

Miele



COMBI STEAMED BBQ BABY BACK RIBS

INGREDIENTS

SEASONINGS

BARBECUE SAUCE

A full slab of baby back pork ribs (about 3 to 4 lbs)

2 tbsp of mixed herbs, 2 tsp of sea salt, 2 tsp of crushed black pepper

1 cup of tomato ketchup, 1/2 cup of OK sauce, 1/2 cup of brown sugar, 2 tsp of tabasco pepper sauce, 2 tbsp of minced ginger, 2 tbsp of Dijon mustard

Methods:

1. Preheat Miele Combination Steam Oven with "Conventional Heat" at 160°C.
2. Pat dry the ribs, rub the seasonings evenly all over the meat and place the ribs with the meat side up onto a rack.
3. Pre-set 1st stage as "Combination Mode". Select "Conventional Heat" and bake at 150°C with 100% moisture level for 90 minutes.
4. Pre-set 2nd stage as "Combination Mode". Select "Full Grill" and bake at 225°C with 0% moisture level for 10 minutes.
5. Simmer the barbecue sauce in a sauce pan over low heat until slight boiling, stir well and set aside.
6. Remove the ribs from the oven after 1st stage and coat the meat evenly all over with the barbecue sauce. Grill the ribs for 10 minutes until well glazed. Serve at once.

Cooking tips:

- The combination cooking function guarantees consistent cooking results through a steam-roasting process. Especially effective for meat with a tendency to get dry, users can select the percentage of moisture from 0 – 100% in order to precisely regulate the cooking process. As different modes can be input altogether at the beginning of your cooking process. Simply customize the temperature, duration and moisture level for each stage and leave the hard work to the machine to achieve that perfect golden-brown exterior with juicy fillings.





蒸焗燒烤汁原件豬肋排

材料

調味料

燒烤醬汁

原件BB豬肋排 約3至4磅

雜錦香草碎 2湯匙、海鹽 2茶匙、黑椒碎 2茶匙

蕃茄醬 1杯、OK汁 半杯、黃糖 半杯、Tabasco辣椒汁 2茶匙、薑蓉 2湯匙、法國芥末醬 2湯匙

做法：

1. Miele蒸焗爐以「Conventional Heat」160°C 預熱備用。
2. 原件豬肋排先徹底抹乾再均勻地將調味料把整件豬肋排抹勻，將肉面向上放在網架。
3. 預設程序一，以「Combination Mode」並選擇「Conventional Heat」150°C及100%蒸氣焗90分鐘。
4. 預設程序二，以「Combination Mode」並選擇「Full Grill」225°C及0%蒸氣焗10分鐘。
5. 燒烤醬汁放小鍋內以小火煮至微沸，充份拌勻後待用。
6. 完成程序一，豬肋排從蒸焗爐取出後均勻地把燒烤醬汁將整件肉塗抹均勻，將豬肋排烤10分鐘完成程序二，待表面醬汁濃稠帶黏即可享用。

烹調小貼士：

- 蒸煮及烤焗的混合烹調模式能確保食物的各部份均能達至一致的烹飪效果。尤其是肉類容易變乾，用家可調較於烘焗時產生0至100%的濕度，令肉質保持濕潤柔軟。用家一開始更可簡單地輸入每一個烹飪階段的溫度、時間及濕度，便可安心將複雜的烹飪步驟交給蒸焗爐，無須再定時監察食物烹調的進度令肉類菜式同時擁有金黃的外表與豐盈的肉汁。

