

BAKED STUFFED CRAB SHELL

METHOD

- 01 Steam the crab in the Miele Steam Oven at 100°C for 15 minutes.
- 02 Take out the crab and put it into ice water. Shell off the crab after it cools down and set aside.
- 03 Preheat a wok with low heat. Stir-fry the sliced onion and sliced shallot. Add crab meat and cook for 2 to 3 minutes. Then add in flour and cook for another 5 minutes. Finally add chicken stock and pepper and bring to a boil. Switch off the heat and set aside.
- 04 Take out the crab shell and rinse with water. Then stuff the crab meat mixture into the shell until full and smooth. Brush egg yolk on top.
- 05 Preheat the Miele Oven with "Conventional Heat" function to 200°C.
- 06 Bake the stuffed crab shell with the Miele Oven using the same setting for 8 minutes. Ready to serve once it's done.

INGREDIENTS

Crab (300-400g)	1pc
Onion (sliced)	1/4 pc
Shallot (sliced)	3-4 pcs
Flour	1 tbsp
Egg Yolk	1-2 pcs
Pepper	Moderate
Chicken Stock	50 ml
Oil	Moderate

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Tips

- Choose crab according to personal preference. The meat is firmer for male crab while more delicate for female crab, plus the latter contains crab roe.
- By using the TasteControl function, the oven cavity will rapidly cool down at the end of the cooking programme to prevent overcooking and to keep warm.



30 mins



1 person

焗蟹蓋

做法

- 01 將蟹放入 Miele 蒸爐內，以攝氏100度蒸煮15分鐘。
- 02 完成後將蟹放於冰水冷卻，然後拆出蟹肉備用。
- 03 以小火加熱鑊，加入油將洋蔥絲和乾蔥絲炒香，加入蟹肉煮2至3分鐘，然後加入麵粉慢火煮5分鐘，再加入雞湯和胡椒粉煮至沸騰，熄火備用。
- 04 拆出蟹蓋並以清水洗淨，然後將蟹肉混合物填滿蟹蓋至平滑，再掃上蛋黃。
- 05 選用「一般加熱」功能預熱 Miele 蒸焗爐至攝氏200度。
- 06 將蟹蓋放入焗爐，以相同設定焗8分鐘。完成後即可取出享用。

材料

蟹 (300-400克)	1隻
洋蔥 (切絲)	1/4個
乾蔥 (切絲)	3-4粒
麵粉	1湯匙
蛋黃	1-2個
胡椒粉	適量
雞湯	50毫升
油	適量

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貼士

- 根據不同喜好，選擇公蟹或母蟹，公蟹肉質較結實，母蟹則比較鮮甜及有蟹黃。
- 利用「TasteControl」功能，於烹調完結後急降爐腔溫度，確保食物不會被餘溫過度煮熟，同時保溫。



30 分鐘



1 人份