

SICHUAN-STYLE STEAM-BAKED GROUPEL

METHOD

- 01 Mix all marinade ingredients well.
- 02 Smear the rinsed grouper thoroughly with the marinade. Pour the remaining marinade on the grouper at last.
- 03 Preheat the Miele Steam Combination Oven to 200°C with “Combination mode + Conventional Heat” function and moisture set at 80%.
- 04 Place the marinated grouper on a baking tray. Put into with the preheated Steam Combination Oven for 15 minutes.
- 05 Ready to serve.

INGREDIENTS

Grouper 1 pc (500-600g)

Marinade

Garlic (minced) 2 tsp
Spicy Broad Bean Paste 1 tbsp
Sichuan Peppercorn Oil 1 tsp
Sugar 3 tsp
Dark Soy Sauce 1 tbsp
Light Soy Sauce 1 tbsp

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Tips

- Keeping the grouper skin would result in a layered texture after steam bake.
- The 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 grouper in a moisturized cavity, resulting in a juicy texture.



20 mins



2 persons

川味蒸焗龍躉

做法

- 01 將所有醃料混合。
- 02 龍躉洗淨後用醃料塗勻作調味。將剩餘醃料淋在龍躉上。
- 03 以「組合模式 + 一般加熱」功能預熱Miele蒸焗爐至攝氏200度，濕度設定為80%。
- 04 將龍躉放在焗盆上，並放入蒸焗爐焗15分鐘。
- 05 完成後即可取出享用。

材料

龍躉 1件 (約500-600克)

醃料

蒜蓉 2茶匙

辣豆瓣醬 1湯匙

花椒油 1茶匙

糖 3茶匙

老抽 1湯匙

生抽 1湯匙

網上教學短片



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貼士

- 保留魚皮，蒸焗完成後口感更具層次。
- Miele蒸焗爐的組合模式能確保「蒸焗同步」，並於即以「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，溫度亦更快傳入魚肉，效果鮮嫩多汁。



20 分鐘



2 人份