Miele

SHANGHAINESE EGG WHITE WITH FRESH CRAB MEAT

METHOD

01 Rinse the crab thoroughly and steam in the Miele steam oven at 100°C for 7 minutes.

02 Remove the crab from steam oven. Let it cool then take out the meat from the crab. Set aside.

03 Put the egg white in a vacuum sealing bag. Vacuum seal in the Miele vacuum sealing drawer with level 3 vacuum and level 2 sealing setting.

04 Place the vacuum sealing bag into Miele steam oven, steam at 72°C for 40 minutes.

05 Take out the cooked egg white from the bag and pour it in a bowl. Break the solidified egg white and set aside.

06 Pour chicken stock in a pot then bring it to a boil.

07 Add crab meat, salt and pepper into the pot, then add corn starch and moderate amount of water to thicken the stock and mix with egg white.

08 Make vinegar sauce with shredded ginger and Zhenjiang vinegar. To serve, add egg yolk to the dish and serve with vinegar sauce.

INGREDIENTS

Flower Crab/ Shore Crab	1 pc (Around 1 catty)
Egg White	300 g
Chicken Stock	200 ml
Salt	Moderate
White Pepper	1/2 tsp
Corn Starch	1 tbsp
Water	Moderate
Egg Yolk	1 pc

Vinegar Sauce

Ginger	10 g (Shredded)
Zhenjiang Vinegar	30 ml

TIPS

· Steaming temperature can be adjusted according to the preferred texture of the egg white

· With a Miele steam oven, the steaming temperature can be precisely controlled in long time, creating perfect results for sous-vide dishes

🕐 1 h   👤 1~2 persons

上海賽螃蟹

做法

01 將蟹清洗乾淨，然後放入Miele 蒸爐內以攝氏100度蒸7分鐘。

02 從蒸爐取出蟹，待涼後拆掉蟹肉並置大碗內備用。

03 將蛋白置真空袋內，以Miele真空處理櫃以第3級吸力及第2級熱力密封並抽空真空袋。

04 將真空袋放入Miele蒸爐內，並以攝氏72度蒸40分鐘。

05 從蒸爐取出蛋白，並倒至大碗內，然後將已凝固的蛋白打散備用。

06 將雞湯倒入大鍋內，然後煮滾。

07 加入蟹肉、鹽及胡椒粉至大鍋內，再加入生粉及少量清水勾芡，最後加入蛋白並拌勻。

08 將薑絲及鎮江醋混合。食用時於賽螃蟹中拌入蛋黃後即可配上醋汁享用

材料

花蟹/草蟹	1隻 (約1斤重)
蛋白	300克
雞湯	200毫升
鹽	少量
白胡椒粉	1/2茶匙
生粉	1湯匙
清水	少量
蛋黃	1隻

醋汁

薑	10克 (切絲)
鎮江醋	30毫升

貼士
- 可因應自己口感選擇調高溫度，令到蛋白更加有質感
- 利用Miele蒸爐可以長時間穩定控制溫度，讓低溫慢煮食物效果更完美。

🕐 1 小時   👤 1~2 人份