

ROAST RED FERMENTED BEANCURD CHICKEN

METHOD

- 01 Select "Combination Mode + Fan plus" function to preheat a Miele steam combination oven to 180°C with moisture level at 80%.
- 02 Wash the chicken with running water. Halve it with one cut.
- 03 Prepare the brine water. Heat up salt and water in a pot until boiling. Set aside at room temperature to cool down.
- 04 Soak the chicken in the brine water for 30 minutes.
- 05 Mix the red fermented beancurd, chopped garlic, chopped ginger, chopped spring onion, dark soy sauce and sugar until it forms a sauce.
- 06 Filter out the brine water and wipe the chicken with a cloth. Marinate the chicken with the red fermented beancurd sauce. Chill it in a fridge for 12 hours then dry it with a fan.
- 07 Place the chicken into the Miele steam combination oven and bake for 30 to 35 minutes using the same setting. Ready to serve.

INGREDIENTS

Chicken 1 pc (1 catty)

Red Fermented Beancurd Sauce

Red Fermented Beancurd 100 g
(Blended with juice)

Chopped Garlic 20 g

Chopped Ginger 10 g

Chopped Spring Onion 10 g

Dark Soy Sauce 1 tbsp

Sugar 1 tbsp

Brine Water

Salt 360 g

Water 2 L

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Tips

- Dry the chicken with a fan to ensure its crispness.
- Combination mode of the Miele steam combination oven allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the chicken in a moisturized cavity, resulting in a juicy and crispy texture.



1.5 h



3~4 persons

南乳蝴蝶雞

做法

- 01 以「組合模式+風扇加強」模式預熱Miele蒸焗爐至攝氏180度，濕度調至80%。
- 02 用清水洗淨雞身，再用刀開邊。
- 03 準備鹽水。用大煲加熱鹽水至沸騰後關火，置室溫以降溫備用。
- 04 將雞浸透於已冷卻的鹽水約30分鐘。
- 05 將打勻的南乳，蒜蓉，薑碎，葱碎，老抽和糖攪拌成醬汁。
- 06 將雞隔水並抹乾。用南乳醬抹勻雞身，然後置於雪櫃內，冷藏十二小時並吹乾。
- 07 將雞放入已預熱的蒸焗爐內，以相同設定蒸焗30至35分鐘。完成後即可享用。

材料

雞 1隻 (1斤)

南乳醬

南乳 (連水以攪拌器打勻) ... 100克
 蒜蓉 20克
 薑碎 10克
 蔥碎 10克
 老抽 1湯匙
 糖 1湯匙

鹽水

鹽 360克
 水 2公升

網上教學短片



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貼士

- 雞皮表面吹至乾身，有助達致表面更香脆效果。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入雞中心，做出外脆內軟的效果。

🕒 1.5 小時

👤 3~4 人份