

夏天燉湯

海底椰龍利葉薏米燉豬脰

做法

- 01 乾海底椰洗淨，浸泡15分鐘，生熟薏米浸泡1小時，備用
- 02 無花果乾和龍利葉洗淨，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

乾海底椰	80克
龍利葉	160克
生薏米	40克
熟薏米	40克
無花果乾	4粒
豬脰	600克
水	2公升



貼士

- 海底椰外圍三邊為啡色，一邊為齒狀，切勿和椰片混淆
- 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 SUMMER

DOUBLE-BOILED PORK SHANK SOUP WITH SEA COCONUT, DRAGON'S TONGUE LEAF, RAW AND COOKED COIX SEEDS



METHOD

- 01** Rinse the dried sea coconut then soak for 15 minutes, soak raw and cooked coix seeds for 1 hour, set aside
- 02** Rinse dried fig and dragon's tongue leaf, 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-boiling 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

Dried Sea Coconut	80 g
Dragon's Tongue Leaf	160 g
(Folium Sauropi)	
Raw Coix Seed	40 g
Cooked Coix Seed	40 g
Dried Fig	4 pcs
Pork Shank	600 g
Water	2 L



TIPS

- The three sides of sea coconut are brown in colour and featuring teeth-shaped edges on one side, do not confuse it with palm fruit
- 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