

燒蜜汁叉燒

做法

- 01 把醃料預先拌勻，並將洗淨的豬肉放入醃料中
- 02 將麥芽糖水拌勻好，備用
- 03 把醃好的豬肉放在烤盤上，並均勻地塗上麥芽糖水
- 04 選用「M Chef + 完全燒烤」模式，配合「中等強度」並開啓「鬆脆功能」，以攝氏280度預熱Dialog Oven
- 05 將豬肉放入已預熱的Dialog Oven，先焗8分鐘。反轉豬肉，再塗上麥芽糖水，以相同設定焗4分鐘
- 06 完成後，於室溫下放涼5分鐘，待豬肉吸收肉汁，切片即可享用

Dialog Oven 設定

焗爐功能	M Chef + 完全燒烤
溫度	攝氏280度
強度	中
時間	12分鐘
預熱	開
鬆脆功能	開
層數	2

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材料

梅頭豬肉	1件(約250克)
	(建議分成2塊，每塊可切成長15厘米，闊5厘米，厚3厘米)

醃料

南乳	20克
磨豉醬	20克
芝麻醬	20克
糖	150克
切碎蒜蓉	10克
薑汁	15毫升
紅椒粉	1湯匙

麥芽糖水

麥芽糖	30克
熱水	20克
老抽	1湯匙



貼士

- 用刀輕輕切開梅頭肉內的根，令豬肉更容易入味和稔身
- 相比傳統烤焗叉燒，利用Miele Dialog Oven的M Chef技術可節省約70%的烹飪時間。配合焗爐功能，做出外脆內嫩的效果



12 分鐘



1~2 人份

ROASTED BARBECUE PORK

METHOD

- 01** Mix the marinade well and add in the cleansed pork
- 02** Mix the malt syrup water well, set aside
- 03** Place the marinated pork on the baking tray. Brush the malt syrup water over the pork
- 04** Select “M Chef + Full Grill” programme with “Medium Intensity” and “Crisp On” function. Pre-heat the Dialog Oven to 280°C
- 05** Place the pork into the pre-heated Dialog Oven. Roast for 8 minutes. Then turn over the pork, and brush an additional layer of malt syrup water. Roast for another 4 minutes with the same setting
- 06** Remove the pork from the oven and let cool for 5 minutes until the pork is set. Slice to enjoy

Dialog Oven Setting

Oven Setting	M Chef + Full Grill
Temperature	280°C
Intensity	Medium
Time	12 minutes
Preheat	On
Crisp function	On
Shelf level	2

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INGREDIENTS

Pork Collar Butt 1 pc (approx. 250 g)
(Suggest trimming into
2 pieces. Each measuring
approx. 15cm x 5cm x 3cm)

Marinade

Red Fermented Beancurd... 20 g
Ground Bean Sauce 20 g
Sesame Sauce 20 g
Sugar 150 g
Minced Garlic 10 g
Ginger Juice 15 ml
Paprika 1 tbsp

Malt Syrup Water

Malt Syrup 30 g
Hot Water 20 g
Dark Soy Sauce 1 tbsp



TIPS

- Making small cuts before marinating the pork allows the marinade to penetrate through the meat
- Thanks to the M Chef technology, the Miele Dialog Oven roasts the barbecue pork 70% less time than the traditional oven, giving the same crispy and juicy results

12 mins

1~2 persons