

春天燉湯

蘋果雪梨雪耳燉豬脰



做法

- 01** 雪耳洗淨，以凍水浸泡3小時至軟身，去除根部，剪成小塊，無花果乾切件洗淨備用
- 02** 蘋果、雪梨洗淨，切件去芯備用
- 03** 豬脰洗淨，原件或切細件放入Miele蒸爐的梳孔蒸盤，以攝氏100度蒸煮10分鐘氽水
- 04** 豬脰氽水後，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

蘋果	2個
雪梨	2個
雪耳	1件
無花果乾	3粒
豬脰	600克
水	2公升



貼士

- 雪耳需剪去根位，以去除苦澀味
- 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 SPRING

DOUBLE-BOILED PORK SHANK SOUP WITH APPLE, PEAR AND SNOW FUNGUS



METHOD

- 01** Rinse the snow fungus, soak in cold water for 3 hours until soft, trim off the stem and cut into small pieces. Rinse and cut dried fig into pieces, set aside
- 02** Rinse apple and pear, cut into pieces and remove the core, set aside
- 03** Rinse pork shank, 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 pork shank and the rest of the ingredients into double-boiled pots or Miele unperforated steam container
- 05** Steam in Miele Steam Oven at 100°C for 3 hours and it is ready to serve

INGREDIENTS

Apple	2 pcs
Pear	2 pcs
Snow Fungus	1 pc
Dried Fig	3 pcs
Pork Shank	600 g
Water	2 L

TIPS

- It is necessary to trim off the stem of the snow fungus in order to remove the bitter taste
- 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