

冬天燉湯

鮮淮山蓮子百合
玉竹燉水鴨

做法

- 01 乾蓮子洗淨，去芯，以去除苦澀味，備用
- 02 把蓮子及百合於溫水浸泡3小時，玉竹浸泡30分鐘，備用
- 03 日本鮮淮山去皮，切段，備用
- 04 水鴨洗淨去皮，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
- 05 水鴨氽水後，連同其他處理好的食料放入燉盅或Miele蒸爐的密底容器
- 06 放進Miele蒸爐，以攝氏100度蒸燉3小時，完成後即可享用

材料

日本鮮淮山	300克
乾蓮子	20克
乾百合	20克
玉竹	20克
水鴨	1隻
水	2公升



貼士

- 百合宜選龍牙百合，味道更清甜
- 水鴨脂肪含量較少，去皮油份更少，蒸燉出來的湯更清甜
- 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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Miele



Miele Hong Kong



3 小時



6~8 人份

DOUBLE-BOILED SOUP FOR WINTER

DOUBLE-BOILED DUCK SOUP WITH FRESH YAM, LOTUS SEED, LILY AND POLYGONATUM



METHOD

- 01** Rinse dried lotus seed and remove the core to get rid of the bitterness, set aside
- 02** Soak dried lotus seed and lily in warm water for 3 hours, soak polygonatum for 30 minutes, set aside
- 03** Peel the fresh Japanese yam, cut into pieces, set aside
- 04** Rinse and skin the teal duck. 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
- 05** After blanching, put teal duck and the rest of the ingredients into double-steaming pots or Miele unperforated steam container
- 06** Steam in Miele Steam Oven at 100°C for 3 hours and it is ready to serve

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INGREDIENTS

Fresh Japanese Yam	300 g
Dried Lotus Seed	20 g
Dried Lily	20 g
Polygonatum (Solomon's Seal)	20 g
Teal Duck	1 pc
Water	2 L



TIPS

- Choose Longya dried lily for a sweeter taste
- Teal duck is low in fat content, skinning it can further reduce the greasiness, resulting in 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

🕒 3 h

👤 6~8 persons