



Miele

COMBI STEAMED BABY PORK LEG WITH RED WINE

INGREDIENTS

8 baby pork legs (about 700g), 1 onion, 1 carrot, 2 celery stalks, 2tsp of herbs, 2 garlic cloves, 2 tbsp of tomato paste, 1 cup of red wine, some cooking oil, a little salt and crushed black pepper

Methods:

1. Pat dry the Qribs. Coat the meat with a little oil and seasonings and slightly fry it.
2. Chop the onion, carrot and celery and mix with herbs, minced garlic, tomato and oil. Put them all into Miele casserole dish and place into the oven.
3. Select “Combination Mode” with “Conventional Heat” and bake at 150°C with 100% moisture level for 90 minutes.

Cooking tips:

- Steam-roasting with combination cooking means moist air cycling around the ingredient, moisturizing the meat with water molecules. This function also applies to casseroles. It keeps the best texture and moisture level of meats.





Miele

紅酒燴原條豬仔骨

材料

豬仔骨 8條 (約700g)、洋蔥 1個、甘筍 1個、西芹 2條、香草碎 2茶匙、蒜肉 2粒、茄膏 2湯匙、紅酒 1杯、食油、鹽及黑椒碎 適量

做法：

1. 豬仔骨抹乾後以少量食油及調味抹勻放 Miele casserole dish 略為煎香後盛起。
2. 將洋蔥、甘筍、西芹切成小塊放 Miele casserole dish 中，加入香草碎，蒜肉、茄膏及少量食油拌勻，不須加蓋放焗爐中。
3. 以「Combination Mode」並選擇「Conventional Heat」150°C及100%蒸氣焗90分鐘。

烹調小貼士：

- 蒸焗的特點在於蒸氣能在烹調過程中360度圍繞食物，肉類經過水分媒介保持濕潤。這技術亦適用於炆燉菜式，能令肉類保持濕潤，保存肉類最佳口感。

