

ROAST CHICKEN STUFFED WITH ABALONE AND VEGETABLE

METHOD

- 01 For making the sauce, use a knife to peel red peppers.
- 02 Use a knife to chop all ratatouille sauce ingredients.
- 03 Heat up a wok with medium heat and add oil. Fry onion then add other ratatouille sauce ingredients to fry together. Season with salt, smoked paprika and chopped thyme. Add water then heat up with high heat until boiling. Turn to simmer and cook for about 1 hour.
- 04 Put all the boiled ingredients into a blender and mix until smooth. Set aside.
- 05 Clean chicken with water then set aside.
- 06 Clean abalones with water. Steam the abalones with shells in a Miele steam oven at 100°C for 5 minutes. Take out the steamed abalones from the shells using a spoon and remove the tail-end of the abalones with scissors. Use a toothbrush to brush away any dirt attached to its tentacles. Wash the abalones with water again.
- 07 Use a knife to cut leek and shallots as thin strips.
- 08 Put all marinade ingredients into a bowl and mix until fine. Marinate the chicken, abalones, leek and shallots.
- 09 Stuff the marinated abalones, leek and shallots inside the chicken from its bottom. Use a needle to seal the bottom.
- 10 Select "M Chef + Fan Plus" programme with "Medium Intensity" to preheat a Miele Dialog Oven to 200°C.
- 11 Place the chicken on the oven tray and rack. Put it into the pre-heated Dialog Oven and bake for 30 to 35 minutes using the same setting.
- 12 Once it is done, take out the food and cut it into small pieces. Add on side dishes and sauce then it is ready to serve.

Dialog Oven Setting

Oven Setting	M Chef + Fan Plus
Temperature	200°C
Intensity	Medium
Time	30 - 35 minutes
Preheat	On
Crisp Function	Off
Shelf Level	2

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INGREDIENTS

Chicken	1 pc (1 catty)
Fresh Abalone	4 pcs
Leek	Half strip
Shallots	2 pcs

Marinade

Light Soy Sauce	2 tbsp
Dark Soy Sauce	1 tbsp
Oyster Sauce	1 tbsp
Sugar	1 tbsp
Chopped Peppercorn	1.5 - 2 tsp
Ground White Pepper	Little
Shao Wine	1 tbsp
Garlic Mash	1 tsp
Black Bean Mash	1 tsp
Chopped Chili	(optional)
Bean Paste	1 tbsp

Sauce (side)

Red Pepper	2 pcs
Parsnip	50 g
Celery Root	50 g
Carrot	50 g
Onion	1/3 pc
Peeled Tomato	165 g
Pumpkin	100 g
Salt	Little
Oil	Little
Chopped Thyme	Little
Water	330 ml
Smoked Paprika	Little

Side Dish (per serving)

Radish	2 slices
Coriander Silk	Little
Sliced Zucchini	2 pcs
Thai Basil	2 slices
Sautéed Broccoli	1 strip



TIPS

· Dry the chicken with a fan or place inside the fridge to ensure the crispness of the chicken



30-35 mins



3~4 persons

鮑魚雞

做法

- 01 製作醬汁，先用刀將紅波椒去皮。
- 02 用刀將所有醬汁材料切碎。
- 03 以中火加熱大鑊並加油，放入洋蔥炒香。加入其他醬汁材料一同炒香，然後加鹽、熏制辣椒粉和百里香碎作調味。加水以大火煮至沸騰，再用小火煮約1小時。
- 04 把煮好的醬汁材料放入攪拌機中攪拌至順滑，待用。
- 05 洗淨雞身，備用。
- 06 將連殼鮮鮑魚洗淨，放入Miele蒸爐內以攝氏100度蒸5分鐘以出水及定型。用湯匙將鮑魚肉從殼中刮出，剪掉沙囊。然後用牙刷擦淨鮑魚裙邊，再沖洗乾淨。
- 07 用刀切京蔥和乾蔥成條狀。
- 08 將所有醃料材料放入大碗中拌勻，然後抹勻雞身、鮑魚、京蔥和乾蔥作調味。
- 09 把已調味的鮑魚、京蔥和乾蔥填充於雞身內，再利用鵝尾針密封開口。
- 10 選用「M Chef + 風扇加強」模式，配合「中等強度」，以攝氏200度預熱Miele Dialog Oven。
- 11 將雞放在焗盆及燒烤架上，並放入已預熱的Dialog Oven，以相同設定焗30至35分鐘。
- 12 完成後取出食物並分成小件。放上配菜及淋上少量醬汁，即可享用。

Dialog Oven 設定

焗爐功能	M Chef + 風扇加強
溫度	攝氏200度
強度	中
時間	30 - 35分鐘
預熱	開
鬆脆功能	關
層數	2

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材料

雞	1隻(1公斤)
鮮鮑魚	4隻
京蔥	半條
乾蔥	2粒

醃料

生抽	2湯匙
老抽	1湯匙
蠔油	1湯匙
糖	1湯匙
花椒碎	1.5 - 2茶匙
白胡椒粉	少量
紹酒	1湯匙
蒜蓉	1茶匙
豆豉蓉	1茶匙
辣椒碎	(自選)
豆板醬	1湯匙

醬汁(伴碟)

紅波椒	2隻
白甘筍	50克
西芹頭	50克
甘筍	50克
洋蔥	1/3隻
去皮蕃茄	165克
南瓜	100克
鹽	少量
油	少量
百里香碎	少量
水	330毫升
熏制辣椒粉	少量

配菜(每份)

蘿蔔薄片	2片
芫荽蔥絲	少量
夏南瓜片	2片
泰國羅勒	2片
炒香的長柄西蘭花	1條



貼士

· 以風扇或放置雪櫃內吹乾雞身，確保雞皮金黃香脆



30-35 分鐘



3~4 人份