

# SOUP WITHOUT WATER

## INGREDIENTS

Fresh local beef 400g (rump gives a stronger flavour to the soup), dried longan berries 2pcs, dried wolfberries 1tsp, dried porcini 4pcs (soaked), longan wine 1tsp (optional)

### Methods:

- 1) Slice beef and put beef, dried wolfberries, dried longan berries and soaked dried porcini in a tureen or casserole dish with cover.
- 2) Place it in the Miele puresteam at 100°C for 3 hours. Skim off the fat.
- 3) Bring back to boil, add longan wine and some of the double boiled beef to serve if desired.

### Cooking tips:

- If you wish to turn it into a clear beef, simply chill the strained soup in the refrigerator and when it turns into a soft jelly, remove the fat on top and the beef bits at the bottom.
- People usually prefer boiled to double-boiled soup, just to avoid watching the flame and refilling the wok with water. With Miele puresteam, it's much more straightforward. Just put all the ingredients into a covered container. Then place the container inside the Miele puresteam. Press the button and tasty soup is on the way. You can relax in the meantime. Miele puresteam will alert you when the soup is done. Don't forget to serve it while hot.





## 無水燉湯：清燉牛肉茶

### 材料

本地鮮牛肉400克（牛霖肉的肉味最濃）、桂圓2粒、杞子1茶匙、乾牛肝菌4片（浸透）、龍眼酒1茶匙（隨意）

### 做法：

- 1) 牛肉切薄片，與杞子、桂圓及牛肝菌同放在燉盅裡，加蓋。
- 2) 放Miele蒸爐以100°C燉3小時，肉汁燉出來了，隔清油分。
- 3) 上枱前再滾起，如喜歡可加入少許燉透了的牛肉碎或龍眼酒。

### 烹調小貼士：

如果想要牛肉清湯，可以先把隔了渣的牛肉茶雪凍，它會成半啫喱狀，油分會凝固在面，肉渣會沉底，可以清晰地撇去面的油分及底部的渣層，便成為清澈透明的牛清湯。

很多人都會選擇煲湯而避免燉湯，因為怕睇火加水麻煩。其實有Miele蒸爐，難題就一掃而空；燉湯時不但無需替爐再加水，只要將所有材料加入燉盅，再放入蒸爐按掣即可，步驟簡單，您大可放心去做其他事情，當湯燉成後，Miele蒸爐便會提示您，不過不要忘記趁熱享用。

