



**Miele**



## SLOW-COOKED SALMON FILLET

### INGREDIENTS

1 piece of salmon fillet sashimi (about 120g), a little sliced onion, dill weed, olive oil, salt and black pepper



### Methods:

1. Put the dry salmon fillet on a piece of heat resistant wrap. Season the fillet and wrap it. Place into Gourmet Drawer at 55°C and cook for 1 hour.

### Cooking tips:

- Gourmet drawers can warm cups, glasses, plates and dishes, keep food warm and also slow-cook fish, beef, lamb and poultry. You can also melt, dissolve, defrost a whole host of other things.

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## 低溫蒔蘿欖油浸三文魚柳

### 材料

刺身三文魚柳1件 約120克，洋蔥絲、蒔蘿草碎、欖油、鹽及黑椒碎 適量

### 做法：

1. 取耐熱保鮮紙一張，放上已抹乾的三文魚柳，加入適量調味料拌勻後將三文魚以保鮮紙包裹，放保溫櫃以55°C烹調1小時。

### 烹調小貼士：

- 保溫櫃能加熱食物容器，保持食物溫度，亦能以低溫煮熟魚、牛、羊、雞等。它還能溶化朱古力、魚膠、製作麵團、乳酪，還可作解凍之用。

