

BAK KUT TEH

METHOD

- 01 Put the pork ribs into the Miele Steam Oven and blanch at 100°C for 5 minutes. Take out and set aside.
- 02 Use a blender or a knife to smash the white peppercorn, then add into water / chicken stock.
- 03 Bring the blanched pork ribs, seasoned water / chicken soup in a pot with high heat to boil, then switch to medium heat for another 5-10 minutes to bring out the flavour of the white peppercorn.
- 04 Put the rest of the ingredients into the pot and bring to boil.
- 05 Cover the pot with a lid and steam it with the Miele Steam Oven at 100°C for 45 minutes.
- 06 Ready to serve.

INGREDIENTS

Licorice	4-5 slices
Clove	7-8 pcs
Cinnamon Stick	1 pc
Star Anise	1 pc
Bei Qi	2 slices
Dried Jujubes	2 pcs
Chuan Xiong	4 slices
Wolf Berries	1 tbsp
Yu Zhu	6-7 pcs
Dang Shen	2 pcs
Water / Chicken Stock	2 L
Garlic (With Skin)	1 pc
Dark Soy Sauce	1/2 tbsp
Pork Ribs	1 kg
White Peppercorn	15 g
Crystal Sugar	20 g
Salt	2 tbsp

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Tips

- The meat for pork rib is more tender, while the meat for back bone has more bone flavour. You may select with your personal preference.
- With a Miele Steam Oven, the steaming temperature can be precisely controlled over a long period of time, creating perfect and consistent results.



1.25 h



2 persons

肉骨茶

做法

- 01 將排骨放於Miele蒸爐內，然後以攝氏100度氽水5分鐘，隔起備用。
- 02 用攪拌機打碎或用刀拍碎白胡椒粒，然後加入水 / 雞湯中。
- 03 用鍋以大火煮滾排骨及水 / 雞湯後，轉中火煮5-10分鐘，令胡椒香味更突出。
- 04 然後將其餘材料全放進熱鍋中一起烹煮。
- 05 蓋上鍋蓋，將鍋放入Miele蒸爐以攝氏100度燉45分鐘。
- 06 完成後即可享用。

材料

甘草	4-5片
丁香	7-8粒
桂枝	1條
八角	1粒
北芪	2片
南棗	2粒
川芎	4片
杞子	1湯匙
玉竹	6-7條
黨參	2條
水/雞湯	2公升
蒜頭(連皮)	1個
老抽	1/2湯匙
排骨	1公斤
白胡椒粒	15克
冰糖	20克
鹽	2湯匙

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貼士

- 排骨肉質較稔軟，脊骨則骨香味較濃，可因應個人喜好選擇。
- 利用Miele蒸爐可以長時間穩定控制溫度，讓食物效果更完美。



1.25 小時



2 人份