

香草蒜香烤雞

做法

- 01 以「組合模式 + 風扇加強」模式預熱Miele蒸焗爐至攝氏200度，濕度設定為80%
- 02 將牛油、蛋黃及紅椒粉拌勻，放入唧袋
- 03 用手指輕輕推開雞皮和雞肉，然後把牛油混合物從雞尾部份擠入雞皮與雞肉之間，並推勻至雞胸及雞脾位置
- 04 把迷迭香碎、蒜頭碎及橄欖油拌勻，並於雞內外塗上醃料
- 05 用繩網綁雞脾部分，繞過雞胸一圈，反轉再紮實，固定雞的形狀並使其挺身
- 06 將束好的雞放入已預熱的蒸焗爐，用「組合模式+風扇加強」模式以攝氏200度，配合80%濕度，蒸焗30分鐘
- 07 從蒸焗爐取出烤雞後，即可趁熱享用

材料

鮮雞	1隻 (1公斤)
切碎迷迭香	適量
切碎蒜頭	適量
橄欖油	20毫升
無鹽牛油 (室溫)	120克
紅椒粉	1/2茶匙
蛋黃	1隻



貼士

- 以風扇或放置雪櫃內吹乾雞身，確保雞皮金黃香脆
- 利用「蒸焗同步」烹調，烤焗過程全時間保留蒸氣，有助熱力均勻傳送到雞每一個部位，鎖住肉汁，做出皮脆肉嫩的效果



30 分鐘



2~3 人份

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GARLIC & ROSEMARY ROASTED CHICKEN

METHOD

- 01** Pre-heat the Miele Steam Combination Oven to 200°C with “Combination Mode + Fan Plus” function and moisture set at 80%
- 02** Mix butter, egg yolk and paprika well. Spoon mixture into a piping bag
- 03** Separate the chicken skin from the meat while keeping the skin intact using fingers. Pipe the butter mixture under the skin from near the tail, spread it evenly around the chicken breast and thigh
- 04** Mix chopped rosemary, chopped garlic and olive oil. Spread onto the skin and inside the cavity of the chicken
- 05** Tie both drumsticks and around the breast tightly with kitchen twine to keep its shape
- 06** Place the chicken in the pre-heated Steam Combination Oven with “Combination Mode + Fan Plus” function. Set the moisture level at 80%, then roast for 30 minutes at 200°C
- 07** Remove the chicken from the oven and serve when hot

INGREDIENTS

Chicken	1 pc (1 kg)
Chopped Rosemary	Moderate
Chopped Garlic	Moderate
Olive Oil	20 ml
Unsalted Butter (Room Temperature)	120 g
Paprika	1/2 tsp
Egg Yolk	1 pc



TIPS

- Dry the chicken with a fan or place inside the fridge to ensure the crispness of the chicken
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the chicken in a moisturized cavity, resulting in a juicy and crispy texture

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30 mins



2~3 persons