

PIGEON STUFFED WITH EIGHT TREASURES RICE

METHOD

- 01 Soak dried scallops, dried shrimps and dried mushrooms separately until soft. Shred the dried scallops then set aside.
- 02 Soak glutinous rice for 2 to 3 hours. Place the drained rice and red dates on a perforated steaming cooking container. Then steam with the Miele Steam Oven at 100°C for 30 minutes. Set aside afterwards.
- 03 Preheat a wok with low heat and add in oil. Stir-fry dried scallop, carrot, dried shrimps, chestnut and dried mushrooms. Then add red dates, lotus root, carrots, glutinous rice and stir-fry. Season with light soy sauce, dark soy sauce, sugar and chicken stock. Mix well then turn off the heat, set aside.
- 04 Remove all Pigeon bones while keeping its shape.
- 05 Stuff stir-fried glutinous rice with other ingredients into the pigeon. Use a goose tail pin to seal the stuffing.
- 06 Put chicken stock, light soy sauce, dark soy sauce, Sichuan peppercorn, bay leaves, sugar, shaoxing wine and orange zest into a pot. Bring to a boil with medium heat.
- 07 Put the stuffed pigeon into the boiled marinade. Place the pot into the Miele Steam Oven then steam at 100°C for 2 hours. Take out and air dry the pigeon for 30 minutes once the process is done.
- 08 Preheat the Miele Steam Combination Oven to 225°C with "Combination Mode + Fan Plus" function and moisture set at 50%.
- 09 Place the dried pigeon into the preheated Miele Steam Combination Oven and bake for 8 to 10 minutes.
- 10 Ready to serve.

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INGREDIENTS

Pigeon	1 pc
Glutinous Rice	250 g
Lotus Root (Diced)	50 g
Carrot (Diced)	50 g
Red Date (Halved and Pitted)	3-5 pcs
Dried Scallop	10 g
Chestnut (Peeled)	2 pcs
Dried Shrimp (Diced)	10 g
Dried Mushroom (Diced)	10 g
Oil	2 tbsp
Light Soy Sauce	2 tbsp
Dark Soy Sauce	1 tbsp
Sugar	1/2 tbsp
Chicken Stock	100 ml
Peanut Oil	2 tbsp

Pigeon marinade

Chicken Stock	800 ml
Light Soy Sauce	120 ml
Dark Soy Sauce	40 ml
Sichuan Seppercorn	20-30 pcs
Bay Leaves	3 pcs
Sugar	50 g
Shaoxing Wine	30 ml
Orange Zest	1/2 pc



TIPS

- Remove the bone carefully with a paring knife, which is easier to control. Try to avoid breaking the skin and causing stuff to leak out.
- The Combination Mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the pigeon in a moisturized cavity, resulting in a juicy and soft texture.

3 h

1~2 persons

八寶釀乳鴿

做法

- 01 將瑤柱、蝦乾和冬菇分開用水浸透至軟身。將瑤柱撕碎，備用。
- 02 糯米用水浸2至3小時，隔水後與紅棗一同放在多孔蒸氣烹調容器上，放入 Miele 蒸爐以攝氏100度蒸煮30分鐘，完成後取出備用。
- 03 用細火起鑊並下油，先將瑤柱、甘荀、蝦乾、栗子肉和乾冬菇炒香，然後加入紅棗、蓮藕、甘荀和糯米炒勻，再以生抽、老抽、糖和雞湯作調味。拌勻後關火，備用。
- 04 在保持原有形狀下，為乳鴿去骨。
- 05 將炒好的糯米飯及材料釀入乳鴿內，用鵝尾針將尾部密封。
- 06 將雞湯、生抽、老抽、花椒、香葉、糖、花雕酒和橙青放入大煲內，中火煮滾備用。
- 07 將釀好的乳鴿放入湯汁，然後整煲放入 Miele 蒸爐，以攝氏100度蒸煮2小時。完成後取出乳鴿，風乾30分鐘。
- 08 以「組合模式 + 風扇加強」模式預熱 Miele 蒸焗爐至攝氏225度，濕度設定為50%。
- 09 將風乾的乳鴿放入 Miele 蒸焗爐焗8至10分鐘。
- 10 完成後可取出享用。

材料

乳鴿	1隻
糯米	250克
蓮藕 (切粒)	50克
甘荀 (切粒)	50克
紅棗 (開半去核)	3-5粒
瑤柱	10克
栗子肉 (去皮)	2粒
蝦乾 (切粒)	10克
乾冬菇 (切粒)	10克
油	2湯匙
生抽	2湯匙
老抽	1湯匙
糖	1/2湯匙
雞湯	100毫升
花生油	2湯匙

湯汁	
雞湯	800毫升
生抽	120毫升
老抽	40毫升
花椒	20-30粒
香葉	3片
糖	50克
花雕酒	30毫升
橙青	1/2個



貼士

- 為乳鴿去骨時，可用較容易控制的小刀，並盡量避免弄穿表皮，以免令餡料流出。
- Miele 蒸焗爐的組合模式能確保「蒸焗同步」，並於焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入乳鴿中心，帶來鮮嫩多汁的效果。

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3 小時



1~2 人份