



OVEN-GRILLED FISH MAW

METHOD

Soaking Dried Fish Maw

- 01 Place ginger and spring onions on top of dried fish maw. Steam with the Miele Steam oven at 100°C for 18-20 minutes.
- 02 Soak the steamed fish maw with iced water in a vacuum sealing bag. Vacuum seal the bag in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting, then chill in the fridge overnight. Repeat the steps until the fish maw become softer.

Stewed Fish Maw

- 03 Put the soaked fish maw into the cooking pot with chicken stock, boil up and turn off the heat. Put the pot in Miele steam oven and steam at 83°C for 45 minutes. Set aside.

Oven-Grilled Fish Maw

- 04 Prepare the sauce. Heat up a pot and stir-fry garlic, ginger and black beans. Then add flour, chicken stock, sugar, light soy sauce, dark soy sauce and oyster sauce. Bring to a boil then set aside.
- 05 Preheat Miele Oven using the "Full Grill" function at 250°C.
- 06 Put the fish maw into the sauce and cook for 1 to 2 minutes until the fish maw is well covered with sauce.
- 07 Put the fish maw-in-pot into the preheated Miele Oven and bake for 5 minutes. Ready to serve.

INGREDIENTS

Soak Fish Maw

Fish Maw	1 pc
Ginger (Sliced)	3 g
Spring Onion	15 g
Iced Water	400 ml

Stewed Fish Maw

Soaked Fish Maw	1pc
Chicken Stock	300ml

Sauce

Garlic(Minced)	5 g
Ginger(Sliced)	2 g
Black Bean	20 g
Flour	6 g
Sugar	10 g
Chicken Stock	100 ml
Light Soy Sauce	10 ml
Dark Soy Sauce	10 ml
Oyster Sauce	10 ml

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Tips

- Avoid using warm water to soak fish maw.
- By applying the "Full Grill" function, the fish maw will release a scent of burnt aroma, resulting in better taste.



1 h



1 person



汁燒花膠

做法

浸發花膠

- 01 將薑及蔥放上乾花膠、再放入Miele蒸爐內，以攝氏100度蒸煮18-20分鐘。
- 02 完成後取出花膠，用冰水浸泡並倒入真空袋內，再放入Miele真空處理櫃，以第3級吸力及第2級熱力密封並抽真空袋，然後將真空袋放入雪櫃冷藏過夜。重覆浸發花膠步驟至花膠軟身，即可。

扣花膠

- 03 將已浸發的花膠連同雞湯放入煲內，滾起熄火，再放入Miele蒸爐，以83度煮45分鐘，完成後取出備用。

汁燒花膠

- 04 製作醬汁。在鍋中炒香蒜蓉、薑片及黑豆豉，加入麵粉、雞湯、糖、生抽、老抽及蠔油，然後煮滾成醬汁備用。
- 05 以「完全燒烤」模式預熱Miele焗爐至攝氏250度。
- 06 將花膠放入盛著醬汁的鍋中，煮1至2分鐘，讓湯汁完全覆蓋花膠。
- 07 花膠連鍋放入已預熱的Miele焗爐，以攝氏250度焗5分鐘，完成後即可享用。

材料

浸發花膠

花膠	1隻
薑 (切片)	3片
葱	1棵
冰水	400毫升

扣花膠

已浸發花膠	1隻
雞湯	300毫升

醬汁

蒜蓉	5克
薑 (切片)	2片
黑豆豉	20克
麵粉	6克
糖	10克
雞湯	100毫升
生抽	10毫升
老抽	10毫升
蠔油	10毫升

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貼士

- 避免用溫水浸泡花膠。
- 利用「完全燒烤」模式能帶出香濃焦香味，味道更見惹味。



1 小時



1 人份