

羊肚菌燉花膠湯

做法

- 01 將羊肚菌徹底洗淨，蟲草花輕輕沖洗，備用
- 02 豬脰及響螺頭放入Miele蒸爐的梳孔蒸盤，以攝氏100度蒸煮5至8分鐘氽水
- 03 除花膠筒外，將全部材料放入燉盅內
- 04 然後放入蒸爐，以攝氏100度蒸燉2.5小時
- 05 2.5小時過後，再加已浸發花膠筒入燉盅內
- 06 以攝氏100度繼續蒸燉30分鐘，即可享用
- 07 如需扣花膠，可於完成後取出花膠筒，加入一湯羹湯汁入鑊中，以蠔油及老抽調味。然後加入花膠筒，再加適量生粉水把湯汁調至芡身，即可享用

材料

花膠筒	1-2隻 (已浸發)
羊肚菌	30克
蟲草花	10克
紅棗	3至4粒 (去核)
無花果	3粒 (開半)
豬脰	400克
響螺頭	80克
水	1.5公升
蠔油	1茶匙
老抽	1茶匙
生粉水	50毫升



貼士

- 處理花膠時，雙手應該徹底洗淨，並使用沒有油分的器皿，以免影響花膠浸發的效果
- 以蒸爐氽水能保存食物的味道及更多營養
- 利用100%純蒸氣燉湯，確保原汁原味。亦無需睇火及避免黏底、乾水和滾瀉的情況

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3.5 小時



2~3 人份



MOREL MUSHROOM STEWED FISH MAW SOUP

METHOD

- 01** Wash the morels thoroughly and rinse the cordyceps flowers gently, set aside
- 02** Place the pork meat and sea conch into Miele perforated steam container. Blanch by steaming with a Miele steam oven at 100°C for 5 to 8 minutes
- 03** After blanching, put all ingredients into double-boiled pot except fish maw
- 04** Steam in Miele steam oven at 100°C for 2.5 hours
- 05** After 2.5 hours steaming, add the soaked fish maw into the double-boiled pot
- 06** Continue to steam at 100°C for an additional 30 minutes. Ready to serve
- 07** To braise the fish maw, take it out from the soup. Add a tablespoon of soup stock to the wok. Season with oyster sauce and dark soy sauce. Add the fish maw, then add moderate amount of cornstarch water to thicken the sauce. Ready to serve

INGREDIENTS

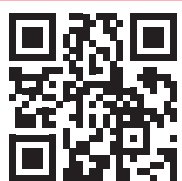
Fish Maw	1-2 pcs (Soaked)
Morel Mushroom	30 g
Cordyceps Flower	10 g
Red Dates	3-4 pcs (Pitted)
Figs	3 pcs (Halved)
Pork Meat	400 g
Sea Conch	80 g
Water	1.5 L
Oyster Sauce	1 tsp
Dark Soy Sauce	1 tsp
Cornstarch Water	50 ml



TIPS

- Remember to handle fish maws with thoroughly cleansed hands and container as its texture will be affected by oil elements
- Blanch by steaming with a Miele Steam Oven can better retain the flavour and nutrients of the ingredients
- Double-boiling with 100% PureSteam in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavours of the soups in the safest and easiest way

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3.5 h



2~3 persons