

BRAISED LAMB SHANK

METHOD

- 01 Season the lamb shank with salt and pepper, then coat it with flour.
- 02 Heat up a pan with medium heat and add oil. Sear the lamb shank surface until brown. Set aside.
- 03 Heat up a pot with medium heat and add oil. Stir fry chopped onion, garlic, chopped celery and chopped carrot until soft. Pour in white wine and cook for about 30 seconds until the alcohol volatilizes.
- 04 Add in tomato paste and continue to saute. Then add peeled tomato, bay leaves and thyme and season with salt and pepper. Cook with high heat until it boils.
- 05 Put the lamb shank into the pot. Cover with lid and steam it with Miele Steam Oven at 100°C for 3 hours.
- 06 Take out the lamb shank from the steam oven. Sprinkle with Italian parsley and chives.
- 07 Ready to serve.

INGREDIENTS

Lamb Shank	1 pc
Onion (Chopped)	150 g
Garlic	1 pc
Celery (Chopped)	100 g
Carrot (Chopped)	100 g
White Wine	100 ml
Tomato Paste	50 g
Tomato (Peeled)	800 g
Bay Leaf	3 slices
Thyme	1 bunch
Salt	Moderate
Pepper	Moderate
Flour	Moderate
Italian Parsley	Moderate
Chive	Moderate
Oil	Moderate

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Tips

- Serve with sour cream for richer and creamier taste and texture.
- Miele Steam Oven allows precise control over cooking temperature. Steaming at 100°C could avoid over-cooking, ensuring the lamb shank to be cooked perfectly, keeping the taste tender and succulent.

3.5 h

2 persons

炆羊膝

做法

- 01 以鹽和胡椒為羊膝調味，並撲上麵粉。
- 02 以中火加熱煎鑊並加油，煎香羊膝表面至金黃色，備用。
- 03 以中火加熱鍋並加油，將洋蔥碎、蒜頭、西芹碎和甘荀碎炒至軟身，加入白酒，煮30秒至酒精揮發。
- 04 加入茄膏一同炒香，然後放入去皮蕃茄、香葉及百里香，並以鹽和胡椒調味後，以大火加熱至沸騰後關火。
- 05 放進羊膝後蓋上鍋蓋，然後將鍋放入Miele蒸爐，以攝氏100度蒸煮3小時。
- 06 從蒸爐內取出羊膝，再灑上意大利蕃茜和法國蔥。
- 07 完成後即可享用。

材料

羊膝	1隻
洋蔥 (切碎)	150克
蒜頭	1粒
西芹 (切碎)	100克
甘荀 (切碎)	100克
白酒	100毫升
茄膏	50克
蕃茄 (去皮)	800克
香葉	3片
百里香	1束
鹽	適量
胡椒	適量
麵粉	適量
意大利蕃茜	適量
法國蔥	適量
油	適量

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貼士

- 配合酸忌廉進食，口味會更添濃厚。
- Miele蒸爐可準確調節溫度，利用純蒸氣技術以攝氏100度煮羊膝能避免過熟，讓羊膝保留肉味，入口更鮮嫩多汁。

🕒 3.5 小時

👤 2 人份