1:1，蒸出來的蛋就會嫩滑而富有彈性。

蒸蛋時，由於蒸氣能在蒸爐內充分循環迴流，沒有多餘水氣滲進食材，所以不用錫紙亦不會令表面留有凹凸不平的洞口，讓表面保持光滑。質感嫩滑另一專業秘訣在於時間控制，Miele蒸爐能準確及穩定地調校溫度至80°C，就算加熱時間稍有偏差，亦不會把蛋蒸老，幼滑口感始終不變。

