

By Chef
Lau Chun



STEAMED GLUTINOUS RICE WITH MUD CRAB

INGREDIENTS

Mud crab 1 (500g), glutinous rice 300g, shallot 6 pcs, shitake mushroom (soaked) 2pcs, dried shrimps (soaked) 30g, sliced scallion 20g, pork shoulder 50g

PORK SEASONING

Light soya sauce 1/2tsp, corn starch 1tsp

RICE SEASONING

Light soya sauce 1tbsp

Methods:

1. Wash and clean out the guts of the crab. Separate the top shell and cut the crab into 6 pieces. Break the big claws by hitting them with the handle of a knife.
2. Soak the glutinous rice for at least 4 hours, drain and season. Put the rice in a perforated container, then place in the Miele puresteam at 100°C for 30 minutes.
3. Brown the sliced shallots at medium heat with 1tbsp of oil.
4. Marinate julienne pork and mushroom with the seasoning and set aside.
5. Put the wok on medium heat, add in 1tsp of oil and slightly stir fry the pork until brown. Add the shitake mushroom and dried shrimp then sauté. Add the shallots and glutinous rice. Stir fry to mix all the ingredients. Then remove from the heat and add the scallions.
6. Add the rice mixture to a heat-proof vessel, place the crab on top of the rice (but set the top shell aside in a separate vessel). Place the rice and the top shell in the Miele puresteam at 100°C for 25 minutes.
7. Place the top shell on top of the rice and serve.



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Cooking tips:

- As covering the rice with the top shell while steaming will result in uneven cooking, it is better to cook the top shell separately. This dish is a famous Taiwanese delicacy.
- When mud crab is steamed with the glutinous rice, the crab paste melts into the rice and combines with the mushrooms, shallots and dried shrimps to create an enticing fragrance that's decadently mouthwatering.





紅蟳米糕

材料

豬肉絲調味料

糯米飯調味料

膏蟹1隻(約500克)、糯米300克、紅蔥頭6粒、冬菇2粒(浸發)、蝦米30克(浸發)、青蔥粒20克、半肥瘦豬肉50克

生抽1/2茶匙、生粉1茶匙

生抽1湯匙

做法：

1. 沖洗膏蟹，剖淨，切成蟹蓋及6大件，用刀背輕輕把蟹鉗拍裂。
2. 糯米浸4小時或以上，把糯米瀝乾及調味，並放在多孔容器內，放Miele蒸爐以100°C蒸30分鐘。
3. 紅蔥頭切片，中火燒平底鍋下油1湯匙，慢火把紅蔥頭炒至啡色備用。
4. 冬菇切絲，豬肉切絲，下生抽生粉調味備用。
5. 中火開鑊，下油1湯匙，下肉絲略炒，肉絲轉啡色時下冬菇絲和蝦米同炒，並下糯米和紅蔥頭絲。所有材料混合後，熄火並下青蔥粒。
6. 把糯米飯放進瓦鉢或瓦煲內，鋪上膏蟹(這階段不要放蟹蓋在飯面上)，把糯米飯和蟹蓋放Miele蒸爐以100°C蒸25分鐘。
7. 蒸好後把蟹蓋放在糯米飯上即可上碟。

烹調小貼士：

- 若把蟹蓋放在糯米飯上蒸，蟹蓋內的空氣會阻礙傳熱，故此須把蟹蓋放在蒸爐內其他位置蒸熟。紅蟳米糕是著名的台灣菜式，紅蟳指膏蟹。膏蟹和糯米一起蒸，蟹膏滲入加冬菇、蔥頭和蝦米的糯米飯，肥美的蟹膏香味四溢，讓人垂涎欲滴。
- 蒸爐可隨意烹調1至多人份量的米飯。以電飯煲煲飯，即使一個人吃飯，也須一次過煮一定份量，容易剩下隔夜飯；而用Miele蒸爐，1碗米飯約需蒸20分鐘，再分段放入肉類及蔬菜，便可上桌。特殊換氣設計，避免不同食物味道混在一起。

