

## BRAISED LAMB BRISKET WITH PRESERVED BEAN CURD

### METHOD

- 01 Wash the lamb brisket. Place it in the Miele Perforated Steam Cooking Container and use the Miele Steam Oven to blanch at 100°C for 10 minutes. Set aside.
- 02 Heat up a pot and add in 20 ml oil. Sauté garlic, ginger slices and red chili pepper. Then add in preserved bean curd and mix well.
- 03 Add chicken stock, light soy sauce, dried tangerine peel and sugar to the pot and bring it to boil with medium heat. Then add the blanched lamb brisket and boil it up again.
- 04 Cover the lid and steam the whole pot in the Miele Steam Oven at 100°C for 3 hours.
- 05 Heat up a casserole and add in 20 ml oil. Sauté Chinese celery and spring onion.
- 06 After the steaming process is done, put the lamb brisket with sauce into the casserole. Cook with a lid covered with medium heat for 5 minutes.
- 07 Ready to serve.

### INGREDIENTS

Lamb Brisket (approx. 5x5cm)	2 catty
Water	1 L
Garlic	4 cloves
Ginger (Sliced)	3 slices
Red Chili Pepper	1/2 pc
Preserved Bean Curd	7-8 pcs
Chicken Stock	500 ml
Light Soy Sauce	4 tbsp
Dried Tangerine Peel	1 slice
Sugar	4 tbsp
Chinese Celery	2 bunches
Spring Onion	1 bunch
Oil	40 ml

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Tips

- Choose chilled lamb brisket instead of frozen one for a better taste.
- 100% PureSteam technology with Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavours of the lamb brisket in the safest and easiest way.



3 h 30 mins



3~4 persons

## 腐乳羊腩煲

### 做法

- 01 先將羊腩洗乾淨放在 Miele 多孔蒸氣烹調容器上，然後放入 Miele 蒸爐以攝氏100度氽水10分鐘，備用。
- 02 燒熱鑊後加入20毫升油，放入蒜頭、薑片及紅尖椒以中火爆香，再加入腐乳拌勻。
- 03 在煲內加入雞湯、生抽、陳皮及糖，拌勻後以中火煮滾，然後放入羊腩再煮滾。
- 04 蓋上蓋後，放入 Miele 蒸爐內，以攝氏100度蒸3小時。
- 05 燒熱砂鍋後加20毫升油，放入唐芹及蔥炒香。
- 06 將蒸好的羊腩取出，連料放入砂鍋，蓋好砂鍋蓋，以中火煮5分鐘。
- 07 完成後即可享用。

### 材料

羊腩 (切件約5x5厘米) .....	2斤
清水 .....	1公升
蒜頭 .....	4瓣
薑 (切片) .....	3片
紅尖椒 .....	1/2條
腐乳 .....	7-8件
雞湯 .....	500毫升
生抽 .....	4湯匙
陳皮 .....	1片
糖 .....	4湯匙
唐芹 .....	2棵
蔥 .....	1棵
油 .....	40毫升

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貼士

- 選用冰鮮羊腩，味道較急凍羊腩更佳。
- Miele 蒸爐利用100%純蒸氣炊羊腩，確保原汁原味，亦無需睇火及避免黏底，乾水和滾瀉的情況。

🕒 3 小時 30 分鐘 👤 3~4 人份