

LION'S MANE MUSHROOM WITH APPLE AND PORK TENDON SOUP

METHOD

- 01 Wash the pork tendon. Set aside.
- 02 Cut the pork tendon into a few pieces and place on the Miele Perforated Steam Container. Then, steam it with the Miele Steam Oven at 100°C for 8 to 10 minutes. Set aside.
- 03 Put all the ingredients and water in a pot then bring it to boil.
- 04 Steam the whole pot with the Miele Steam Oven at 95°C for 90 minutes.
- 05 Ready to serve.

INGREDIENTS

Lion's Mane Mushroom	4 pcs
Apple (Halved and Pitted)	4 pcs
Pork Tendon (Diced)	250 g
Candied Dates	4 pcs
Apricot Kernel	10 g
Black-eyed Pea	10 g
Dried Coconut Flakes	10 g
Peanut	10 g
Water	2.5 L

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Tips

- Dried fig could be used instead of candied dates to reduce sweetness.
- Double-boiling with 100% PureSteam technology in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavors of the soups in the safest and easiest way.

2 h

4 persons

猴頭菇蘋果燉豬展潤肺湯

做法

- 01 用清水將豬展洗淨，備用。
- 02 將豬展切件，放在Miele多孔蒸汽烹調容器上，然後放入Miele蒸爐以攝氏100度蒸 8-10 分鐘，完成後取出備用。
- 03 將所有材料及水放入煲內煲滾。
- 04 原煲放入Miele蒸爐內，以攝氏95度蒸90分鐘。
- 05 完成後即可享用。

材料

猴頭菇	4隻
蘋果（切半去芯）.....	4隻
豬展（切件）.....	250克
蜜棗	4粒
南北杏	10克
眉豆	10克
椰片	10克
花生	10克
水	2.5升

網上教學短片



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貼士

- 可以使用乾無花果代替蜜棗，同樣功效但減低甜度。
- 利用100%純蒸氣燉湯，確保原汁原味，亦無需睇火，避免黏底，乾水和滾瀉的情況。

🕒 2 小時

👤 4 人份