

紅燒元蹄

做法

- 01 用火槍燒除元蹄毛髮，以小刀刮走細毛
- 02 將元蹄放入Miele蒸爐的梳孔蒸盤，以攝氏100度蒸煮8-10分鐘氽水
- 03 取出元蹄，待冷卻後抹乾，塗上老抽上色，風乾後備用
- 04 開油鍋，以中火半煎炸元蹄成啡褐色
- 05 製作湯汁，先炒香香料，連其他材料一拼加入鍋中煮滾，並將元蹄放入湯汁內浸煮片刻
- 06 煮滾後原鍋放入Miele蒸爐，以攝氏100度蒸煮2.5至3小時
- 07 完成後將湯汁倒入鍋中，加入粟粉水拌勻成芡汁，調至杰身。將芡汁澆在元蹄即可豬腳上，完成並享用

材料

元蹄	1隻(約1-1.5公斤)
油	200毫升(煎炸元蹄用)
老抽	30毫升(上色用)
粟粉	30克
水	50毫升

湯汁

甘草	3片
果皮	2片
月桂	2-3片
八角	3-4瓣
草果	1個
肉桂皮	1-2條
四川花椒	1湯匙
薑	3-4片
水	1200毫升
紹興酒	150毫升
生抽	120毫升
老抽	60毫升
冰糖	60克



貼士

- 選擇前腿，肉質更細嫩，燒毛令豬皮更幼滑
- 風乾後半煎炸，元蹄更酥軟入味以蒸爐氽水保存食物的味道及營養
- 100%純蒸氣蒸燉不會收乾湯汁水份，元蹄味道口感

網上教學短片



FOLLOW US NOW!



Miele



Miele Hong Kong

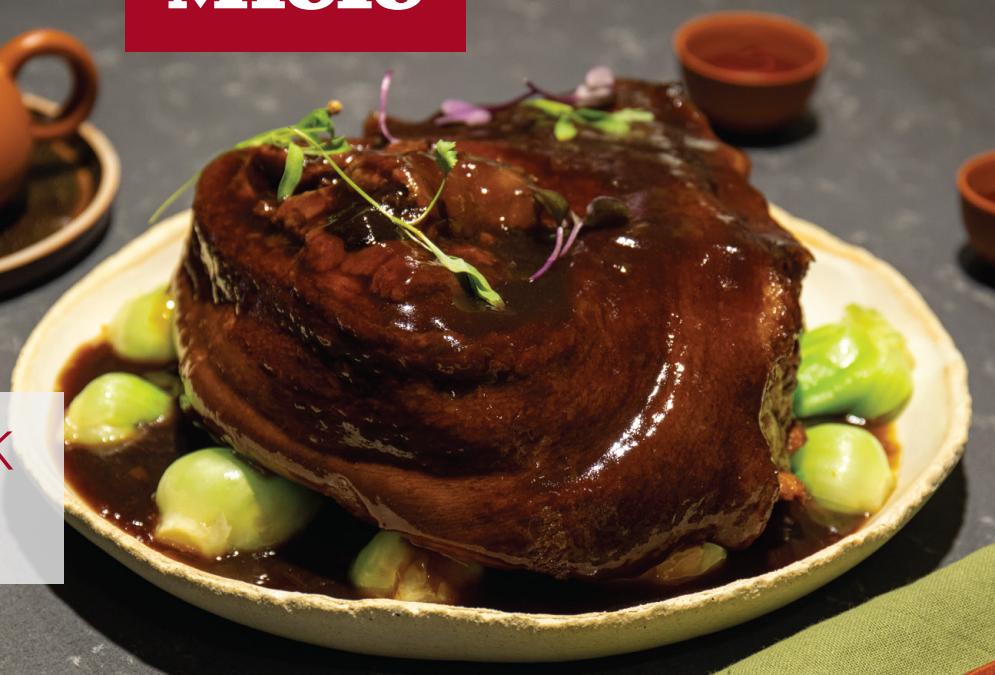


2.5~3 小時



3~4 人份

BRAISED PORK KNUCKLE



METHOD

- 01** Remove the hair on the pork knuckle with a blow torch, shave away the tiny hair with a small knife
- 02** Place pork knuckle into Miele perforated steam container, blanch with Miele Steam Oven by steaming at 100°C for 8 to 10 minutes
- 03** Take out the pork knuckle, let it cool then wipe it dry, colour with dark soy sauce, leave to air-dry and set aside
- 04** Add in oil to cooking pot, semi-deep fry pork knuckle in medium heat until brown
- 05** For making the sauce, stir-fry all spices and add in other ingredients into the pot and bring to a boil, put in pork knuckle into the sauce and let it simmer for a while
- 06** After boiling, put the pot into Miele Steam Oven, then steam at 100°C for 2.5 to 3 hours
- 07** Pour the sauce into the pot after steaming, add in corn starch and water to thicken the sauce. Add the sauce on top of the pork knuckle and it is ready to serve

INGREDIENTS

Pork Knuckle	1 pc (Around 1 - 1.5 catty)
Oil	200 ml (For semi-deep frying the pork knuckle)
Dark Soy Sauce	30 ml (For adding colour)
Corn Starch	30 g
Water	50 ml

Sauce

Licorice	3 pcs
Tangerine Peel	2 pcs
Bay Leaf	2-3 pcs
Star Anise	3-4 pcs
Black Cardamom	1 pc
Cinnamon Stick	1-2 pcs
Sichuan Peppercorn	1 tbsp
Ginger	3-4 slices
Water	1200 ml
Shaoxing Wine	150 ml
Light Soy Sauce	120 ml
Dark Soy Sauce	60 ml
Rock Sugar	60 g



TIPS

- Use front trotter as the meat is more tender, remove the hair by fire can retain the smoothness of the skin
- Semi-deep fry the pork knuckle after air dry makes it more tender and flavourful
- Blanch by steaming with the Miele Steam Oven can better retain the flavour and nutrients of the ingredients. 100% PureSteam will not let dry the sauce, keeping the pork knuckle moist and tender.

Online Cooking
Demonstration Videos



FOLLOW US NOW!



Miele



Miele Hong Kong



2.5~3 h



3~4 persons