

BEETROOT RAVIOLI STUFFED WITH ROASTED PUMPKIN, GRILLED ZUCCHINI ASPARAGUS ROLL WITH ZUCCHINI AND GINGER SOUP

METHOD

- 01 Preheat the Miele Steam Combination Oven to 180°C with "Combination Mode + Conventional Heat" function and moisture set at 100%.
- 02 Make the beetroot ravioli. Rinse the beetroot and steam bake in the preheated Miele Steam Combination Oven for 1 hour.
- 03 Sprinkle thyme on top of the pumpkin and season well, then steam bake in the preheated Miele Steam Combination Oven for 30 minutes.
- 04 Put the quinoa into a bowl and pour water until covering it. Steam in Miele Steam Oven at 100°C for 10 minutes. Take out when done, and drain the water .
- 05 Spoon the pumpkin meat into a bowl after steaming. Mix in half portion of quinoa, half portion of pine nut and orange zest into the pumpkin meat and set aside.
- 06 Peel the beetroot after steaming. Use a 7cm round cutter to trim the beetroot, then slice it into 1mm slices. Place the pumpkin stuffing on the beetroot slice. Fold nicely and set aside.
- 07 Make the zucchini asparagus roll. Trim both asparagus and steam with Miele Steam Oven at 95°C for 1-2 minutes. Season with salt and pepper after steaming.
- 08 Heat up the Gourmet Griddle Plate. Meanwhile, slice both zucchini into 3-4mm thickness. Grill them until marks appear on both sides. Roll the asparagus with grilled zucchini slices, then set aside.
- 09 Prepare the sauce. Put the remaining beetroot, raspberries and raspberry vinegar in a food processor and season with salt and pepper. Blend until fine and smooth.
- 10 In a small pot, heat up oil to around 180-190°C. Then deep fry the sage until crispy. Season with salt and pepper and set aside.
- 11 Decorate the plate with raspberries and beetroot sauce (suggest to use a piping bag). Then plate the zucchini asparagus roll on top of the sauce and beetroot ravioli in layers.
- 12 Sprinkle the remaining quinoa and pine nuts on top of the ravioli. Garnish with sprout and fried sage and ready to serve.
- 13 Make the zucchini and ginger soup. Cube the remaining zucchini and slice the ginger. Steam them with the Miele Steam Oven at 100°C for 20 minutes until soft.
- 14 Put the steamed zucchini and ginger into a food processor. Blend until fine and smooth and season with salt, pepper and olive oil. Serve hot or warm.

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INGREDIENTS

Beetroot	1 pc
Pumpkin	200 g
Green Zucchini	1 pc
Yellow Zucchini	1 pc
White Asparagus	4 pcs
Green Asparagus	4 pcs
Raspberries	60 g
Raspberry Vinegar	10 ml
Quinoa	40 g
Pine Nut	30 g
Thyme	1 bunch
Orange Zest	Moderate
Sage	1 bunch
Salt	Moderate
Pepper	Moderate
Ginger	15 g
Olive oil	5 ml
Water	40 ml
Sprout	Moderate
Oil	80 ml



TIPS

- Local pumpkin is a good option as the flavour is rich.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the root vegetables in a moisturized cavity, allowing root vegetables to be cooked thoroughly.

1.5 h

1~2 persons

蒸焗紅菜頭南瓜意大利雲吞伴意大利青瓜蘆筍卷及輕薑味意大利青瓜蓉湯

做法

- 01 以「組合模式 + 風扇加強」功能預熱Miele蒸焗爐至攝氏180度，濕度設為100%。
- 02 製作紅菜頭南瓜意大利雲吞。清洗原個紅菜頭，然後放入Miele蒸焗爐，焗約1小時。
- 03 將百里香灑於南瓜上再調味，放入Miele蒸焗爐，焗約30分鐘。
- 04 將藜麥放入碗中，加水至蓋過藜麥，然後放入Miele蒸焗爐，以攝氏100度蒸煮10分鐘。完成後取出，倒掉多餘水份，並將藜麥瀝乾。
- 05 南瓜蒸焗完成後，將南瓜肉刮起，放入碗中。加入一半藜麥，一半松子仁及橙青，混合均勻，備用。
- 06 紅菜頭蒸焗完成後，先去皮，然後用7厘米圓模將紅菜頭裁成圓筒形，再切成1毫米薄片。之後，用湯匙將南瓜餡放在紅菜頭薄片上，折疊好備用。
- 07 製作意大利青瓜蘆筍卷。將白蘆筍及青蘆筍切段，放入Miele蒸焗爐，以攝氏95度蒸煮1-2分鐘，取出並以鹽及胡椒調味。
- 08 先加熱煎烤盤，同時將綠、黃意大利青瓜切成3-4毫米厚。以煎烤盤燒烤青瓜直至兩邊出現煎紋，然後包裹蘆筍，備用。
- 09 製作醬汁。將剩餘的紅菜頭與紅桑子及紅桑子醋放入攪拌機中，以鹽和胡椒調味後，攪拌至細滑。
- 10 以小鍋將油加熱至攝氏180-190度，將鼠尾草炸至酥脆，以鹽及胡椒調味，備用。
- 11 將紅桑子和紅菜頭醬綴於碟上（建議使用唧袋），將露筍卷放在紅菜頭醬上，再放上紅菜頭雲吞。
- 12 將餘下的藜麥及松子仁放在雲吞上，以小菜苗和鼠尾草作點綴。
- 13 製作輕薑味意大利青瓜蓉湯。將剩餘的意大利青瓜切成小塊，將生薑切成薄片，然後將兩者放入Miele蒸焗爐，以攝氏100度蒸煮20分鐘。
- 14 變軟後，將所有材料倒入攪拌機中打至細滑，以鹽、胡椒及橄欖油調味，即可趁熱享用。

材料

紅菜頭	1個
南瓜	200克
綠意大利青瓜	1條
黃意大利青瓜	1條
白蘆筍	4條
青蘆筍	4條
紅桑子	60克
紅桑子醋	10毫升
藜麥	40克
松子仁	30克
百里香	1扎
橙青	適量
鼠尾草	1扎
鹽	適量
胡椒	適量
生薑	15克
橄欖油	5毫升
水	40毫升
小菜苗	適量
油	80毫升

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貼士

- 可選用味道豐富的本地南瓜。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，溫度亦更易傳到食物中心，根部蔬菜亦更易熟透。



1.5 小時



1~2 人份