



GARLIC SHRIMP IN LOTUS LEAF WITH GLUTINOUS RICE

METHOD

- 01** Wash the shrimps and cut along the back of the shrimp with scissors. Trim the sharp edges of the heads and remove all intestines with a bamboo stick. Season with fish sauce and ground white pepper. Set aside.
- 02** Soak the dried tiger prawn and dried shiitake mushroom until soft and dice them into smaller pieces. Set aside.
- 03** Clean the lotus leaf and soak with water until soft.
- 04** Soak glutinous rice for 3 hours then drain the water. Put the glutinous rice on a Miele Perforated Steam Cooking Container and steam with the Miele Steam Oven at 100°C for 45 minutes. Set aside once the process is done.
- 05** Preheat a wok and add in oil. Saute dried shiitake mushrooms, dried tiger prawn and shallot. Then add the steamed glutinous rice and stir-fry together. Season with chicken stock, fish sauce, light soy sauce and sugar. Mix everything well and turn off the heat. Set aside.
- 06** Place the fried glutinous rice on the lotus leaf. Then place the marinated shrimps and shallot on the rice and evenly top each shrimp with minced garlic.
- 07** Wrap all ingredients with the lotus leaf and put it into a bamboo steamer. Cover it with the lid.
- 08** Place the bamboo steamer into Miele Steam Oven and steam at 100°C for 10 minutes.
- 09** Mix light soy sauce, sugar, fried shallot and boiled oil to make sauce.
- 10** Take out the lotus leaf pack once the process is done. Open the pack and sprinkle fried garlic, fried shallot and coriander on top. Then pour the sauce over the rice.
- 11** Ready to serve.

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INGREDIENTS

Shrimp Marinade

Shrimp	4 pcs
Fish Sauce	1 tsp
Ground White Pepper	Moderate

Lotus Leaf with Glutinous Rice

Glutinous Rice	100 g
Lotus Leaf	1 pc
Dried Tiger Prawn	3 pcs
Shallot (Shredded)	1-2 pcs
Dried Shiitake Mushroom	2-3 pcs
Chicken Stock	25 ml
Fish Sauce	1 tbsp
Light Soy Sauce	1 tbsp
Sugar	1 tbsp
Oil	Moderate
Garlic (Minced)	2-3 tbsp
Fried Garlic	Moderate
Fried Shallot	Moderate
Coriander	Moderate

Sauce

Light Soy Sauce	25 ml
Sugar	Moderate
Fried Shallot	Moderate
Boiled Oil	Moderate



Tips

- Avoid soaking the lotus leaf for too long so as to keep the natural aroma.
- 100% PureSteam technology in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavors of the glutinous rice in the safest and easiest way.



4 h 15 mins



3~4 persons

蒜蓉開邊蝦荷葉飯

做法

- 01 將蝦清洗乾淨，剪開背部，修剪頭部鋒利部分，再用竹籤挑走腸。以魚露和白胡椒粉調味，備用。
- 02 將乾冬菇及虎蝦乾浸至軟身切粒，備用。
- 03 荷葉用水洗淨並浸至軟身。
- 04 糯米用水浸3小時後隔水，然後放在Miele多孔蒸氣烹調容器上，用Miele蒸爐以攝氏100度蒸煮45分鐘，完成後取出備用。
- 05 加熱鑊並加油，將乾冬菇、虎蝦乾和乾蔥絲炒香，然後加入蒸過的糯米飯炒勻，再加入雞湯、魚露、生抽和糖調味，拌勻後熄火，備用。
- 06 將炒好的糯米飯放在荷葉上，然後將醃好的蝦和乾蔥擺放在飯面，並為每隻蝦平均鋪上蒜蓉。
- 07 讓荷葉包裹所有材料，放入蒸籠並蓋上蓋。
- 08 將蒸籠放入Miele蒸爐中，以攝氏100度蒸煮10分鐘。
- 09 將生抽、糖、炸乾蔥和熟油拌勻作醬汁。
- 10 蒸煮完成後，取出荷葉飯並打開，在飯面灑上炸蒜、炸乾蔥和芫荽，再淋醬汁。
- 11 完成後即可享用。

材料

醃製蝦

蝦	4隻
魚露	1茶匙
白胡椒粉	適量

荷葉飯

糯米	100克
荷葉	1塊
虎蝦乾	3條
乾蔥(切絲)	1-2粒
乾冬菇	2-3個
雞湯	25毫升
魚露	1湯匙
生抽	1湯匙
糖	1湯匙
油	適量
蒜蓉	2-3湯匙
炸蒜	適量
炸乾蔥	適量
芫荽	適量

醬汁

生抽	25毫升
糖	適量
炸乾蔥	適量
滾油	適量

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貼士

- 避免浸泡荷葉太久，以免失去香味。
- Miele蒸爐利用100%純蒸氣蒸糯米飯，確保原汁原味，亦無需睇火及避免黏底、乾水和滾瀉的情況。



4 小時 15 分鐘



3~4 人份