



## CHICKEN WINGS STUFFED WITH SHRIMP AND VEGETABLES

### METHOD

- 01 Remove bones from chicken wings and marinate with fish sauce, sugar, oil and dark soy sauce for half an hour.
- 02 Put the shrimp meat into a blender and blend until thick and sticky. Season with ground white pepper and fish sauce.
- 03 Peel off the strings of celery, then cut into strips with similar size and length to chicken wing bones.
- 04 Peel off the carrot skin and cut into strips with similar size and length to chicken wing bones.
- 05 Insert the chopped vegetables into the chicken wings. Then stuff with shrimp paste.
- 06 Preheat a Miele Steam Combination Oven to 225°C with “Combination mode + fan plus” function and moisture set at 80% .
- 07 Steam bake with the preheated Miele Steam Combination Oven for 8 minutes.
- 08 Ready to serve.

### INGREDIENTS

Chicken Wing (Mid-joint) .....	8 pcs
Fish Sauce .....	2 tbsp
Sugar .....	1 tsp
Oil .....	20 ml
Dark Soy Sauce .....	1/4 tsp
Celery .....	120 g
Carrot .....	120 g

#### Shrimp paste

Shrimp meat .....	200 g
Ground White Pepper .....	1/2 tsp
Fish sauce .....	1/2 tsp

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#### Tips

- Some of the shrimps could be cubed and mixed into the shrimp paste for enhancing the texture.
- Squid could be used instead of shrimp.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the chicken wing and the core in a moisturized cavity, resulting in a juicy texture.

45 mins

2 persons

## 龍穿鳳翼

## 做法

- 01 將雞翼去骨，然後以魚露、糖、油及老抽醃製半小時。
- 02 用攪拌機將蝦肉打成蝦膠，加入白胡椒粉和魚露調味。
- 03 刨去西芹表層，切成雞翼骨的大小長度。
- 04 甘荀去皮，切成雞翼骨的大小長度。
- 05 將切成條狀的西芹和甘荀插入雞翼，再釀入蝦膠。
- 06 選用「組合模式 + 風扇加強」功能預熱Miele蒸焗爐至攝氏225度，濕度設定為80%。
- 07 將釀好的雞翼放在焗盆上，放入已預熱的Miele蒸焗爐焗8分鐘。
- 08 完成後即可享用。

## 材料

雞中翼	8隻
魚露	2湯匙
糖	1茶匙
油	20毫升
老抽	1/4 茶匙
西芹	120克
甘荀	120克

## 蝦膠

蝦肉	200克
白胡椒粉	1/2茶匙
魚露	1/2茶匙



貼士

- 可以將部份蝦切粒，拌入蝦膠，以增加口感。
- 可用墨魚代替蝦肉。
- 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，鎖住肉汁，溫度亦更快傳雞翼及蝦膠中心，效果鮮嫩多汁。



45 分鐘



2 人份

網上教學短片



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