



## POACHED FISH IN SICHUANESE STYLE

### METHOD

- 01** Prepare the fish soup. Heat up a wok and add in oil. Sauté garlic, minced ginger, minced shallot and bird's eye chili first, then add in spicy bean paste and sauté together.
- 02** Place the cooked ingredients into a large pot, pour in Shaoxing wine, chicken stock, light soy sauce, dark soy sauce, pickled pepper and sugar and bring it to boil with medium heat. Let the soup cool down in the bowl and set aside.
- 03** Prepare the poached fish. Wash the grass carp and put it into a vacuum bag with the soup. Then vacuum seal the bag in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.
- 04** Select "Sous-vide" program at Miele Steam Oven and sous-vide the grass carp in the bag at 75°C for 20 minutes.
- 05** Heat up a wok and add in oil. Sauté soy bean sprouts, fried bean curd and salt with high heat. Pour the soy bean sprouts mixture into a large bowl.
- 06** Heat up a pan with medium-high heat, then sauté the Sichuan peppercorn. Set aside.
- 07** Take out the grass carp when done. Pour the fish and the fish soup into the large bowl with soy bean bowl mixture. Sprinkle chili flakes, coriander and spring onion. Lastly, put the sautéed Sichuan peppercorn on it and pour some hot oil on top.
- 08** Ready to serve.

### INGREDIENTS

Grass Carp .....	1 pc (300 g)
Garlic .....	4 cloves
Ginger (Minced) .....	Little
Shallot (Minced) .....	2 pcs
Bird's Eye Chili .....	4 pcs
Spicy Bean Paste .....	2 tbsp
Shaoxing Wine .....	40 ml
Chicken Stock .....	600 ml
Light Soy Sauce .....	4 tbsp
Dark Soy Sauce .....	2 tbsp
Pickled Pepper .....	4 pcs
Sugar .....	1 tbsp
Soy Bean Sprouts .....	225 g
Fried Bean Curd .....	4-5 pcs
Salt .....	Little
Chili Flakes .....	Moderate
Sichuan Peppercorn .....	Moderate
Coriander .....	Moderate
Spring Onion .....	Moderate
Oil .....	Moderate

Online Cooking  
Demonstration Videos



FOLLOW US NOW!



Tips

- Choosing red or green Sichuan peppercorn could provide a better flavour than the black ones.
- With Miele Steam Oven, the steaming temperature can be precisely controlled in a long time, creating perfect results for sous-vide dishes.



35 mins



2 persons



# 四川水煮魚

## 做法

- 01 製作魚湯。燒熱鑊後加油，放入蒜頭、薑蓉、乾蔥蓉及指天椒炒香，再加入辣豆瓣醬輕炒。
- 02 將炒好的配料放入大鍋內，加入紹興酒、雞湯、生抽、老抽、泡椒及糖，以中火煮滾成湯，然後倒入大碗中，放涼備用。
- 03 製作水煮魚。將鯪魚清洗乾淨，並連同湯倒入真空袋中，放入Miele真空處理櫃以第三級吸力和第二級熱力密封並抽空真空袋。
- 04 把真空袋放入Miele蒸爐內，選用「Sous Vide」模式以攝氏75度真空慢煮20分鐘。
- 05 燒熱鑊後加油，放入大豆芽、豆卜及鹽，以大火炒香，然後將大豆芽混合物放入大鍋內。
- 06 燒熱鑊將川椒以中火爆香，備用。
- 07 將鯪魚從蒸爐內取出，連同魚湯倒入有大豆芽混合物的大鍋中，灑上辣椒碎，再放入芫荽及蔥，並灑上已爆香的川椒，最後淋上滾油。
- 08 完成後即可趁熱享用。

## 材料

鯪魚	1條 (300克)
蒜頭	4瓣
薑蓉	適量
乾蔥蓉	2粒
指天椒	4條
辣豆瓣醬	2湯匙
紹興酒	40毫升
雞湯	600毫升
生抽	4湯匙
老抽	2湯匙
泡椒	4條
糖	1湯匙
大豆芽	225克
豆卜	4-5粒
鹽	適量
辣椒碎	適量
川椒	適量
芫荽	適量
蔥	適量
油	適量

### 網上教學短片



FOLLOW US NOW!



Miele Hong Kong



Miele



Miele\_hk



### 貼士

- 可揀選紅色或綠色的川椒，比黑色的川椒味道更濃郁。
- 利用Miele蒸爐可以長時間穩定控制溫度，讓真空慢煮食物效果更完美。



35 分鐘



2 人份