

## FILO PASTRY BAKED FRENCH SEABASS

### METHOD

- 01 Select "Intensive Bake" function and preheat the Miele oven to 220°C.
- 02 Cut sea bass into fillet and season with salt and pepper, set aside.
- 03 Cut spinach leaf, leek and carrots into thin strips, set aside.
- 04 Brush clarified butter on filo pastry, set aside.
- 05 Lay the fillet one on top of each other and place it onto the filo pastry. Then add spinach leaf, leek and carrots on top.
- 06 Wrap the fillet tightly with filo pastry and put on the baking tray with sealed side facing down.
- 07 Bake the fish in Miele oven at 220°C with "Intensive Bake" function for 10 to 12 minutes.
- 08 To make the sauce, chopped scallops and leek into small pieces, set aside.
- 09 Stir-fry chopped leek on a pan, add chopped scallops and veloute sauce, mix well.
- 10 Pour the mixed veloute sauce on a plate, cut the baked fillet into 3 pieces and place it on the sauce. Ready to serve.

### INGREDIENTS

Sea Bass .....	1 pc (Around 700 g)
Filo Pastry .....	3 pcs
Clarified Butter .....	40 g
Leek .....	1/4 pcs
Spinach Leaf .....	10 pcs
Carrot .....	1/4 pcs
Salt and Pepper .....	Moderate

#### Sauce

Veloute Sauce .....	4 tsp
Scallop .....	1/2 pcs
Leek .....	1/4 pcs

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#### Tips

- Work fast when handling filo pastry to prevent it from breaking and drying out.
- 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.



10-12 mins



2 persons



## 焗紙包法國鱸魚柳

### 做法

- 01 選用「加強烘焙」模式，以攝氏220度預熱焗爐。
- 02 將鱸魚切成魚柳，用鹽及胡椒作調味，備用。
- 03 將菠菜葉、大蔥及蘿蔔切絲，備用。
- 04 酥皮掃上牛油，備用。
- 05 將魚柳疊起放在酥皮上，再放上菠菜葉，大蔥及甘荀在表面。
- 06 用酥皮將魚柳包好，封口位置向底，放在焗盤上。
- 07 把魚柳放入Miele焗爐，選用「加強烘焙」模式以攝氏220度焗10至12分鐘。
- 08 製作醬汁，先把帶子及大蔥切碎，備用。
- 09 在鍋中炒香大蔥碎，加入帶子碎及白汁，拌勻。
- 10 將醬汁倒在碟上，把魚柳切成3份放在醬汁上，即可享用。

### 材料

法國鱸魚	.....	1條(約700克)
妃樂酥皮(Filo Pastry)	...	3塊
牛油青	.....	40克
大蔥(Leek)	.....	1/4條
菠菜葉	.....	10塊
甘荀	.....	1/4條
鹽及胡椒	.....	適量

#### 醬汁

白汁	.....	4茶匙
帶子	.....	1/2粒
大蔥(Leek)	.....	1/4條

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貼士

- 處理妃樂酥皮時，行動需要迅速以避免酥皮變乾及破裂。
- 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。



10-12 分鐘



2 人份