

## PEACH RESIN WITH RED DATES AND DRIED LONGAN

### METHOD

- 01 Soak the peach resins and fungus lotus seeds for 12 hours until soft. Clean and remove all impurities.
- 02 Remove the red date seeds and set aside.
- 03 Mix all ingredients in a pot.
- 04 Place the pot into the Miele Steam Oven and steam at 100°C for 1.5 hour.
- 05 Take out the pot from the steam oven. Ready to serve.

### INGREDIENTS

Red Date .....	10 pcs
Longan .....	10 pcs
Peach Resin .....	30 pcs
Fungus Lotus Seed .....	20 pcs
Water .....	2 L
Crystal Sugar .....	Moderate

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#### Tips

- Choose whole dates for a better taste.
- 100% Pure Steam in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavours of the sweet soup in the safest and easiest way.



1.5 h



4 persons



Miele



## 紅棗圓肉燉桃膠

### 做法

- 01 先將桃膠及雪蓮子浸透12小時至軟身，然後清洗乾淨並除去雜質。
- 02 除去紅棗核，備用。
- 03 將所有材料放入湯煲拌勻。
- 04 將湯煲放入Miele蒸爐以攝氏100度蒸煮1.5小時。
- 05 從蒸爐內取出湯煲。完成後即可享用。

### 材料

紅棗 .....	10粒
桂圓 .....	10粒
桃膠 .....	30粒
雪蓮子 .....	20粒
水 .....	2公升
冰糖 .....	適量

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貼士

- 選用原粒紅棗，味道較佳。
- Miele蒸爐利用100%純蒸氣燉桃膠，確保原汁原味，並無需睇火，以避免黏底、乾水或滾瀉的情況出現。



1.5 小時



4 人份