

## CRISPY ABALONE TART

### METHOD

- 01** Heat up a wok with high heat and add oil. Sauté ginger first, then add in chicken stock, oyster sauce, soy sauce, Shao Hsing wine, bonito sauce, dark soy sauce, sugar and ground white pepper and bring to a boil. Let the marinade rest at room temperature to cool down and set aside.
- 02** Steam the abalones with shells in a Miele Steam Oven at 100°C for 3 minutes. Take out the steamed abalones from the shells with a spoon and remove the tail-end with scissors. Use a toothbrush to clear the dirt and rinse with water.
- 03** Put the abalones into the wok and boil for 15 minutes with low heat. Add cornstarch and boil up until thickened. Set aside.
- 04** Use tart mold to trim the puff pastry. Make small holes on the puff pastry with a fork. Place baking stones on the puff pastry to prevent the pastry from puffing up.
- 05** Preheat a Miele Oven with “Intensive Bake” function to 200°C.
- 06** Place the puff pastry with tart molds into the Miele Oven and bake for 10 minutes using the same setting.
- 07** Take out the puff pastry once done. Put abalones and sauce on the puff pastry and bake with the Miele Oven for another 6 to 8 minutes using the same setting.
- 08** Ready to serve when done.

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### INGREDIENTS

Abalone .....	6 pcs
Ginger (Sliced) .....	2 slices
Chicken Stock .....	100 ml
Oyster Sauce .....	2 tbsp
Soy Sauce .....	1 tbsp
Shao Hsing Wine .....	2 tbsp
Bonito Sauce .....	1 tbsp
Dark Soy Sauce .....	1 tbsp
Sugar .....	1 tbsp
Ground White Pepper .....	Moderate
Cornstarch .....	Moderate
Puff Pastry .....	Moderate
Oil .....	Moderate



#### Tips

- Using low heat to cook abalone to keep it more tender and soften.
- The “Intensive Bake” function releases bottom heat with fan circulation, allowing the heat to surround the oven cavity more evenly. The food will be cooked evenly with a crispy bottom.



45 mins



3 persons

## 鮑魚酥

## 做法

- 01 燒熱大鍋後加油，先將薑片炒香，再將雞湯、蠔油、萬字醬油、紹興酒、鰹魚汁、老抽、糖和白胡椒粉加入一同加熱，煮至沸騰後熄火，置於室溫以降溫，備用。
- 02 將連殼鮮鮑魚放入 Miele 蒸爐內以攝氏 100 度蒸 3 分鐘以出水及定型，然後用湯匙將鮑魚肉從殼中刮出，剪掉沙囊，然後用牙刷擦淨鮑魚裙邊，並沖洗乾淨。
- 03 將鮑魚放至大鍋，以細火沸煮 15 分鐘，然後加入生粉，滾起至濃稠，備用。
- 04 以撻模切開酥皮，然後用叉在酥皮底部刺出小孔，將烘焙石放於酥皮上，防止酥皮於烘焗時脹起。
- 05 選用「加強烘焙」功能預熱 Miele 焗爐至攝氏 200 度。
- 06 將酥皮連撻模放入 Miele 焗爐內，以相同設定烘焗 10 分鐘。
- 07 完成後取出，將鮑魚和醬汁放於酥皮上，然後再放入 Miele 焗爐內，以相同設定再烘焗 6 至 8 分鐘。
- 08 完成後即可取出享用。

## 材料

鮑魚 .....	6 隻
薑 (切片) .....	2 片
雞湯 .....	100 毫升
蠔油 .....	2 湯匙
萬字醬油 .....	1 湯匙
紹興酒 .....	2 湯匙
鰹魚汁 .....	1 湯匙
老抽 .....	1 湯匙
糖 .....	1 湯匙
白胡椒粉 .....	適量
生粉 .....	適量
酥皮 .....	適量
油 .....	適量

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貼士

- 使用細火煮鮑魚，能令鮑魚口感保持軟稔。
- 利用「加強烘焙」模式，即底部發熱配合風扇，讓熱力均勻傳送至食物表面，底部亦能焗至鬆脆。

45 分鐘

3 人份