



BEEF SHORT RIB WITH GARLIC AND FERMENTED BLACK BEAN

METHOD

- 01 Mix cornstarch, light soy sauce, dark soy sauce, sugar and oil well. Marinade short rib with the sauce for 30 to 60 minutes.
- 02 Preheat a pan and add oil. Pan-fry the beef short rib slightly then set aside.
- 03 Preheat a wok and add oil. Stir-fry minced garlic (2 tbsp), fermented black beans, Sichuan peppercorns and bay leaves. Add chicken stock and bring it to a boil. Season with oyster sauce, light soy sauce and sugar (1 tsp). Turn off the heat and put the beef short rib in.
- 04 Pour the short beef rib with the marinade into a pot and place it into the Miele Steam Oven. Steam at 100°C for 3 hours.
- 05 Take out the pot when done. Mix mashed fermented black bean, minced garlic (1 tsp) and sugar (1 tsp) well. Spread it on the surface of the short rib.
- 06 Preheat the Miele Steam Combination Oven with "Combination mode + Full Grill" function level 3 and moisture set at 80%.
- 07 Place the beef short rib into the pre-heated Steam Combination Oven for 5 to 8 minutes.
- 08 Ready to serve.

INGREDIENTS

Beef Short Rib	1 pc
Garlic (Minced)	3 tbsp
Fermented Black Bean	1 tbsp
Sichuan Peppercorn	1 tbsp
Bay Leaves	3 pcs
Oyster Sauce	3 tbsp
Light Soy Sauce	2 tbsp
Sugar	2 tsp
Chicken Stock	500 ml
Fermented Black Bean (Mashed)	2 tbsp

Marinade

Cornstarch	5 g
Light Soy Sauce	10 g
Dark Soy Sauce	5 g
Sugar	15 g
Oil	2 tbsp



Tips

- Choose the beef short ribs with more fat which would result in a better texture after braising.
- While braising, the sauce should fully cover the short ribs.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the short ribs in a moisturized cavity. Together with the "Full Grill" function, resulting in crispy surface and juicy texture.

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4 h



3~4 persons

蒜蓉豉味牛肋骨

做法

- 01 將生粉、生抽、老抽、糖和油拌勻成醃料，並醃牛肋骨30至60分鐘。
- 02 預熱煎鍋並下油，將牛肋骨稍為煎香，備用。
- 03 預熱鑊並下油，先將蒜蓉(2湯匙)、豆豉、花椒和香葉炒香，然後加入雞湯煮至沸騰，以蠔油、生抽和糖(1茶匙)作調味，關火放入牛肋骨。
- 04 將牛肋骨連醬汁倒入煲內，放入Miele蒸爐以攝氏100度蒸煮3小時。
- 05 完成後取出。拌勻豆豉蓉、蒜蓉(1茶匙)和糖(1茶匙)後，將其搽於牛肋骨表面。
- 06 以「組合模式 + 完全燒烤」功能第三級熱力預熱Miele蒸焗爐，濕度設定為80%。
- 07 將牛肋骨放入已預熱的蒸焗爐焗5至8分鐘。
- 08 完成後即可取出享用。

材料

牛肋骨	1條
蒜蓉	3湯匙
豆豉	1湯匙
花椒	1湯匙
香葉	3片
蠔油	3湯匙
生抽	2湯匙
糖	2茶匙
雞湯	500毫升
豆豉蓉	2湯匙

醃料

生粉	5克
生抽	10克
老抽	5克
糖	15克
油	2湯匙

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貼士

- 選擇脂肪較多的牛肋骨，焗燉後口感更佳。
- 焗燉時醬汁要蓋過牛肋骨表面。
- Miele蒸焗爐的組合模式能確保「蒸焗同步」，並於烤焗過程全時間注入濕氣，有助熱力均勻傳送至肉中，配合「完全燒烤」功能，帶來表面香脆、肉嫩多汁的效果。



4 小時



3~4 人份