

JAPANESE QUEEN CRAB BENTO SET

METHOD

- 01 Prepare the Bonito Soup Base. Pour all the ingredients for the bonito soup base into a pot and bring it to a boil. Turn off the heat once it's boiled up, then cover with the lid and set aside for 45 mins.
- 02 Prepare the Mixed Vegetable Rice. Rinse the rice well and soak with bonito soup base instead of water. Add soy sauce and sprinkle with the chopped vegetables. Steam the rice with the Miele Steam Oven at 100°C for 30 minutes. Mix well to serve.
- 03 Prepare the Queen Crab. Rinse it thoroughly and steam with the Miele Steam Oven at 100°C for 13- 15 minutes.
- 04 Afterwards, soak it in iced water to cool down. Then shell off the crab carefully and keep the crab shell for stuffing..
- 05 Heat up a pan with medium heat, sauté the onion until soft. Then add the crab meat and sprinkle with flour. Stir well.
- 06 Spoon all the crab meat mixture into the crab shell. Brush the egg yolk on top and sprinkle with some cheese.
- 07 Preheat the Miele Oven to 180°C with the "Conventional Heat" function. Bake the crab shell in the preheated oven for 6-8 minutes.
- 08 Prepare the Steam Egg Custard. Mix the whole eggs and bonito soup base together. Pour the egg mixture into a container and top with marmoreal mushrooms. Steam with the Miele Steam Oven at 95°C for 5 minutes, take out then add the shrimp on top, then steam the egg custard for another 2 minutes.
- 09 Prepare the Miso Soup. Put all miso soup ingredients in a pot and bring to a boil. Stir well and serve with a bowl.
- 10 Serve the baked Queen Crab, Steam Egg Custard, Vegetables Rice and Miso Soup together in a set.

INGREDIENTS

Queen Crab

Queen Crab	1 pc
Onion (Shredded)	1/4 pc
Cheddar Cheese	80 g
Egg Yolk	1 pc
Flour	1 tsp

Bonito Soup Base

Bonito Shaving	10-15 g
Kelp	10-15 g
Dried Shiitake	3-5 pcs
Water	3 litres

Steam Egg Custard

Whole egg	120 g
Bonito Soup Base	240 ml
Marmoreal Mushroom	4-6 pcs
Fresh Shrimp (Peeled)	2 pcs
Salt	Moderate

Mixed vegetables rice

Japanese Rice	200 g
Bonito Soup Base	190 ml
Soy Sauce	15 g
Shiitake (From Soup Base, Shredded) ..	30-40 g
Kelp (From Soup Base, Shredded) ..	30-40 g
Carrot (Shredded)	30-40 g
Lotus root (Sliced)	30-40 g
Burdock (Shredded)	30-40 g

Miso soup

Bonito Soup Base	400 ml
Tofu (Diced)	150 g
Funori Seaweed	1 g
Miso	20 g
Japanese scallions	Moderate



TIPS

- If the Queen crab has brown meat inside, keep it for mixing with rice for even better enjoyment..
- By using the "TasteControl" function, the oven cavity will rapidly cool down at the end of the cooking programme to prevent overcooking and to keep warm.

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2 h



2 persons

日式焗蟹寶定食

做法

- 01 製作木魚湯底。將所有湯料放入鍋中煮沸然後熄火，蓋好靜置45分鐘成湯底，備用。
- 02 製作雜菜炊飯。將米洗淨，以湯底代替水浸泡米，加入醬油調味，並撒上切好的蔬菜，放入Miele蒸爐，以攝氏100度蒸煮30分鐘。完成後取出拌勻，放在碗裡成雜菜炊飯。
- 03 製作松葉蟹。把松葉蟹清洗乾淨後，放入Miele蒸爐，以攝氏100度蒸煮13-15分鐘。
- 04 完成後取出松葉蟹，放入冰水中，冷卻後取出蟹肉，並保留蟹蓋。
- 05 用中火加熱平底鍋，然後炒洋蔥直到變軟，再將蟹肉倒入鍋中，撒上麵粉，攪拌均勻。
- 06 用匙羹將所有蟹肉釀入蟹蓋，並塗上蛋黃，然後把芝士撒在表面。
- 07 用「一般加熱」功能預熱Miele焗爐至攝氏180度，預熱後將蟹蓋放入，烘烤6-8分鐘。
- 08 製作茶碗蒸。將雞蛋和木魚湯底混合在一起，倒入容器，並放上本菇。放入Miele蒸爐以攝氏95度蒸煮5分鐘，取出後在蒸成固體的蛋上放上鮮蝦，再蒸煮2分鐘。
- 09 製作味噌湯。將所有原料煮沸並攪拌均勻，放入碗中即成。
- 10 最後將松葉蟹、茶碗蒸、雜菜炊飯及味噌湯一併享用。

材料

松葉蟹

松葉蟹	1隻
洋蔥(切絲)	1/4個
車打芝士	80克
蛋黃	1隻
麵粉	1茶匙

木魚湯底

木魚片	10-15克
海帶	10-15克
乾香菇	3-5個
水	3公升

茶碗蒸

全蛋	120克
木魚湯底	240毫升
本菇	4-6條
鮮蝦(去殼)	2隻
鹽	少許

雜菜炊飯

日本米飯	200克
木魚湯底	190毫升
醬油	15克
香菇(取自木魚湯底,切絲)	30-40克
海帶(取自木魚湯底,切絲)	30-40克
胡蘿蔔(切絲)	30-40克
蓮藕(切片)	30-40克
牛蒡(切絲)	30-40克

味噌湯

木魚湯底	400毫升
豆腐(切粒)	150克
紫菜	1克
味噌	20克
日本蔥	適量

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貼士

- 將蟹膏留起，拌飯享用更好滋味。
- 利用「TasteControl」功能，於烹調完結後急降爐腔溫度，確保不會被餘溫過度煮熟，並為食物保溫。



2 小時



2 人份