

HANDS FREE SOYA CHICKEN

INGREDIENTS

SOYA SAUCE MARINADE

Fresh chicken 1/2 (about 400g), oil 1tbsp (for browning chicken), ginger 10g (crushed)

Soya sauce light 1/2 cup, soya sauce dark 1/4 cup, rock sugar 100g (crushed), Chinese rose wine 2tsp, water 3 cups

Methods:

- 1) Make soya sauce marinade: Mix soya sauce light, dark, crushed rock sugar, rose wine and water in a bowl.
- 2) Make a few tiny holes in the chicken. Pierce the thigh and joint of the chicken with a metal skewer or fork, pierce from the side of the chicken without skin so as not to break the skin.
- 3) Heat 1tbsp oil in saucepan or claypot. Fry ginger for 1 minute.
- 4) Add chicken, skin down, brown slightly, then pour in prepared soya sauce marinade and bring to boil. Allow to boil for 2 minutes on medium heat.
- 5) Put chicken in bowl, pour on boiling hot marinade.
- 6) Put it into the Miele puresteam and steam at 85°C for 40 minutes.




HANDS FREE SOYA CHICKEN

Cooking tips:

- Piercing holes in the thick joints of the chicken can help the flavours penetrate as well as ensure that the chicken is perfectly cooked near the bones.
- When making soya chicken in a traditional wok, you have to keep pouring on soya sauce to cook the chicken. The meat is easily over-cooked and loses its fine texture. With Miele puresteam, you don't have to worry about watching the flame. Steamed at 85°C, even chicken breasts are tender and juicy.





依時豉油雞

材料

鮮雞半隻（約400克）、油1湯匙（爆雞用）、薑10克（拍爛）

豉油雞汁

生抽1/2杯、老抽1/4杯、冰糖100克（打碎）、玫瑰露2茶匙、水3杯

做法：

- 1) 先做豉油汁：生抽、老抽、冰糖、玫瑰露及水同放碗內略拌勻。
- 2) 在雞腿及轉彎的位置插一些小孔。用鐵籤或叉從雞肉那一面穿過，便不會把雞皮弄破。
- 3) 燒熱油1湯匙，爆香薑約1分鐘。
- 4) 加入雞，把皮的一面略煎，倒入預先撈好的豉油汁滾起，收至中火滾約兩分鐘熄火。
- 5) 立即把雞及豉油汁放入蒸碗內。
- 6) 放Miele蒸爐以85°C蒸40分鐘。

烹調小貼士：

- 用鐵籤在雞肉厚及骨位的部分插小孔，不但可令豉油汁更入味，更可令骨的位置更容易熟透。
- 以鑊浸製豉油雞，需要不斷在雞身淋上豉油，且明火烹調容易令肉質變老。以Miele蒸爐烹製豉油雞，不但無需睇火，以85°C烹煮，連雞胸部份也能做到嫩滑可口，效果出眾

