

秋天燉湯

猴頭菇響螺頭燉烏雞



做法

- 01 猴頭菇用溫水浸泡30分鐘至軟身，然後反覆浸泡及搓壓直至擠出的水呈淺色或透明，以去除苦澀味
- 02 乾響螺頭洗淨、浸泡，杞子浸泡15分鐘，備用
- 03 烏雞洗淨去皮，原隻烏雞或切細件放入Miele蒸爐的梳孔蒸盤，以攝氏100度蒸煮10分鐘氽水
- 04 烏雞氽水後，連同其他處理好的食料放入燉盅或Miele蒸爐的密底容器
- 05 放進Miele蒸爐，以攝氏100度蒸燉3小時，完成後即可享用

材料

猴頭菇	3個
乾響螺頭	6個
杞子	20克
烏雞	1隻
水	2公升



貼士

- 烏雞去皮，減少油脂，湯水更清甜
- 以蒸爐氽水能保存食物的味道及更多營養
- 利用100%純蒸氣燉湯，確保原汁原味。亦無需睇火及避免黏底、乾水和滾瀉的情況

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3 小時



6~8 人份

DOUBLE-BOILED SOUP FOR AUTUMN

DOUBLE-BOILED BLACK-BONE CHICKEN SOUP WITH LION'S MANE MUSHROOM AND CONCH



METHOD

- 01** Soak lion's mane mushroom for 30 minutes until soft, then repeatedly squeeze and rinse it until water turns almost clear to get rid of the bitterness
- 02** Rinse and soak dried conch. Soak wolfberries for 15 minutes, set aside
- 03** Rinse and skin the black-bone chicken. Cut into pieces or place whole piece into Miele perforated steam container. Blanch by steaming with a Miele Steam Oven at 100°C for 10 minutes
- 04** After blanching, put the black-bone chicken and the rest of the ingredients into double-steaming pots or Miele unperforated container
- 05** Steam in Miele Steam Oven at 100°C for 3 hours, and it is ready to serve

INGREDIENTS

Lion's Mane Mushroom	3 pcs
Dried Conch	6 pcs
Chinese Wolfberries	20 g
Black-bone Chicken	1 pc
Water.....	2 L



TIPS

- Skin the black-bone chicken to reduce fat and greasiness for a refreshing and sweet soup
- Blanch by steaming with a Miele Steam Oven can better retain the flavour and nutrients of the ingredients
- Double-boiling with 100% PureSteam in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavours of the soups in the safest and easiest way

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3 h



6~8 persons